

SUPPLIES/SPECIAL INSTRUCTIONS

Please check workshop descriptions to determine whether supplies are needed or special instructions apply.

PROHIBITED ITEMS

We strive to create a fun and safe environment for all participants. To ensure a safe environment DO NOT BRING:

- Radios, iPods, MP3 players, etc.
- Electronic games, valuable items such as jewelry

These items can be distracting in addition to potentially being lost or stolen. Parent(s)/Guardian(s) are asked to adhere to the guidelines. The Gates County 4-H Program will not be responsible for lost or stolen items.

CELL PHONES

Cell phone use is not allowed during the workshops.

SUNSCREEN/MEDICATION

All participants who are registered for outdoor activities are advised to wear sunscreen (30+ SPF). **Sunblock is considered a medication. Participants must provide their own and have it labeled with their name and listed on the medical release form.** All prescription and over the counter medication must be in original package and labeled with child's name on it. Child must be able to self medicate.

GATES COUNTY EXTENSION STAFF

Keli Boone, 4-H Agent, Reba Green-Holley, CED
Donald Hendrix, Renee Nicholson and Kim Johnson, 4-H PA's
Katy Shook and Erin Eure, Area Horticulture Agents
Stephanie Parker-Helmkamp, FCS Agent,
Gina Bonsu, 4-H EFNEP PA, Paul Smith, Ag Agent



Cooperative Extension's Youth Development Program



SUMMER JAMS 2013



PO Box 46
112 Court Street
Gatesville NC 27938
252-357-1400
<http://gates.ces.ncsu.edu>



GatesCounty4H



**Gates County 4-H
SUMMER JAMS 2013 – Registration Form**

Child's Name _____

Address _____

Phone # _____ Home _____ Cell _____

Date of Birth _____ Age _____ Grade _____

Race _____ Gender M F

Email Address _____

Parent's Name _____
Please Print

Parent's Signature _____

Date _____

Make checks payable to: Gates County Extension Service

Mail or Bring to: Gates County Extension Service
P.O. Box 46
112 Court Street
Gatesville, NC 27938



SUMMER JAMS 2013 Registration

1	June 10-14 th	CHARGE IT UP	\$40	
2	June 17-21 st	HOLE IN ONE	\$40	
3	June 24-29 th	CLOWNING AROUND WITH NATURE	\$60	
4	July 1-5 th	NATURE ROCKS	\$40	
5	July 8-12 th	X-PLORE SCI-FI	\$65	
6	July 15-19 th	KIDZ IN THE KITCHEN	\$40	
7	July 22-26 th	FARM TO FORK COOKING SCHOOL	\$50	
8	July 29-Aug 2 nd	PROJECT GREEN THUMB & FAMILY & YOUTH DAY	\$40	
9	August 5-9 th	HOOK, LINE & SINKER	\$50	
10	August 12-15 th	DIVA/SPORTS DAY	\$50	
11	August 19 th	KINGS DOMINION	\$50	
Total				

**PLEASE RETURN SHEET
WITH PAYMENT**

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7. FARM TO FORK COOKING SCHOOL

Date: July 22nd – July 26th **Grades:** 2nd – 6th

Cost: \$50 plus snack and souvenir money

Minimum: 6 **Maximum:** 15

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructor: Stephanie Parker–Helmkamp, FCS Agent

Deadline to register: July 8th by 5:00 pm

The Farm to Fork Cooking School will discuss how food is grown in the field, cooked and put on the plate to eat. Youth will learn simple cooking techniques, food, and kitchen safety. On Friday the youth will present what they have learned and prepare healthy snack for parents.

8. PROJECT GREEN THUMB

Date: July 29th – August 2nd **Grades:** 2nd – 6th

Cost: \$40 plus money for lunch (Tuesday) and snack money. Bring lunch on Mon., Wed., Thurs., and Fri.

Minimum: 6 **Maximum:** 15

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructor: Katy Shook and Erin Eure, Horticulture

Deadline to register: July 15th by 5:00 pm

Youth will spend the week learning about various plants and nature. They will learn how to become a wildlife gardener through hands on projects in the local community. Youth will enjoy the movie “Rio” on Tuesday.

FAMILY & YOUTH DAY– 8:30 am–11:30 am

Date: July 29th, July 30th and August 1st

As a part of Project Green Thumb, families and youth will learn about and prepare different recipes to make at home that are healthier than fast or fried foods. Adult family members are highly encouraged to attend.

1. CHARGE IT UP

Date: June 10th – 14th **Grades:** 2nd – 6th

Cost: \$40 plus bring lunch/snack on Mon., Wed., Thurs., and Fri. Bring money for lunch, snack and souvenir on Tuesday June 11th

Minimum: 6 **Maximum:** 15

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructors: 4–H Staff and Xavier Roscoe, PEP member

Deadline to register: June 3rd by 5:00 pm

Youth learn about the fundamentals of electricity, renewable energy technologies, and energy conservation. Youth will have a day trip where they visit the Science Museum of Virginia in Richmond, Virginia. Youth will also make electrifying tie-dye shirts. On Monday youth need to bring an old shirt and wear old clothes.

