



Saratoga County

4-H School Outreach

Learning by Doing

4-H Homeschool
Additions

Homeschool Program Catalog
2020-2021

Cornell Cooperative Extension | Saratoga County

50 West High Street, Ballston Spa, NY 12020-1992

Tel: (518) 885-8995

Email: Saratoga@cornell.edu

Registration questions: kmw82@cornell.edu

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 Homeschool Programs offer content rich, hands-on programs to elementary age children in Saratoga County Homeschools. Select from a variety of programs that support teachings and help satisfy Next Generation Learning Standards.

- All programs consist of immersion in a specific subject in an age appropriate format.
- Information is presented in multiple forms including:
 - Activities
 - Videos
 - Hands on experience
- Programs 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.
- All programs include curriculum extensions to continue the learning.
- **All prices are per family.** If you are meeting as a group, please use 4-H School Outreach Additions Catalog for classrooms.
- 4-H Homeschool programming is available to all families residing in Saratoga County or participating in a Homeschool Group that includes Saratoga County children. If this does not apply to you and you want to participate, contact our office at 518-885-8995 .

Eat a Rainbow

Grades: 1st - 3rd

Available Beginning
October

\$5.

Julie Curren, Educator

Electronic "MyPlate" introduction. 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.



Label Literacy

Grades: 3rd - 6th

Available Beginning
December

\$5.

Julie Curren, Educator

Electronic "MyPlate" introduction. Electronic food label review. Label reading scavenger hunt activity.

Nutrition Facts	
Serving Size 2 tbsp. (33g)	
Servings Per Container 7	
Amount Per Serving	
Calories 20	Calories from Fat 10
	% Daily Value*
Total Fat 1 g	2%
Sodium 190 mg	8%
Total Carbohydrate 2 g	1%
Protein 1 g	
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.	

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

Think Your Drink

Grades: 3rd - 6th

Available Beginning
December

\$5.

Julie Curren, Educator

Electronic "MyPlate" introduction. Activity to visualize 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.



Bluebirds in NY

Grades: 2nd - 6th

Available March and
April

\$15.

Julie Curren, Educator

Virtually walk the Bluebird Trail, learn Bluebird Basics through video, and get supplies to build your own Bluebird Nest Box.

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

Kit includes—Materials for 1 nest box, monitoring information and curriculum extensions.



Photo by Mike Dickie lenconnect.com

Field Days, historically, are trips to the 4-H Training Center in Ballston Spa for hands-on presentations. Last year they were offered virtually, and will be this year, unless something changes. There will be a Google Classroom format of 6-8 recorded presentations about the subject as well as electronic or print curriculum extensions for each presentation.

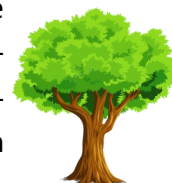
Environmental Field Day

Grades: 3rd-6th

Available May—June

\$5.

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

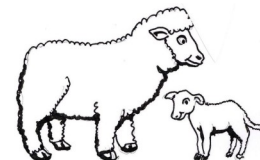


Animals, Food and Agricultural Life Field Day

Available May—June

\$5.

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...



2020 - 2021 4-H Homeschool Outreach FIELD DAYS REGISTRATION FORM

Name _____ Email _____

Phone _____

Field Days			
Field Day	Grade (circle one)	# of Classes	# of Students
Animals, Food & Agriculture Life May 2021	1st, 2nd, 3rd		
Environmental May 2021	3rd, 4th, 5th, 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

NEW FOR 2020-2021 School Year

Unit kits: \$20 per Homeschool Family

More on the way!

Life of an Apple STEAM Unit

Grades: 1st-3rd

Available September 28

Videos created by **local** Farmers,
CCE Saratoga Agriculture Profes-
sionals and a **local** 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
- Vocabulary Puzzles



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 Homeschool Outreach Registration

Name _____
Email _____
Town _____
Phone _____

Homeschool Group Affiliation ? _____

If yes:

Name _____

- Please use 1 line for each program
- All prices are per FAMILY
- Payment expected at time of registration
- **All kits will be scheduled for pick up on Tuesday for the following week.**
- You will receive an email confirmation when your registration is received that will include your date of pickup for each program.
- Call 518-885-8995 or email kmw82@cornell.edu on the day of pickup to let us know when you are coming
- All kits will be picked up at CCE Saratoga Office, 50 West High St , Ballston Spa unless you are otherwise notified

Program Name	# of children	Ages	Date Needed