



Extension

UNIVERSITY OF WISCONSIN-MADISON

UW-Madison Division of Extension Jackson County Educator Summary

Karla Gearing – April 2022

Major educational and research activities

Delivered a virtual Taking Care of You session for volunteer coordinators statewide. The session will last for 6 weeks, every Tuesday morning, beginning April 12th. There are 8 participants and topics being discussed include responding to stressful situations, developing healthy habits, mindfulness based breathing activities, and reframing challenging events.

Offered a virtual Supporting Youth in Mental Health statewide training to 4-H adult volunteers. This presentation is a required training for those volunteers to chaperone overnight, Extension sponsored, 4-H events. Participants learn how to identify common mental health symptoms present in youth and how to effectively respond to a mental health crisis. 11 participants attended this event on the evening of April 13th.

Continued the Botvins Life Skills training that was begun in February of this year at the Blair Taylor Middle School. Our two 6th grade classrooms received 4 more weeks of curriculum in April. Classes were taught at the school on Monday afternoons and included topics such as media's role with advertising to young audiences, dealing with anger and conflict, mindful breathing exercises, and how tobacco and alcohol products negatively impact healthy bodies.

Other education-based activities included planning for the summer school program at Melrose-Mindoro, scheduling summer-based program at the Boys and Girls Club in BRF, supporting the Together for Jackson County Kids coalition, and various community meetings for local initiatives.

**Jackson County Extension Education Committee
FoodWise Report for 4/1/2022 – 4/30/2022**

FoodWise Projects, Events & Professional Development - April Duval, Coordinator:

- Prepare and Conduct April Cooking Matters lesson (virtual) with Head Start families. Topic: No More Meal Time Madness Power Points in two languages, scripts, translation needs, folder materials prep, etc. 3 families attended from 2 centers.
- FY23 planning preparations and documents. Worked on and submitted budget spreadsheet which includes partnerships, events, costs associated with direct teaching (food samples, travel, etc.) and staffing plan.
- Request from River Grove housing to offer Nutrition Education lessons: 4, 45-minute lessons on Tuesdays in May.
- Harvest of the Month and Cooking Matters Facebook page posts:

facebook.com/extension.jacksoncounty/



FoodWise Direct Education by April Duval, Nutrition Education Coordinator:

School	Grade	# of Classrooms	# of Lessons	Lesson Topic
Lincoln Elementary	4K	2	4	Fruits and Vegetables
Forrest Street Early Learning Center	4K	4	4	Fruits and Vegetables

I have been approved to reduce to a 60% appointment for the summer months. This arrangement starts Monday, June 6th and ends Friday, August 26th. Please note that I will also be using vacation time in the summer months as well. Julie and Pat have access to my schedule.