



Lafayette 4-H Hotline

Making Wise Choices

From the time you wake up in the morning until you go to bed, you will make thousands of choices in one day. Whether it is what clothes to wear, what to eat for breakfast or who to play with at school or in your neighborhood, you must make the choice.

- Did you get a good night’s sleep?
- Did you eat breakfast?
- Did you complete all your homework?
- How did you answer these questions?

If you answered yes to most of these questions, then you have already made “wise choices” today. If you answered no, then as a result, you might have negative consequences because of the choice you made.

What is an example of a challenge you have had while making a choice?

When making choices, it is important you consider how it will impact you personally, your friends, your family, and others. Think about the outcome before you make the decision.

Things to consider when making wise choices:

- Ask yourself what are the pros and cons?
- Practice making good decisions.
- Ask yourself “What if”?
- How will I feel after I make the choice?

Project Books Due!

How are those project books coming along? At this time, they should be close to completion (or completed!). **All record/project books are due to the Lafayette 4-H Office on Friday, March 26th.** Here are a few things to remember when working on record books:

- Put your name, grade, and school on the outside cover of your book (there may already be a sticker in place with this info; if not, please make sure to write it).
- **4th and 5th graders-** your entire book, including the projects in it, should be as complete as possible. Make sure to complete the end of the book and the questions that are asked there!
- **6th-12th graders-** make sure you turn in a portfolio with your record book. Your record book may be an entire book, or it may be an activity guide (smaller paper pamphlet).
- Awards at the parish level include ribbons and/or cash prizes. If your record book is chosen for the state competition, you can win award trips!

Please call the 4-H Office at (337)291-7090 with any questions concerning record books. Good luck to all!

February 2021

Lafayette Office
 1010 Lafayette St., Ste. 325
 Lafayette, LA 70501
 Phone: (337) 291-7090
 Fax: (337) 291-7099
 www.lsuagcenter.com

Points of interest:

- Wise Choices
- Project Books Due
- Junior Leader Meeting
- Challenge Camp
- Strawberry & Fern Sale
- Nutrition Tips
- Fashion, Talent & Arts
- Achievement Day 2021
- Livestock Show Update
- Service Learning
- State Rabbit Show



Junior Leader Meeting

It's still not too late for 8th-12th graders to join the Lafayette Parish 4-H Junior Leadership Club. The next scheduled meeting of the Junior Leadership Club is Monday, February 8th. Meetings are held virtually, please contact Mrs. Victoria at vdupuis@agcenter.lsu.edu if you are interested in attending. There are no Junior Leaders dues for the 2020-2021 school year. We hope to see you there!



Challenge Camp

Our annual Southwest Region Challenge Camp, which is typically held in November, will look a little different this year! Challenge Camp will be held on Friday, March 5th and will take place in a single day at the Lafayette 4-H Office (this is subject to change based on COVID restrictions and precautions).

Applications are being sent out to current 7th and 8th graders via email and mail. Applications are due back to the Lafayette 4-H Office (either electronically or physical copy) by **Wednesday, February 17th**. We will not accept late applications, as the registration schedule is very tight.

There are a very limited number of spots available for Challenge Camp participants. The spots will be given on a first come, first serve basis with an emphasis placed on those who have not attended Challenge Camp previously.

Any questions concerning the application or selection process can be sent to Ms. Cassie at cphillips@agcenter.lsu.edu.

Strawberry and Fern Sale

The Lafayette 4-H Foundation and the Lafayette Junior Leader club will be conducting their annual strawberry and fern sale soon (tentative based on COVID restrictions). Prices and dates will be announced shortly.



Nutrition Series- 10 Tips

Check out these simple nutrition tips for a healthy diet!

1. *Make simple switches...*Substitute 100% whole-wheat bread or bagels instead of white bread.
2. *Whole grains can be healthy snacks...*Popcorn, a whole grain can be a healthy snack. Make it without the added salt and butter.
3. *Save some time...* Cook extra barley when you have time and freeze half to heat then serve later.
4. *Mix it up with whole grains...*Use whole grains in mixed dishes, such as barley in vegetable soups.
5. *Try whole-wheat versions...*Try brown rice or wheat pasta.
6. *Bake up some wheat-grain goodness...*Experiment by substituting buckwheat, millet or oat flour for up to half of the flour in pancakes, waffles or flour-based recipes.
7. *Be a good role model for younger children...*Set a good example for them by serving and eating whole grain meals or snacks.
8. *Check the label for fiber...*Use the Nutrition Facts label to check the fiber content of whole grains.
9. *Know what to look for on the ingredients list...*Choose products that name a whole-grain ingredient first on the list such as whole wheat, whole oats or oatmeal.
10. *Be a smart shopper...*The color of the food is not an indication that it is a whole-grain food. Foods labeled as "100% wheat," "cracked wheat," or seven-grain may or may not contain any whole wheat.

4-H Fashion, Talent, and Arts Show

Have a talent you want to share with others? Sewed an outfit that you want to model in a fashion show? Are you an artist who wants to display their work?

