



4-H YD NEWS

January 2026

St. Charles Parish 4-H Youth Development Newsletter



Upcoming Events

January

- 1: LSU AgCenter Office closed
- 1: 4-H Photo Contest due date
- 13: 4-H Culinary Arts Contest, 4-H Jr. Leader & CHEF Meetings
- 19: LSU AgCenter Office closed
- 19: Parish 4-H MLK Day of Service
- 19: State 4-H Fashion Day Camp
- 24: State 4-H Fashion Day Camp

February

- 1: 4-H Photo, All-Around Style, Talent, and Pet Contests due date
- 5-7: 4-H District Livestock Show
- 10: 4-H Culinary Arts Contest, 4-H Jr. Leader & CHEF Meetings
- 14-21: 4-H State Livestock Show
- 15: 4-H Scholarship due date
- 16: Parish 4-H Workshop Day
- 19-21: State 4-H Spark-Action-Change Summit

Check out our LSU AgCenter website and social media for additional opportunities.

For more information, contact your LSU AgCenter Extension Office



St. Charles Parish LSU AgCenter

Physical Address:

453 Spruce Street, Norco, La.

Mailing Address:

P.O. Box 557, Norco, LA 70079

Phone: 985-785-4473

Office Hours: M-F 8:00 a.m. - 4:30 p.m.

Closed 12:30 p.m. - 1:00 p.m.

4-H Agent: Dr. Kali Zammit

Email: kzammit@agcenter.lsu.edu

Website: www.lsuagcenter.com/stcharles

The LSU AgCenter and LSU provides equal opportunities in employment and programs. Should you need an ADA accommodation, please contact the St. Charles Parish LSU AgCenter Office at least two weeks prior to the event.

Message from your 4-H Agent

Happy New Year, 4-H'ers! We hope that all of you are ready to start your new year by participating in the many opportunities that 4-H has to offer. Now is the time to try something new – a new contest, activity, or maybe even a new project club! Check out the newsletter for more details. Remember to mark those important dates on your new 2026 calendars at home!

-Dr. Kali Zammit, St. Charles Parish 4-H Agent

**Dr. Zammit pictured with family attending 4-H Tailgate with the LSU Tigers event at the LSU Baton Rouge campus*



4-H Summer Overnight Opportunities:

Applications, forms, and fees due April 1, 2026

During each summer, there are opportunities for youth to expand their 4-H experience by participating in statewide 4-H overnight opportunities. All applications, forms, and fees for the 3 major statewide 4-H events listed below will be due to our St. Charles Parish LSU AgCenter Office by **April 1, 2026**. Applications will be available on 4-H Club Google Classrooms, our St. Charles Parish LSU AgCenter website, or may be requested through your 4-H Agent at kzammit@agcenter.lsu.edu.



4-H University

Application Deadline:

April 1, 2026

Event Date:

June 23-26, 2026

Age Requirement:

For current 8th-12th graders

Event details:

4-day, 3-night statewide college-like experience on LSU campus in Baton Rouge, Louisiana



4-H Camp

Application Deadline:

April 1, 2026

Event Date:

May 25-28, 2026

Age Requirement:

For current 4th-6th graders

Event details:

4-day, 3-night statewide summer camp experience at Camp Grant Walker Educational Center in Pollock, Louisiana



4-H LOST Camp

Application Deadline:

April 1, 2026

Event Date:

July 30, 2026 – August 2, 2026

Age Requirement:

For current 7th-8th graders

Event details:

4-day, 3-night statewide summer camp experience at Camp Grant Walker Educational Center in Pollock, Louisiana



WE ARE BEYOND READY

St. Charles Parish 4-H Beyond Ready Achievement

Beyond Ready Meter

Help to make our best even better!
Everyone is encouraged to do your part
to help our St. Charles Parish 4-H
Program reach its Beyond Ready Goal,
which includes the

Louisiana 4-H

Fantastic 4 Principles.

Check out our monthly newsletters for
ideas to reach our goal and highlights
of our success. Clubs who achieve their
goal will receive recognition and
awards. Tune in each month to see our
progress and check out your 4-H
Google Classroom for status updates.



Beyond Ready **METER**

Enrollment

105% Achieved

Leadership

79% Achieved

Civic Engagement

Achievement
pending reporting

4-H Camp &
4-H University

Achievement
pending reporting

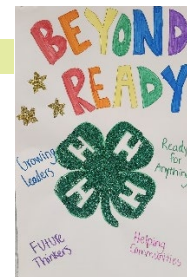
Enrollment

Goal: To increase school & community club membership

Spotlight: Beyond Ready Parish Enrollment Goal Achieved!

