



April 2024
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School Enrichment

Fillmore Central Middle School Wellness Day- A new opportunity for Shickley 5-8th grade students! Fillmore County Hospital and Nebraska Extension partnered together to expand the annual Wellness Day for Shickley students. 28 participants rotated through healthy lifestyle sessions on March 27th. Topics of sessions included vaping, StrengthsFinder, nutrition, fitness, and first aid. 100% of students said they learned something new. 92% of students also said that the wellness day will help them make better choices about their health. "I really like it and learned a lot. I will use this information in the future."-Shickley student.

2nd Exeter Embryology- To help learn about the life cycle, I taught embryology lessons to 3rd grade Fillmore Central. Students were challenged to take care of chicken embryos like a mother hen for 21 days. This three lesson opportunity allowed students to explore what a hen does, see inside the egg as it's developing, and prepare a home for when it hatches.

1st grade FC- The Fillmore Central first grade teachers were in search of some lessons to supplement their curriculum on pollination, plants and mammals. I worked with Nicole Stoner (NE Extension Horticulture Educator) for a lesson on pollinators where students created their own bee out of an egg carton. I then brought in the honey processor and showed students how honey gets processed. Later in the month, I talked about the needs of plants through the PLANTS acronym. Finally, I walked students through the needs of mammals who live in extremely cold conditions. They were able to put their hand in a blubber glove to feel the difference blubber makes in cold water.

Animals Inside and Out- A partnership with Thayer and Nuckolls county Extension office for the second year of Animals Inside and Out programming for local 6th grade students. I taught the By-products lesson and the Skeletal/Muscular Systems.

Schuyler Ag Literacy Festival- I was asked to present at the Schuyler Ag Literacy Festival for 250 fourth grade students throughout Colfax County. This was a fun day that allowed me to learn new topics that can be used in Ag literacy festivals to bring back to Fillmore County. I stepped outside of my comfort zone a little and presented on swine . It was a fun day and all involved learned a lot!

Osceola Health Day- I was asked to present at the Osceola Health Day for Polk County 4th graders. I presented on Vaping/Smoking and the effect it has on your body. Another great day of learning for myself and the participants. I have found enjoyment in presenting healthy living programming and there is a large need for it within the school systems right now.

4-H Library Program

4-H Library programming reached 35 youth between Shickley and Exeter. Both locations had an activity to learn more about plant needs and planted their own seeds/succulents in a milk jug planter.

4-H After School

4-H After School programming reached 46 participants in April! April focused on a wide range of things based on the location and age. One lesson focused on irrigation and how it works. Participants put their engineering skills to the test to build a pivot. The other lesson focused on the needs of plants. Participants were able to make their own milk jug planter.

Pen to Plate:



On April 14th I hosted the first ever Pen to Plate program. The program was designed after a concerned livestock producer brought forward the concern of youth becoming more disconnected from the industry and where their food comes from. Thus, Pen to Plate was created. Pen to Plate was an intergenerational learning experience for all to learn more about the livestock industry through hands-on learning from industry professionals.

Presenters included: Bo Garcia- Youth Meats Educator with Nebraska Extension, Dr. Becky Funk with Great Plains Veterinary Education Center, the UNL Livestock Judging Team, and Mitch Rippe with the Nebraska Beef Council. The day consisted of four rotations where participants learned about livestock from pen to plate by judging classes of market steers and breeding ewes, learning about animal management, understanding what it means for an animal to go from pen to plate, and exploring the different cuts of meat and where they come from. 61 participants from 9 counties were in attendance. The event was a success and great feedback was received on how to do this program again next year. 98% of the participants agreed that they learned something new from the program that they can apply to their operation now or in the future. "Great learning experience, definitely look forward to bringing youth to another program."-Parent Participant. "Everyone did a great job, and I learned a lot."- Youth participant. A huge thank you to our presenters, sponsors, and event collaborators to ensure this day was a success and all participants had the opportunity to learn something new about the livestock industry!

BluePrint 4 Summer

The Geneva Public Library hosts an annual event for families to plan out their summer by visiting with the local youth programs. There were 120 people at this event and had great response rate of signing up for programming and enrolling in 4-H!

Communications Event



The Fillmore County 4-H Communications event was held on April 28th. The event consisted of five contests including: Radio Public Service Announcement, Illustrated Presentation, Prepared Speech, Impromptu Speech, and Video Communication. New this year was the Video Communication contest and the Impromptu contest. These contests were a great addition to the event and allowed participants who might have an interest in creating videos or speaking with minimal preparation to showcase their talents.

At the Fillmore County 4-H Communication event there were 11 participants who showcased their communication skills. Participants enjoyed being able to compete in contests that interested them even though they might've been nervous to stand in front of a crowd and judge.

Six participants qualified to represent Fillmore County at the state competition held June 17-18 at University of Nebraska-Lincoln East Campus. Learn more about the communications event at 4h.unl.edu/premier-communication-event-contests.