## YOUTH TALK
### August 2015

**AUG** | **EVENT/DEADLINE** | **INFO**  
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SEPT. |  |  
1 | Executive Board meeting @ UCCE Office 6:30 pm |  
1 | Council meeting @ UCCE Office 7 pm |  
2 | Relay for Life 4-H Team Meeting @ UCCE Office 6:30 pm | Insert  
12 | Sectional Council Meeting UCCE Office Stanislaus 10 am to 1 pm |  
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18 | Emerald Star applications DUE to the UCCE Office | Page 3  
19 | Countywide Dog Care Meeting @ Valley Animal Haven 11 am |  
22 | County Rabbit Project Meeting @ UCCE Office 6:30 PM |  
26 | Color Me Green Run & 4-H Madness @ Kings Fairgrounds | Page 1  
26 | The Science of Healthy Baking–Bread! Workshop @ UCCE Office 1:00 pm | Page 4  
29 | Emerald Star Interviews @ UCCE Office (time to be determined) | Page 4  
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- Livestock Quiz Bowl
- Salute to Excellence Nominations
- 4-H Day at Oakland Raiders
- Club News
- UCCE Contacts
- Healthy Living Tips
- Relay for Life

### It’s A Merger!

*Color Me Green Run and 4-H Madness* are merging into one event. Many of the runners had never participated in 4-H before and some were not familiar with our great organization. With that in mind, it seemed logical to combine 2 relatively new and fun events. The date? This combined event is projected to be held on **Saturday, September 26**. Kelley Medeiros has graciously volunteered to head up the *Color Me Green Run* but will need assistance and a committee is needed for the *4-H Madness* portion of the event. This is a great opportunity for older 4-H youth and adult volunteers to work together to make this event better than ever. Please consider volunteering to help!

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680 N. Campus Drive Suite A, Hanford, CA 93230  
PHONE: (559) 852-2730  
FAX: (559) 582-5166  
Email Us: kings4h@ucdavis.edu  
Website: [http://cekings.ucanr.edu/](http://cekings.ucanr.edu/)  
Link To Calendar: [http://cekings.ucanr.edu/Kings_County_4-H_Program/](http://cekings.ucanr.edu/Kings_County_4-H_Program/)
The 4-H Program Fees for the coming year are:

- $10.00 per leader
- $30.00 per member

Funds are available for fee waivers for those members who need assistance with the program fees. A fee waiver form must be completed and submitted to the UCCE Office for approval. Click here for information about applying for a fee waiver.

Did You Know?

For Regular 4-H members to be eligible to show at fairs (beginning in 2016), they must be a member in good standing, complete a minimum of 6 hours of project instruction (or more as required by the project leader), and complete the Annual Project Report (APR) form. Check with Kings Fair for any additional requirements.

See Steps to Success in 4-H.

Let’s Spread the Word about 4-H!

Young people in 4-H are uniquely prepared to step up to the challenges of a rapidly changing world. 4-H members choose among hundreds of hands-on projects with focuses on science, engineering, and technology; agriculture and natural resources; animal science education; nutrition and healthy living; citizenship and service-learning; and leadership and public speaking. Through experiential learning and leading together with adult mentors, youth focus their energy into their passions while also giving back to the community.

4-H offers a very unique experience and is the premier youth development program. Let’s not keep this great organization a secret! Let’s spread the word, invite your friends to join! Let’s enable this organization to benefit even more youth! Click here to enroll.

County Record Book Judging

Monday, August 17, 2015
6:00 PM
UCCE Office- Multi-Purpose Room

Gold seal Record Books from Club Record Book judging are eligible to be submitted for judging at the County level. Why submit a book for County judging? 4-H members are eligible to receive recognition for outstanding work in a specific project (project medal) and/or recognition for an outstanding 4-H year (Record Book medalist). Members receiving medals will be recognized at County Achievement Night.

Members wishing to have their books judged at the County level must submit their Record Book to Club level judging first. Books receiving a gold seal are eligible to be submitted by the club’s CCL for County Judging. Books are due for County Judging by Friday, August 14th to the UCCE Office.

