



**K-STATE**  
Research and Extension

Sedgwick County

# 4-H UPDATE

[www.sedgwick.ksu.edu](http://www.sedgwick.ksu.edu)

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## UPCOMING EVENTS

January 14	YQCA class - 7:00 pm., Extension Education Center
January 17	SE Regional Record Book Judging, Fredonia
January 20	4-H Dog Project Information Meeting, 7:00 pm, Bison Rm, Extension Education Center
January 24	4-H Day Entries Deadline CIA Registration Deadline
February 8	4-H Day

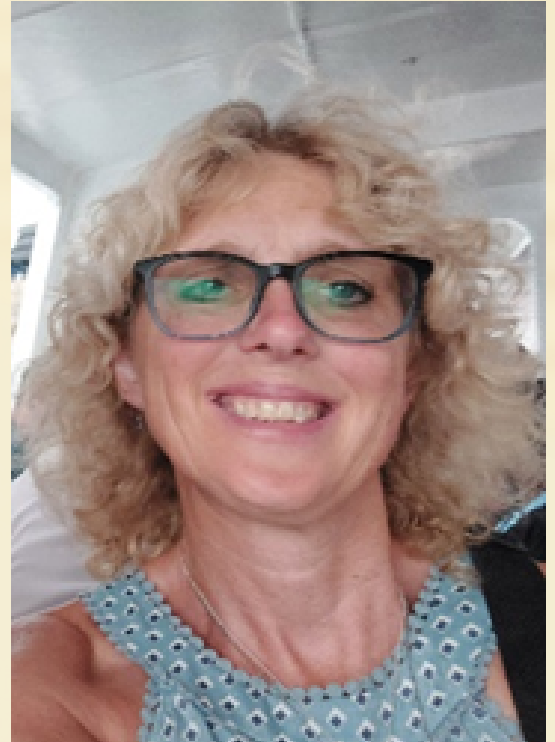
**K-STATE**  
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County



## From the Desk of..... Stephanie Hays



Dear 4-H Families,

**Happy New Year!** As we step into 2025, I'm excited about the opportunities and growth awaiting us in 4-H. This is a season of fresh starts, new goals, and endless possibilities. Here are a few important reminders and updates to help you and your 4-H members kick off the year on the right foot.



### Setting Goals for 2025

The new year is the perfect time to think about your goals and start working on your 4-H project books. Writing your goals early helps you track your progress, reflect on your achievements, and prepare for awards and scholarships. Parents, encourage your 4-H members to brainstorm their goals and create a plan to achieve them.

Not sure where to start? Set SMART goals: Specific, Measurable, Achievable, Relevant, and Time-bound. Whether it's improving your photography skills, raising your first market animal, or learning to bake bread, documenting your goals now will make the year more rewarding!

### Discover Your Passion !!

### It's Time to Think About Projects

Now is the time to start thinking about which projects to take on this year. Whether you're continuing with a favorite or trying something new, planning ahead will set you up for success.

- For Animal Lovers: Choose your livestock, set up housing, and mark your calendar for weigh-in dates.
- For Creators: Try painting, baking, sewing, or photography.
- For Explorers: Dive into STEM by building rockets or coding.

**Pro Tip:** Chat with your club leader or project volunteer for help and ideas!

# REMINDER

## Mandatory YQCA Training

Livestock exhibitors, please remember that Youth for the Quality Care of Animals (YQCA) certification is mandatory to participate in the County Fair and other shows. YQCA ensures you are equipped with the knowledge to provide proper care for your animals and contribute to a safe, ethical food supply. **Read further for more information and dates.**

## Share your experience

### with Friends



4-H is even more fun with friends! Invite someone new to join the adventure:

- Bring them to a meeting or event.
- Show off your project work.
- Post about your favorite 4-H moments on social media.
- Let's grow our 4-H family and inspire more people to learn, lead, and succeed!

If you have any questions, need guidance, or just want to share your goals for the year, my door is always open. Let's have a fantastic year in Sedgwick County 4-H!

Yours in 4-H,

*Stephanie Hays*

*4-H Agent, Sedgwick County Extension*

*Email: [sahays@ksu.edu](mailto:sahays@ksu.edu)*

*Phone: 316-660-0111*



# 4-H Day 2025



4-H Day 2025 will be held on February 8, 2025 at the Stone Creek Elementary School. The school is located at 3012 Triple Creek Dr., Derby, KS. The events of the day will begin at 8:30 a.m. and run until approximately 2:00 p.m. depending on entries.