Congratulations, St. Charles Parish 4-H! We surpassed our Parish 4-H Enrollment Goal! 4-H Leaders received a list of the clubs who achieved their goal. Clubs have until March 1 to reach their goal.

Award Incentive: Each club who increases by at least 1 member will receive support for a 4-H club party and/or awards for the club's 4-H members and 4-H Leaders.



Leadership

Goal: To increase participation in 4-H Jr. Leaders & enhanced leadership opportunities

Spotlight: Enhanced Leadership Opportunities

Contact your 4-H Agent for more information on any of the following enhanced leadership opportunities:

- Parish 4-H Jr. Leader Club (7th-12th grade)
- State 4-H Jr. Leadership Conference (8th-12th grade)
- 4-H University (8th-12th grade)
- State 4-H Boards & Ambassadors (8th-11th grade)
- 4-H Camp Counselor (9th-12th grade)



Civic Engagement

Goal: For every club to participate in a community service or service-learning project

Spotlight: 4-H Home School Community Club

Great job to all 4-H clubs who have been participating in service projects, including our 4-H Home School Community Club! Clubs may plan to do a service project at their next meeting. Members are encouraged to use their hands for larger service to help our St. Charles Parish community and beyond!

Award Incentive: Every club who **reports** participating in at least 1 service-learning cycle/project and/or 3 community service projects **by March 15** will receive an award.



4-H Camp & 4-H University

Goal: To increase attendance at 4-H Camp and to have at least 10 youth participate in 4-H University contests or Clover College program

Spotlight: Krewe de 4-H U

What is 4-H University? 4-H U is a premium, statewide 4-H conference for 8th-12th graders. Enjoy a guided college-life experience on the LSU campus in Baton Rouge by staying in campus dorms, attending interactive classes, and competing in state contests to win premium awards. 4-H U is a true **LSU Love Purple Live Gold Experience!** To learn more, complete the [4-H U Interest Survey](#) and sign up to attend our [St. Charles Parish 4-H Tiger Tailgate Experience Workshop!](#)

4-H Camp, LOST Camp, and 4-H U Applications are due April 1, 2026. See Page 4 for details.





*For the latest information on our
St. Charles Parish 4-H Program,
check out the following:*



St. Charles Parish
LSU AgCenter Website
www.lsuagcenter.com/stcharles



St. Charles 4-H Facebook Page
www.facebook.com/scp4h



St. Charles 4-H Instagram
@scp4h



Google Classroom

Many school clubs will use Google Classroom to communicate with their 4-H'ers. See your 4-H club leader for information on how to access their communication tools.

To participate in the 4-H Culinary Arts Contest, 4-H members need to complete the [4-H Culinary Arts Registration Form](#) by the submission date. 4-H members also need to bring 2 servings of their dish, **cold and on ice**, in a sealed, non-returnable container on the submission date for each contest between **9:00 a.m. – 5:30 p.m.** at the St. Charles Parish LSU AgCenter Office, located at 453 Spruce Street in Norco, La. See online form for all rules.

Upcoming 4-H Culinary Arts Contest Submission Dates:

Tuesday, January 13, 2026: Poultry and Wild Game

Tuesday, February 10, 2026: Beef

Tuesday, March 10, 2026: Seafood



To participate in this contest, complete the [4-H Photography Contest Online Form](#) by the dates listed below. Official rules are listed in the online form. Contest submissions may be submitted early. No late submissions will be accepted.

Upcoming 4-H Photography Contest Dates:

February 1, 2026: Animal Photos

March 1, 2026: Still Life Photos



Rules for each of the contests can be accessed by scanning the QR codes below or clicking the contest name as a link to the online form. Contest submissions may be submitted early. No late submissions will be accepted.

4-H All-Around Style Contest Form & Rules



4-H Talent Show Contest Form & Rules



4-H Pet Show Contest

Form & Rules



The theme for this year's beef poster contest is: **Raising the Steaks**. This contest is open to K-12th grade 4-H members. Only 4th-12th grade students are eligible to move on to the state level. **All entries are due to the St. Charles Parish LSU AgCenter Office by March 1, 2026.** Visit the [Louisiana 4-H Beef Poster Contest online article](#) for contest rules.



4-H members are reminded to check their Club Google Classroom or contact your 4-H Agent for information regarding the 4-H Records Contest. All entries will be due **April 1, 2026**.

Good luck to our 4-H Livestock Exhibitors who will be participating in the District and State Livestock Shows! As we prepare for the upcoming Horse Show season, if you have horses and interested in participating in 4-H Horse Shows, please contact your 4-H Agent at kzammit@agcenter.lsu.edu to receive information, rules, and more.



