

FCCLA STAR Project

# **Focus on Children**

# **Hooked on Fishing Camp**

Andrew Vinson  
Zebulon GT Magnet Middle School  
District 3  
Zebulon - North Carolina



## FCCLA Planning Process Summary Page Template



### IDENTIFY CONCERNS

My concern is that I want kids to have outdoor skills. I wanted to expose them to the outdoor skill of fishing which is a fun activity to do outside.

### SET A GOAL

My goal is to create a camp that will give underprivileged children in the area of Zebulon the chance to experience an age appropriate camp which teaches fishing skills.

### FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)

**Who-** Underprivileged/ economically disadvantaged children of Zebulon ages 8-12

**What-** Hooked on Fishing - fishing camp

**Where-** Zebulon Country Club

**When-** March 14, 2020

#### How-

1. Set camp date and reserved location
2. Create a camp flyer
3. Research and develop age appropriate lessons for fishing skills
4. Solicit experienced fishermen to help with the camp
5. Select age appropriate reading material for campers
6. Series of online meetings with volunteers to review age appropriate lessons
7. Purchase items needed for camp (snacks & bait)
8. Collected campers registration forms
9. Implemented Hooked on Fishing Camp
10. Wrote thank you cards to Zebulon Country Club & fishermen who helped
11. Reflect on what went well and what I could improve.

**Cost-** \$35.00

**Resources-** Zebulon Country Club, Rods & Tackle, Bait, Volunteers, Materials from NC Wildlife

**Evaluation-** The Hooked on Fishing Camp was a great learning experience for me and the children from their feedback. I'm so grateful for all the volunteers (friends and family) that helped me with the Hooked on Fishing Camp. I am also grateful for the Zebulon Country Club for allowing me to use the pool and the pond facilities. I personally grew and learned from this project experience and would like to do a camp like this again in the future.

### ACT

We had the camp on March 14, 2020. Children showed up at 9:00am for check in and meet and greet. After checking in we had a ice breaker which was learning how to tie a fishing knot. I then showed the children a rod and reel and taught them the parts of the rod and reel. I went over safety when using a fishing rod and the consequences of getting hooked with a fishing hook. I passed out a rod and reel to teach the child and then spaced them out on the pool deck. I taught them how to cast into the pool to practice 2 casting techniques. ( side arm and over head). I then brought them back together and taught them how to use a fishing worm as bait. Some children did not know how to hook a worm on the hook so we taught them how to hook a worm. Then it was time to fish. Before we got to the water we reminded them the importance of safety of carrying the rod in the upright position and wearing protective sunglasses. After we fished for 45 minutes, we came back together and had snack time. Then we switched fishing spots on the pond and then we wrapped up by having a reflection on what they learned. I then passed out fishing materials donated from NC Wildlife.

### FOLLOW UP

Some children did not know how to hook a worm on the hook so we taught them how to hook a worm. Then it was time to fish. Before we got to the water we reminded them the importance of safety of carrying the rod in the upright position and wearing protective sunglasses. After we fished for 45 minutes, we came back together and had snack time. Then we switched fishing spots on the pond and then we wrapped up by having a reflection on what they learned. I then passed out fishing materials donated from NC Wildlife. Overall I think the fishing camp was a success. The children had a lot of fun and learned all about fishing and how to be safe while doing it. I loved being able to give back to my community by sharing knowledge of an activity that I loved teaching young kids is rewarding and lots of fun.



**The “Hooked on Fishing” Camp**

## Specific Need

With this STAR project I had 2 specific needs to help improve the physical, mental and emotional development of children;

1) A need to provide an activity for economically disadvantaged children.

2) A need to get children off digital devices and outside and back to nature.

Children in the economically disadvantaged areas of Zebulon are not given the same opportunities as their peers in areas of education and extracurricular activities. In Zebulon there are 2 public elementary schools each having 75% or more students who participate in the free and reduced lunch program. Zebulon middle is the one public middle school in the area which has 60% of students participating in the free and reduced lunch program. All 3 schools have a student reading and math proficiency between 34-41%, this means more than 50% are not proficient in reading and math subjects.

Zebulon has a parks and recreation system which offers a wide variety of extra curricular sports and summer camps. (ie Fishing Camp) However, the cost to be involved in these programs range between \$45.00 to \$65.00. Students in the disadvantaged areas of Zebulon can not afford to pay these registration fees.

From what I have read, children living in poverty are at risk for poor outcomes in health, development, and lower academic achievements, and these negative effects can last a lifetime.

