

GROWING UP GREEN

Cabarrus County 4-H Newsletter



The Quarantine Chronicles

As we all adjust to this time of change, it is normal to feel overwhelmed, lonely, frustrated and sad. Research has shown how much stress affects our health, physically, mentally and spiritually. Please take the time to take care of you. How can our 4-H'ers make a difference - only after we take care of ourselves. Here are some tips to help manage the stress.

SLEEP - I am definitely taking advantage of a later bedtime and later rising time. Take advantage of this time to get the sleep you need. Life is exhausting right now. Take a nap, it's okay. Keep an eye of for too much sleep though - it can be a sign of depression. Do some research to find out the recommended amount of time for your age group!

NUTRITION - We are all eating more at home these days. Make it fun! Make a family meal plan for the week. Give "Head Chef" duties to a different family member each day. Try new things. Remember to include as much fruit and vegetables as possible. Learn what is in your food, where it comes from and who makes/grows it. So cool!

PHYSICAL HEALTH - Keep moving. Do a 10 minute family move break. Do a family dance party for one song (or a commercial break) and go back to your regularly scheduled program. See how many pushups everyone can do together and try to beat that number tomorrow. Be goofy and have fun

MENTAL HEALTH - Take time to breath and enjoy all of the good things in life. Write these down daily and put them in a jar. Reflect in a journal. Keep it positive or write down all of your worries and anger on a page and then throw it away. Lead a family share time. Share your worries, Draw pictures if you can't give words to it. Hug those you can.

SCHEDULE - Everyone thrives in a routine, but strict schedules can cause anxiety. Get up and go each day with a basic routine. Schedule time for priority activities but allow for teachable moments. "Let's find out" is my favorite answer to a kid's question. Let your day include social time, alone time, screen time, non-screen time, and outdoor time.

4-H'ers are keeping busy! Left to Right: Cloverbuds are holding their regular club meetings; lots of families are growing their backyard flock, sewing masks for our front-line local heroes, and exploring outside.

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WHAT'S NEXT?



The New & Exciting Activity Day

Of course it will look a bit different, but we can do this! The same format will be for county, district and state presentations and public speaking. A very cool opportunity with no need to travel 2+ hours!

The Same

Presentations - Share your passion! Design a presentation or demonstration on your favorite things. Research on a specific topic and show what you know. Demonstrate how to do your favorite hobby. Showcase your collection. Ideas are limitless. Choose from 32 different categories, including an Open Class. Anything goes (must be school appropriate). Presentations can include technology, props, posters, and any visual aid. Limited to 6 ft. table space. Topics due to 4-H Agent by May 1.

Public Speaking - Youth may prepare 5-7 minute speeches on any topic. Speeches do not include any props, posters or visual aides. Select this on the topic sheet if you wan to do a speech.

The Changes

This year, all speeches and presentations will be done on video. Youth will submit an uncut video of themselves doing the presentation to the county agent for competition. Please let us know your topic by May 1. After submitting topic, youth will be invited to a shared Google Drive. Videos must be uploaded to Google Drive by May 28. All youth must be enrolled in 4-H Online. Open to new members. Technical assistance may be arranged following socially distance guidelines. Please email your 4-H Agent to make arrangements.

Char-Grill

At this point, Char-Grill is postponed until we can all get back together, but now is a great time to be practicing those grilling skills. Create your own marinade, get creative with ingredients and use what you have. Watch videos, get ideas for presentation and hone your grilling skills.



Keep an eye out for our new summer programming.

Summer Planning Team Meeting: Thursday, 4/23/20 at 4 p.m.



THOUGHTS FROM YOUR 4-H AGENT

Everywhere people are working to make the most out of this situation. Yes, things are a bit different, but that is not a bad thing. I challenge you to make an activity that you can share with others. If we all shared one idea, we would all be busy until June. I'm so proud of you! Stay safe. #bettertogether #butseparate

Tracy

APRIL 2020

Everything is NOT Cancelled.

While this feels true for so many things, now is a great time to explore other options that we hadn't even considered. Here are some project ideas that you might find interesting.

Language Learners - Partner with 4-H'ers from around the state to learn or practice a new language. Right now we have interest in Spanish, Cherokee and American Sign Language. Are you interested?

Senior Showcase - Our Youth Commission would love to showcase our 2020 graduating class. Check out their Facebook page for information.

Learn with Cherokee - A great civic engagement activity to learn about a local culture. Join with our Cherokee 4-H'ers on a weekly update.

Teen Talk - Join Cabarrus County Teens as we explore what this new normal means to us. Meetings Tuesdays at 4 pm. on Zoom.

Ambassador Trainings - Counties across the state are offering Ambassador trainings at various times. Now is a great time to finish your portfolio.

Follow Cabarrus 4-H and NC 4-H on Facebook, Instagram, Twitter, YouTube and TikTok for more programming ideas.

Did you know?

4-H develops job skills! Each year, NC 4-H offers the AIRE competition. It allows young people to complete an Application and Resume, participate in a video interview and create a video essay to earn scholarships to attend national 4-H events! This year's contest is still on! Open to 4-H'ers ages 11-18. See website for details. LOCAL DEADLINE: June 1.

COMMUNITY SERVICE OPPORTUNITIES

For your club or for yourself:

4-H Cares

(Here and Everywhere)

We are compiling a list of people who would love to hear from you from all over the country. Send them a picture, card, letter or otherwise. Many people are isolated during this time and we can help to spread some love. If you know of someone who is isolated who could use some mail, please send their name and address to Tracy.

VOLUNTEER CONFERENCE

Check it out! Our friends in Virginia have opened their Volunteer Association Leadership Conference to everyone with FREE registration. April 25 Will include speakers and 11 workshops. What a great opportunity for our 4-H volunteers! Register Here: <https://forms.gle/zr2zLM84xvtiUoU89>.

OUTSIDE THE BOX

4-H'ers are resilient! Many of our clubs are still meeting virtually and are working together more than ever! Emily Pennell took our Cloverbuddies on a virtual field trip of the Georgia Aquarium. Kickin' Tails held a "Drive-In" horse judging contest.

It's okay if your club is not meeting. It's okay if things are not normal. It's okay to share your feelings and be frustrated. Take some time today to reach out to someone from your 4-H club and chat. Reach out to Tracy if you would like to meet up with a 4-H'er from another club. Take care!

See more info on our website

<https://cabarrus.ces.ncsu.edu/categories/4-h-youth-development/>

APRIL 2020

Mark Your Calendars!

- April 20 - Expressive Arts Showcase starts on FB
- April 21 - Cherokee Family Cultural Circle (every Tues)
- April 21 - Teen Talk on Zoom 6-7 p.m.
- April 23 - Cabarrus 4-H Foundation Meeting
- April 25 - VA 4-H Volunteer Virtual Conference
- May 1 - 4-5 p.m. Guest Speaker - Jones Loflin for teens
- May 1 - Presentation Topics Due
- Variety- Ambassador Classes

Upcoming Excitement

We are actively planning new and exciting activities. Keep up to date with all of our fun stuff on all of our social medias. Make sure your information is up to date in nc.4honline.com so you will get our most recent communications.

Register for upcoming camps,

classes and events at:

<http://go.ncsu.edu/registercabarrus>

NC State University and NC A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sexual identity (including pregnancy) and veteran status. NC State, NC A&T, U.S. Department of Agriculture, and local governments cooperating.

CABARRUS COUNTY 4-H

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