

# JACKSON COUNTY FAIR

## JUNIOR CLASS – HEALTH & CITIZENSHIP

### DEPARTMENT 34 – HEALTH & CITIZENSHIP ATCP NO. 160.79

SUPERINTENDENT: VINNIE PONTERIO – 715-299-2094

Please see the general fair rules on our website at

[www.jacksoncountyfairwi.com](http://www.jacksoncountyfairwi.com)

1<sup>st</sup> - \$2.00      2<sup>nd</sup> - \$1.75      3<sup>rd</sup> - \$1.50      4<sup>th</sup> - \$1.25

#### CLASS A – HEALTH FIRST AID IN ACTION

Item

1. Assemble a family first aid kit
2. Poster on first aid steps for cuts and scrapes
3. Poster on how to properly perform the Heimlich maneuver
4. Design a brochure about when to wear goggles to protect your eyes
5. Poster on proper technique for wrapping sprains
6. Design a brochure on first aid steps for nosebleeds
7. Illustrated book on poisonous poisons
8. A written fire escape for your home on a poster
9. Set a first aid cards

#### STAYING HEALTHY

Item

10. Write an assessment of the information that you learned when you completed the "health Smarts" self-assessment
11. Poster on tools to clean my teeth, hair, nails, and skin
12. Assembly a book on healthy snack recipes
13. Poster on proper food portion sizes
14. Display of smart choices for a healthy breakfast
15. Scrapbook of photos of youth in different sports or physical activities (label each photo with how it is beneficial)
16. Personal physical activity inventory for a month or more
17. Poster on pros and cons of antibacterial soap

#### KEEPING FIT

Item

18. Develop a "Fitness Feedback" questionnaire and summarize the "Fitness Feedback" interviews
19. Poster on nutrient-rich foods
20. Research and report on 5 different product health claims
21. Book of proper war-up and cool-down routines to use when exercising
22. Design a brochure for "staying Injury Free"
23. Develop a personal fitness plan and keep a log of the steps taken to achieve that plan
24. Design a brochure for an elementary sports team

#### STRESS

Item

25. A photo essay or display depicting your family's favorite relaxation techniques or ways nature helps you relax
26. A collage, poster, or scrapbook which shows how you participate in aerobic sports or activities
27. Any poster display or exhibit pertaining to stress reduction
28. Any other stress related to exhibit

OUTSTANDING AWARD - RIBBON

#### CLASS B – ADOPT A FRIEND

Item

1. Diary or log you kept throughout this project
2. Photo display or collage depicting activities with adopted friends and/or what was learned from the project
3. Craft item made by your adopted friend and yourself
4. Any other related project

#### CLASS C – HAPPINESS IS

Item

1. Poster showing things that create children, teenage or adult worries and how the worry can be solved.
2. Poster showing real fears and imaginary fears
3. Photo display or collage of things that make you happy
4. Any other related exhibit

#### CLASS D – SAFETY

Item

1. Scrapbook or summary of club's safety activities
2. Any other club safety related exhibit

#### CLASS E – CITIZENSHIP (USE BU-80153 ADVENTURE KIT)

1<sup>st</sup> - \$2.50      2<sup>nd</sup> - \$2.25      3<sup>rd</sup> - \$2.00      4<sup>th</sup> - \$1.75

Item

1. Poster that shows what citizenship means to me
2. Research exhibit on a citizenship project
3. Results of a survey conducted to support the citizenship project
4. Examples of letters written to support the citizenship project
5. Outline or transcript of a public speech given related to a citizenship project
6. Journal reflecting what was learned in project
7. Copy of grant written to obtain funds to carry out a citizenship project

OUTSTANDING AWARD - RIBBON

#### CLASS F – SERVICE LEARNING

##### Agents of Change (Middle School Youth) BU-08182

1<sup>st</sup> - \$2.50      2<sup>nd</sup> - \$2.25      3<sup>rd</sup> - \$2.00      4<sup>th</sup> - \$1.75

Item

1. Collage of needs in your community
2. Exhibits your plan to address one community need. Include goals, timeline, action plans, resources and community assets
3. Poster about your service project, Include who, what, where, when, and how and why it is important
4. Exhibit showing how you publicized your completed mission
5. Exhibit about how you thanked the people of organization who helped you accomplish your service project
6. Journal on project work to date
7. Mission possible chart or poster

OUTSTANDING AWARD - RIBBON

#### CLASS G – RAISE YOUR VOICE (HIGH SCHOOL YOUTH) BU-08183

1<sup>st</sup> - \$3.00      2<sup>nd</sup> - \$2.75      3<sup>rd</sup> - \$2.50      4<sup>th</sup> - \$2.25

Item

1. 1-2 page report about what you learned from interviewing a government official about a need in your community
2. Your survey or opinion poll and tabulated results about a community need
3. Poster about the results of a forum you arranged addressing a community need. Detail photos and articles
4. 1-2 page report about risks and factors to consider in dealing with your service project
5. A 5 step plan to carry out your service learning project – include measurable milestones  
Scrapbook, web page, power point, diorama, or other exhibit summarizing your service learning project
6. Journal on project work to date
7. Decision making guide
8. Community Service Display

OUTSTANDING EXHIBIT - RIBBON

BEST OF SHOW - RIBBON