

TEXAS 4-H

Champion School

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INTENT TO PARTICIPATE

TEXAS A&M
AGRI LIFE
EXTENSION

Texas 4-H Youth Development Program & Texas A&M AgriLife Extension Service
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ABOUT THE PROGRAM

WHAT IS THE TEXAS 4-H CHAMPION SCHOOL PROGRAM

The Texas 4-H Champion School Program is a partnership between local schools and the Texas A&M AgriLife Extension Service's 4-H Youth Development Program. This partnership is designed to improve the lives of young Texans and their families with experiential learning in a school setting. The goal of the Texas 4-H Champion School Program goes beyond the classroom through development of school-based 4-H clubs where life skills such as responsibility, public speaking, career investigation, and healthy habits are developed. These skills empower youth to become the leaders of tomorrow!

APPLY

Submit a Texas 4-H Champion School Program application to the AgriLife Extension Agent:

Elver Pardo: elver.pardo@ag.tamu.edu

SCHOOL 4-H CLUB

Create an official 4-H School Club, which could meet before, during, or after school. A school staff member or screened volunteer can serve as the Club Manager. The school and/or child would be responsible for paying the 4-H enrollment fee.

*Membership sponsorship opportunity may be available for 2026-27 school year.

PROGRAM EVALUATION

Administer program evaluations provided by the Extension Agents to measure impactful educational and developmental outcomes such as:

- Content knowledge gain
- Youth Thriving indicators such as
 - openness to Challenge & Discovery
 - goal setting & management
 - prosocial orientation
 - growth mindset and more!

FINANCIAL RESOURCES

Schools should be prepared to fund activities and programs of the Texas 4-H Champion School program including the Texas 4-H membership fee. Suggestions include:

- Charge a participation/membership fee to participants
- Inquire about local funding sources. For example, Title I money may be appropriate to spend on this program
- Reach out to outside organizations for sponsorships and/or donations of time, materials, and expertise.

PROJECT EXPERIENCES

Offer project experiences in at least ONE of the Texas 4-H Big 5 project areas:

1. Agriculture & Livestock: (STEM in Agriculture &, LGEG)
2. Family & Community Health: (Food Challenge, Life Ready, Money Smart & Fuel for Life)
3. Leadership & Citizenship: (LGEG, Food Challenge)
4. Natural Resources: (Egg to chick, STEM in Agriculture)
5. STEM: (Egg to chick, STEM in Agriculture, LGEG, Food Challenge)

Schools may also offer project experiences in other areas based on the interests of the school, with the understanding that those projects may not have educational resources through Texas 4-H.

All project experiences must have:

- at least 5 sequential learning experiences
- each experience must be at least 30 minutes in length with a total of at least 2-6 hours of educational experiences
- be approved by the AgriLife Extension Agent who will communicate with the Regional Program Leader and District 4-H Extension Program Specialist on those topics

Volunteer Project Leaders may include school staff members. Community volunteers and/or parents may also serve in this capacity, but must have a screened school staff member present. Time frame of instruction is based on the needs and preferences of the school, however, it will be approved by the AgriLife Extension Agent to ensure quality learning and life skill development. Examples include:

- 1 day a week after school for 1 hour for a six-week period
- Classes during the school day

CURRICULUM RESOURCES

Extension Agents will provide access to curriculum resources for selected subject areas. Some resources may be available at a cost, which will be the responsibility of the school. Any additional resources used must be approved by the Extension Agent. Not all resources are available in every area. Work with the County Extension Agent to establish needs and goals.



ABOUT US

WHAT IS TEXAS A&M AGRILIFE EXTENSION

The Texas A&M Extension Service is a unique education agency with a statewide network of professional educators, trained volunteers, and county offices. For over 100 years, the agency has improved lives across Texas by delivering innovative science-based solutions and education at the intersection of health, agriculture and environment in communities across the state. Today, we continue the legacy of service, bringing together traditional outreach and modernized tools to reach Texans right where they are.

WHAT IS 4-H

4-H is a national organization which helps young people develop lifelong knowledge and skills to become engaged citizens. Through 4-H, youth are also taught how to meet the diversities and challenges of today's society by bringing together youth and adults to design programs that will teach skills for living. 4-H is truly a model of the "learning by doing" teaching concept. It reaches people in their own communities with delivery methods sustainable to their needs. 4-H also helps to provide opportunities for families and communities to develop stronger bonds.

To teach young people about the many subjects, the 4-H program uses the learn-by-doing method of instruction. The 4-H project that each member selects according to their interest and ability is the program's cornerstone. Projects involve setting goals and evaluating progress. The skills and knowledge learned in 4-H projects works to help members become more engaged individuals and citizens.

