



4-H YD NEWS

St. Charles Parish 4-H Youth Development Newsletter

October 2025



Upcoming Events

October

- 2: United Way of St. Charles Battle for the Paddle
- 5-11: National 4-H Week
- 20: 4-H Jr. Leader Meeting
- 21: 4-H Pumpkin Contest due

November

- 1: 4-H Enrollment forms due
- 11-12: Regional 4-H Challenge Camp
- 15: State 4-H Bash on the Bayou LSU Football Game and Tailgate
- 18: 4-H Culinary Arts Contest, 4-H Jr. Leader & CHEF Meetings
- 27-28: LSU AgCenter office closed

December

- 24-Jan. 1: LSU AgCenter office closed

Check out our [LSU AgCenter website](http://LSUAgCenter.com) 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



Get ready to get growing by learning new things and gaining new experiences through your involvement in the 4-H Program. Check out our monthly newsletters, websites, and social media platforms to learn more about the many opportunities that 4-H offers. Don't forget to add those special dates to your calendar. If you have any questions or would like more information, please feel free to contact me at 985-785-4473 or kzammit@agcenter.lsu.edu. I look forward to working with you this year and seeing you **grow** into the best version of **you** through 4-H!

-Dr. Kali Zammit

St. Charles Parish 4-H Agent

*Pictured with St. Charles Parish 4-H Club Leaders at 4-H Regional Volunteer Leader Training at LSU

Celebrate National 4-H Week – October 5-11, 2025!

St. Charles Parish 4-H members are encouraged to celebrate 4-H throughout this week by participating in daily challenges. Complete the [National 4-H Week Online Form](#) each day. See online form for more details. (No late entries will be accepted.)



*Dr. Kali Zammit and 4-H Jr. Leader Club Officers pictured with Councilman Willie Comardelle to accept National 4-H Week Proclamation at St. Charles Parish Council meeting





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

5% Achieved

Leadership

9% Achieved

Civic Engagement

Achievement
pending reporting

4-H Camp &
4-H University

Achievement
pending reporting

Enrollment

Goal: To increase school & community club membership

Spotlight: St. Charles Borromeo 4-H

Thank you St. Charles Borromeo for supporting 4-H. All 4th-7th grade students will enroll in 4-H. Students are on their way to completing 4-H enrollment forms. Mrs. Lenni Martinez, the 5th-7th grade 4-H Leader, has agreed to provide class points and prizes to encourage everyone to complete and return their enrollment form. She is charting their progress with their own Beyond Ready Meter! Great idea, SCB 4-H!



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: 4-H Jr. Leader Club (for 7th-12th graders)

Upcoming Opportunities:

- **October 1, 2025:** Due date for Camp Counselor Application for 4-H Regional Challenge Camp
- **Thursday, October 2, 2025:** Volunteer at United Way of St. Charles Battle for the Paddle
- **Monday, October 20, 2025:** 4-H Jr. Leader Meeting & Social



The 4-H Jr. Leader Club is open to 7th-12th grade students. For more information or to join the club, contact your 4-H Agent.

Civic Engagement

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

Spotlight: Service-Learning & Community Service Resources

4-H Leaders will receive resources on conducting a service-learning and/or community service project with their 4-H clubs. Contact your 4-H Agent with questions.

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: Save the Dates!

For 4th-6th graders: **4-H Camp** (May 25-28, 2026)

For 8th-12th graders: **4-H University** (June 23-26, 2026)

Stay tuned each month for highlights, scholarship opportunities, and more!





*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



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.

This year 4-H members (K-12th grade) have the opportunity to compete in 2 pumpkin decorating contests (4-H Contest & Farmers' Market Contest)! The rules are as follows:

- One entry per person. No artificial pumpkins. Pumpkin display must not exceed 25 lbs. Do not write or display your name on your entry. Participants can draw, paint, or decorate the pumpkin. You may also use objects, materials, and/or paper to decorate your pumpkin. Materials may be glued or pinned to the pumpkin. Pumpkins must be appropriate and child friendly. All pumpkins will be entered into the 4-H Contest and the German Coast Farmers' Market Contest. If you would like to keep your pumpkin, you will need to pick it up at the Farmers' Market (held outside the East Bank Regional Library) on Saturday, October 25, 2025, between 11:30 a.m. – 12:00 noon at the Master Gardener Booth. Any pumpkins not picked up by the designated time at the Farmers' Market will be donated to the community.
 - You have 2 ways to submit your pumpkin:
- 



1. Drop off your entry at the St. Charles Parish LSU AgCenter Office on **Tuesday, October 21, 2025, between 9:00 a.m. – 5:30 p.m.**
2. Sign up to attend the LSU AgCenter Pumpkin Decorating Workshop on October 23, 2025, from 6:00 p.m. – 7:00 p.m. at the East Regional Library. Pumpkins and decoration supplies will be provided. Entries created at the workshop may be entered in the contests. Registration to attend the workshop opens October 9, 2025, through the [St. Charles Parish Library](#).