The authors of the article I read presume that children living in poor communities lack access to parks and safe public places where they can play outdoors, limiting their opportunities for outside activities..

Knowing this is what prompted me to want to offer the free opportunity for children between the ages of 8-12 to learn a new skill at no cost.

With all the technology we have today, too many children stay inside and watch TV, or play on gaming stations, and/or are glued to their cell phones. From the articles I have read, studies show children spend 5-8 hours a day in front of a digital screen.

According to scientific literature, about 1 in 4 school-going children suffer from developmental delays/deficits, such as difficulty communication, language problem, impaired motor skills, and emotional deficit. Excessive screen time is considered as one of the crucial risk factors that can potentially hamper the early developmental processes in children.

So from what I understand, a child who is extensively exposed to the virtual world on screens generally spends less time for playing, exercising, or interacting with friends and family in real life. This can significantly impact a child's overall growth and development.

To me interaction with family and friends is an afternoon by a pond with a rod and a reel, as I love to fish! So I thought what better way to get children's eyes off a screen and outside in nature than to teach them how to fish. Fishing can get children off of electronics, help them learn where food comes from, help them learn survival skills, help them to learn to enjoy nature, help them learn patience, and provide them an activity they may not get to experience to overall help their development.



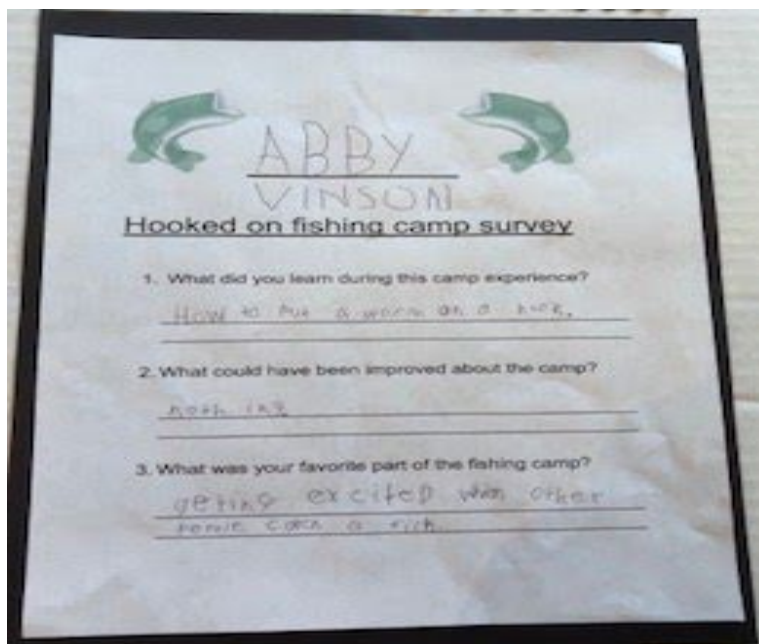
**My friend (volunteer) & myself showing the campers what type of fish they caught and how to unhook the fish and release the fish back to the water.**

# Impacts Children & Community Positively

After I created the flyer and registration form, I was able to contact the creator of SHARE (Serving Him and Reaching Everyone) ministry, Roger Brantley. Mr. Brantley helped me as he passed out the flyers/registration forms to all the children as he passed out the Brown Bag Lunches his ministry serves each Saturday to the economically disadvantaged children in our community.

This project helped me learn how to connect with other caring people in my community serving the underserved.

The fishing camp gave the kids a chance to learn fishing skills. The kids showed their ability to learn new skills and reflect on what they learned. At the end of the camp the kids gave us feedback on what they learned and how they enjoyed the camp. The kids were so much fun to interact with and teach. I wanted to show the kid that they had more activities to do instead of staying inside and being on a digital device. I thought that teaching these kids how to fish would give them a new skill that they can use to get outside and get back to nature.



ABBY  
VINSON

Hooked on fishing camp survey

1. What did you learn during this camp experience?  
How to tie & work on a hook.
2. What could have been improved about the camp?  
None.
3. What was your favorite part of the fishing camp?  
getting excited with other people catch a fish.

# Family and Consumer Science Content & Skills Used

At our school the FCS class entitled Exploring Child Care teaches the American Babysitting Course. From material taught in that class I used the following two concepts as part of my planning for the fishing camp;

- Think Safety First - provide hand sanitizer, eye wear, and direct & specific instructions & have a first aid kit
- Think Child Development - plan for breaking up children into 3 age groups as the physical, mental and social development of an 8-12 year old different for each age.

