



# 4-H News

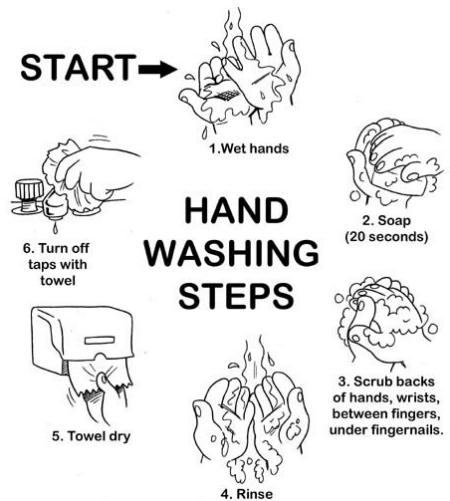
February

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## Hand washing: Clean Hands Save Lives

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.



### When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage
- Before and after treating a cut or wound

### What is the right way to wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

For more information on hand washing, please visit CDC's Hand washing: Clean Hands Save Lives Website. You can also call 1-800-CDC-INFO, or email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) for answers to specific questions.

## Healthy People Poster Contest

Learn more about staying healthy, earn prizes and have your poster displayed at the Paulding County Courthouse!

4-H'ers will develop posters that creatively depict any of the following points:

- Why hand washing is important.
- Why we should strive to stay germ free.
- Creative ideas for preventing the spread of germs.

Poster should be a full or half size poster board, utilizing colors and pictures to increase visual appeal. Your poster will be due at your March club meeting. Prizes will be awarded in April. The winning posters will be displayed at the Paulding County Courthouse. Have fun and get creative!



## Paulding County 4-H

**Community Service for March: School Supplies**

### CLUB REPORT

Whoa! Is what my class thinks about how many personal hygiene items we brought in this week. Mrs. Mullis's class has been working hard to get a lot of points this week. Chase, Nichole, and me are this weeks presenters. I hope we all have great presentations to share with the class. Myself and all of my friends love our first year in 4-H!

Mandy Olivier, Reporter

Mrs. Mullis's Class

McGarity Elementary

The next Horse & Pony Club meeting will be March 6, 2012 at 7:00 p.m. at Bethany Christian Church on Hwy. 61. For questions, please call Ms. Annette Raybon, Horse & Pony Club Volunteer

Leader, at 770-445-8655 or the 4-H Office at 770-443-7616. See you there!



**Congratulations to all students who attended Cloverleaf Project Achievement! They all did an excellent job, and represented Paulding County 4-H well!**

## Paulding County 4-H

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## 4-H Club Reports

### WHY DO KIDS BULLY??

There are all kinds of reasons why young people bully others, either occasionally or often. Do any of these sound familiar to you?

- ◇ Because I see others doing it
- ◇ Because it's what you do if you want to hang out with the right crowd
- ◇ Because it makes me feel stronger, smarter, or better than the person I'm bullying
- ◇ Because it's one of the best ways to keep others from bullying me

Whatever the reason, bullying is something we all need to think about. Whether we've done it ourselves ... or whether friends or other people we know are doing it ... we all need to recognize that bullying has a terrible effect on the



lives of young people. It may not be happening to you today, but it could tomorrow. Working together, we can make the lives of young people better.

**STOP BULLYING NOW! TAKE A STAND! LEND A HAND!**

## Upcoming Events in 4-H

### February

Horse & Pony Club Mtg	7th
Summer Camp Registration	6th-10th

### March

Horse & Pony Club Mtg	6th
Jr/Sr DPA Rock Eagle	2nd-4th
Early Release/Conferences	19th-23rd

### April

Spring Break	2nd-6th
Horse & Pony Club Mtg	10th



### Club Report

Presentations are a wonderful way to learn about what interests your fellow 4-h'ers. Arianna Evans did a presentation on Cross fit, a type of exercise that she saw her parents do. Shania and Joseph did a presentation on Meth, addictive drug. Breayna Mentz did a presentation on sea turtles.

**Breayna Mentz, Reporter**

**Ms. Allred's Class**

**Russon Elementary**

Please remove, sign, and return for 2 points. Parent & 4-H'er have read this newsletter.

4-H'er: \_\_\_\_\_ School/Teacher: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_



**There will be a monthly drawing for prizes from the slips that are turned in for 5th Grade!**