



**UTAH 4-H**

**SECTION 7**  
***3 MONTH PROJECT NARRATIVE REPORT***

**I. Abstract :**

For my state ambassador 3 month project I chose to create and develop a new afterschool 4-H program in the healthy lifestyles area. To do this I had to promote, advertise, prepare, teach and evaluate this program. Because of the sheer size and depth of this project I worked with another 4-H member from my club, Chandler Ward. This afterschool program was taught at Hawthorn Academy. Eight different subjects were taught in seven sessions covering social, mental, emotional, and physical health. Classes were also taught on nutrition, energy balances, substance abuse and making healthy snacks. Sponsors donated money and goods to cover the costs of the 4-H afterschool healthy lifestyle program. At the conclusion of the program parents and participants were surveyed for an evaluation of the class and sponsors were thanked for their generous donations.

**II. Assessment:**

I decided on this 4-H healthy lifestyles afterschool program because I recognized two main needs for it in Salt Lake County. The first being that in Salt Lake County there is a high population of youth that do not know about the 4-H program or are only familiar with the livestock and farming areas of 4-H. I wanted to promote 4-H showing that it is a program that helps youth in projects other than livestock and farming, especially since much of Salt Lake County is predominantly urban. Also, the mayor of Salt Lake County, Ben McAdams, is encouraging more educational after school programs. Secondly, the percentage of youth facing child obesity in our country continues to rise. Our First Lady, Michelle Obama, has expressed her concern for this and has made it her platform. The increase of child obesity occurs for many reasons such as the cutbacks in school P. E. programs, a society that is becoming more sedentary and youth not understanding the benefits of eating healthy. I wanted to teach children about the importance of nutrition and to help them battle obesity and be

healthier overall. I also wanted to show parents of youth the value of the 4-H program and that it addresses necessary life skills, in this case, a healthy lifestyle. My goals for this project are to get kids and their parents interested in the 4-H program and for them to retain the information taught to eat better, exercise more, and have a healthier lifestyle.

### **III. Plan:**

For this project I needed a place to teach my 4-H afterschool program. In my plan I needed to find a school that wanted the program and was willing to work with Chandler, me and 4-H.

The next step would be to advertise the 4-H program effectively so I would have participants to teach and who wanted to learn. Also, advertising would promote 4-H and expose the community to its logo. I wanted the 4-H clover to be seen by as many people as possible.

I knew that this program would have costs and Chandler and I didn't want to absorb all the expenses so we needed to find sponsors to help fund the program or pass expenses on to participants. I wanted to gather as many sponsors as possible to keep costs down for the families participating.

Curriculum is a vital part in teaching an accurate healthy lifestyles program. I was familiar with the NFL Recharge curriculum because I had participated in a 4-H program that had used it before and Salt Lake County had access to it.

I wanted to offer classes that taught and encompassed all areas of health such as physical, mental, social and emotional health. Chandler and I planned 8 different classes that included the following topics: mental and emotional health, physical health, social health, energy balances, substance abuse, healthy eating, exercise and staying active, and nutrition.

The last part of the plan was to give a survey to parents and participants to get feedback on the 4-H healthy lifestyles afterschool program.

### **IV. Implementation:**

Before I could get started, a school had to be found that would let us teach a 4-H afterschool healthy lifestyles program. I had previously attended the charter school, Hawthorn Academy. I knew that they were looking for after school programs and that they would be interested in a class on nutrition and staying active. I also knew that Hawthorn Academy had students from

West Jordan, South Jordan, Riverton, Herriman, Taylorsville, and Kearns, all in Salt Lake County. They also had students in Bountiful, Lehi and Tooele, which are outside of Salt Lake County. I liked the idea of reaching a lot of youth from all over because it could possibly impact 4-H promotion to more areas. A traditional district school would not give such an opportunity. On December 4, 2014 Chandler and I consulted with Dr. Deborah Swensen, Hawthorn Academy's director, shortly after submitting an application for state ambassador. Dr. Swensen gave approval for the program. She was excited about the opportunity and was glad that alumni were willing to give back to the school in such a capacity. Dr. Swensen could see this would be a very big project and she had some criteria for us to come to her school and teach. First she encouraged class sizes to be no greater than 25 students. She also insisted that two 4-Hers teach this 4-H afterschool program together so that class control and learning could be maximized. Last she wanted the school methodology to be included in the instruction.

Hawthorn Academy uses the International Baccalaureate (I.B.) methodology. I had to find an appropriate curriculum on the healthy lifestyles that coincided with the methodology of the school and also went with the 4-H healthy lifestyles area. The NFL Recharge curriculum could be used but it wouldn't cover everything. I needed to modify the NFL curriculum and get other curriculum that covered all elements of my program and to incorporate I.B. traits. I researched information on nutrition, social, physical and mental health using current textbooks from Hawthorn Academy to enhance the NFL curriculum with I. B. traits.

Chandler and I reviewed all the parts of this massive project and knew we needed to divide responsibilities. We wanted to have a well rounded healthy lifestyles class so we wanted 8 parts of health in our program. We also had a massive undertaking in incorporating the NFL Recharge curriculum with curriculum that met the I. B. traits to meet Dr. Swensen's criteria. We decided that I would research curriculum, prepare classes and teach classes on mental health, emotional health, social health, nutrition and substance abuse and Chandler would do it for the classes on exercise and staying active, energy balances, healthy eating and healthy snacks. We also had a big job ahead of us to advertise the program and get sponsors for our program. Therefore I took on the responsibility of being the director of advertising and marketing and Chandler took on the responsibility of being the director of getting sponsors. This worked very well and, though it was still a huge job for each of us, it was pretty even in responsibility and time commitment. We definitely offered a more quality and comprehensive program to the

youth by having both of us working together on it.

