OBJECTIVE: To help students learn the importance of making good choices in diet and physical activity to their future.

Pass out the handout with the county, regional and state web-sites. Explain that we are not going to be printing the 4-H Yearbooks due to budget cuts. Stress that the 4-H yearbook and all contest rules can be found on the county Extension website.

Point out that for anyone who has a Facebook page, our county 4-H program also has one. Becoming a fan of “Claiborne County 4-H” on Facebook will allow them to receive any announcements or special notices. It also has some great pictures of our 4-H members at events.

Tell the club that we will now elect officers. Stress that they must be serious in nominating and electing officers. If the officers do not do their jobs, they will be replaced. No questions asked, no excuses accepted.

Stress that 4-H is a privilege, not a right. Their 4-H privileges can be lost.

Introduce the officer positions that we elect people to fill. Again, stress that everyone must take this serious.

Next, we are going to elect club officers.

Please be serious in electing your officers. If your officers do not do their jobs’ then your leaders And Agents will not be back.

4-H is a privilege, not a right!

- Work for the people,  
- not the Party!

Officer Elections

- We will elect someone to the following positions:
  - President
  - Vice President
  - Secretary
  - Reporter (optional)
  - Community Service (two people)

- As we have stated, BE SERIOUS! If you are not you will lose your 4-H privileges.

- The handout that everyone has received is a guide to get you to the 4-H information that you may need this year.
- Due to budget cuts, we are no longer able to print 1,800 copies of the 4-H yearbook.
- The 4-H yearbook is on our county 4-H website:
  http://utextension.tennessee.edu/claiborne/
- The yearbook has all contest rules as well as all of the things that we do out of school. Check it out!

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Go over the process we will use for electing officers. In 6th grade the kids need to have someone else nominate them. They cannot nominate themselves.

Stress that officers elected must give a speech in the November contest. NO EXCEPTIONS!

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**President**

- The President will preside over the meetings, ensure that the other officers are prepared to do their jobs and remind the club about upcoming meetings and service projects. The President is to keep order during the opening of the meeting and assist the leaders or Agent to keep order during the entire meeting.

- Nominate and elect your President at this time.

**Secretary**

- The Secretary is expected to record what happens at each meeting in the Secretary’s Handbook. This means that the Secretary will record who competes in contests, who does demonstrations, what the lesson and/or community service project is, etc. The Secretary will also call roll. The Secretary must be able to write well and quickly and keep up with the Secretary’s Handbook.

- Nominate and elect your Secretary at this time.

**Reporters**

- The Reporter will write a news article about what happens in the monthly meeting similar to the Secretary’s minutes. The difference is that the Reporter’s article will use proper English and grammar. The reporter will then get that article to the teacher in charge of the school newspaper. Also, the Reporter is encouraged to send the article to the Claiborne Progress, Daily News, etc.

- Nominate and elect your Reporter at this time.

**Community Service Chairpersons**

- The Community Service Chairpersons (CSC) will be responsible for coming up ideas for community service projects for the club to consider and vote on. Once a service project is selected, the CSC make arrangements with the classroom teacher to get thing accomplished such as getting a box to collect canned food. The CSC will also remind the club weekly about any ongoing service projects. The CSC will have a written report at the next 4-H meeting to present to the club of what has been done with the latest service project and then give the report to leaders or Agent.

- Nominate and elect your 2 Community Service Chairpersons at this time.

For the above five slides, explain the requirements of the officer position, take nominations, have the nominees speak briefly about why they should be elected and then vote.

Remember that the Reporter position is optional. If the school does not have a school newspaper, you do not have to elect someone to this position.
This is a short lesson just to introduce the lessons and let the kids get the concept of why they need to care about fitness and health.

Ask the class what they plan to do when they are adults. You will have many different answers. Some possible answers show up on the screen.

Point out that whatever they have planned for their future, their health and fitness is going to play a large part in that plan. Each day if they watch the news there is a report related to our nation’s physical health.

This year as we explore ways that we can stay healthy and be fit so that we can play sports and enjoy life we will learn how we can make better decisions in our food selections and in how active we are.

As you tell them about the newsletters they will receive each month to take home to their parents/guardians. Give them the October “Fit for Life” newsletter.

Here are the rules to the public speaking contest. It’s to get 6th grade members to give speeches but mention that whoever goes to the county contest gets to miss part of a day of school.

Also remind them that their speeches should relate to 4-H. They do not have to give a speech on the four H’s, but relate their speech to a 4-H project area.

ALL OFFICERS MUST GIVE A SPEECH!

No exceptions.

More about speeches. Keep explaining!
More about speeches. Keep explaining

This is the explanation of the poster contest taken straight from the 4-H yearbook.

Be sure to mention that their posters must be about 4-H. Stress that poster size is a half sheet of poster board and that their posters must be horizontal. Also mention that the first place winner’s poster advances on to the county poster contest.

EXPLAIN IT WELL!