

Jackson County Extension & Education Communication Committee

4-H July 20- August 11, 2020



4-H Highlights

Some of the program highlights that I am working on are:

- **Plarn mats**
 - This will be a great community service opportunity for club members. Plarn is plastic yarn which can be made from recycled grocery bags and other plastics. When the bags are cut into strips the plarn can be crocheted into mats for homeless people. This community service project has a couple of steps but will be great for clubs to do distantly or in person. The group is currently working on creating the lesson plan that will be available later this year.
- **Project Leader Support**
 - This is a state group that is formed around helping project leaders which are an important part of the 4-H program. Currently we are working on creating project sheets that will be available for anyone who is interested in a project. These will include information for leaders, curriculum, lesson examples, and connections to life skills and workforce readiness. We are currently working on one for the Cloverbud program that will be ready the first week of October which is national 4-H Week.
- **Club Leader Support**
 - I am the co-chair for this group. Our goal is to create supporting materials for the club leaders of the state. Currently we are working creating newsletter articles about policy and bylaws. This will help leaders when they review their bylaws each year. Another project we have is a club treasurer training. This one will be a video for members to watch so they are getting updates, training and support for their club treasurers.

Volunteers Highlights

In person meetings:

I have submitted 4 in person program reports for Jackson County 4-H this month. I am looking forward to having more in person meetings and supporting volunteers in person endeavors.

Key Meetings

- July 20th
 - Jackson Adult Leaders Meeting
- July 21st
 - Jackson County EEC Committee Meeting
- July 23rd
 - Trempealeau Extension Education Committee Meeting
- July 27th
 - Project Leader Support Group
 - Trempealeau County Adult Leaders Meeting
- July 28th
 - Professional Concerns Committee

- July 29th
 - 2 County Educators check in
- July 30th
 - 4-H Fundamentals Part III
 - Juntos Team Meeting
- August 3rd
 - Virtual Show Meeting
- August 4th
 - Northern Regional Meeting
- August 5th
 - Club Leader Support Meeting
- August 7th
 - Plarn Mats Meeting
 - Juntos Crash Course
- August 10th
 - Project Leaders Support Group

Jackson County Extension Education Committee
FoodWise Report for 7/1/20 – 7/31/20



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

- FoodWise webinars and updates
- State Harvest of the Month work group calls and tasks
- Dean's Extension webinars and calls for supervisors and staff
- UW-Madison and Extension Return to Extension Worksites training courses:
 - COVID-19 Basics
 - Maintaining a Safe Workplace
 - Offering Programming
- FoodWise Interstate Nutrition Education webinars with Nebraska, Iowa, Illinois and Wisconsin
- FoodWise curriculum workgroup: Show Me Nutrition Grade 2, took the lead on this group: created Google folder to organize materials/share lesson plans, set up a doodle poll to determine upcoming meetings dates and time, and will lead Zoom meetings.
- Calls with Nutrition Educator Sandy to discuss programming changes, updates, plans for telecommuting, check in on how she is doing, etc.
- Completed and uploaded weekly telecommuting work plans into the Jackson google drive folder: update weekly and submit. Extension telecommute plan entered and updated for July and August.
- Extension website and Facebook page posts and updates on Food Security and Food Safety:

<https://jackson.extension.wisc.edu/nutrition-education/food-security-resources-in-jackson-county/>

<https://www.facebook.com/extension.jacksoncounty/>

<https://www.co.jackson.wi.us/>

Note: Furlough day: unpaid day on July 6th and used vacation/floating holiday hours during July

Health and Well-Being

Karla Gearing – July 2020 Highlights Report

Outreach: Building New Connections and Enhancing Current Community Partnerships: Joined a work group of state resource specialists and county educators to create the framework for a training for 4-H volunteers to be educated in responding to youth mental health crisis while in a chaperone role. This is a statewide and national movement that will be added to existing 4-H volunteer required training. The work group met 1-2 times a week and the training will be further developed after review from state institute leaders.

Be Well Series – Video Library Development: Leading a state effort to develop and promote a video series with brief social emotional development skill building techniques that can be viewed on-line. These videos are filmed by state educators and viewed on social media platforms. Continued effort to further develop this effort to incorporate a broader range of topics and audiences is being explored with state educators and leadership.

Parenting Education Request from HCN Social Services – Virtual Programming: Update – the one-on-one parenting education virtually continues weekly. Subjects covered include healthy eating, discipline vs. punishment, and stress reduction skills for well-being. I will be meeting with state colleagues to further develop a wider based program that is culturally sensitive and inclusive to Ho-Chunk Nation audiences. (Background - I was requested to provide stress management and parenting education for HCN tribal members identified by their social services who need educational programming while socially distanced in their homes.)

Highlights of Taking Care of You – Virtual Programming: I Have been providing the educational program to a group of relative caregivers on Tuesday evenings. The program delivery is virtual and we have anywhere from 4-5 participants weekly. This is a new curriculum offered in the state and will be monitored for effectiveness through pre and post evaluations and used to guide programming state-wide. The facilitation team continues to meet and further improve the program.

F2S - The preferred applicant, Maya Peske, has accepted the position. This worker working with grant coordinator to take necessary steps for authorization of host site and coordinating with Melrose Mindoro School District.

MSFP 10-14: Meeting with state colleagues and connecting with school administrators about possibilities for offering the program virtually in the Fall of 2020. Special consideration to adapting the program for a virtual platform is being developed.

Zooms (a few examples of meetings attending)

Cohort 6 Onboarding July 14th and 15th from 8-3:30 pm

Key Findings from the 4-H Youth Mental Health Survey July 16th from 1-2:30

Youth Mental Health Meeting July 22nd 1-2:30

JDHHS CST Coordinating Committee Mtg. July 20th