

National Program	Project Description
Career Connection	This project was something that was completed in my Life and Career Readiness Class. They had to research a career and create a lapbook that could be shared and with the class. It had to have information on salary, job description, qualities of a person in the field, list colleges that offer their program, and attire, etc. This gave them the focus on their field of choice as they are seniors and want to make sure they know enough about the field before they enter it.
Career Connection	This year's FCCLA Weeks Tuesday activities were called "Your Future Career Story". The officer team set the goal of educating the student body about different careers students can learn more about through involvement in FCCLA. The officer team decided that we should have a booth about Family and Consumer related careers during the lunches. During the officer meeting, the officers decided to have a trifold and table tents on display. They then brainstormed what they wanted on the trifold and on the table tents. McKenzie Loskill finalized table tents for the lunch room tables that were printed on card stock. Once printed, the members folded and taped the table tents. Rheyen Alwin finalized the plans for the trifold and. On February 11, members signed up to host the booth during the lunches. At the booth, students asked questions about Family and Consumer Science careers relate to the areas of Human Services, Hospitality and Tourism, Visual Arts and Design, and Education and Training. In addition, this was a great opportunity to educate people about FCCLA. Each lunch had approximately 300 students. We had around 20 people come up to our booth which was a little disappointing.
Career Connection	During FCCLA Week, on Tuesday Feb. 11, the day's theme was "Your Future Career Story". Our FCCLA chapter members went out to the businesses in Howells and Dodge to learn more about the career options in our community and to thank them for all that they do for our school and community. Our project goals were to identify local businesses represented in the sixteen Career Clusters and to show our appreciation to each business. We also left a box of FCCLA Baker's Candy at each business. The following career clusters were represented by the businesses we visited: Marketing - Bill's Food Mart, Treasures on Main, Stitches and Petals, 2nd Street Market, Hegemann Hardware, Bayer Hardware, Baumert Furniture; Tom's Auto Service, Pieper Implement; Hospitality and Tourism - The Grain Bin, Owl Cafe, Main Express, Eat; Agriculture, Food and Natural Resources - Central Plains Milling, Cooperative Supply, Grovijohn Feed and Seed, Maple Creek Seeds, Meyer Agri Services, Faltin Meat Market; Arts, A/V Technology and Communications - Howells Journal, Dodge Criterion; Business Management and Administration - V.O. Enterprises; Finance - Homestead Bank, Farmers State Bank, Maliha Insurance, Oelkers and Associates; Dodge Insurance; Information Technology - Great Plains Communication; Government and Public Administration - Village of Howells, Dodge Municipal Building, Howells Post Office, Dodge Post Office; Human Services - Parkview Home; Shear Designs, Images Unlimited, Hair Creations; Energy and Engineering - Farmers Union Coop Supply; Hanel Oil; Manufacturing - Howells Fab, Dodge Manufacturing, Northeast Nebraska Automation; Law, Public Safety, Corrections, and Security - Colfax County Sheriff; Education and Training - Howells-Dodge Schools and School Board; Health Sciences - CHI Clinic, Howells Family Practice, Dodge Dental Office; Architecture and Construction - Howells Plumbing Heating and AC; Transportation, Distribution and Logistics - Fiala Automotive, Brester Auto Sales, and Cappellano Customs.
Career Connection	Our chapter and FCS students have spent the past year working with children from the community in a preschool setting. We co-teach with our preschool teacher and our FCS teacher/director four days of the week. During our time with the children, we read stories, learn about the calendar, recite and act out nursery rhymes, and prepare snacks and crafts together. We have learned how to create centers for the children that focus on a curriculum that we have designed and written with the help of our adult teachers. Our program has been described as a "well oiled machine" by substitute teachers who come in when our teacher is gone. The parents love the fact that their children receive one on one attention from our high school and FCCLA student teachers. Because of our program, we have students who go on to major in early childhood education and elementary teaching. In addition to our work with the children in our community, we are encouraged to go visit schools and job shadow fields that focus on children. Our program strongly encourages students to look at education as a post-high school career choice. It also provides a scholarship for seniors who go major in early childhood and elementary education. Funds from the daily fee provide this scholarship. This year, we have three students who are going to major in a field related to children, and our future teacher list continues to grow.
Career Connection	Many of our members participated in job shadowing opportunities. Our goal was to have members go and job shadow in areas of potential careers. We had 7 members job shadow. We had members job shadow with a variety of careers including the newspaper, with a counselor, with a social worker, with an elementary teachers, with a dermatologist, at a nursing home. Our members were excited to learn about the potential careers.