2. HOLE –N– ONE AND SWIM DAY

Date: June 17th–21st **Grades:** 2nd – 6th

Cost: \$40 plus money for lunch on Monday– Thursday. Bring lunch and snack on Friday.

Minimum: 6 **Maximum:** 15

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructor: Donald Hendrix and 4–H Staff

Deadline to register: June 3rd by 5:00 pm

Let’s Tee Off! Youth will spend three days developing and/or enhancing their golfing skills at the Knobb’s Creek Recreation Center, in Elizabeth City with on site golf professional. Youth will enjoy the movie “Horton Hears a Who” on Tuesday and swimming on Friday at Vidant Wellness Center. Friday bring swimsuit, towel and lunch.

3. CLOWNING AROUND WITH NATURE

Date: June 24th – 29th **Grades:** 2nd – 6th
Cost: \$60 plus bring money for lunch on Mon., Tues., Thurs. Wednesday and Friday bring lunch. Friday night dinner and smores will be provided. Breakfast provided on Saturday.
Minimum: 6 **Maximum:** 15
Time: 7:30 am – 6:00 pm
Location: Old Library across from Extension
Instructor: 4-H Staff
Deadline to register: June 3rd by 5:00 pm

Youth will spend a fun filled week learning about outdoor camping. Day trips include the Norfolk Zoo, movies, UniverSoul Circus and an overnight camping trip at Trails End camping ground in Eure, NC. Pickup will be at the Gates County Library at 8:30 a.m. on Saturday morning.

4. NATURE ROCKS

Date: July 1st – 5th **Grades:** 2nd – 6th
Cost: \$40 bring lunch on Monday and Friday. Bring money for lunch, snack and souvenir on Tuesday and Wednesday.
Minimum: 6 **Maximum:** 15
Time: 7:30 am – 6:00 pm
Location: Old Library across from Extension
Instructor: 4-H Staff
Deadline to register: June 17th by 5:00 pm

Youth will enjoy a fun filled week learning about nature. Youth will visit Merchants Millpond and enjoy a day at Botanical Garden in Norfolk, VA including a tram ride and boat tour.

5. X-PLORE SCI-FI AND SWIM DAY

Date: July 8th – 12th **Grades:** 2nd – 6th
Cost: \$65 plus lunch and snack money everyday. Bring lunch on Friday.
Minimum: 6 **Maximum:** 15
Time: 7:30 am – 6:00 pm
Location: Old Library across from Extension
Instructor: 4-H Staff
Deadline to register: June 24th by 5:00 pm

Youth will enjoy fun days of science explorations by visiting the ECSU Planetarium, Fun Junction, Nauticus, VA Air and Space Center and the Rocky Mount Children's Museum. Youth will enjoy swim day on Friday at Vidant Wellness Center. Come prepared for lots of walking and exploring of exhibits! Bring own lunch. Friday bring swimsuit and a towel.

6. KIDZ IN THE KITCHEN

Date: July 15th – 19th **Grades:** 2nd – 6th
Cost: \$40 plus money for Berri-licious. Lunch is provided. Bring snack.
Minimum: 6 **Maximum:** 15
Time: 7:30 am – 6:00 pm
Location: Old Library across from Extension
Instructor: Gina Bonsu, 4-H EFNEP PA
Deadline to register: July 1st by 5:00 pm

Youth will learn about etiquette, kitchen safety, food safety, how to prepare a healthy meal and the importance of physical activity. Each day they will be preparing their lunch. Tuesday, youth will enjoy the movie "Happy Feet". Thursday youth will take a trip to Berri-Licious and have lunch on the waterfront in Elizabeth City, NC.

GUIDELINES

ABOUT THE PROGRAM

The Gates County 4-H Summer Jams 2013 program will be offering fun and safe learning experiences for children. Youth will learn and grow participating in these unique opportunities. For more information contact the Gates County Extension Center, (252) 357-1400. <http://gates.ces.ncsu.edu>

WHO CAN PARTICIPATE?

Each workshop indicates the target age range for youth based on the developmental appropriateness of the curriculum being taught. **REGISTRATION IS REQUIRED IN ORDER TO PARTICIPATE AND ATTEND WORKSHOPS.** Adult and teen volunteers are welcome! If you are interested in becoming a volunteer, please contact the Gates County Cooperative Extension Center at (252) 357-1400.

ARRIVAL AND PICK UP

The arrival and pick up times are listed for each workshop. Parent(s)/Guardian(s) are expected to have their child arrive on time and be picked up on time. **Failure to pick up your child(ren) according to these guidelines will result in late fee charges and in the loss of participation in future activities without a refund.**

LATE PICKUP FEES

There is a late fee of \$1.00 per minute, per child, after 6:00pm, if a child is not picked up. This is due and payable upon infraction.

**EACH CHILD MUST BE SIGNED IN AND OUT BY AN ADULT
ABSOLUTELY NO EXCEPTIONS!**

REGISTRATION FORMS* AND FEES

Each participant is required to complete the following forms before attending any workshop:

- 4-H Enrollment Form
- 4-H Medical Information and Informed Consent for Treatment for NC 4-H Sponsored Events - **This form must be notarized!** For your convenience a notary is on staff at no cost to you.

