



**K-STATE**  
Research and Extension

Sedgwick County

# 4-H UPDATE

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

## *In this Issue*

- Page 1 Cover Page
- Page 2-3 Calender of Events
- Page 4 From the Desk of.....
- Page 5 YQCA
- Page 6 4-H Day
- Page 7 Curriculum Library
- Page 8 Teen Council News
- Page 9 Citizenship in Action
- Page 10 Horse Judging Contest
- Page 11 Youth Meat Judging Contest
- Page 12 Project Curriculum
- Page 13-14 Why Belong to 4-H
- Page 15 Contact Information

## UPCOMING EVENTS

January 8, 2026	YQCA training, 7:00 pm, Extension Office
January 9, 2026	Record Books back to the office for those going on to Regionals
January 23, 2026	4-H Day Entries Due
February 7, 2026	4-H Day, Stone Creek Elementary, Derby
March 7, 2026	Formal Dinner, tentatively
March 14, 2026	Beef Weigh-in and tagging, Heartland Vet
March 15, 2026	County Scholarship Applications Due to office
March 15, 2026	Livestock owned by date
March 22, 2026	Regional 4-H Day, Mulvane
April 25-26, 2026	Spring Livestock Show and small animal tagging



# 2026 Calendar of Events



## 2026

- January 5 Kansas 4-H Scholarship Applications Due  
January 9 Record Books due back to the office for Regional Judging  
January 10-11 Kansas 4-H Youth Leadership Council Orientation Retreat, Rock Springs  
January 16 SE Region 4-H Project Record Book Judging, Fredonia  
January 23 State 4-H Horse Judging, Topeka  
**January 23 4-H Day Entries due, register online**  
January 24 Project Fair, 1:00-4:00 pm, Extension Center  
January 30-February 1 4-H Dog Judge and Leader Training, Salina
- February 7 4-H Day, 8:30 am, Stone Creek Elementary, Derby  
February 15-16 4-H Citizenship in Action, Topeka  
February 21-22 4-H Horse Panorama, Rock Springs Ranch
- March 7 **Junior Beef Producer Day** Saturday, March 7, Bilbery Family Events Center, Manhattan. Registration deadline: TBA  
March 7 Formal Dinner - Tentative  
March 14 Beef Weigh-in, Heartland Vet, 9:00-11:00 am  
**March 15 Livestock owned by date deadline**  
**March 15 County Scholarship Applications Due to office**  
March 21 Dairy Cow Day, Cheney fairgrounds  
March 22 Regional 4-H Day, Mulvane
- April TBD Shutterbug Event  
April TBD National 4-H Conference  
April 11 **Junior Sheep Producer Day**, Saturday, April 11, Bilbery Family Events Center, Manhattan. Registration deadline: TBA  
April 18 Spring State Shooting Sports Match - BB, Air Rifle, Air Pistol, at Great Bend  
April 25 Spring into Volunteering  
April 25-26 Spring Livestock Show, Cheney Fair Grounds, Small animals will be tagged on these dates: 25<sup>th</sup> - Beef and Swine and the 26<sup>th</sup> - Goats and Sheep  
April 28-29 Youth Entrepreneurship Contest (YEC) Manhattan
- May 1 Horse I.D. papers due to 4-H office  
May 24 Dairy Goat Day, Cheney fairgrounds  
May 29 All livestock must be pre-entered for fair
- June 3-5 Discover Days, Manhattan  
June 12 Style Revue, Pet, Creative Table entries must be pre-entered
- June/July 4-H Camp. Rock Springs Ranch

June 12-14 State 4-H Geology Field Trip (TBA)

**June 19 All static entries must be pre-entered for fair**

June 19-20 Insect Spectacular, Yates Center

**June 25 Style Revue Judging-8:30 am and Public Style Revue-7:30 pm**

July 7-11 Sedgwick County Fair

July 7<sup>th</sup> - Static Judging, Fairgrounds

July 8<sup>th</sup> - 4-H Horse Show, Fairgrounds

July 8<sup>th</sup> - 11<sup>th</sup> - See Fair Book for schedules for livestock entry and judging times, and auction details

August 1 State 4-H Horse Show entries due

August 1 State Fair static entries due to 4-H office

August 4 4-H Wheat Expo, El Dorado

August 15 State Horticulture Judging Contest

August 22-23 (tentative) 4-H Livestock Sweepstakes, Manhattan

September 5 State 4-H Dog Show

September 11-20 Kansas State Fair

September 26 State Archery Match

October 3 State Small Bore/Muzzle Loading Match

October 11 State Hunting Skills Match

October 17-18 4-H Dog Conference

October 18 State Shotgun Match

November 21-22 Kansas Youth Leadership Forum, Rock Springs Ranch

November 21-22 Kansas Association of 4-H Volunteers Forum, Rock Springs Ranch

## **2027**

January 8-10 Kansas 4-H Youth Leadership Council Orientation Retreat, Rock Springs Ranch

June 9-11 Discover Days, Manhattan



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



Dear 4-H Families, Youth, and Volunteers:

As we move forward into another exciting year of 4-H, I want to take a moment to reflect on what makes this program so special to me and why belonging to 4-H truly matters.

