KANSAS STATE UNIVERSITY | Extension Meadowlark District

News For New Families

Issue #1

November 2026

Welcome to Our 4-H Program!!!

Dear New 4-H Families,

The Holiday season is right around the corner and 4-H may be the last thing on your mind, but remember 4-H is a program that runs all year long. Many people think of 4-H and just think of the 4-H fair, but 4-H is much more than that! This time of the year is a perfect time to evaluate project goals, begin or continue project meetings and start working on Record Books for the current 4-H year, if you've not done so already.

To find the latest 4-H happenings you should be sure to read your 4-H newsletter. Now that your 4-H enrollment has been completed, you should begin receiving the District 4-H newsletter in the mail and/or email. The District newsletter is full of information on upcoming events, deadlines, opportunities to learn and rules or policies. The newsletter is broken into two parts, information for the entire District and information for each office/county in the District.

The first few pages of your newsletter include information that every 4-Her in the Meadowlark District needs to know. This information includes State events and deadlines. You will also look to these pages to find information on trainings open to the entire District or when camp registration is due. The first section of the newsletter is very important, and every 4-H family needs to read it.

The second section of the newsletter is broken down by county/office events. These activities may include 4-H Council, 4-H Club Day, Fair and/or Achievement Events. Each county 4-H Council still has some of their own events and activities, but generally all events are open to all 4-Hers. It is important to read your local pages to know what to expect within your local program. You may also want to read the other local pages to get new and fresh ideas.

The 4-H newsletter is the way the office communicates deadlines, events and changes to the 4-H families in the District. With over 700 4-Hers, a newsletter is the most effective way to communicate with that many people. Read the newsletter every month to make sure you don't miss something. If you don't receive the District 4-H newsletter by the 5th of the month, please contact your local Extension Office to make sure we have your information on file. The newsletter (past and present) may be viewed on the District 4-H website, under the News tab on the left navigation bar. Be sure to ask questions if you read something in it and don't understand, or want more information.

Meadowlark Extension District 4-H

Agents: *Abbie Burger, Ashtyn Humphreys, Megan Vrbka*

Program Managers & Assistant: *Deb Henry, Cara Robinson & Amanda Manville*

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Important 4-H Websites

Meadowlark District 4-H - http://www.meadowlark.k-state.edu/4-h	Kansas 4-H Website - http://www.kansas4-h.org
Kansas 4-H Foundation - https://www.kansas4hfoundation.org/	National 4-H - http://www.4-h.org/
Animal Science Youth Programs - http://www.youthlivestock.ksu.edu	

Who's Who in the 4-H Program?

The 4-H program is huge and there are lots of people working together to make the program successful. Below is a brief description of a few of these dedicated 4-H individuals.

- **Extension Agents:** The 4-H Extension Agent is a professional who administers the 4-H program. The 4-H Agent makes sure State and National policies are being followed at the local level. The 4-H Agent provides for the training of 4-H members/volunteers and answer questions to keep the 4-H program running smoothly. The Meadowlark Extension District has six Extension Agents located in the three offices. Each of these agents are specialized in their subject matter area. Extension Agents are available to help youth and adult volunteers in their subject matter are of expertise.
- **4-H Program Managers:** are members of the Extension staff who work with the 4-H Agent to plan and implement 4-H programs. These individuals are your first point of contact beyond your local club leader. The Meadowlark District has three 4-H Program Managers, one in each local Extension office. They help reserve rooms, contact judges, gather resources materials, and other duties to make sure the local 4-H program runs smoothly. Additionally, they work in specific educational delivery parts of the District 4-H Youth Development Program.
- The **Community Club leader** is an adult volunteer or volunteers who are responsible for the organizational part of the 4-H club. These volunteers are your lifeline in 4-H. They work closely with the 4-H Extension Agent, 4-H Program Managers, club officers, 4-H Council representatives, and parents' committee to make their 4-H club successful and educational. Club leaders help the club function and should be the first place to turn when a family has a question. Club leaders keep in contact with the Extension Office to stay informed of deadlines, paperwork, and changes 4-Hers needs to be made aware of.
- A **Project Leader** is a volunteer who helps 4-Hers as they learn, make or do something. This person can be a 4-H parent who agrees to help with a project. It may also be a Junior Leader or a person from the community who has knowledge in a particular subject matter area. Parents can volunteer to be project leaders in any project, even if their child is not involved. Project leaders should hold project meetings through the year so that youth can learn more about the project, practice making an exhibit for the fair, and work on project records.