Community Service	Our FCCLA chapter teamed up with Kearney High School's Key Club and FBLA chapter to provide food for those who need it in our community. The goal of the project was to collect 500 pounds of canned goods to donate to several local food pantries. Students from FCCLA, FBLA, and Key Club dressed in costumes and went door-to-door in Kearney neighborhoods in groups for donations of non-perishable items on October 28. As a group, we exceeded our goal of 500 pounds of canned goods and got 543 pounds in total. This helped to create a higher standard of living in our community and taught high school students the value of giving back to the community.
Community Service	In this project we wanted to spread awareness of the Wreaths Across America Organization and raise money to purchase wreaths for graves on Fort McPherson. The goal of our chapter was to raise money for 50 wreaths. To reach our goal we partnered with the senior class at the annual Powder Puff Football Game. We took donations at the front door which went to this organization. A big step in raising money was hosting a Veteran's Day Dinner. We advertised our dinner on Facebook and in the Newspaper. With our dinner, the Powder Puff Football game, and from other donors we were able to raise enough money to purchase 84 wreaths.

Community Service	<p>For Bloomfield's community service project, we went out and delivered gifts to people around town. The members of the chapter went and bought one-dollar gifts and wrapped them. After our Christmas meeting and party, the officers drove around town to deliver all of the gifts to random houses. We rang the doorbell and ran away leaving the gifts on their front door steps hoping they would find them later and brighten their day. We did this with around 50 gifts and homes around town.</p>
Community Service	<p>My project is "Lighting up Our Community". It was a holiday house decorating contest in my community of Battle Creek. I wanted to be able to reach out to local families and businesses. I did that by visiting local businesses to ask them to donate to my project. Many people participated because of the prizes that I collected from businesses. In order to advertise the event, I made a flyer. The flyer included the rules, date of judging, and how to enter. They were told to email me to enter. Three individuals volunteered to judge. Each judge received a packet that included ballots and instructions. Once the judges turned in their ballots it was up to me to calculate the scores and distinguish the winners. I announced the winners through our town's community facebook page. It was also in the Battle Creek Enterprise. The paper also recognized the businesses that donated. This was a great experience for me to work with local adults and businesses. I feel more comfortable when it comes to planning an event that includes individuals that I am not familiar with. Overall, I loved doing this project. I can't wait to do it again this year!</p>
Community Service	<p>This year our FCCLA chapter joined forces with the FBLA chapter in our school to conduct our community service project. We reached out to the Jason Goesch family and ALS Association to plan events to support the ALS community.</p> <p>Our main goal is to address ALS in our community by spreading the importance of promoting ALS awareness, supporting the Goesch family, and accumulating funds to donate to the ALS Association and the Jason Goesch family.</p> <p>One of our first projects was helping and organizing the Jason Goesch Benefit fundraiser. Our chapter received donations for a silent and live auction. Members assisted at the event in order to raise funds for the Goesch family and ALS association. Another project we conducted to benefit the ALS community was selling ALS apparel. The FCCLA chapter members gathered supplies and created fifty holiday cards to be sent to ALS families.</p> <p>Each month our chapter was involved with multiple events to engage in this project. In September we publish an ALS Awareness Monthly flyer. In October we did the ALS Ice Bucket Challenge at District 9 Leadership Conference. For November members delivered and distributed the ALS apparel order to customers. In December, we host an ALS night at the first home basketball game that included wearing red, a dedication to ALS victims, split the pot, and halftime coin toss fundraisers. In January we publicized and ordered the ALS cookbook and did another ice bucket challenge at District 9 STAR. In February, FCCLA week activities promoted ALS awareness.</p> <p>We believe we have achieved our goal by donating just short of \$100,000 to the ALS association and Jason Goesch family. Everyone in our student body and a large majority of our community were informed about ALS awareness and participated in our project in some manner.</p>
Community Service	<p>Goal - To create Sensory Blankets and Sensory Pockets for people with Sensory needs like anxiety, stress, autism, ADD, ADHD, and PTSD. Action - We created 16 Sensory Blankets and 50 Sensory Pockets that were distributed among students in the Holdrege School District. Blankets were for the elementary students and the pockets were for middle school and high school students. That way they could have them in their pockets without drawing attention to themselves. Results - More people became aware of FCCLA and its purposes and the sensory needs of others.</p>
