



## PD Day Program Overview 2016-2017

### Learn To Do By Doing with 4-H on the Farm!

This fall, 4-H Canada and the Canada Agriculture and Food Museum are excited to launch 4-H on the Farm—an urban 4-H club for youth ages 6-12 years old in the heart of Ottawa in the Experimental Farm. This exciting new pilot program is an opportunity for your child to learn more about agriculture, food, life skills, the environment and healthy living.

This club will follow the PD Day schedule throughout the school year (OCDSB and OCSB) and will include a “bonus day” during March break when club members will take part in a field trip to explore topics they cover in their clubs.

### About 4-H on the Farm

4-H on the Farm club members will be split into two groups based on their age group. Each group will take part in age-specific programs, projects and activities. (see descriptions on pages 2-3)

Each group will have a key leader who is present at every meeting, and who sets the curriculum and activities for the group. The key leader is supported by other volunteers who help out with the daily programs and activities, and by staff from the Canada Agriculture and Food Museum.

### Daily Schedule

9:00 – 10:00	Morning activities, club meeting and fun!
10:00 – 12:00	Morning program
12:00 – 1:00	Lunch
1:00 – 3:00	Afternoon program
3:00 – 4:00	Closing activities, club meeting and fun!

*Please note: A standard program day will run between 9am and 4pm. There is no daycare available before or after these hours.*

## Learn To Do By Doing



## 4-H on the Farm: Healthy Choices Club

Ages 9-12 (30 spots)

Key Leader: Emily Brown

This is an amazing way for our 4-H'ers to learn all about healthy living in a fun and hands-on way. Group members will learn about nutrition and develop their food preparation skills. They'll also get moving, explore physical activity and its importance through games and play. Members will grow their decision-making and leadership skills, while learning more about healthy living and a healthy planet. From tasty treats to games and teamwork, 4-H on the Farm members will Learn To Do By Doing and have lots of 4-H fun along the way!

### Program Overview

October 7, 2016 - Introduction to 4-H, Let's Talk Healthy Foods

November 18, 2016 - Getting Active, Animal Care and Cooking Up Some Fun!

January 30, 2017 - Have Your Say! and Building Team Spirit

March Break Field Trip Day - Bike Maintenance and Community Service (TBD)

May 19, 2017 - Achievement Day Preparation

June 30, 2017 - Achievement Day (more information to follow)

## Learn To Do By Doing



## Cloverbuds: Exploring 4-H on the Farm

Ages 6-8 (20 spots)

Key Leader: Trish Hill

For our Cloverbuds this is an exciting way to experience a variety of activities, learn about 4-H and develop new skills! Group members will discover the world of foods, explore healthy living, help the environment and learn about caring for animals, all in an active and fun atmosphere. By taking part in this program, Cloverbuds will Learn To Do By Doing and have lots of 4-H fun along the way!

### Program Overview

October 7, 2016 - Introduction to 4-H, Find Your 4-H Wings

November 18, 2016 - Caring for our Farm Animals

January 30, 2017 - Outdoor Adventures, 4-H Garden Growers

March Break Field Trip Day - Exploring 4-H and Healthy Living (TBD)

May 19, 2017 - 4-H Garden Keepers

June 30, 2017 - Achievement Day (more information to follow)

**Learn To Do By Doing**



## Important Information for Parents

Registration fee is \$150.00 dollars for the full six (6) day program.

Lunch and snacks are not provided as part of this program.

A standard program day will run between 9am and 4pm. There is no daycare available before or after these hours.

Achievement Day in June 30, 2017. This is a 4-H tradition and chance for 4-H'ers to show off the skills and projects they have developed through the year. Parents and families are invited to join in this exciting day.

4-H on the Farm is being run by [4-H Canada](#) staff, all of whom are screened and trained 4-H Ontario leaders. To learn more about 4-H Ontario volunteer screening and training policies, please visit their [website](#).

**For more information, please contact:**

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