All 4-H members are encouraged to participate in the culinary arts contest. These contests help our 4-H members grow in their cooking experience and skill level while enjoying quality time with families who assist them with the safety rules and sharing of traditional family recipes. The 4-H Culinary Arts contest will be split into different submission dates. Members will need to complete the [4-H Culinary Arts Registration Form](#) by the submission date to be considered for judging. All rules are posted on the online registration form.

Next 4-H Culinary Arts Contest Submission Date:

Tuesday, November 18, 2025: Louisiana Commodities
(Pecan, Sweet Potato, and Rice)



4-H members are asked to bring 2 servings of their dish 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, which is located at 453 Spruce Street in Norco, La.

Throughout the year, 4-H members are encouraged to keep records of any and all 4-H and non-4-H leadership, community service, and awards in which they have participated or received. **All 4-H Record Books will be due to the 4-H Agent by April 1.** More information on this contest will be posted in your School 4-H Club Google Classroom. Contact your 4-H Agent with any questions or for more information.

Geaux'in



ABOVE & BEYOND

Regional, State & National 4-H Opportunities



Regional 4-H Challenge Camp



This **Regional 4-H** overnight adventure (2 days, 1 night) is for **current 7th-8th grade 4-H members** and will take place on **November 11-12, 2025**, in Amite, La. Participants will enjoy challenge activities while making friends with other 4-H members from throughout the parish and Southeast Region. Complete the [4-H Regional Challenge Camp Online Application](#) for consideration to attend. Eligible 10th-12th grade 4-H members may apply to be a camp counselor for this event. See application for details and fees.

Camper & Counselor Parish Application Due Date: October 1, 2025.



State 4-H Spark-Action-Change Summit



This **State 4-H** overnight adventure (3 days, 2 nights) is for **current 7th-8th grade 4-H members** and will take place on **February 19-21, 2026**, in Baton Rouge, La. Participants will engage in hands-on workshops, tours, and service projects. Highlights include an exclusive tour of the Louisiana State Capitol, inspiring talks from local change-makers, and interactive workshops. Space is limited. Complete the [4-H Spark-Action-Change Online Application](#) for consideration to attend. See application for details and fees.

Parish Application Due Date: October 15, 2025



State 4-H Camp Catch Phrase Contest



This **Louisiana State 4-H** opportunity is for **current 4th-6th grade 4-H members**. Create a 7-word slogan, complete with illustrations for the Louisiana State 4-H Camp Catch Phrase Contest. The winning design will be selected as the theme for 4-H Camp during the 2026 summer season. The design will be featured on all 4-H Camp t-shirts. The winner will receive a \$50 prize. Contact your 4-H Agent for details.

4-H Camp Slogan & Design Parish Due Date: October 15



State 4-H Fashion and Beyond On Tour Day Camp



This **Louisiana State 4-H** adventure (1 day) is for **current 5th-12th grade 4-H members**. This experience will be held **January 19, 2026** (in Crowley, La.) or **January 24, 2026** (in Alexandria, La.) Selected participants will learn basic sewing skills and enjoy creating various fashion projects. Space is limited. Complete the [4-H Fashion Camp Online Application](#) for consideration to attend. See application for details and fees.

Parish Application Due Date: November 15, 2025.



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



How do I sign up to join a 4-H Community Project Club?

4-H Project Clubs are clubs that focus on a specific 4-H project-related area. Youth can be enrolled in both a school club and a project club. These are considered separate clubs. Additional fees may apply per each project club. If you are interested in learning more about our 4-H Community Project Clubs, you can sign up to receive information in 2 different ways:

1. When completing your enrollment form, select the project club(s) that you are interested in receiving information as your secondary clubs.
2. Email the 4-H member's name, grade, school, and interested project club(s) to stcharles@agcenter.lsu.edu.

Visit our websites and social media outlets during National 4-H Week to learn more about each club.

4-H Cloverbud Community Club

4-H members in **K-3rd grade** are called "Cloverbuds." They engage in non-competitive 4-H programming. Some schools have 4-H Cloverbud programs. The 4-H Cloverbud Community Club is a separate club that meets once a month to participate in hands-on activities in an assortment of 4-H-related areas.

4-H CHEF Club

The 4-H CHEF (Cooking, Healthy Eating, and Fitness) Club is for St. Charles Parish students in **4th-6th grade**. This club meets once a month to participate in hands-on cooking demonstrations, fitness activities, and more!