4-H Club Day – Coming Soon!!!

One thing teachers always compliment 4-Hers on, is their ability to get up in front of a group and present. 4-H Club Day gives youth an opportunity to practice these communication skills. 4-H Club Day is a chance for youth to exhibit their talents in public speaking, parliamentary procedure, music, dance, or drama. Youth are able to sign-up in a variety of areas and then asked to practice their pieces and present them to a judge at 4-H Club Day. Youth receiving Top Purple ratings are then given the opportunity to attend Regional 4-H Club Day historically held in Atchison.

4-Hers can participate in groups or by themselves. For youth who are nervous to perform in front of a group, they could choose to participate in a group skit, chorus, dance, or band. Many clubs choose to practice parliamentary procedure as a club with Model Meetings or Gavel Games. This way youth are participating in 4-H Club Day, but are not doing so alone.

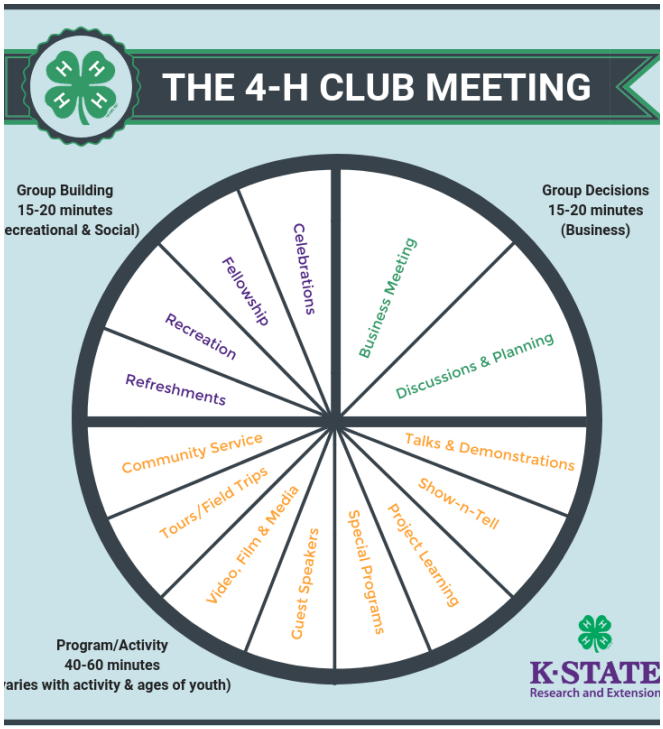
Another option for a youth participant is either show and share/tell or do a reading. Show and share/tell with a judge, gives youth constructive criticism on their presentation, with all receiving participation ribbons.

CLOVERBUDS – this is a great place for you to participate! Youth performing a reading is another good option. 4-Hers pick a piece no more than five minutes long and are not required to memorize the piece, but perform in front of a judge.

With the many options at 4-H Club Day there is something for everyone. Youth can show off their talents and skills in a safe learning environment. Youth are encouraged to participate and then view other 4-Hers perform their presentations. Watching older youth perform is one of the best ways to learn. A 4-H Club Day Guide can be found on our website and is a great resource to explore and learn more! https://www.meadowlark.k-state.edu/docs/4h/resources/4H-Club-Day-Guide-Book.pdf.

Components of a 4-H Club Meeting

A 4-H Club is a great venue for learning, group interaction and fun to take place. The meeting environment and meeting components are important aspects of a club that youth choose to attend.



We will look at three major components of club meetings: Group Building (social), Group Decision Making (business) and Programs & Activities (learning). If you think about your club meeting as a pie graph, it should be split up into close to three equal sections, or about 1/3 of the time for each component.

Program or Activity is one area to make slightly larger.

PARENTS – please attend 4-H meetings with your children so you can support them with the learning and fun that happens there!

Club Component #1—Group Building/FUN!!!
This includes any of those activities that help everyone get acquainted, feel accepted and recognized. This should be about 1/3 of your monthly meetings.

