



UNIVERSITY OF GEORGIA  
EXTENSION  
Camden County



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Woodbine, GA 31569  
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An Equal Opportunity, Affirmative  
Action, Veteran, Disability Institution

## WHAT'S GOING ON IN 4-H

APRIL 2025

Hello Parents and 4-H'ers!

We have had an exciting school year with you! We have enjoyed learning, growing, and having fun doing all the 4-H things with our young people this school year--and, the fun is not over!

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! SCAN THE CODE BELOW TO JOIN OUR MONTHLY E-NEWSLETTER AND FB GROUP TO KEEP UP WITH ALL THE FUN!

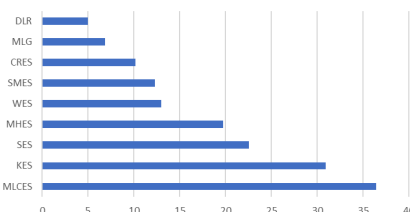
Scan the code on the right to access our FlowPage, where we list all of our registration links. You will find a link to our main website, and you can join our Facebook group and e-newsletter. Here is the website address as well:

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



## 5TH GRADE CLUB NEWS

Final School Points per Student Averages



All of our 5<sup>th</sup> grade classes have been earning points all year. Points were given for wearing green at their monthly meetings, participating in community service, attending 4-H events, and competing in Project Achievement. We took the total number of points earned at each school and divided that by the number of students in the school to keep it fair. It's been a FIERCE competition to earn the 4-H spirit trophy and Mary Lee Clark Elementary came out on top!



**Mary Lee Clark**



**Kingsland Elementary School**



**Sugarmill Elementary School**

# Congratulations!



to all of our 5<sup>th</sup> grade teachers for your support!

### Top Individuals:

1

**Sloan Walker, MLG**  
with 55 points

2

**Annabelle Purvis, SMES**  
with 49 points

3

**Catherine Crowley, MHES**  
with 37 points

**MANDATORY CAMP  
ORIENTATION MEETING FOR ALL  
WHO ARE REGISTERED FOR  
CAMP IS MAY 19. CHECK YOUR  
EMAIL FOR DETAILS!**



**Need to pay your camp balance?  
Log in here:  
<https://register.extension.uga.edu/portal/logonFamily.do>**

CAMP IS AWESOME.CAMP IS AWESOME.CAMP IS AWESOME.CAMP IS AWESOME.CAMP IS AWESOME.CAMP IS AWESOME.CAMP IS AWESOME.CAMP IS AWESOME.

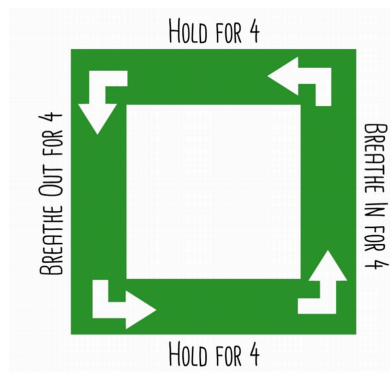
**Every April, our focus is on combating test anxiety and stress. Here are a few resources that we have been using in classrooms! Belly breathing is the best way to breath during both of these exercises. Instructions for that are included in the guided relaxation link.**



**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:

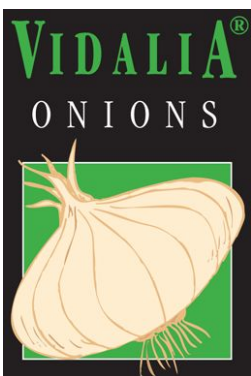
[https://drive.google.com/file/d/1qofwjS24oTbb3x8FLKKjCCizlTUrggwb/view?usp=drive\\_link](https://drive.google.com/file/d/1qofwjS24oTbb3x8FLKKjCCizlTUrggwb/view?usp=drive_link)



**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.**

  
**SUMMER**  
**is coming**

**...join our blog and stay tuned for all the fun programs we have planned for our 4-H'ers!**

University of Georgia is an Equal Opportunity, Affirmative Action, Veteran, Disability Institution. If you need a reasonable accommodation or language access services, contact the Camden County Extension office at 1409 Georgia Avenue in Woodbine GA | 912-576-3219 | [uge3039@uga.edu](mailto:uge3039@uga.edu), at least three weeks prior to the program date