We will have Photography Judging, Family and Consumer Science Judging, Horticulture Judging and Livestock Skill-a-Thon available for youth to participate in. This judging opportunity will only take place again during the Style Revue and scores are totaled to pick our State Fair judging team members so we hope you will plan to participate in this opportunity.

Visit our website to see Guidelines for 4-H Day. We are in the process of updating score sheets for 4-H Day so please do not use the ones currently posted on the website for reference. All entries must be done online using the following links below.

**Groups:** <https://www.signupgenius.com/go/9040D45A9AC29A75-46200849-4hday#/>

**Junior Division:** <https://www.signupgenius.com/go/9040D45A9AC29A75-46197732-4hday#/>

**Intermediate Division:** <https://www.signupgenius.com/go/9040D45A9AC29A75-46197818-4hday#/>

**Senior Division:** <https://www.signupgenius.com/go/9040D45A9AC29A75-34379614-4hday#/>

**4-H Day Room Monitors:**  
<https://www.signupgenius.com/go/9040D45A9AC29A75-47041631-4hday#/>

**Entry**  **is January 24th**



**All Livestock 4-H and FFA members have to participate in a YQCA program before being allowed to show at 4-H events this year.**

Instructor-Led classes are scheduled at the Extension office (7001 W 21st St N Wichita, KS 67205) at 7:00 PM on **January 14th, February 11th, or March 11th.** **You only need to attend one class.** The cost for the instructor-led class is \$3.00.

On-Line classes can be found at <https://yqcaprogram.org/> and the cost is \$12.00. If you take an online class, please print your certificate. You can either email it to me or bring it to the office.

You need to set up an account for the Instructor-Led or On-Line class. Help tools at <https://www.youtube.com/watch?v=wZHW2qtMI0c> will help with enrolment for your YQCA account and course.

The Goals of YQCA are to:

- Ensure safety and well-being of animals produced by youth for showing and for 4-H and FFA projects.
- Ensure a safe food supply to consumers.
- Enhance the future of livestock industry by educating our youth on these very important issues so they can become more informed producers, consumers and/or employees in the agriculture and food industry
- Maximize the limited development time and budgets of state and national youth program leaders to provide an effective quality assurance program.
- Offer livestock shows a valid, national quality assurance certification for youth exhibitors.
- The Youth for the Quality Care of Animals national multi-species quality assurance program embraces human diversity and is committed to ensuring that its educational programs are available to youth and adults on a nondiscriminatory basis without regard to age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, or veteran status. This statement is in accordance with U.S. civil rights laws and the U.S. Department of Agriculture.



# Important Information!

## **Dog Project members:**

Our first meeting will be Monday, January 20 in the Bison Room at 7pm. All current and new members should attend. We will discuss what the project does, when the trainings will start (most trainings are on Thursday), when the dog shows will be, any suggestions for the members and parents, and what your responsibilities will be to train and care for your dog. **NO Dogs** at this meeting.

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## **Summer Camp Registration is Open for 2025 Season**

Families and youth eager to experience the excitement of 4-H camp at Rock Springs Ranch can secure their spots for the upcoming summer sessions. This includes mini camp, half week and full week sessions, teen leadership and several new specialty camps. For more information: <https://ksre.k-state.edu/tuesday/announcement/?id=101198>

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## **State 4-H Scholarships and the Vanier Family Scholarship Changes**

The Kansas 4-H Scholarship and Vanier Family Scholarship application process is now open. Applications are due by March 1, 2024, at 11:59 PM.

To learn more about the scholarship process use the following link or click here

<https://kansas4h.org/resources/awards-and-recognition/scholarships.html>

Scholarships are available to current high school seniors and undergraduate students. There are several scholarships that graduate and professional students are eligible for. Please encourage all these individuals to apply for one of the Kansas 4-H Scholarships. Questions can be directed to Sarah Keatley, 620.366.0035 or [keatley@ksu.edu](mailto:keatley@ksu.edu)

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## **Post High School Sedgwick County Scholarships**

The following county scholarships are available to qualified Sedgwick County 4-H members for further education at a community college, 4 year institution, technical school in or out of state.

