

MORRILL COUNTY

The 4-H Healthy Habits



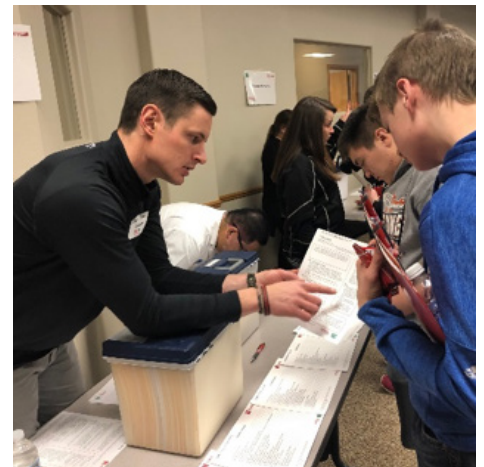
The 4-H Healthy Habits grant, sponsored by National 4-H Council and Walmart Foundation, prepared youth to take control of their food and activity choices. Four Teen Ambassadors and 104 third through sixth grade youth in Scotts Bluff and Morrill Counties participated in six hours of nutrition, physical activity, and food preparation education. Students reported becoming more aware of healthy beverages, how to read labels and the importance of eating breakfast.

“I learned a lot, like how to read labels and how breakfast is important. I loved the activities we did. I definitely will try to be healthier, physically and mentally.”
– One youth response from student thank you notes following the lessons.

Connect the Dots Provides Career Options

School districts statewide, including Bridgeport and Bayard, participated in Connect the Dots this year. Sixty-eight Freshman and Sophomore students from Morrill County schools evaluated future career and educational opportunities. The day-long program in Bridgeport utilized 28 local business/industry professionals, five post-secondary educational institutions, and six Extension Educators and Assistants to simulate real-world decisions for youth to consider when exploring career paths. 92% of youth said they were able to explore future career options, 93% were able to identify careers that are a good option for them, and 84% left with a better idea of what they were going to do after school.

“Connect the Dots provides students the opportunity to think about what career path they want to pursue, including paths into the military or a trade school. It is also great to watch students find a career interest that they may not have known about before the program.” – Janelle Kesterson, career representative



Animals Inside and Out Explores Animal Systems



In May, Morrill County was the host site of the Southern Panhandle Animals Inside and Out program. The day-long interactive program allowed 3rd and 4th graders from surrounding counties to learn more about livestock systems. Participants looked at and felt a cow heart, examined a reproductive tract, explored the need for medication and vaccines with livestock, created a joint using household materials, and learned about the many livestock by-products we use every day. In attendance were youth from Bridgeport, Banner County, Garden County, and Creek Valley. Youth reported that 83% had a better understanding of where their food comes from, 84% had experienced something new, and 85% said they now thought Animal Science is cool.

“Wonderful! Very interesting and interactive. I enjoyed the hands-on activities.”
– Comments made by teachers attending the event with students.