Advertising the 4-H afterschool healthy lifestyles program was the next big step. This was vital to have a successful program with a lot of participants. As the advertising director I had to design all the posters and fliers. I recruited other 4-Hers from local clubs to help. We hung these up in and around the school. I also distributed 700 fliers to all the students in the school. I also needed to arrange with the school director a way to get the kids excited. I planned a school assembly and wrote a script for Chandler and me to perform. After the assembly I made arrangements with the school director for Chandler and me to go into the classrooms before class started and remind the students about our program and how to sign up. 20 classrooms and over 800 kids were exposed to the advertising of our 4-H program overall. Another advertising method I spearheaded was to dance with the 4-H posters that I had made in order to get attention from both the parents and the kids during carpool. At Hawthorn Academy I ran into some of my old friends who wanted to help me advertise. Together we got into an assembly line and we passed the posters down to each of us while dancing around the carpool lane answering questions from parents and students. We got a lot of attention! This also got 4-H noticed by many passer byers. You see, Hawthorn Academy is located on a major intersection in Salt Lake County and so many passer byers could see our poster dancing. It was fun! It was also a huge success! I had more kids sign up than Dr. Swensen would allow in the class. Dr. Swensen was so amazed at the response she would like us to run another program.

I had my venue, my curriculum and a whole class full of kids, now I needed a way to fund it. This is when we began approaching potential sponsors. Chandler directed this part of the project but I helped with distributing a letter on 4-H letterhead describing the 4-H healthy lifestyles afterschool program and its objectives. We went to business after business. After visiting four businesses with no success we were driving down the road a little discouraged and saw a little “Ma and Pa” copy store in an old rundown strip mall. We decided, “Why not,” and we went into the little copy shop. After approaching the owner she was more than happy to sponsor us and provided us with 700 copies of the flyers to pass out to the students. It was a \$20.00 value. We visited more businesses throughout the project and were able to get more sponsors. I am so grateful to Not Just Copies for donating our flyers, Ream’s food stores for donating \$100.00 worth of produce, Smith’s for donating a \$25.00 gift card, Dunkin’ Donuts for donating donuts as refreshments for the award session, Rocky Mountain Recycling for donating \$60.00, and Jay

Bryant Ward Studios for donating art supplies.

Teaching the actual courses in the 4-H healthy lifestyles afterschool program was by far the most fulfilling part of my project. We initially planned for 8 classes to be taught in the courses, but due to Hawthorn's class schedule I only had classroom availability for seven classes. Therefore, we combined the exercise and staying active class with the physical health class. Teaching was a great experience. I had great kids and a great topic to teach on. Overall I think everyone learned a lot and had a great time. However, there was one instance where two boys, about 9 years old, were fighting. I could tell I needed to intervene between these two before someone got hurt. I separated them from the class so other students couldn't see and I discussed with them how we need to get along even though we are different. They each gave their points of view and we discussed a solution to the problem together. I explained that 4-H is a team building program and that getting along is part of being healthy. They both apologized to each other and gave each other high fives and we continued on with the class. Apart from that small issue the entire course was successful.

Some of the activities we did were a tug of war pull to demonstrate energy balances, making fruit monsters for healthy snacks, card games to teach social health, and a game of caterpillar using duct tape to make a caterpillar. At the end of the course certificates were made to distribute to all the youth and parents were invited to the award ceremony. I worked hard and grueling over a power point presentation with pictures of the participants that showed all the things we had done for two months in the course. I set it to music and the kids loved it. Vernon Parent, Salt Lake County's field faculty member, came and spoke with the kids and the parents in the last class of the course and he further described the 4-H program in Salt Lake County to students and parents. At the end of the course parents were asked to fill out a survey so the program could be evaluated.

#### **V. Evaluation:**

After the completion of our program we distributed surveys to all of the parents with children in the program. We didn't get every survey back, but of the ones that were submitted every single one of them had a positive experience and wanted the program to continue. All participants also learned a lot more about healthy living; 66% said they learned quite a bit more about healthy living and 34% said they learned a lot about healthy living. One parent wrote,

“My son was very enthusiastic about this experience and 4-H is a great program!” Another parent expressed that they would like this program to continue and said “this program is amazing and I would like a program like this every day.” Three kids in the program wanted to continue with a local 4-H program and their parents are planning on starting a community club and another participant joined Jr. Teen Council and has come to the last two meetings.

Not only did the kids in my program learn from this but I learned a lot, too. I developed conflict resolution skills when participants weren't getting along. I learned to better express myself when I was working on advertising the program. I developed skills in teamwork by working with Chandler and dividing responsibilities and work. I didn't realize how much sponsors would be willing to help so much. Even though I did have to deal with some rejection, others were very generous. I had to grow in communication skills, positive attitude and even salesman skills in promoting, advertising and getting sponsors. This pushed me a bit and I really had to put myself out there. I have never been a shy person but I haven't ever been in a situation where I had to advertise and I have never experienced trying to get sponsors before. These are all experiences that will help me in my life and future because of what I've learned from them.

## **VI. Summary:**

This project was a great experience for me and the students in my class. I learned many important things like salesmanship, the importance of marketing, how to get sponsors, and most importantly, how to teach a class more effectively and efficiently while keeping the class entertained and making it fun for everyone. We had 2 families who joined 4-H and are planning to start their own club. Another student joined Salt Lake County Jr. Teen Council and has been attending every meeting since. This project had a great effect on the kids, too. Every single one of them left our classes with a greater knowledge of living a healthy lifestyle by incorporating nutrition, physical activity, and being aware of social, mental and emotional health. They also gained a better understanding of the pitfalls of substance abuse and learned about energy balances and how to make healthy snacks. Most importantly they left with new friendships and stronger relationships not only as students, but as 4-Hers.