



EXTENSION

Cuming County

SCHOOL ENRICHMENT CATALOG

2022-2023

Programs presented by Nebraska Extension are research-based and produced by specialists from the University of Nebraska—Lincoln, the National 4-H Council and various universities and organizations throughout the United States.

As 4-H participants, your students will also have the opportunity to take part in 4-H activities outside the classroom. Camps, special events, contests, and the Cuming County Fair are a few additional activities students may participate in.

All of our programs are free of charge to all Cuming County teachers & staff. If you have any questions, please contact our Extension staff:

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LIFE SKILLS



HAND WASHING

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. This lesson will teach youth how to wash their hands correctly. Youth will have an opportunity to actually see how well they have washed their hands using Glo-Germ which fluoresces brightly under an UVA view box.

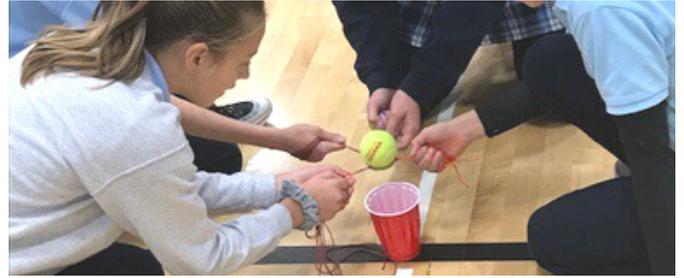
- Taught by Melissa Nordboe
- Suggested Grade Level: 2-6
- Two 45 minute sessions



SMART CENTS

Youth make decisions about how to use money every day and developing sound financial skills early in life can have positive implications as youth grow into adulthood. This school enrichment program is designed to teach youth financial education and includes activities for each lesson. Included are opening questions, activities throughout the lessons, and reflection questions to complete the experiential cycle.

- Taught by Melissa Nordboe
- Suggested Grade Level: 5-6
- Ten 45 minute sessions



LEADERSHIP SUMMIT

This is an amazing hands on curriculum that fosters team building and character development at a young age. Youth will see the world from a new perspective and learn to be more effective leaders. Students will determine their skills, qualities, values, and beliefs of effective leaders through interactive activities

- Taught by Melissa Nordboe
- Suggested Grade Level: 4-6
- Five 45 minute sessions



LEARN, GROW, EAT, & GO!

In order for youth to truly understand where their food comes from, it is important to go back to the basics and start from the ground up...literally! This program is focused on the basics of gardening to prepare youth to grow their own produce. Youth will participate in a variety of hands on activities, taste tests, and recipe demonstrations! This program aligns with the spring semester to allow youth to bring home their own plant starters.

- Taught by Hannah Guenther
- Suggested Grade Level: 1-3, 4-6
- Six-Ten 45 minute sessions



"I think its great to have Hannah and Melissa come in and talk about different topics. They are passionate about their jobs and it shows! The students love it anytime they can have hands on learning." - Mrs. Meister

AGRICULTURAL LITERACY



EMBRYOLOGY

This is quite possibly our most popular, most requested school enrichment program. Students will witness the miracle of life in the classroom. It involves the actual hatching of 12 eggs. This program requires 21-28 days to complete. It is a great learning experience for youth and perfect for the spring semester!

- Taught by Melissa Nordboe
- Suggested Grade Level: 2-3
- Three 40 minute sessions



FARMING IN A GLOVE

Living in a farming community, it is important for youth to learn about the many factors that go into plant growth. Students will engage in a hands-on activity where they will learn about how to grow plants and the essentials needed to promote plant growth all in a plastic glove.

- Taught by Melissa Nordboe
- Suggested Grade Level: 2-6
- One 45 minute sessions



TASSEL TO TABLE

1 in 4 careers in Nebraska are related to agriculture. To better understand our local and state economy, it is important to understand the food production cycle. Students will learn about Nebraska agriculture and the steps that are a part of getting food from the field to the plate. This program will include interactive activities.

- Taught by Melissa Nordboe
- Suggested Grade Level: 3-6
- One 45 minute session



EDIBLE SOIL HORIZON

Soil is one of the most precious resources for farmers. Students will identify the three layers of soil and the factors that affect soil quality and soil erosion. Students will create their own edible soil horizon using snack foods. This is a great interactive lesson that fits perfectly in biology, geology, or science classes.

- Taught by Melissa Nordboe
- Suggested Grade Level: 3-6
- One 45 minute session

"Having school enrichment in the classroom enhances our curriculum and adds extra excitement for the students! I am very grateful for the dedication of the Extension Educators in Cuming County!" - Mrs. Knobbe

NUTRITION & FOOD SCIENCE



AG-CITING SCIENCE

This ten-hour program will focus on educating youth about Ag Literacy. Youth will engage in hands on activities which will help them understand where their food comes from and the importance of agriculture to Nebraska. This course has easy to teach interactive lessons, complete with activity kits and all supplies.

- Taught by Melissa Nordboe
- Suggested Grade Level: 3-4
- Eleven 45 minute session



STEAK SCIENCE

Cuming County is the #1 beef producing county in the state! It is important for our youth to have a proper understand of where their steak comes from. This curriculum will teach students about the different areas of animal science including how to read a food label, different cuts of meat, animal byproducts, proper cooking techniques and careers.

- Taught by Melissa Nordboe & Hannah Guenther
- Suggested Grade Level: 5-7
- Five 45 minute session



ALTERNATIVE PROTEINS

Did you know that over 2000 species of insects are consumed worldwide? With the rising demand on our food supply, many are turning to alternative protein sources including insects to feed the world's rising population! This eye opening program teaches youth about edible insects eaten around the world through a trivia game before making trail mix with a special ingredient - edible crickets!

