



May—June 4-H Newsletter

Oklahoma 4-H Converging on Youth Mental Health and Wellness

While the Oklahoma 4-H Youth Development program plays a vital role in the development of a club member as a whole, one area they are focusing on more lately is youth mental health.

Health is an important part of 4-H, along with head, heart and hands. It's important enough to dedicate an entire H to it, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University.

"In 4-H, we focus on all aspects of health, including nutrition, exercise and avoiding unhealthy choices such as smoking or vaping. However, mental health is becoming even more important because of the way it affects all aspects of healthy living," Allen said. "Positive mental function helps young people be productive, enjoy relationships and cope with change and adversity."

Youth mental health is an important issue not only in Oklahoma, but around the country and the world. Teens today are facing challenges all the time. Not only can school be stressful, but juggling a job, preparing for college entrance tests, bullying, racial tensions, depression, anxiety and poverty are just a few of the extra stressors youth may be dealing with.

"Then we add in the stress of the worldwide pandemic and it seems challenges have been exacerbated for today's youth," she said. "Online learning and feeling isolated are just a couple of things teens have had to deal with."

So, what exactly is mental health? When a person feels physically ill, the recovery steps typically are pretty straightforward – take over-the-counter medication, schedule a visit with a physician and rest are keys to recovery. It's the same for mental health. The key is to seek help.

Allen said the 4-H Healthy Living Ambassadors have recognized the importance of mental health and have incorporated stress management and journaling activities into Everyday Healthy Habits. Allen has given presentations to volunteer 4-H leaders to create awareness of warning signs and needs of youth.

"This group of ambassadors realize mental health is a primary challenge for today's teens and know the importance of sharing information with caring adult leaders who can then share it with club members," she said. "That's another great benefit of being involved in 4-H. Programs are designed to have club members and caring adults working side by side to develop life skills. This is beneficial for both the youth and the adults, too. This type of interaction provides 4-H'ers a place where they feel safe to talk about their emotions and their stresses."

Allen will be presenting more information about youth and mental health at the State 4-H Parent-Volunteer Conference in Stillwater, Oklahoma, in June.

Blaine County

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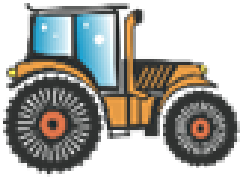
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TRACTOR SAFETY TRAINING

If you are 14-16 years of age and plan to drive a tractor for employment, you must be certified in a safety training program.

Blaine County OSU Extension, along with Garfield County, will be conducting a course on May 21st and 22nd at the Garfield County OSU Extension office in Enid. Cost is \$25.00

Space is limited so call the Blaine County OSU Extension Office for a form A.S.A.P!

4-H CAMP COUNSELORS

If you are an 8th grader or up, I am looking for camp Counselors. You will present a 30-minute workshop at camp and help keep groups moving, etc. **We have counselor training on June 10th**, with other teens from Kingfisher and Garfield Counties. If you need help thinking of a workshop to present, Becky will be glad to help you. Please let me know by June 1st if interested.

RECORD BOOK WORKSHOP

Becky will be having a workshop for both 4-H members and parents on June 7th at 5:30 p.m. at the Fairgrounds, if you need or want help with your record book. She will also be in the office on June 7th or 8th if you want to come by during the day. Please call to sign up for the evening one so I will know how many are coming. Also, please call if you want to come on either of those days, so I can schedule a time to

LIVESTOCK WORKSHOP

If you like learning about livestock, we will have workshops on **June 17th** at the Fairgrounds, from 9:30 a.m. — Noon. We will learn about how to give shots, and just have a fun day learning things about livestock such as where different things we eat come from. **Please call the office to sign up by June 14th** so supplies can be bought.

COUNTY 4-H RECORD BOOKS

Blaine County 4-H Record Books are due into the Blaine County OSU Extension Office by **4:30 p.m. on June 21st**. Record Book forms are on the Blaine County OSU Extension website, you can download the form or call the office if you need a hard copy. Record Books can either be handwritten or they can be typed on the computer. By completing a 4-H Record Book, you will receive medals and awards for your projects. The only way to be recognized at the 4-H Achievement Program is to turn in a record book. Becky will be in the office June 7th or 8th if you want to come by for help. Just call the office to tell her you're coming. The forms are not hard to do, you just need to take the time to do them. It will be worth your time to have a record of your 4-H career. **This is how you win awards at the 4-H Achievement Program.**

4-H CAMP

Camp will be day camp again this year! But it will still be loads of fun! June 23rd & 24th at the Kingfisher Fairgrounds. This year's theme is Wildlife. Check out all the information in the attached flyer and get your registration turned in by the **June 4th deadline**. Cost is \$30.00; that includes lunch, snacks, a T-shirt, and workshops! Don't miss out on the fun!