* If enrolled August 2012 – present, enrollment forms are on file

Make checks payable to: Gates County Extension

Mail or bring forms to: Gates County Extension
P.O. Box 46
112 Court Street
Gatesville, NC 27938

Payments: Gates County Extension Center, M – F, 8:00am – 5:00pm.

NOTE: There will be a \$25.00 fee applied to all return checks.

REFUND POLICY

Registration fees paid are non-refundable. In the event of cancellation due to lack of participation, fees will be refunded or can be applied to another workshop, if space is available. Trip registration fees that have been paid and are not refundable by the vendor are not refundable to the parent.

DRESS CODE

The Gates County 4-H Program takes great pride in youth representing themselves in a respectable manner. Please dress respectfully! The 4-H Summer Jams Program will not allow:

- Halter tops
- Tube/belly, strapless, or low-cut shirts
- Mini-skirts
- Short-shorts
- Any clothing that advertises: alcohol, drugs, tobacco, hate/messages/emblems or bad language
- Bathing suits must be age appropriate and be a conservative one piece

Outdoor activities require comfortable closed in (toe and heel) shoes. Clothing must be such that the youth are able to fully participate in their workshop activities. **ANY VIOLATIONS OF THE DRESS CODE COULD RESULT IN DISMISSAL FROM THE WORKSHOP WITHOUT REFUND.**

MEALS/SNACKS/SOUVENIRS

Participants are required to bring their lunch, drink and snacks to workshops as indicated. Please ensure that your child(ren)'s lunch is properly packed to prevent food poisoning by putting a cold pack in the lunch container. Be sure to include eating utensils, napkins, etc. Workshops held at the Extension Center have access to a refrigerator (space is limited so pack lunches that don't require refrigeration when possible). Lunches and drinks need to be clearly labeled with the youth's name. Please check workshop descriptions to determine if lunch and/or snacks will be provided.

For selected field trips you may send spending money with your child(ren) for refreshments or souvenirs. The Extension Center is not responsible for lost or stolen money. This is solely the responsibility of the child.

DEADLINE DATES

Space is limited in each workshop. Workshops will be filled on a first-come, first-serve basis. Workshops that do not meet the minimum number required will be cancelled and refunded and/or applied to another workshop if space is available. **Registration and fees are due as noted on each workshop session. The instructor reserves the right to deny participation based on availability of supplies and transportation.**

9. HOOK, LINE, AND SINKER AND SWIM DAY

Date: August 5th – 9th **Grades:** 2nd – 6th

Cost: \$50 plus bring lunch and snack money. Bring lunch on Friday.

Minimum: 6 **Maximum:** 15

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructor: 4-H Staff

Deadline to register: July 22th by 5:00 pm

Cast off for fun: Spend 3 fun filled days – Monday, Wednesday and Thursday learning about water safety, marine life and the sport of fishing. Day trips include Pirates Cove Marina in Manteo. Fishing rods are provided. May bring own fishing rod also. Friday bring swimsuit and a towel.

10. DIVA/SPORTS DAY

Date: August 12th – August 15th **Grades:** 2nd – 6th

Cost: \$50 plus lunch (Tuesday) and snack money

Maximum: 8 female and 7 male; OR vice versa

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructors: Reba Green Holley, CED and Donald Hendrix, 4-H

Deadline to register: July 29th by 5:00 pm

Youth participating in Diva/Sports Day will enjoy a fun filled week. Monday they will attend a Norfolk Tides game; Tuesday, movie – “Smurfs 2”; Wednesday crafts, sports and grilling at the Community Center; Thursday, bowling, and much more. Are you diva-licious or a sports-aholic???

JOIN US!!

11. CLOSE OUT CEREMONY

Date: August 16th

Cost: FREE, LUNCH PROVIDED

Time: 11:00 am– 1:00 pm

Location: Merchants Millpond Visitor Center

Instructor: 4-H Staff

Deadline to register: July 29th by 5:00 pm

ALL FAMILIES OF YOUTH AND YOUTH WHO HAVE PARTICIPATED IN AT LEAST ONE SUMMER CAMP WEEK ARE INVITED TO ATTEND

Youth will present what they have learned in camp including camp songs, skits and so much more. Please come and support the youth on this fun filled day!

12. KINGS DOMINION

Date: August 19th **Grades:** 2nd – 6th

Cost: \$50 plus lunch, snack and souvenir money

Minimum: 15 **Maximum:** 35

Time: 7:30 am – 6:00 pm

Location: Old Library across from Extension

Instructor: 4-H Staff

Deadline to register: July 8th by 5:00 pm

ALL YOUTH SUMMER JAMS PARTICIPANTS WHO HAVE PARTICIPATED IN AT LEAST ONE SUMMER CAMP WEEK AND THEIR FAMILIES ARE ELIGIBLE TO ATTEND.

PARENTS MUST DRIVE THEIR OWN VEHICLE BUT WILL STILL RECEIVE THE GROUP RATE