



CHECK IT OUT!

4-H in the Community!



**THE 5TH GRADE 4-H CLUB CREATED BANNERS TO SPREAD UPLIFTING MESSAGES!
THE FIRST BANNER WAS DONATED TO THE OWENSBORO HOSPITAL TO ENCOURAGE PATIENTS TO KEEP UP THE GOOD WORK!
THE SECOND BANNER WAS DONATED TO THE MCLEAN COUNTY ANIMAL SHELTER TO ENCOURAGE ADOPTION OF LOCAL ANIMALS!**



Talk to us!

WE ARE INTERESTED IN HEARING YOUR PREFERENCES FOR YOUR 4-H CLUB. SCAN THE SURVEY TO SHARE YOUR FEEDBACK; ALL COMMENTS AND SUGGESTIONS WILL REMAIN ANONYMOUS.



What does Shooting Sports consist of?



4-H SHOOTING SPORTS PROVIDES THE HIGH-QUALITY PROGRAMMING NECESSARY FOR POSITIVE YOUTH DEVELOPMENT BY ENGAGING YOUTH IN THE SAFE, RESPONSIBLE USE OF FIREARMS AND ARCHERY EQUIPMENT, IN A VARIETY OF SETTINGS, THROUGH COMPREHENSIVE EDUCATION, LIFE-LONG RECREATION, AND HEALTHY COMPETITION.

For more information on shooting sports please contact us at the office 270-273-3690

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Youth Ag & Safety day 2023



On October 27th 2023 we held our annual Youth Ag & Safety Day. If your child or you attended please fill out this survey! Feedback helps us put on the best event we can!



Hey, Parents! Do you love summer camp?!
Ask about incentives for Adult Volunteers!

COME & JOIN US FOR OUR

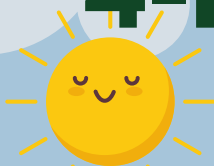
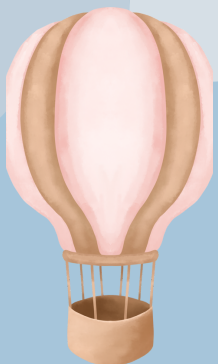
4-H SUMMER CAMP

JUNE 11TH WESTERN KY 4-H CAMP
JUNE 14TH IN DAWSON SPRINGS, KY

REGISTRATION IS NOW OPEN!

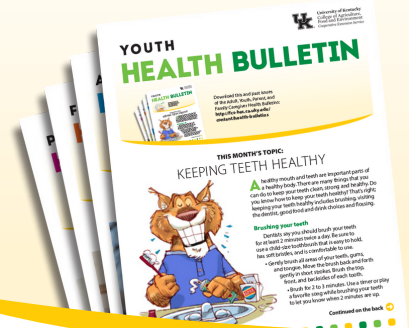
Come one, come all!

Step right up for 4 days of fun at 4-H Summer Camp!
Registration is open now! Spaces are limited. The application to hold your spot is attached. For more information, please call the McLean County Cooperative Extension office at (270) 273-3690.



YOUTH

HEALTH BULLETIN



FEBRUARY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC LIMIT CAFFEINE



Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

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Kids should mostly drink water throughout the day and milk with meals.

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People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects. Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.

Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine



is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Red Bull Energy Drink** (8.3 ounces): 80 mg
- **Brewed coffee**, drip method (5 ounces): 115

mg

- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

REFERENCE:
<https://kidshealth.org/en/kids/caffeine.html>



ADULT
HEALTH BULLETIN

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