



Team 4-H Healthy Living

Goal: To create a more purposeful experience for young people in 4-H Foods & Nutrition and Health & Wellness projects where they are team members accountable for each other to learn together, experience new activities together and grow through project work together. The team's effort should focus on bringing out the science and engineering behind creative arts projects and dedicate time to community service and leadership.

Teams consist of three (3) 4-Hers (no more, no less, per team)- You must come up with a team name

- Members may be of any 4-H age (in fact, older 4-Hers are encouraged to partner with younger members for mentoring)
- Members may be from any club in Harper County
- Group members cannot be family members/in the same household
- Members do not have to be enrolled in all project areas, but all three members must be present at the same "team" 4-H Healthy Living related event to capture points
- A 4-Her not enrolled in one of the project areas may participate as long as they are present with team members and actively learning and participating with his or her team
- No 4-Her may be on more than one Healthy Living team

How it works

- Teams will post activities to a private Facebook group where all participants in Team 4-H Healthy Living are part of the group/can see the posts.
- Activities are captured in a picture with all three of the team members in the picture. A caption detailing activity, including where and what was learned must accompany the picture to count.
- Activity must be posted on the day it happened to be counted (within 24 hours of event). (No creative double posting of the same activity)
- Each activity with properly documented picture and story will count for points (see point system)
- If the top teams are close in points, there may be an interview process to determine final placings.
- This is a creative arts learning opportunity, not specifically tied to a single project area, but includes 4-H learning in health & wellness and food & nutrition project areas.

Timeline

Purposeful and meaningful team participation will be recorded from March 15 through Aug. 15, 2020.

Point System

(Remember, points are only earned when all three teammates participate in the activity together and it's properly documented in the Closed Facebook group) Each item **must** be related to either Food & Nutrition or Health & Wellness 4-H project.

State-wide event related to project area (includes Walk KS).....	3 pts
Community service in food/health way	3 pts
Create & share video promoting 4-H project.....	3 pts
Take part in Extension Office summer exercise program.....	2 pts
County-wide project meeting attendance	2 pts
Visit a business to learn about food/health.....	2 pts
Story/picture about team's work in local paper	2 pts
Presentation to a local group about project.....	2 pts
Enter a food (includes cookie jar, pie) exhibit in the fair.....	2 pts
Prepare a meal together.....	1 pt
Club project meeting.....	1 pt
Complete project work together.....	1 pt
Club meeting attendance	1 pt (if not in same club, take a picture with leader at the monthly meeting & just post on the same post)
Miscellaneous (if applicable to goal)	1 pt

- Teams may do the activity more than once for points in the same category, but cannot count the same activity for more than one category.
- The Facebook post must specifically name what point category the activity counts for and what was learned/experienced to count.
- 2 bonus points given to teams with age diversity (senior 4-Hers mentoring junior/intermediate 4- Hers)

Points are awarded and tabulated by the Extension Office with the best judgement of the guidelines published. Since this is the debut year, if rules must be adapted participants will be notified via the Facebook group.

Recognition

1st, 2nd & 3rd place teams will be recognized at the 4-H Achievement Banquet in the fall.

(Teams must earn a minimum of 20 points to be considered for the top 3 placings, and there must be more than 5 teams to award the top 3 awards. If there only 4 teams earning 20 points or more, only the first and second place teams will be awarded. If there are less than 3 teams earning 20 points or more, only first place will be awarded.)

How to Sign your team up

Enroll team via Google Form at: <https://tinyurl.com/thxjf8m>

Be sure you have a parent or team member who is friends with Christy on Facebook so you can be invited to join the group. (please indicate when you sign up the Facebook names that need to be invited to join the closed group)

Contest begins March 15, but team sign-up won't end until April 15 (but no back-dating FB posts)