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### **Senior Scholarship Opportunity – Deadline: May 1, 2020**

This scholarship is sponsored by the Q81 foundation. The Anquan Boldin Foundation, also known as Q81, was established in 2004, and is dedicated to expanding the educational and life opportunities of underprivileged children. As evidenced by the charitable activities across the country and overseas, the Q81 Foundation has over 10 years of history impacting communities at large. The foundation encourages and welcomes applications from any high school graduating senior entering college for our \$10,000 scholarships. Applicants must reside in Palm Beach County or Baltimore. The deadline to submit is May 1, 2020. More information can be found here: <https://q81.org/the-anquan-and-dionne-boldin-scholarship-foundation/>.

### **SERVE by SEWING...4-H Youth Called to Action to Make Face Masks**

Feeding Florida, an agency serving more than 2500 agencies to distribute food to people in need in all 67 counties are in critical need of face masks for their staff, volunteers and agency partners. During times like this, they partner with the State Emergency Response as a part of ESF 6 Mass Feeding. The food banks have adjusted their model of distribution to adhere to the social distancing requirements and they are in great need of face masks as they carry out their mission to provide food to Floridians in need. 4-H'ers who have supplies at home are encourage to help out by using their sewing skills to make face masks for our friends in need. Here is an easy to follow face mask making video that will guide you through each step: <https://www.facebook.com/watch/?v=907609343037773>. If you run out or don't have elastic, you can make ties instead by using bias tape or sewing straps. This project is a great way to share your 4-H spirit and help out your community. Tag @florida4h and @palmbeach4h to share your creations! To record our state wide effort, and to recognize our 4-H youth who take part, send me some information on what you did, how many hours were spent, and if you worked on this alone or with a group. I will send this to our Florida 4-H team to get the name of local agencies that are in need in Palm Beach County.

### **At Home with 4-H – Video Series Week 3: Nutrition and Physical Activity**

This week's At Home with 4-H videos are fun, educational, mindfulness activities you can do at home. Next week will be 5 days of science inquiry. We will be posting to the videos to social media at 10:30 a.m. Tune in daily to learn and have fun with us! Also, every Friday we will be posting a Kahoot Challenge so you can test your knowledge about the week's video topics. You can still take Week 2 and Week 3's challenge here: Week 2: [https://kahoot.it/challenge/0314626?challenge-id=d5d360c5-e611-4b94-945e-bc1ea2910c7b\\_1585923982229](https://kahoot.it/challenge/0314626?challenge-id=d5d360c5-e611-4b94-945e-bc1ea2910c7b_1585923982229); Week 3: [https://kahoot.it/challenge/05772268?challenge-id=d5d360c5-e611-4b94-945e-bc1ea2910c7b\\_1586439565759](https://kahoot.it/challenge/05772268?challenge-id=d5d360c5-e611-4b94-945e-bc1ea2910c7b_1586439565759).

### **Service Activities That Can Be Done From Home**

Looking for service activities youth can complete from home? You can find many recommendations from the Youth Service American organization at: <https://leadasap.ysa.org/ideas/#rating=4>

### **April Curriculum Discounts From National 4-H!**

National 4-H Council and Shop 4-H are committed to providing low-cost online and print educational resources to support 4-H'ers and families while schools and clubs remain closed. To better meet the needs of 4-H state, extension and county offices, our customer service team can help you designate multiple shipments under one billing account, so that you can supply your local clubs, organizations, communities and families with the curricula and educational materials they need to succeed. The process is simple. Simply fill out the attached form for each location you would like products to be shipped and email it to [hello@shop4-h.org](mailto:hello@shop4-h.org). Our customer service team will reach out to confirm your order, and if you need further support, you can always give us a call at 301-961-2934. In addition, during the entire month of April, receive discounts of up to 25% on 4-H curriculum and learning products, and enjoy some additional perks along the way! Late last year, we introduced Everyday Bulk Pricing\* on our suite of 450+ peer-reviewed 4-H curriculum books, and for the entire month, we will be increasing those discounts by 5%. You'll also see savings of 10-15% on our educational kits & supplemental materials, receive a free reusable shopping tote with a purchase of \$25 or more, and receive free shipping at checkout on all curricula & educational materials! Activate savings by mixing and matching any of our curriculum book offerings to hit the quantity tiers. Discounts will automatically calculate in your shopping cart. See the table below for further details. Number Purchased Everyday Discount Curriculum Sale Discount thru 4/30/2020. If you need additional help with your planning, head to their website (<https://shop4-h.org/collections/curriculum>) to view Look Insides and watch webinars, or use our Curriculum Ordering Worksheet (attached), which lists all available titles and includes publication dates, prices, and more.