Community Service	<p>Our FCCLA chapter participates in a variety of community service projects, but one of our most significant projects is delivering Valentine cards to Brookestone Meadows. Brookstone Meadows is a long term care and rehabilitation center in Elkhorn, Nebraska. For our project we delivered hand-colored Valentine cards to every single resident at Brookestone. Our main goal for this project was to hand color a card for every resident and to talk with as many residents as possible. Brookestone has around 140 residents, so that meant our chapter had to come together to color 140 specialized cards. It was a big task to complete, but we knew the joy it would bring to the residents. We colored cards at school and some of our great members brought them home to color. As an added bonus we attached a heart shaped chocolate to every card. On February 12th, after school, we met at Brookestone Meadows to deliver the cards. Everyone split up and got to work delivering the cards. Some of the residents were sleeping when we arrived, but we made sure to talk to as many people as we could. We made sure to tell them we were from FCCLA, but we also made an appointment to wish them a wonderful Valentine's day and chat with anyone who wanted to. It was a huge success. All the residents loved the cards, especially the chocolate! The supervisor at the home told us we are some of the only visitors some of the residents get and how much it meant to all of them. The smiles and thanks proved to us that we made a difference in the resident's lives and were representing FCCLA well.</p>
Community Service	<p>Our project goals are to create relationships between our chapter members and the residents of our local assisted living facility, The Evergreen. To reach this goal we are scheduling monthly activities at the Evergreen and encouraging our members to attend and assist. In November we made turkey door decorations and delivered them to the residents. In December we went Christmas caroling. In January we painted fingernails and gave hand massages. In February took valentine cookies which we baked to the Evergreen and decorated them with the residents. In March we plan to have a pet show, in April we plan to model prom dresses.</p>

Community Service	<p>Goal - Our goal was to create 10 Sensory Blankets to address the sensory needs of students in the Holdrege Elementary.</p> <p>Action - A Google Form was sent out to Special Education Staff in the elementary, middle and high school to see if there was a need for these. We found out that there was a definite need in the elementary but that they could also use sensory pockets at the middle school and high school. These would be small pouches filled with rice that students could squeeze when they were frustrated, had anxiety or ADD or ADHD. That way a student could keep one in their pocket, squeeze to release or reduce anxiety issues without bothering anyone. Club members created 15 Sensory Blankets and 50 Sensory Pockets that were donated to Holdrege Public Schools. Sensory Blankets were made out of left over fleece and ribbon. Our advisor also found scrap fleece and ribbon at garage sales. We needed to add a crinkly sound so we tried shredded up grocery bags, but then the blanket couldn't be washed in warm or hot water, or put into the drier. Our advisor asked other sewers what they would suggest, and we came up with Insulbright. It is a soft padding with a needle punched insulated lining and is machine wash and dry. That way we can also donate our blankets to Mosaic and local nursing homes.</p> <p>Results - Special Ed. Teachers have said that they have helped the children in their classrooms with their sensory needs. We also shared these on our local Good Morning Nebraska talk show on TV and have requests for 10 more blankets and 15 more Sensory Pockets. It has definitely made people more aware of sensory needs and to be more observant to the people around us with those needs.</p>
Community Service	<p>Our overall goal for this project was to raise \$450 to donate to the Breast Cancer Research Foundation. Additionally, our other objective was to make 35 chemo caps to provide for patients who have lost their hair because of the cancer treatment and can not afford them.</p> <p>First, we contacted our principal, Dan Radicia, and our activities director, Mark King to explain our plans for raising money. We compromised to include a written speech announced at both the volleyball and football games about breast cancer and the reasons for our fundraiser. In addition, on October 25, 2019 we sat by the front entrance at the football game to sell our cookies. Next, we focused on the chemo caps. We talked with our advisor, Linda Milliken, and made a plan for her Textiles class and some members from our FCCLA Chapter to assist us in making the chemo caps. On Sunday January 12, 2020, members of the FCCLA chapter worked for several hours cutting and sewing the caps. In total, we made 50 chemo caps and donated them to Nebraska Cancer Specialists. All in all, we believe that we strongly benefited our community. We donated the money to Breast Cancer Research Foundation because we feel that more research will help to stop breast cancer in the near future. The chemotherapy caps are definitely a necessity for patients who are having cancer treatment and have lost their hair. It will be helpful for warmth and to help patients feel better about themselves. We also educated people on the affects breast cancer has on individuals, family members, and the community around them.</p>