Thank you to the many 4-H leaders that spent the time to become educated on how to judge record books using the new Evaluation form by attending the Orientation and Calibration webinars.

Trained judges will ensure that each 4-H Record Book receives a quality review. The more judges in attendance will enable everyone to complete the judging process in a reasonable time.

The Future of 4-H Starts Today!

October 24, 2015
10:00 am—4:00 pm
UC ANR Building- San Joaquin Room
2801 Second Street, Davis, CA

Plan to attend the roll-out meeting to learn about the new state level Volunteer Management Organization. This will also be an opportunity to ask questions and help contribute to the communication and continuous improvement plan.

Register by October 16th: http://ucanr.edu/survey/survey.cfm?surveynumber=15768

For more information visit: http://4h.ucanr.edu/Get_Involved/4-H_Futures_Task_Force/

Interested in attending? Let’s get a carpool organized and be represented at this important meeting!
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Thrive Training & You’re Invited!
Saturday, August 15th
9 am—4 pm
UCCE Office Multi Purpose Room

Thrive is a skill building and personal development curriculum that can work as a stand-alone project or the principles of the curriculum can be incorporated into existing projects. For the past 4 years, this project has been offered as a county-wide project most recently under the guidance of Michelle White. This training is designed to acquaint you with the curriculum.

4-H offers opportunities for youth to realize their full potential through a series of age appropriate educational materials. The series builds skills in 4-H members by:

- Identifying and nurturing their Spark
- Developing youth self-reflection skills
- Developing a growth mindset
- Learning and practicing goal management skills

The Thrive series is available to all 4-H members primary through senior. This workshop is open to 4-H members 11 years old and older as well as 4-H Volunteer leaders. To reserve your space, please call 852-2731 or email: gldiener@ucanr.edu.

Kings County 4-H Relay for Life Team Meeting
Wednesday, August 19th
6:30 pm
UCCE Office

Join the Kings County 4-H team at:
http://main.acsevents.org/goto/KingsCo4-H

Relay for Life will be October 10th at Hanford High School. For more information contact Team Captain-Michelle White at mwhite2465@sbcglobal.net.

See flyer insert for more information.

Emerald Star Program

Attention 4-H members intending to apply to become a Kings County All Star in the future, completing an Emerald Star project is a requirement for those applying for All Star.

**Purpose:** The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H Members.

**Eligibility:** Members who have completed two years of 4-H and will be at least 14 years of age by December 31, 2015 are eligible to apply for the Emerald Star Program.

**Project Requirements:** Emerald Star projects must demonstrate the member’s leadership ability, the ability to work with others, and the ability to plan and conduct a successful program of work. The project must have an adult advisor and must provide service to the Kings County 4-H program and/or community.

Applications are due to the UCCE Office by **Friday, September 18th** and Interviews will take place on **September 29**. Click on this link for more information about the Emerald Star Program: http://cekings.ucanr.edu/Kings_COUNTy_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/

4-H Week Display Contest
Plan to Enter!

Celebrate National 4-H Week (October 4-10th) by creating a display to advertise 4-H. Clubs may enter as a club or as individual project groups. The purpose is to promote 4-H and your club! Displays may be window, poster, booth etc. and must be set-up by October 2nd. Once your display is in place, take pictures and submit to the UCCE Office via email to gldiener@ucanr.edu by October 16th. Be sure to include the location of the display and the viewing hours. Judging will be based on creativity, information/educational value, accessibility to the general public and overall look of the display. Prize money will be awarded to the clubs/project groups with the top three displays—1st place- $75: 2nd place- $50: 3rd place- $25.
The Science of Healthy Baking– BREAD!

Saturday, September 26th
1 pm—4 pm
UCCE Office Multi Purpose Room

Bread is one of humanity’s oldest foods, dating back 30,000 years, with good reason: bread is delicious! A single slice of bread, however, masks its complexity. Using scientific practices and an understanding of nutrition, participants in this session will mill their own grains to make flour; select a leavening agent (like baking soda or baking powder), and bake a small loaf of bread. How will the grain, leavening agent, or other ingredients (like milk, eggs, sugar) affect the nutrition, taste, and other properties of the bread?

