2015-2016
4-H SCHOOL ENRICHMENT

Nebraska Extension in Dakota County
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Nebraska Extension
in Dakota & Dixon Counties
Supplemental youth activities to
enrich the classroom and club experiences
Dear Dakota and Dixon County Educators,

The 4-H School Enrichment program is a great opportunity to supplement educational objectives with “hands-on learning”. It can make your classroom or 4-H club meeting a fun and exciting learning environment!

The 4-H School Enrichment program provides information from the University of Nebraska-Lincoln and other land-grant universities to the young people of Dakota and Dixon Counties through a collaboration between the school and extension.

The materials used in 4-H are based on research and produced by specialist from the University of Nebraska, National 4-H Office and various universities and organizations throughout the United States. The lessons use the Experiential Learning Model: Do, Reflect, and Apply to develop critical lifeskills. For most 4-H School Enrichment programs, an Extension staff member will teach the lessons, but resources may include the following: include teacher guides, student manuals, and teaching kits.

As 4-H participants, your students also have the opportunity to take part in 4-H activities outside the classroom. Camps, specials events, contests, and the Dakota~Thurston County Fair and the Dixon County Fair are a few additional activities students may participate in. For more information, please contact the Nebraska Extension in Dakota County. Hope to hear from you soon!

Sincerely,

Angela Abts,
Extension Educator
Youth Development

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**WHAT IS THE 4-H SCHOOL ENRICHMENT PROGRAM?**

**Registration Form**

Return to:

Nebraska Extension in Dakota County; 1505 Broadway; PO Box 129; Dakota City, NE 68731-0129
E-Mail: aabts2@unl.edu Website: www.dakota.unl.edu

Teacher ________________  Grade ________
School _________________  E-Mail ___________________

Best time to call: ________________________

Project Enrollment

_______ (# of students) x _____ = $__________

_______ (# of students) x _____ = $__________

_______ (# of students) x _____ = $__________

List the projects you want to enroll in and month you prefer

1. ____________________          Month _____________
2. ____________________          Month _____________
3. ____________________          Month _____________
4. ____________________          Month _____________

Statistics: (needed for state reports)

Male _____  Female _____
Caucasian ____  African-American ____
American Indian ____  Hispanic ____  Asian ____
The Dakota County 4-H School Enrichment Program is an excellent opportunity for students to experience “hands-on” learning through research-based curriculum. Please contact the office as soon as possible to schedule a program with your classroom, organization, or your 4-H club meeting. If you have any questions, please be sure to contact the Nebraska Extension Office in Dakota County at (402) 987-2140 or aabts2@unl.edu. Hope to hear from you soon!

The Dakota and Dixon County Extension Offices also provide several programs in the summer months: Summer Day Camps, Ponca Day Camp, You’re the Boss, Big Red Academic Camp (UNL Campus for 9th to 12th graders), and several overnight camps in Nebraska. Please contact the office for more information.

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Handwashing

Kindergarten to 1st Grade
One lesson—45 minutes
Cost: $5.00 per classroom
Glo-Germ is a fun interactive way for children to learn about the benefits of hand washing. Students will listen to a story about germs and then practice washing their hands with an UV fluorescent potion mixed in a special hand lotion or powder. The potion will glow when shown under the black light.
* If your school is 50% or more free and reduced lunches, your classroom qualifies for the free hand-washing program provided in September.
Nebraska School Standards
Science: 2.1.1.a & 2.1.1.b
Health: 1.1 & 1.6

Butterflies

Kindergarten through 2nd Grade
Lesson—(Will take approximately four weeks to hatch)
Cost: $25.00 per classroom (cost for larvae)
Watch a painted Lady Butterfly larva hatch in front of your eyes. It will take approximately four weeks for the larvae to hatch. Please contact the office as soon as possible to assure your classroom receives materials in a timely manner.
Nebraska School Standards
Science: 2.1.1.b, 2.1.1.e, & 2.1.1.f

Summer Camp Opportunities

There are several summer learning opportunities offered through UNL Extension. The favorite camp is robotics. Students learn how to build and program an EV3 Robot. The camp has been held in South Sioux City, Emerson, Pender, Randolph, Ponca, and Siouxland YMCA. For more information, please contact the office.

For more information about becoming a student of UNL, please contact the Nebraska Extension Office in Dakota or Dixon County or visit the website at http://admissions.unl.edu/

Here are a few ways for students to check out UNL
• Husker Weekday Visits
Free campus visit open to any student and their guests. Reservations are required, so reserve your space early. http://admissions.unl.edu/visit-ne/huskerweekdays.aspx

• Red Letter Days
Tour of campus and residence halls. Cost: $10 per person. Visit the website to pick your day. http://admissions.unl.edu/visit-ne/campus-visits/red-letter-days.aspx

• Annual Big Red Road Show (held at the CenturyLink Center in Omaha) http://admissions.unl.edu/visit-ne/off-campus/big-red-road-show.aspx
Northeast District
4-H School Enrichment

Northeast Nebraska Career Day

10th Graders
All day event (9:00 a.m. to 2:30 p.m.)
Cost: $1.00 per participant & bring their own lunch
October 20, 2015 (Registrations due in September 2015)
Wayne State College Campus (Wayne, NE)

Preparing for careers can be a challenge today, especially for high school students. The Northeast Nebraska Career Day will assist high school sophomores with the multitude of careers available in today’s society. Students will attend break-out sessions to learn about several career options they are considering from local speakers to share their passion for their career choice and education needed.

