Dear 4-H Families:

Enclosed you will find information on upcoming meetings and programs. To sign up for any upcoming programs, contact the Extension Office today!

Best Wishes,

Alexandria Bryant Popham
Extension Agent
for 4-H Youth Development Education
Breckinridge County

Country Ham Project

Ham Washing will be
Monday, August 12th
or
Tuesday, August 13th 4 p.m. (ct)
Extension Community Building

Teen Leadership Academy

Teen Leadership Academy is for 8th through 11th graders. This is a multi-county leadership program. Anyone interested will need to apply for the program and only FIVE will be selected to participate. Applications have been mailed and are attached to this newsletter.

* Deadline to sign-up is Friday, August 23rd. Those selected will be notified shortly after the deadline.
NOTE! Communication Policy: In the event that a meeting date, time or location for any club changes, it will be on WXBC 104.3 radio and a Remind 101 message will be sent, so please sign up to receive the Remind 101 messages.

4-H Bug Club
The next club meeting will be
Tuesday, August 13th at 4 pm (ct) at the Farmhouse Store in Cloverport

4-H Poultry Club
The next club meeting will be
Tuesday, August 13th at 6 pm (ct) at the Farmhouse Store in Cloverport

4-H Rabbit Club
The next club meeting will be
Monday, August 12th at 6 pm (ct) in the Extension Farmers’ Market & Educational Facility.

4-H Puppy Pals
The club meetings will be Thursday, August 1st, 8th, 15th, 22nd, & 29th at 6 p.m. (ct) at Lazy Jim Day Dog Training Facility (6396 West Hwy 60 Hardinsburg, KY 40143).

4-H Wranglers’ Horse Club
Good luck at State Show!

4-H Cloverbud Club
Follow remind 101 for new meeting dates.

4-H Teen Club
Teen Club members would like to invite teens to participate in the upcoming Teen Club Sponsored Programs. More information will be in next month’s newsletter!

4-H Needlework Club
Congrats on a great year!

4-H Sewing Club
Congrats on a great year!

4-H Cultural Club
Congrats on a great year!

4-H Youth Livestock Club
Good luck at County & State Fair!

BCMS 4-H Adventure Club
The next club meeting will be Tuesday, August 13th at 3 pm (ct) at BCMS in room 307.

4-H Robotics Club
Congrats on a great year to our robotics club! Sign-ups for next year will be in December.

4-H Shooting Sports Club
Archery Practice: Monday, August 5th, 12th, 19th, and 26th at 5:30 p.m. (ct) at Jake’s Archery Shop in Mcdaniels

Black Powder Practice:
Thursday, August 1st, 15th, and 29th at 5:30 p.m. (ct)

Trap Practice:
Thursday, August 8th & 22nd at 5:30 p.m. (ct)

at the Irvington Sportsman Club

Like us on Facebook!
www.facebook.com/breckinridgeextension
Teen Leadership Academy (TLA)
The TLA program is a combined effort between five (5) Lincoln Trail Area counties including Breckinridge, Grayson, Hardin, LaRue and Meade Counties. Eligible applicants must be incoming 8th-11th graders. Applications are reviewed and selected by area 4-H agents. Five (5) applicants will be selected from each county to comprise a group of 25 4-H teens for the 2019-20 class. I hope you will consider applying for this rare opportunity.

This month’s trivia question is for the Horse Club members:
When on the left lead, which front leg of the horse will extend further?

Answer to the previous trivia question:
How many lenses are in a dragonfly’s eye?
Answer: 30,000

Parents Corner

Breckinridge County Farmers’ Produce Market
The farmers market will be open every Saturday 6:30 am (ct) June 8th - October 2019 and every Tuesday 3 pm (ct) June 11th - October 2019 in the Extension Farmers’ Market & Educational Facility

Breckinridge County Homemakers Association
Breckinridge County Homemakers will kick-off the new year in September!
For more information about becoming a member contact the Extension Office at (270)-756-2182
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>August 2019</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Like us on Facebook!</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.facebook.com/breckinridgeextension">www.facebook.com/breckinridgeextension</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALL TIMES ARE CENTRAL UNLESS STATED OTHERWISE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **1** Puppy Pals 6 pm
- **2** Puppy Pals 6 pm
- **3** 
- **4** 
- **5** 
- **6** 
- **7** 
- **8** 
- **9** 
- **10** 
- **11** 
- **12** 
- **13** 
- **14** 
- **15** 
- **16** 
- **17** 
- **18** 
- **19** 
- **20** 
- **21** 
- **22** 
- **23** TLA sign-ups Due
- **24** 
- **25** 
- **26** 
- **27** 
- **28** 
- **29** 
- **30** 
- **31** 