4-H is much more than projects, meetings, or fair week. It is a place where young people are encouraged to try new things, discover their interests, and grow into confident, capable leaders. Through hands-on learning experiences, 4-H youth build life skills that last far beyond their time in the program, skills like communication, responsibility, teamwork, problem-solving, and resilience. One of the greatest strengths of 4-H is that every member's journey is unique. Whether a young person is raising livestock, exploring STEM, learning to cook, expressing creativity through arts, or stepping into leadership roles, 4-H provides a supportive environment where they can succeed at their own pace. Youth are given the opportunity to set goals, learn from both successes and challenges, and take pride in what they accomplish.

Equally important is the sense of belonging that 4-H creates. Clubs become extended families. Youth learn what it means to serve their communities, support one another, and work together toward common goals. Our caring volunteers and leaders play a vital role in this process, mentoring youth and helping them see their own potential even when they may not see it themselves.

Research consistently shows that youth involved in 4-H are more confident, more engaged in their communities, and better prepared for the future. But beyond the data, I see the impact every day in the friendships formed, the leadership skills developed, and the pride youth feel when they share their work and ideas.

Thank you to our amazing families, volunteers, and community partners for believing in 4-H and investing in our youth. And to our 4-H members thank you for showing up, trying new things, and making this program what it is. I cannot wait to see all that you will accomplish this year.

Here's to another year of learning, growing, and making the best better—together.

With excitement,  
Steph





## **YQCA CERTIFICATE IS MANDATORY FOR SEDGWICK COUNTY YOUTH TO SHOW AT SEDGWICK COUNTY FAIR**

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8 to 21. The program is designed to provide a minimum 60 minutes of education each year.

YQCA is the result of a collaborative effort between states that have previously offered multi-species youth livestock quality assurance programs, the National Pork Board's Youth PQA Plus program and representatives from other national livestock groups.

- **Food Safety**

YQCA is designed as an annual education and certification program focused on food safety, animal well-being and character awareness for youth ages 8 to 21 producing and/or showing pigs, beef cattle, dairy cattle, sheep, goats, rabbits, and poultry.

- **Animal Well Being**

The program has been designed by extension specialists and national livestock program managers to ensure it is accurate, current and relevant to the needs of the animal industry and shows and is appropriate for youth.

- **Character Development**

YQCA is accepted at a number of shows across the United States.

I am offering 5 teacher led courses for any individual who would like to participate in person. Dates below to sign up go to this link. <https://yqcaprogram.org/> choose your age group and instructor led.\$3.00 a youth

\*\* Remember to enroll and take the pre-test before coming to class.

If you want to take the Online version go the same site. <https://yqcaprogram.org> choose your age group and online version. \$12.00 a youth.

Please go to their help section for any questions for enrollment.

<https://yqcaprogram.org/local/help-desk.php>

**Meeting Dates: January 8, February 12, March 12, April 9, and May 7.** All meetings will begin at 7:00 pm here at the Extension Office.



# 4-H Day

FEBRUARY 7, 2026



## JOIN THE FUN!

- Give a Demonstration or Illustrated Talk
- Reading
- Piano Solo/Instrumental Solo
- Public Speaking
- Model Meeting
- Skit/Dance

### Upcoming Event

4-H Day  
February 7, 2026

#### Where:

Stone Creek Elementary  
3012 Triple Creek Dr.  
Derby, KS 67037

We hope you will  
participate!

#### Groups:

<https://tinyurl.com/4c4petzr>

#### Junior Entries:

<https://tinyurl.com/ykfwv2ek>

#### Intermediate Entries:

<https://tinyurl.com/bdncvffm>

#### Senior Entries:

<https://tinyurl.com/ye2ybr4p>

For more information:  
4-H Office (316) 660-115



# TEEN COUNCIL ACTIVITIES

For more information contact:

Lori Holt

316-660-0111

llholt@ksu.edu

Sedgwick County Extension Office



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.

