

Nebraska FCCLA Red Leader

FCCLA®

January 2020

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Coming Up:

January

- 20** SPOT Candidates notified of status
- 31** Chapter Spotlight in February Red Leader deadline
- Member of the Month Application Deadline

February

- 1** State Degree candidates notified of status
- National FCCLA Master Adviser and Adviser Mentor due to State Adviser
- Scholarship Applications Due:
Nebraska FCCLA Collegiate, FACS Education, Non-FACS Education major, and SPOT Scholarship
- Chapter Developer Award deadline

Tips to be a STAR

By Makena Welke, First Vice President

Hello Nebraska FCCLA, and happy 2020! On behalf of the State Association, we wish you all the best in 2020! It's a new year, which means there is much going on! Some of you are competing in STAR in the upcoming weeks... YAY! STAR season is a time full of fun and jitters. Sometimes these jitters can affect a person during a presentation. So, I have a few STAR presentation tips for you and your friends so you can be a STAR (puns, haha!) during your STAR presentation!

Tip #1 – Be Confident!

Confidence is key when giving presenting a STAR project. Even when you just walk into a room, being confident will make you feel and do your best. You just have to believe in yourself!

Tip #2 – Dress for success!

It has been proven that if you look good, you feel good! Wear your FCCLA polo or blazer with pride! You can even fix your hair and put on a little makeup.

Tip #3 – Go to bed early the night before!

This has been a tough one for me as a STAR competitor. It is important to get a good night sleep before a presentation. That way, you can feel energized and ready to go in the morning!

Tip #4 – PRACTICE!

This is an important step in making your STAR project better than ever! Take time to practice by yourself, in front of your advisor, friends, and even school administrator! They can give you feedback and critiques that could help improve your STAR project! From all the State Officers, we wish you the very best of luck! We know that each of you will do a fantastic job! Remember, no matter the outcome, you are all STAR's (another pun, haha!) in our eyes!



Chapter Spotlight: Crete FCCLA First Semester with FCCLA



Crete FCCLA is a brand new chapter that started this past school semester in 2019. Mrs. Bright, their adviser, began by introducing the new organization to students in classes such as Child Development, Adulting Living, and Family and Consumer Sciences. Soon, the students sparked interests and played a large role in recruiting others in the school. Although Crete FCCLA is new to the school, it currently has 14 nationally affiliated members. Many FCCLA members this year are still new to the organization; however, many members are actively participating in STAR and community projects to get Crete FCCLA out there. The chapter invited two SPOT officers this past fall to give the new chapter insights into FCCLA. Eleven members also attended the district conference in Milford to learn more about competitive events. Crete FCCLA hopes to bring the chapter into the spotlight of the community and school through their activities. They also hope to help their adviser build the foundation for Crete FCCLA for years to come.

Happy New Year; Let's Get it Started

By Alexis Cherry, Secretary



Happy New Year everyone! I hope you had a great Winter Break and are looking forward to a new year of FCCLA! Now, let's get it started in here. Let's get it started. Yeah, yeah, yeah! This new year is kicking off with District STAR competitions. Many members have been finishing up their final touches over Winter Break, and the State Officers and I cannot wait to see all of the projects that you have been working on all year at Districts. STAR competitions are kicking off right away. Good luck to those who are competing! After STAR, Nebraska FCCLA is hosting our first ever Mind Bending Careers Conference with HOSA on January 24. This conference is an opportunity for juniors and seniors that are interested in careers in behavioral health.

Happy New Year; Let's Get it Started (Continued)

Let's get February started with FCCLA Week! Check out our FCCLA Week flyer on the Nebraska FCCLA website. Monday is #myfcclastory where you share your FCCLA story on social media. Tuesday is #myfcclafuture; you share your future career story. Wednesday is #FCCLAcareers or Inspiring Educators Day. Thank your FCCLA adviser who have supported your FCCLA story. Thursday is #MyFCCLAStory where you celebrate your family's story. Take the time to thank those that have supported you throughout your FCCLA journey. Lastly, Friday is #nefccla Leaders in Red. Share with others what red means to you and how it has given the confidence to be you. During FCCLA week, don't forget to use the hashtags for each day along with the #nefccla hashtag to be recognized on the Nebraska FCCLA social media pages. To end this joyous month, travel to the State Peer Officer Team's Peer Education Conference in Kearney. The conference starts on Sunday, February 23 in the evening with the State Officer Team's activities. The conference will continue on Monday, February 24 all day with the Peer Officers. They have been hard at work planning this conference for everyone, and they'd love to see you there!

