

Arkansas 4-H Afterschool

U of A UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

"Making the Best Better"



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Summer Learning Loss 2.0

During the summer months, students feel the need to relax and take a break from anything that remotely resembles school-work. The results of children who are not actively learning throughout the summer months, however, are overlooked. Children get off to a slow start when the school year begins and need to be refreshed in what they already know. Here are some ideas to keep youth energized and prepared.

Summer Reading Programs

Many libraries offer programs that allow youth to learn but also have fun during the summer. The Central Arkansas Library System will offer magic shows, storytelling, traveling cow programs, stickers and prizes during this year's Summer Reading Club. Registration begins May 29, and programs begin at all 12 branches on June 11. Also check out the "Read the Books!" section of the Web site, accessible from the homepage listed above. It's a great way for children to pick out books, with comprehensive listings by topic, category, author and age group. This section also includes official summer reading lists from private and public schools in Little Rock.

Barnes and Noble

Children in first through sixth grade can earn free books this summer at Barnes and Noble in Little Rock (11500 Financial Center Parkway, phone 501-954-7646). Simply read eight books, fill out a form and get a book for free. Limit two free books per child. The store is also hosting a summer reading camp for children in first through sixth grade from 10 a.m.-2 p.m., June 11-15. Cost is \$100 and covers lunch and one take-home per day.

The Museum of Discovery

The Museum of Discovery is Little Rock's hands-on science museum for children. The museum concentrates on making science and technology fun for all ages. It has many permanent exhibits that let children conduct hands-on experiments in electricity, light and color, architecture, robotics, computer technology, human anatomy and Arkansas history.

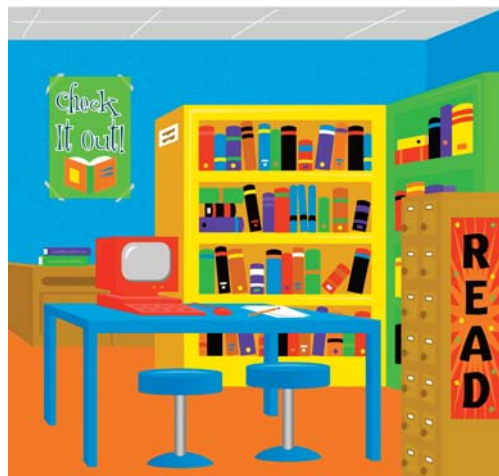


The museum also has three special exhibits each year. These exhibits normally fit with the museum's theme of hands-on, fun science education. You can check the calendar on their site for more information about current and upcoming exhibits.

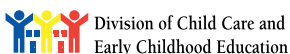
Good News: Act 166 was passed by the Arkansas State Legislature. This act provides a framework for after-school programs that promote positive youth development; to establish the positive youth development grant program; and for other purposes.

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In partnership with





Getting INVOLVED!!

Staycation vs. Vacation

During the summers in Arkansas, people are generally concerned with when the water parks are going to open because it is so hot. Arkansas has a variety of activities that will engage youth and is full of adventure. So let's take a tour of The Natural State.

Arkansas 4-H Center Ferndale, Arkansas

Want something fun, exciting and educational for your children this summer? Not sure where to look? Then check out **4-H Summer Day Camp**. The Arkansas Outdoor School summer day camps, based at the C.A. Vines 4-H Center west of Little Rock, provide an exciting chance for campers age 7-12 to get outside, have fun and discover the world around them. The center is comprised of more than 220 acres of fields, forests, creeks and a six-acre flat-water lake. Camps are staffed by outdoor education professionals with a passion for connecting young people with nature.



For more information contact:

Michael Simmons
Discovery Day Camp Coordinator
Arkansas 4-H Center
#1 Four-H Way
Little Rock, AR 72223
msimmons@uaex.edu
Phone: 501-821-6884

A Gem Among Diamond Mines

Arkansas, The Natural State, is blessed with an abundance of geological wonders. **Crater of Diamonds State Park**, the only diamond-producing site in the world open to the public, stands out as a unique geological "gem" for you to explore and enjoy.

Here, you are invited to prospect in the park's diamond search area, a 37 1/2-acre plowed field that is the eroded surface of an ancient volcanic pipe that 95 million years ago brought to the surface the diamonds and some of the semiprecious stones lucky visitors find today.