TEXAS 4-H YOUTH DEVELOPMENT

Texas 4-H Youth Development is part of Texas A&M University System Extension Service. Founded in 1908, Texas 4-H is the largest youth development program in Texas, reaching more than 550,000 youth each year. Texas 4-H Youth Development Program strives to foster positive development among youth as they participate in hands-on learning experiences through various projects of interest. Regardless of the subject matter focus, the long-term goal of the Texas 4-H Youth Development Program is to foster the development of leadership and life skills, helping youth to be productive and contributing members of their communities.

THE 4-H CLOVER

The first 4-H emblem was a three-leaf clover, introduced sometime between 1907 and 1908. The three "H's" represented head, heart and hands. In 1911, at a meeting of club leaders in Washington, a fourth "H" representing health was added and the current 4-H four-leaf clover emblem was approved. It is protected by the U.S. Congress. More information on Clover logo usage is available.

The 4-H pledge was worded by Otis Hall, Kansas state 4-H leader. It was approved at the first National 4-H Club Camp in 1927 in Washington, D.C. The words "my world" were added to the pledge in 1973. Their addition is the only change ever made to the 4-H pledge.

- HEAD stands for clearer thinking and decision-making. Knowledge that is useful throughout life.
- HEART stands for greater loyalty, strong personal values, positive self concept, concern for others.
- HEALTH stands for better living, healthy lifestyles.
- HANDS stands for larger service, workforce preparedness, useful skills, science and technology literacy.

The official 4-H Emblem is a clover with four leaves and an "H" on each leaf. The clover's stem must point to the right as you look at the image. The 4-H Emblem is not a plain four-leaf clover. The 4-H Emblem should appear in specific colors and in its entirety. The 4-H Name & Emblem belongs to the 4-H Youth Development Program, under the authority of USDA and anyone wishing to use it must obtain permission to use it ahead of time.

4-H MOTTO & PLEDGE

In support of the 4-H Club Motto, "To Make the Best Better"

I Pledge:

My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my club, community, my country, and my world.



EXTENSION PARTNERSHIP

WHAT DOES THE EXTENSION AGENTS DO

The Texas 4-H Champion School program is a partnership between your school and your local AgriLife Extension agent. When you complete the intent to apply your AgriLife Extension agent will be on board and available to help you every step of the way. They will also act as a liaison between the school and the District/State 4-H Specialists.

PROGRAM CONSIDERATION TIMELINE

Last week of July or early August

- Planning Workshop with Project Leaders and/or staff

Dependent upon school, late July or early August

- Agent Presentation during School In-Service

August or September

- Intent to Participate

January, March, and May

- Check in for support and status update

May

- Completion of Texas 4-H Champion School Program

Mid-May

- Banner, press release, and other celebration materials delivered

Additional reminders for Extension staff

- Contact the school by Summer
- Provide schools with a copy of the Texas 4-H Champion School Guide and county-specific curriculum
- Provide schools with a copy of the Texas 4-H Champion School Intent to Apply Online Link and offering.
- Provide support to schools throughout the year.
- Host a planning meeting with the school.

CELEBRATION MATERIALS

- Proclamation made at the School Board meeting and/or Commissioners Court meeting
- Banner to display inside or outside of the school campus
- Press Release for the local media
- Recognition through Texas 4-H Program

PROGRAM MANAGEMENT

- Conduct a Texas 4-H Champion School Planning Workshop for the project leaders and/or school staff
- Assist with local/other funding opportunity applications, if applicable
- Provide schools with the necessary resources to be successful, i.e. Explore Guides, etc.
- Serve as the liaison between the school and the District/State 4-H Specialists
- Do periodic project walk-throughs to monitor the program and provide feedback
- Ensure proper photo release forms for students have been completed and on file
- Assist with establishing a 4-H club (chartering process, 4-H enrollment, club manager training, etc.)
- Provide the school and collect the official Texas 4-H Champion School evaluation instrument to be used by the agent, RPL, and 4-H Specialists for Outcome Summaries, Program Briefs, and interpretation purposes

POST-PROGRAM

- Provide the local media with a press release
- Contact the State 4-H Curriculum Specialist to secure a banner
- Work with the school to provide a proclamation to the School Board and/or Commissioner Court
- Provide photos, videos, program information, etc. to the District 4-H Specialist for development of recognition at the Texas 4-H Roundup via the provided Google Drive link.

CONTACT INFORMATION

Please contact your local extension office or the State 4-H Curriculum Specialist with any questions.

Dallas County Extension Office Contact :

Elver Pardo, County Extension Agent 4-H & YD

Phone: 469-224-4700

Email: elver.pardo@ag.tamu.edu

OR

State 4-H Curriculum Specialist Contact -

Alex Kabli | alex.kabli@ag.tamu.edu | 979-321-5298



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Dallas County 4-H Youth Development



2026-2027 Champion School Programs

Dallas County 4-H, a youth development program of the Texas A&M AgriLife, empowers young people through hands-on learning experiences that build leadership, responsibility, and essential life skills. All programs are aligned with the Texas Essential Knowledge and Skills (TEKS), ensuring they complement and enhance academic learning. As part of the Champion School Program, we are excited to offer the following three educational experiences:



Egg to Chick (Embryology) Program Ideal for 3rd through 6th grade

Agriculture is vital to our communities, yet agricultural literacy is declining, especially in urban areas where farmland is scarce. Many youth associate food only with grocery stores, missing the broader story of food production. The Egg to Chick Program addresses this gap with a 30-day, hands-on experience focused on embryology and life sciences. Over a 21-day incubation period, students engage in STEM-based, grade-appropriate activities that develop critical thinking, observation, and teamwork skills. Students explore biological concepts, life cycles, and habitats through direct interaction with living organisms. This program is typically offered in the spring but can be adapted for virtual or in-person delivery year-round.

*Program evaluations and a summary report are provided upon completion.



STEM in Agriculture with Aeroponic systems. Ideal for 3th through 12th grade

The 4-H Aeroponic systems introduces 3th–12th grade students in urban communities to agricultural science through innovative, hands-on learning. With a growing demand for careers in agriculture, this program helps prepare future leaders in agriculture-science. Dallas County 4-H Aeroponic systems serve as living labs, aeroponic tower(s) are installed in each school across Dallas County. These towers provide students with experiential learning opportunities during and after school. Participants explore current agricultural issues, conduct research, collaborate on group presentations, and even grow their own food. The program promotes STEM learning, critical thinking, and communication skills while sparking interest in agriculture-related careers.

*LGEG (Food & Nutrition) adapted Curriculum available for delivery.

**Program evaluations and a summary report are provided upon completion.





Food Challenge **Food & Nutrition Project** **3rd through 12th grade**

For youth interested in cooking and healthy living, the 4-H Food & Nutrition Project is a perfect fit! This 6-week program teaches essential kitchen skills, food safety, and how to prepare nutritious meals that support lifelong wellness.

Participants explore:

- Nutrition and meal planning
- Safe food handling
- Smart food purchasing
- Careers in food and health industries

The program culminates in the Food Challenge, a fun and fast-paced team competition. Groups of 3–4 youth create a dish using a surprise set of ingredients, then present it to judges. School-level contests lead to a county-wide competition for qualifying teams.

This engaging experience builds leadership, public speaking, and teamwork—while making healthy eating fun and accessible.

*Program evaluations and a summary report are provided upon completion.



LGEG (Learn, Grow, Eat, & Go). **Food & Nutrition and Exercise** **Ideal for 3rd through 5th Grades**

Dallas County 4-H is excited to offer the Learn, Grow, Eat & Go! (LGEG) program as a Champion School opportunity for public schools. LGEG is a hands-on, research-based curriculum from Texas A&M AgriLife Extension that integrates gardening, nutrition, physical activity, & leadership development into the classroom. Through engaging lessons and activities, students:

- Learn about healthy foods & the importance of balanced nutrition.
- Learn about healthy foods & the importance of balanced nutrition.
- Grow vegetables in a classroom or school garden, building STEM skills and responsibility.
- Eat what they grow, encouraging healthy eating habits and trying new foods.
- Go! by staying active with fun, kid-friendly physical activities.

This program not only promotes healthy lifestyles but also strengthens teamwork, critical thinking, and leadership skills. As a Champion School program, participating campuses receive 4-H support, resources, and recognition for their commitment to student health and learning.

*Program evaluations and a summary report are provided upon completion.





Life Ready - *NEW Personal Development Ideal for K through 12th grade

Every student needs more than academic knowledge to succeed.

LIFE READY helps young people develop the personal and interpersonal skills they need to navigate challenges, build positive relationships, make responsible decisions, and feel confident in themselves, and their ability to overcome obstacles.

Through engaging, age-appropriate lessons and interactive activities, students explore topics such as bullying prevention, problem-solving, communication, resilience, self-awareness, and caring for themselves and others. The program gives students practical skills they can use in the classroom, at home, and in their communities.

LIFE READY includes:

- Kids Against Bullying 101: Elementary & Middle School
- Overcoming Obstacles: Kindergarden–2nd grade, Middle School, & High School
- Caring for Ourselves and Others: Grades 6-12.

The program can be tailored to the developmental level and needs of each participating campus.

*Program evaluations and outcome summaries will be available for applicable programs upon completion.

Money Smart - *New Financial Literacy Ideal for Pre-K - High School

Building Financially Confident Kids and Teens.

Financial skills are life skills. Money Smart introduces students to the fundamentals of money management through interactive, age-appropriate activities that connect financial concepts to real-life situations.

