



COOPERATIVE
EXTENSION
SERVICE

ST. MARY PARISH

500 Main Street
Room 314
Franklin, LA 70538

Phone: 337-828-4100
Ext. 300
Fax: 337-828-0616
E-mail:

jejohnson@agcenter.lsu.edu
adrusini@agcenter.lsu.edu
stmary@agcenter.lsu.edu

4-H is a community
of young people
across America
who are learning
leadership, citizenship
and life skills.



It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion, age or disability." If you have a disability which requires special assistance to participate in any meeting or 4-H activity, please contact the Louisiana Cooperative Extension Service, LSU AgCenter at (337) 828-4100, ext. 300 at least 2 days prior to the event.

2009 St. Mary Parish 4-H Achievement Day

March 21, 2009

Centerville High School

Elementary Division Rules

Schedule of Events

Time	Activity
8:30 a.m. – 9:00 a.m.	Registration, bring exhibits to contest room
9:00 a.m. – 9:30 a.m.	General Assembly For Everyone
9:30 – 11:00 a.m.	Contests
11:00 a.m.—11:30 a.m.	Lunch
11:30 a.m.	Song & Yell Contests followed by Awards

General Rules – Please read carefully!

1. The contests are grouped into two divisions: Elementary (4th – 6th grades) and Senior (7th –12th grades).
2. All exhibits entered in Achievement Day contests are to be brought to Achievement Day by the 4-H'er and picked up by the 4-H'er at the end of the contest period. Make sure that your exhibit is labeled with your name, contest division and school.
3. Remember that you are representing your school and you should only wear what would be acceptable at school on a t-shirt and blue jeans day (no revealing tops or bottoms, etc.)
4. All club members placing 1st, 2nd, or 3rd in each contest will receive ribbons for their achievements. Blue ribbon group winners will receive certificates. In addition, 1st place winners will win a trip to 4-H Day at the Capitol scheduled for June 3, 2009. Ribbons and certificates will be presented at May club meetings. Result sheets will be posted outside the teacher's lounge in the front of school.

Club Contests and Awards

1. **The Most Active Club Award** will be awarded to one Elementary Division Club, and one Senior Division club. To qualify for this award you must complete the Most Active Club Book and turn it in to the 4-H Office by **March 16, 2009**. The Most Active Club books are located in the leader guide books handed out in October.
2. **Song and Yell Contests** These contests are for clubs only, not individuals. The contest will have an Elementary Division (grades 4th – 6th) and a Senior Division (7th – 12th grade).
 1. **4-H Clubs** may enter one or both of these contests.
 2. All clubs will compete together.
 3. One award will be presented to the 4-H Club with the best song.
 4. One award will be presented to the 4-H Club with the best yell.
 5. Clubs participating in these contests must register in the faculty lounge following the general assembly.
 6. Musical accompaniment and cheerleaders acceptable, if leaders make their own arrangements.
 7. Song and Yell **should not exceed 5 minutes**.
 8. **Only actual 4-H club members should participate in the contests.**

4TH GRADE CONTESTS

1. **Discovering 4-H** – take a test based on project book.
2. **A Bean Seed Potted in a Pot** – the seed should not be planted more than one month before Achievement Day. *A stick or card must be attached with the date of planting and type of bean.*
3. **Sew a Button** – Sew a button on a piece of scrap fabric according to the directions on page 13. Place the fabric with the sewn button in a plastic storage bag.
4. **Backstitch example** – on a piece of scrap fabric, sew a two inch example of the backstitch taught on page 14. Place the fabric with the backstitch example in a plastic storage bag.

THE FOLLOWING CONTESTS ARE OPEN TO ALL 4TH – 6TH GRADE 4-H'ERS

1. **Consumer Decision** – Contestants will judge 2 classes of consumer products.
2. **Consumer Foods Judging** – Contestants will judge 2 classes for nutrition, dietary guidelines and/or budgeting.
3. **Crop Judging** - Contestants will rank classes of vegetables according to quality.
4. **Insect I.D.** – Contestants will identify 10 insects and take a test.
5. **Meat I.D.** – Contestants will identify meat cuts through a matching test.
6. **Pet I.D.** – Contestants will identify 10 pets and answer 10 questions pertaining to pets.
7. **Rabbit**—Take written test from project book.
8. **A Fifteen (15) Count Leaf Collection** – with identification mounted on 22” x 28” poster board.
9. **Seed Identification** – Contestants will identify 20 seeds (vegetable, flower, and fruit).

PROJECT TESTS/EXHIBITS: *These contests are limited to 4-H'ers who are enrolled in the specific project book.*

1. **Under Construction**—**Tools of the Trade** – Contestants will identify 10 sewing tools.
2. **Bicycling for Fun**— **Getting to Know your Bike** – Contestants will identify 15 different parts of a bicycle.
3. **First Aid in Action**— **Identify First Aid Kit Supplies** – Contestants will identify 15 items from a first aid kit.
4. **Six Easy Bites**— **Bake six muffins** from the recipe on page 36
5. **Magic of Electricity**— **Make a Switch** following the instructions on pages 12-13.
6. **Measuring Up**— **Tools and Equipment** – Contestants will identify 13 different tools.