



CANADA
4-H PEI



4-H PEI

A Family Guide

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What is 4-H?

The Vision of 4-H Canada is to empower young Canadians to become responsible, caring and contributing leaders who are passionate about making meaningful contributions to the world around them. We provide a safe, fun, and inclusive environment that prepares youth to make a positive impact on their community, on their country and around the world.

The Mission of the 4-H movement in Canada is to empower youth to be responsible, caring and contributing leaders that effect positive change in the world around them.

The Core Values of 4-H PEI are to provide opportunities for young Islanders ages 6-21 to form community based, member-driven clubs in order to pursue skill-based projects of their own choosing. Each year, clubs achieve success through completion of mandatory components including: member projects, public speaking, community service and agriculture awareness, through direct participation and support from family members and volunteer leaders. In doing so, the members develop the tools for positive mental, physical and social health.

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. To find a link to the complete **Inclusion Statement** visit: <https://4-h-canada.ca/about> and follow the link.

4-H is open to **ALL** youth on PEI. There are four categories in the 4-H Program, based on age as of January 1st of the club year.

It is up to the discretion of each individual Club to determine if they will accept Cloverbud members, and at what age. Please check with a 4-H Specialist for more information.

4-H may be a youth program, but it really is a program for anyone! Without adult volunteer leaders to share their skills and knowledge, 4-H simply wouldn't exist.

Who can join?





CANADA
4-H PEI

HEAD: managing, thinking and developing critical thinking skills

HEART: relating, caring, developing friendships

HANDS: giving, working, volunteering and helping out

HEALTH: wellbeing, healthy living, taking care of yourself and the planet



What do the four “Hs” stand for?

The 4 “Hs” have been around for over a hundred years. They represent the values of 4-H and how our members commit themselves to be responsible, caring and contributing young leaders.

We also have a pledge that kicks off each meeting as a reminder of the 4 “Hs” and what they stand for.

4-H Pledge

I pledge
My head to clearer thinking
My heart to greater loyalty
My hands to larger service
My health to better living
For my club, my community
My country and my world.

4-H Grace

We thank Thee Lord
For Blessings great
On this our own fair land
Teach us to serve Thee joyfully
With head, heart, health & hands

4-H Motto

Learn To Do By Doing

Why 4-H?

- 4-H is a fun, safe and inclusive space for all youth.
- The friendships you make will last a lifetime
- There are endless opportunities for you to explore your interests and chase your passions.
- Working in partnership with caring adults, you will learn new things and develop skills that will be with you your whole life.
- You get to take part in amazing experiences— from exchanges with your 4-H peers across Canada and around the world, to national youth conferences, to planting a garden in your local community, you will have a chance to expand your horizons and grow as a youth leader.
- 4-H PEI, along with 4-H Canada, offers incredible scholarships and travel opportunities.
- You will learn more about the world around you and how to create a positive impact as a young leader in your community and your country.



Organizational STRUCTURE



Clubs: Members & Leaders

On average, PEI has 20 4-H Clubs per year. Clubs consist of 4-H members and project leaders and are administered by an Overall Leader or a Team of leaders.



Regions & Regional Councils

4-H PEI is divided into three regions - Western, Central and Eastern. Each region is governed by a Council. The Council is made up of representatives from the Clubs in that Region, along with key leaders and volunteers.



Provincial Staff

Oversee the operations of the 4-H program Island-wide. Facilitates the communication of information, resources and events.



Board of Directors

Governs 4-H PEI. Composed of representatives from each of the three regions. Acts on behalf of member and leaders in the province to give focus to the mission of the program and for decision making on 4-H policies and implementation.



4-H Trust

Established in 1987, the 4-H PEI Trust was established to provide additional funds for programs and services for the benefit of the 4-H movement, its members and leaders.