In December, the council met and enjoyed celebrating the holiday season together. The 4-H'ers participated in a gift exchange, shared some delicious food, and watched the Christmas movie Home Alone. A fun time was had by all, with 10 members in attendance.

Our next meeting will be held on **January 26 at 7:00 p.m.** in Meadowlark at the Extension Office. All 4-H'ers ages **13–18** are welcome to attend.

We also held a short meeting to discuss several upcoming events. **Citizenship in Action** will take place on **Sunday, February 15, and Monday, February 16, in Topeka.** The registration deadline is **January 26**, and space is limited. A few scholarships are still available for those interested. Please call the office for more information.

Another event discussed was our upcoming **Formal Dinner**, scheduled for **Saturday, March 7, 2026.** The team officers have toured one potential location so far, which was lovely but unfortunately too expensive. The team will continue searching for a venue that best fits our wants and needs, and we are confident a decision will be made soon.

Just a friendly reminder—**4-H Days** is right around the corner on **February 7, 2026**, so be sure to get those entries submitted soon. We want this experience to be positive for everyone who participates. **Practice, practice, practice!**



**What:** Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

**When: February 15 - 16, 2026**

**Where: Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)**

**Who: Youth 13-18 years old by January 1 of the current year**

**Registration: [Here](#)**- Due to Hotel room constraints, we will be capping the number of attendees so get registered soon.

**Registration Deadline:** January 26, 2026 at midnight OR when we reach our CAP

**Cost:** \$225 per attendee

Times for this years event will run very similar to last years, so please use that agenda until the new one is posted.

BANQUET will be Sunday evening, if you are asking your legislators to join, please email [dsratlif@ksu.edu](mailto:dsratlif@ksu.edu) by Feb 3 with any additional attendees. The cost is \$35 for additional attendees.



# Horse judging Contest

The 4-H Horse Judging Contest provides youth an opportunity to demonstrate their knowledge of equine-related subject matter, including structure and movement, in a competitive setting. This contest will provide an educational experience for all participants.

**What:** 2026 Kansas State 4-H Horse Judging Contest

- Cost: Early bird (by January 2, 2026)- \$25; Late (by January 9, 2026)- \$30

**When:** January 23, 2026

- Check-in: 7:45 a.m.
- Rules meeting: 8:15 a.m.
- Contest begins: 8:30 a.m.

**Where:** Equifest of Kansas; Stormont Vail Events Center; Topeka, KS

**Who:** The contest awards are available to all Kansas 4-H members 9-18.

- An open contest is also available through KQHA.

**[2026 Horse judging Contest Rules](#)**

REGISTER  
NOW!!



REGISTRATION  
LINK BELOW!!

# KANSAS STATE UNIVERSITY

## YOUTH MEAT JUDGING CONTEST

MARCH 1, 2026

**REGISTRATION ON  
JUDGINGCARD.COM- CLICK  
SYMBOL OR LINK BELOW!  
QUESTIONS TO ERIN BEYER  
ERBEYER@KSU.EDU**

- AT LEAST 6 CLASSES, 40 RETAIL ID, AND QUESTIONS
- MEAT LAB AT WEBER HALL
- REGISTRATION OPENS AT 7:00AM
- CONTEST BEGINS AT 8:00AM
- AWARDS FOR TOP 10 AND HIGH TEAM
- YOUTH OF ALL AGES ARE WELCOME



<https://www.judgingcard.com/Registration/Info.aspx?ID=24341>





# NEED PROJECT HELP?

## Kansas 4-H Projects



### Animal Science

Beef  
Dairy Cattle  
Dairy Goats  
Dog  
Horse  
Meat Goats  
Pets  
Poultry  
Rabbits  
Sheep  
Swine  
Veterinary Science

### Communication & Expressive Arts

Communications  
Interior Design & Architecture  
Performing Arts  
Photography  
Visual Arts

### Engineering & Technology

Aerospace/Rocketry  
Ag Mechanics Welding  
Astronomy  
Building Block Engineering  
Computer Science  
Electric & Renewable Energy  
Robotics  
Small Engines  
Uncrewed Aircraft Systems  
Woodworking

### Family & Consumer Sciences

Family Studies  
Fiber Arts (includes 9 projects)  
Foods & Nutrition  
Health & Wellness  
Sewing & Textile Design  
Shopping in Style

### Leadership & Personal Development

Civic Engagement  
Entrepreneurship  
Leadership  
Reading Adventures  
Self-Determined

### Natural Resources

Environmental Science  
Geology  
Shooting Sports (includes 10 projects)  
Wildlife

### Plant Sciences

Agronomy  
Entomology  
Forestry  
Horticulture & Landscape Design



**K-STATE**  
Research and Extension



Our Sedgwick County 4-H Curriculum library is packed with engaging, research-based project resources designed to make leading a 4-H project easier and more impactful. These materials provide ready-to-use lesson plans, hands-on activities, discussion guides, and project ideas that help bring 4-H projects to life. Checking out curriculum allows you to confidently teach new skills, spark youth curiosity, and enhance learning without having to start from scratch.

