**4-H YOUTH DEVELOPMENT** 



Martin-Gatton College of Agriculture, Food and Environment University of Kentucky.

**Cooperative Extension Service** 

Grayson County 64 Quarry Rd Leitchfield, KY 42754 (270) 259-3492 Fax: (270) 259-0291 gravsonext.org



Grayson County Extension Service at (270) 259-3492

### Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Developm

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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-				
	Packet: Mailed	/ In Person		Office Use Only:
				Date Submitted
	-	County 202		Amount paid
Monday, Jul	4-н Сатр к у 21- Thursday, .	egistration F		Cash / check #
	y 4-H Camp, Daws		uelzy I	Receipt #
	,	1 01	, L	Staff Initial
Name:				
(First)	(Last)		(1 prefer to	o be called)
Address:		(City)	(Zip Cc	
				-
Birth date: (x	x/xx/xxxx) Age:	_ (On July 21, 2025)	) Gender:	Male Female
School :		Grade:		
Have you attended 4-H Car	rp before? Yes	No How	many years'	?
I would like to be in a cabir			5	
	(Name-first 8	last/school/grade of	r requested (	cabin-mate)
Parent/Guardian:		llast name(s))		
	(FILLE III SE GLE	hast hame(s))		
Phone: (Primary # to call)	(Additional #	to call if needed)		
Shirt size (circle one) Y-Mec	lium Y-Large A-Sn	nall A-Medium	A-Large	A-XL
Parent Signature:			Date:	
<u>Return this form to the</u>	<u>Grayson County Exte</u>	nsion Service at 64	4 Quarry Re	d, Leitchfield KY 42754.
	DO NOT RETUR			-
	Camper spots are L	IMITEDDO NO	T WAIT!!!!	!
Camper fee is \$75; a \$	25 deposit is due at t	ime of turning in r	egistration	form, you may pay the
Make checks to G	full amount rayson County Extens	up front if desire		- comner's nome
		-	-	-
	cket of additional 4-H I be mailed after the			
Cal	the 4-H office at (270)	259-3492 for additio	onal informat	ion.
If you selected YES: Please	cholarship assistance re indicate how many you **Scholarship recipients	th in household will		
Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development	Educational programs of Kentucky Coop or social status and will not discriminath religion, political belief, sex, assual orier status, genetic information, age, veterar Kentucky State University, U.S. Departm LEXINGTON, KY 40546	on the basis of race, color, ethnic orig tation, gender identity, gender express status, or physical or mental disability	jin, national origin, cree sion, pregnancy, marital r. University of Kentuck	



### Grayson County 4-H College of Agriculture, Sold and Environment University of Kentucky. College of Agriculture, Sold and Environment University of Kentucky. College of Agriculture, Sold and Environment University of Kentucky. College of Agriculture, Sold and Environment University of Kentucky.

EXTENSION OFFICE 64 QUARRY ROAD, LEITCHFIELD, KY 42754

### **SPEECH CATEGORIES**

- Juniors (ages 9-13): The 4-H'er may have assistance in writing and preparation based on age level. NO visual aids for speeches can be used! **Speeches must be 3 to 5 minutes long.**
- Seniors (ages 14-18): Because this is an educational learning experience, the Senior 4-H'er is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. NO visual aids for speeches can be used! At the Senior Level, the 4-H'er is expected to demonstrate original work. The internet may be used as a reference source, but NOT as a source for a non-original speech or demonstration.
   Speeches must be between 5 to 7 minutes long.

### DEMONSTRATIONS

Junior/Senior age categories same as speeches, but broken into category (see additional document for category information) Demonstrations must be 5 to 15 minutes long. (Including breads)

### WINNERS-

• Winners in each category are eligible to move on and participate in the Area Communications Event on Tuesday, May 6, held here in Grayson County. Category winners will receive follow-up information on State 4-H Communications Contest.

### MUST SIGN UP TO PARTICIPATE!!! CALL TO SIGN UP BY APRIL 16TH (270)259-3492

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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

### Development Lexington, KY 40506

### YOUTH

Extension Service

By using kind and positive words, we can understand

that food helps us grow strong and stay healthy.

# HEALTH BULLETIN



**MARCH 2025** Download this and past issues

Family Caregiver Health Bulletins: of the Adult, Youth, Parent, and http://fcs-hes.ca.uky.edu/ content/health-bulletins

Leitchfield, KY 42754 Grayson County Extension Office (270) 259-3492 64 Quarry Rd

When we use words like, "this food gives me energy," oods is wrong or bad. But food is not the problem.

see food as something that helps us feel good. It is important to remember that no food is

or "this helps my body stay strong," we start to

enemy. We might start to think that eating some

shouldn't eat that," it can make food feel like the

say things like, "that food is unhealthy," or "you

Continued from the previous page

## USE GOOD WORDS FOR FOOD THIS MONTH'S TOPIC



we talk about food can change The words we use when

feeling guilty or worried. It also bodies stay strong and healthy. helps us understand that food ve can enjoy eating without is something that helps our

relationship with food means with what we eat. A healthy

build a healthy relationship

use kind and good words about food, it can help us

Continued on the next page 🔿

how we feel about eating. If we

energy 9E

all of tou I enloy SYUS

words, we can talk about food in a more helpful way. when we eat the "bad" food. Instead of using these

vegetables, our bodies won't be as healthy. It's about

having all types of food in different amounts.

