



MARTIN COUNTY 4-H

OCTOBER NEWSLETTER

This Month:

- 10/1- Spooky Stroll
- 10/8- EDB Meeting
- 10/8- IES Afterschool
- 10/10- Reality Store MCMS
- 10/10-MCMS Afterschool
- 10/15-IES Afterschool
- 10/17-MCMS Afterschool
- 10/18- EES Historical Day
- 10/22-IES Afterschool
- 10/24-MCMS Afterschool
- 10/24- Head Start Trick/Treat
- 10/24 Warfield Trunk or Treat
- 10/25-Pumpkin Palooza
- 10/29- CEC Meeting
- 10/29- IES Afterschool
- 10/31- HALLOWEEN

HEY 4-HER'S!

Can you believe we are in OCTOBER already??

We had a wonderful September full of fun! The pet show at the Harvest Festival was a big success, and Wally Cat made a special appearance in the parade! Our pumpkin patch is thriving and nearly ready for picking—just in time for fall festivities!

School Enrichment programs launched with healthy eating lessons for K-2 at Eden Elementary, followed by grades 3-6. Our MCMS afterschool club has been celebrating Hispanic Heritage Month, focusing on cultural foods, while IES has been learning about the five food groups with MyPlate lessons and tasty healthy recipes. We hope to see WES soon!

October is full of exciting activities too! We have the Spooky Stroll, Reality Store at MCMS, Heritage Days at the elementary schools, Trick or Treat Community Events, and our PUMPKIN PALOOZA event, finally!

Hope to see you soon!





MCMS

The MCMS afterschool club launched a five-week lesson series for Hispanic Heritage Month, exploring culture and its unique characteristics. One of the highlights has been discussing food. Students have practiced cooking skills while sampling various traditional Hispanic dishes.

PUMPKIN PATCH

The time to HARVEST our pumpkins has finally arrived! We can't wait to see you October 25th for our Pumpkin Palooza event! Small popup sales will take place throughout the month as some of our pumpkins have an early harvest.

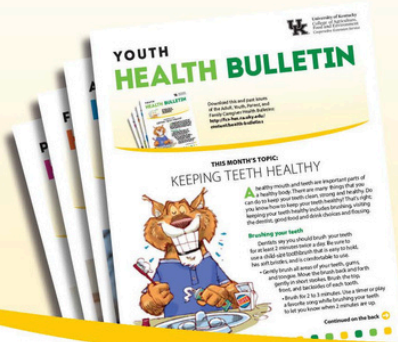


EES & IES

Eden Elementary and Inez Elementary have launched a MyPlate program that emphasizes food groups and the significance of healthy eating. The in-school sessions at Eden and the after-school sessions at Inez align with KRS standards for Health through Physical Education.

YOUTH

HEALTH BULLETIN



OCTOBER 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
9 Holy St.
Inez, KY 41224
606-298-7742

THIS MONTH'S TOPIC

GET ACTIVE WITH SPORTS!

What is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:

- A: _____
- C: _____
- T: _____
- I: _____
- V: _____
- E: _____

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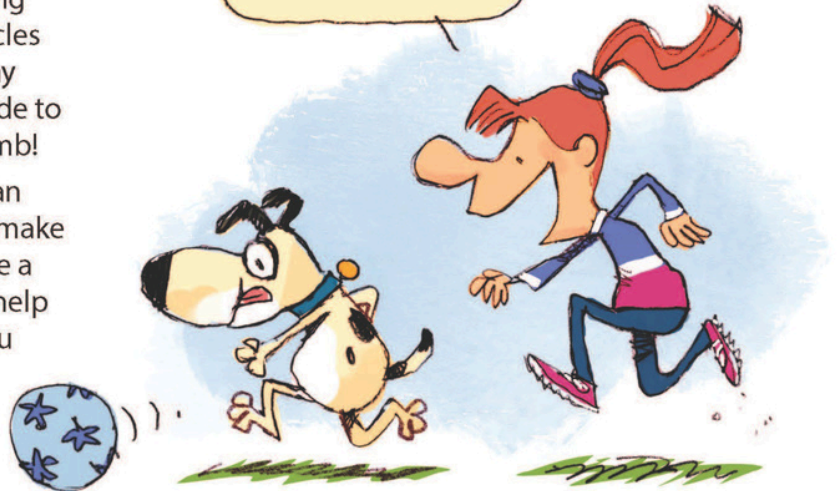
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It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.

We make a great team!



Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.

These are the sports I have played:

I would like to play this sport on a team:

I would like to keep playing this sport:

If I could try a new sport, I would like to try:

REFERENCE:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx

GOOD GAME!

Win or Lose... FLAG FOOTBALL is ALWAYS Fun!



ADULT HEALTH BULLETIN

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Chris Ware (© University of Kentucky School of Human Environmental Sciences)



KENTUCKY 4-H PROGRAM YEAR 2025

SEPTEMBER 1, 2024-AUGUST 31, 2025



HOW OLD WILL YOU BE ON
JANUARY 1, 2025?
THAT IS YOUR 4-H AGE!

