**Narrative Report - March 2016**

Upcoming Events:

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**Rachel Olson, 4-H Extension Assistant  
Fillmore County**

School Enrichment

I had the honor of being invited into many different classrooms in Fillmore County to present school enrichment activities. First I was able to attend Jolene Frook’s Health Rocks class. Jolene uses 4-H curriculum and puts her own spin on the lessons. She teaches them about drugs, alcohol, and tobacco and how these things affect their overall health. I had the privilege of talking to the 6th grade Exeter Milligan class about the 4-H program and knowledge and projects they can do.

This month I was also able to reach 33 students with the Bacteriology lesson. The kindergarten classes at Fillmore Central learned about germs, and how to properly wash their hands. They also were able to see how germs spread from one person to another using glitter.

Last but certainly not least I kicked off Embryology units with three classes and 49 students. The Fillmore Central animal science class, Exeter Milligan 2nd grade and Exeter Milligan 6th grade all started this project. They learn over a course of 21 days what an embryo is, how to care for an embryo, the parts of an egg, how an incubator works, what eggs from different birds look like, and basic terminology. They are incubating chicken eggs in each classroom and are awaiting them to hatch soon!

Professional Development

I was able to attend Eureka 2016 conference in Lincoln. This conference allowed me to not only network with those who are professionals in their field and listen to some new research, but network with those people who are doing awesome extension work throughout Nebraska.

Also at the very end of this month I went to the 7 Habits of Highly Effective People workshop. I learned how to manage my life more efficiently. I learned how to live a more balanced life, and some practices and principles to use with stress management. This workshop was balanced around first taking myself so I can be an effective member of the Fillmore County Extension team.