STATE PARENT—VOLUNTEER CONFERENCE

SAVE THE DATE

June 26, 2021 Location: OSU Campus, Stillwater Oklahoma Conference workshops and programming will focus on strengthening local club programming and opportunities. If you would like to attend, let Becky know and she will get you more information.

“HEALTH ROCKS!” WORKSHOP

“Health Rocks!” instills confidence and the communication skills necessary to make responsible decisions and develop the internal strength to resist risky behaviors. This program empowers youth to establish life-long healthy habits through reducing tobacco, alcohol, e-cigarette/vaping, and drug use. This will be a fun workshop taught by interns at the State 4-H Office. You can invite your friends, it is not just for 4-H members! **It will be July 13th, 9:30 a.m. –12 p.m.** at the Blaine County Fairgrounds. Please call the office to sign up.

STATE 4-H WHEAT SHOW

The Wheat Show is set for July 20th at the Stillwater Fairgrounds. If you planted five acres of wheat this year, you could enter the show. You will need a clean, 10 lb. sample, so don't forget to save wheat back at harvest. If you need help with your report form, story, etc. please let Becky know. I will be taking samples that morning, so if you want me to take yours please let me know. Rules can be found on the Oklahoma Wheat Commission website or call Becky.

BIG THREE FIELD DAYS

The Big Three Field Days at OSU for Sheep, Beef, and Swine will be July 20-22. If you are interested in attending and being a part of the judging contest, please let Becky know.

100th Round– Up July 29th-30

This year will be a little different than normal, but still a great time! It is the 100th year Celebration of State 4-H Round Up and we get to go in person. Round Up will be July 29th-30th. Two people will be in a dorm together. We will stay on the OSU Campus. Youth must have completed 7th Grade by July 1st to attend. **Sign up deadline is June 9th.** I know that is six weeks prior to Round Up but I must know by this time to get information to campus. Cost to you is \$99.00. Blaine County 4-H will reimburse you half of the cost once we return. You will not want to miss out on this opportunity.

ATV Rider Course Now Open

The Oklahoma Farm Bureau/Oklahoma 4-H ATV training facility is scheduling classes for youth and adults!

Are you looking for something new and fun to do with your family? You can book a date for just your family and learn together! We offer ATV Riders Course for only \$10.00 per person and includes water, snacks, and a 3 hour riding course.

- Youth must be 10-18 years old to ride the ATV Riders Course.
- Groups can be up to a maximum of 8 riders at a time. Adults are welcome to participate also. The ATV Riders Course includes 12 riding lessons.
- Participants must complete an online e-course prior to the riding class. Participants will need to wear long sleeve shirts, long pants, and over-the-ankle boots or shoes.

Helmets, goggles, and gloves are provided.

Please contact Becky for more information.

Farm Bill Curriculum

The process of getting food from the farm-gate to your plate is complex—and that's where the Farm Bill comes into play! Youth in grades 7-12 can gain a better understanding of this important piece of U.S. legislation in our new interactive online curriculum about the Farm Bill. Through five self-guided lessons developed by Oklahoma 4-H Youth Development and Oklahoma State University experts, you will learn about key milestones of the Farm Bill and how it affects farmers, ranchers, and families today! To enroll in the online curriculum, visit 4h.okstate.edu/farm-bill

MORE 4-H WORKSHOPS

There will be more workshops this summer! Make sure your parents “like” the Blaine County OSU Extension Facebook page so you don't miss out on our summer activities!



TRI COUNTY 4-H CAMP 2021

“4-H in the Wild”

BEING HOSTED AT THE
KINGFISHER COUNTY
FAIRGROUNDS



Camp will be hosted in a different format this year. We will be having two days worth of camp, but no over night stay. You are welcome to come to both days, day 1, or day 2, but the cost will be the same no matter the option you choose. Camp is available to 4-H members 3rd grade and 8 years old as of Sept. 1, 2020 through 7th grade. **Please note that camp will be limited on number of youth who can attend so it will be on a first come first serve basis.**

Junior Camp: June 23rd—9 am to 4:30 pm (Lunch provided)

June 24th—9 am to 4:30 pm (Lunch provided)

Registration Due: June 4th

Cost: \$30

Camper/Counselor Name _____

Grade as of Sept. 1, 2020 _____

T-Shirt Size: S M L XL (Adult or youth size— check one)

Gender: M F

Days attending Camp: Wed Thurs Both

Please list any allergies: _____

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This letter is one way of communicating educational information to the citizens of Blaine County in the area of 4-H & Youth Development. For a free subscription, contact the office above.

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