From the National FCS Standards I was able completed the following as part of this STAR Project:

## **4.4 Demonstrate a safe and healthy learning environment for children, youth and adults.**

4.4.1 Manage physical space to maintain a learning environment that is safe and healthy and encourages physical activity.

4.4.2 Apply safe and healthy practices that comply with local, state, and federal regulations to assure learners' safety.

4.4.3 Implement strategies to teach health, safety, and sanitation habits.

4.4.4 Plan safe and healthy snacks that meet USDA standards.



**One of the campers! The first fish he has ever caught!**



## Applies Child Development Concepts

As I have a younger sister and brother, I knew that I could not have all the children ages 8-12 work together as children of different ages experience things differently. So I knew as part of the camp I would need to think about the child's physical, mental and social development as I planned this camp. I planned the following to take into consideration basic child development concepts.

- divided up children into age groups for activities
- younger age group have 2 volunteers, older 2 age groups have 1 volunteer
- provide different reading level NC Wildlife materials to the children
- encourage all campers and volunteers to encourage one another



# Ability to Work With Children

Last summer, I was a student helper with Zebulon Parks and Recreation and worked at the Fishing & Swim Camp. Helping with the camp last summer prepared me with the knowledge and skills to put together my own fishing camp for children who could not afford to attend the Zebulon Parks and Recreation Camp. In the summer camp I learned how to interact with children in assisting and guiding them which I think gave me the hands-on skills I needed to be able to implement my own camp. I had so much fun working with the children in the summer camp, I just had to do one of my own and I thought what better way to do it again than through the FCCLA Star project "Focus on Children".



PIC•COLLAGE

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# Resources

Article I read about how too much screen time can negatively affect child development.

<https://www.news-medical.net/health/Does-Screen-Time-Affect-Childrene28099s-Development.aspx>

Article I read about how poverty can affect child development and keep them from resources for play and outside activities.

<https://www.focusforhealth.org/effects-poverty-on-children/>

Articles I read about the importance of getting children outside and fishing

<https://www.washingtonpost.com/news/parenting/wp/2018/05/30/kids-dont-spend-nearly-enough-time-outside-heres-how-and-why-to-change-that/>

<https://www.saltstrong.com/articles/teaching-kids-how-to-fish/>

Article I read about the YMCA camps focus on child development

<https://www.ymcade.org/wp-content/uploads/2017/12/YMCA-Day-Camp-Fundamentals.pdf>

FCS National Standards

<http://www.nasafacs.org/national-standards-and-competencies.html>

NC Wildlife

Zebulon Country Club Pool

Zebulon Middle School

# Evidence of Online Submission

2019-2020 STAR Events Online Project Summary Form

## EVIDENCE OF PROJECT SUMMARY SUBMISSION

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your adviser verify by signing and dating below for including in a display, file folder, or portfolio. One survey per entry is required.

Chapter Name: Zebulon Gt Magnet Middle School Fccla - 14072

State: North Carolina

Members: Mr. Andrew Vinson

Event Name: Focus on Children

Level: Level 1 (through grade 8)

Project Title: hook on fishing

Adviser's Signature Mrs. Barnanne Creech ZMS FCCLA-advisor

Date 5/13/2020



**NC FCCLA State Leadership Conference  
STAR Events Online Orientation Documentation**

Thank you for completing the STAR Event participant online orientation for the NC FCCLA State Leadership Conference. To receive the 2 points for completion on the STAR Events Point Summary Form, print this page and have your adviser verify by signing and dating below. Bring this signed form with you when you compete, and submit it to your event Room Consultant at the time of your event presentation.

Chapter Name: zebulon middle FCCLA State: North Carolina

Name of Event: focus on children

Category (JR/SR/OCC): Jr

Participant Name(s):

1) Andrew Vinson

I verify that the participants listed above have viewed the STAR Event Online Orientation video and related materials available on the NC FCCLA website.

Chapter Adviser Signature: \_\_\_\_\_

Date Orientation Completed: \_\_\_\_\_

Submit this form to the Room Consultant at the time of your event presentation.

**DO NOT TURN IN AT REGISTRATION PICKUP OR FAX TO THE STATE OFFICE!**

Only one form per entry (team or individual participant) is required.

**FCCLA** FOCCLA Membership Process  
Secondary Page Template

**FCCLA**

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**FCCLA**



### FCCLA STAR Project

#### Focus on Children

#### Hooked on Fishing Camp

Nancy Wilson  
Zabala on (St. Margaret Middle School District)  
Zabala - North Carolina



#### Ability to Work With Children

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#### Family and Consumer Science Content & Skills Used

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#### Specific Need

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#### Impact, Children & Community

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