

Training Includes

4-H Sustainable Living Coaches are trained volunteers and teachers working in partnership with public and private organizations to assist students and teachers create, use, and manage sustainable living projects within school communities.



- **32 hours** hands-on interactive training led by OSU faculty
- **4-H Volunteer Project Handbook**, videos, and curriculum lessons
- **Monthly training updates**
- **catered lunch and snacks each day**

Sessions cover

- **Guiding principles** for sustainable living projects,
- **Project management** (sustainable school teams, keys to success, communications, working with your school district, etc)
- **Sustaining your Project** (grants, working with volunteers, after-school clubs, building community support, using new media to support your project, etc)
- **Two Specialized tracks emphasizing best practices and hands-on curriculum:** wildlife habitat gardens or Sustainable Food systems (School Vegetable Garden, Urban Farming and Food/Nutrition)

REGISTRATION BEGINS: June 1st

TO REGISTER: Visit our website at
<http://extension.oregonstate.edu/metro4h/>

OSU Professional Graduate credits available

Oregon State University Extension

4-H Sustainable Living Schools and Clubs

Teacher and Volunteer Training September 30-October 2, 2010 and October 16th



**A four-day 32-hour Training for teachers,
volunteers and high school youth**

<http://extension.oregonstate.edu/metro4h/>

"4-H is a community of youth and adults working together for positive change."

Location

September 30-October 1st

US Fish and Wildlife Tualatin
Wildlife Refuge

Location

October 2nd

Tualatin Elementary School

October 16th

Learning Gardens in SE Portland

Washington

4-H SUSTAINABLE SCHOOLS PROGRAM

18640 NW WALKER RD, #1400 BEAVERTON, OR 97006 TEL: 503-821-1119

FAX: 503-690-3142 darsy.schaal@oregonstate.edu

www.4hwildlifestewards.org

Training Overview

On the third and fourth day of the training, select from one of two tracks

4-H SUSTAINABLE LIVING SCHOOLS TRAINING

A perfect opportunity for beginners and experts alike, this 32-hour training is designed for teachers, 4-H volunteers, parents and community members who are looking for ways to create and use SUSTAINABLE LIVING projects in a school or club setting. Whether its creating a garden (vegetable garden, wildlife garden, or rain gardens), learning how to start a backyard 4-H chicken project, the basics of food preservation, cooking with local foods, or other “back to basics skills” there is something for everyone. The training will lead participants through the process of connecting all aspects of garden, farm and food projects to science inquiry, environmental science, literature and other content areas.



4-H Wildlife Stewards-Habitat Gardens

Learn how to create, use and sustain wildlife habitats on school grounds. We will explore principles of wildlife management, native plants, mapping and inventory, garden design, rain gardens, green roofs and more.

Conference Schedule

DAY	TIME	TOPIC
SEPT 30	8:30-5:00	Creating and Developing your Project
OCT 1	9:00-5:00	Managing and Sustaining Your Project
OCT 2	9:00-5:00	PART ONE: Wildlife Gardens OR Sustainable Food Systems
OCT 16	9:00-5:00	PART TWO: Wildlife Gardens OR Sustainable Food Systems

REGISTRATION FEES

All three days: \$165 (scholarship rate: \$98)
 One Day only - \$69 (scholarship rate - \$35)

(registration includes workshops, handbook curriculum, printed materials, lunch, refreshments and t-shirt)

OUR PARTNERS



www.



Sustainable Food Systems: School Farms and Gardens (School Vegetable Garden, Urban Farming and Food/Nutrition)

Participants will gain a wealth of knowledge and skills in three important areas. 1) Planning and year-round maintenance of school vegetable gardens and other urban farming projects. 2) Integrating fresh vegetables, berries and fruits into the learning environment while promoting health and nutrition. 3) Connecting all aspects of garden, farm and food projects to science inquiry, environmental science, literature and other content areas

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