

November Yancey County 4-H Newsletter

November, 2020



"Fall in Love with Cooking" Virtual Series: November Classes

We are half-way through our virtual "Fall in Love with Cooking" workshop series. Next week we will start our November sessions. We still have a few spaces left! Youth will learn about food preparation, food safety, nutrition and more through these virtual classes. If you are interested in participating, contact Jordan English!

[Learn more»](#)



Mars Base Camp Kits Available for Checkout!

Mars Base Camp kits are now available for check-out from the Yancey County Cooperative Extension office! The 2020 4-H STEM Challenge will explore sending a mission to Mars with the activity, Mars Base Camp. Mars Base Camp is a collection of activities that teaches kids ages 8-14, STEM skills like mechanical engineering, physics, computer science, and agriculture. The challenge activities allow youth to develop critical thinking skills while they have fun making discoveries and designing solutions that are out of this world!

[Learn more»](#)



Face-to-face Programming Update

Click the link below for important information on 4-H face-to-face programming updates for November.

[Learn more»](#)

November Gratitude Challenge

NOV2020 4-H Gratitude Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

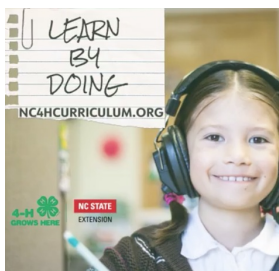
All events you take over 2020 Gratitude Challenge 2020 have not been set every year, but we will have plenty of reasons to give thanks. Print the calendar and complete each daily task to help show gratitude in your club, community, country, and world.

Use #4HGrowsHere, #Nov2020GratitudeChallenge, and #4HGratitudeChallenge to spread an attitude of gratitude to all of your social media friends and followers.

4-H GROWS HERE

2020 has been a challenging year, but we still have much to be thankful for! I encourage you to complete this challenge and see what a difference it will make in your life! Practicing mindfulness and giving thanks can help improve your mood and overall wellbeing. Give it a try!

[Learn more»](#)



New! NC 4-H Curriculum Website

We are excited to announce the launch of our NEW NC 4-H Curriculum website!! This is a one stop shop for all things 4-H and can be used by 4-H leaders, volunteers, clubs, schools, families, and more! Check it out and let Jordan know if you are interested in learning more about any of the 4-H curriculum that we have available.

[Learn more»](#)



4-H at Home

Did you know that 4-H has a large variety of activities for youth to "learn by doing" at home? Check out these options for a fun family activity!

[Learn more»](#)



NC 4-H "Move-mber" Challenge

The goal of the North Carolina 4-H "Move-mber" Fall Moving Challenge is to get our youth outside and moving. With so much screen time these days with virtual learning, our goal is to encourage and inspire our youth to get outside and exercise.

This is your chance to get moving with 4-Hers across North Carolina during the month of November. Check out the details and sign up to get started.

[Learn more»](#)

[Read more 4-H youth development news»](#)

NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Extension's 4-H program is the largest youth development organization in North Carolina. We help over 247,000 young people grow into active, contributing citizens each year.

