

Investing in Schoolcraft County Youth with 4-H

According to research completed by the Institute for Applied Research in Youth Development at Tufts University-

4-H'ers are **4X** more likely to make contributions to their communities, **2x** more likely to be civically active, and **2x** more likely to make healthier choices.



Schoolcraft County 4-H Promotes Healthy Living

In 2018, Schoolcraft County 4-H saw the addition of a high school-level soccer club to an already robust healthy living program. The soccer club joins a flourishing middle school-level volleyball club, the Friends Helping Friends club focuses on teen mental health within the school setting, and the annual Summer Activity Program (SAP). The volleyball club hosts an annual tournament drawing over 250 people to Manistique for an all-day tournament in March. The Friends Helping Friends club teens integrated the "Why You Matter" campaign to Manistique High School. SAP is short-term club running throughout the summer, providing tweens an opportunity to learn and participate in recreational sports, such as tennis, golf and paddle boarding. Paddle boarding with Blue Mystique was a new addition this past year and proved to be a highlight to wrap up the program in August.

Youth attending SAP also participated in Spartan Performance, a student-athlete nutrition series created by MSU to teach athletes more effective and efficient ways to eat to improve their performance. Several of these programs have benefited from a Walmart Foundation Healthy Living grant, which has brought an additional \$3,000 into the program over the past two years.

Schoolcraft County is unique due to Jill Connin's position being both the county's 4-H Program Coordinator and the county's Community Nutrition Instructor. Because of this blend, she is in classrooms throughout the school year delivering nutrition education series to toddlers in preschool to youth in high school. A popular series is Teen Cuisine, a curriculum designed to teach teens about nutrition, but also how to prepare food, read a recipe, calculate calories vs. exercise, etc. This series is taught in Manistique High School's Independent Living course, offering home economics concepts to the classroom. Her time spent in classrooms continues to build relationships with students and thus the Schoolcraft County 4-H program has grown.

The Schoolcraft County MSU Extension office is located on the campus of Manistique Middle and High School, which has proven to be beneficial for the students and faculty of the school. Through Schoolcraft County 4H, school faculty and staff seamlessly blend their workday between the classrooms and 4H programming. For example: Jill delivers a nutrition series to the 6th grade students in the early Spring which leads to lessons on gardening in the school's hoop house. The students plant seeds in the Spring and 4-H youth maintain the plants all summer and in the Fall, the new 6th grade students harvest the produce for the school's salad bar. She does some similar work with the 3rd grade classrooms on the topics of growing seedlings, embryology and studying butterflies.

Over the past 3 years, Jill linked grant required components with MSU Extension programming in worksite wellness, Smarter Lunchroom assessments and gardening with kids. The school district received over \$10,000 in grants from the Sault Tribe for the hoop house, physical fitness and school lunch room improvements. Schoolcraft County's 4-H program's unique and positive relationship with the school is seen as a model for 4-H throughout the state and is in the process of being copied.



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Schoolcraft County 2018 ANNUAL REPORT

BY THE NUMBERS

100 Over 100 years of serving Schoolcraft County

\$ \$759,948 total economic impact in Schoolcraft County

4-H 761 youth in 4-H, early childhood or after school enrichment programs, including SNAP-Ed and agriculture in the classroom

55 Extension professionals providing education, 1 based in the county

246 MSU Extension website received 246 visits from Schoolcraft County, 61% first-time visitors

\$82,246 MSU disbursed \$82,246 in financial aid to county students

\$10,641 spending with local businesses

MESSAGE FROM THE DISTRICT DIRECTOR

I'm delighted to share the results of another successful year of partnership between Schoolcraft County and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses and communities. MSU Extension offers a broad range of research-based educational services to county residents. Over this past year, we've empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs.



This year, we've also welcomed Schoolcraft County residents into our online community: we've offered online educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media and provided a library of research-based resources they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Schoolcraft County, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.

Erin Carter, District Director

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Program Highlights



Why You Matter Campaign, Schoolcraft County, Friends Helping Friends 4-H Club.