4-H promotes youth learning by doing and utilizes a methodology called experiential learning which engages learners:

- through direct, hands-on activities or projects.
- by using open-ended questions that invite further discussion and interaction.
- through the use of active reflection and discussion.
- by making connections to real-world examples of learned concepts or skills by applying learning to one or more independent situations.

This workshop is a great example of experiential learning. The experiential learning techniques presented can be transferred to other project areas. Plan to participate in this fun learning experience. This workshop is open to Jr/Teen leaders and adult volunteer leaders. Space is limited, reserve your spot as soon as possible. You may call 852-2731 or email gldiener@ucanr.edu.

CA & WA Focus

4-H offers two study/travel programs that provide a rich citizenship experience. California Focus takes 4-Hers on a journey through the state government, while Washington Focus delegates explore political processes on a national level. Guest speakers, workshops, and fun activities create inspiring and engaging citizenship encounters. If you are interested in attending either event for the summer of 2016 or 2017, please contact the UCCE Office at 852-2731 so you can be included in future fundraising activities.

To learn more about Focus travel experience-click here.

Club Officer Books Due!

Club Officer Books are due to the UCCE Office by Friday, August 14th. Treasurer and Secretary books are required from every club. Historian and Reporter books are encouraged.

Treasurer Books must have a Peer Audit Review completed before the books are turned in. Talk with your CCL to set up a committee to review the book.

Outstanding Club Officer Books will be recognized at Achievement Night.

Forms are available on the 4-H website.

Record Books

2015-2016 edition of the Record Book and manual will be available mid-August. This edition has some distinct changes in the manual format and a few of the forms. The 2015-2016 edition will be located at http://4h.ucanr.edu/Resources/Members/RecordBook/RBResources/

State Record Book Competition

Evaluators/Judges Needed

Evaluators Need!! Have you evaluated Record Books at the County level? Do you really enjoy reading about how young people are growing through their 4-H involvement? If you answered “Yes!” to both questions, then consider applying to be an evaluator for State Record Book Competition. State Competition will be held in Davis on November 13 - 15, 2015. Evaluator applications are due by October 1, 2015. Find out more about the evaluation process on the State website and judge's application here.
4-H Introduces NEW Uniform Guidelines

The State 4-H Office is pleased to announce that the California 4-H Youth Development Program has adopted new 4-H uniform guidelines. Implementation of these guidelines are effective beginning July 1, 2015 and are expected to take several years for full adoption. See the 4-H uniform page on the state website for more information and see the California 4-H Uniform Guidelines for complete garment details and the transition plan to the new uniform guidelines.

The uniform is made up of the following garments:

1. Official green 4-H hat branded with the University of California, Agriculture and Natural Resources (UC ANR) and the 4-H clover logo mark. Senior members who are already in a white hat will be able to keep wearing the white hat for the remainder of their 4-H career. Newly branded 4-H hats can be purchased through Leslie Carman 4-H Supplies as of August 31, 2015.

2. A plain white shirt with a collar. Any length of sleeve, including sleeveless is acceptable. Alternate Casual Uniform: For casual events, members may wear their club or county t-shirt, without the hat, provided that t-shirt has the proper use of the 4-H emblem according to the California 4-H Branding Toolkit.

3. Members have a choice of bottoms, appropriate to the event or activity, as specified in the California 4-H Dress Guidelines.

4. OPTIONAL: A traditional 4-H tie or scarf worn with the collared white shirt. The tie and scarf are both worn under the collar. Any member can wear either the scarf or the tie--whatever the member is most comfortable wearing. These can be purchased through Leslie Carman 4-H Supplies.

And as a reminder--There is no uniform requirement in the 4-H YDP and a uniform cannot be required for participation in any 4-H YDP sponsored activity, event, meeting or occasion. (County fairs are not 4-H sponsored events.)

4-H Uniform Hat
Guidelines: Effective July 1, 2015

The 4-H hat is a source of pride for the California 4-H Youth Development Program, as California is the only state to have such a 4-H club hat. Many members use the hat to display their achievement pins and to wear during fairs. A 4-H hat is NOT required for membership in the California 4-H Youth Development Program or for participation in any 4-H activity, event, or occasion.

Official green 4-H hat branded with the University of California, Agriculture and Natural Resources (UC ANR) and the 4-H clover logo mark. These can be purchased through Leslie Carman 4-H Supplies as of August 31, 2015.

Youth who are currently senior level members may continue to use their white hat for the remainder of their 4-H career. New senior members as of July 1, 2015 will be able to purchase a white hat from Leslie Carman until December 31, 2015 and may continue to use their white hat for the remainder of their 4-H career. Senior members may also convert to the green hat as they choose. It is expected that by July 1, 2020, all members will be wearing the UC ANR 4-H branded green hats. For further information visit: http://4h.ucanr.edu/About/Uniform/California_4-H_Hat/

Year Completion Pins & Stripes

For meeting project completion requirements members will receive:

- A “Year Completion Pin” that is specific to their age level. Four pins will be available:
  ♦ Primary (5-8 years old)
  ♦ Junior (9-10 years old)
  ♦ Intermediate (11-13 years old)
  ♦ Senior (14-19 years old)

- A “Year Stripe”- White stripes for all members or gold stripes in years where members serve as a junior or teen leader. (Members complete the Annual Project Report (APR) to receive a year pin and stripe.)
Congratulations to these Kings County 4-H members who received medals in the Statewide Shooting Sports Match.

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<th>.22 Rifle Telescopic</th>
<th>Rifle Open Sights</th>
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<tr>
<td>Denise Brewster</td>
<td>Island 4-H</td>
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<td>Mason Mendes</td>
<td>Kings Harvest 4-H</td>
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<td>Wyatt Montgomery</td>
<td>Island 4-H</td>
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<td>Bruce Rhoades</td>
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<th>.22 Rifle Telescopic-Prone</th>
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<td>Mason Mendes</td>
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<td>Wyatt Montgomery</td>
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<td>DJ Veldhuizen</td>
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<th>.22 Hand Gun</th>
<th>Rifle Open Sights-Prone</th>
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<tr>
<td>Courtney Rhoades</td>
<td>Kings Harvest 4-H</td>
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<td>Macy Cawley</td>
<td>Mid Valley 4-H</td>
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<th>.22 Hand Gun</th>
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<td>Kings Harvest 4-H</td>
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<td>Wyatt Montgomery</td>
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<th>.22 Hand Gun</th>
<th>Sporter Air Rifle</th>
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**Shooting Sports - Save the Dates!**

*National 4-H Shooting Sports Workshop*

*September 29-October 3 at Camp San Luis Obispo*

The National 4-H Shooting Sports Workshop is open to those counties that want to strengthen their shooting sports programs or counties that want to start one. Staff and volunteer leaders who are at least 21 years of age are encouraged to attend. This training allows the participants to become certified in one of six different disciplines: archery, hunting, muzzle loading, pistol, rifle, or shotgun. A coordinator course will also be offered for those who want to learn more about administering a county program.

*Please note, this is not for leaders who are interested in running a project or summer camp program. This is for leaders who want to become instructors to strengthen the county and state programs. Successful completion of this course allows these participants to hold certification workshops.*

The cost for this event will be $195 per person. This fee includes all course material and meals and housing for the duration of the course! The course will end on the evening of October 2nd and participants can spend the night and depart on the morning of the 3rd after breakfast. For more information contact John Borba at jaborba@ucanr.edu.

**Shooting Sports Workshops**

*Archery Discipline-River Oaks Range, Winton*

September 13 & 14

Cost: $35.00

*Rifle Discipline-River Oaks Range, Winton*

Class #1 August 8 & 9

Class #2 October 10 & 11

Cost: $35.00

More information can be found on the Shooting Sports page on the State 4-H website: [http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/](http://4h.ucanr.edu/Programs/Projects/SET/ShootingSports/)
National Youth Science Day
October 7, 2015

Announcing the 2015 National Science Experiment
“Motion Commotion”

This exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion. Motion Commotion will enable youth to explore the physics of motion and distracted driving. The two-part experiment will test young people’s knowledge of science, speed and safety by:

- Constructing a simulated runway to analyze the speed, momentum and kinetic energy of a car in motion, and will explore the science behind the car’s collisions.
- Leading an experiment that uses the same physics principles to demonstrate the consequences of distractions in everyday life.