AMPLIFY
KENTUCKY 4-H



ROBINSON CENTER FIELD DAY EVENTS



WIN WITH WOOD

OCT 1, 2024 | 9-2 PM
ROBINSON WOOD CENTER



YOUTH SCIENCE DAY

OCT 2, 2024 | 9-2 PM
ROBINSON WOOD CENTER



FIELD DAY

OCT 3, 2024 | 4-7 PM
ROBINSON WOOD CENTER



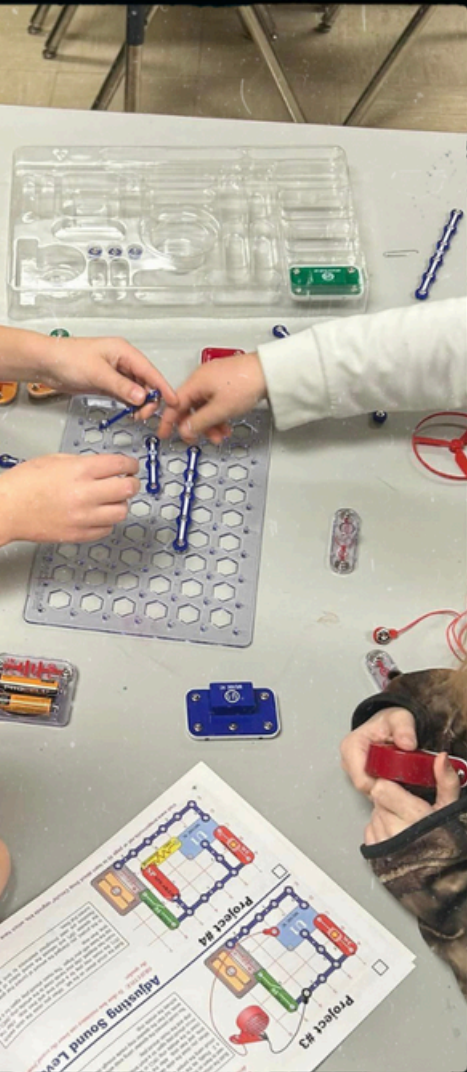
PUMPKIN DAYS

OCT 3, 2024 | HEADSTART/PRESCHOOL
OCT 4, 2024 | KINDERGARTEN/1ST GRADE
ROBINSON WOOD CENTER

IES 4-H PROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

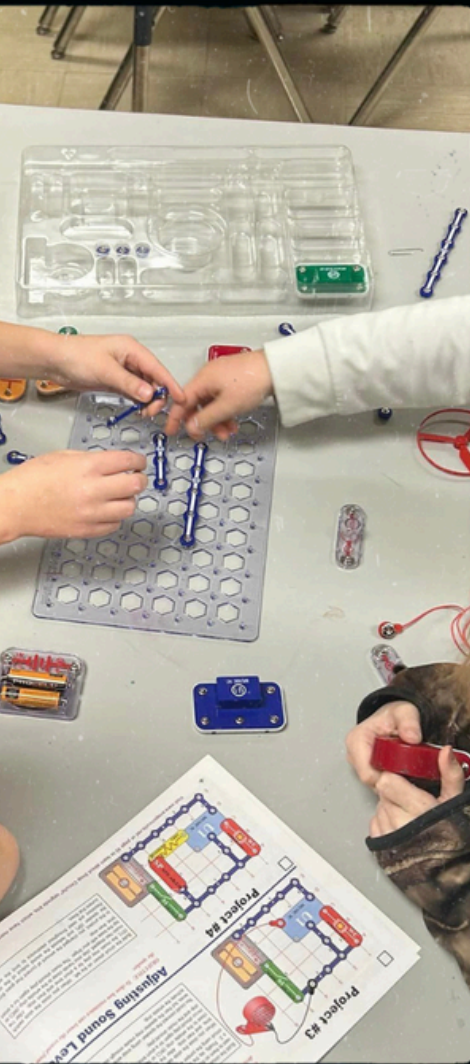
SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

MCMS 4-H PROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

4-H Pumpkin Palooza

Martin County Extension Office

Date: October 25th

Time: 4:30-7:30



- Pumpkin Patch/ Pumpkin Sale
- Recipes and Samples
- Smoothie Bike
- Hot Cocoa and Coffee Bar
- Pumpkin Carving and Painting
- Fun Activities
- Seed Harvesting and Growing Tips

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



UK Cooperative
Extension Service

INEZ STORYBOOK WALK SPOOKY STROLL



October 1st
10am-2pm

- Pick Up a Scavenger Hunt
- Find the spooky items on the Inez Storybook Walk
- Return your completed Scavenger Hunt to our office to receive a prize!



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT










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accommodated
with prior notification.

This is a tentative schedule of events at our office and throughout the community. Please visit our FB pages, [martin.ca.uky.edu](https://www.facebook.com/martin.ca.uky.edu) or call our office for the most up to date information.

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SPOOKY STROLL 	2 Hometown Homemakers	3	4	5
6	7  Heirloom Quilters	8 EDB Meeting 4:30 pm IES Afterschool Club 	9	10 GAP @ noon Reality Store MCMS MCMS Afterschool Club	11	12
13	14  Heirloom Quilters	15 Mountain Reg. Prevention IES Afterschool Club 	16 MCMS Afterschool Club	17	18 EES Historical Day	19
20	21  Heirloom Quilters	22 Cooking through the Calendar IES Afterschool Club 	23 IES Parent Meeting	24 IFB Food Pantry Distribution Head Start Warfield Park Trick or Treat Trunk or Treat MCMS Afterschool Club	25 LAUGH AND LEARN	26
27	28  Heirloom Quilters	29 CEC Meeting @ noon IES Afterschool Club 	30	31 TRICK OR TREAT 