**Kentucky State Fair**

- **12** Ham Washing 4 pm
- **13** Adventure Club 3 pm
- **14** Bug Club 4 pm
- **15** Poultry Club 6 pm
- **16** Rabbit Club 6 pm
- **17** Ham Washing 4 pm
- **18** 
- **19** 
- **20** 
- **21** 
- **22** Puppy Pals 6 pm
- **23** 
- **24** 
- **25** 
- **26** 
- **27** 
- **28** 
- **29** 
- **30** 
- **31**
YOUTH HEALTH BULLETIN

AUGUST 2019

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

Breckinridge County
Extension Office
1377 S. Hwy 261
Hardinsburg, KY 40143
(270) 756-2182

THIS MONTH’S TOPIC:
BACK TO SCHOOL

Summer time is ending, which can be sad, but it comes with the excitement of going back to school. It is okay if you feel nervous or scared for the first day of school. Many kids feel nervous about going to a new classroom or new school with new teachers and new friends.

Continued on the back
It is a great day to make a new friend, so try to say hello to the new kids in your classroom.

Continued from page 1

However, after you start your new school routine, those worries will go away. If those feelings do not stop, talk to your mom, dad, teacher, or school counselor.

The first day of school can be fun but cause some nerves. In order to settle those nerves down, start by being prepared with the correct supplies that you need. Some schools send out class supply lists before the year begins, so you can get pencils, folders, and whatever else you’ll need. The night before school, lay out the clothes you are going to wear. You can also stay organized by putting your homework and books into your backpack and setting it by the door the night before. Whatever you want for lunch, help your parents by packing it the night before. If you are nervous about remembering everything for the first day of school, write it down. You can write down your locker combination, classroom numbers, teacher’s names, and bus information to help you remember those details.

Here are some tips for having a successful school year:

• Get enough sleep.
• Eat a healthy breakfast.
• Use a planner to write down your assignments so you turn in your homework on time.
• Ask questions. If you don’t understand something, always ask the teacher.

Get excited for the kickoff of the new school year! You might already know some kids in your classes on the first day. However, it is a great day to make a new friend, so try to say hello to the new kids in your classroom.

SOURCES:
- https://www.cdc.gov/features/back-to-school

Can you unscramble these words?

• ETA A HEYALT ARKBAEFST: _____________________________
• TGE OEUHNG LESEP: _____________________________
• UES A NENLPAR: _____________________________
• SKA OSEIUQSTN: _____________________________

Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon Illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)
BRECKINRIDGE COUNTY 4-H

CLOVERBUD CLUB!

Kids ages 5-8 will learn about 4-H and other exciting topics while completing a hands on activity!!

Signups begin September 2nd 2019 at the Breckinridge County Extension Office

Topics covered throughout the club year:
- 4-H Basics
- Local 4-H Project Clubs & Activities
- Science, Engineering, & Technology
- Agriculture & Animal Science
- Communications
- Leadership
- Health
- Family & Consumer Science
- Natural Resources

GUARDIANS MUST BE PRESENT DURING MEETINGS

For more information contact the Breckinridge County Extension Office (270)-756-2182
BRECKINRIDGE COUNTY 4-H

BRECKINRIDGE COUNTY MIDDLE SCHOOL STEM PROGRAM

Our county’s 4-H STEM program is made possible by collaborating with BCMS Science teachers! We help facilitate monthly hands-on science labs & dissections!
4-H Forestry Field Day:
Mammoth Cave National Park
September 12, 2019

4-H youth aged 9 to 13 are eligible to participate. During this one day program, youth are taught and tested on the basics of tree identification, tree measurement, and the use of a compass and measuring distances by pacing. In the afternoon session, the participants experience “Wood Magic”, which raises their awareness of the importance of forest products.

For more information or to sign-up contact The Breckinridge County Extension Office at (270)-756-2182
4-H TEEN PROGRAMS!

JOIN OTHER TEENS AS THEY EXPLORE DIFFERENT TOPICS AND PARTICIPATE IN SERVICE EVENTS!

SELF DEFENSE CLASS, TEENS ON WHEELS, CITIZENSHIP DAY, CANOE TRIPS, ROPE COURSE

TEEN COMMUNITY SERVICE DAYS!
RONALD MCDONALD HOUSE ROUGH RIVER CLEAN-UP

FOR MORE INFORMATION CONTACT THE BRECKINRIDGE COUNTY EXTENSION OFFICE AT (270) 756 - 2182
Pledge to Pass On Plastics!

"I pledge to reduce plastic pollution by refusing single-use plastic items, replacing them with reusable options, recycling everything I can, and encouraging my friends to do the same!"

Examples of single-use plastics (plastic items that are used only once then thrown away) include plastic straws, bags, water and soda bottles, and food packaging.

Name: ________________________________________________________________

County: ______________________________________________________________

Address: __________________________________________________________________________

Are you a 4-H member?  ○ Yes  ○ No

Do you accept this pledge?  ○ Yes  ○ No

The UK POPs campaign, logos, and images are used with permission from University of Kentucky Recycling, Dining, and Sustainability programs.