Diamonds of all colors of the rainbow can be found at the Crater of Diamonds, but the three most

common colors unearthed by park visitors are white, brown and yellow. Crater of Diamonds State Park is a rockhound's delight since, along with diamonds, more than 40 types of rocks and minerals can be found there too. These rocks and minerals include lamproite, amethyst, banded agate, jasper, peridot, garnet, quartz, calcite, barite and hematite.

Crater of Diamonds State Park
209 State Park Road
Murfreesboro, AR 71958
craterofdiamonds@arkansas.com
Phone: 870-285-3113

Hot Springs, Arkansas

Today, the city boasts beautifully restored national landmarks in the **downtown historic district**, Hot Springs National Park - Victorian architecture, historic hotels, and thermal spas and, as the **boyhood home of Bill Clinton**, historic presidential sites. Take an online tour through Hot Springs, Arkansas history going east on Central Avenue and read all about the romantic history and interesting sites you will enjoy when you visit.



AmeriCorps* Member Joins 4-H



Jenné Richardson
AmeriCorps* VISTA
Associate

AmeriCorps* VISTA is the national service program designed specifically to fight poverty. Founded as Volunteers in Service to America in 1965 and incorporated into the AmeriCorps* network of programs in 1993, VISTA has been on the front lines in the fight against poverty in America for more than 40 years.

Jenné Richardson is serving her first year with the Arkansas 4-H Afterschool program under

the direction of Ida Collier, program associate, and her second year as a VISTA associate. She is a graduate of Philander Smith College with a B.A. in Psychology/Philosophy and Religion With Distinction in Field. Currently, she is attending Walden University progressively working toward an M.S. in mental health counseling. With a passionate disposition about youth, Jenné seeks to bridge the generational gap so that youth can get a clear idea of

how to set attainable goals in life. She has been a tutor for the Little Rock School District in the AVID (Advancement Via Individual Determination) program for students in sixth, seventh and eighth grades at Mabelvale Middle School. She was also a part of Big Brothers Big Sisters and Girl Scouts.

"Youth need a positive image of a young person who has had similar experiences," she says.

Staying Active, Staying Healthy

LET'S MOVE CAMPAIGN: Challenging Childhood Obesity

The *Let's Move!* campaign will combat the epidemic of childhood obesity through a comprehensive approach that builds on effective strategies and mobilizes public and private sector resources. *Let's Move!* will engage every sector impacting the health of children to achieve the national goal, and it will provide schools, families and communities simple tools to help kids be more active, eat better and get healthy. To support *Let's Move!* and facilitate and coordinate partnerships with states, communities and the nonprofit and for-profit private sectors, the nation's leading children's health foundations have come together to create a new independent foundation – the Partnership for a Healthier America – which will accelerate existing efforts addressing childhood obesity and facilitate new commitments towards the national goal of solving childhood obesity within a generation.

Individuals can be a part of the Let's Move Campaign by setting up meetings with parents. *Let's Move!*



and *Meetup Everywhere* make it easy for parents, teachers, chefs, elected officials and others to take action by organizing or participating in face-to-face meetings dedicated to solving the problem of childhood obesity in their local communities. A *Let's Move! Meetup* is flexible – a mayor may host a town hall, a parent could organize a physical activity event or a chef can teach a healthy cooking class. The idea behind a *Let's Move! Meetup* is to spark a conversation about childhood obesity in your community. Visit the **Take Action** section for ideas to get started. Participating in this would help children to really appreciate exercising and eating healthy.

Eating Healthy

Parents and caregivers play a key role in not only making healthy choices for children but also in teaching children to make healthy choices for themselves. The *Arkansas Team Nutrition Training Project* is designed to address the communication channels of food service systems management and classroom/cafeteria nutrition education programs.

There are two objectives:

- (1) Training of child nutrition personnel to successfully implement the *Three Steps to Healthy School Meals* management system.
- (2) Expansion of the classroom- and cafeteria-connected nutrition education program *Nifty Nutrition With Skills Integration Activities*.



After-school Best Practices Academy

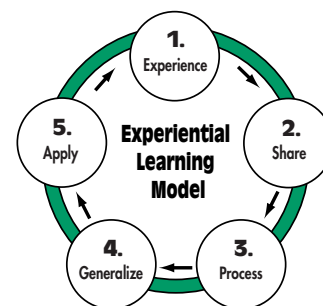
Jessica Street
CEA – 4-H, Benton County

A 4-H STEM workshop was presented at the Arkansas State University Best Practices Academy on April 16 at the Donald W. Reynolds Boys and Girls Club in Fayetteville. Fourteen participants learned about the importance of STEM in their programming and how to use 4-H activities and the experiential learning model to teach these concepts. The following activities were conducted, and

participants were sent home with a CD that contained instructions on how to conduct these and several additional activities. The CD was compiled by Erica Harris, CEA – 4-H, Pulaski County.