**Note: To receive awards or recognition for parish 4-H contests, the 4-H member must be registered and approved through 4-H Online. Contest results will be posted on our social media or websites.*

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ABOVE & BEYOND

Regional, State, & National 4-H Opportunities



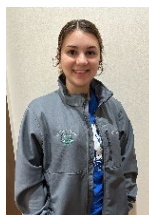
State 4-H Jr. Leadership Conference (8th-12th grade)



State 4-H Leadership Conference Alert! - This Louisiana State 4-H adventure (3-days, 2-nights) is for current 8th-12th grade 4-H members who are at least 14 years old. This experience will be held March 6-8, 2026, at Camp Grant Walker in Pollock, La. Selected participants will engage in fun leadership development activities planned by their fellow youth Louisiana 4-H Executive Board members. Space is limited. Transportation to and from this event is on your own. Contact your 4-H Agent at kzammit@agcenter.lsu.edu for more information and for an application. The fee to attend is \$90.00.

Parish Application Due Date: January 15, 2026.

Parish and State 4-H Senior Awards (12th grade)



Graduating senior 4-H members are encouraged to apply for the following awards:

- **Parish 4-H Senior Jacket** – Parish application due date: February 1, 2026
- **State 4-H Honor Cord** – Parish application due date: February 1, 2026
- **State & Parish 4-H Scholarships** – Parish application due date: February 15, 2026

Note: Contact your 4-H Agent at kzammit@agcenter.lsu.edu at least 1 week prior to due dates for an application, rules, and eligibility requirements.



4-H University (8th-12th grade)

State 4-H Summer Event Alert! - This Louisiana State 4-H adventure (4-days, 3-nights) is for current 8th-12th grade 4-H members. This experience will be held June 23-26, 2026, on the LSU campus in Baton Rouge, La. Experience the college life by staying in campus dorms, attending interactive classes, and competing in state contests for a chance to win premium awards, including out-of-state trips. Complete the [4-H University Interest Form](#) to receive more information about attending 4-H University. Don't forget to register to attend our [St. Charles Parish Tiger Tailgate Experience Workshop](#) to learn more about 4-H U.

Applications for 4-H University will be posted to 4-H Club Google Classrooms and our LSU AgCenter website. **Parish Application Due Date: April 1, 2026**



4-H Camp (4th-6th grade) and LOST Camp (7th-8th grade)

State 4-H Summer Event Alert! – Both of these Louisiana State 4-H adventures (4-days, 3-nights) are an overnight summer camp experience for 4-H members at 4-H Camp Grant Walker in Pollock, La. **4-H Camp** is for current 4th-6th grade members and will be held May 25-28, 2026. **LOST Camp** is for current 7th-8th grade members and will be held July 30, 2026 – August 2, 2026. Spaces to attend are limited. The basic cost for each camp is \$200 with the option to purchase additional items. Scholarships and financial plans are available. Applications will be posted to 4-H Google Classrooms and our LSU AgCenter website. See applications for additional details.

Parish Application Due Date: April 1, 2026



Above and Beyond Partners

We would like to thank our continued partners of the St. Charles Parish 4-H Youth Development Program:



You and I ...
We are





4-H LOCAL FEATURE

Parish Monthly Clover Highlight



St. Charles Parish 4-H TIGER TAILGATE Experience Workshop

A 4-H Youth Development Program of the LSU AgCenter



Event

Date: Monday, February 16, 2026

For: 4-H members (4th-12th grade)

Location: St. Charles Parish

LSU AgCenter Office

453 Spruce Street

Norco, LA

Schedule

10:00 a.m. – 2:00 p.m.

Schedule includes:

- Clover College Experience
- Tailgate Lunch and Assembly
- Contest Experience

Activities

Registered participants will enjoy:

- Learning about 4-H U in a fun way
- LSU-themed Tailgate Lunch Experience
- Hands-on workshop sessions
- Take-home projects and prizes
- Music, contests, friends, food, and fun!



Important Event Information

- This event is open to **4th-12th grade** St. Charles Parish 4-H members who are registered and approved in 4-H Online.
- All 4-H members **must** pre-register by completing the [4-H Tiger Tailgate Workshop Online Registration Form](#).
- Registered members should check their email prior to attending for all schedule details, reminders, and updates.
- Participants may wear optional purple and gold or LSU festive attire to celebrate at this event.
- This 4-H event will be a **Drop Off and Pick Up Event**. Details regarding drop off and pick up times will be sent out via email to all participants who registered for this event by the due date.