For more information, please contact the Dakota County Extension Office at (402) 987-2140.

4-H School Enrichment

Cloverkids

Kindergarten through 2nd Grade
Lesson—45 minutes
Cost: $.50 per student (per visit)

Have you wondered about the 4-H program? Then plan to have your students discover the fun of the 4-H program with hands-on activities once a month. Please pick from the list below for the lesson:

* Citizenship
* Communication & Expressive Arts
* Food & Nutrition
* Safety
* Home Environment
* Exploring Animals
* Aerospace

Money Cents

2nd to 3rd Grades
Three to four lessons—45 minute sessions
Cost: $5.00 per classroom

You are never too young to start learning how to spend and save money. This program will help students learn more about money through listening to stories and doing “hands-on” activities. Topics will include: examining money under a magnifying glass, learning what the government role is, discussing the difference between needs and wants, thinking about their savings dream and playing a “how much does it cost” game.
Nebraska School Standards
Math: 4.1.2a & 4.1.3b
Social Studies: 4.9
4-H School Enrichment

Wheat Science

3rd to 5th Grades
One lesson—2 1/2 hours
Cost: $1.00 per student (students work in groups of 3)
Wheat Science enrichment program is designed to teach students the journey of the wheat field to the table. This lesson can be inter-grated into multiple curriculum units—Nebraska history, agriculture, nutrition, math, science, etc. Students will find this to be a fun activity, because of the hands-on experience in making bread.
• Teachers will need to contact school kitchen personnel to schedule use of the kitchen for baking.

Nebraska School Standards

Fast Foods!

3rd to 6th graders
Four lessons—45 minutes
Cost: $5.00 per classroom (per visit)
Fast Foods is a curriculum to help students gain an interest in eating healthy foods and to encourage activity as part of their lifestyle. Students will explore the food groups and enjoy a healthful snack from the food topic of the week. (Grains, Vegetables & Fruits, Milk, and Meat & Beans)

Nebraska School Standards
Health: 2.2

Real World-Money

7th & 8th Graders
All day event (9:00 a.m. to 2:30 p.m.)
Cost: Contact the office & bring their own lunch
April 2016 (Registration due early April 2015)
Lifelong Learning Center; 601 E. Benjamin Avenue; Norfolk, NE

This interactive financial management program is designed to help 7th grade or 8th grade students become better prepared to make financial decisions as young adults.

Students will experience the following break-out sessions. They are divided into two groups.
Real World-Money (2 hours). Students will participate in a real-life simulation where they are individuals or families managing finances in the “REAL WORLD.”
Credit for Today (1 hour). Students will learn the impact of credit used today on lifestyle tomorrow.
Money and the Mind (1 hour). Making the first car purchase is used to illustrate the impact of the mind on decisions made as teens and students

* Schools should bring one adult for every ten students.

Schedule for the day
• 9:00 am Registration
• 9:30 Break-out sessions
• 11:30 Lunch
• 12:00 pm Break-out sessions
• 2:00 Group Processing and Evaluation
• 2:30 Safe Trip Home

Please contact the extension office at (402) 987-2140 or visit the following website to learn more about this experience at http://nerc.unl.edu/4h/programs.shtml

Nebraska School Standards
Social Studies: 8.3.5
5th & 6th Graders
All day event (8:30 a.m. to 2:15 p.m.)
Cost: Contact the office & bring their own lunch
March 2016 (registrations due in early March 2015)
Lifelong Learning Center; 601 E. Benjamin Ave; Norfolk, NE

This is an interactive character education program focusing on entrepreneurship and designed to enable youth to develop knowledge and life skills for enhancing ethical and responsible behavior in the business world and community.

Participants will:
1. Reinforce the “Six Pillars” of Character.
2. Provide a creative avenue for youth to express their view on character in business.
3. Design a business as a team.
4. Buy and sell a product.
5. Have fun while learning together.

Schools must bring one adult to work with every ten students or portion of ten students.

Nebraska School Standards
Social Studies: 4.8, 4.9, & 8.3.5
Language Arts: 4.3.1
Math: 4.1.3 & 5.1.3
FCS: 06-12.11.1

For more information about this event, please contact the Dakota County Extension Office at (402) 987-2140 or visit the website at http://nerc.unl.edu/4h/programs.shtml.
4th Graders
One lesson—45 to 60 minutes
Cost: $5.00 per classroom
Have you ever seen a pizza tree? A pizza bush? Slices of pizza planted in a garden? Yet pizza is a food made up of products grown in Nebraska. Your students will learn about how each of its ingredients can be grown on Nebraska farms. This would be a great activity in the month of March for National Agriculture Month. Students will enjoy making pizza quesadillas.

