



# NEWSLETTER

## FEBRUARY 2025

**Breckinridge County  
Cooperative Extension Service**  
1377 S. Hwy 261, Hardinsburg, KY 40143  
P: (270) 756-2182  
F: 270-756-9016  
breckinridge.ca.uky.edu

### AGENT MESSAGE

February is here in full swing, and I hope everyone has a wonderful Valentine's Day with family and friends. Though this month is shorter, it is certainly busy! Please take a moment to check the upcoming club calendar to stay informed about our meetings.

The Art Club will meet on the 18th, and I encourage everyone to take advantage of this opportunity to hone your artistic skills with Mrs. Natalie Roye, a talented and experienced artist. Please note that youth need to register for this workshop, which has a fee of \$5.00.

Our 4-H choruses are also beginning again under the fantastic direction of Kathy Tabor, who has guided many children in singing throughout the years, myself included. The exact date for the first meeting has not yet been set, but most of you will soon receive a letter from Kathy with all the necessary details. If you don't receive the letter but are interested in joining, please contact the office, and we will provide you with the information you need.

The Rabbit Club will be meeting as well, and the club schedule is attached for your reference. Additionally, you won't want to miss the livestock club meeting, as we'll provide important information regarding validation and tagging for both the county and state fairs.

Who else is excited for 4-H Camp 2025? I know I can't wait to make this summer memorable! I've been working on the t-shirt designs, and it's been a lot of fun. I hope everyone loves this year's design. The camp flyer is included in the newsletter, and I hope you all received your letters in the mail about camp and scholarships.

If you have any questions or are concerned about sending your child or children to camp due to financial constraints, please don't hesitate to fill out the scholarship application and include a note for me. I would be more than happy to help make this happen. I can't wait to see the joy and excitement in our youth's eyes at camp this year!

We are also in need of adult and teen volunteers, so please reach out if you are interested.



Becky Brown  
Extension Agent,  
For 4-H Youth Development Education  
Breckinridge County





# CLUB MEETINGS & IMPORTANT DATES



## **4-H Livestock Club**

**Monday, February 10th 6 p.m. CT**

**Extension Farmers' Market & Educational Facility**

***\*We will be discussing validation & tagging of livestock at this meeting. If you cannot attend please let us know so I can get the tagging information to you.***

## **4-H Poultry Club**

**Tuesday, February 11th 5 p.m. CT**

**Extension Farmers' Market & Educational Facility**

## **4-H Art Club**

**Tuesday, February 18th 5 p.m. CT**

**Extension Community Building**

## **4-H Rabbit Club**

**Thursday, February 20th 6 p.m. CT**

**Extension Farmers' Market & Educational Facility**

***Once other clubs have set meeting dates we will share on our Facebook page, website, and on the Remind system***

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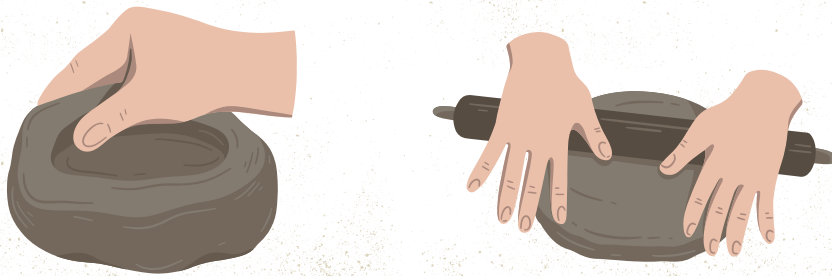
Breckinridge County 4-H

# Art Club

Tuesday, February 18th 5 pm CT

Join us for our 1st club meeting.  
We will be creating a clay art project.

There is a \$5 club fee to be  
paid at enrollment



For more information  
contact Becky Brown at  
[rebecca.brown@uky.edu](mailto:rebecca.brown@uky.edu)  
or call 270-756-2182





# Breckinridge County 4-H Rabbit Club 2025 Schedule

**January 16th**

6 pm cst.  
Farmers Market Building

**June 5th**

6 pm cst.  
Farmers Market Building

**February 20th**

6 pm cst.  
Farmers Market Building

**July 17th**

6 pm cst.  
Farmers Market Building

**March 20th**

6 pm cst.  
Basement of Extension office

**August 8th**

6 pm cst.  
Farmers Market Building

**April 17th**

6 pm cst.  
Basement of Extension office

**September 18th**

6 pm cst.  
Farmers Market Building

**May 15th**

6 pm cst.  
Farmers Market Building

**October 16th**

6 pm cst.  
Farmers Market Building

**Cooperative  
Extension Service**

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

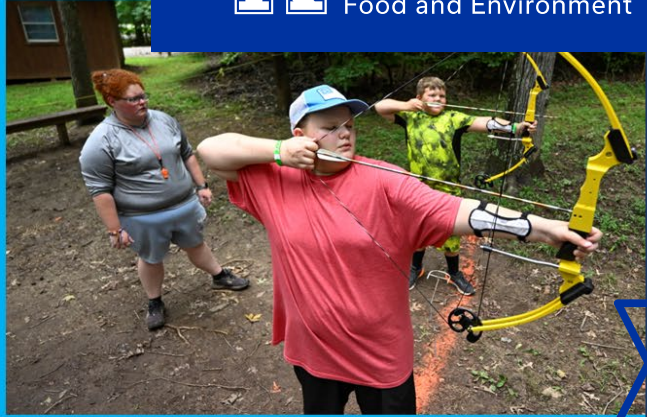
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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# 4-H CAMP