### Leader-Friendly Checkout Statement

By checking out these 4-H curriculum materials, I acknowledge that they are the property of the Sedgwick County 4-H Program and agree to use them for 4-H educational purposes. I understand that I am responsible for returning all materials in good condition by the designated return date.

Follow this link for available project materials for checkout.

<https://www.sedgwick.k-state.edu/4-h-youth/forms-recordkeeping/4-H%20Curriculum%20for%20website.docx>



# Why Belonging to a 4-H Club Matters: Benefits Backed by Research



This article is designed to be a resource for our Sedgwick County 4-H leaders, volunteers, parents, and youth to share with friends, neighbors, schools, community partners, and anyone curious about what 4-H truly offers. Whether you are explaining 4-H to a new family, promoting your club, or advocating for youth programs in your community, the information below highlights the proven benefits of belonging to a club like 4-H.

When we talk about 4-H, we all know it's fun, hands-on, and rooted in community. But beyond the projects, fairs, and meetings, 4-H membership offers powerful benefits that help shape youth into confident, capable adults. Research from universities, Extension professionals, and national studies confirms what we see every day in our clubs 4-H contributes to positive youth development, healthy choices, community engagement, and lifelong success.

## **1. Building Life Skills that Last a Lifetime**

At its core, 4-H is grounded in experiential learning — youth learn by doing, reflecting, and applying their knowledge in real situations. This approach helps young people develop critical life skills like problem-solving, leadership, communication, and teamwork. These skills are essential in school, careers, and community life.

## **2. Promoting Positive Youth Development**

National research shows that 4-H programs are aligned with the science of Positive Youth Development (PYD), a framework that emphasizes strengths rather than deficits. PYD outcomes include competence, confidence, connection, character, and caring — the “5 Cs” that help youth thrive.

Youth in 4-H programs report high levels of social skills, growth mindset, and feeling known and valued by adults and peers alike.

## **3. More Likely to Make Healthy, Engaged Choices**

One of the most quoted national studies of 4-H participants found that compared to their peers youth involved in 4-H are:

4× more likely to contribute to their communities

2× more likely to participate in science, technology, engineering & math activities outside of school

2× more likely to make healthier choices

2× more likely to be civically active

These outcomes aren't just numbers they reflect real differences in how young people interact with their world and prepare for their futures.

## **4. Encouraging Community Service and Leadership**

A national index study reports that a majority of 4-H members feel inspired to help others, and half say 4-H encouraged them to volunteer in their community.

Through 4-H clubs, youth learn what it means to give back — whether through service projects, fair activities, or leadership roles within their club. These experiences foster a lifelong commitment to community and civic engagement.

## 5. Benefits That Extend into Adulthood

Research looking at 4-H alumni shows that the positive effects of 4-H don't end when members age out of the program. Alumni report:

Higher satisfaction with their lives and careers

Stronger social connections

Greater financial stability

A belief that 4-H influenced their career goals and success

(Source: National alumni studies)

This suggests that 4-H helps youth not only prepare for the future, but to thrive within it.

### In Summary

Belonging to a 4-H club is more than a weekly meeting it's joining a community that supports growth, encourages contribution, and prepares young people for life beyond youth programs. Whether through leadership opportunities, community service, hands-on projects, or supportive adult mentorship, 4-H helps youth become confident, capable, and ready for whatever comes next. We're proud of what our 4-H youth are accomplishing, and we're thrilled to keep supporting them as they grow, lead, serve, and succeed.





# **K-STATE**

**Research and Extension**

**Stephanie Hays**

**4-H Agent**

**Sedgwick County Extension**

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

**Wichita, KS 67205**

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

**Email: sahays@ksu.edu**

**Lori Holt**

**4-H Program Manager**

**Sedgwick County Extension**

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

**Wichita, KS 67205**

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

**Email: lholt@ksu.edu**

**Barbara Wingfield**

**4-H Office Professional**

**Sedgwick County Extension**

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

**Wichita, KS 67205**

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

**Email: bwingfie@ksu.edu**