4-H Canada

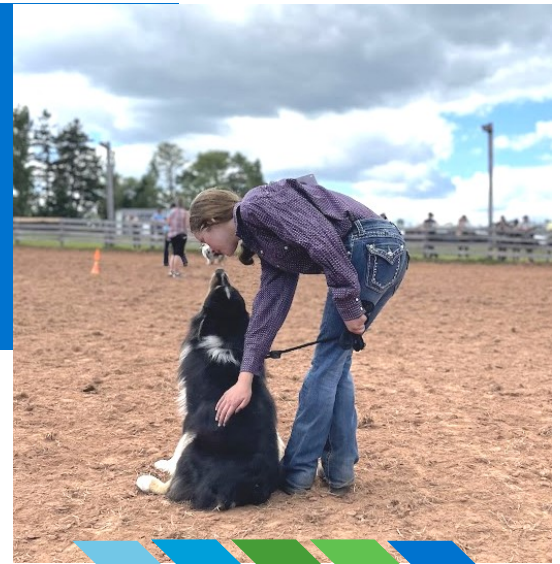
Provides funding to the Provincial Council as well as travel and learning opportunities for members, leaders & staff. Development and administration of innovative programs



4-H Global Network

The Global 4-H Network believes that the power to build a more sustainable future lies with today's youth. To ensure global economic and political stability in the future, we must work now to create long-term solutions to strengthen our communities and feed our growing world.

What does it mean 4-H member?



- 1. Commit to the Pledge**
- 2. Attend your 4-H Club Meetings** You and your 4-H Club will decide how often you meet, when you meet and what your meetings look like! Make sure to share this information with your parents or caregivers.
- 3. Pick a 4-H Project**
Develop your skills! Most 4-H clubs will decide on projects together. If you have ideas or interests you would like to explore, make sure to speak up! There are hundreds of projects to choose from. Have a look at the **4-H Project Catalog** before making your final decision.
- 4. Complete** your 4-H club requirements and practice what you're learning. There will be times when you will need to work on your project outside of club meetings. The more time you can put into mastering your new skills the better! There may also be activities, such as fundraisers or community events, that your 4-H club will organize or take part in. Getting involved in these extra opportunities is a chance for you to take initiative, be part of your community and develop your own personal leadership style!
- 5. Participate at Achievement Day**
- 6. Respect** everyone in your club and be your best possible self.

4-H Clubs

4-H Clubs typically hold a registration night in September or October to begin the year. Anyone is welcome to attend a registration event and join the Club. At this event you will have the opportunity to meet leaders, members and ask questions. If you are committed to joining the Club you will receive instruction on how to do so and pay a Club fee. If you are new to 4-H and unsure of how to find out about registration nights, it would be best to contact the Provincial 4-H Office so that the staff can help direct you to a Club.

4-H Clubs are the "heartbeat" of our organization! Each club consists of at least five members who are guided by a team of volunteer leaders. Often these leaders are parents of 4-H members in the Club. 4-H is very much a **family organization!**

A Club will typically have a **general meeting** once a month to plan activities. Members will also attend **project meetings**, which are held as often as needed, depending on the project leader and topic. As part of the 4-H year, members also participate in a **Communications Event** (public speaking), **Community Service** work, **Agriculture Awareness** activity and fun club activities.

Parents & Guardians

The success of 4-H depends on the time and dedication volunteers give to the program. Volunteers are most often parents or guardians, grandparents, family members, 4-H alumni and community members. It is expected that parents and/or guardians will help within the Club. All clubs are run solely by volunteers and members of that club. This means that everyone pitches in to do their part to help the club have a fun and educational year. Parents should plan to attend club meetings and help facilitate events and activities; there are a range of things that can be helped with. We recognize that new families need some time to settle in and there is a lot to learn in the 4-H world.

Your interest and cooperation is a major factor in determining your child's attitude towards 4-H activities. Encouraging and supporting your child through the program will help ensure they have the best experience possible.

MAIN ROLE

Be supportive and encourage your child to learn and grow within all aspects of 4-H. Keep in touch with your child's club or project leader(s), ask questions when you are unsure, and be aware of club plans for the year.

Remind your child that 4-H is a commitment that they have made. It is important that 4-H meetings and events get added to your family calendar.



