

HEALTH DAY
Lausche Youth Center
Wednesday, July 26, 2023
AUBRY FOWLER & JUSTIN BOWER
Assistant Superintendents

GENERAL GUIDELINES

1. Age of Participants:
 - Junior (age 13 or under)
 - Senior (age 14 or over) as of January 1 of the current year.
2. Participation Guidelines:
 - Winner of any one class in 2022 is not eligible to participate in the same class in 2023.
 - Counties may have one participant per class. No individual may participate in more than one class.
3. Type of Evaluation:
 - Participant will have a personal interview evaluation with at least one judge.
 - Judge will evaluate participants on the following basis (also see sample score sheet):
 - 55% Knowledge (Basic concepts learned in the project)
 - 30% Interview (Presentation of the project)
 - 15% Project Display (Quality)
4. Participant to bring:
 - Registration information provided by your County 4-H Educator.
 - Completed project manual/book.
 - A display representing your learning experience of the current project. Your display must fit into 3 foot of table space. Because of space limitations you will remove your project from the judging area when you have completed your interview. The display does not need to be a tri-fold display board.
 - Per the 4-H Activity Participation Rules: No participant should leave a token, reminder or gift with the judge at the completion of the interview.

CLASSES

J-1	Staying Healthy – Junior	J-11	You're the Athlete -- Junior
J-2	Staying Healthy – Senior	J-12	You're the Athlete -- Senior
J-3	The Truth About Tobacco – Junior	J-13	Your Feelings Matter
J-4	The Truth About Tobacco – Senior	J-14	Your Thoughts Matter – Junior
J-5	Alcohol and Drug Abuse – Junior	J-15	Your Thoughts Matter – Senior
J-6	Alcohol and Drug Abuse – Senior	J-16	Medicine Science and Safety -- Junior
J-7	Keeping Fit - Junior	J-17	Medicine Science and Safety -- Senior
J-8	Keeping Fit - Senior	J-18	Tracking Your Health and Fitness
J-9	First Aid in Action – Junior	J-19	Superhero You
J-10	First Aid in Action – Senior		

AWARDS AND SPONSORS

1. All participants will receive participation ribbons, sponsored by The Ohio State Fair.
2. "Outstanding of the Day" awards will be presented to a select number of individuals.
3. A clock trophy will be awarded to one participant in each class at the 4:30 p.m. award ceremony. In 2022 clock trophies were sponsored by: **Barb Mulford, Trevor Minyo, Kirk and Marlise Bloir, The Wenner Family, The Busic Family, Cozetta Vessel, Jim and Marlene Helt, Chuck and Sue Bell, Ohio Township Association, The Osborn Family, The Nider Family, and Green Meadow Veterinary Hospital.**

2022 CLASS WINNERS

J-01 Staying Healthy, Jr	Max Sims, Fairfield
J-02 Staying Healthy, Sr	Eliza Gariety, Shelby
J-03 The Truth About Tobacco, Jr	Summer Heldman, Wood
J-04 The Truth About Tobacco, Sr	Jillian Overmyer, Preble
J-05 Alcohol and Drug Abuse, Jr	Emma Parkevich, Franklin
J-06 Alcohol and Drug Abuse, Sr	Erica Patterson, Hancock
J-07 Keeping Fit, Jr	Amara Young, Franklin
J-08 Keeping Fit, Sr	Zachary May, Belmont
J-09 First Aid in Action, Jr	Jacy Combs, Union
J-10 First Aid in Action, Sr	Addison Clevenger, Marion
J-11 You're the Athlete, Jr	Abigail Esteves, Butler
J-12 You're The Athlete, Sr	Hannah Green, Madison
J-13 Your Thoughts Matter, Jr.	Sydney McMahan, Pickaway
J-14 Your Thoughts Matter, Sr.	Carson Phillips, Belmont
J-15 Medicine Science and Safety, Jr.	Adella Dudek, Hardin
J-16 Medicine Science and Safety, Sr.	Maggie Griggs, Wood
J-17 Tracking Your Health & Fitness	Megan Demain, Franklin
J-18 Superhero You	Trinity Rafferty, Hocking

JUDGING SCHEDULE:

The exact schedule of participation will depend on the number reporting at any one time. Members should bring registration information provided by their County 4-H Professional to the registration desk in the Lausche Youth Center.

9:00 a.m.:	Clark, Delaware, Fairfield, Fayette, Pickaway
9:30 a.m.	Ashland, Franklin, Licking, Logan, Madison, Marion
10:00 a.m.	Allen, Champaign Morrow, Muskingum, Union
10:30 a.m.	Coshocton, Crawford, Greene, Hardin, Hocking, Holmes
11:00 a.m.	Knox, Miami, Montgomery, Perry, Richland, Ross
11:30 a.m.	Athens, Clinton, Guernsey, Hancock Shelby, Vinton, Wyandot,
1:00 p.m.	Highland, Huron, Jackson, Medina, Morgan, Pike, Seneca, Stark, Summit
1:30 p.m.	Auglaize, Belmont, Tuscarawas, Warren, Wayne, Wood,
2:00 p.m.	Butler, Carroll, Clermont, Darke, Erie, Hamilton, Harrison, Lorain
2:30 p.m.	Monroe, Noble, Paulding, Portage, Preble, Putnam, Sandusky, Van Wert, Washington
3:00 p.m.	Adams, Ashtabula, Brown, Columbiana, Cuyahoga, Defiance, Fulton, Gallia, Geauga, Henry, Jefferson, Lake, Lawrence
3:30 p.m.	Lucas, Mahoning, Meigs, Mercer, Ottawa, Scioto, Trumbull, Williams

4-H HEALTH DAY

Evaluation Sheet

NAME: _____

EXHIBITOR NUMBER: _____

COUNTY: _____

CLASS: _____

AGE AS OF JAN. 1 (OF CURRENT YEAR): _____

PROJECT NAME: _____

YEARS IN 4-H: _____

YEARS IN PROJECT: _____

Keep this sheet with you until the judge calls your exhibitor number

Brief description of display/item you brought to the fair:

	Excellent	Very Good	Good	Average
55% Knowledge- basic concepts/skills learned in project				
30% Communication- ability to communicate project knowledge				
15% Quality- quality of project exhibited or displayed				
<u>Judge's Overall Rating</u>	Excellent	Very Good	Good	Average

Judge's Comments:

Strengths:

Area(s) for improvement: