

Virginia Cooperative Extension

Welcome to Campbell County 4-H

Welcome to Campbell County 4-H! 4-H is often associated with animals and agriculture. We do have such programs and are very proud of our agricultural roots. However, just as society has changed over the past 100 years, so has 4-H! We are the largest youth development organization in the nation and have been helping young people develop the skills that will help them be successful in life for over 100 years! Campbell County can be proud of its rich 4-H history. We are fortunate to have wonderful 4-H members and volunteers that I rank among the best in Virginia. Along with the skills learned by our youth, there are also events, memories and friendships developed that will last a life time. Come experience 4-H as a member or as a volunteer that can make a lasting impact on the lives of our youth.

"With a lot of people doing a little, amazing things can be accomplished!"

The Campbell County Extension Office is here for you. Feel free to contact the Extension Office with any questions about the county 4-H program, (434) 332-9538 or email robbiem7@vt.edu



Robbie Morrison
4-H Extension Agent,

"4-H is a community of young people across America learning leadership, citizenship, and life skills."

What Exactly is 4-H?

4-H is America's largest out-of-school educational program for youth. Over six million youth nationally now participate in 4-H, under the guidance of Extension trained adult volunteers or Extension staff members. One of every six Americans has been affiliated with 4-H as a member.

4-H is an informal, practical, learn-by-doing, fun, and educational program for boys and girls, ages 5 through 18, from all racial, cultural, social, and economic backgrounds. Membership is open to all youth in this age range without regard to race, color, creed, national origin, gender, or religious affiliation. In fact, Virginia 4-H has been actively working to provide educational opportunities for youth since 1909.

4-H is based on seven (7) foundations:

1. Community centered
2. Volunteer led
3. Extension staff supervised
4. Research-based
5. Home and family oriented
6. Publicly and privately funded
7. Responsive to change



Virginia 4-H State Congress

4-H Mission

"The mission of 4-H is to develop youth and adults working with those youth to realize their full potential—becoming effective, contributing citizens through participation in research-based, informal, hands-on educational experiences."

4-H Organization and Leadership

National leadership for 4-H is provided by the United States Department of Agriculture (USDA), located in Washington, DC. State headquarters for 4-H are located at the land-grant universities of each state and US territories. State leadership for 4-H youth development is conducted by Virginia Cooperative Extension (VCE), an educational component of Virginia Tech and Virginia State University (VSU), Virginia's land-grant universities. Local governments cooperate with this leadership and assist with funding of Extension staff in each of Virginia's 107 counties and cities. County Extension agents direct 4-H work in the counties. Volunteer leaders assist agents by providing direct leadership and educational support to youth in local communities.



National 4-H curriculum may be ordered by visiting the National 4-H Curriculum Website: <http://www.4-hcurriculum.org/>.

National 4-H Curriculum will have a cost associated with ordering. Some club leaders will send out a request when ordering project books to combine orders and assist with the cost of shipping.

What is a 4-H Project?

Most youth members participating in 4-H are enrolled in what is called a 4-H project. If you are new to 4-H, you may wonder what exactly is a 4-H project? In traditional 4-H, members select a project from one of the curricular areas he or she is interested in learning about. The member works in a 4-H project book that matches up with the age level and interest area of the member. The project book will guide the 4-H member through learning experiences and encourage learning exploration in that particular area. Project books are still a big part of 4-H. Project books are available from your county office or from the National 4-H Curriculum catalogue. Some project books can easily be completed in a year and some may take several years for 4-H members to complete. As a member of Campbell County 4-H, you may turn in your project book at the end of the year to be eligible for project awards at the yearly 4-H achievement program. 4-H project books from the previous year are due to the Extension office in October.

Today projects are not limited to a workbook for 4-H members. 4-H camp and Virginia 4-H State Congress are examples of projects that do not fall into the standard project area. 4-H members can also design their own project using the 4-H self-determined projects or the 4-H project record book.

