

Programs and resources offered by:



Post Rock Extension District has offices located in Beloit, Lincoln, Mankato, Osborne & Smith Center.

www.postrock.ksu.edu

Kansas State University and Cooperative Extension Service

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Post Rock Extension District Youth Enrichment Offerings



2015 - 2016

Supplemental Youth Activities
for Educators and
Community Leaders

Dear Educators:

Our supplemental activities will provide hands on learning for your students and help you meet academic standards. All of our classes will be scheduled on a first come, first serve basis. To schedule a program contact the Agent listed. If you have any questions, please contact the Post Rock District, Lincoln Office at 785-524-4432.

Making Healthy Choices

Lessons include both physical activity and nutritional choices that are recommended to decrease the risk of chronic disease in children. Topics include: Fruits and vegetable consumption, limiting screen time, physical activity, food safety, and making healthy lifestyle choices. These 30-45 minute interactive lessons are designed to teach students why and how they should stay active and healthy.

K-2nd Grade

Ashley Goudey agoudey@ksu.edu

Food Safety 101

This lesson is designed to teach high school students the basics of food handling in an interactive setting while following current Servsafe guidelines. Topics covered will include: Overall importance of food safety, handwashing, cross-contamination, common food myths, safe temperatures, and much more! Lessons are 30-60 minutes to accommodate schedules. Two lesson sessions are also available.

9th -12th Grade

Ashley Goudey agoudey@ksu.edu

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Post Rock Extension District
Internet Resources

Website: www.postrock.ksu.edu
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K-STATE
Research and Extension

*Knowledge
for Life*

The Way I Feel

The positive development of social and emotional skills greatly benefits learning, decision-making, creativity, relationships, and health. Through age appropriate books and interactive activities, students will focus on increasing knowledge and skills related to recognizing emotions in self and others; understanding the causes and consequences of emotions; labeling emotions accurately; expressing emotions appropriately; and regulating emotions effectively.

PreK-2nd Grade

Nora Rhoades nrhoades@ksu.edu

Generations Together

Explore the aging population in Kansas with this program. Students will discover attitudes toward aging, and they will experience how aging affects all five senses. This program is designed to help young people and older adults learn from each other. While all sessions are interactive, the full series will involve community engagement between local youth and older adults throughout an intergenerational activity.

3rd-6th Grade

Nora Rhoades nrhoades@ksu.edu

Prepare Kansas

Hands-on activities focused on preparing ahead for disaster risks (tornado, fire, blizzard, etc.) that are common in Kansas. Activities are focused on communication plans, financial preparations, emergency supply kits, grab-and-go readiness, etc.

4th-12th Grade

Nora Rhoades nrhoades@ksu.edu

Knowledge for Life

The goals of positive youth development can be met by engaging in learning experiences aligned with the 5 C's: Competence, Confidence, Connection, Character and Caring. Lessons can be catered to meet your needs. Topics may include: social etiquette, respect in a digital world, time management, planning for success, problem-solving, bullying/peer pressure, managing emotions, team building, healthy communication strategies, developing a positive self-image, etc.

6th-8th Grade

Nora Rhoades nrhoades@ksu.edu

Relationship Smarts

Interactive program focused on helping teens develop the knowledge and motivation for making wise relationship choices. Lessons focus on self-awareness; developing healthy relationships; recognizing problems, warnings and dangerous relationships; communication and conflict; relationships and social media; and more.

7th-12th Grade

Nora Rhoades nrhoades@ksu.edu

Making Ends Meet

Teenagers are actively engaged in the process of determining their own success, identity, and how to survive “the real world”. This program is focused on increasing knowledge and awareness about how making wise and informed decisions related to money, insurance, home care, and time can be beneficial to consistently making ends meet.

9th-12th Grade

Nora Rhoades nrhoades@ksu.edu

Good Feeds

Both wild and domestic animals have nutrition requirements for their growth and development. Students will learn about the five main nutrients and what a typical farm animal eats. The class will prepare a trail mix that simulates animal feed.

1st - 2nd Grade

Neil Cates ncates@ksu.edu

Can you Name the Crops in North - Central Kansas?

Students are introduced to the crops grown in north central Kansas and how they are used. The program will also provide visual demonstrations of the actual grain and plants (if in season) so the students can easily identify the different crops. An art project, with the grain, will also be included with the presentation.

Pre-school - 3rd grade

Sandra Wick swick@ksu.edu

Providing education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.

Pollinator Power

Pollinators like bees, butterflies, and birds are needed to ensure that many plants can produce fruit and seeds to survive. Students will learn about the different parts of a flower, the different types of flowers, and the interactions and importance of pollinators. Students will then be able to identify plants that will attract pollinators to their own gardens or flowerbeds. Depending on time of year, students can plant a pollinator-friendly flower to take home.

3rd - 5th Grade

Jenae Ryan jenaes@ksu.edu

Basic Job Ready Skills

Participants will be encouraged to learn skills to find and hold jobs that enable them to be self-sufficient. We will look at job interests and skills, finding a job, developing a resume, and going to a job interview.

High School Seniors

Aliesa Woods awoods@ksu.edu

Birth Order

First Born? Only Child? Middle Child? Baby of the Family? Does birth order help shape us into who we are? This session will explore what it means to you, your relationships, and your career. Students will participate in a variety of activities and will leave with a better understanding of themselves and others.

Jr. High

Aliesa Woods awoods@ksu.edu