



MARTIN COUNTY 4-H

June Newsletter

Upcoming 4-H Events

- 5/28-6/7 MCMS Summer School
- 5/28-6/21- IES Summer School
- 6/10- Teen Meeting #2
- 6/11-6/14- Teen Conference
- 6/12- Diabetes Information Session
- 6/18 - Teen Meeting Floyd County
- 6/19- Juneteenth Office Closed**
- 6/20- Pollinator Program
- 6/20- Paint and Learn Door Hanger Fundraiser
- 6/25- Mandatory Camp Orientation Carnival
- 6/27- Teen Meeting Lawrence County
- 6/1-7/31- Summer Entomology Activities



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Hey 4-Her's!

May offered exciting chances for community involvement through the Summer Market, exciting learning opportunities with the Kentucky Reptile Zoo, end of year school enrichment, and office Field Trips. June is shaping up to be fantastic for 4-H members, featuring Entomology Activities, a camp fundraiser with Bite Box food truck, a paint fundraiser in the works, Camp orientation Carnival, Pollinator Garden Program, and a Youth Garden Club teaching youth how to cultivate, tend, harvest, and cook meals from their own produce! We're thrilled to kick off these activities – it's going to be an amazing 4-H Summer!



May Programs and Activity Highlights



During the Inez Elementary Kindergarten field trip to our office, students visited several stations that taught basic nutrition, pollination and physical fitness through hands on learning.

The nutrition station led by FCS Agent Asya taught students how to create a delicious fruit and yogurt parfait, then the students were able to create and eat their own.

4-H Agent Joe played a game of kickball to encourage physical fitness, and 4-H assistant Nicole taught the importance and the process of pollination with a craft and hands on activity of creating a pollinator and planting a seed.



Students from the 21st Century Learning Center summer school program at Inez Elementary School and MCMS had the opportunity to learn about the environment, diet, predators, and prey of various reptiles. They also got to ask plenty of questions to satisfy their curiosity. The students were very anxious throughout the presentation often hardly containing their excitement for the next animal. They new a big snake was in the big container, but they didnt realize how big! They were in awe at the size of the final reptile that was presented, a boa constrictor!



KYreptilezoo.com for more info

YOUTH HEALTH BULLETIN



JUNE 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Martin County Extension Office
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THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION

School is out, and the sun is up in the sky! You may have lots of plans for how you want to spend your summer break, or not many plans at all. Whether you are planning a big trip, staying busy with camps, or have plenty of time to relax at home, spend some time outside this summer.

Maybe you like to **S**plash at the pool, **U**nwind on a hammock, **M**ake forts in your backyard, or **M**ow the lawn for your family. Perhaps you **E**njoy a picnic in the shade or **R**ide your bike with friends. There are so many ways to step outside and into nature!

Your body needs to move for at least one hour each day. Moving helps your bones and muscles grow

and helps your whole body feel its best. We were made to move, and being active is easy outside! When you run, jump, climb, swing, and play, you are helping your muscles and bones get stronger and more stable. Is there a skill that you can't quite do just yet? Maybe a handstand or shooting a 3-point shot in basketball? The more you use your muscles and practice those skills, the better you'll get.

Your brain also benefits when you spend time outside in nature. Whether you are climbing a

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Whether you are climbing a tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier.

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tree, sitting in the grass, or hiking on a trail in the woods, being outdoors helps our bodies feel calmer, be able to pay attention more, and feel happier. If you have a bad day, or feel sad or upset, try spending some time outside: playing, reading, or just resting on the ground.

When you go outside, it is also important to protect yourself from too much sun. Remember things like:

- Sunscreen
- A hat
- Protective clothes or swimwear
- Sunglasses

You may even want to keep these things by the door in your home, in a basket or bag. That will make them easy to reach and to remember. This summer, step outside into nature, and get ready to have a good time!

