



UTAH 4-H

SECTION 1 • PART A PROJECT REPORT FORM

PROJECT IDENTIFICATION

Member's Name: Chandler Ward Report Year: 2014

4-H Project/Category: 3 months State Ambassador Project: 1 Yrs in this Project/Category: 1

SIZE AND SCOPE

CHANDLER WARD'S 4-H HEALTHY LIFESTYLES AFTER SCHOOL PROGRAM				
DATE:	DESCRIPTION:	TIME:	COST:	
PROJECT PLANNING				
Nov. 14 Dec. 12, 2013	Discussed with County Agent, Vernon Parent, about county needs and moving forward with project.	1 hr	NA	
Dec. 5, & Jan. 6, 2014	Met with Dr. Swensen, principal at Hawthorn Academy. Discussed holding After School 4-H Healthy Lifestyles Program for our 4-H State Ambassador Project at their school.	2 hr	NA	
SPONSOR WORK FOR PROJECT				
Dec. 27, 2013	Prepared formal letter to local companies about sponsoring my 4-H State Ambassador Project.	2 hr	NA	
Jan. 2, 8, 29, Feb. 13, 2013	Visited and followed up with store managers and employees to sponsor our ambassador program. Companies included were: UPS, Not Just Copies, Smiths Market Store, Dunford Doughnuts, Sports Authority, Rocky Mountain Recycling, Harmons, JBW Studios, Reams, and Dunkin' Doughnuts. Also collected donations.	22 hrs	NA	
PROJECT ADVERTISING				
Jan. 3, 4, 6, 8, 2014	Assisted in creating posters to advertise the after school program to students of Hawthorn Academy. Assisted in hanging & "dancing" with posters after school and talking to the students about the program.	7 hrs	NA	
Jan. 10, 2014	Assisted with skit at Hawthorn Academy's assembly and went into individual classrooms advertising our 4-H State Ambassador Service Project.	3 hrs	NA	
PROJECT IMPLEMENTATION		# STUDENTS		
Jan. 15, 2013	Planned, lead, and taught 4-H After School Healthy Lifestyles. Taught two lessons: 1- Importance of physical activity 2- Staying Active by doing exercises in-doors such as push ups, jump roping, hula hoop, tag etc.	30	3 hrs	NA
Jan. 22, 2014	Assisted in teaching and leading 4-H After School program. Helped teach the importance of mental health. Taught children how to do magic trick.	24	2 hrs	\$1
Jan. 29, 2014	Planned, lead, and taught 4-H After School program. Taught energy balances with a series of tug-of-war rope games.	18	3 hrs	\$60
Feb. 5, 2014	Assisted in teaching and leading 4-H After School program. Helped teach 5 Food Groups.	23	2 hrs	\$17
Feb. 12, 2014	Assisted in teaching and leading 4-H After School meeting and lesson. Helped teach importance of social health/accepting people for who they are.	18	2 hrs	NA
Feb. 19, 2014	Planned, lead, and taught 4-H After School meeting and lesson. Taught healthy eating by making Grain Critters and Fruit & Veggie Monsters.	24	5 hrs	\$ 108
Feb. 26, 2014	Assisted in teaching and leading 4-H After School Healthy Lifestyles program. Helped teach substance abuse. Concluding Awards Ceremony.	26	2 hrs	\$ 40 + \$8
Jan.-Mar. 2014	Created and sent weekly reminder emails & concluding survey.	NA	5 hrs	NA
Total Amount Donated By Sponsors:		\$234	Total Time, Cost, # Students	
			*23	61 hrs \$234

*Average number of students



3 MONTH STATE AMBASSADOR PROJECT IMPACTS:

- Advertised the 4-H program to over 800 Students, their parents, and the schools staff and faculty.
- Taught over 30 different kids about healthy lifestyles and the 4-H program at Hawthorn Academy for seven weeks.
- Maintained an average attendance of 23 students throughout the entire project.
- Advertised Salt Lake County's Clover Bud Camp to 30 kids grades k-3rd.
- Currently recruited 1 student to Junior Teen Council.
- Based on Survey Response I found that on a scale of 1-5 100 % of the students had ranked their previous knowledge at 3- adequate. The results then showed an increase of 66% having a 4, and 34% having a near perfect knowledge based on their age.
- Gained support for the 4-H program in Hawthorn Academy. The following are parent responses when asked if they are interesting in 4-H and if they would like it to continue. "I am interested because my son was very enthusiastic about this experience." "This program (4-H), it's a great idea and it will be amazing to have different programs like this everyday," "I would like to see this program continue at Hawthorn Academy, and I think it should be available at other schools. I would definitely recommend this program to others. I like how the program was free and immediately after school." The parents have recognized the 4-H program and many of them would like for it to continue in their school.
- When I asked the parents "how much would you normally be willing to pay for a program like this?" 33% of the parents said \$5, 33% said \$20, and the remaining 33% said \$25.

KNOWLEDGE LEARNED:

- Learned what activities keep children of different ages engaged and age can change how a child can view the program.
- Learned importance of organization and records.
- Learned importance of paying attention to each child's needs and how extra effort can improve their experience in the program.
- Learned what companies look for when donating and sponsoring.
- Learned importance of constant and effective communication. I also found reminder emails can greatly effect a programs attendance.
- I learned the importance of data collection and the proper questions to ask parents to determine success.
- I learned the importance of consistency and following up with sponsors.

SKILLS LEARNED:

- I learned how to prepare a formal letter to companies to request sponsors. I also learned how to appeal to the company and ultimately get the donations you need. I could use this same skill when raising money for National Conference.
- I learned how to create hands on lessons that maintain younger children's attention, teach the needed content, and allow them to have fun.
- I learned how to create a survey online, ask the proper and direct questions, and how to collect and analyze the data.
- Learned how to collect and gather curriculum. I was able to mold it all into a fun and engaging lesson.