Programs and resources offered by:

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

www.postrock.ksu.edu

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
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

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