Younger students begin to learn about needs and wants, saving, spending, and making responsible choices. Older students build on these skills by exploring financial decision-making, goal setting, budgeting, earning, and preparing for greater financial independence.

Money Smart includes:

Money Smart: PreK–2nd grade & Grades 3–5

In Charge: K–2nd grade & Grades 3–6

Real Money, Real World: Middle and High School.

Through hands-on learning and real-world applications, students develop financial knowledge and skills they can carry with them beyond the classroom.

*Program evaluations and outcome summaries are available for applicable programs upon completion.



Fuel For Life Nutrition & Healthy Living * NEW Ideal for Elementary to High School

Food, Fitness, and Healthy Choices

Healthy choices start early. Fuel for Life gives students the knowledge and practical skills they need to make healthier choices about food, physical activity, and everyday wellness. Through interactive lessons and engaging activities, students explore nutrition, physical activity, healthy decision-making, and the connection between healthy habits and overall well-being. Students are encouraged to take what they learn beyond the classroom and apply it at home and in their communities.

Fuel for Life Includes:

- Choose Health: Food, Fun, & Fitness (CHFFF) - Elementary & Middle School.
- Teen Cuisine - Middle and High School.

Programs are adapted to the developmental level of students and provide practical strategies for building healthy habits that can last a lifetime.

*Program evaluations and outcome summaries will be available for applicable programs upon completion.

About Texas A&M AgriLife & Prairie View A&M Extension Programs

Texas A&M AgriLife and Prairie View A&M Extension programs provide research-based, interactive educational experiences that help students develop the knowledge, skills, and confidence they need to succeed in school, at home, and in their communities.

Programs are available for students from pre-kindergarten through high school, with specific curricula selected according to grade level, campus needs, and program availability.

Programs are available during the fall and spring semesters and may be delivered through individual lessons, multi-session experiences, or coordinated school programming based on curriculum requirements and instructor availability.



EXTENSION

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TEXAS 4-H CHAMPION SCHOOL PROGRAM

Dallas County 4-H

INTENT TO PARTICIPATE FORM

Name of the ISD: _____ **County:** Dallas

Name of the School/Campus: _____

Name of the Principal or administrator: _____

Phone: _____ Email: _____

Name of the School Lead assigned by administrator: _____

Phone: _____ Email: _____

Please indicate which Grades you are targeting: _____

The Texas 4-H Champion School Program requires each participating school to establish at least one chartered 4-H club. Existing school clubs may be eligible to become a 4-H School Club if they meet Texas 4-H chartering requirements. In Dallas County 4-H, a minimum of 25 students per school must be enrolled as Dallas County 4-H members. Membership sponsorship opportunities may be available to help support student participation and ensure access to 4-H programming for all interested youth.

Did your school charter a School 4-H Club last school year (25-26)? Yes: ____ No: ____

If yes, did you receive the Texas 4-H Champion School Banner after completing all the program and club requirements: Yes: ____ No: ____

For the 2026-27 School year, please provide the names of the two club managers assigned by administrator (Teacher and/or Volunteer)

Club manager: _____ Email: _____

Club Manager: _____ Email: _____

The Texas 4-H Champion School Program requires each participating school to select at least one program offered through the Dallas County 4-H Champion School Program.

Dallas County 4-H also requires school administrators to submit the contact information of the teachers and/or volunteers who will work directly with Extension Agents in the training, implementation, evaluation, and interpretation of program activities. Schools may choose to participate in as many programs as they wish.

Teachers and volunteers are expected to collaborate with Extension Agents in administering program evaluations, collecting completed evaluation forms, and gathering group enrollment forms (demographic information) for all participants involved in each program.



Administrator: Please indicate which Dallas County 4-H Champion School Program(s) your school or campus is interested in implementing. If you would like to select more than three programs, please attach an additional page.

Program: _____

Fall Semester: _____ Spring Semester: _____ All Year: _____

Name of the Teacher (s) assigned by administrator: _____

Email(s): _____

Grades: _____

Number of students to be reached*: _____

*Group Enrollment Form (including demographic information) must be completed by the teacher at the beginning of the program.

Program: _____

Fall Semester: _____ Spring Semester: _____ All Year: _____

Name of the Teacher (s) assigned by administrator: _____

Email(s): _____

Grades: _____

Number of students to be reached*: _____

*Group Enrollment Form (including demographic information) must be completed by the teacher at the beginning of the program.

Program: _____

Fall Semester: _____ Spring Semester: _____ All Year: _____

Name of the Teacher (s) assigned by administrator: _____

Email(s): _____

Grades: _____

Number of students to be reached*: _____

*Group Enrollment Form (including demographic information) must be completed by the teacher at the beginning of the program.

For any questions contact Elver Pardo 4-H & Youth Development Agent. Send form to:
elver.pardo@ag.tamu.edu