

# Welcome to Putnam 4-H



## Our Mission

The Cornell Cooperative Extension 4-H Youth Development Program uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the community. This mission is accomplished by using the knowledge and resources of the land grant university system, along with the involvement of caring adults.



## Why 4-H?

4-H is grounded in the belief that kids learn best by doing. Meetings and educational events are youth led, interactive and fun! 4-H promotes life skills through hundreds of project areas, community service, leadership and citizenship activities. 4-H members are encouraged to be an active participant of the club, complete 4-H projects, take part in special 4-H events and activities, serve their community, and work towards improving one's personal growth.

## Member Opportunities

Members of 4-H have the chance to participate in various leadership activities such as:

- **4-H Programs:** A variety of traditional clubs, STEP programs, 4-H projects and community projects that promote positive youth development.
- **4-H Public Presentations:** An annual public speaking program to help youth develop and enhance communication and organizational skills.
- **Putnam County Youth Forum:** A county-wide collaborative program, in partnership with the Putnam County Youth Bureau, for high school students to attend a day-long educational conference on teen issues.
- **Putnam Youth Forum Planning Committee:** A teen group that plans and coordinates the Youth Forum.
- **4-H Showcase:** An opportunity for 4-H members, families and clubs to run activities, showcase projects and take part in showmanship (Formerly the 4-H Fair).
- **CCE Community Events:** Annual events, such as Open House on the Farm, provide community service opportunities for teens & families, in which they can develop their leadership, communication and life skills.
- **Youth Leadership Retreats:** Fun-filled weekend retreats promoting leadership and team building.
- **4-H Youth Awards Ceremony:** An annual gathering for 4-H members and families to celebrate their yearly accomplishments.
- **NYS 4-H Capital Days:** A statewide 4-H leadership trip to the New York capital to get acquainted with the State Government.
- **4-H Career Explorations:** A 3-day college experience trip to Cornell University to explore future education, career opportunities and college life.
- **NYS 4-H STARR:** A state wide 4-H event for teens to develop life skills through a variety of workshops.

## 4-H ESSENTIAL ELEMENTS

<i>I pledge my Head to clearer thinking...</i> <b>INDEPENDENCE</b> Gaining Character & Confidence	<ul style="list-style-type: none"><li>• Opportunity to Develop Leadership &amp; Decision Making Skills</li><li>• Opportunity for Self-Determination</li></ul>	 HEAD
<i>I pledge my Heart to greater loyalty...</i> <b>BELONGING</b> Gaining Connection	<ul style="list-style-type: none"><li>• A Positive Relationship with a Caring Adult</li><li>• An Inclusive Environment / A Place to Belong</li><li>• A Safe Emotional &amp; Physical Environment</li></ul>	 HEART
<i>I pledge my Hands to larger service...</i> <b>GENEROSITY</b> Gaining Caring & Character	<ul style="list-style-type: none"><li>• Opportunity to Value &amp; Practice Service to Others</li><li>• Opportunity to Connect to their Community</li></ul>	 HANDS
<i>I pledge my Health to better living...</i> <b>MASTERY</b> Gaining Competence	<ul style="list-style-type: none"><li>• Opportunity to Experience Mastery &amp; Success at Problem Solving</li><li>• Engagement in Learning</li></ul>	 HEALTH

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## Types of 4-H Programs

- ◇ **Traditional 4-H Clubs:** Traditional 4-H Clubs are designed in an age-appropriate format and may focus on one specialized topic or may encompass multiple projects. Generally, clubs meet biweekly or monthly to take part in team building activities, club business, community service and educational programs. Youth participants will gain self-esteem, leadership skills as well as social-emotional development and general life skills. Club
- ◇ **4-H STEP Programs:** STEP (Short-Term Exploratory Projects) Programs combine concepts of special interest groups with the 4-H club model. 4-H STEP Programs generally meet once a week for 3-8 weeks and are designed to provide an opportunity for youth to explore a particular project area. Participation in STEP programs, often lead to involvement in a 4-H Club.
- ◇ **Other Programs:** In Addition to Traditional Clubs and STEP programs, Putnam 4-H also offers various school programs throughout the county.



**Annual 4-H Club Membership Fee:** There is an Annual 4-H Club Membership Fee of \$35 per youth, regardless of how many clubs you take part in! 4-H STEP Clubs & special programs may charge an additional fee to cover supplies, materials, etc. The Annual Fee covers any/all 4-H Club participation between October 1st - September 30th!



### **4-H is a Family Affair!**

Supportive adults play a key role in the 4-H program. Parents are vital to member success as they encourage meeting attendance and project completion. It is especially important for new families to understand the foundations of 4-H. Parents often serve as club volunteers, chaperones and assist with 4-H Community events, such as the 4-H Showcase.

### **Here are just a few of the ways Parents can support their child's 4-H experience:**

- **Share** ~ Take an interest in your child's 4-H Projects and Activities and celebrate their accomplishments.
- **Prepare** ~ Help your child to be prepared and done on time with any 4-H required work.
- **Be There** ~ Get to know the club leaders/volunteers and lend a hand when you can.
- **Care** ~ Support and encourage your child's participation in programs to the best of your ability.
- **Attend** ~ Be respectful of our volunteer program leaders' time and plan for your child to attend every meeting. Notify the volunteers in advance when your child is unable to attend.
- **Communicate** ~ Actively communicate with the club leader. Be aware of upcoming 4-H programs, events and club expectations.

**For more information, please visit our website at:** [putnam.cce.cornell.edu/4-h-youth](http://putnam.cce.cornell.edu/4-h-youth)  
and our Facebook Page: Cornell Cooperative Extension of Putnam County.

### **Cornell Cooperative Extension | Putnam County**

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