

Nebraska FCCLA Red Leader

The State Degree Program

By Hailey Bixler, Vice President of Programs

FCCLA has many competitions and awards to recognize its members, and there are many certificates and shiny medals given out to participants in competitions such as STAR or a National Program. There are ways to recognize advisers, outstanding leaders, and hardworking chapters - but until recently, there has never been a way to recognize that member that has done it all. After all, FCCLA is more than just STAR competitions and officer positions -

there is a considerable amount of work done outside of competitions and leadership conferences that often is not fully appreciated. And while there have always been ways to honor chapters that are generally involved, there has not always been a way to do the same for individuals. This need for a new kind of recognition is what gave way to an award implemented last year - the State Degree Program.

The Nebraska FCCLA State Degree Program is a new way to honor seniors that have gone above and beyond in FCCLA. In essence, it is a portfolio used to track one's FCCLA journey, including everything from STAR projects to conferences to community service. From the moment they join until midway through their senior year, members can record any activity related to FCCLA and put into an online portfolio (such as Google Drive). You can view an example of such a portfolio [here](#) to get an idea of how this is recorded. Most of the time, it's as simple as filling out a report detailing what one has accomplished. The report may ask basic questions about the activity and may require a picture, but it generally takes only five to ten minutes to complete. The focus of the State Degree Program is not how well you can write a report but rather the activities themselves. Detailed information on the program (including links to each required report) can be found under 'Programs' on the Nebraska FCCLA website [here](#).

There are eight different categories to the State Degree Program. Each category focuses on a different aspect of FCCLA and includes certain requirements to complete that portion. The Service section emphasizes the community service one has done for FCCLA on the local and state level. Completing Power of One units, National Programs, and competitive events (including STAR events) are all part of the Programs category. Professionalism focuses on career preparation with requirements like writing a resume or applying for scholarships. Attending leadership conferences such as DLC, SLC, or FLW is an important part of the Leadership Development category as is holding an office or doing committee work. Development and Fundraising concentrates on efforts to raise money for FCCLA while Outreach and Public Relations highlights the promotion of FCCLA through active recruitment, social media, and written sources. Completing a FACS course or participating in A Day in Your Future comes in handy in the Family and Consumer Sciences category. Lastly, the Personal Growth section includes paragraph responses and community service hours outside of FCCLA. To get a full list of the specific requirements for each category, click [here](#).

The wide variety of tasks needed to complete the State Degree Program shows that the recipient has truly had a well-rounded experience in FCCLA. Since this takes place over many years, what may seem like a daunting task can easily be broken up into small, achievable steps. Seniors who have completed all of the required tasks may submit their portfolio to be evaluated and give a ten-minute presentation. This presentation should discuss different aspects of the portfolio such as what was the most difficult, what the senior is most proud of, what the portfolio taught them about Family and Consumer Sciences, and how the student will continue to stay involved. In order to receive the State Degree, participants must score at least a 90% on their presentation according to the [rubric](#). This ensures that not only has the member done the required work, but they have also put in considerable effort and have benefitted from the experience.

Because of the involvement and work required to earn the State Degree, the award is a very significant achievement. Seniors that have accomplished this feat will be recognized at the State Leadership Conference as FCCLA's best of the best. What better way to end such an amazing journey? Consider the Nebraska FCCLA State Degree Program as our way of giving back to our exemplary members and saying thank you for a job well done.

FCCLA®

January 2019

Inside this issue

Waverly FCCLA Chapter	2
Humphrey FCCLA Chapter	2
Let's Get Active Nebraska FCCLA!	3
Falls City FCCLA Chapter	3
Logan View FCCLA Chapter	4
STOP the Violence Program Highlight	4
Preview to FCCLA Week	5
Minden FCCLA Chapter	5
Burwell FCCLA Chapter	6

Coming Up:

January

- 19** Peer Education Conference registration opens
- 20** SPOT Candidates notified of status
- 31** Chapter Spotlight in February *Red Leader* deadline

February

- 1-28** CTE Month
- 1** State Degree Candidates notified of status
- 1** National FCCLA Master Adviser and Adviser Mentor applications due
- 1** Scholarship Applications due
- 10** SLC Honorary Conference Assistant application due
- 11-15** FCCLA Week
- 13** FCSTN Legislative Workshop: Lincoln NE
- 13** State Officer Candidate Interviews; Lincoln, NE
- 15** Peer Education Conference registration closes

BREAKING BARRIERS

FCCLA
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Chapter Spotlight: Waverly FCCLA

Trick-or-Treat So Kids Can Eat

On Monday, October 22nd, the Waverly FCCLA Chapter teamed up with fellow Waverly Career and Technical Student Organizations to complete one of their many annual community service projects: “Trick-or-Treat So Kids Can Eat.” On this night, members were able to dress up in fun costumes and go door-to-door across Waverly’s entire community in order to “trick-or-treat” for canned and nonperishable goods for Waverly’s food bank. Members had a successful night resulting in bags and even wagons full of donated goods which were later dropped off at the local food bank to help aid in the fight against hunger.



Chapter Spotlight: Humphrey FCCLA Food Fight!