The 2021 Lafayette Parish Fashion, Talent, and Arts Show will be a virtual occasion this year! Entries are due to Mrs. Victoria by Monday, March 1st at midnight! What can be entered? There are four main contests with different sub-categories: Fashion- Home Sewn, Fashion- Ready to Wear, Talent, and Art. Please see the rules packet for full details on contests and sub-categories.

Any questions can be directed to Mrs. Victoria at vdupuis@agcenter.lsu.edu or call at (337) 291-7090. Good luck everyone!

Achievement Day 2021

Achievement Day is one of Lafayette Parish 4-H contest days. It is a great way to participate in many different 4-H contests as well as showcase some of your club's hard work all year long.

Like many things this year, Achievement Day will be taking place virtually (similar to Pumpkin Decorating, Fall Fest, and Cookie Decorating). Entries for Achievement Day must be submitted to Mrs. Victoria at vdupuis@agcenter.lsu.edu by midnight on **Saturday, March 13th**.

Rules for Achievement Day contests will be released soon, we look forward to your participation! Best of luck to everyone!



Livestock Show Update

The Lafayette Parish Livestock Show and Acadiana District Livestock Show are in the rearview mirror! Lafayette Parish exhibitors competed hard and won big!

The LSU AgCenter State Livestock Show is coming up later this month, let's wish our Lafayette exhibitors good luck as they compete with 4-H members from around the state of Louisiana!



Service– Learning Continual Steps

Continuing where we left off last month, we highlighted how you can begin with your plans and preparations of your project. This month we will discuss the importance of three steps that are continual or ongoing throughout the process. They include the youth voice, problem solving, and reflection. When you begin a project, these need to continually be brought up to address each of the steps to refocus on what you are doing and what you have learned each step of the way.

“Youth Voice” means the inclusion of young people as a meaningful part of the creation and implementation of service opportunities. Youth voice enables young people to build upon service-learning and to act as catalysts for social change. In the partnership, each group must clarify their feelings about the level of youth participation each group is prepared for.

Problem Solving is used when youth are engaged in a project that requires critical thinking skills. A skill is an ability that one has learned and can do well. Life skills such as decision-making are the abilities one can learn that will help them to be successful in living a productive life. When youth complete the experiential learning process, they internalize what they have learned and gain the ability to apply those decision-making skills.

These activities are potentially wonderful textbooks that involve complex problems, real life situations, and exposure to people who possess a wide expertise and resources not found in schools. A five-year study with the Research Institute found that young people are more likely to report positive outcomes when their service-learning experience includes intentional reflection. “Reflection” is a strategic, engaging, ongoing process of examining the experience. Debriefing the experience is what moves an experience beyond “learning by doing”. It gives meaning to the experience!



Dates to Remember

February 2021

- 1 First Day of Club Meetings
- 8 Junior Leader Meeting, *virtual*
- 13-20 State Livestock Show
- 14 Valentine's Day
- 16 Mardi Gras, *4-H Office Closed*
- 17 Challenge Camp Applications Due
- 19 State Rabbit Show Entries Due
- 26 Scholarship Deadline, 4-H Office

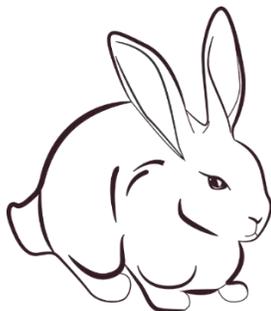


State Rabbit Show

The LSU AgCenter will be hosting a State Rabbit Show on March 6th at the State Evac Shelter in Alexandria, LA. Entries will be due to the Lafayette Parish Extension Office on February 19th, 2021 by 4:30 p.m. This is subject to change if further restrictions are imposed.

Entries information is being sent out to 4-H members in the rabbit project.

More information and entry forms will be sent to students in the rabbit project. For more information, contact Ms. Cassandra at (337)291-7090.



March 2021

- 1 Fashion, Talent, and Arts Entries Due
- 1 First Day of Club Meetings
- 5 SW Region Challenge, 4-H Office
- 6 State Rabbit Show, Alexandria, LA
- 13 Achievement Day, Virtual
- 13-14 Parish Shoot, TBA
- 15 Junior Leader Meeting, Virtual
- 26 Project Books Due, 4-H Office



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Follow us on Instagram: [@lafayette4h](https://www.instagram.com/lafayette4h)

Sincerely,

Victoria Dupuis

Victoria Dupuis
Assistant Extension Agent, 4-H Youth Development
Lafayette Parish

CHARLES HEBERT

Charles Hebert
County Agent, 4-H Youth Development
Lafayette Parish

Cassandra Phillips

Cassandra Phillips
Assistant Extension Agent, 4-H Youth Development
Lafayette Parish

It is the policy of the LSU AgCenter, Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, religion, gender, age or disability. If you have a disability which requires special assistance or your participation in any aforementioned activity, please contact the Lafayette 4-H office at (337) 291-7090.