

# JACKSON COUNTY EXTENSION & EDUCATION COMMUNICATION COMMITTEE



## 4-H & Positive Youth Development Team

October 1, 2018 – October 31, 2018

### 4-H HIGHLIGHTS

**National 4-H Week** – National 4-H Week took place from October 7-13<sup>th</sup>. The week is all about celebrating accomplishments that youth have done in 4-H, love for the 4-H program, and a way to recruit new 4-H members. This year we did a variety of different things that are listed here:

- **4-H Grows Creativity Coloring Contest** – Participants of all ages (including adults) could choose from three coloring sheets for the contest. They would then color the sheets, and the UW-Extension office judged the completed sheets based on age groups. Winners received some cool 4-H swag! We had a lot of people participate and they really seemed to enjoy themselves!
- **Social Media Challenge** – 4-H youth and parents were asked to break out their 4-H t-shirts, smiles, and cameras to submit their entries into the social media challenge! The goal was to spread 4-H love on social media as a way to help market the program during National 4-H week!
- **Jackson County Open House** – This was a four hour event in which anyone could stop by, participate in the coloring contest, ask questions about 4-H, and learn more about the program. If we do this event again we need to better market to schools.



**Teen Doughnut Day** – This event was an event I partnered with the Black River Falls Public Library for. Once in the fall, and once in the spring they host a Teen Doughnut Day for the youth to get more involved in learning outside of the classroom. I ran the 'Escape Room' activity for the eleven youth that attended. They LOVED it and completed the challenge with 26 minutes and 19 seconds to go! We will most likely be doing another escape room theme in the spring because they liked it so much, and there are a lot of different educational opportunities through it!

### Ho-Chunk Family Night –

**4-H Club Charters** – Working on getting in all of the 4-H Club and Project Charters. 50% of them were turned in, and now I am working on getting the rest of them. Once I receive them, I look them over to make sure all necessary information and signatures are included. If not, then I return them to the person who completed the charter so they can fix the mistake. After all charters are complete I begin filing tax information for the chartered clubs and projects. I also submit them to the state 4-H program.

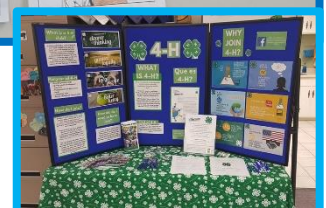
**Awards Banquet** – The Awards Banquet will take place in the beginning of November at Skyline Golf Course with a theme of being Thankful and Grateful. There will be a photobooth at the event, food catered by Skyline, dessert catered by Lori Janke, record book viewing, and a presentation of the awards. The event will also host some passive ways for youth and parents to get involved in some decision making at the county level (i.e. what fundraiser they would like to participate in). We had 111 people RSVP for the event, when we were expecting only 75, so we are excited to see how the event will go!

### VOLUNTEER HIGHLIGHTS

**Volunteer in Preparation (VIP) Training** – For the start of the new 4-H year we currently have two new volunteers that need to go through training. Working on scheduling a time for everyone to meet for the training, as they could not attend the trainings that I offer on Saturday, November 3<sup>rd</sup>, or on Thursday, November 15<sup>th</sup>.

### KEY MEETINGS AND ACTIVITIES

- October 1-4 – Charter Help (Office hours for Club/Project Leaders to complete Charters)
- October 7-13 – National 4-H Week
- October 3 – SEED Equity and Diversity Training
- October 9 – Jackson County 4-H Open House
- October 11 – 4-H Youth Development Zoom Session
- October 11 – Jackson County EEC Meeting
- October 15 – Teen Doughnut Day, Black River Falls Public Library
- October 15 – Jackson County Parent and Leaders Board Meeting
- October 15 – 4-H Achievement Celebration Preparation Meeting
- October 18 – Zoom session on Integrating Emotional Intelligence in the Workplace
- October 18 – Zoom session on YQCA Information
- October 23 – Red Creek Parent Teacher Conferences
- October 24 - 4-H Achievement Celebration Preparation Meeting
- October 25 – Ho-Chunk Nation Youth Family Services Night



Jackson County Extension Education & Communication Committee  
FoodWise Report for 10/1/18 – 10/31/18



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

- FY19 (began 10/1/18): Program planning – emails and meetings with partners. Scheduled lessons with Forrest Street 4K and Kindergarten, Lincoln Elementary 4K, Kindergarten and 2<sup>nd</sup> Grade, Head Start 4K and parent events with all partners listed
- Jackson in Action: Harvest of the Month – Apples: Flyer up at Hansen’s IGA and Library
- Nutrition Newsletter articles for Forrest Street and Red Creek Elementary (for September & October)
- Seeking Educational Equity and Diversity (SEED) Training Series began
- Travel Expense Report (TER) training , Deans Monthly Cooperative Exchange phone call
- FoodWise monthly phone call, Institute of Health and Well Being call
- Policy, System and Environment (PSE) training and call
- Team taught a training with retired Eau Claire County FoodWise Coordinator for Feed My People Food Bank Training on promoting fruits and vegetables at the Food Pantry.
- Color Me Healthy 4K Curriculum: lesson planning in FoodWise planning format for six lessons