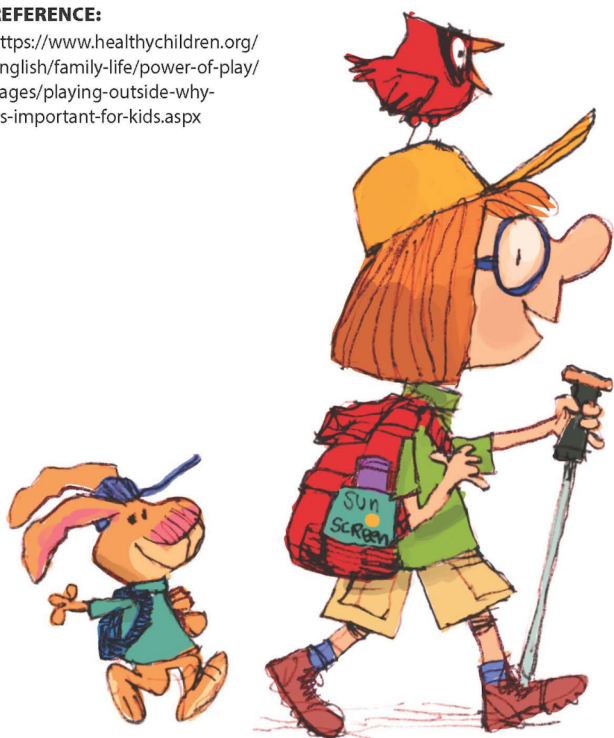
REFERENCE:

<https://www.healthychildren.org/english/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>



There are SO many things to do outside when it is warm and sunny! Try to think of one activity to do outside that starts with each letter below:

- S: _____
- U: _____
- M: _____
- M: _____
- E: _____
- R: _____
- T: _____
- I: _____
- M: _____
- E: _____



ADULT HEALTH BULLETIN

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Cooperative
Extension Service

PRESENTS

4-H CAMP

“UNDER THE BIG T”

REGISTRATION IS CURRENTLY FULL

BE THE STAR OF THE SHOW



JULY 9TH-12

Camp Notes

Camp is approaching quickly! Here are a few notes!

- **CAMP REGISTRATION IS CURRENTLY FULL. PLEASE BE SURE TO TURN IN ALL REQUIRED DOCUMENTS ASAP. THERE IS A WAIT LIST AVAILABLE, CONTACT US ASAP TO BE ON THE WAIT LIST.**
- **SCHOLARSHIPS AND DISCOUNTS AVAILABLE FOR MARTIN COUNTY RESIDENTS/STUDENTS ATTENDING MARTIN COUNTY SCHOOL DISTRICT**
- **A FUNDRAISER FOR CAMP IS BEING SCHEDULED FOR A DOOR HANGER PAINT PARTY IN THE NEXT FEW WEEKS, STAY TUNED.**
- **BITE BOX FOOD TRUCK WILL BE HERE JUNE 14,-FUNDRAISER FOR CAMP**
- **TEEN COUNSELOR MEETING #2 - JUNE 10TH**
- **MANDATORY CAMP ORIENTATION DAY CAMP/MEETING JUNE 25 - ALL REGISTERED CAMPERS, TEENS AND ADULTS MUST ATTEND. TIME WILL BE ANNOUNCED SOON.**
- **ADULT VOLUNTEERS WILL NEED TO HAVE THEIR BACKGROUND CHECK IN ASAP. PLEASE CONTACT US WITH QUESTIONS.**





Kentucky
**4-H Teen
Conference**

2024



100th
ANNUAL

ILLUMINATE 4-H
LEXINGTON, KENTUCKY

June 11 - June 14

Explore college,
future career paths,
and gain leadership
skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE

\$250

Contact your county
4-H Agent for more info



UK Cooperative
Extension Service

BITE BOX

4-H CAMP FUNDRAISER



THIS FUNDRAISER AIMS TO SUPPORT MARTIN COUNTY YOUTH IN ATTENDING 4-H CAMP BY LOWERING THE COST FOR THEIR FAMILIES

14
JUNE

MARTIN COUNTY EXTENSION OFFICE

9 Holy St. Inez KY 41224

An Equal Opportunity Organization

4-H Summer Entomology Club



Please join this Facebook group for how to videos, Data Collection information and additional activities throughout the summer!

June 1st-August 1st
Virtual Club

(no in person requirements)

Ages 5-18

Focus on Invasive Species

An equal opportunity organization

SCAN ME



Registration Required

Pollinator Container Garden

This event is tailored to meet the interests and needs
of youth aged 5 through 18.
(supervision required for ages 5-8)



Thursday, June 20th



1:30pm - 3:30pm



MC Extension Office



Learn about pollinators, the plants that attract them, and create your own pollinator container garden to take home! Also be a part of our Monarch Waystation groundbreaking event!