

Healthy Lifestyle Education

Department 10 4-H and Vocational

4-H and Vocational

General Regulations for 4-H and Vocational

Eligibility:

- 1 4-H Club members must have passed their eighth birthday but not have passed their nineteenth birthday by January 1 of the current year.
- 2 Exhibitors must be 4-H members, a project in the field in which they wish to make entry and be under the supervision of Pennsylvania State University Cooperative Extension Service by July 1 preceding the fair.
- 3 Students enrolled in an accepted vocational school curriculum must be conducting a project in the class in which they wish to make entry.
- 4 Students enrolled in general home economics in a comprehensive high school are considered as qualifying.
- 5 All entries shall be approved prior to the fair by a member of Pennsylvania Department of Education, Agriculture or Family and Consumer Science staff, or their designated representative.
- 6 NOTE: In any case where there is reference to 4-H and Vocational classes, the Fair has the option - if there is a sufficient number of available exhibits -- to divide the show into two, one for 4-H and one for Vocational, or they may be shown together.
- 7 NOTE: 4-H or FFA member must be present and must have charge of his/her animal at the time of judging.

What's the real purpose of youth (4-H & FFA) livestock projects?

- 1 One purpose is to teach young people how to feed, fit, and show their animals. The more important purpose is to provide an opportunity for personal growth and development of the young person.
- 2 The Josephson Institute of Ethics has developed a curriculum, which identifies six core values, which may help to better describe the value of youth livestock projects.
- 3 This curriculum also presents the idea that people develop and strengthen character by practicing certain behaviors just as muscles are built through exercise.
- 4 Therefore, the purpose of the youth livestock program (4-H and FFA) is to provide opportunities for young people to develop character. The character traits identified and some practices (exercises) that may build character follow:
 - a) Trustworthiness - includes honesty, promise keeping and loyalty daily feeding, watering of animals (promise keeping) adheres to possession deadlines (honesty) adheres to withdrawal times on drugs and de-wormer only the appropriate use of approved drugs

- b) Respect - includes courtesy and proper treatment of people and things proper handling of animals, treat humanely proper care of animals listens to and follows advice of advisors recognizes that animal projects are dependent on 4-H'er and provides daily feed and water
 - c) Responsibility - includes the pursuit of excellence, accountability and perseverance. daily feeding and watering (even on the busy, difficult days) goes beyond providing the daily needs of the animal in giving additional time and attention to produce a winner adheres to deadlines for entry forms and for arrival at livestock shows never gives up in the show ring (perseverance)
 - d) Fairness - involves consistently applying rules and standards appropriately for different age groups and ability levels. feed only approved livestock rations only the appropriate use of approved drugs accepts winning or losing with grace conduct in the show ring follows recommended procedure
 - e) Caring - promoting the well being of people and things in a young person's world. It denotes action and not just feelings. daily feeding and watering provides clean barn/stall for animal treats animal humanely at all times
 - f) Citizenship - includes making the home community and county a better place to live for themselves and others. accepting instructions winning and losing with grace helping others at stock shows teaching younger members treating animals humanely ensuring that your meat animal is safe for consumption
- 5 All Elementary and Secondary school age children are eligible to compete. Entries must be the work of the pupils of the exhibitor and must have been done in school under the supervision of the teacher since the proceeding fair and during the school term.

General Regulations for Healthy Lifestyle Education

- 1 Each item must have been made by a 4-H member who is enrolled in a 4-H project within the current year.
- 2 Exhibits should portray base requirements as outlined in specific 4-H projects
- 3 Posters shall be size 14" x 22" (half of a large poster board)

Superintendent	Telephone
Susan Belford	724-254-2239
Jeanene Stewart	724-254-4649

			1st	2nd	3rd	4th
			\$3.00	\$2.50	\$2.00	\$1.50
D = Department			S = Section		C = Class	
D	S	C	Description			

Shooting Sports

10	O05	529	Air Rifle – A 4-H project story
10	O05	531	Advanced Air Rifle – A 4-H project story
10	O05	533	Air Pistol, Pennsylvania 4-H Shooting Sports – A 4-H project story
10	O05	535	Advanced Air pistol – A 4-H project story
10	O05	537	Riflery – A 4-H project story
10	O05	539	Archery – A 4-H project story

Health...It's Your Choice

Orienteering

10	O07	541	Beginner – A 4-H project story
10	O07	543	Intermediate – A 4-H project story
10	O07	545	Advanced – A 4-H project story

Photography

10	O09	547	Adventures with Your Camera, Unit 1 - (8 – 10 years) - Three-ring vender with a minimum of 10 pages organized by “adventures” a 4-H project story.
10	O09	549	Adventures with Your Camera, Unit 2 - (11- 14 years) - Three-ring vender with a minimum of 10 pages organized by “adventures” a 4-H project story.
10	O09	551	Adventures with Your Camera, Unit - 3 – Photo album containing all photographs taken for this project, organized by “adventure” a 4-H project story.

			1st	2nd	3rd	4th
			\$3.00	\$2.50	\$2.00	\$1.50
10	O11	557	Journey into the Imagination, Act 1 – A 4-H project story			
10	O11	559	Soaring into Action, Act 2 - A 4-H project story			

10	O11	561	Quest for Expression, Act 3 - A 4-H project story
10	O11	563	Voyaging Beyond, Act 4 1 A 4-H project story
Theatre arts			
Ceramics			
10	O13	571	Ceramics Project Level 1 – Exhibit (2) small pieces demonstrating the skills of glazing (1) piece and staining on another. A 4-H project story.
10	O13	573	Ceramics Project Level 2 - (2) pieces completed following the descriptions in the project book. A 4-H project story.
10	O13	575	Ceramics Project Level 3 – Exhibit your (2) best pieces you made following the instructions in the project book. A 4-H project story.
Outdoor Adventures			
Written or typed story about 4-H project experience.			
10	O17	581	Outdoor Adventures Level 1
10	O17	583	Outdoor Adventures Level 2
10	O17	585	Outdoor Adventures Level 3
Health			
10	O19	587	Health Scoreboard - A poster or educational display of pictures (magazine or photo showing each physical activity in which you are involved or a 4-H project story...
10	O19	589	Happiness and Health – A poster or educational display of six (6) local health care agencies or facilities and include a brief statement about their services or a 4-H project story..
10	O19	591	Winning Smiles – A poster or educational display of items needed for proper care of your teeth or a 4-H project story...
10	O19	593	Protect Your Health – A poster or educational display of six (6) health care providers including a brief statement about each career or a 4-H project story.
10	O19	595	First Aid: First Help – A small homemade first aid kit to include adhesive bandages, antiseptic, sterile cotton, adhesive tape and blunt scissors or a 4-H project story.
10	O19	597	Discovering Myself – Level 1 -- A poster or educational display about what you learned or did this year in this project or a 4-H project story.
10	O19	599	Fun With Friends – Level 2 -- A poster or educational display about what you learned or did this year in this project or a 4-H project story.