“CAMPLIFY YOUR SUMMER”

July 21 - 24, 2025

**COST: \$115**

**Required deposit: \$50.00**

**West KY 4-H Camp**

**Scholarship Applications are available**

**Deadline for all paperwork & fees - June 30, 2025**

For more information contact Becky Brown at [rebecca.brown@uky.edu](mailto:rebecca.brown@uky.edu) or call 270-756-2182

## HIGHLIGHTS:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your “Spark” and
- Amplify Your Summer Break

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

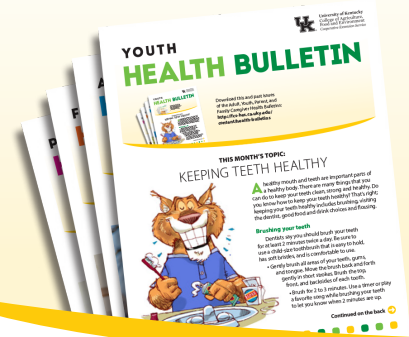
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Disabilities accommodated with prior notification.

# YOUTH

# HEALTH BULLETIN



FEBRUARY 2025

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

## THIS MONTH'S TOPIC

# GIVE YOURSELF A LITTLE LOVE



In February, love is in the air. You may think about love for family, friends, or someone special. But have you ever thought about loving yourself? A positive body image is one way to love yourself. Body image is the way you feel and think about your body. Feeling good about your body builds confidence.

It may feel hard to feel good about your body. Right now, you are growing and changing. You might feel pressure to look a certain way. Social media, movies, and TV often have edited pictures that show a narrow view of beauty. The way family and friends talk about their bodies affects how you think and feel about yours.

Bodies and beauty come in all colors, shapes, and sizes. You are wonderful just as you are. To show your body some love and boost your body image, try one or more of these:

- **Focus on what your body can do, not how it looks.** Have you learned to do something new? Are you able to do something you enjoy?

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- **Be careful with social media.** Social media can have lots of posts that make you feel bad about your body. Unfollow accounts that say harmful things about body size or shape. You can also unfollow accounts that you compare yourself to or that make you feel like you should look or act a certain way. Be wary of posts about diets and fads. Change settings to hide comments and likes. Take breaks from your phone or tablet.
- **Challenge beauty standards.** Talk with family and friends about other ways to define beauty. Instead of focusing on looks, focus on what is inside. What makes you special or beautiful? It might be your honesty, kindness, or the way you make people laugh.
- **Nourish your body with food and movement.** Yummy, nutritious foods and moving your body in ways that feel good are two ways to show your body love. Foods like fruit, vegetables, whole grains, and protein give you the fuel you need to grow, learn, and play. Physical activity is fun and keeps your body strong. Find what you like to do.
- **Talk with a trusted adult.** Your body image will change over time. If or when you don't feel good about your body, talk with an adult you trust. They can help figure out what you need.
- **Journal or write positive affirmations.** Writing is a useful way to process thoughts. You can also



write affirmations that remind you how great you are. Get started with the prompts below.

**What is at least one thing you love about your body? Remember to try to focus on what your body does for you rather than how it looks.**

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**Write a positive affirmation.**

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There are many people and things that can negatively affect your body image. But there are many other ways to feel good about you!

**REFERENCE:**

Mental Health Foundation. (2019). Body image report – Executive Summary. <https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary>

**YOUTH  
HEALTH BULLETIN**

**Written by:**  
Courtney Luecking, PhD,  
MPH, RDN  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:**  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)



# STAY CONNECTED

## Remind

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

Club/Category	for info on:	Text to 81010
General 4-H	All things Breck County 4-H!	@general4-h
Arts	Arts, Crafts, and Needlework	@artcultura
Natural Resources	Entomology, Outdoors, Forestry, Soil, Etc.	@4hnatural
Cloverbuds	4-H Members 5 to 8	@4hbud
Livestock	Livestock, Ham, Horse	@4hlives
Small Animals	Poultry, Rabbit	@4hsmall
Shooting Sports	Trap, Pistol, Archery	@4hsho
Performing Arts	Treble Chorus, Mixed Chorus, Music, Theater	@4hmusik
Leadership	Teen, Leadership, Career	@4hteencar

## Contact Us

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

Office Hours  
 Monday through Friday  
 8:00 AM - 4:30 PM CT

Online:  
[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)  
[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

Becky Brown  
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 For 4-H Youth Development Education  
 Breckinridge County  
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 Email: [rebecca.brown@uky.edu](mailto:rebecca.brown@uky.edu)

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