**Education in Jackson County:**

- Jackson County Head Start Family Night: Vegetables Try a Bite Lesson. Families participated in a scavenger hunt to find various things in the center. I was one of the clues. When they found me, they used mindful eating strategies to try jicama. Parents had a lesson on strategies to introduce vegetables. 9 adults
- Red Creek Elementary Family Night: Sugars in Beverages lesson – students measured amounts of sugar in common beverages and learned more about how to figure out how much sugar a food/beverage has (4 grams = 1 tsp.) Educational materials distributed to the adults.
- Red Creek Elementary Parent Teacher Conferences: Used mindful eating strategies during a tasting. Parents had a lesson on strategies to introduce vegetables.



Find the Ms. April and try some  
veggies.



**Youth & Families Team**  
**Monica Lobenstein & Alex Galston**  
October 2018 Highlights

**Outreach: Building New and Enhancing Current Community Partnerships –**

- **GreenLifeXpo Sustainability Meeting** – Jackson Correctional Institute hosted the bi-monthly breakfast meeting, where 10 participants learned more about the new climate change report released a few weeks ago and what the impact of this change will be in Wisconsin. Local organizations and businesses participated in valuable discussion about how to prepare for the environmental changes that are coming.
- **Question Persuade Refer (QPR) meeting with the faith community** – Because faith leaders come in regular contact with many community members and are relied upon for emotional support during times of stress, Alex and Monica targeted the faith community for a QPR suicide intervention skills program. Monica met with Pastor Eric of Evangelical Lutheran Church (ELC) and we will be teaching QPR during 2 upcoming sessions – November 15 for the northwest regional ELC pastors and December 6 for Jackson County faith leaders and Interfaith Volunteer Caregivers.

**Social-Emotional Health:**

- **Strengthening Families Program (SFP)** (ages 3-10) – 15 families are participating in the 10/week program; **Mindfulness Enhanced SFP (MSFP)** (ages 11-14) – 3 families are participating in the 7-week program
- **Question Persuade Refer**
  - *Parent/Community sessions* – These have not been well attended and may not be continued in the future or will need to be changed to ensure greater participation
  - *Youth QPR* – about 130 9<sup>th</sup> grade students in BRF School District were trained in suicide intervention skills; students at Mel-Min and Lincoln High Schools will be trained in November.
- **Healthy Families Western Wisconsin Advisory Board** – Monica is providing support as an Advisory Board member for a new Family Resource Center being opened by Children's Hospital in Jackson County. Healthy Families will provide home visiting support, targeting families who are pregnant or have a baby (0-3 months), until the child(ren) reach 5 years of age.
- **Taking Care of You** – Alex is presenting Taking Care of You, a mindfulness and stress reduction program, Mondays, October 22 – November 12, at the Lunda Community Center. This program focuses on making time for oneself and reprioritizing some of the things we do to improve our health.

**Other:**

- Worked with Together for Jackson County Kids to begin a restructuring process resulting from coming organizational support changes.
- Alex and Monica are working on transitioning Alex's duties over the next couple of months back to Monica and (as appropriate) other TFJCK coalition members.
- Together for Jackson County Kids helped to promote the October 27<sup>th</sup> Drug Take Back Day put on by local law enforcement.

**Key Meetings:**

10/3 – Seeking Educational Equity & Diversity (SEED) workshop; Mental health referral pathway mtg  
10/4 – BRF School District mental health grant mtg, Youth Mental Health grant mtg  
10/8 – TFJCK Leadership Team mtg, Raising a Thinking Child facilitator training  
10/10 – 2018 Wisconsin Alcohol Policy Seminar  
10/11 – GreenLifeXpo Sustainability mtg, TCY mtg  
10/12 – TCY planning mtg  
10/17 – Department of Youth Development mtg  
10/23 – Community Health Improvement Network mtg, QPR planning mtg with faith community rep  
10/24 – Healthy Families Western WI Advisory Board mtg

10/31 – State Opioid Task Force mtg

**Trainings/Workshops Facilitated/Led:**

10/2, 10/9, 10/16 – SFP (ages 3-10)  
10/4, 10/11, 10/25 – Taking Care of You  
10/8 – QPR for parents/community members (BRF)  
10/16 – Hiding in Plain Sight teen bedroom presentation (Vernon Cty)  
10/18 – QPR for parents/community members (Melrose)  
10/25 – Taking Care of You at tri-county leadership workshop (Mauston); QPR for parents/community members (Alma Center)  
10/25, 10/30 – MSFP (ages 11-14)  
10/30-31 – Youth QPR at BRF High School