

K-STATE

Research and Extension

Pottawatomie County



SCHOOL ENRICHMENT PROGRAM

Pottawatomie County
K-State Extension
Fall 2025 - Spring 2026
School Year

Contact Us

katewest@ksu.edu



785-457-3319





DEAR EDUCATORS

I hope this letter finds you well and that your school year is off to a great start. My name is Kate West and I am the Program Assistant for K-State Extension, Pottawatomie County.

The school enrichment program strives to provide engaging, hands-on experiences for your students to learn and grow. I have attached the lessons that we are currently offering, but the opportunities are endless. If you are interested in something other than the attached lessons, please reach out! My goal is to offer programs and resources that fit the needs of you and your students.

I would love the opportunity to partner with your classroom this year. I am willing to share lessons ahead of time and gather resources. Everything we offer will be free to your classroom. If there is a kit or other materials we can provide to supplement your current lessons plans, please reach out.

If you are interested, please review the following brochure and let me know which lessons best fit your classroom goals. I am happy to answer any questions or adapt any lessons.

Thank you for all that you do for your students and the community!

Thanks,

Kate West

Glo-Germ (Hand Washing Activity)

Pre-K - 3rd Grade

30 minutes

Children learn how effectively they wash their hands by rubbing a UV fluorescent potion mixed in a special hand lotion or power, washing, and then checking their hands under a black light. After the learning experience, students will receive an easy snack.



Wheat Science (Bread/Pretzel in a Bag)

3rd - 5th Grade

2 ½ hours

Turn your classroom into a bakery! Wheat science dives into how wheat is grown, harvested, and processed, along with other facts about its field to table journey. (This activity requires the use of the ovens in the cafeteria.)



Chick Embryology

1st - 5th Grade

4 week session

Students will hatch eggs in the classroom. Two incubators are available to use, but this is on a first come, first serve basis. Scheduling is a must. The office can provide fertilized eggs and curriculum resources anytime.



The Amazing Honey Bee

K-2nd Grade

45 minutes - 1 hr

Students will learn about the different types of honey bees, explore fun facts, and participate in a fun activity that demonstrates the process of honey-making.



What is Soil?

1st - 6th Grade

30-45 minutes

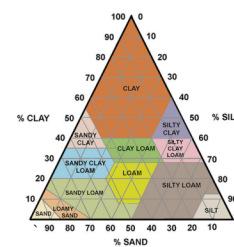
What makes learning about soil fun? – a classroom experiment of course! Students will learn that soil is alive, the four components of soil, and mineral particle sizes of sand, silt, and clay. We will conduct a pore size experiment utilizing the scientific method. This lesson can be offered independently, or as part of a three lesson series with “Soil Texture by Measurement” and “Soil Erosion Demonstration.”



Soil Texture by Measurement

1st - 6th Grade 45-60 mins with measurements 2 hrs and 1-3 days after

Soil texture, or the proportion of sand, silt, and clay mineral particle sizes, plays a key role in how soil reacts to rainfall, root development, and other soil properties. Estimates can be made by feel, but experience influences the accuracy. Using the different settling rates of the minerals in water in a timed experiment, we will classify soil texture into one of twelve categories using a textural triangle graph. This lesson can be offered independently, or as part of a 3 lesson series with “What is Soil?” and “Soil Erosion Demonstration.”

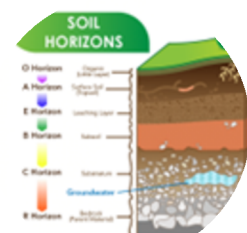


Soil Erosion Demonstration

1st - 6th Grade

40-60 minutes

Save the Earth through soil conservation! Soil erosion resulting from water has five contributing factors. Students will learn about these factors, consider human impact on those factors, and test their hypothesis for 3 factors and their impact on runoff time and total soil erosion. This lesson can be offered independently, or as part of a 3 lesson series with “What is Soil?” and “Soil Texture by Measurement.”



Let's Go Shopping

K- 4th Grade

45 minutes

Let's Go Shopping is an interactive lesson that helps students understand the difference between wants and needs, eating a balanced diet, and shopping on a budget. They will practice these skills by participating in a grocery store simulation.



Serving Up My Plate

1st - 6th Grade

45-60 minutes and a 3 lesson series

Serving Up MyPlate is a collection of classroom materials that helps elementary school teachers integrate nutrition education into math, science, English language arts, and health. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy. Curriculum components: Three inquiry-driven lessons that help children discover nutrition, explain their understandings, and reflect upon their experiences - all of which encourage a lasting awareness of what it means to be healthy.



Let's Make Cottage Cheese/Butter

1st - 5th Grade

45-60 minutes

This lesson is designed to help students understand how cottage cheese/butter is made. Students will learn how this food came to be, the ingredients, and the process the ingredients go through to get the final product.



Butterfly Lab

K- 2nd Grade

45 minutes (spring only)

Watch larvae turn into butterflies! In this four-week session, students will have the opportunity to observe the caterpillars grow, form their chrysalises, and finally see the butterfly emerge. The extension office will provide the larvae for your classroom.



Kansas Apple Earth- Ecosystems

1st - 6th Grade

45 - 60 minutes

Students discover that topsoil is a nonrenewable resource and use an apple to represent how Earth's land resources are used. Through critical thinking, students study agricultural land use, consider the sustainability of current land use practices, including the use of land to feed and graze livestock animals, and review the impact of land use on ecosystems.



Homegrown in Your State

K- 2nd Grade

45 minutes

Discover how fruits and vegetables make the journey from farm to table. Students will learn how climate and seasons impact produce choices, as well as what fruits and vegetables are grown in Kansas.



Book-In-A-Bag

Pre-K to 2nd Grade

30-45 minutes



Book in a Bag was created to encourage young children's interest in food, nutrition, and reading. Children learn about nutrition by having storybooks read to them and participating in hands-on food and nutrition activities. Each lesson will include: recipes, parent's page, and kid's page.

Lessons available: Please note food allergies in the classroom!

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|--|-------------------------------------|
| 1. The Edible My Plate | 2. Tops and Bottoms |
| 3. Pumpkin, Pumpkin | 4. The Ice Cream Bear |
| 5. We're Making Breakfast For Mother | 6. The Popcorn Book |
| 7. We Eat Dinner in the Bathtub | 8. Feast for 10 |
| 9. The Doorbell Rang | 10. The Enormous Potato |
| 11. The Seven Silly Eaters | 12. Kitten's Full Moon |
| 13. The Very Hungry Caterpillar | 14. The Whole Grain Choo-choo Train |
| 15. Carlos & Clarice Move to Lowfat Milk | 16. Cook-a-Doodle Doo |
| 17. Build a Burrito | 18. Germs, Germs, Germs |

* Learning experiences may be added during the year

The Way I Feel

PreK - 3rd Grade

45-60 minutes



Looking for a way to lessen bullying in your school? By addressing the root of bullying - poor social-emotional development - we can make a difference by teaching these skills. The positive development of social and emotional skills greatly benefits learning, decision-making, creativity, relationships, and health. Through age appropriate books and interactive activities, students will focus on increasing knowledge and skills related to recognizing emotions in their self and others; understanding the causes and consequences of emotions; labeling emotions accurately; expressing emotions appropriately; and regulating emotions effectively. The Conscious Discipline curriculum will be used for these lessons. A two-four lesson series is also available.

Walk Kansas for Kids

1st - 6th Grade

30-45 minutes



Walk Kansas for Kids is an 8-week physical activity program. It is a healthy and fun way to develop an active lifestyle. Youth are encouraged to get 60 minutes of physical activity five or more days a week and eat healthier meals. This is NOT A COMPETITION between individuals, but a way to allow kids to set goals for their own personal achievement. Parental involvement is key and kids can earn extra minutes by getting family members to be active with them. The office could provide a few lessons on exercising, the MyPyramid, and living a healthy lifestyle.

*Teachers will be the main leaders by encouraging kids remain active, collecting activity logs each week and distributing newsletters.

*To be eligible, children need to be healthy and participate in physical activity outside the classroom. If you have youth who are unhealthy, you may consider revising rules so they can still participate as long as it will not worsen a health condition. Participants are required to turn in a signed parental permission form.

Welcome to the Real World

Middle School to High School

20-30 minutes



Students will be able to experience life in the real world and make important financial decisions. The goals of this program are to teach students about careers, develop a financial budget, and learn critical money management skills.

In the simulation, participants assume they are 25 years old, single, and on their own and have completed basic education requirements. Students receive instructions and go through the process of putting money into a savings account, depositing money in a checking account, writing a check properly, and balancing a checkbook.

Money Smart for Young Adults

Middle School to High School

20-30 minutes



The FDIC has produced curriculum to help youth learn how to handle money.

Topics that can be covered include:

1. Bank On It – intro to bank services
2. Check It Out – how to choose & keep a checking account
3. Setting Financial Goals – how to keep track of your money
4. Pay Yourself First – why you should save
5. Borrowing Basics – intro to credit
6. Charge It Right – how to make a credit card work for you
7. Paying for College & Cars – general information on installment loans
8. A Roof Over Your Head – what home ownership and renting are all about

Junior Master Gardener

2nd – 5th Grade

30-45 minutes



K-State Research & Extension staff can provide numerous horticulture hands-on learning experiences. The lessons can be integrated into current standards—science, geography, nutrition, etc. The Junior Master Gardener curriculum is organized into eight chapters.

They include the following:

- | | |
|---|-----------------------|
| 1. Plant Growth & Development | 2. Soils & Water |
| 3. Ecology & Environmental Horticulture | 4. Insects & Diseases |
| 5. Landscape Horticulture | 6. Fruits & Nuts |
| 7. Life Skills / Career Exploration | 8. Vegetables & Herbs |

Lessons available:

1. P.L.A.N.T. Needs (becoming familiar with plant needs & selecting a good garden site)
2. Rules 'n Tools (become familiar with rules that make a garden a safe place)
3. Make Your Pick (selecting appropriate vegetables based on different seasons)
4. The Pyramid (use the food guide pyramid to plan balanced meals)
5. Taste Test (evaluate fruit based on color, texture, and smell)
6. Fruit & Veggie Lab (learn about fruits and vegetables and how to explore the difference between technical definitions and social customs)
7. Apple Surprise (identifying types of apples and learn about fast food from mother nature)
8. Fruit & Veggie Mania (wrap-up activity-card game)

Kansas State University is committed to making its services activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Pottawatomie County Extension at 785-457- 3319. K-State Research and Extension is an equal opportunity provider and employer. All educational programs and materials are available without discrimination on the basis of race, color, national origin, sex, age, or disability.

2025-2026 School Enrichment Program Request

K-State Research & Extension - Pottawatomie County
PO Box 127
Westmoreland, KS 66549
785-457-3319
katewest@ksu.edu

Name: _____

Grade(s): _____

School: _____

Best time/method to contact: _____

Email : _____ Phone: _____

Program	Proposed Dates	# of Students

Feel free to email me with the above information. I am very excited to offer these programs to your students and look forward to exploring other opportunities in the future. The possibilities are endless, so if there is anything I can support you with, don't hesitate to reach out! Have a great 2025-2026 school year!

****Please note any food/environmental allergies or special needs in the classroom.**