- Hydrogels
- High Speed Mystery Foods – Dehydration
- Balloon Rockets
- Non-Newtonian Glop
- Film Canister Rockets
- The Magic Bottle

After-school Academies aim to build the capacity of afterschool educators to create and provide learning experiences that build children's knowledge and skills for success in school and to support positive social and personal growth. The target audience was directors, front-line staff, college students, licensed school-age care providers, youth leaders, afterschool educators and other community-based providers.



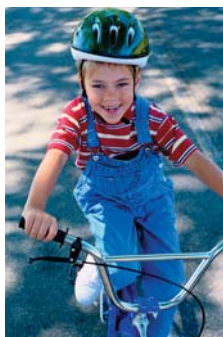
Pfeiffer, J.W., & Jones, J.E. "Reference Guide to Handbooks and Annuals" © 1993 John Wiley & Sons, Inc. Reprinted with permission of John Wiley & Sons, Inc.

Safety First

The countdown to the end of school is on – with only a few weeks separating youngsters from their summer environments. Just think of the accidents just waiting to happen – at playgrounds and swimming pools and on bikes, skateboards, trampolines and roller-blades. This does not include what can happen to kids active in organized sports. Unfortunately, sticks and stones are not the only things that can break young bones.

Most accidents can be prevented. Some careful planning, some extra

time spent going over safety rules and the principles of first aid and good parental or caregiver supervision and observation can help minimize the risk for accidents and injury.



Ways You Can Make a Difference This Summer

- Stay drug free.
- Help others to make the decision to stay drug free.
- Organize cleanups.
- Tutor younger children.
- Organize a recreation or entertainment.
- Organize the collection of food, clothes, cans, bottles, newspapers for recycling, toys, etc.
- Help with a reading program in the library.

Sources

Summer Learning Loss 2.0

<http://littlerockfamily.com/story.asp?sID=618>
http://littlerock.about.com/ca/education/a/aerospace_2.htm

Arkansas 4-H Center

<http://www.arkansas4hcenter.org/>

Crater of Diamonds State Park

<http://www.craterofdiamondsstatepark.com>

Hot Springs, Arkansas

http://www.hotspings.org/things_to_do/default.aspx

Let's Move Campaign

<http://www.whitehouse.gov/the-press-office/first-lady-michelle-obama-launches-lets-move-americas-move-raise-a-healthier-genera>
<http://www.letsmove.gov/action>

Eating Healthy

<http://www.fns.usda.gov/tn/Grants/tnt99.html#Arkansas>

Afterschool Best Practices Academy

Jessica Street, CEA – 4-H, Benton County

Experiential Learning Model

<http://www.4-h.org/resource-library/curriculum/resources-updates/archives/>

Safety First

http://www.yourfamilyhealth.com/pediatrics/safe_summer/

Ways You Can Make a Difference This Summer

http://www.kidsarus.org/kids_go4it/difference/summer.htm

Grants and Funding

Captain Planet Environment Grants

The grants provide funding for hands-on environmental projects that encourage innovative programs that empower children and youth around the world to work individually and collectively to solve environmental problems in their neighborhoods and communities.

Funder: Captain Planet Foundation

Eligibility: Nonprofits.

Deadline: June 30

Amount: Multiple awards ranging from \$250 to \$2,500

Contact: www.captainplanet-foundation.org/default.aspx

Youth Development Grants

Support Programs to Help Children provides funding to nonprofits that contribute to the physical, mental, emotional and spiritual welfare of children through the dissemination of knowledge about new and innovative organizations and/or programs designed to benefit youth.

Funder: American Legion Child Welfare Foundation, Inc.

Eligibility: Nonprofits

Deadline: July 15

Amount: Multiple awards (amount not specified)

Contact: <http://cwf-inc.org/grantseekers/overview>

Dates to Remember

July 7

4-H Afterschool Planning Meeting
 Little Rock State Office
 Time: 10 AM

August 16-17

Agent and Assistant In-Service
 C.A. Vines 4-H Center, Little Rock

For more information, contact Ida Collier, Program Associate - 4-H Afterschool, University of Arkansas Division of Agriculture, Little Rock, 501-671-2270 or icollier@uaex.edu.

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