- Taught by Hannah Guenther
- Suggested Grade Level: 1-3
- One 45 minute session



RETHINK YOUR DRINK

Rethink Your Drink is an eye opening lesson where students will learn and measure exactly how much sugar is in their favorite beverages. They will learn the difference between Go, Slow, and Stop drinks and how to read a food label so they know exactly what is in various beverages. If you are seeing your students with soda, energy drinks, and sugary coffee, this is a great lesson to help them make healthy beverage choices.

- Taught by Hannah Guenther
- Suggested Grade Level: 4-8
- One 45 minute session

"I think they are great for the students because it brings someone from the community into the classroom. Also, my students have really enjoyed the nutrition enrichment program that you have done." - Mrs. Ulrich

STEM & ENTREPRENEURSHIP



KITCHEN SCIENCE

Students get comfortable with exploring the world of chemistry using simple ingredients, food, utensils, and containers.

Advanced level (4-8 grade): Participants will learn to predict outcomes and experiment with ordinary kitchen items

- Taught by Melissa Nordboe
- Suggested Grade Level: 1-8
- Several 45 minute sessions



PROJECT WET

Project WET: Water Education Today is dedicated to solving environmental challenges by teaching the world about water. We do this by providing hands-on, science-based water education resources. Through water education, individuals learn to identify their water address, discover their role in the hydrological cycle, analyze their water footprint and recognize that water knows no boundaries as it flows through and connects us all.

- Taught by Melissa Nordboe
- Suggested Grade Level: 5-7
- Can be suited to any classroom - multiple lessons for all age levels



T.E.C BOX

Tinker. Explore. Create. TEC Box was developed to introduce youth to the idea of entrepreneurship, encourage active listening that leads to empathy, creative problem solving, and focus on non-technical aspects of entrepreneurship.

T.E.C Box itself is a makerspace kit that enhances the learning experience. Youth use household items or random materials to create a product prototype.

- Taught by Tayler Wickham
- Suggested Grade Level: 3-5
- Four 45 minute sessions



INVENTURE DAY

Youth engage in conversations to develop and evaluate their unique business concepts around a given widget which is used as inspiration for a product or service. Teams move through the INVENTURE factory to complete challenges while learning about product development, target markets, branding, and finance. At the end of the day, teams present their business ideas to local business mentors in a product pitch competition.

- Taught by Tayler Wickham
- Suggested Grade Level: 6-8
- One full day assembly or can be broken into school enrichment sessions

"I think the partnerships are great for the students because it brings someone from the community into the classroom. Also, my students have really enjoyed the programs that you have done." - Mrs. Ulrich

HEALTH & WELLNESS



SLEEPLESS IN NEBRASKA

1 in 4 Nebraskans is sleep deprived, including youth! Sleep affects every moment of our daily lives, from how we think and remember to how our bodies thrive or deteriorate. It determines how we deal with stress, make choices related to safety, and function as human beings. **Sleepless in Nebraska** is a program that highlights the importance of sleep for youth including its impact on academics and athletics!

This program is able to be taught in the classroom or as a part of an assembly. It includes tips and resources to help your students sleep better!

ATTENTION DRIVER'S ED INSTRUCTORS: did you know that drowsy driving is the number one cause of single vehicle accidents? Sleepless in Nebraska includes a drowsy driving simulation where youth are able to experience the dangers of driving while tired. "Not getting enough sleep can cause a lot of problems" - Wisner Pilger Driver's Ed student, Sebastian.

- Taught by Hannah Guenther
- Suggested Grade Level: 7-12
- One 45 -60 minute session



MARATHON KIDS

Marathon Kids is a running program where youth work their way to running a marathon, 1 mile at a time! This program builds teamwork and relies on intrinsic motivation to keep kids moving. Each session includes a short lesson covering topics like endorphins, aerobic activity, hydration, and nutrition. This program is extremely flexible and is able to be implemented into classrooms, PE, after or before school programs, and even recess!

"Your size and shape don't matter when you run, as long as your mind and your heart and your feet can agree on the goal and work together to get there." - Ethan, a participant in our virtual Marathon Kids program

If you are interested in starting a Marathon Kids club at your school, please contact Hannah Guenther to find a time to set up a planning meeting!

- Coached by Hannah Guenther
- Suggested Grade Level: 1-6
- TBD



We look forward to bringing researched based programs into your classroom this year!

READY TO SCHEDULE?

Please complete the following form and return it to Nebraska Extension in Cuming County as soon as possible. Programs may be requested anytime throughout the year, however, we do request a three week advanced notice if at all possible. This is to ensure that the programs are available during your requested time. Please indicate approximate date(s) you will want the program.

Teacher's Name:

Grade:

School:

Students:

Telephone:

Email:

Please list any special needs or food allergies:

Return form or call / email us to schedule:

Handwashing Date Requested: _____

Leadership Summit Date Requested: _____

Smart Cents Date Requested: _____

Learn, Grow, Eat, & Go Date Requested: _____

Embryology Date Requested: _____

Farming in a Glove Date Requested: _____

Tassel to Table Date Requested: _____

Edible Soil Horizon Date Requested: _____

Ag-Citing Science Date Requested: _____

Meat Science Date Requested: _____

Alternative Proteins Date Requested: _____

Rethink Your Drink Date Requested: _____

Kitchen Science Date Requested: _____

Project WET Date Requested: _____

T.E.C Box Date Requested: _____

Inventure Day Date Requested: _____

Marathon Kids Date Requested: _____

Sleepless in Nebraska Date Requested: _____

