



4-H News

September 2026

WELCOME TO 4-H!!

4-H is an amazing club where you get to hang out with friends and try cool new things! If you are in grades 4-12, you can join the fun in clubs, summer camps, after-school groups, and hands-on activities. Our slogan is “**learn by doing**,” which means you get to jump right in and do things yourself instead of just sitting and listening!

Cool Things You Can Do

There is a project for absolutely everyone! Check out what you can choose from:

- 🍕 **Cook & Eat:** Bake delicious treats and learn how to stay super healthy.
- 🎨 **Get Arty:** Snap photography, design cool clothes, or paint masterpieces.
- 🐾 **Animal Adventures:** Learn to take care of horses, dogs, or farm animals.
- 🎤 **Be a Leader:** Practice public speaking and help lead fun volunteer projects.

Ever wonder what the four “H’s” on the green clover stand for?

- **Head:** For thinking fast, solving puzzles, and making smart choices.
- **Heart:** For being a great, loyal friend and helping others feel included.
- **Hands:** For building cool things and giving back to your neighborhood.
- **Health:** For keeping your body strong and full of energy every day.

We are so excited for a super fun year ahead!

4-H CONTESTS

OCTOBER
4-H Posters

NOVEMBER
Public Speaking

JANUARY
Photo Search
6th-12th grade ONLY

FEBRUARY
Demonstrations

MARCH
Piggy Banks

SERVICE PROJECTS

OCTOBER
Toothbrush and toothpaste

NOVEMBER
Bar Soap (wrapped)

JANUARY
Shampoo and Conditioner
or 3 in 1

FEBRUARY
Deodorant

Attention Parents!!

Do you want to get reminders about upcoming 4-H events? Do you need to know when your child's 4-H poster is due or when camp registration opens? Then join our email list!! It's quick and easy and will help guarantee that you get needed reminders.

Join our email list

tiny.utk.edu/Rheaemailssignup



Sign up to receive notifications of upcoming
events, newsletters and information

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