

JACKSON COUNTY EXTENSION & EDUCATION COMMUNICATION COMMITTEE

4-H & Positive Youth Development Team

August 1, 2018 – August 31, 2018



4-H HIGHLIGHTS

Jackson County Fair – As 4-H Program Coordinator I helped out at the Jackson County Fair from August 1- 5 (and before for some set-up). The fair was a great opportunity for me to get to know the 4-H youth and families while seeing all of the work that they have done to prepare for the fair. I assisted with the Livestock weigh-in, set-up of the exhibit hall, Cloverbud judging, Explorer judging, and assisted at the Parade of Champions. I also attended numerous shows – including dairy, beef, rabbit, horse, and goat. It was truly a great experience to see the effort and hard work that the youth put into their projects.

Back to School Days – In order to help promote the 4-H program I created new tri-folds with information about the 4-H program. This information included things such as: the cost of 4-H, how to join, how old you need to be to join, the purpose of 4-H, and statistics about 4-H. Besides just updating the tri-fold I updated the brochure as well that discusses how one joins 4-H and the benefits of joining. These back to school days are a great way for us to promote the program and focus on gaining some new members – especially since the new 4-H year begins in September!

Record Books – Record Books are a way for youth to keep track of their 4-H year. It includes information about not only the projects that they took to the fair, but their 4-H resume, service learning experiences, leadership experiences, and also their own story of the past year. Record books are helpful in not only teaching youth on how to reflect on the work that they have done, but they also serve as a great way to track their involvement and prepare for filling out college applications, job applications, and scholarships in their future. Record books are due to the UW-Extension office by September 1st and will be judged by adults in the county as a way to recognize those that went above and beyond in their Record Book.

4-H Club Charters – As the new 4-H year begins, each club and a few of the projects need to renew their charters. Charters mean that a club or project is officially recognized federally, will receive insurance through 4-H, and will be tax exempt. Club charters include information about finances, goals for the year, calendar for the year, and general information about the club. Club charters are due to the UW-Extension office by October 15th.

Awards Banquet – The Awards Banquet will take place in the beginning of November, and so far we are just in the planning pages. The Black River Falls Trailblazers 4-H Club stated that they would step forward and help with the overall planning process for the event. The banquet is a way to celebrate the end of the 4-H year and to recognize the work that youth, and adults, have done. Award information and packets were sent out to each club leader in the middle of August.



VOLUNTEER HIGHLIGHTS

Volunteer in Preparation (VIP) Training – We hosted a VIP training session in order to finish the volunteer process for some of our new volunteers. The session covers information about: volunteering in Jackson County, details about the 4-H program, liability and insurance, and safety. Alex Galston led the training session. 1 new volunteer in attendance, along with 4-H Program Coordinator Sarah Tanis.

KEY MEETINGS AND ACTIVITIES

August 1 – Livestock Project Weigh-in

August 2 – Cloverbud and Explorer Judging Assistant

August 4 – Packer Family Night at Lambeau Field (4-H was the featured organization and 2 families from the county won tickets to attend)

August 6 – Met with Adams County to give them the Commodity Carnival and give tips on running the event at their county fair

August 9 – Interview for Banner Journal about position

August 20 – Meeting with Black River Falls Library for Teen Doughnut Day preparation

- ALICE Training at Jackson County Sheriff's Office (training for active threat situations)

August 21 – Extension Education Committee Meeting

August 22 – Onboarding Cohort Virtual Meeting

August 28 – Jackson County Staff Meeting

August 30 – Back to School Days at Forrest Street and Red Creek Elementary Schools in Black River Falls

Jackson County Extension Education & Communication Committee
FoodWise Report for 8/1/18 – 8/30/18



FoodWise Projects, Events & Professional Development - April Duval, Coordinator:

- Jackson in Action: Harvest of the Month – Peppers. Flyer up at Hansen’s IGA and Library
- Jackson in Action Nutrition Sub-group Meeting – set 2019 Harvest of the Month calendar/recipes
- FoodWise Wisline, YACH Conference Call, Color Me Healthy, new Pre-School Curriculum, Training.
- FoodWise Regional Meeting: Madison. Now part of the Central Region instead of the Northern.
- Quarter 3 Data – PEARS system recheck of data entered
- Online Health Coach coursework - Specific courses that apply to my UW-Extension position are focused on: Food politics and Dietary Guidelines, Nutrition and Government, School Activism and Programs, Food Labels, Eat Well on a Budget, Factors that Affect the Food Supply, Nutrition through the Life Cycle, Physical Activity and MyPlate / Food Group specific course work, etc.
- Youth Advocacy for Community Health – Jackson County Fair booth and National Night Out booth: interactive game, prize give away, Farmers Market Survey



