Human Development/ Family Science Education

- A series of three "Raising a Reader" classes (1.5 hours each) were taught at Sargent Central School in response to Superintendent Warcken’s request. Adults who participated in the classes developed skills for promoting early literacy and interactive literacy in infants and young children. Early literacy and interactive literacy are stepping stones to reading, and research consistently shows a strong correlation between reading & academic success at all ages. Conversely, reading failure is often associated with academic failure, delinquency, and crime.
- A literacy-based character education lesson on empathy was led at HeadStart in April. Teaching empathy to children is considered part of the solution to ongoing societal issues such as bullying and youth mental health concerns.

Personal and Family Finance Education

- Financial Literacy was the focus of a lesson and activity that was led in Milnor’s grade 2 classroom. The lesson included discussion on money being earned, saved, shared and spent, and also setting financial goals. Community support for the project was strong and resulted in a donation of more than $200 to Sargent County Relay for Life. Financial literacy is a core life skill for participating in modern society. Poor financial decisions can have a long-lasting impact on individuals, their families and society. Financial education can make a difference by empowering and equipping young people with the knowledge, skills and confidence to take charge of their lives and build a more secure future for themselves and their families.

4-H Youth Development

- The Sargent County 4-H Communication Arts event was held during this quarter. It provided youth with opportunities to develop communication skills that are useful throughout a lifetime, gain experience and confidence in delivering a public presentation, and evaluate their progress.
- In response to a request from Milanor Economic Development Coordinator, Carol Peterson, a Science, Technology, Engineering, and Math (STEM) Camp was conducted in Milnor on June 11-12. Amber Fyre, Milanor citizen and high school science teacher in Wyndmere, and I worked together to plan, prepare and lead the camp that included lessons, mini-labs, activities, and challenge labs. In a thank you note, one of the parents stated, “Our son absolutely loved it and learned so much. The camp was well-run and provided an awesome learning experience.” STEM education is seen as an huge need because our knowledge based economy is driven by constant innovation and the foundation of innovation lies in a dynamic, motivated and well-educated workforce equipped with Science, Technology, Engineering, and Mathematics (STEM) skills.
- Our county 4-H Consumer Decision Making (CDM) contest was held during this quarter. Along with the CDM training sessions that were offered, it provided opportunities for youth to become proficient at using a decision making process to arrive at and defend objective, standards-based decisions. Decision making is a valuable life skill, and it also ties in with financial literacy.

Nutrition, Food Safety and Health Education

- A series of three Breakfast Matters classes were taught in third grade classrooms throughout Sargent county. Lessons focused on why breakfast matters, what constitutes a healthy breakfast, and how to manage resources to achieve healthy breakfasts every day.
- Kids Cooking Camps (KCC) were conducted in Gwinner and Forman. Each camp ran for four consecutive afternoons, providing 12 hours of instruction and hands-on learning for each participant. Topics emphasized included nutrition education and consumer education as it relates to reading and understanding nutrition fact labels and food ingredient lists, food safety, kitchen safety and food preparation skills. The KCC in Gwinner was led by Kylie Christianson, whom I had recruited and trained.
- Sun Safety education was delivered through demonstrations and hands-on activities for fifth and sixth grade students.
- “Nourish Your Immune System” and “Taking a Proactive Approach to Pre-Diabetes” were presented as adult wellness lessons.
- Four food preservation classes for adults were taught in Forman and Gwinner. Margie Geffre, was the guest presenter.

Other

- Professional development: ND Nutrition Council (Fargo), Leadership Conference (Michigan), FCW Update (Fargo)
- Administrative: NDSU Extension Advisory Council
- SKYPE trainings and calls: 4-H Consumer Decision Making, Turning 65, Fall Conference Planning Committee
- Upcoming programs: Cooking Camp in Milnor; County Fair
- Upcoming implementation of Advisory Council recommendations: Financial literacy and community vitality