



Fayette County

Cloverleaf 4-H In Action

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Georgia Barrier Islands

This month's educational program will concentrate on **Georgia Barrier Islands**.

In this lesson, 4-H'ers will locate the barrier island and examine their dynamics. Causes of erosion will be discussed through examination of the current state of Jekyll Island. You won't want to miss this fun and interactive program!



Test Taking, Prepare for Success!

Do you sweat, chew your pencil, and feel butterflies in your stomach as your teacher hands out a test? A lot

of people (adults included) get freaked out when it's time to take a test.

It's natural to feel some stress about taking tests. In fact, sometimes a little adrenaline is a good thing to jump-start you.

Here are some tips for taking tests:

- **First, be sure you've studied properly.** It sounds like a no-brainer, but if you're sure of the information, you'll have less reason to be worried.
- **Get enough sleep the night before the test.** Your memory recall will be much better if you've had enough rest. In a scientific study, people who got enough sleep before taking a math test did better than those who stayed up all night studying.
- **Listen closely to any instructions.** As the teacher hands out the test, be sure you know what's expected of you.
- **Read the test through first.** Once you have the test paper in front of you, read over the entire test, checking out how long it is and all the parts that you are expected to complete. This will allow you to estimate how much time you have for each section and ask the teacher any questions. If something seems unclear before you start, don't panic: ask.
- **Focus on addressing each question individually.** As you take the test, if you

don't know an answer, don't obsess over it. Instead, answer the best way you can or skip over the question and come back to it after you've answered other questions.

- **Relax.** If you're so nervous that you blank out, you might need a mini-break. Of course you can't get up and move around in the middle of a test, but you can wiggle your fingers and toes, take four or five deep breaths, or picture yourself on a beach or some other calm place. As we all know, it can be easy to forget things we know well — like a locker combination. The difference is we know we'll remember our locker combination because we've used it hundreds of times, so we don't panic and the combination number eventually comes back. During a test, if you blank out on something and start to get tense, it suddenly becomes much more difficult to remember.
- **Finished already?** Although most teachers will let you hand a test in early, it's usually a good idea to spend any extra time checking over your work. You also can add details that you may not have thought you'd have time for. On the other hand, if you have 5 minutes until the bell rings and you're still writing, wind up whatever you're working on without panicking.

These tips should help most people, but some can get serious test-taking terror. If you're one of them, you may need to talk to a parent, teacher, or counselor for help.

source: kidshealth.org

4-H

The POWER of YOUTH!

Leadership is an important part of all programs. Leaders of all kinds help to ensure program growth and diversity. This year, several 4-H'ers showed their leadership spirit and we want to award them with an invitation to the "end of the year" celebration!

4-H'ers that participated in Project Achievement, were class officers and all members of the school's winning class will be invited to the celebration.

You will receive more information about that and your invitation in the upcoming month.



Soar In To Rock 4-H Eagle Camp

Rock Eagle camp has been a highlight to numerous 4-H'ers for several years and you too can participate!

We still have some spaces left and we want you to attend! We will continue to take 4-H'ers until either the camp is full or until May 13, 2011.

What is Rock Eagle 4-H Camp About?

Adventure...Rock Eagle is located just 1½ hours away near Eatonton, Georgia. During five days of adventure, you'll participate in many activities, but most importantly, you will make new friends! You won't want to miss this fun filled week of camp!

While attending Rock Eagle 4-H Camp, participants will learn:

- ✓ To develop self-esteem,
- ✓ To develop responsibility for their decisions and actions away from home and parents,
- ✓ To meet and learn to get along with other young people with different backgrounds,
- ✓ To live with significant positive role models,
- ✓ To develop skills or hobbies for wise use of leisure time that can best be learned at camp,
- ✓ To develop leadership skills and explore group action,
- ✓ To develop a better understanding and appreciation of nature and the outdoors, and
- ✓ To develop personally by establishing standards and values that they believe in enough to live by.

We are in need of adults to help prepare for and to attend camp. If you know an adult that is interested in attending, please contact the Office.



Are you interested in horses or like to ride? Do you want to join other youth in learning about horses in a safe and fun environment?

If you answered yes to any of these questions, then you need to join the Fayette County 4-H Horse Club - the Horseflies!

The Horseflies meet twice a month - the first and third Thursdays. They discuss business related to the horse industry, the club, practice riding and learn about horses through horse judging, quiz bowl and hippology, as well as many hands on activities. ***You don't even need to have a horse to participate!***

If you are interested in joining this free club, contact the Extension Office.



REMINDER

Camp orientation meeting is scheduled for Tuesday, May 3rd at 6:30 PM. We will have the program in the Public Meeting Room located in suite 100 of the County Administration Complex in Fayetteville. All camp forms and paperwork are due before or at the camp orientation.

Rock Eagle 4-H Camp

Monday, June 13 to
Friday, June 17



ATTENTION

4-H'ers, April will be the last month that we will have school programs this school year, but we encourage you to stay involved in Fayette County 4-H.

We have several opportunities for you to participate as you grow older. Not only are there several summer programs, but we invite you to join our Junior 4-H Program. You can contact the Extension Office for more information or to enroll.

Enrollment will assure that you are kept up to date on all the activities and plans that will be happening with Fayette County 4-H throughout the summer and next school year!

**Are
You
Into
It?**



Participants can learn about safe shooting and enjoy the competition and comradery of being involved in an organized shooting program.

Fayette County 4-H Shooting Sports has two programs that teach safe and fun shooting for youth as young as fourth grade and through high school.

The Rifle Club teaches BB and 3 position air rifle. It begins with an in-depth safety and training program. The Shotgun club currently teaches three disciplines: modified trap, American trap and American skeet.

Club members are now preparing for the upcoming competition season. Good luck!