

Nebraska FCCLA Red Leader

FCCLA®

February 2020

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Coming Up:

February

24 Peer Education Conference at the Holiday Inn; Kearney, NE

March

1 National Program Award, National Outstanding Media Award, and National Chapter Public Relations Award application deadline

SLC Registration due

National School Administrator Award applications due to the State Adviser

Power of One Recognition applications due to the State Adviser

Go For the Red Award deadline for consideration at the State level

Nebraska ACE Award application deadline

Nebraska Chapter Award application deadline

Feed Nebraska application deadline

Nebraska National Program Award deadline

Nebraska Public Relations Award deadline

Career and Technical Education Month!

By Jaiden Johnson, Vice President of Programs

Happy CTE Month Nebraska FCCLA! February is the official month to celebrate Career and Technical Education, or CTE. This is a great time to recognize the accomplishments of CTE all over the state and county. Career and Technical Education skills are skills all FCCLA members acquire and use.

What exactly is Nebraska Career and Technical Education? It is education beyond the classroom and exposure to skills and career you might use or be interested in in your future. CTE is an organized program of study that helps develop skills needed in a career and for life. Career and Technical Education is offered at



middle schools, secondary, and postsecondary school. For FCCLA members, it is any of our FCS classes taken in school.

Not only do FCCLA members learn CTE skills but so do all other CTSO members. CTSO stands for Career and Technical Student Organization. Nebraska CTSO's include FCCLA, FFA, HOSA, DECA, Skills USA, FBLA, and Educator's Rising. Even though each organization has different values and purposes, we all come together during CTE Month to advocate for CTE and CTSO's and the power and impact they have on students. All CTSO's have one thing in common. We are all funded by Perkins Funding. Without this funding, CTSOs would not have the money to run an organization. CTE Month is important because it recognizes the achievement students can make by using what they have learned from their CTSO and the value CTSOs and CTE holds.

How can your chapter celebrate CTE Month? Your chapter can work with other CTSO's in your school, community, or area to advocate. Since February is CTE Month, it is the perfect time to take a moment and come together with another CTSOs to and recognize the skills you have learned and the accomplishments you have made through CTE.

How can you advocate for Career Technical Organization and Career and Technical Education? Advocacy can be a great way to show and talk about how important CTSOs and CTE are. The top people to advocate to in your school and community will most likely be your School Board, Community Clubs, Administration, and parents. These are the people who provide the foundation and funding to make CTE and CTSOs possible in your school.

So how exactly can you advocate? It can be as simple as attending your local school board meeting and talking about how important it is for them to continue funding CTE and CTSOs. Members of your chapter can attend a School Board or Community Club meeting and sharing your CTE and CTSO story, the impact it has had on you, and the skills you have acquired.

Your State Officers even took a chance to work with other CTSO's across Nebraska to celebrate and advocate for CTE month. February 9th and 10th your Nebraska FCCLA State Office team met in Lincoln to team up with other CTSO State Officers during Legislative Day. Each CTSO State Officer met with their own District Senator to discuss the importance of support for CTSOs, CTE, and Perkins Funding.

CTE month is a time where we can all come together and advocate for what we believe in and value. CTSOs and CTE can make a positive impact on students across the country. That is why it is so important members advocate and share their story as to why funding CTE should be funded.

So, Nebraska FCCLA, go out and advocate for FCCLA as well as other CTSOs. Tell and show people how important CTE and CTSO's are and the how much of a positive impact they can make. Happy CTE Month!

Nebraska FCCLA is excited fuel your passion
at the 2020 State Leadership Conference!



Registration is OPEN!
Registration is due on March 2nd.
Click [here](#) for the link to registration!

Awards Due on March 1st:

- National Program Award
- National Outstanding Media Award
- National Chapter Public Relations Award
- National School Administrator Award
- Power of One Recognition applications
- Go For the Red Award
- Nebraska ACE Award
- Nebraska Chapter Award
- Feed Nebraska application deadline
- Nebraska National Program Award
- Nebraska Public Relations Award deadline

For more information, go to
www.nebraskafccla.org



**Audition to perform the National Anthem at the
2020 State Leadership Conference!**

Audition Details:

- ★ **Provide an audio recording of yourself or your small group singing the National Anthem Acapella**
- ★ **Provide your name and chapter name at the start of your recording**
- ★ **Email the recording from your personal email to nebraskafccla@gmail.com . Include your name and chapter in the email. Use National Anthem Audition as your subject line**
- ★ **The selected member(s) must be available for rehearsal and mic check late afternoon on Sunday, April 5th.**

**Recorded auditions are due to nebraskafccla@gmail.com by
February 28, 2020**

Applicants will be notified in mid-March.



Chapter Spotlight: Overton FCCLA Cheering with FCCLA

Overton FCCLA members Melissa White and Austin Haussler worked with several other FCCLA members, who also happen to be cheerleaders at our school to plan a little girls cheer camp to encourage elementary age girls to get involved in school activities. The camp was held on January 11th and the girls performed during halftime of the boys' basketball game. The FCCLA members/cheerleaders all spent time talking to the girls throughout the day about the many activities they are involved in at school and how each of those has made an impact on their lives. Go Eagles! Go FCCLA!



January Member of the Month

Karlee McBride

Karlee has been a two term chapter president as well as the past district 9 president. She has chaired various chapter projects like one to support MS research. She works hard every year to grow the Burwell membership and has been a two time winner for Go For Red. She has finished all projects under Power of One and is a past national qualifier in STAR Nominated by Candance Cain.

Congrats Karlee!

Relationship Red Flags

By Irelynd Pearson, Vice President of Public Relations

Hey Nebraska FCCLA, it's your Vice President of Public Relations, Irelynd Pearson. This month's National Program is STOP the Violence because February is national Teen Dating Violence Awareness Month. STOP the Violence stands for Student Taking On Prevention. Through this National Program, chapter members use peer-to-peer outreach to reach their peers with violence prevention education, recognize warning signs of potential youth violence, encourage young people to report troubling behavior, collaborate with school and community resources to address youth violence, and develop and implement local action projects to reduce the potential for violence in their school.

Teen Dating Violence is a very common kind of teen violence. Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

It is important that we as FCCLA members use this National Program and peer-to-peer outreach to inform each other on the Red Flags that may show that someone is in an abusive relationship. According to the Red Flag campaign, there are certain characteristics that your partner might have that should make you question whether you should be in a relationship with them or not. Some of these characteristics include: they monitor all of your activities and demands to know where you are at all times, are jealous and don't want to "share" you with friends and family, has a history of stalking, can't stand to spend time away from you, blame you for how they treat you, or for anything bad that happens, put down people, including your family and friends, or call them names, are always angry at someone or something, try to isolate you and control whom you see or where you go, idolize you and don't see you as a whole person, etc.

There are also some feelings that you might have that show you that it is not healthy to be with this person. For example you may feel afraid to break up with them, tied down, feel like you have to check-in, afraid to make decisions or bring up certain subjects so that the other person won't get mad, or angry towards your partner. You may also find yourself not trusting your thoughts, ideas, instincts, doing things that don't feel right for you, often defending your partner to your best friends and family, crying a lot, being depressed or unhappy or worrying and obsessing about how to please your partner and keep them happy.

If you see any of your friends or family feeling like this or you feel like this yourself because of who you are in a relationship with, try to help them understand that they might be in a dangerous situation, without offending them. If you feel like you are trapped in an abusive relationship, but you don't feel like you have anyone you can talk to or tell about it, you can call the National Domestic Violence Hotline at 1-800-799-7233.



Time Management

By Sydney Schildt, Vice-President of Development

“Time is what we want most, but we use the worst”-William Penn. We live a busy life, full of adventure and responsibilities, but we are constantly asking for more time. Time that we don’t use to its fullest potential. We have our list of priorities and the most important things usually get pushed to the last minute. Time management is often something that is hard to grasp, but is something that holds a strong importance in today’s society. Even the smallest of tasks and habits can make your time management more effective.

One thing you can do is to set a certain amount of time aside for certain assignments and tasks. Once you find out what tasks are eating up your time you can figure out how to divide your time in the most effective way. Making a to-do list is another effective way to prioritize your work. Start with the most important thing first. Starting each day with a list of things you want to accomplish can go a long way. If you don’t finish everything on your list, don’t worry. Moving tasks onto the next day is okay. Another important thing to remember is to know your limits. Work piles up quickly and taking on more than you can handle can be very stressful. Always know, it is okay to say “no”.

Chapter Spotlight: Holdrege FCCLA One Busy December

The Family and Consumer Science Department and FCCLA students have been busy helping the community this December. The Creative Living Class and some of the FCCLA members used basic sewing skills to create denim tote bags that will be given to the Holdrege Lions Club to be filled with coloring books and crayons and then donated to Phelps Memorial Hospital.

The FCCLA Chapter has partnered with the YMCA to help with Breakfast with Santa and with decorating gingerbread houses. The Child Development and Creative Living Class along with the FCCLA members worked on gluing the graham crackers to the milk cartons. On Saturday the FCCLA volunteered to help serve breakfast and help the kids decorate the gingerbread houses.



Chapter Spotlight: Twin River Finance Fair

After many months of planning, Twin River FCCLA hosted a virtual Finance Fair on January 8th for seniors from five area schools including Twin River, St. Edward, Boone Central, Osceola, and Fullerton.

The purpose of the activity was to allow students the opportunity to apply their knowledge of personal finance to real world applications, teach students to prioritize needs over wants, and help plan for the future. Additional goals were to also help them better relate their current choices to future choices, teach students how to manage their money and how buying unnecessary things can greatly affect your finances.

Surveys were sent to all participating seniors ahead of time to determine the career field they were most interested in going into. Research was conducted to determine the average monthly salary and each participant was pre-assigned a monthly salary based on the results.

On the day of the event participants were given a sheet of paper titled 'Choice Card' that had their income and required categories that they could spend their "money" on. They also received a checkbook register and were required to record their transactions as well as keep a running balance.

Participants visited a list of required booths and optional booths. Each booth represented purchases that may be made monthly. At each booth were volunteers from local businesses and former FCCLA members from Twin River. Purchase options were researched by members ahead of time so that each participant had a minimum of three options to choose from at each booth. Each option ranged from less expensive to more expensive. One booth titled 'unexpected events' required participants to randomly choose a piece of paper with an event on it. The events could be positive or negative and some required them to decide financially how to handle the situation.

Additional volunteers visited students to ask for charitable contributions multiple times. Finally, students were also be tempted with credit card offers in order to allow them to spend more money. Students then learned about how long it would take them to pay off the amount of money placed on the credit card based on a fictional interest rate.

To conclude the activity, students visited the "checkout booth" where volunteers checked their balanced checkbook and reward them with candy bars for their participation. Overall, the event was very successful as well as educational. It was greatly enjoyed by volunteers, sponsors, and students.

News Channel Nebraska was on hand to video the event and interview participants and creators. This project was created using the Financial Fitness National Program.



Chapter Spotlight: Cozad FCCLA Annual Pancake Feed

The third annual Cozad FCCLA Pancake Feed held on January 10, 2020 was a crowd favorite! Not only that but a huge fundraising success for the chapter. With free will donation, the Cozad FCCLA Chapter was able to collect \$250 and donate the check to the local food pantry. The money donated will be able to buy food to support families across our community. Pancakes were served with complimentary butter and syrup, as well as sausage links and orange juice. The chapter was lucky to not only have the town of Cozad and food pantry for support but also our visiting school showing their support for the greater good. Next year, they plan to set their goals higher and continue to give back to their special community.



Program Highlight: STOP the Violence

By Jaiden Johnson, Vice President of Programs

This month's National Program is STOP the Violence. STOP stands for Students Taking on Prevention. This program empowers members to recognize, report and reduce violence. Chapters can use peer to peer to help educate about youth violence. This program helps youth to recognize warning signs of violence and encourages people to report violent behavior. Using STOP the Violence, members and chapters can work with others to form a local action project to help to reduce violence within their school and community. STOP the Violence's three units are to recognize, report, and reduce violence.

What project can your chapter do using STOP the Violence? Possible projects can include bringing in a speaker to your talk to your school or doing a fundraiser and donating to a Domestic Violence Shelter.

The State Association awards chapters for their projects. The State National Program Application can be found under the Awards tab on the State website and is due March 1st. Chapters who submit projects can be awarded and receive recognition at this year's State Leadership Conference!

National FCCLA also recognizes and awards chapters. This can include cash awards for up to \$1,000, recognition at this year's National Leadership Conference, and top chapters can be included in *Teen Times* magazine. Chapters can apply online on the National FCCLA website under Awards. The National Application is due March 2nd.



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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