Community Service	<p>Our FCCLA Chapter's Community Service Projects focused on ways that chapter members could learn, lead and serve in our community. Our project goal was to volunteer for as many community projects that we could to be of service to those in our community.</p> <p>Community service projects that our chapter members have been involved in this year include: 1. Hosting an Adopt-A-Grandparent Program at our school on March 19, 2019 at 7:00 p.m. for grandparents, neighbors and friends. 2. Doing Adopt-A-Highway Clean-up on May 13 on the two miles south of the Highways 91-15 junction. 3. Serving at the 2019 Howells Alumni Banquet on June 1, 2019. 4. Doing Face Painting at the Library Community Night on July 10. 5. Serving Ice Cream at the Beneficial Blues Fest on August 4, 2019. 6. Doing activities with the children who attended the Knights of Columbus Family Night on August 10, 2019. 7. Recycling paper in our school for the community recycling program from March, 2019 to February 2020. 8. Picking up trash for our Fall Adopt-A-Highway Clean-up on August 27, 2019. 9. Doing face painting at the Howells Rib Fest on Sept. 7, 2019. 10. Presenting a program for the October 7, 2019 Howells GFWC Woman's Club Meeting. 11. Baking Pies for the Howells American Legion Turkey Supper on October 17 and 18, 2019. 12. Collecting food for the Howells Community Club to deliver to families in need at Christmas. 13. Answering letters that elementary students write to Santa in December of 2019. 14. Serving rolls and juice to students and staff during FCCLA Week in February of 2020. 15. Visiting local businesses and thanking them for their support to our school and community during FCCLA Week, 2020. We enjoyed volunteering in community with a variety of service projects.</p>
Community Service	<p>Our local hospital board put together a health fair for people to come and learn how to take better care of themselves. At the health fair, there were several different health services and organizations that were there to offer products and tests at very discounted rates. Our FCCLA chapter was asked by the Callaway hospital board to entertain children while their parents received services. We provided outdoor bowling, face painting, and corn hole. This was not only fun for the kids in Callaway, but our members had fun with it too. 10 children attended the event.</p>
Community Service	<p>The Leigh Volunteer Rescue Unit gives out tie blankets and teddy bears to any children that are involved in a call that they respond to. Recently, they contacted our FCCLA Chapter after an accident that involved four children. Their supply of blankets and teddy bears diminished after this accident and they asked us if we could help in any way. Our chapter responded to this by making ten tie blankets and purchasing ten teddy bears to donate to the rescue unit. Our chapter bought all the materials and in a two week span, members volunteered their free time to prepare these blankets for the rescue unit. After everything was made, four senior FCCLA members went down to the fire station to meet with a few EMTs/EMRs to donate the teddy bears and tie blankets.</p>

Families Acting for Community Traffic Safety (FACTS)	<p>At Kearney High School, we were concerned about the amount of car accidents going on around the school. By coming together as an officer team and brainstorming ways to help prevent injuries with all the teen drivers we have in the community we decided that having a couple seatbelt checks at the school would be the best way to do that. By partnering up with the Delko (formerly Monsanto) Company in Kearney, our chapter was able to conduct multiple seatbelt checks and collect data to raise awareness about seatbelt safety. During two mornings from 6am to 8am, members from our chapter and volunteers from Monsanto stood at each entrance of the school and kept track of how many passengers were and were not wearing seatbelts. We compiled all the data that we collected and presented it to all the students at the school during homeroom, along with going to Delko and presenting the findings to some of the employees there. We also made a seatbelt-pledge poster and drew a name to win a prize, which was donated by Delko. The results that we found by doing the seatbelt check were very promising. From our first to second check, the percentage of people wearing seatbelts increased by 4% and most of the participants were very cooperative. Lastly, our project was so supported by the community that we were interviewed and streamed on NTV about the project.</p>
Families Acting for Community Traffic Safety (FACTS)	<p>We chose to address the issue of road safety because our chapter wants all of our peers to stay safe while driving. After school one day, there were two accidents in the student parking lot minutes apart. Our FCCLA members decided we wanted to make tags to be placed on cars to remind students to buckle up and to not text and drive. We placed the car tags on students windshields. The tags reminded students to buckle up, drive safely, and not text and drive. Many students have thanked members of our chapter for reminding them the importance of safe driving habits. We hope to continue advocating in our community for safe driving habits and buckling up!</p>
Families Acting for Community Traffic Safety (FACTS)	<p>Our goal was to address traffic safety concerns in our community among community members and students, specifically the lack of seatbelts. We accomplished this goal by surveying community and student drivers during a football game in September, partnering with high school classes to research the impact of not wearing a seatbelt on the body, statistical and financial impacts on families, and the amount of time it takes to stop a vehicle traveling at various speeds. Each of the pieces of research was used to create formal posters. At the biggest football game of the year, which was in October, we featured the posters, invited the Nebraska State Patrol to bring the seatbelt simulator, created a PSA with information from our anonymous survey and used information from the posters to explain why this should be a concern in our community, and gave away temporary tattoos and stickers to individuals who pledged to buckle up. We formed several partnerships to accomplish this goal including the Anatomy, Personal Finance, FCS 7, and Physics classes, the Nebraska State Patrol, and the local ESU. In order to assess our success we anonymously surveyed patrons attending a September football game. This survey showed that only 49% of drivers were wearing their seatbelts and 51% of passengers were wearing their seatbelts. After performing all of our action steps we wanted to see a 20% increase in seat belt usage and a minimum of 200 pledges or individuals wearing our temporary tattoos and stickers. Throughout the evening of our campaign the seatbelt simulator was used by over 366 youth and adults, 210 stickers and temporary tattoos were given out, and a post survey was conducted. Our post survey results demonstrated a 20% increase in seatbelt usage among drivers and a 23% increase in seat belt usage among passengers.</p>
Families Acting for Community Traffic Safety (FACTS)	<p>Due to a number of serious accidents caused by speeding that led to injuries because of passengers not wearing their seatbelts; three members of our chapter created this project. Their goal was to educate Northwest students about the dangers of speeding and to reduce the number of students who don't wear seatbelts. They would track this through a survey asking students what they do while they drive. The preparation of this project began in October, where they printed off speeding FACTS from the FCCLA website. 9th - 12th-grade students teachers and administrators completed these surveys. The survey found that 17.3% of students have used an app while driving, 17.1% have talked on the phone while driving, 16.6% have texted while driving, 13.4% have eaten while driving, 17.4% have searched for music while driving, 2.1% have applied makeup while driving, 1.6% have read a map while driving, and finally 14.5% have used a GPS while driving. Another aspect of their project was a seat belt check at Northwest High School by the City Law Officers. Another branch of this project included the "I pledge to wear a seatbelt" where Northwest Students pledged to wear their seatbelts. FCCLA members were shocked at the turnout and the number of people who already wear their seatbelts. Another aspect that was completed to help raise awareness throughout the school was the door decorating competition. Advisements competed against each other to decorate a door according to the theme of seat belt safety.</p>
Families Acting for Community Traffic Safety (FACTS)	<p>The Howells-Dodge FCCLA Chapter's Families Acting for Community Traffic Safety project included several activities that focused on promoting traffic safety in our school and community. Our goals were to promote seat belt use in our school and community and to increase awareness of the dangers of drinking and driving, driving at night, and distracted driving. On October 14, at the District 5 Leadership Conference, over 200 students were provided the opportunity to learn about traffic safety as the Nebraska State Patrol gave sessions and demonstrated their "Seat Belt Persuader." Our chapter members conducted a student seat belt survey in our school parking lot on October 17 students. After some educational activities, a follow-up survey was held on November 6. We found that 92% of drivers were wearing seat belts and 94% of passengers were wearing seat belts. This was an increase of seat belt use by drivers of 6% and by passengers of 5.8%. On Feb. 28, a FACTS Day was observed at our high school. Chapter members set up a table at noon in the commons area and gave away promotional t-shirts and other items with traffic safety messages that reminded students about traffic safety. In the gym, there were stations with goggles that simulated the effect of drinking and driving. Students had the opportunity to try to drive simulation wearing the goggles and to try to do some everyday tasks while wearing them. Students also were given the challenge of trying to do a distracted driving simulation while using their cell phone. These activities were a challenge for the students and were a fun way to remind them the dangers of drinking and driving, night driving, and distracted driving. 105 students were reached by this activity. We partnered with Teens in the Driver Seat as we carried out this project.</p>

Families Acting for Community Traffic Safety (FACTS)	After a discussion with our members, it was decided that our focus would be on seat belt awareness. Our members picked a morning to meet at the school early. We divided up and planted members around the routes that students travel to the school. When cars pulled up the members checked to see if they were wearing seat belts. The students wearing seat belts were given a smarty candy. The students not wearing seat belts were given a dum dum sucker. Then members made and put up posters around the school to inform the student body about the importance of wearing seat belts. Our goal was to reach at least 1/4 of the student body. After surveying the students around the school, we feel we reached our goal.