Nebraska School Standards
Social Studies: 4.5

National Science Experiment

5th to 12th Graders
One Lesson
Cost: $5.00 per classroom

This year’s experiment, the Motion Commotion, youth explore the science of motion—how things move through space and time. You will discover how human factors, such as reaction time, affect your own body’s motion and ability to stay safe.

Nebraska School Standards
Science: 12.1.1

5th Graders
Morning Event (9:30 a.m. to 12:30 p.m.)
Cost: No charge
May 2016 (registrations due in early 2016)
Wayne State College Campus

Students will be involved with hands-on activities as they learn about our precious resource: WATER

Participation with Wayne State College, UNL Northeast Research & Extension Center, Natural Resource Conservation Services, & UNL Extension Offices in: Cedar, Dakota, Dixon, Wayne, Thurston, and Pierce Counties.

Support from the Natural Resource Districts: Lewis & Clark, Lower Elkhorn, & Papio Missouri River

Please contact the Dakota County Extension Office for more information about this educational experience at (402) 987-2140.

* Adult sponsors may need to assist with the activities for the day.

Nebraska State Standards
Science: 5.4.2
4-H School Enrichment

What is Nebraska 4-H?

4-H is a community of young people, ages 5-19, across America who are learning leadership, citizenship, and life skills. 4-H is education for life that uses a learn-by-doing approach. In Nebraska, 4-H is present in ALL 93 counties across the state! For over 100 years, youth and adults have been working together-learning, doing, growing, and serving. Today, 4-H in Nebraska reaches approximately one in three of our state’s youth. Educational opportunities have expanded over the years in order to build skills relevant for twenty-first century youth.

The Northeast District has been offering several programs for schools to attend such as “Aquafest” and “Secrets of Service on the Job” just to name a few. Please consider joining other Northeast Nebraska Schools with this great opportunity provided by UNL Extension and other partners. Contact the UNL Extension Office in Dakota County for more information or visit the website at www.dakota.unl.edu or http://nerec.unl.edu/northeast4h.

Nebraska 4-H & Youth Development focuses on
* Science
* Healthy Living
* Citizenship & Leadership
* Ag Literacy
* Career Development

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Robotics

3rd through 12th Graders
Minimum of three lessons—60 minutes each (preferred three and more lessons)
Cost: $15.00 per classroom

Students will learn to create simple computer programs using the LEGO® MINDSTORMS® kits. They will also learn how to build Simplebot and complete hands-on challenges while working in groups.

Nebraska School Standards
Science: 12.1.1

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Power of Wind

5th through 12th Graders
Three lessons—60 minutes each
Cost: $5.00 per classroom

Students will learn to about the wind and its uses. Youth work with members of a team to design, create, build, and test a wind powered devices and are given opportunities to explore wind as a potential energy source in their community.

Nebraska School Standards
Science: 12.4.3c
4-H School Enrichment

**Focus on Citizenship**

6th through 12th Graders
Eight Lessons—45 to 60 minutes each
Along with a classroom community service project
Cost: $5.00 per classroom

This is a hands-on experience to engage youth in their communities. Youth will focus on four aspects of citizenship, civic engagement, civic education, personal development and service. Building on personal strengths, youth will learn more about citizenship, assess community needs, and plan and conduct a service learning project of their choice in their communities.

Nebraska School Standards
Social Studies: 5.3.2, 8.3.7 & 12.3.9

**GPS**

3rd through 12th Graders
One Lesson-1 1/2 hours
Cost: $5.00 per classroom

What does GPS stand for? Have you ever wanted to learn how to use a GPS unit? Be prepared for a fun day of learning about a compass and a GPS unit. Students will have an opportunity to practice geocaching using a GPS unit.

Nebraska School Standards
Social Studies: 4.10

**Real Colors**

8th through 12th Graders & Adults
One Lesson-2 to 3 hours
Cost: $8.00 per student

Have you ever wondered why people do the things they do? Everyone will learn about their temperament or “color” to develop more effective communication skills and build relationships.

Nebraska School Counseling Programs
Skills for Living (Personal/Social Development)
* Students will acquire the knowledge, attributes and interpersonal skills to help them understand and respect self and others.

**Seven Habits for Highly Effective Teens**

9th through 12th Graders
Eleven Lessons—45 minutes each
Cost: $15.00 per student

Students will learn the seven habits identified by Stephen Covey with interactive activities. The seven habits can help students improve relationships with family and friends; recognize and prioritize their goals; find balance between school, work, friends; and much more.

Nebraska School Counseling Programs
Skills for Living (Personal/Social Development)
* Students will make decisions, set goals and take necessary action to achieve goals.