4-H programming is divided into 10 curriculum areas. The 10 curriculum areas are listed below:

- Animal Science**
- Careers and Consumer Education**
- Citizenship**
- Communications and Expressive Arts**
- Family Sciences**
- Foods, Nutrition, and Health**
- Leadership and Personal Development**
- Natural Resources and Environmental Education**
- Plants, Soils, and Entomology**
- Science, Engineering, and Technology**



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Campbell County 4-H *"Making the Best Better"*

For additional information, contact the
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4-H Symbols

Pledge

The 4-H pledge is said after the Pledge of Allegiance to the United States. The 4-H pledge is:

*I pledge my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service,
and my **health** to better living,
for my club, my community, my country, and my world.*

Motto

The 4-H Motto is, "To Make the Best Better."

Colors

The white in the 4-H flag symbolizes purity. The green, nature's most common color, is emblematic of life, springtime, and youth.

Emblem

The 4-H emblem is a four-leaf clover with the letter H on each leaf. The four H's represent the four-fold development of head, heart, hands, and health.



The 4-H Emblem



4-H camp promotes positive youth development

HEAD

Represents mental development, deeper knowledge, and reasoning.

HEART

Represents emotional development- developing interest, appreciation, and wholesome attitudes.

HANDS

Represents skills development (i.e. the ability to do, skill in doing, and habit of doing.)

HEALTH

Represents physical development- understanding and appreciating a growing and changing body.

Definition of a 4-H member

Any boy or girl, ages 5-18, who enrolls and participates in a planned sequence of related learning experiences for a **minimum of six (6) hours**. 4-H members are under the guidance and supervision of Extension-trained volunteers or Extension staff members.

4-H Delivery Modes

What is a 4-H Club?

A 4-H Club is an organized group of youth (ages 5-18) with elected officers and a planned program that Clubs are lead by volunteer leaders and may focus on one or more project areas. Club officers conduct monthly organizational meetings. Members also participate in a variety of learning experiences in their organizational meeting as well as within their project meetings. Project meetings may be held as often as deemed necessary, but at least once a month. Club officers, made up of youth members, are elected each year and serve in the various leadership positions at each meeting. The officers conduct the meeting using parliamentary procedures. 4-H clubs may meet as neighborhood clubs (known as Community Clubs), project clubs, after school clubs, or as within school clubs.

4-H Special Interest Groups

May be similar to a project club, but are often organized for a specific short-term purpose and do not have officers.

4-H School Enrichment Program (In-school Programming)

Youth are participants in learning experiences. Enrichment programs may be coordinated with school personnel serving as volunteer teachers of 4-H curricula meeting the Standards of Learning.

4-H Camping

There are a variety of 4-H camps conducted through the year at Virginia's six 4-H Educational Centers including residential, junior camp, special interest camps, weekend camps, and others. Additionally, many units conduct day 4-H camps to meet the needs of youth throughout the Commonwealth.

Types of 4-H Camps

CLOVERBUD 4-H CAMP

Programming events for youth 5-8 years of age. Youth must meet the minimum age of 5 between October 1 and September 30 of the 4-H year, and must not be older than the maximum age of 8.

RESIDENTIAL 4-H CAMP

Programming events in which campers generally stay overnight from 2-5 days. Most residential camps last 5 days, with campers staying overnight for 4 nights. The junior 4-H camps, designed for youth 9-13 years of age, fall into this category.

SPECIAL INTEREST 4-H CAMP

Programming events focusing mainly on a specific project or theme area. There is a large variety of special interest 4-H camps available throughout the state.

DAY 4-H CAMP

Programming events in which campers participate in learning activities throughout the day, but do not stay overnight

Excerpt from: Meadows, R., & Garst, B. (2001), Virginia 4-H Basic Orientation Guide.



*Central District 4-H
Food Challenge First
Place winners*



*Bits n Pieces Club in
Parade*

*"Clubs are led by
volunteer leaders
and may focus on one
or more project
areas"*



4-H Shooting Education



- 4-H State Congress
- Ambassadors
- All Stars