Jackson and Trempealeau County FoodWise Project



Jackson County Free and Reduced Price Lunch Rates for Programming in Schools **

**Note: FoodWise can offer Nutrition Education in Schools that have a population of at least 50% Free and Reduced

Black River Falls School District:

Forrest Street Elementary: 57.5%

- Nutrition Education programming with 4K, Kindergarten, 2nd Grade and After School Program and also at Parent Events

Red Creek Elementary: 57.2%

- Nutrition Education programming with 4K, (Kindergarten), 2nd Grade and 5th Grade and also at Parent Events

Middle School: 50.7%

- Not currently programming – just eligible this year (curriculum choices are limited and there is a strong Family and Consumer Science program that offers food preparation skills)

High School: 42.2% - not eligible for programming

Alma Center, Humbird, Merrilan School District:

Lincoln Elementary: 56.3%

- Nutrition Education programming with 4K, (Kindergarten), 2nd Grade, 5th Grade and also at Parent Events

Jr. High School: 50.6%

- Not currently programming – have programmed for the past two years (now curriculum choices are limited and there is a strong Family and Consumer Science program that offers food preparation skills)

High School: 46.9% - not eligible for programming

Melrose Mindoro School District:

Elementary: 39% - not eligible for programming

Middle and High School: 45.5% - not eligible for programming

Youth & Families Team
Monica Lobenstein & Alex Galston
September 2018 Highlights

Outreach: Building New and Enhancing Current Community Partnerships –

- **Ho-Chunk Nation Social Services** – We are partnering with Social Services to offer the SEED (Seeking Educational Equity & Diversity) program for Extension staff and the community. The program will meet once a month for about 8 months to explore issues of equity, diversity, social justice, and more. It is an opportunity for staff and community members to build greater understanding of issues being faced by many marginalized groups and how we can become better allies and supports in these communities. The program will begin in October.
- **Together for Jackson County Kids booth at Fair** – The Together for Jackson County Kids booth continued to be a popular booth again this year. It gave away over 300 gunlocks as part of its suicide prevention programming and promoted the Momenttobreathe.org campaign.

Social-Emotional Health:

- **Taking Care of You (TCY) Workshop** – Monica & Alex are co-presenting Taking Care of You for 12 staff members of the Aptiv program (formerly Riverfront) during 8 weeks in August and September. We are actively working to build and expand our partnership with this organization.
- **Planning for the Fall/Winter** – Alex and Monica have started an intensive planning process for programming this fall and leading into winter. We are laying out a schedule for Powerful Tools for Caregivers, Taking Care of You, Strengthening Families Program, and Question Persuade Refer. In addition, we're planning how we will update the Together for Jackson County Kids website and roll out new resources in the Raising Kids Who Can Cope series.
- **Momenttobreathe.org** – August 1st was the launch of the Strong Minds Strong Communities coalition's social marketing campaign. The website and corresponding social media sites are focused on promoting healthy coping strategies and providing people with resources such as information on upcoming events and helplines. The campaign is directed at high school age girls because of their high rate of self-reported poor mental health days and higher rate of suicide attempts but the resources can be used by anyone. The campaign plans to promote itself online and in the school.

Other:

- Provided assistance with the Jackson County Fair.
- Provided transitional support to Sarah with 4-H
- Finished work on Area 9 Situational Analysis.

Key Meetings:

8/6 – Prevention Partnership planning mtg
8/7 – Taking Care of You planning meetings
8/9 – GreenLifeXpo Sustainability Breakfast; Round Table on PDMP & Wisconsin's Opioid Crisis
8/10 – Northwoods Coalition meeting
8/13 – Together for Jackson County Kids Leadership Team meeting
8/14 – Youth & Families program planning mtg, social marketing campaign meeting, situational analysis meeting
8/17 – Situational analysis meeting

8/27 – Healthier Wisconsin Partnership Planning grant meeting; Powerful Tools for Caregivers Planning mtg
8/28 – Seeking Educational Equity & Diversity planning mtg; staff mtg
8/30 TFJCK website redesign meeting

Trainings/Workshops Facilitated/Led:

Thursdays, 8/9-8/30 – Taking Care of You program for Aptiv staff member

B R E A T H E I N

You've
got this.

B R E A T H E O U T

Take A Moment To Breathe

Stress can build up that is hard to handle. You've got a lot to manage in your daily life. MomentToBreathe.org was designed to help you manage your stress and find healthy ways to cope.

Follow us on Instagram and SnapChat



Copy of poster going into area schools to promote the Moment to Breathe campaign.