IN RETURN

With your support and the effort of our dedicated volunteers and staff, your 4-H family member will be:

Encouraged to develop self-confidence, a sense of responsibility and a positive self-image in a safe and encouraging environment;

Provided with opportunities to learn new skills in a wide variety of subjects and to develop personal skills in communication, leadership, problem-solving and goal setting

AND we hope that you will enjoy meeting new friends, learning new skills and making a positive contribution to your community!



The 4-H Leader Experience

The 4-H program wouldn't exist without our 4-H Leaders. These individuals, most often parents of 4-H club members, take on the shared responsibility of leading activities which range from Skills or Livestock projects to Communications, Community Service or Fundraising activities. Clubs are busy throughout the year, so we encourage volunteers to create leadership teams to share the workload of various tasks.

Team Leader Roles

- Overall Leader (OAL)
- Club Liaison
- Club Administrator
- Club Project Coordinator
- Club Events Coordinator
- Agriculture Awareness Activity Facilitator
- Community Service Activity Facilitator
- Club Communications Coordinator
- Achievement Day Coordinator
- Fundraiser Coordinator
- Skill Based Project Leader
- ...and more!

Upon request, the Provincial 4-H Office can provide a document that gives more detail and direction for each of these roles.

Overall Leader - OAL

...are individuals with an established history in the program who **oversee** a club and provide guidance to both club members and members of the leadership team.

Project Leaders

...are volunteers with an interest in a particular subject area (or two!) who are willing to ensure members have an opportunity to **Learn to do by Doing** in a structured and supportive environment. It's not about being an expert - it's about being interested - so sometimes, Project Leaders are learning the skill alongside their club members!

Junior Leaders

...are 4-H members ages 15-21 who have been a part of 4-H for a minimum of two years and are ready to share leadership responsibilities as part of the **Junior Leader Project**.



Volunteer Leader

SCREENING

We do everything possible to ensure the safety and well-being of our members and adult leaders. It is our moral & legal responsibility to screen all volunteers to ensure the safety of 4-H youth, 4-H leaders and the 4-H organization as a whole. Before someone can become a 4-H leader they must successfully complete the 4-H PEI Volunteer Leader Screen Procedure. There are two types of volunteer leaders within 4-H and below are the necessary components that need to be completed for each type.

SCREENED VOLUNTEER LEADER

- Step 1:** Submit a New Leader Application (online) that indicates your previous volunteer experience and key areas of interest
- Step 2:** Provide two personal references (reference also submit an online form using the link that you will provide them with)
- Step 3:** Consent to a Police Record Search and Vulnerable Sector Check (following the submission of your application the Provincial 4-H Office will send you a PRC request letter that you can take to a Police detachment of your choosing)

TRAINED VOLUNTEER LEADER

- Step 1-3:** Complete the steps listed above
- Step 4:** Complete the Youth Safety Training webinar that takes approximately one hour online
- Step 5:** Complete the Commit to Kids online training that has been developed by the Canadian Centre for Child Protection for organizations like 4-H. The training provides up-to-date and relevant best practices to increase the personal safety of children and youth.

Once the first three steps are successfully completed and submitted the volunteer leader will receive a letter that notifies them of their Screened Leader status. Similarly, once steps four and five are completed another letter will be received to acknowledge completion and notify a leader that they are officially of Trained Leader status.

Volunteer Leaders are encouraged to visit our website pei4h.ca/new-volunteer where there are step by step instructions for each component of process. We also encourage you to reach out to the Provincial Office at any time for assistance.

RETURNING VOLUNTEER LEADER

A leader is not expected to complete each of the aforementioned steps each year. However, each fall, Returning Leaders must complete the Returning Leader Form (online). Police Record Checks and Vulnerable Section Checks must be resubmitted every three years - leaders will be prompted by the Provincial Office when it is time to resubmit.

MEMBER Requirements

The goal of every 4-H member is to “successfully complete” the 4-H year and remain in “good standing.” To do this the following requirements must be accomplished:

Skill based Project

4-H members develop skills that they can use on a daily basis through the various projects offered..