4-H Fashion Club

This club is for any **4th-12th grade** St. Charles Parish student. This club meets on a monthly basis to participate in hands-on sewing and fashion projects. This club is for beginners to advanced sewers and students interested in fashion.



4-H Home School Community Club

This club is for any **K-12th grade** St. Charles Parish home school student. This club meets once a month to participate in 4-H projects and is open to all home school groups. The club focuses on promoting and working on parish 4-H projects and opportunities.

4-H Shooting Sports Club

This club is open to students **at least 10 years old by January 1, 2026, through 12th grade**. Potential disciplines offered this year include rifle and archery. This club participates in practices to prepare for invitational, regional, and state 4-H Shooting Sports competitions. Volunteers interested in being instructors should contact the 4-H Agent. This program is offered based on certified volunteer instruction and availability.



4-H Jr. Leader Club

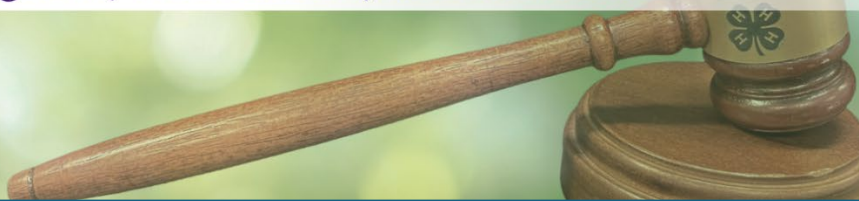
This is a Youth Volunteer Leadership Club for St. Charles Parish students in **7th-12th grade**. This club meets at least once a month to participate in teambuilding and leadership activities, service projects, and social events. Members build leadership skills while meeting new friends from throughout all middle and high schools in St. Charles Parish and beyond. Members can also gain service hours.





4-H CLUB MEETING

Monthly Program, Resources, & Reminders



4-H Program Topic: Careers in Healthy Living

Healthy Living 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 healthy living careers that you may enjoy researching to learn more:

Chef	Athlete	Baker	Psychiatrist
Fitness Instructor	Sports Psychologist	Nutritionist / Dietician	Psychologist
Athletic Trainer	Wellness Coordinator	Counselor	Health Educator

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

Strengths & Skills	Personality	Salary	Education & Training
Interest	Values	Job Market	Work-Life Balance

Career Connection Games: Healthy Living Skills

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



Communication: Expressing yourself effectively, whether through public speaking, writing, or listening to others

Activity: Impromptu speaking – Using a selected topic, give a short 60 second speech on that topic to an audience.



Emotional Intelligence: The ability to understand and manage one's own emotions, as well as those of others, to build strong relationships

Activity: 4-H Yoga – Doing yoga is a great way to relieve stress and manage your own emotions. Select a yoga pose to lead with the group and slowly count to 10 seconds while conducting the pose together.



Teamwork and Collaboration: Working together with a group of people to achieve common goals

Activity: Tower Building – Using a set of rubber bands, stack the set of cups to build a tower. Do not use your hands – only the rubber bands.



Leadership and Responsibility: Taking on responsibilities to build leadership skills, such as leading a school project, activity, or club

Activity: Lead by Example – Within your group, each person should take turns leading a fitness activity. The Leader should demonstrate how to do the fitness activity and then count to 10 seconds while the group does the fitness activity for 10 seconds. Then switch with another Leader.

LSU College of Agriculture Careers in Healthy Living



College of

Agriculture

The following are majors and minors offered through the LSU College of Agriculture in the area of Healthy Living:

- **Nutrition & Food Sciences** – major
- **Human Nutrition** - minor

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 Toy and Food Drive:

4-H hosts an annual Toy and Food Drive during November and December. 4-H Clubs are encouraged to host their own 4-H Toy and/or Food Drive to address food insecurity in our community. 4-H Leaders may contact the 4-H Agent for guidance.

4-H Photography Contests:

From November through February, 4-H will host a photography contest. Members can take time during club meetings to take photos and submit them for this contest.

4-H Culinary Arts Contests:

4-H will have several 4-H Culinary Arts contests throughout the year. To encourage participation, clubs can incorporate a contest, workshop, or nutrition lesson at club meetings.

Meeting Reminders

Here are reminders for this month:

4-H Enrollment Forms:

Bring your enrollment form home for parents/guardians to complete, sign, and return to school by the due date set by your 4-H Club Leader.

Note: All 4-H Enrollment forms should be complete by your October club meeting.

Parish 4-H Programs:

Don't forget to participate in National 4-H Week and the 4-H Pumpkin Decorating Contest. 4-H members who complete these 4-H activities will receive points toward our 4-H Achievement Program. You can read more about our 4-H Achievement Program in your School 4-H Club Google Classroom.

Newsletters & Google Classroom:

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