



## What is 4-H ?



4-H is the youth development education program of Virginia Cooperative Extension. 4-H is rich with learning experiences where young people partner with caring adults and volunteers in a fellowship unlike any other program available to youth today. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development

The mission of 4-H is to assist youth, and adults working with those youth, to gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing, and productive members of society.

4-H offers a variety of curriculums, activities and experiences for youth between the ages of 5-19, through in-school and after-school enrichments, teen clubs, community clubs, project clubs, military clubs, special interest groups, FNP-SNAP-ED, cloverbud instruction, instructional media, individual and camping. Many 4-H curriculums, projects and activities address objectives covered in Virginia Standards of Learning (SOL's). Feel free to view the 4-H public website at [www.4-h.ext.vt.edu/](http://www.4-h.ext.vt.edu/) and check out all that 4-H has to offer.

The fun and learning starts in 4-H Programs! We have a wide variety of high quality, hands-on programs that are organized around the areas of : Animal Science, Careers and Economic Education, Citizenship, Communications and Expressive Arts, Family Sciences, Nutrition and Health, Leadership and Personal Development, Natural Resources and Environmental Education, Plants, Soils and Entomology, and Science and Technology.

I encourage you to contact our office for specific details in implementing programs, workshops or presentations in your area of interest.



## 4-H School Enrichment Programs

Youth involved in 4-H In-School and After-School Enrichment Programs (ages 9-19) are participants in learning experiences not involving organized club activities. School Enrichment programs may be coordinated with school personnel serving as volunteer teachers of 4-H curricula. The purposes of enrichment programs are to teach youth subject matter in a short time frame and to involve those youth in 4-H for further programming opportunities.

## 4-H Community Clubs

The first 4-H clubs in Virginia started over 100 years ago. Although much has changed in the past century, Extension's 4-H youth development program continues to form a community of young people who learn about leadership, citizenship, and life skills through hands-on experiences. The Petersburg 4-H offers community clubs for youth of all ages. As a member, you will have the opportunity to:

- meet new friends and develop leadership skills
- complete club projects
- travel, go on field trips and visit college campuses
- become involved in the community through Community Service Projects
- participate in other 4-H Teen Activities
- become a Teen Counselor for 4-H Camp
- be a Role Model for younger 4-H'ers
- participate in Fundraisers for the Club
- And many other exciting activities

## 4-H Summer and Winter Workshops

Many of Petersburg's youth are looking for fun activities to connect with their peers and pursue their interests during the summer and winter breaks. The Petersburg 4-H can implement an array of summer and winter workshops, presentations, trainings or programs to fit any interest. Petersburg 4-H is open to any ideas that the community may have for programs that they would like to see 4-H conduct.

## 4-H State and Intermediate Congress

4-H State and Intermediate Congress is an exciting opportunity for pre-teens and teens to meet other pre-teens and teens from across the state, experience life on a college campus, and learn valuable skill that will be of great use in their adult life and last but not least, have lots of fun. 4-H Intermediate Congress for ages 11-13 and State Congress for ages 14-19 offers various events which provides teen-age youth (and adults working with those youth) with competitive and non-competitive educational experiences that assist them in developing life skills and leadership abilities. Both Intermediate and State Congress helps youth to develop positive social relationships with peers and caring adults in a safe environment.

## 4-H Jr. Summer Camp

4-H Jr. Summer Camp is a 5-day residential camping experience for boys and girls ages 9-13 to serve as campers and boys and girls ages 14-18 to serve as teen leaders. The purpose of 4-H camping is to develop life skills using fun, educational programs and activities. Youth have the opportunity to learn and have fun in a safe environment while surrounded by highly trained and skilled teen counselors, adult volunteers and professional staff.

## 4-H Specialty Camps and Field Trips

4-H offers weekend camps for youth of all ages at the Airfield 4-H Educational Center in Wakefield, VA. Some camps that are an annual event are: *Fall and Spring Teen Weekends* for teens 14-19; *Fall and Spring Cloverbud Camp* for youth 5-8; *Project Explorer Science Adventure* for youth 9-13; *Pre-Teen Weekend* for youth 12-13; *Leadership Retreat* for teens 14-19; and *LEGO Robotics Camp* for youth 9-13. We also offer day trips to the *4-H Day at the State Capitol* and *4-H Day with the Washington Wizards* basketball team, along with other character building activities and leadership training.

## Scholarships

Special thanks to those businesses, organizations and citizens who give to help with deferring the cost for many of the Petersburg 4-H programs.

Due to the generous donations, the Petersburg 4-H may be able to offer scholarships to those with a financial need to attend certain 4-H events. 4-H establishes, designs and implements educational programs which enable students to have productive and meaningful resources to help enhance their knowledge.

One of the criteria that we ask is for those who are awarded a scholarship to write a "thank you" note to our donors. Youth are asked to put only their first name and to say in their letter what the money that was awarded to them is being used for. Each letter is copied and given to various donors to see how much their contributions are appreciated.

If you know of a youth who wants to participate in 4-H events and may need assistance with fees, please call for more information on the criteria of our scholarship program. If you would like to become a contributor to help the Petersburg 4-H continue to strive to empower the youth in the City of Petersburg to improve their lives through educational donations, please contact the Extension Agent, 4-H Youth Development in the Virginia Cooperative Extension Petersburg Office.

**\* Note: Application and certain requirements will apply.**



## FOR MORE INFORMATION PLEASE CONTACT THE VIRGINIA COOPERATIVE EXTENSION OFFICE PETERSBURG



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If you are a person with a disability and desire assistance or accommodation, please notify S. Mallory, Petersburg Extension Office at (804/733-1880/TDD\*) during business hours of 8:00 a.m. and

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**PETERSBURG  
4-H**



4-H is a **community** of **young people** **across America** who are learning **leadership, citizenship** and **life skills.**



**4-H Motto and Pledge**

**"To Make the Best Better."**

**"I pledge ... My Head to clearer thinking,  
My Heart to greater loyalty, My Hands to better  
larger service and My Health to better  
living for my club, my community, my  
country, and my world."**

**Join Today**

