



# CloverBud Gazette

The Cloverbud Gazette is a monthly publication about the St. Martin Parish 4-H Cloverbud Program.



## CloverBud Events Calendar

### March 7

Gleaux 5K Race & Fun Run (4-H Office)

### March 28

4-H Amazing Race Contest (4-H Office)

### March 26-29

Southern Regional Shooting Sports Match (Location: West Baton Rouge & Ascension Parishes)

### April 3

Easter Holiday (4-H Office Closed)

### April 11

Super Fit Super Families Health Fair & Expo (BBHS)

### April 20

Achievement Day (BBHS)

### April 23-26

State Shooting Sports Match (Location: DeSoto & Caddo Parishes)

### May 12

Honors Night (SBS School Gym) By invitation only

Contact your local 4-H Agents:

Laura Brumbaugh & Hope Guidry

[lbrumbaugh@agcenter.lsu.edu](mailto:lbrumbaugh@agcenter.lsu.edu)

[hguidry@agcenter.lsu.edu](mailto:hguidry@agcenter.lsu.edu)

337-332-2181

114 Courthouse Street, BreauX Bridge, LA 70517

*The LSU Agricultural Center, a statewide campus of the LSU System, and Southern University Agricultural Research and Extension Center, a statewide campus of the Southern University System, provide equal opportunities in programs and employment. Louisiana State University and A&M College, Southern University and A&M College, Louisiana parish governing bodies, and United States Department of Agriculture cooperating.*

## Don't forget to sign up for the upcoming events:

### 4-H Amazing Race Contest

March 28, 2015 at the 4-H Office – Pre-Registration Required

### 54321+10: Countdown to Your Health Workshop Series

Registration due on April 1, 2015

All registration forms are in this newsletter!

## Gleaux 4-Health 5K & Fun Run

### March 7, 2015

### 4-H Office

The St. Martin Parish 4-H Healthy Living Advisory Committee is hosting the second annual glow-in-the-dark 5K race & family 1 mile fun run. This exciting race will be held in downtown BreauX Bridge, beginning and ending near the 4-H office (114 Courthouse Street, BreauX Bridge, LA 70517).

This race celebrates how much fun a healthy lifestyle can be! We are asking everyone that races to deck themselves out in GLEAUXING gear. Be creative! Tutus, Masks, Costumes, Glow Sticks, Running Gear Lights, and anything that GLEAUXS is welcome!

Cross the finish line and join us in Veteran's Park for games, music, educational booths, brightest runner contest, physical activity contests, door prizes, refreshments, and awards ceremony.

A registration form is included in this newsletter.

## Super Fit Super Families

### Health Fair Expo

### April 11, 2015

### BBHS Boys Gym

The St. Martin Parish 4-H Healthy Living Advisory Committee and the Jr. Leader Club will host the 1st annual health fair expo for families of St. Martin Parish. The expo offers lots of exhibits, a kids area, and presentations throughout the day. Drop in from 9:00 am-3:00 pm to take part in this super fun day!

Special prizes will be given out to the first 200 families that enter the health fair and FREE t-shirts to the first 100 kids to finish a scavenger hunt!

The event is free and open to the public. Help us spread the word as we get Fit4tHeFuture!

*Cloverbuddy wants to you attend both of these fun events with your family! Talk to mom & dad today!*



# 54321+10: Countdown to Your Health Workshop Series

All 4-H Cloverbud members are invited to attend the Countdown to Your Health Workshop Series. We will offer 6 workshops to learn how to live by the 54321+10 rules!

Workshops will be held at the 4-H Office (114 Courthouse Street, Breaux Bridge, LA 70517) from 4:30 pm-5:30 pm

Cost: \$10.00 per child

Registration is required for this workshop series by April 1, 2015. Space is limited to the first 20 youth that register. (Turn in fee & form to the 4-H Office)

Workshop Schedule:

- April 28, 2015-Eat 5 fruits & vegetables**
- April 29, 2015-Drink 4 glasses of water**
- April 30, 2015-Have 3 good Laughs with friends**
- May 5, 2015-Get 2 hours or less of screen time**
- May 6, 2015-Get at least 1 hour of physical activity**
- May 7, 2015- Get 10 or more hours of sleep**



## 54321+10 Workshop Registration Form

*Due to the 4-H Office by April 1, 2015 with \$10.00 fee*

Name: \_\_\_\_\_

School: \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

List any food allergies below:

\_\_\_\_\_





# 4-H Super Fit Amazing Race Registration

The 4-H Super Fit Amazing Race is a contest that is based off of the television show, "The Amazing Race". The contest challenges you to compete as a team to complete health & fitness stations. Some challenges require you to use your smarts, some stations require you to use your strength & muscles. Some stations are clean and some are messy. ALL the STATIONS are fun and all teams that finish are SUPER!

Want to compete in the St. Martin Parish 4-H Amazing Race on March 28th? Get a team of 2 or 3 together today!

### Race Details:

When: Saturday, March 28, 2015

Location: 4-H Office (114 Courthouse Street, Breaux Bridge, LA 70517

Who: Teams of two (2) or three (3). NEW this YEAR: Your FAMILY & FRIENDS can compete in the amazing race. Teams can be made up of a 4-H member(s) and family members, friends (4H members and others), etc. **At least one team member must be a 4-H'er.**

Scoring: Scoring includes race time and correct answers.

Time: Race will last at least 1 hour with lunch served at the conclusion of the race and an awards ceremony (around 1:00 pm).

There will be two splits of the contest. Teams will be assigned to either split A or B. Split A will start at 9:30 am and Split B will start at 10:30 am. The assignment will be sent to teams after March 13, 2015.

Pre-Registration is required. Teams will turn in one (1) registration form (below) per team to the 4-H office by Friday, March 13, 2015. Forms can be emailed to [stmartin4h@yahoo.com](mailto:stmartin4h@yahoo.com), faxed to 337-332-2870 or mailed to or dropped off at 114 Courthouse Street Breaux Bridge, LA 70517.

Detailed rules and instructions will be mailed & emailed to teams that register with arrival times and schedule of events after March 13, 2015.

## 2015 4-H Super Fit Amazing Race Team Registration Form (Turn in ONE (1) form per team) Registration form due to the 4-H office by: Friday, March 13, 2015

Choose one: \_\_\_\_\_ 2 person team      \_\_\_\_\_ 3 person team

### **Team Member #1 Registration Information** (Team Member #1 MUST be a 4-H member)

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School/Club: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### **Team Member #2 Registration Information-Choose One:**      **Youth**      **Adult**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School/Club: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### **Team Member #3 Registration Information - Choose One:**      **Youth**      **Adult**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School/Club: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_