



Saratoga County
4-H School Outreach
Learning by Doing

Additions

4-H School Outreach Program Catalog 2020-2021

Cornell Cooperative Extension | Saratoga County

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FIND US ONLINE

www.ccesaratoga.org



Meet the Educator



JULIE CURREN

4-H School Outreach Coordinator

16 years experience in Saratoga County 4-H School Outreach



4-H School Outreach offers content rich, hands-on programs to elementary age children in Saratoga County Schools and Home School participants. Classroom teachers select from a variety of programs that support their classroom teachings and help satisfy Next Generation Learning Standards.

- All programs consist of a full hour of immersion in a specific subject in an age appropriate format.
- Information is presented in multiple forms including:
 - * Interactive large group discussion
 - * Individual and small group activities
 - * Hands on experience
 - * Visually, orally and quantitatively
- Program extensions are supplied for follow-up in the classroom.
- Allow 30 minutes for VIRTUAL LIVE portion of program with 15 minutes between presentations
- Presentations are designed to be fun, engaging, and to allow children the opportunity for practical application of new information as well as many chances for incidental learning.
- Current age appropriate technology is used for presentations.
- **All programs include** Teacher Packet with curriculum extensions to continue the learning.

Eat a Rainbow

Grades: 1st - 3rd

Available Beginning
October

\$20.

Julie Curren, Educator

“MyPlate” discussion over Google Meet and game. Eat a Rainbow BINGO.

***Optional healthy “TRY IT” snack.
(no nuts or wheat)***

Kit includes—“Eat a Rainbow” disposable bingo cards, “MyPlate” poster with food pictures for children to add. Optional healthy “Try It” snack, copy of Healthy Kids Plate for each child.



Think Your Drink

Grades: 3rd - 6th

Available Beginning
December

\$20.

Julie Curren, Educator

“MyPlate” review over Google Meet. Small group activity identifies how much sugar is in popular drinks. Children create their own “healthier” drink.

Kit includes—Sugar measuring activity, seltzers and juice for kids to mix and sample, copy of Healthy Kids Plate for each child.



Label Literacy

Grades: 3rd - 6th

Available Beginning
December

\$20.

Julie Curren, Educator

Food label discussion over Google Meet. Label reading scavenger hunt activity.

Kit includes—1 time use labels, scavenger hunt sheets and master. Copy of Healthy Kids Plate for each child.

Nutrition Facts	
Serving Size 2 tbsp (31g)	
Servings Per Container 7	
Amount Per Serving	
Calories 20	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Iron 10%	Vitamin B6 20%
Vitamin B12 4%	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, and calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Bluebirds in NY

Grades: 2nd - 6th

Available March and
April

\$30.

Julie Curren, Educator

Virtually walk the Bluebird Trail, learn Bluebird Basics through video and Google Meet discussion, and get supplies to build your own Bluebird Nest Boxes

(Additional nest box kits \$10 each or 3 for \$25)

Kit includes—Materials for 3 nest boxes, monitoring information and curriculum extensions.



Photo by Mike Dickie lenconnect.com

Rockets Away!

Grades: 3rd - 6th

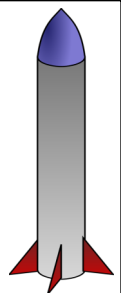
Available April-May

\$20.

Julie Curren, Educator

Custom instructional video of basic rocketry. Explore the science of forces of motion by building and launching a water bottle rocket. **OUTSIDE SPACE REQUIRED**

Kit includes—Video and materials needed to turn a plastic bottle into a rocket. Loan of launcher apparatus for outside.



Birds in the Backyard

Grades: 1st—4th

Available 1/25-3/22

Julie Curren, Educator

\$20.

Birdsong Bingo, identification hints, Bird Sleuth Explorers Guide for home and school activities and so much more!

Programming is adjusted for grade level and there is an opportunity to participate in Cornell Lab of Ornithology's Great Backyard Bird Count!

Incubation and Embryology

2/25 - 3/25/2020

(Must register by 2/11)

4/28 - 5/27/2020

(Must register by 4/7)

Brieanna Hughes, Educator

This program provides an opportunity for students to experience the incubation, development, hatching and brooding of chicks.

