



UNIVERSITY OF GEORGIA
EXTENSION
Camden County



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Woodbine, GA 31569
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An Equal Opportunity Institution

WHAT'S GOING ON IN 4-H

APRIL 2026

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!

Shawnie Sahadeo
4-H Agent
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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!

LESS STRESS ON THE TEST (and overall!) IS THE GOAL! TO HELP MAKE SURE YOU CAN DO YOUR BEST, MAKE SURE TO TAKE CARE OF YOUR S.E.L.F:

- **SLEEP:** youth ages 6-12 need 9-12 hours of sleep each night! To help ensure you are getting those zzz's, turn off screens 30 minutes before bedtime and create a routine.
- **EXERCISE:** aim to challenge your body for a total of AT LEAST 60 minutes each day.
- **LEISURE:** leave room for down time in your schedule. Just don't let it take over all your time.
- **FOOD:** Eat from all 5 food groups. Aim for at least 3 food groups per meal. Make sure snacks are healthy. Sugary and processed items should be treats, not eaten daily.



Our Cloverleaf Project Achievement program was amazing this year! We had over 300 5th and 6th graders submit entries for our county level competition. We invited 70 of those 4-H'ers to attend our district competition, and had 44 attend on March 28! We had 44 participants competing against 9 other counties in 26 project areas. We had the largest group of competitors. Those 4-H'ers worked hard practicing and perfecting their presentations and their hard work paid off. 15 of them received 1st place, 14 received 2nd place, 9 received 3rd place, and 6 received honorable mention. We are so proud of everyone!

**MANDATORY CAMP
ORIENTATION MEETING POLL
COMING VIA EMAIL. RESERVE
APRIL 29, 30, AND MAY 4.**



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

We do have a few cloverleaf camp spaces available!

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

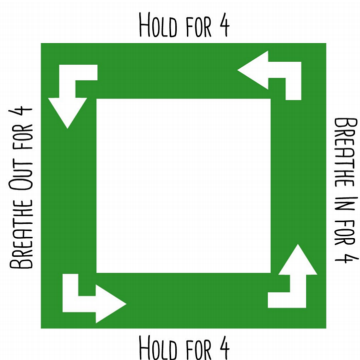
Every April, our focus is on combating test anxiety and stress. Here are a few resources that we have been using in classrooms! Belly breathing is the best way to breath during both of these exercises. Instructions for that are included in the guided relaxation link.



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:

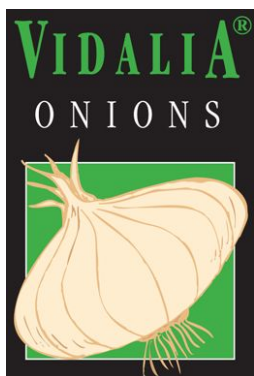
https://drive.google.com/file/d/1qofwjS24oTbb3x8FLKKjCCizlTUrggwb/view?usp=drive_link



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 20.

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 Institution. If you need a reasonable accommodation or language access services, contact the Camden County Extension office at least three weeks prior to the program date at 1409 Georgia Avenue in Woodbine GA | 912-576-3219 | uge3039@uga.edu.