



WE CAN VOLUNTEER

4-H Engineering Challenge

Save-the-Date

SAT. | MAY 2, 2020

4-H ENGINEERING CHALLENGE

CLEMSON
COOPERATIVE EXTENSION


Come put your skills to the test! #4hSTEM

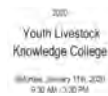
Engineering challenges are fun and engaging ways to allow youth to compete in various STEM disciplines like bridge building, energy, GPS, robotics, rocketry, and more. South Carolina 4-H Engineering Challenge is offered in the spring annually to youth, ages 9-18, across the state. The goals of this 4-H program are to provide a safe learning environment where youth can try, fail, and try again, gain valuable life skills, increase interest, confidence, and knowledge in science, and encourage futures in STEM-related careers. Some challenges require club or classroom work prior to the competition event. Other challenges require youth to create their designs onsite. In addition to


challenges, the South Carolina 4-H Engineering Challenge hosts a STEAM Fair to further excite youth about opportunities in STEM careers and education. Since it began in 2012, the competition has grown to over 250 participants annually. Youth that participate report increased confidence and knowledge in science skills. We will continue with this effort to grow and support additional 4-H Engineering Challenges within the STEM field. The 2020 SC 4-H Engineering Challenge will be hosted at Piedmont Technical College - Newberry Campus on Saturday, May 2, 2020!


[Learn More!](#)


Upcoming Statewide Programs:


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4-H Pinckney Leadership Program Summer of 2020
Middle and high-school youth invited to apply for camp and conference.
Applications open December 11
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Livestock Knowledge College Saturday, January 11, 2020
A multi-species educational workshop for youth.
Register today!
- 

Miss 4-H Pageant Friday, January 18, 2020
All youth open to all SC 4-H members between the ages of 5-18.
Register by January 9
- 

Leadership Roundup Saturday, January 25, 2020
Changing the narrative on youth leadership! Join interactive workshops
Register today!
- 

Junior Weekend Fri-Sun, February 7-9, 2020
Explore opportunities in 4-H through a weekend at camp (ages 9-13)
Register by January 27
- 

Honey Bee Project Runs March – August 2020
Independent-study, record book project about beekeeping (ages 5-18)
Register by February 7
- 

Senior Teen Weekend Fri-Sun, March 6-8, 2020
Explore opportunities in 4-H through a weekend at camp (ages 14-18)
Register by February 24



New 4-H Youth Development Agents

WELCOME

Savannah Weeks

Charleston County 4-H Youth Development Agent

Ms. Savannah Weeks is a Registered Dietitian and is licensed by the South Carolina Panel on Dietetics. She completed her dietetics coursework at the University of Houston and her dietetic internship at the Medical University of South Carolina. As the Charleston County 4-H agent, Savannah is excited to provide youth with opportunities to engage in their communities, develop healthy habits, and experience the natural world. Savannah can be contacted at sweeks2@clemson.edu or 843-730-5202.



Rosemary Martin-Jones

Richland County 4-H Youth Development Agent

Mrs. Rosemary Martin-Jones comes to us with a BS degree from Clemson University. She has significant experience in the area of environmental education and has served as an educator and management professional in various locations. She is also a certified Midlands Master Naturalist.

As the Richland 4-H agent, Rosemary will continue her passion as an educator with youth and adults of the county. She is looking forward to learning about the various 4-H projects and expanding the county program. Rosemary can be contacted at rosema2@clemson.edu or 803 865 1216.



Lauren Black

Saluda County 4-H Youth Development Agent

Ms. Lauren Black, Saluda 4-H agent, comes to us with a BS degree from Winthrop University and great experience in organizing and planning events, as well as working with schools abroad. She is a native of Saluda County and was a very active 4-Her that earned the 4-H Presidential Tray award and an office on 4-H Teen Council. Lauren is excited about the new position, and we look forward to the many great things she will offer the youth and adults of Saluda County. She can be contacted at lblack4@clemson.edu or 864 445 8117.



Monthly 4-H Club Activity Idea

By Deborah Jamison, Clemson UPIC Intern



Sit-Upons

Objective: To learn about recycling, upcycling, and sustainable behaviors.

Age Range: Targeted to grades 6 - 12.

Hands-on Activity: Use inexpensive materials to implement a variety of simple challenges

Life Skills: HEAD - planning/organizing, learning to learn, decision making;
HEART - communication, sharing;
HANDS - responsible citizenship, self-motivation;
HEALTH - character, self-discipline.

Introduction

A great way to connect with friends is by going outside. Whether it is camping, sitting around a fire, or it is just sitting outside and hanging out, friends can connect out of doors with friends. It is a great opportunity to have youth get outside. But, with going outside, you will need somewhere to sit. A great way to recycle old material and to have somewhere to sit are sit-upons!

Sit-upons are made of recycled material. An old egg shell mattress pad and an old reusable shopping bag make a great sit-upon. Sit-upons can be used to sit next to a fire or to use in a chair at home to give it a little extra cushion. Making sit-upons helps youth learn about recycling and it is a creative way to turn something old into something new. Turning something old into something new is known as upcycling and it can be done to almost anything. Upcycling is a fun, creative way to learn about recycling because it allows youth to reuse and be creative.

Materials

- Egg shell mattress pad
- A reusable shopping bag
- Decorative duct tape



Activity Instructions

1. Start with the egg shell mattress pad. Cut a square about the size of your shopping bag.
2. Put square of mattress pad into the reusable shopping bag.

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3. Once you have your mattress pad in the shopping bag, use duct tape to seal the bag. You can go all the way around with duct tape so that all the edges are covered or you can just seal the top.
4. Once you have duct taped your bag, your sit-upon is done! Now you can sit where ever!

Reflective Questions

1. What do you think about this activity? Was it fun? Was it easy?
2. How do you think you could change this activity? Would you add something to it or take something away?
3. What do you think about upcycling?

Conclusion

Upcycling is a creative and fun skill for youth to learn about. Upcycling can be used on almost any old thing such as a t-shirt, towels, bottles, and anything else that can be used. Sit-upons are fun, easy way to start learning about upcycling because they do not take a lot of time to make and it is super fun! For more sit-upon styles and ideas, check out the additional resources below!

Additional Resources:

Upcycle That. 2017. Upcycle That. <https://www.upcyclethat.com>.

Learn How to Make a Sit-Upon. 2019. The Spruce Crafts. <https://www.thesprucecrafts.com/how-to-make-a-sit-upon-3875996>.

Make a Sit-Upon. 2010. Troop Leader Blogspot. <http://troopleader.blogspot.com/2010/04/make-sit-upon.html>.

Tutorial: 5-minute no-sew sit-upon. 2019. Sewing. <https://sewing.craftgossip.com/tutorial-5-minute-no-sew-sit-upon/2015/06/07/>.



Figure 1. Examples of the various colors and patterns that can result from the creation of an upcycled sit-upon!



Figure 2. Finished product of the upcycled sit-upon!

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