Portfolio Documentation

New this year, 4-H members will be given a binder to act as their 4-H Portfolio. Each year members will be expected to fill out the pages that have been provided and display the binder at Achievement Day.

Public Speaking & Communications

This is a part of 4-H that will become a life long skill! With support, 4-H members will learn to speak in front of others about a topic that they are passionate about.

Community Service

One of the most valuable skills that anyone can learn is compassion for others and leadership. Through participation in the Community Activity, members enjoy the shared experience of making a difference in the world around them.

Agriculture Awareness

This is the connection between 4-H and agriculture. Clubs generally complete some aspect of this project as a group effort. This helps to keep the 4-H movement connected to its roots and gives members a greater appreciation for the agriculture community.

Steps to successfully complete your 4-H year
Project choices must be confirmed by March 31



Attend your Club's Achievement Day with all Project Completion Requirements

1. Complete PCRs [Project Completion Requirements] listed in project booklet

2. Complete a Communications with your Club: Public Speaking OR Demonstration

3. Complete a Community Service Activity with the members of your Club or Region

4. Complete an Agriculture Awareness Activity with the members of your Club or Region

Achievement Day ... Is the completion of the 4-H year and an opportunity for parents, leaders and members to celebrate the successes of the 4-H year. Typically Achievement Days are held in June or July, but must be scheduled before the second last Saturday in July of each year. The 4-H Specialist (staff) will attend Achievement Day to review member requirements and present completion certificates.

Skill Based Projects

On PEI, 4-H members have over 40 exciting projects (dependent on Leader availability) to choose from each year. A few terms that you might hear when referring to 4-H Projects:

Project Leader: This is the volunteer who has stepped up to lead a group of 4-H members in exploring a specific topic. This person is not necessarily an expert and may be learning right along side the members in the group.

Club Project: This is a project that is specific to one Club and only includes members from said Club

Regional Project: This is a project that includes multiple Clubs from the same 4-H Region; these projects may involve multiple meetings or follow the “project-in-a-day” format

Provincial Project: This is a project that is organized and facilitated by 4-H staff; members from all across PEI are invited to sign up for these projects when they are offered; typically an additional fee is required to take a Provincial Project

Project-in-a-Day: This type of project means that a group of members will complete all of the project requirements for one project in a single day

Create-a-Project: At times a project does not exist so a leader or club will take the initiative to create a project to explore a topic of interest

It is mandatory to complete one project in order to successfully complete the 4-H year. Each project has a specific requirements as outlined on the Project Information Page. Staff are able to supply leader resources upon request.

4-H projects are organized within four leadership pillars as set out by 4-H Canada. Each pillar represents the positive leadership skills that youth gain from engaging in project work and experiences offered through the program.



Project Option Categories:

Introduction to 4-H
Large & Small Animals
Agriculture & Fisheries
Creative Arts
Foods & Entertaining
Technology & Trades
Personal Development
Leadership

For a complete list of projects please see our website



Leadership Development Pillars



Community Engagement
and Communications



Science and
Technology



Environment & Healthy
Living



Sustainable Agriculture
and Food Security

4-H More than your Club

In addition to taking projects, 4-H members can participate and challenge themselves in many other events. For details and a complete listing of opportunities visit the website www.pei4h.ca. Here is a glimpse of some opportunities:

Workshops, Tours & Conferences

4-H members and leaders can participate in a variety of skill specific and leadership conferences each year. Meeting people and having fun while developing self-confidence and team building skills is what it is all about!

Atlantic Member's Conference

This conference, held annually in Debert, NS, is organized by a committee made up of 4-H leaders and staff from the Atlantic provinces (NS, NB, PEI, NFLD). Age groups alternate by year. This is an excellent opportunity for members to network with local 4-H members and leaders, not to mention the inspirational keynote speakers and fun activities that are planned for the weekend event.

Summer Camp

4-H PEI offers summer camp options each year in July.

Award Opportunities

Provincial Scholarships

There are currently seven scholarship awards available through 4-H PEI for 4-H members. Applications open in September each year and are due on November 15th. Recipients are announced at the Awards Banquet in February.