More information on National Youth Science Day can be found at: http://www.4-h.org/4-h-national-youth-science-day/. The 2015 National Science Experiment kit is currently available for pre-sale on the 4-H Mall website. Register your event and order now through: www.4-HMall.org.

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4-H/FFA Livestock Quiz Bowl

October 17th

Grand National Exposition, Horse Show & Rodeo
at the Cow Palace in Daly City

The California State 4-H Office will be hosting the 2015 California State Livestock Quiz Bowl at the Grand National Livestock Exposition, Horse Show and Rodeo on October 17, 2015. This contest is open to both 4-H and FFA members. The top 4-H team and the top FFA team at this contest will be eligible to compete at the Western National Round Up in Denver, Colorado in January.

Each county may enter multiple teams of 4 or 5 members. Team members must be between 14 years old & have turned 19 years old after January 1st. More information and complete rules can be found here: http://4h.ucanr.edu/4-H_Events/Livestock_Quiz_Bowl/. Registration: Entries must be received by October 2nd.

Any questions please contact:

Nikki Wilson, Contest Superintendent  760-403-0863, wilsonfarms84@gmail.com
Alyssa Sankey, State 4-H Prog., Rep for Animal Science Education, 530-750-1340, ajsakey@ucanr.edu.

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California Wool Growers
Sheep Safety Quality Assurance Training

August 28th
Monterey, CA

CWGA will be hosting a Level 1 Sheep Safety Quality Assurance (SSQA) seminar at their annual meeting. The SSQA seminar is open to 4-H, FFA, Grange and Independent youth members, leaders, instructors, college students and affiliates involved and/or interested in sheep production. The student rate for the seminar is $60.00 This program applies quality principles to the raising of sheep, involves education, design and outside verification. Attendees will be trained on quality concepts, such as specifications, process mapping and standard operating procedures from a California sheep industry perspective. If you have any questions, please contact CWGA at (916)-444-8122) or erica@woolgrowers.org.
2016 Salute to Excellence 4-H Volunteer Awards

Don’t miss the opportunity to nominate exemplary 4-H Volunteers for the 2016 Salute to Excellence Awards Program. The National 4-H Salute to Excellence Volunteer Recognition Award recognizes 4-H volunteers who demonstrate exemplary service to 4-H, while promoting service through volunteerism as both an opportunity and a privilege. California will be nominating two volunteers to be considered as regional honorees. The regional honorees become nominees for the national award, and one volunteer in each category will be named the national honoree.

Selection Criteria

◊ The Volunteer of the Year Award (VOY) is for currently serving 4-H volunteers who have served 4-H volunteers for less than 10 years at the local, county, district or state level.

◊ The Outstanding Lifetime Volunteer Award (OLV) is for current or former 4-H volunteers who have served 10 or more years at the local, county, district or state level.

Please take the time to nominate outstanding individual volunteers using the Nomination Application. Mail completed nomination packet(s) to the UC ANR, State 4-H Office, Attn: Shannon Horrillo, 2801 Second Street, Davis, CA 95618. Nomination Packets must be received by September 25th.

If multiple nomination packets are received they will be reviewed by the 4-H Incentives and Recognition Advisory Committee who will recommend one nominee for each category to the Associate Director of 4-H Program and Policy for final approval. Please note there is no limitation on the number of nominees from each county. For more information visit: http://www.4-h.org/resource-library/grants-awards/opportunities/salute-to-excellence/program-information/.

4-H Day at the Oakland Raiders

Sunday, December 6, 2015 | 1:05 pm Kickoff

Don’t miss it! $20 from each ticket sold benefits 4-H in your community! See more info and submission form: http://4h.ucanr.edu/files/216614.pdf

Club News Needed!