Complete [Online Registration Form](#) by February 9, 2026.

Pre-registration by this due date is required for attendance.

The LSU AgCenter and LSU provides equal opportunities in employment and programs. Should you need an ADA accommodation, contact the St. Charles Parish LSU AgCenter Office at least two weeks prior to the event.





4-H CLUB MEETING

Monthly Program, Resources, & Reminders

4-H Program Topic: Careers in STEM

STEM is one of the 3 major areas of 4-H. Based on 4-H members' interest and involvement in last month's 4-H meetings, here are some possible STEM careers that you may enjoy researching to learn more:

<i>Fisherman / Hunting Instructor</i>	<i>Engineer</i>	<i>Musician</i>	<i>Entrepreneur</i>
<i>Video Game Designer</i>	<i>Veterinarian</i>	<i>Fashion Designer</i>	<i>Horticulturalist</i>
<i>Nurse / Doctor / Medical Career</i>	<i>Photographer</i>	<i>Artist</i>	<i>Biologist / Scientist</i>

When researching these career choices, here are some things to consider:

<i>Strengths & Skills</i>	<i>Personality</i>	<i>Salary</i>	<i>Education & Training</i>
<i>Interest</i>	<i>Values</i>	<i>Job Market</i>	<i>Work-Life Balance</i>

Career Connection Games: STEM Skills

Below are a few essential **practical and technical skills** that will help you in any career. Practice developing these skills by participating in the activities listed.

Management & Organization: Learn to set goals, manage priorities, and organize tasks to become reliable and efficient.

Digital Literacy: Become proficient with technology, especially those platforms and programs that are used frequently in your desired work setting

Financial Literacy: Understanding how to manage money is an important skill to have, both personally and professionally

Activity: Allowance on a Budget – You may get a weekly allowance, or you may even have a job. Use the situation and steps below to prioritize needs and wants, budget, and use technology.



STEP 1: Needs vs. Wants – Make a list and an estimated amount of what you would like to buy and how much it costs. Consider things that you need and things you want to buy.

STEP 2: Allowance – Start with your weekly allowance or use \$20 per week as an example.

STEP 3: 50/30/20 – Use the 50/30/20 rule to help you budget your spending.



- Take your weekly allowance amount.
- What is 50% of your allowance? Use that on **NEEDS**.
- What is 30% of your allowance? Use that on **WANTS**
- What is 20% of your allowance? Put this amount away to **SAVE**.



STEP 4: Use Budgeting Tools – Track your spending and saving using budgeting tools. You can create your own using computer programs like Excel, Word, Google Forms, and more.



STEP 5: Reflection: Try this example for 1 month (4 weeks). How much did you save in total? Were you able to buy what you needed or wanted? How can you stay organized? What are some useful organizational, digital, and financial skills that you will need in life?

LSU College of Agriculture Careers in STEM

The following are majors offered through the LSU College of Agriculture in the area of STEM:

- **Agricultural Business**
- **Animal Science**
- **Environmental Management Systems**
- **Natural Resource Ecology & Management**
- **Plant & Soil Systems**
- **Textiles, Apparel, & Merchandising**

LSU
College of
Agriculture

For more information on LSU College of Agriculture, visit: <https://www.lsu.edu/agriculture/>

Meeting Ideas

Here are a few ideas that you can do at your next 4-H club meeting:

4-H Record Book Day:

Take time at club meetings to work in 4-H Record Books. Try a service project that you can add to your 4-H Portfolios. Record Books are due to the LSU AgCenter Office or must be submitted online by **April 1**. See your 4-H Club Google Classroom for details.

4-H Contests:

Take time at club meetings for members to participate in parish 4-H contests. There are several online contests listed in the newsletter this month.

4-H Service Projects:

4-H Clubs can plan to do service-learning and/or community service projects at 4-H club meetings. Plan time to meet your club service goal.

Meeting Reminders

Here are reminders for this month:

4-H Enrollment Forms

– All 4-H Enrollment Forms should have been received by our 4-H Agent by November 1. If you would still like to enroll in the 4-H program or have not already submitted your enrollment form for this year, please contact our LSU AgCenter Office.

Note: 4-H members must submit a new enrollment form each year.

Parish 4-H Programs:

Don't forget to participate in the Parish 4-H Contests listed throughout the newsletter this month. 4-H members who complete these 4-H activities will receive points toward our 4-H Achievement Program.

Newsletters & Google Classroom:

Show your parents/guardians the monthly 4-H newsletters and your club's Google Classroom for 4-H updates and reminders.