



WELCOME
WELCOME
TO
4-H



**2008-2009
HANDBOOK
PERRY COUNTY IN-SCHOOL CLUBS**

Perry County Extension Office
Alabama Cooperative Extension System



What is 4-H?



4-H is a “learning by doing” youth education program for boys and girls in kindergarten through twelfth grade. It can reach “any kid, anywhere, any time” through events, camps, clubs or activities. 4-H Club members have a wide array of choices in when, where and how these 4-H learning activities take place. Wherever energy, creativity, and involvement can be applied to the mission, values and objectives-that is 4-H!

4-H is:

- ✿ Learning by doing
- ✿ Developing leadership skills
- ✿ Making new friends
- ✿ Giving back to the community
- ✿ Building connections with others
- ✿ Preparing, doing, and sharing

Alabama 4-H is a part of the *Alabama Cooperative Extension System*. Each county has an Extension office that administers and advises the 4-H program. At the national level, 4-H is a unit of Cooperative State Research, Education, and Extension Service (CSREES) within the U.S. Department of Agriculture (USDA), the federal partner of the state land-grant university system. 4-H is the youth development program of the land-grant universities' Cooperative Extension System.

The Alabama 4-H Program helps young people develop skills in making decisions, thinking critically, building relationships, practicing leadership and developing a concern for the community and the environment. 4-H provides leaning opportunities in the following areas:

- Science and Technology
- Leadership, Citizenship and Volunteerism
- Communications and Expressive Arts
- Family and Consumer Sciences
- Environmental Education and Natural Resources
- Food and Fiber Systems

Program Delivery

School Enrichment: University research-based curriculum is used in the classroom during regular school hours. The classroom teacher or another resource person teaches the subject matter. This hands-on/minds-on learning activity generally focuses on a topic such as character development or personal health.



4-H Pledge:

I pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service, and
My Health to better living
For my Club, my Community, my country and my
World.



4-H Emblem:

The national 4-H Club emblem is a four-leaf clover. The clover is a symbol of achievement and good luck.

4-H Club Colors:

The national 4-H Club colors are green and white; white for purity and green for growing things, like kids and plants.

4-H Club Motto:

To Make the Best Better

The four H's stand for:

Head, Heart, Hands and Health



The National Club Creed

I believe in boy's and girl's club work
for the opportunity it will give me to be a useful citizen.

I believe in the training for my **Head**
for the power it will give me to think, to plan and to reason.

I believe in the training of my **Heart**
for the nobleness it will give me to become kind, sympathetic and true.

I believe in the training of my **Hands**
for the dignity it will give me to be helpful, useful and skillful.

I believe in the training of my **Health**
for the strength it will give me to enjoy life,
resist disease and make for efficiency.

I believe in my country, my state and my community
and in my responsibility for their development.

In all these things I believe,
I am willing to dedicate my service to their fulfillment.

How You Can Be A Good 4-H Club Member

1. Know the 4-H Pledge, Motto and be familiar with the 4-H songs.
2. Do your part in the program, as assigned.
3. Attend all meetings.
4. Volunteer to serve on special committees and help with special club events.
5. Get to meetings on time.
6. Talk over your 4-H projects with your parents
7. Complete your 4-H project records.
8. Invite your friends to join 4-H.
9. Get to know your 4-H adult and junior leaders and ask them to assist you as needed.
10. Get to know your County Extension Agents.
11. Do your best with your 4-H projects.



4-H Club Song Sheet

“My County ‘Tis of Thee”

My country ‘tis of thee
Sweet land of liberty
of Thee I sing
Land where my fathers died
Land of the pilgrim’s pride
From every mountain side
Let freedom ring.

Our father’s God to Thee,
Author of liberty,
To Thee I sing,
Long may our land be bright
With freedom’s holy light
Protect us by Thy might
Great God our King.

“My Neighbor”

(Tune: My Bonnie)

Last night as I lay on my pillow,
Last night as I lay on my bed,
I hung my feet out the window,
And now all the neighbors are dead.
Bring back, bring back,
Oh, bring back my neighbors to me,
to me.
Bring back, bring back,
Oh, bring back my neighbors to me,
to me

4-H Clover

I’m looking over the 4-H Clover
That I’ve overlooked before!
One leaf for HEAD and another for HEART,
One for the HANDS that are doing their part,
No need for explaining, the one remaining
Is HEALTH, that we’re striving for,
I’m looking over the 4-H Clover
That I’ve overlooked before!

BIG M Chant

When I say **B**, you say **Belonging**
When I say **I**, you say **Independence**
When I say **G**, you say **Generosity**
When I say **M**, you say **Mastery**

Give me a **B**.....**Belonging**
Give me an **I**.....**Independence**
Give me a **G**.....**Generosity**
Give me an **M**.....**Mastery**
What have you got **BIG M**, go **4-H!**



Important Information

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Alabama Cooperative Extension System

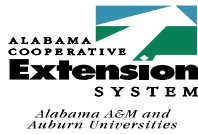
Perry County Office

Office Hours

7:30 am – 12:00 noon

12:30 pm – 4:00 pm

4-H The Power of YOUTH



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