

HEALTH DAY
Lausche Youth Exploration Space
Wednesday, July 24, 2024
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 2023 is not eligible to participate in the same class in 2024.
 - 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	J-10	Your Feelings Matter – Junior
J-2	The Truth About Tobacco – Junior	J-11	Your Feelings Matter - Senior
J-3	The Truth About Tobacco – Senior	J-12	Your Thoughts Matter – Junior
J-4	Alcohol and Drug Abuse – Junior	J-13	Your Thoughts Matter – Senior
J-5	Alcohol and Drug Abuse – Senior	J-14	Medicine Science and Safety -- Junior
J-6	First Aid in Action – Junior	J-15	Medicine Science and Safety -- Senior
J-7	First Aid in Action – Senior	J-16	Tracking Your Health and Fitness
J-8	You're the Athlete – Junior	J-17	Superhero You
J-9	You're the Athlete – Senior	J-18	Relationships 101

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 6:30 p.m. award ceremony. In 2023 clock trophies were sponsored by: **Barb Mulford, Trevor Minyo, Kirk and Marlise Blair, The Wenner Family, The Busic Family, Cozetta Vessel, Jim and Marlene Helt, Erica Shelton and Kevin Rodda, Ohio Township Association, The Osborn Family, The Nider Family, and Green Meadow Veterinary Hospital.**

2023 CLASS WINNERS

J-01 Staying Healthy, Jr	Ellie Yoh, Wayne
J-02 Staying Healthy, Sr	Andrew Minney, Ross
J-03 The Truth About Tobacco, Jr	Emma Boggs, Madison
J-04 The Truth About Tobacco, Sr	Ella Williams, Trumbull
J-05 Alcohol and Drug Abuse, Jr	Georgia McDaniel, Licking
J-06 Alcohol and Drug Abuse, Sr	Meredith Klein, Shelby
J-07 Keeping Fit, Jr	Tesa Heckman, Wood
J-08 Keeping Fit, Sr	Kayleigh Williams, Mahoning
J-09 First Aid in Action, Jr	Audrey Cooper, Tuscarawas
J-10 First Aid in Action, Sr	Alexandria Pontius, Pickaway
J-11 You're the Athlete, Jr	Adella Dadek, Hardin
J-12 You're The Athlete, Sr	Chet Snyder, Miami
J-13 Your Feelings Matter.	Ella Lamb, Van Wert
J-14 Your Thoughts Matter, Jr.	Jennah Eubanks, Brown
J-15 Your Thoughts Matter, Jr.	Jillian Overmyer, Preble
J-16 Medicine Science and Safety, Jr.	Audrey Steinke, Butler
J-17 Medicine Science and Safety, Sr	Blake Addis, Darke
J-18 Tracking Your Health and Fitness	Finnegan Smith, Montgomery
J-19 Superhero You	Sidney Engard, Wood

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 Exploration Space.

10:00 a.m.	Ashland, Clark, Delaware, Fairfield, Fayette, Pickaway
10:30 a.m.	Allen, Champaign, Franklin, Logan, Marion
11:00 a.m.	Coshocton, Crawford, Greene, Licking, Madison, Muskingum
11:30 a.m.	Hardin, Hocking, Holmes, Knox, Morrow, Richland, Union
1:00 p.m.	Mercer, Miami, Montgomery, Ottawa, Perry, Ross, Wyandot
1:30 p.m.	Athens, Auglaize, Clinton, Guernsey, Morgan, Shelby, Vinton
2:00 p.m.	Highland, Huron, Jackson, Medina, Meigs, Pike, Seneca, Stark, Summit, Williams
2:30 p.m.	Belmont, Hancock, Mahoning, Tuscarawas, Wayne, Wood
3:00 p.m.	Butler, Carroll, Clermont, Darke, Defiance, Erie, Hamilton, Harrison, Lorain, Lucas, Warren
3:30 p.m.	Jefferson, Monroe, Noble, Paulding, Portage, Preble, Putnam, Sandusky, Scioto, Van Wert
4:00 p.m.	Adams, Ashtabula, Brown, Columbiana, Cuyahoga, Fulton, Gallia, Geauga, Henry, Lake, Lawrence, Trumbull, Washington

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: