



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
 and Environmental Sciences**
 Cooperative Extension Service
 Extension 4-H Youth Development

New Mexico 4-H FCS

School of Real Life Skillz

March 7-9, 2025

FCS Carnival Night - *Optional

March 7th @ 6:00PM (Dinner Provided)

Bernalillo CES Office - ABQ, NM

\$60 per Youth



Contact your County Extension Office for more information or to register.

****The New Mexico 4-H FCS School is designed for 4-H members ages 9-12. 4-H'ers choose one track per year. Track size is limited and is first come first served. New this year; youth are invited to participate in FCS Carnival night on March 7th, 2025 at 6-8PM. The members will have the opportunity to participate in FCS contests and build friendships with other 4-H youth across the State. Dinner will be provided.**

2025 Track Options

See descriptions on the back of this flyer.

- Baking
- Quilting
- STEAM
- Photography
- Creative Arts
- Ceramics/Painting/Creative Arts
- Babysitting 101/First Aid/CPR Basics (Juniors only)
- Outdoor Cooking (Juniors ONLY)



Participants will be responsible for their own lodging. Hotel information will be available on the State 4-H Website. Lunch and dinner will be provided on Saturday.

Apply to be an FCS Junior Instructor!



Are you a senior 4-H member looking to level up your leadership skills? This is your chance to take charge, assist with exciting tracks, and help shape the experience for younger 4-H members. You'll gain hands-on leadership experience, learn valuable teaching techniques, and be an important part of an unforgettable event. Plus, you'll get to work alongside fellow 4-H leaders, inspire others, and make a lasting impact!

Applications are due by February 7th!

If you are an individual with a disability and need an auxiliary aid, service or other accommodations, please notify your County Extension Office at the time of registration.



New Mexico State University is an affirmative action/equal opportunity employer and educator. NMSU and the U.S. Department of Agriculture cooperating



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
 and Environmental Sciences**
 Cooperative Extension Service
 Extension 4-H Youth Development

New Mexico 4-H FCS School of Real Life Skills 2025 Track Descriptions

Baking

Dive into the basics of baking with this hands-on workshop designed around the Baking I project book. Participants will learn essential baking skills, including food safety, proper techniques, and the science behind creating delicious baked goods. They will also complete a baking project to take home and share!



Quilting

Build on your skills and knowledge of sewing machines and tools learned in the Sewing I and II curriculum and take on the Quilting 1 Rag Throw. Come learn tips and tricks and make your own Quilt. This workshop is designed for those already with basic knowledge of sewing, having learned in 4-H Sewing I and II.

STEAM

Immerse yourself in the exciting world of Science, Technology, Engineering, Arts, and Math in this interactive track! Led by knowledgeable 4-H agents, participants will engage in hands-on activities designed to spark curiosity, creativity, and innovation. Get ready for a fun and educational experience that will leave you eager to explore more!



Photography

Discover the art of capturing great photos both indoors and outdoors, featuring your fellow 4-Hers in action during their workshops. This track will explore various camera techniques, the differences between candid shots and portraits, and how to create visually compelling images. Participants will showcase their work in a special presentation during the closing on Sunday. Plus, you'll learn how to mount your photos and leave with a ready-to-display piece perfect for your County fair!

Ceramics/Painting on Canvas/Creative Arts

Discover your artistic talents in this hands-on workshop where creativity meets craftsmanship! Participants will explore the basics of ceramics, including wheel-thrown pottery techniques and hand pottery. Dive into acrylic painting on canvas to create your own masterpiece, and enjoy a variety of fun arts and craft projects. This workshop is perfect for those who want to learn new skills, experiment with different art forms, and take home their unique creations!



Creative Arts

Unleash your creativity in this fun and engaging Creative Arts workshop! Participants will explore a variety of tools and supplies, learn the basics of jewelry-making, and design their very own scrapbook page. Along the way, you'll complete exciting hands-on arts and craft projects to take home. Join us for a day of creative expression and fun, where you'll leave with completed pieces and new skills to share!



Baby Sitting 101/First Aid/CPR Basics (Juniors only)

Get ready to become a confident and capable babysitter! This comprehensive workshop will cover essential topics like safety, first aid, CPR basics, child development, food and nutrition, fun entertainment ideas, and the business side of babysitting. Gain valuable skills to keep kids safe and entertained while learning how to handle real-life situations with confidence. Perfect for aspiring babysitters looking to start their journey!

Outdoor Cooking (Juniors only)

Open to junior members, this hands-on workshop will teach participants the essentials of outdoor cooking, including kitchen safety, food preparation, and various cooking methods. From Dutch ovens to cast iron, participants will explore traditional techniques to create delicious meals. As part of the experience, they will also prepare side dishes for the event dinner, making it a fun and flavorful learning opportunity!