**The Sedgwick County 4-H Scholarship application form can be used for the following scholarships, Teen Council, and 4-H Advisory. All applications are due March 15.**

<https://kansas4h.org/resources/awards-and-recognition/scholarships.html>

**Livestock Scholarship application [please email sedgyouthlivestock@gmail.com](mailto:sedgyouthlivestock@gmail.com) for information.**

**YQCA Scholarship available to high school seniors to age 21, pursuing an agriculture degree or trade. Scholarship applications are open from January 1st -February 17th. Recipients will be announced in May. More information posted on YQCA website:**

<https://yqcaprogram.org/>

# HOW TO SET GOALS FOR PROJECT BOOKS

## Identify the project you are setting goals for

- Think about what you want to learn or accomplish through this project. Are you interested in improving a particular skill, such as photography techniques, animal care, or environmental sustainability?
- Reflect on your previous experiences and how you want to build on them.

## Set SMART Goals

A SMART goal is one that is:

- **Specific:** Clearly define what you want to achieve. Example: "I want to improve my gardening skills by planting a vegetable garden."
- **Measurable:** Make sure you can track your progress. Example: "I will track the growth of five different types of vegetables."
- **Achievable:** Set realistic goals based on your current abilities and resources. Example: "I will spend 30 minutes a week on watering and weeding the garden."
- **Relevant:** Ensure that your goal aligns with the objectives of the 4-H project and your personal interests. Example: "Growing a garden will help me learn about sustainability and food production."
- **Time-bound:** Set a deadline for when you want to achieve the goal. Example: "I will have my garden fully planted by the end of April."

[Click here to learn how to write SMART project goals from the 4-H pledge](#)

## Break Down Big Goals into Smaller Steps

- If your goal is broad (e.g., improving your photography skills), break it down into smaller, manageable steps. For example:
  - Week 1: Learn about lighting techniques.
  - Week 2: Practice shooting photos in different lighting conditions.
  - Week 3: Review and improve your composition.
  - Week 4: Submit your best work for feedback.

Reflect on the Learning Process

- As you work on your project, periodically reflect on your progress. Are you meeting your goals? If not, consider adjusting them to make them more achievable or relevant.
- Use the project book to track accomplishments and notes, which will also help in completing the book and presenting your final project.

By using these steps, you can set clear, achievable goals that will help guide you through your 4-H project, ensuring a rewarding and educational experience.

How to get friends to join 4-H can be a fun and rewarding process! Here are some ideas to help you encourage your friends to become involved:

### 1. Share Your Experience

- **Talk About What You Enjoy:** Share your personal experiences and what you love about 4-H. Whether it's learning new skills, working on a fun project, or making new friends, explaining what makes 4-H enjoyable can inspire your friends to try it out.
- **Highlight Specific Projects:** Talk about the variety of 4-H projects available. Whether your friends are into animals, gardening, robotics, or photography, there's likely something that matches their interests.

### 2. Invite Them to Attend a Meeting or Event

- **Bring Them Along:** Invite your friends to come with you to a 4-H club meeting, an event, or a county fair. Let them see first-hand how fun and educational 4-H activities can be.
- **Introduce Them to Members:** Introduce your friends to other 4-H members and leaders. Sometimes the chance to meet new people can be the best way to spark their interest.

### 3. Explain the Benefits of 4-H

- **Skill Development:** Highlight the skills your friends can gain, such as leadership, public speaking, teamwork, and problem-solving.
- **Community Engagement:** Emphasize how 4-H is about giving back to the community through service projects and supporting local events.
- **Opportunities for Fun and Travel:** Mention any special events, fairs, and opportunities to compete in county or state-wide competitions.

### 4. Make It Social

- **Group Activities:** Suggest getting involved with 4-H as a group activity. Sometimes the idea of joining an organization is more appealing when friends can participate together.
- **Collaborate on a Project:** Ask your friends if they would be interested in doing a specific project with you, such as creating a garden or taking part in a science or animal project.

### 5. Use Social Media

- **Share Your 4-H Journey:** Post pictures and updates about your 4-H activities on your social media accounts. Highlight achievements, exciting events, or the fun of the projects you're involved in.
- **Tag or Mention Friends:** Encourage friends to check it out by tagging them or mentioning them in your posts. This can spark their curiosity and get them interested.

