

# Clubs, Schools and on the Web

## 4-H School Enrichment Programs Feature Hands-On Learning Activities

School Enrichment programs have been a part of Nebraska's 4-H program since 1974. These programs include teacher guides, videos, books, posters, experiments, games and more. Extension staff develop the programs, train teachers on their use and go into the classrooms for hands-on activities with students.

In the 2002-03 school year, UNL Cooperative Extension in Lancaster County educated 17,498 youth in 61 schools through the following science-oriented School Enrichment programs:

### Embryology

Through incubating and hatching baby chicks in the classroom, third graders study life-cycles. A core (required) subject in the science program of the Lincoln Public Schools, Embryology meets the National and Nebraska Learning Standards of Excellence.

### Garbology

Garbology is a curriculum and kit with hands-on activities which introduces second graders to solid waste management and the three R's: Reduce, Reuse, Recycle. This unit is a core subject in the science curriculum at Lincoln Public Schools.



2nd graders at McPhee discover vermicomposting with worms.

### Vermicomposting

Second graders learn a new way to compost in Vermicomposting. About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. Their

castings can then be added to potting or garden soil for richer plantings.

### Blue Sky Below My Feet

Blue Sky Below My Feet links space technology to the everyday interests of fourth grade students. Youth learn about gravity, taste space food and communicate with NASA via the Internet.

### 4-H Water Riches

With an emphasis on quantity and quality, 4-H Water Riches looks at the complexities of one of our most precious resources — water.

### earth wellness festival



5th graders from Maxey explore "Furs, Feathers and Scales!"

Extension collaborates with 10 community partners to present the earth wellness festival (ewf), a yearlong school curriculum with a one-day festival offering approximately 3,000 fifth graders hands-on experiences to discover the interdependency of land, water, air and living resources.



**"The 4-H school enrichment program is a tremendous asset to the Lincoln Public Schools science curriculum. Students truly benefit from and enjoy using the following materials."**

—Lois Mayo, science curriculum specialist at Lincoln Public Schools

### Egg Cam Provides Bird's Eye View of Chicks Hatching on Web

Web viewers can take part in the 4-H Embryology program via Egg Cam and other embryology resources online. Youth, families and classrooms can access information (including photos and movies) about incubating, candling and hatching eggs. Egg Cam has featured chickens, ducks, turkeys, peacocks, quail, pheasant and Guinea fowl successfully hatching.

Nathan (age 8) e-mailed, "It is cool to watch the chicks hatch. Since almost all the kids are just thinking about when is the chick going to hatch they don't think about themselves learning."

A parent wrote, "Great site! I'm helping my daughters' classes hatch duck eggs as a parent volunteer project. I've looked *all* over the web and your site is by *far* the best."



### Nutrition Education Program Teaches Healthy Eating

Lancaster County's Nutrition Education Program (NEP) offers several School Enrichment programs to qualifying, limited-resource schools.

During the 2002-2003 school year, 1,900 Lancaster County youth in 104 classrooms participated in NEP youth presentations. Teachers averaged 11 hours of nutrition instruction in their classrooms per school year, up from two hours in 1998/99.

NEP has developed supplemental kits of hands-on educational experiences designed to enhance first, fourth and fifth



5th Graders from Norwood Park make yogurt parfaits.

grade school health curriculum. Teachers may request these kits for three-week periods, and an extension staff member pre-

sents a handwashing and healthy snack food preparation activity in the classrooms as part of the program.

For grades kindergarten, second and third, NEP offers classroom presentations teaching proper handwashing and healthy eating through the food guide pyramid.

In addition to School Enrichment programs, NEP provides nutrition programs at a variety of community sites such as summer youth camps, preschool and school-age childcare centers and teen residential treatment programs.

## Thanks to Sponsors

The educational experience of 4-H's is enhanced by support from business and individuals who donate money or in-kind gifts to 4-H events, activities and programs. Lancaster County 4-H would like to thank all of its sponsors.

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