

the camden CLOVER



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WHAT'S GOING ON IN 4-H

APRIL 2024

Hello Parents and 4-H'ers!

We have had an exciting school year with you! Record numbers in Project Achievement for all ages, three teens qualified for State Congress, our BB teams qualified for Daisy Nationals, and lots of special interest clubs are just some of the highlights of the past 8 months.

We are currently planning our summer programs, and are excited to see you soon! Keep reading to find out all the latest 4-H news!

See you soon!

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COMING SOON



SUMMER CAMP IS FUN, BUT IT'S NOT THE ONLY WAY TO 4-H DURING THE SUMMER! WE ARE PLANNING SOME AWESOME ADVENTURES AND WILL HAVE THAT INFORMATION IN OUR NEXT NEWSLETTER! IF YOU ARE PART OF A 4-H CLUB, WATCH YOUR EMAILS FOR MORE INFORMATION!

Scan the code on the right to access our FlowPage, where we list all of our registration links. You will find a link to our main website, and you can join our Facebook group and e-newsletter, Here is the website address as well:

<https://www.flowcode.com/page/camdenco4h>



5TH GRADE CLUB NEWS



Mary
Lee
Clark



Woodbine
Elementary
School



Kingsland
Elementary
School

Our PY24 4-H Spirit winner is MLC! Students have been earning points all year by wearing green, community service (can tabs), and participating in 4-H events outside of their classroom! To keep things fair, we total all the points earned by students in each school, and divide it by the total number of that school's 5th graders. MLC took first place with 60 pps, followed closely by WES with 45 pps and KES with 37 pps.

Top point earners were:



Kylee Smith
WES
175 points



Landon Aligood
MLC
195 points



Bree
Humphries
MLC
210 points



We have a few more spots left, but they are going fast! email us today to get registered!



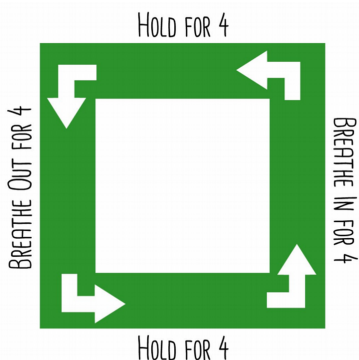
Every April, our focus is on combating test anxiety and stress. Here are a few resources that we have been using in classrooms! Belly breathing is the best way to breath during both of these exercises. Instructions for that are included in the guided relaxation link.



Guided relaxation is a great way to lower your stress levels and a great start to a good night's rest. Scan the code or use the link below for a 4-H version of guided relaxation narrated by Ms. Shawnie!

Link:

https://drive.google.com/file/d/1qofwjS24oTbb3x8FLKKjCCizlTUrggw/view?usp=drive_link

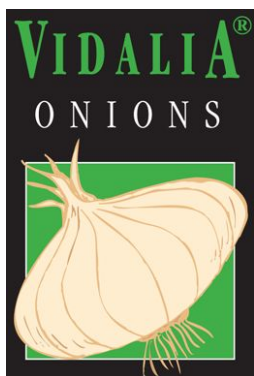


Square breathing is a great tool to keep in your stress management toolbox, and can be used anywhere! Try doing this right before a test or other similar stressful situations to take a minute and reset yourself. You may not be able to change the fact that you have to do it, but you CAN change how you get ready for it!

Start in the bottom right corner, follow the arrows and slowly trace the shape with your finger as you count to 4 and follow the directions on each side. Do it as many times as you need to, and go a little slower each time.



WE NEED YOUR SUPPORT!



it's onion time!

Help send 4-H'ers to camp this summer, by purchasing these farm fresh, Georgia grown awesome onions!

10# for \$12 or 40# for \$40.

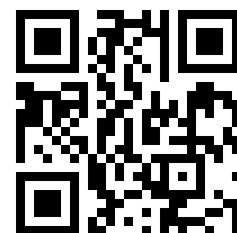
Orders and payment due by April 22.

Pick up will be scheduled for the first week of May.

Contact our office to order.



Donate and help our BB team get to Arkansas this summer!



<https://gofund.me/b95149eb>