Why You Matter Campaign Schoolcraft County



Schoolcraft County Why You Matter Campaign

Be SAFE

Safe, Affirming, Fair Environments

MSU Extension educator, Tracie Abram provided MSU Extension's bullying prevention series entitled Be SAFE in Mrs. Nixon's health class to middle school students. Be SAFE is an acronym for **Safe, Affirming, Fair Environments**. The eight-week curriculum shows students the importance of their involvement in the development of establishing safe, affirming and fair environments. This curriculum was team-taught with 4-H Club members from the Friends Helping Friends 4-H Club where Tracie Abram is the adult 4-H volunteer.

This 4-H teen club provides campaigns through out the year in support of social-emotional health issues. Their first campaign on 2018 was the **Why You Matter** campaign. The objective of this campaign was to build self-worth and an understanding of the importance of social and emotional health. The students, with the help of a community grant from **Communities That Care** and **Lifetouch**, was able to have all students and staff have their pictures taken holding a personal message, "why they matter". **Lifetouch** took photos of all students and staff who wanted to participate and designed posters displayed in the school's hallway. Lifetouch's donation included a large poster of all the photos taken capturing the campaign to be remembered for years to come.

Stress Less with Mindfulness: Mindful Laughter

MSU Extension educator, Tracie Abram provided **Stress Less with Mindfulness** series and one-time presentation on **Mindful Laughter** to civic groups in **Schoolcraft County**. Mindfulness is a practice of reducing stress to improve focus by paying attention to the present moment without judgement. MSU Extension provides a five-session series introducing participants to the basics of Mindfulness and showing ways to incorporate it into daily routines and functions.

Mindful laughter is one session of a five-session series helping participants understand the mental and physical benefits of laughter which naturally brings people together. Laughter is an instant stress release causing a calming effect on the brain lasting many hours after the laughter session.

Program Highlights

Stress Less with Mindfulness: Mindful Laughter continued

In addition to the session on laughter, the **Stress Less with Mindfulness** series was offered providing information and research on the benefits of **mindful breathing, walking, eating, and thought surfing**. This program was designed to be offered as a series or as one-time-presentation for Schoolcraft County and served many

4-H Archery Club

The **Tip of the Lake Archery Club** has been using the **Manistique Rifle and Pistol Club's** facility for the past two summers. Many youth are learning the importance of **responsibility, safety and self-discipline** through archery. Two members participated in a **regional shoot in a non-competitive division** and will be competing regionally in 2019 and at the state level. **Whitetails** made a generous **donation** of over **\$1,000** to the club to purchase **bows, arrows and to repair equipment** for MSU Extension Schoolcraft County members. The partnership between Schoolcraft county 4-H and the **Manistique Rifle and Pistol Club** has worked to increase membership numbers in both clubs positively impacting the youth of Schoolcraft County.

U.P. 4-H Camp

The **U.P. 4-H Camp** has been held at **Clear Lake Education Center** in northern **Schoolcraft County** for the past two years and is scheduled for 2019 as well. In 2018, **Eighty campers** experienced a **3-day camp** with a focus on hands-on **science** through experiments and finding and identifying organisms through lake muck they retrieved themselves. Youth hiked the woods with a **MSU Extension tree expert** learning to **identify tree species and forest ecosystems**.

Schoolcraft 4-H Camp offered the opportunity for **UP 4-H youth ages 9-13**, to make **smoothies** while peddling a special **smoothie bike** and learn about the **life cycle of Monarch butterflies**. **MSU Extension 4H camp** offers camp favorites such as **swimming, arts and crafts** and a **campfire** having students experience the **out doors with out the use of technology**. The break from technology at this camp, provides practice in verbal communication and heightens the nature experience.



Paddle boarding with Blue Mystique, new addition to Summer Activity Program (SAP), a short-term summer 4-H Club, that provides tweens an opportunity to participate in recreational sports.



Schoolcraft County 4-H: Tip of the Lake Archery Club



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