- **Get Acquainted:** Kids join 4-H all year!
- **Celebrating:** When a project is complete celebrate as a group.
- **Evaluating:** Is everyone's opinion offered after a project to know how to improve and what went well?
- **Recreation & Singing:** For very young children this may be the one part of 4-H they can do best! Recreation should be a part of every meeting. It helps members continue the atmosphere of fun and interest as well as get to know one another!

Club Component #2—Group Decision Making
In a 4-H Club, *decision making* should happen in the business meeting. The business meeting should take about 1/3 of your monthly meeting time or about 15-20 minutes.

The club business meeting should be *democracy in action*. During 4-H Club meetings, members learn to express themselves in a group, listen to the views of others, use votes to reach decisions and abide by majority rules.

A 4-H Club Meeting will likely be the 4-H member's first experience with parliamentary procedure. *Parliamentary procedure* is abstract and hard to understand, and yet it is still what our 4-H clubs use for decision making, so it will take some coaching & reinforcement.

Club Component #3—Programs and Activities
This is the educational part of your program. Often clubs think about talks & demonstrations only in this portion, but there really are a number of things to do! Programs should be about 1/3 of the monthly meeting.

- **Member Talks/Demonstrations or other presentations** - This is a great opportunity for members to give their presentations in a supportive atmosphere.
- **Guest Speakers** – A wide range of speakers and topics are available in every community.
- **Project work and/or Community service** – can be done during Program time.
  - **Record Book Updates** – a portion of the meeting time can be dedicated to work on 4-H Record Books.

Beyond Ready

KANSAS STATE UNIVERSITY | Extension
Meadowlark District

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Address Service Requested

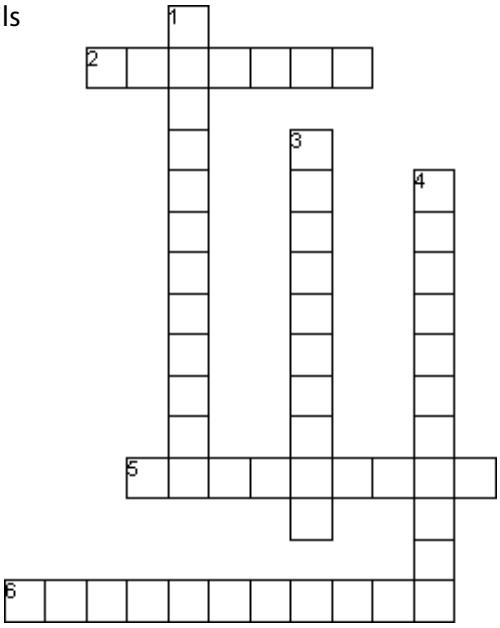
Just For Fun!!!

Across

2. Collect rocks, minerals, and fossils
5. Build a model rocket
6. Learn how to use a camera

Down

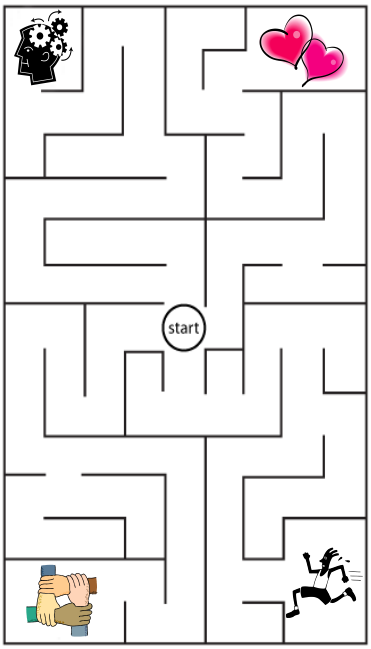
1. Plant a container garden
3. Write news stories
4. Make a simple circuit



Word Bank

Aerospace
Electricity
Geology
Horticulture
Journalism
Photography

Can you make it from the center of the maze to the four items mentioned in the 4-H Pledge?



District Office Hours:
Open Monday-Friday; 8:00 AM-Noon & 12:30-4:30 PM
Closed on designated holidays

Websites:
https://www.meadowlark.k-state.edu/
https://www.facebook.com/KStateExtensionMeadowlarkDistrict

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