When we say foods are "good" or "bad," it can

make us feel like we're doing something wrong

grains to keep us feeling good. If we only eat one

kind of food all the time, like only candy or only

ike cookies or candy can be good for us because

really "bad." It's all about balance. Sweet treats

they bring us joy when we eat them. But we also

need foods like fruits, vegetables, and whole

through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it. It's also helpful to slow down and think about how food tastes. Instead of rushing

THIS GIVES

talking about food can help us feel good about strong and stay healthy. Whether it's a treat or we can understand that food helps us grow eating it. By using kind and positive words, a healthy meal, food is something to enjoy. The words we use when thinking and

### **REFERENCES:**

Institute. https://www.ellynsatterinstitute.org/family-meals-focus/96- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satte are-you-ready-to-stop-feeling-bad-about-your-eating/ • Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute https://www.ellynsatterinstitute.org/ how-to-eat/the-joy-of-eating-being-a-competent-eater

Chris Ware (© University of Kentucky School of Human Environmental Sciences) Designed by: Rusty Manseau Cartoon illustrations by: Edited by: Alyssa Simms Anna Cason, RDN

**HEALTH BULLETIN** YOUTH

Written by:

Lexington, KY 40506 4-H Youth Development Community and Economic Development Agriculture and Natural Resources Family and Consumer Sciences

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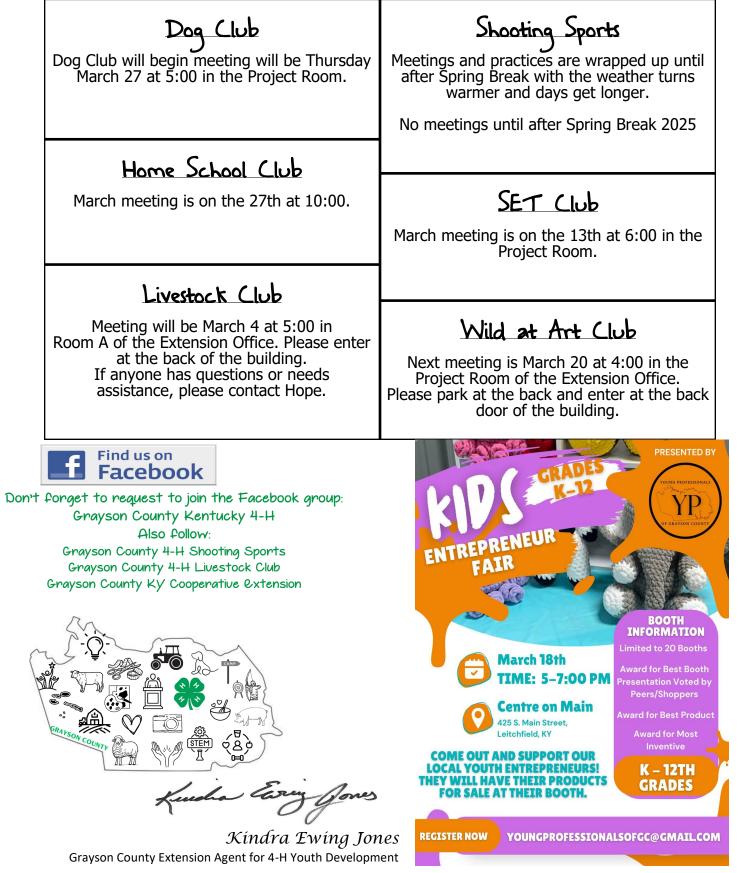
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accommodated with prior notification.

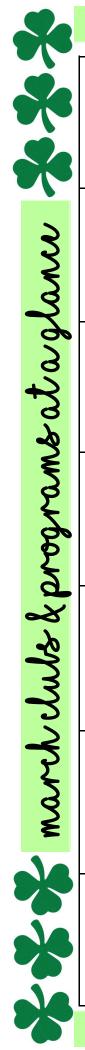








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3							
B	Sat	-	8	<b>-</b>	22	29	
	Fri		7	14	21	28	
	Thu		9	• SET Club 6:00	• Wild at Art 4:00	27 • Homeschool Club 10:00 • Dog Club 5:00	
9	Wed	<b>sory</b> cancellations. If school is d for that day. If there are er weather hits, on. If school lets out early, event of bad weather after b leader for information.	Ŋ	12	6	26	
	Tue		<ul> <li>Livestock 5:00</li> </ul>		<u>∞</u>	25	
	Mon	Winter Weather Advi Winter weather is upon us which means school cancelled, ALL 4-H meetings will be cancelle meetings on the weekends and wint contact your club leader for meeting informatic club meetings will be cancelled as well. In the school, for evening meetings, contact your clu	R	0	T * St Patricks *	24/31	
	Sun		Spring rher	6	<u>9</u>	23/30	