**4-H Youth Development Team**

March 2017 Highlights

**UW-Extension/4-H Outreach:**

* **HCN Youth Services Family Night** – I provided hands-on engineering activities where youth participants were asked to choose someone they wanted to appreciate. Each youth created a pop-up card for someone in their lives. Alex worked with 5 Youth Council youth and the UnitedHealth grant partner to run a Food Smart Families station where young people and adults got to choose smoothie ingredients, then blend their smoothie using blender bicycles. Participation at both stations was active and engaged.

**Volunteer Development**

* **Record Books Workshop** – Only one family attended the session. However, following the session, I was able to share the materials with a club leader whose members was unable to attend the workshop I offered. She took the materials and presented them to her club, where she reported a great deal of interest from a number of new families.

**Strengthening Families:**

* **Teens Against Bullying Others** – Alex, Monica and Kelly (Boys & Girls Club Program Coordinator) trained 9 students from Black River Falls High School in how to lead lessons for the 6th and 7th grade students at the middle school. Half of the group taught 6th graders about how to recognize the different types of cyberbullying and what to do in case it happened. The other half of the group taught 7th grade students about social awareness, stereotypes, and getting out of their social comfort zone. Lincoln TABO Teen Leaders were trained on 3/7 with lessons for 6th and 7th graders to come soon after.
* **MindUP Mid-Year Evaluation –** I conducted a mid-year evaluation with school district staff who have participated in MindUP education (either over the summer or during the school year). Twenty-three staff members completed the survey. Of those, all except 2 have either started a new mindfulness practice or enhanced an existing practice. Seventy percent (16) have noticed a change in how they interact with students since participating in the MindUP sessions. Fifty-two percent (12) have noticed a change in the atmosphere of their classroom since participating in the MindUP sessions. Only eleven have actually begun using MindUP lessons in their classrooms, and those who have started using the curriculum report varying levels of student openness and engagement. One teacher wrote, “I have been working on my own mindful practices and started implementing a still or quite time each morning. The overall calmness of the atmosphere has improved. Students seem to be more respectful during that class block and remain more positive after this time.”

**Staffing** – I started my Curriculum/Instructional Design Specialist position on February 15. Alex Galston started as the Jackson County 4-H Program Advisor on March 6. Jena Hinrichs also started as the Outreach Education Assistant (.50 FTE) on March 6.

**Key Meetings:**

2/8 – Powerful Tools planning mtg, HCN Youth Council mtg

2/9 – MAQA facilitator webinar, Fair Board mtg

2/10 – Health Task Force mtg

2/13 – TFJCK Leadership Team mtg, HWPP Social Marketing mtg

2/14 – Mindfulness mtg with BRFSD

2/15 – HWPP mtg, 4-H Program mtg

2/20 – Staff mtg, Hispanic y Latino Stereotypes webinar, 4-H Executive Board mtg, Food Stand Committee mtg

2/21 – TABO prep mtg

2/22 – HWPP mtg with BRFHS, HCN Youth Council mtg

2/28 – HWPP mtg, Mindfulness for Teens mtg

3/3 – Health Task Force mtg

3/6 – Staff mtg

3/8-9 – 4HYD State Teams Meeting

**Trainings/Workshops Facilitated/Led:**

2/7 – Record Books Workshop

2/17 – MindUP Staff In-service (BRFSD)

2/22 – HCN Youth Services Family Night

2/23 – TABO Teen Leader Training

2/28 – Everyday Mindfulness for the Workplace session (SW Regional Conference)

3/1-3 – TABO Teen Lessons (6th & 7th Grades)