Articles submitted by club reporters are gladly accepted for the Youth Talk. The article can include news about a community service activity your club has participated in, special club events such as fundraising or celebrations, project activities, members receiving special recognition. Share what your club is doing with others in our county.

News articles are quick and to the point. The articles should include WHO?, WHAT?, WHEN?, WHERE? and WHY?. Proof read your article and edit where needed. Check the spelling of all words, especially names.

The deadline for the Youth Talk is the third Friday of each month. Submit your article to gldiener@ucanr.edu or mail to Kings County 4-H, UCCE Office, 680 N. Campus Dr., Ste. A, Hanford, CA 93230

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener  UCCE 4-H Program Representative (50% time)  Teresa Evangelo  4-H Support Staff (full time)
852-2743  gldiener@ucanr.edu 852-2731  tlevangelo@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)
852-2730 connie.egger@co.kings.ca.us

OFFICE HOURS: 8am-12 noon and 1pm-5pm  Monday—Friday

Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.

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Back to School Health Tips

Getting your kids ready to start the school year involves more than finding the perfect backpack, buying school supplies, and shopping for new clothes. It means safeguarding their health so they’ll be ready for the challenges of heading back to school. Consider these tips for a healthy start for your child’s new school year.

♦ Power Up With Good Nutrition

Childhood obesity continues to rise and with it a greater health risk to those affected. According to the U.S. Department of Agriculture (USDA), you can buck this trend, by providing healthy meal options for your kids. This includes breakfast. Breakfast breaks the overnight fast and gives kids the energy they need to power through the day. When kids skip breakfast, they could be going hours without food, which can make them inattentive and ill-behaved in the classroom. We also know that kids who skip breakfast are more likely to be absent from school more often. In contrast, kids who regularly eat well-balanced breakfasts generate higher scores on standardized tests and show improvements in math, reading and vocabulary. Try this quick and delicious Rise and Shine Rollup.

Ingredients:

- 1 Six-inch whole wheat tortilla
- 2 Tablespoons nut or seed butter
- 1/4 Banana
- 1/4 Cup raspberries, sliced (or any fruit in season)
- Dash of cinnamon

Directions:

1. Spread seed or nut butter on a whole tortilla
2. Place sliced raspberries and bananas on one half of the tortilla
3. Sprinkle cinnamon over fruit
4. Roll the tortilla into a log shape
   Slice into round pieces and enjoy

If time is an issue in the morning, having your kids eat breakfast at school can be a time-saving and cost-effective alternative.

♦ Schedule a Checkup

An annual physical exam will ensure your child is healthy and virus-free before going back to class. Make sure your child’s immunizations are up to date. According to the CDC, every state requires certain vaccinations at different grade levels for children attending public school. Some schools will not allow students to attend without verification of these immunizations.

♦ Reinstate Routines

At least a week before classes start, shift your kids from summer carefree sleep hours to bedtime schedules more in line with the school year. It’s time they cut back on playing computer games and watching television. Help your child with this transition by encouraging reading or playing quiet games an hour before going to bed.

♦ Get Moving

Once your child starts school, they’ll be spending most of their day sitting at a desk and you can’t assume that recess and gym class are giving them all the daily activity they need to stay healthy and happy. Kids need 60 minutes of regular, nonstop exercise a day. Plan weekly bike rides and nature walks and your whole family will benefit.

Provided by the University of California CalFresh Nutrition Program
Kings County
4-H Relay Team
"4-H for Hope"

Saturday, October 10, 2015
9:00 am to 9:00 pm
Hanford High School

4-H Clubs/Members can help in the following ways:
• Members and adults sign-up as team members. (see information below)
• Clubs can sponsor 1 or more members of your club as team members (team members are asked to raise $100 for the team).
• Purchase and/or sell luminaries.
• Donate items such as water, Gatorade, juice, snacks, etc. to sell the day of the event.
• Adult Leaders are needed to help supervise youth team members during the event.

You are invited to the 4-H Relay Team Meetings!
August 19,
Sept. 2, 16, 30 Oct. 7
All meetings will be held at the UCCE Office at 6:30 PM

To join our team go to: http://main.acsevents.org/goto/KingsCo4-H
For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net