By showing your enthusiasm for 4-H and giving your friends a glimpse of the opportunities it offers, you can help them see how fun and beneficial it can be to get involved!



# TEEN COUNCIL ACTIVITIES



Sedgwick County  
4-H invites you to

.....  
**JOIN THE 4-H  
TEEN COUNCIL**

*Meeting Times*  
4th Monday night of every  
month  
7:00 p.m.  
Extension Office

**Open to any Sedgwick County 4-H Youth ages 13 and over.**

Sedgwick County 4-H Teen Council provides an opportunity to work within your community with younger 4-Hers, participate in community service projects, get to know 4-H Teens from other county clubs and participate in leadership conferences and workshops.

The December meeting of the Sedgwick County 4-H Teen Council took place on Sunday, December 15, 2024, beginning at 4:00 PM with a community service project. The council collaborated with the Valley Victors 4-H Club at Sunflower Gardens Senior Residences in Valley Center, where they sang Christmas carols for the residents. Accompanied by 4-H member Genna Crouch and her violin teacher, Brooke Browning, along with John Browning on guitar, the group provided festive musical entertainment. During the event, 4-H members distributed plates of homemade Christmas treats to the residents.

Following the caroling, the group reconvened at the Extension Office for a Christmas party, attended by approximately ten council members. The celebration featured a potluck-style meal, desserts, and games. Contributions to the meal included green bean casserole and raspberry Rolo pretzels brought by the Crouch family, little smokies and pasta from Stephanie Hays, green bean casserole from Sophia Zurschmiede, a savory veggie mix from Annelise Ibrahim, and delicious brownies provided by Evie Wilson.

After the meal, a white elephant gift exchange added to the evening's festivities. The exchange remained lighthearted, with gifts such as a pickle-themed sampler, a giant Uno card game, and candy changing hands. The evening concluded with attendees playing card and board games, including some of the gifts from the exchange.



• Reporter: Knox Crouch  
Sedgwick County 4-H Teen Council

For more information contact  
Stephanie Hays 316-660-0111  
sahays@ksu.edu  
Sedgwick County Extension Office





# EXPLORE

## 4-H School Enrichment



### Coding with Steve

Our indi robots (dubbed "Steve" and friends) teach students how to use sequential thinking, math, and strategy to accomplish tasks. If you're interested in bringing Steve to your child's classroom, send their teacher to our website to learn more!



### Plants and Science

We have multiple classes brought to you by our Master Gardener volunteers as well as our Life Cycle Miracle and Wheat Science classes. Order your butterfly larvae before March and check out our other Earth Science based classes while on our website!



### Mindful Me

Being mindful about our emotions and how to regulate them is difficult. The mindfulness muscle is something that must be exercised. Learn how to do this through our seven session Mindful Me class or free rentable curriculum kit!



**CONTACT US**

**316-660-0115**

[www.tinyurl.com/school-enrichment](http://www.tinyurl.com/school-enrichment)



# Save the Date!

## 2025 K-State Junior Producer Days



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*Swine - March 1*



*Goat - March 22*





# **K-STATE**

## **Research and Extension**

**Stephanie Hays**

**4-H Agent**

**Sedgwick County Extension**

**7001 W. 21st St. N.**

**Wichita, KS 67205**

**Phone: (316) 660-0111**

**Email: [sahays@ksu.edu](mailto:sahays@ksu.edu)**

**Sophia Zurschmiede**

**4-H Program Manager**

**Sedgwick County Extension**

**7001 W. 21st St. N.**

**Wichita, KS 67205**

**Phone: (316) 660-0112**

**Email: [esz@ksu.edu](mailto:esz@ksu.edu)**

**Cathy Jones**

**4-H Program Assistant**

**Sedgwick County Extension**

**7001 W. 21st St. N.**

**Wichita, KS 67205**

**Phone: (316) 660-0113**

**Email: [cpjones@ksu.edu](mailto:cpjones@ksu.edu)**

**Barbara Wingfield**

**Office Professional**

**Sedgwick County Extension**

**7001 W. 21st St. N.**

**Wichita, KS 67205**

**Phone: (316) 660-0115**

**Email: [bwingfie@ksu.edu](mailto:bwingfie@ksu.edu)**