



# March 2024



## Alexis Schmidt

### Extension 4-H Assistant, Fillmore County

## School Enrichment

**Shickley 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.

**3rd FC 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.

**Embryology- HS Fillmore Central-** The Animal Science class wrapped up their embryology lesson early March with a hands-on digestion lesson to learn about the digestive tract of a chicken. Did you know that you can do this with cheesecloth, Mountain Dew, oatmeal, a funnel, and water?

## 4-H Library Program

4-H Library programming reached 31 youth between Shickley and Exeter. Both locations had a spring activity to celebrate spring being near.

## 4-H After School

4-H After School programming reached 40 participants! March focused on Science! Participants put their science brains to the test by creating a code (instructions) for a partner to be able to get their snack. This then lead into the activity of Spheros and Snap Circuits. Participants were able to explore both of these tools through hands-on exploration.

## Other Highlights:

- Livestock Judging practice continued to meet through March to prepare for the upcoming contest
- Preparations for the County Fair are under way!
- Facilitated club meetings for the Green Team and STEAM PUNKS.
- Started working on individual sewing projects with 4-Hers who are interested
- Attended several statewide trainings specific to State Fair, 4-H Updates, Extension Updates, and Extension Assistant Co-hort meetings



Shickley Wellness Day-  
Fitness



Snap Circuits!



Shickley 4-H Library



Sewing Projects!



# March 2024



## Professional Development

**4-H Spring Training-** This three day event was held at the Kiewit Luminarium and UNL East Campus. On the first day we were able to explore the Luminarium as a new opportunity for youth to be engaged in science education. We also heard from author Stephanie Malia Krauss on Positive Youth Development. Before the training we were required to read her two books *Whole Child, Whole Life* and *Making It*. During her session I found her definition of youth being up to age 26 interesting as this is when the brain finally fully develops. Another piece of this was the importance of preparing youth to be successful in their adult lives. We as youth professionals can do this by creating opportunities to develop key currencies as Krauss defined as competencies, connections, credentials, and cash. I am excited to continue learning about how these books and presentation will be implemented into our work in the future.

On day two of the conference we had the opportunity to learn from Dr. Jim Rutledge. Dr. Rutledge is well known in the Extension profession and provides trainings for professionals to exceed in their career. Dr. Rutledge presented on the four different levels of development within Extension and how to move from one to another. The four areas are service, education, management, and leadership. I felt that I fit into the education stage of development as I am starting to expand offerings to meet a wide audience, exploring ways to collaborate with volunteers, and still do much of the ground work for programming. I feel like I just transitioned into this phase and am excited to continue learning the different stages and how to best serve the program.

On day 3 I was able to collaborate with other 4-H professionals on programming ideas and work within our focus teams to continue programming efforts. I enjoyed learning about different programming opportunities especially on leadership, adulting 101, healthy lifestyles, and how to engage the whole family in programming.

**Continuing Education-** I continue to work on my master's degree. Final projects are fast approaching. I have enjoyed learning about how to best evaluate programming, how adolescents interact within a family setting, and more about leadership styles within a non-profit organization. My final projects is on why families don't get involved in structured outside of school time activities, creating a Pizza Farm curriculum, and creating a program to solve a youth related issue within my community.

## Quarter 1 Report

Throughout the months of January, February, and March I have been entering data into our new reporting system called PEARS. The cool thing about this program is that it gives instant reports about programming. **Over the last three months I have had direct educational reach with 693 participants within 44 programs** over the course of 54 hours. I have also had 5,812 indirect educational reach through newsletters, social media posts, and newspaper articles.