Families First	The Wakefield FCCLA chapter donated and collected food items to create Thanksgiving in a Bag for our local Backpack Program families. We are able to reach our goal and fill 30 bags of food for the extended weekend. This year we received a \$100 donation from a local business to help buy additional food and the take home bags. Each bag contains one of the following; canned vegetables, gravy mix, instant mash potatoes, boxed stuffing, muffin mix, sweet potatoes, instant pudding, and graham cracker crust. While this might not seem like a lot of food, it's something small that will help our students get through the long weekend without going hungry.
Families First	Our chapter's Families First project was lead by Brandon and Bryan Elias. The goal of the project was to reach families in the community and solve the widespread problem of a loss of connection in families. The Elias brothers, with the help of the chapter, were able to invite families in the community to Raising Canes in Kearney, Nebraska, on Tuesday, December 3. Families who came to the event were asked questions about what they enjoyed doing together, what they disliked doing together, and how they can spend more time together. The night was also filled with laughter thanks to the jokes provided by the Elias family. The project was successful, as all of the families who participated seemed to enjoy the activities. About 25 families were reached, and our community became more connected.
Families First	The Chase County FCCLA chapter held its first annual Father/Daughter Dance on January 3rd, 2020. We had a goal of bringing an activity to our rural community that would be something new and exciting but also strengthens a family relationship. We began to plan for the Father/Daughter Dance which included finding a time with no other conflicts, publicizing the event, and decorating for the dance to make it a memorable night for all the father and daughters that would attend. Our dance was a Winter Wonderland theme so we included icicle lights, streamers, fake snow, and a photo booth with trees, deer decor, and snowflakes. We also had a snack table that included decorated cookies, cake balls, Chex mix, and pretzels. We had a fantastic turnout for the dance with 35 Father/Daughter duos showing up. Our FCCLA officers took on many roles during the night including DJ, photographers, and dancers to put on this unforgettable night and strengthen the bond between all the fathers and daughters that joined us.
Families First	Families First is a national peer education program focusing on family. Our chapter was able to focus on family by hosting a community baby shower at a home basketball game. We advertised on Facebook through our schools facebook page. Our chapter worked with the Child Development class to make snacks and raise awareness on the project. We held the event on January 5th at a home basketball game and on January 7th at a wrestling invite. We discussed needs of a young child in a homeless situation and connected it to Maslow's Hierarchy of Needs. Through this project, we raised \$102.50 for our local Parent Child Center.
Families First	One of FCCLA themes this year has been increasing kindness at SW. The first activity we did this year was to hand out flyers about FCCLA to all students enrolled in Family and Consumer Sciences to invite them to FCCLA. The second activity we did was writing notes of appreciation to people and delivering them. Brin Jinwright our Vice President created the cutest thank you notes. Our third activity was to provide coffee and snacks for our teachers at SW. This was a collaborative effort between the Student Council, the Food Prep class and FCCLA. The student council provided the coffee and the Food Prep classes prepared the snacks that were sponsored by FCCLA. The teachers loved the coffee, muffins and donuts as you can see from the enclosed thank you note. The fourth activity was all first blocks teachers were given post it notes to have their students write a kind note to someone in their class. The notes were then hung on the classroom door. This was a collaborative effort between School Wellness Committee and FCCLA. Overall we feel through our efforts we have improved the overall atmosphere of the school.
Families First	Our project was to create a Buddy Bench at the elementary school. Our goal was to have all students included on the playground with none being left out of the fun. The buddy bench was created to be a visual reminder to all students that including others is the kind and right thing to do. Students in fourth grade at O'Neill Elementary school helped paint a bench and it was installed on the playground. Members, with the help of the elementary principal, presented information to the students on the importance of including others and being kind. The idea is if a student doesn't have anyone to play with they go sit on the buddy seat, someone will see them there and come ask them to play. This has been successful in there have been no children sitting on the buddy bench, everyone is playing.
Families First	In our project we deliver books to the elementary students once a month. We teamed up with Micheal's Foods to buy each child a book for each month of the school year. Each month we take those books up to the elementary and deliver them during the school day to every kid. The books are customized to each class for their reading level so they don't have to wait to read it or it is too easy for them to read. For the month of December we even wrapped up each book and wore ugly sweaters to deliver the books to the students. The children enjoy seeing us walk through the doors with new books every month for them to read.

Families First	<p>For my project, I wanted to encourage more families to do fun things together more often to help rebuild family bonds. To kick-off my project, I worked with other FCCLA members to plan and advertise our Family Movie Night. We chose to show Hocus Pocus as it was October and we knew that would be a family-friendly choice for all ages of kids. We had approximately 50 people attend the event and we also collected 157 cans of food to donate to our community food pantry. The canned food items were the “payment” we collected for families to attend our movie night. In November, I sent home a flyer with elementary students about a family lunch war. Families are invited to come eat with their students during school lunch, and for my projects I encouraged this more by awarding a prize to the class who had the most parents, grandparents or other special family members come to lunch and eat with them. The 2nd grade class ended up winning our challenge, which lasted the months of December and January. I also encouraged families to do something together for fun as a family and to share about their experiences on social media. I had six families share on social media what they enjoyed doing together- everything from a game night, to family meals to watching movies together. I found conversation starters on the Family Dinner Project website that I put into the napkin holders on the school lunch tables. I encouraged students to talk about these topics with their “school family”. Sometimes we are so wrapped up in technology, we forget to engage with the people around us, so this helped get those conversations started. Building family strengths is an ongoing process, that I hope my project helped several families with.</p>
Families First	<p>My goal for this project is for the 18 students in the Overton Pre-K class to be able to memorize their address, recite it back to me and write it down themselves. I want 75% of the students to be able to state their city or state when asked 1 week and 1 month from the lesson. This is an important skill for all families to work on with their children for a variety of reasons, including children's safety. For the lesson, I taught the students how to write out an address and then they worked on writing out their own addresses. We also talked about the importance of knowing your home address such as if you need to call 911, send mail, have food delivered to your home or get help if you get lost. Finally, I sent home evaluation forms for the student's parents to fill out. These forms had simple questions for parents to ask their child to evaluate how much of the information from the lesson they remembered. In the end, I got 15 of 18 evaluations returned to me. 7 of 15 responses showed that the students knew their address when asked. 7 responses showed the students understand the importance of knowing their address, 4 were somewhat sure, and 4 were still unsure of the importance. 13 of 15 were correctly able to tell their parents what town they live in, and 10 of 15 were correctly able to tell their parents what state they live in. I have also been asking students what their address is and what town or state they live in almost on a daily basis. I think the evaluation forms reinforced how important it is for parents to practice these skills at home with their children.</p>
Families First	<p>One of best projects we held this year was one of our star projects. One of our members Ryanna Polenske held an amazing food drive. Her food drive was a reverse advent calendar. This idea came around after our annual food drive was canceled. Our annual food drive Trick or Treat so Kids can Eat, was students going door to door and asking people if they would donate food to a local food bank. Families throughout the district were disappointed that we didn't do this event. So the Polenske's took the lead to make this project happen. Each day students would bring in different food items. All the CTSO clubs joined this food drive. At the end of the month we had collected over 400 food items. After all that the Polenske decided to donate 10 turkeys to help the unfortunate be able to have a great Christmas dinner. After hours of sorting food, we donated the food to Tree of Hope in Lincoln. This food drive helped hundreds of families to be able to eat over winter break. This project brought together families to help other families. This project also unified the school to help out towards a common goal, to help other people.</p>
Families First	<p>Our goal was to create an event during national family week for mom's to enjoy time with their kids and not have to cook a meal. The event was called “Muffins with Mom”. We accomplished our goal by sending home invitations and registration forms to all Pre-K through 12th grade students. We also featured the information on all Twin River and Twin River FCCLA social medias and ran the registration in the local newspaper for three weeks prior to the registration due date. The registration forms allowed students/moms to purchase three different types of muffins to enjoy at the event or for students to purchase muffins for their mom to enjoy along with a handwritten card to express appreciation for her. We partnered with the Culinary Arts class to make the muffins, the wrestling team to set up and decorate for the event, purchased roses to decorate the tables and give to all participating moms, created a photo booth with props, and printed conversation prompts for each attendee. We had 112 registrants prior to the event, which required us to move the location of the event to a larger area, and 17 registrants on the day of the event. Moms, grandmothers, aunts, babies, toddlers, and students representing 8 grades were present at the event. Surveys were presented to the attendees and we received 100% positive feedback that the event was valued as quality time and that a future event would be appreciated.</p>