FEES:

- \$20 deposit for incubator
 - \$15 non-refundable service fee
 - \$8 per dozen for eggs
- OR
- \$10 per dozen, for eggs only



Session 1 – Pick up and training day **2/25 @4pm**

Session 2 – Pick up and training day **4/28 @4pm**

Field Days, historically, are trips to the 4-H Training Center in Ballston Spa for hands-on presentations.

This year we are offering the New and Improved 4-H Virtual Field Day Experience.

Local expert videos, follow-up questions and hands-on activity kits

Environmental Field Day

Grades: 3rd-6th

Available May –June

\$15.

A day of trees, water, plants, soil, and native animals. Children learn about our interdependence with the environment. Naturalists, forestry and environmental conservation professionals...



Animals, Food and Agriculture Life Field Day

Grades: 1st-2nd or

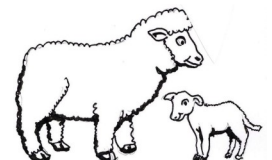
3rd-6th

Available May 10-June 20

Register by May 1

\$15.

Get a close up look at animals, food and daily agricultural life. Experts present live animals, fibers and other aspects of agricultural life. Sheep, bees, horses, maple, dairy and more...



NEW FOR 2020-2021 School Year

Unit Kits: \$35 per classroom

\$20 per Homeschool Family

More on the way!

Life of an Apple STEAM Unit

Grades: 1st-3rd

Available beginning October

Videos created by **local** Farmers,
CCE Agriculture Professionals and
Bee Keeper

Videos

- Introduction to Pollinators by 4-H Educator Julie Curren
- Seasons of An Apple Tree
- Honey Bees and Bee Keeping

STEAM Activities and Lessons including:

- How to measure pollination success by scientific observation of an apple.
- Venn diagram and graph activities
- Anatomy of a Honey Bee
- Parts of a Flower
- Create Your Own Pollinator activity
- The Insect Song

..and much more



Kit includes—Lesson outlines, background information, one-time use materials including coloring book for print or on line coloring, activity materials for creating your own pollinator, apple samples from local orchards.

2020 - 2021 4-H School Outreach REGISTRATION FORM

School Name _____ Email _____

Contact Name _____ Phone _____

Incubation & Embryology			
Session	# Incubators	# Doz. Eggs	Teachers
1. 02/25/2021 - 03/25/2021			
2. 04/28/2021 - 05/27/2021			

Orientation and Pick Up Day		
Session	Time	Teachers
1. 02/25/2021	4:00 pm	
2. 04/28/2021	4:00 pm	

Field Days			
Field Day	Grade (circle one)	# of Classes	# of Students
Animals, Food & Agriculture Life May 2021	1st-2nd, or 3rd-6th		
Environmental May 2021	3rd-6th		

Return this form to : 4-H School Outreach
Cornell Cooperative Extension 50 West High Street
Ballston Spa, NY 12020

Fax it to us at: 518-885-9078
Attn: Education Outreach

Email : kmw82@cornell.edu

School: _____
 Contact: _____
 School Phone: _____
 School E-mail: _____
 Address: _____
 Grade: _____

- Please schedule multiple classes for consecutive one-hour sessions so the presenter will not have empty blocks of time.
- The optimum number of students per session is 25.
- In the event of a conflict you will be notified
- Return completed request form to the 4-H office. Reservations will be logged in as received and confirmation letters will be sent.
- Please provide e-mail address so notification of program needs or changes can be communicated.
- NOTE: Payment is appreciated with registration.
- Use a different box for each program .
- Write program name in box.
- THIS WILL BE THE ONLY PUBLICATION FOR THE 2020-2021 SCHOOL YEAR.
- Find Additions on line @ ccesaratoga.org, click on "4-H," then "school programs"

Think Your Drink	2- 5th	46	Wed or Thurs	10 and 11:15	Jones, Brown
Rockets Away	3- 4th	67	Any	9-12 or 2	Day, Todd, Smith

[illegible]

Note: Due to the growing amount of programs offered, some have been moved to the back of this page. If you have not found the program that you want please turn this over.