In December, the Humphrey FCCLA Chapter hosted a Food Fight to collect food to be used in their backpack program. The Food Fight had a points system, and the points were then totaled up to determine the winner. The top winners from the elementary and high school were rewarded with an ice cream party! As a reward to the whole elementary, the chapter hosted a dance for them, where they could come and dance with their parents and FCCLA

Members. This was a fun experience for the elementary kids because the elementary kids look up to the high schoolers so much. The high schoolers also enjoyed it because they were able to set a positive example for the younger kids.

Let's Get Active Nebraska FCCLA!

By: Rashell Neefe, Vice President of Public Relations

Activities are what truly make a chapter more active and influence member participation. The more activities done in your chapter the better, but no matter how active your chapter is everyone runs out of ideas of things to do. Don't worry there are plenty of simple ideas for your chapter to do that you have never even thought of.

Some activities you do in your chapter can also be used in STAR projects and to receive awards at the State Leadership Conference. For example, this year Nebraska FCCLA is giving an award to chapters that complete an "iBuckleUp, We BuckleUp" project to encourage families to practice traffic safety. Several easy projects can be derived from this such as holding a seatbelt check in your community. Chapters can also hold food drives and do several other service projects that not only help out your community, but can also get your chapter recognized. Remember to look into all the chapter awards you can do and to get members involved in everything. Also make sure to participate in FCCLA week!

Another thing to consider when trying to find activities is that they can be fun too. This can be as simple as having fun activities before and during business meetings. This will keep members entertained. Having friendly competitions are another way to get members to participate. Make sure to ask your members what they want to do. You could have parties, movie nights, hold fun fundraisers, and do other amazing activities in your chapter.

Chapter Spotlight: Falls City FCCLA Feeding 44

Falls City FCCLA went to Peru State College and volunteered for Feeding 44 Food Distribution on December 14th with Bailey Bindle, program director. Feeding 44 Food Distribution is a program that works to provide food security to Nemaha County. Nemaha County is one of the most food insecure counties in Nebraska.



Chapter Spotlight: Logan View FCCLA Sweet Service Treats



Bailey Harpham and Kaylee Hilbers, worked on window designs for the residents of the Hooper Care Center to enjoy.

The Logan View Family Career and Community Leaders of America visited the Hooper Care Center again this December to decorate windows with holiday scenes. In spite of very busy schedules, several members were able to carry out this annual tradition during the residents Friday night dinner on December 7th.

The chapter plans and implements service opportunities for a variety of other needs within the community as well. Recently the Logan View chapter has donated a holiday wreath for a silent auction for The Bridge, the areas agency for domestic abuse and sexual assault. Proceeds for this event cover program costs to educate, prevent and serve clients needs throughout the year. Other members of the Family and Consumer Sciences classes made and donated pies to the Fremont area Thanksgiving Dinner held at Midland University's dining hall. The organization also promoted the American Association of Family and Consumer Sciences Founders Day initiative to "Dine In - Device Free." Families are encouraged to experience the benefits of dining together for good overall health, both mind and body

National Program Highlight: STOP the Violence

By Hailey Bixler, Vice-President of Programs

STOP the Violence is a national program focusing on recognizing, reporting, and reducing youth violence. STOP stands for Students Taking On Prevention, since youths are encouraged to take action to prevent violence from their peers. One of the things that makes this program unique is that it actually has no units, though this article will still contain the standard list of project ideas.

Remember that violence is more than just physical abuse. Violence comes in emotional, verbal, and physical forms. It can occur in school, online, or in romantic relationships. Both males and females can be victims to violence just as both males and females can create violence. Youth violence is a very serious issue, especially since it can lead to even worse behavior in adulthood. Some project ideas include:

- Hosting an assembly in your school on domestic abuse
- Putting up posters listing different signs that someone is a victim
- Establishing a random acts of kindness campaign
- Talking to elementary students about how to handle bullies



Remember that cash prizes are given out to the chapters nationwide with the best STOP the Violence project. Recognition is also given on the state level and in fact STOP the Violence is one of the focuses of the State Peer Officer Team this year. Donating to a domestic violence shelter is this year's SPOT outreach project and will earn your chapter recognition at the Peer Education Conference. To find out more about STOP the Violence and some of its partners, simply visit <http://fcclainc.org/programs/stop-the-violencestudents-taking-on-prevention.php>.

Preview to FCCLA Week

By Molly Paxton, Secretary

FCCLA week will take place the week of February 11th through the 15th. This week is an amazing opportunity to promote FCCLA throughout your school, and get involved and do activities as a chapter! The themes for this year include:

Monday: Be Spirited!

Show off your FCCLA spirit around your school and community to kick off the week! An idea to help your chapter show their #FCCLAspirit is to wear an FCCLA T-shirt to school that day! Be sure to post pictures on social media and tag @nebraskafccla, or use the hashtag #NEFCCLA, so we can see your spirit shine!

Tuesday: Be Confident!

Tuesday is all about Believing in Yourself and your abilities. Use this day to promote your actions as a member or a chapter! Visit classrooms in your school and tell them how FCCLA has helped you grow as a leader and prepared you for the future, and tell us with hashtag #FCCLAIConfident!

Wednesday: Be Prepared!

Preparing members for adult life is a key goal of FCCLA. Share how FCCLA has helped you prepare for your future plans through leadership opportunities and competitive events! Wednesday is also Family and Consumer Science Educator day, so use this day to thank FCS educators and advisors! Share your stories with #FCCLAcareers!

Thursday: Be A Friend!

Thursday is a perfect day to bond with your BFF, Best FCCLA Friend. FCCLA is a great opportunity to make new friendships with members all across the nation, so tell us how FCCLA has helped you become a better supporter of those that mean the most to you. Also, share a picture with you and your BFF and make sure to tag us and use the hashtag #FCCLAfriends!

Friday: Be You in Red!

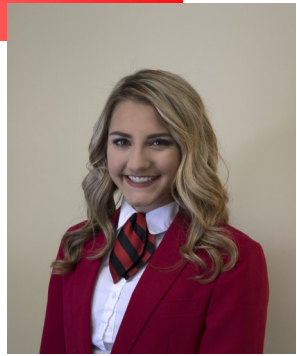
The color red represents strength, courage and determination. On Friday, come together and show the Power of Red by telling others what FCCLA Red means to you! #FCCLAunites!

We would love to see how you use FCCLA week to promote FCCLA within your chapters. Each of us has a story about how FCCLA has helped us grow and believe in ourselves and each other. While participating in FCCLA week, be sure to tag us on Facebook, Twitter and Instagram, as we would LOVE to see how our members are engaged in our Association! Also, if you have any questions regarding FCCLA Week, check out the National Website, fcclainc.org, under the News & Media tab, or feel free to reach out to the State Officer Team and we will be happy to assist you!

Chapter Spotlight: Minden FCCLA HUNGER HURTS: Access Your Compassion

The Minden FCCLA group recently partnered with FBLA for our annual Food Drive activity. Committee members did a lot of planning to breathe some new life into this year's event. MHS has a home-room period called "Access." The committee decided it would be fun to have a friendly competition between Access classrooms. They contacted our local food pantry to find out what donations were needed most. From that they made a list of 10 items that needed to be included in each donation box before the class would

be eligible for a prize. The winning classroom was set to win a pizza party and a door banner for "bragging rights." We titled our event "HUNGER HURTS ... Access your Compassion." When the dust finally settled on the competition, we totaled a whopping 1,323 lbs of food, detergent, paper goods and personal care products! This was a record donation for our club. It looks like new ideas really do pay off!



Chapter Spotlight: Burwell FCCLA

Sweet Service Treats

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.



Burwell Chapter Member Ella and Jayna have been working hard baking and sharing treats with the Burwell High School student body.

The Burwell Jr./Sr. High chapter has been hard at work this school year with chapter service projects. This year our main focus is serving others in different ways. A project that a couple of our members have been working on is kindness baking. They baked some sweet treats and put inspirational quotes on plates and have been putting them in different students lockers to help spread kindness. They put two sweet treats on a plate with the quote and hope that the student they give it to shares their kindness with another person by offering them the other treat.

Nebraska FCCLA

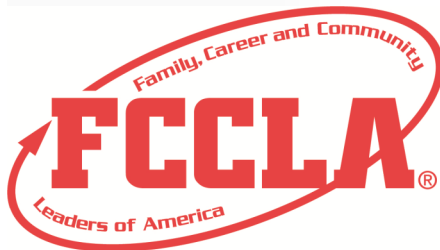
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NEBRASKA SLC T-SHIRT DESIGN CONTEST



Nebraska FCCLA is breaking barriers by announcing the first SLC T-Shirt Design Contest so it's time to start creating! This year members are going to design a SLC T-Shirt and one design will be picked to be made for the Conference T-Shirts. The person who designed the winning shirt will get a free shirt as well as recognition at SLC. These designs are due **electronically** to Kristin Vest by **February 1st**. These designs should include the state theme "Breaking Barriers." We appreciate your help in making the 2019 Nebraska FCCLA State Leadership Conference special!



NEBRASKA
STATE ASSOCIATION

EMAIL DESIGNS TO:
KRISTIN VEST
Email: Kristin.vest@nebraska.gov





FCCLA Week 2018

February 11-15

Monday February 11- Be Spirited (#FCCLAspirit)

Encourage others to Go For The Red. Promote FCCLA in your community

Tuesday February 12-Be Confident (#FCCLAisConfident)

Be confident in your ability to succeed. Share to social media how FCCLA has encouraged you to be yourself and prepare you for your future.

Wednesday February 13- Be Prepared (#FCCLAcareers)

How have FCCLA's career pathways paved a way for your future? Participate in FCS Educator Day and recognize the achievements of FCS teachers and programs.

Thursday February 14- Be a Friend (#FCCLAfriends)

Recognize those who have supported you through your FCCLA journey and have encouraged you to Believe in Yourself. Be a friend and encourage others to be the same

February 15- Be You In Red (#FCCLAUnites)

Believe in the power of red as we unite to show our FCCLA pride! Share what FCCLA means to you and how it has given you confidence

Don't forget to use
#NEFCCLA