- 1 - 14 Units - 10%
- 15 - 29 Units 10% 15%
- 30 - 49 Units 15% 20%
- 50 Units Or More 20% 25%

\* Bulk pricing offered on all printed books, but not digital downloads, materials kits, or supplemental resources.

### **Helping Youth Cope with Disappointment and Grief**

With the suspension of 4-H summer programs our 4-H members, volunteers and families are obviously very sad, and some may have a difficult time coping. There are things you can do to help! Please take a look at the following suggestions from Dr. Heidi Radunovich:

1. Focus on what you still CAN do, rather than what you can't do. For example, ways that you can get together as a club and work on projects, remote camps that might go on, etc.
2. Even though official camps are off the table at this time, I think there is still a possibility that things can improve by this summer, and there could be opportunity for fun group events to be planned later, even if it isn't camp. Maybe work with them to think about what activities/trips that could be done later that they might enjoy. Also consider fall activities in the event that summer doesn't work.
3. Remind them that, even though you can't see them in person right now, you are still there for them. Staying in contact remotely through Zoom or other methods can help people feel more connected to you and to each other.

4. Consider coming up with challenges for them to work on remotely - e.g. projects, walking challenges, creative challenges, crafts, etc. that they can share with each other. Perhaps a virtual travel guide so that they can travel the world?
5. Help them to focus on ways to engage in self-care - what can they do for themselves that helps them stay healthy, or makes them feel good? Perhaps thinking about what helps them manage stress might be good, attempting some breathing exercises to help ground them, if they are amenable maybe some meditation.
6. What are they grateful for? Are there any silver linings that they can find right now in what is happening?

Here are a few resources, just to have in your back pocket as you are dealing with the grief a lot of children are feeling right now:

- National Child Traumatic Stress Network - focuses on some of the behaviors that are engaged in and how to help, focused on parents/caregivers: <https://www.nctsn.org/resources/helping-teens-traumatic-grieftips-caregivers>
- National Center for Grieving Children and Families: gives principles on helping teens with grief, but also has links to other resources: <https://www.dougy.org/grief-resources/how-to-help-a-grieving-teen/>
- Nemours - has info for parents, teachers, and teens themselves; very succinct: <https://kidshealth.org/en/teens/someone-died.html>
- This is a website that doesn't seem to come from an official source (so normally I'd stay away), BUT it is super thorough and I really like what they cover; also has links to other information embedded; also available as a podcast: <https://whatsyourgrief.com/helping-a-teenager-deal-with-grief-2/>

### **Hunger Relief Update as of April 10, 2020: Information and Resources**

Please see the attached Hunger Relief Update as April 10, 2020. Also attached are several documents that provide additional information. Below are links to information about where to find food:

- [Click here to find food through Feeding South Florida](#)
- [Click here to find food through Palm Beach County Food Bank](#)
- [Click here for School District \[palmbeachschools.org\]](#) locations distributing Grab 'n Go bags filled with breakfast, lunch, supper, and a snack, from 11:00 a.m. – 1:00 p.m.
- [Click here for FLIPANY-Eastern \[palmbeachschools.org\]](#) locations distributing food from 11:00 a.m. – 1:00 p.m., and three locations that are distributing food from 3:00 p.m. – 5:00 p.m.
- [Click here for FLIPANY-The Glades \[palmbeachschools.org\]](#) locations distributing food from 11:00 a.m. – 1:00 p.m.
- [Click here for information about Boys and Girls Clubs of Palm Beach County \[bgcpbc.org\]](#) locations distributing Grab 'n Go bags and other food.
- [Click here for a summary of food sites \[211palmbeach.org\]](#) – when you click this link, please scroll down for links to information about Food Sites/Pantry Information/Food Distribution information.
- Click here for the link to [WPTV's "We're Open", \[wptv.com\]](#) and online map and list of businesses that are open in Palm Beach County.
- The City of West Palm Beach also has a comprehensive list of open restaurants, "West Palm Eats" and how to order [here \[wpb.org\]](#).