Let's get it started Nebraska FCCLA! We cannot wait to see all of your amazing accomplishments in the upcoming months! Again, good luck with your projects at District STAR! We hope to see you all at State Leadership Conference in April presenting your stunning project! Even if you don't make it to State through your STAR Event, we still have projects for you that can be submitted for recognition at the conference. Have a great year, and see you soon Nebraska! Happy New Year everyone! I hope you had a great Winter Break and are looking forward to a new year of FCCLA! Now, let's get it started in here. Let's get it started. Yeah, yeah, yeah! This new year is kicking off with District STAR competitions. Many members have been finishing up their final touches over Winter Break, and the State Officers and I cannot wait to see all of the projects that you have been working on all year at Districts. STAR competitions are kicking off right away. Good luck to those who are competing! After STAR, Nebraska FCCLA is hosting our first ever Mind Bending Careers Conference with HOSA on January 24. This conference is an opportunity for juniors and seniors that are interested in careers in behavioral health.

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Day in Your Future Review

By Alexis Cherry, FACS Education



My “A Day in Your Future” experience was all around amazing. I was able to observe and help out in the classroom, and I was also able to network with the students during their classroom activities. Mrs. Loseke was very kind, generous, and all around caring to her students when she asked them how their day was going. She was very welcoming and had creative classroom strategies that I hope to use one day. Mrs. Loseke answered some of the questions that I had for her over lunch about how she became a Family and Consumer Sciences teacher. I was able to get a tour of her kitchens and her beautiful classroom. She has a unique way of teaching her kids, and it was truly fascinating to watch her connect with the students to teach them about the curriculum she offers in her school. The students were very interactive in her hands on classroom activities, and they also had a lot of fun with them too. It was such an amazing day, and I am forever grateful for this opportunity from Nebraska FCCLA and Mrs. Loseke. I will cherish this amazing opportunity in my heart for many years to come, and I will hopefully be able to carry on her strategies in my own classroom someday.

Chapter Spotlight: Howells-Dodge FCCLA Fall Semester Review

The Howells-Dodge FCCLA Chapter has been busy with projects in 2019-2020. Members provided free face painting for children at the Howells Library’s community night and assisted at the KC Family Night. A spaghetti supper helped kick off our August chapter meeting. Our chapter sponsored a 5K Run and provided Face Painting during our community Rib Fest. Other projects included cleaning road ditches for our Adopt-A-Highway Project, school recycling, and our Adopt-A-Grandparent project. Members conducted a FACTS seat belt survey at school and promoted seat belt use. In December, we answered 150 letters to Santa and sponsored a food drive competition.





December Member of the Month

Abby Lawton

Abby has been involved in FCCLA for 3 years. She is extremely passionate about this organization! Abby is a District Creed Speaking Champion, an active member in her chapter, and has qualified for Nationals in STAR events twice!

Congrats Abby!

Mind-Bending Career Conference

By Caitlin Murphy, Vice President of Competitive Events

Are you interested in Fueling Your Passion for behavioral health? If so, this year's Mind-Bending Careers Conference with Nebraska HOSA might be for you. The conference takes place on January 24, 2020, at the Younes Convention Center in Kearney. It is sure to be an exciting day for exploring career opportunities in counseling, mental health, and behavioral health. The event, made possible by the financial support of BHECN - Behavioral Health Education Centers of Nebraska, will allow attendees to identify the risks associated with unhealthy behaviors and the impacts on behavioral health. Sessions will be taught by Behavioral Health Professionals, HOSA State Officers, and FCCLA State Officers. Classroom-ready materials will even be available for participating teachers and advisers. Attendees can look forward to sessions including:

- Enough already – END THE STIGMA!
- My Future? I have no idea! College? I have no money!
- Engage Your Brain: Experiences in Behavioral Health
- Brainstorm: 12 Mind-Bending Careers in Behavioral Health
- Meet this year's Homecoming King and Queen – Meth and Alcohol
- When the Trauma Team Reaches Your School
- PTSD – No Kidding! It's real!
- When Anxiety Has Your Cell Phone Number!
- "To Vape or Not to Vape" – It's a Life-Changing Question



Registration for this conference is open but will close by January 17, or when space is full. The event is open to high school juniors and seniors, with exceptions for sophomores with a strong interest in behavioral health. Registration is also open to FCCLA chapter members and advisers, FCS teachers, non-FCCLA chapter FCS students, school counselors, and health science teachers. For additional information surrounding the event and links to registration, visit <http://www.nebraskafccla.org/events/mind-bending-careers-conference-with-nebraska-hosa/>. Nebraska FCCLA is excited to work with Nebraska HOSA to offer this joint-partnership and collaboration. We hope you take advantage of this amazing opportunity to Fuel Your Passion for behavioral health!

Financial Fitness

By Jaiden Johnson, Vice President of Programs



Money money money money. Money! Hey Nebraska FCCLA, this month we will be focusing on the National Program Financial Fitness. The three units are earning, spending, saving, and protecting. Earning helps to sharpen on-the-job financial fitness. Spending helps track and plan personal spending. Saving helps you to conquer bank accounts, credit, and investments. Protecting keeps financial and personal interests safe. This program engages members learn more about financial well being.

The Career Leader Team is also promoting this program this year. They invite you to join them in celebrating Financial Fitness Money Smarts Week in the 3rd week of January. This is also a Peer Education award you submit for recognition and win. When doing the project take many pictures since the Peer Education Team loves to see how your chapter participated. Apply online on the Nebraska FCCLA website.

National awards for this program includes cash awards and recognition at the National Leadership Conference. Your chapter may also receive the chance to be submitted in the *Teen Times* national magazine. You can apply for this National Award on the National Website by March 2nd. Winners will receive \$1,000 and the runner up school will receive \$500.

FCCLA WEEK

2020

Monday Feb 10th - What's Your FCCLA Story?

- What's your story NEFCCLA? Tag us on your social media posts and let us know what your FCCLA story is!

Tuesday Feb 11th - Your Future Career Story!

- What's your future career? Take a picture of what you plan on doing after high school and connect with alumni who chose to follow the FCS Career Pathways to learn their story!

Wednesday Feb 12th - FCS Educator Day!

- Learn more about the special people that make this organization possible...take a picture with your adviser and share why they said Yes to FCS! Make sure to celebrate your FCS educator at the FCSTN Legislative Day!

Thursday Feb 13th - Celebrate Your Family's Story!

- Family is our main focus in FCCLA and is an important aspect in all of our lives! Share your family's story and do something special to show your appreciation for your family members!

Friday Feb 14th - Leaders in Red!

- Show your FCCLA pride and unite in red as we celebrate the end of FCCLA Week! Share some of your favorite moments from the week!

Make sure to use the hashtag #nefccla when posting on social media!

Nebraska FCCLA

Nebraska Family, Career and Community Leaders of America (FCCLA) is a dynamic student organization which holds the family as its central focus. We promote leadership and service in the family, career, school and community and help members improve themselves and the world in which they live.

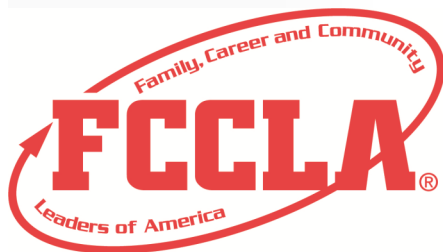
FCCLA is a national Career and Technical Student Organization that provides personal growth, leadership development and career preparation opportunities for students in Family and Consumer Sciences education.



Nebraska FCCLA

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