National Scholarships

4-H Canada offers a variety of scholarships each year. The best place to find information about application guidelines and eligibility is the 4-H Canada website: www.4-h-canada.ca

Annual Awards

Each year 4-H PEI offers awards to recognize outstanding contributions to the 4-H PEI program throughout the year:

- Top 4-H Member Award
- Top Livestock Member Award
- Top Horse & Pony Member Award
- Community Service Club Award
- Agriculture Awareness Club Award
- Leader Recognition Award
- Member Recognition Award



4-H Further Education



In addition to many Provincial opportunities, 4-H members will have many doors open to them at the National level. Visit www.4-h-canada.ca for a complete list and details.

Youth Advisory Committee

You've aged out of the 4-H program, but you're not old enough to be a leader.. How do you stay involved? Apply to be one of the YAC members for our province! An opportunity to have your voice heard at the National level, engage with youth from across Canada, travel and training sessions to help build your resume.

4-H Canada Science Fair

An opportunity for 4-Hers, grades 7-12, to explore, experiment and discover! Create your own 4-H Canada Science Fair project and submit it virtually. If you are successful you'll be invited to Dalhousie University Agriculture Campus where five winners will be selected. Should you be selected in the top five you will get to participate in the Canada-Wide Science Fair to compete for the top prize!

Careers on the Grow

A National career development program where you get to explore career paths, apply your skills and gain hands-on experience. Available to 4-H members or alumni, ages 18-25. Successful applicants will be given an internship placement, networking opportunities and access to mentorship circles to meet industry leaders, learn about career paths and life lessons.

National & International Travel

4-H members can apply for travel opportunities across Canada, United States & beyond! There are four travel opportunities offered each year to 4-H members - *eligibility and application criteria apply*. Applications due November of each year.

Judging Competition

There is so much more to judging than to simply decide which animal or item is more desirable than another. Judging helps you to: *learn, evaluate, make decisions, communicate and develop confidence*. A provincial competition is held each summer. 4-H members, ages 9-21, are invited to participate. The top senior judge (age 17-22) will win a trip to **Agribition** to compete in the International Judging Competition held in Regina, SK, each November.

EastGen Atlantic Showcase

An Atlantic event for 4-H members who are enrolled in the 4-H beef or dairy project. Eastern Breeders' Inc. sponsors this training event, as well as providing highly qualified staff to ensure 4-H members learn the most current techniques in clipping, showing and herd management. The Showcase is held each July in Truro, NS.

Contact Information

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PEI 4-H Council

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PARTNERS IN Success



Agriculture and Land

The PEI Department of Agriculture and Land helps to build a stronger agri-food sector by investing in the development and transfer of innovative technologies, retaining and attracting investment, developing markets, providing regulatory oversight, and effective risk management tools. The Department also helps enable rural PEI to build vibrant and resilient communities.

The Department of Agriculture and Land is a long-time supporter of the 4-H Program. It provides the 4-H PEI Council an operational grant as well as office space, printing and postage services

Through grant programs it manages on behalf of its national partners, **4-H Canada** directs funding to 4-H PEI on behalf of such organizations as:

For a complete list of National partners, visit <https://4-h-canada.ca/about/partners>



Emerald Clover Supporters

PEI 4-H Trust

PEI 4-H Trust



CANADA
4-H PEI

The **4-H PEI Trust** has played a significant role in the success of the 4-H PEI Program over the last 25 years. Incorporated in 1987, the Trust's main purpose is to provide funding for programs and services which are of benefit to the 4-H movement, its members and leaders, in addition to those funds provided by the PEI 4-H Council and current funding partners.

The Trust solicits and receives donations from a wide variety of sources and invests the funds under the direction of a volunteer Board of Trustees. The principal amount of the donation remains intact, while only the interest is distributed each year. Since 1987, the 4-H Trust has contributed more than \$50,000 to positive youth development on Prince Edward Island!



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Learn
To Do
By Doing