Families First	<p>The Howells-Dodge FCCLA Chapter got involved in two events that promoted family interaction in our community. Our goals for this project were to promote family-friendly activities and to get involved in our community. On July 11, the Howells-Dodge FCCLA did free face painting at the Howells Library Community Night. Businesses and organizations from the community provided family activities, food, free items and fun with the Horn T Zoo from 6:00 - 8:00 p.m. The main street was bustling with families enjoying the event. To prepare for the evening, our chapter prepared paint, paint pens, stencils, brushes, paper towels, and mirrors, table covering and a sign for our table. Our FCCLA Chapter enjoyed painting the faces, arms, and legs of over 100 children and family members and provided candy treats for everyone. We had the opportunity to cooperate with the local library on this project, along with other community groups. Our second activity was during the Howells Rib Fest on September 7. FCCLA members again set up their face painting stand from 3:00 - 5:00 p.m. at the Howells Ballroom. There were inflatables for the children to enjoy outside and a steady stream of children and family members came to our table for face painting. Candy was also provided for the 120 + children and family members who stopped by. We cooperated with the Howells Community Club and Howells Ballroom as we undertook this project. Chapter members enjoyed volunteering for these community events and promoting family fun in our community. Photos were taken during both events and our involvement was publicized in the local newspapers and on the school website and Facebook.</p>

Families First	Our chapter was approached this year to help organize an event to raise money for a young woman who had a liver transplant last May. Her family reached out to our FCCLA chapter because her medical bills had become so high, that she needed help with them. We joined together with the Maxwell Fire Department, the Baptist Church and her family to organize a silent auction, a soup supper, and a bake sale to raise money for Alex. We called our project "Alex's Army" -- Her fight is our fight. She is a young woman who graduated from our school Her family is so much a part of our school and our chapter that we wanted to do our part to help. We set a goal of \$2000 to raise for the project. We approached businesses in the community for auction donations, we reached out to our FCS students and the Maxwell Fire and Rescue Team to make soup. We joined the church in promoting items for the bake sale during our basketball game. We brought in a reporter from the local newspaper to do a story, and promoted our project on social media and the radio. It was a busy night, and we are proud to say that we doubled our goal! We were able to raise over \$5000 to share with Alex's family to help her with her medical expenses.
Families First	It came the attention of several of our members that quite a few families in our community were struggling. Our school has a Teacher Inservice Late Start day once a month. Many working families were struggling with what to do with their child (ren) during the late starts. With parents needing to go to work and no child care available, it was causing a struggle for families. Members created Trojan Troops. Parents can sign their child(ren) up for Trojan Troops. Trojan Troops is an opportunity for K-4th graders to have a fun educational place to go when the school has a scheduled 10 a.m. late start days (in-service days for our teachers). This has been a real help for the families in our community.
Families First	Family Christmas is an annual event that our chapter holds to encourage spending time with our families. It is publicized in our local paper with an article dedicated to Family Christmas and the people it has impacted. Prior to the event, letters were sent out to all FCCLA members and their families encouraging them to come enjoy a potluck meal, a family friendly craft, and a fun night spent with our FCCLA family. This year, around 80 people attended the annual event. It was a great opportunity for everyone to put their screens away and interact not only with their own family but also with our FCCLA family.
Financial Fitness	The Wakefield FCCLA Chapter held our annual Coin War to CARE battle during Homecoming Week. The entire PK-12 student body, staff and community members are urged to donate coins or dollar bills. Classes battle for the crown against each other with the main goal of increasing our donation by at least \$200 or matching the previous years amount college. This year we raised \$2091.00 to donate to the Wakefield Fire & Rescue fundraiser for a new ambulance. We were able to increase our donation this year by \$769! Our students love this homecoming spirit competition, especially when the money raised impacts our entire community.
Financial Fitness	Our chapter had a goal of teaching our members how to manage finances, the advantages of practicing financial fitness, and understand that it takes time and effort to really manage finances. Since the activity was done during our December meeting, the members got into groups and made a Christmas Wish List. In the wish list they had to include all the Christmas expenses they had- gifts, taxes, food breaks, etc.- along with how many hours they would need to work to save up to get to it. After doing and presenting the activity, the VP of National Programs presented a slide-show that she put together. The slide show included saving tips, financial aid information, and much more information that came from the sources listed on the FCCLA website. The activity and presentation had an impact on the students that were at the meeting by showing them how quickly expenses can add up and how to be prepared for more real-life expenses. It was a great way of getting members involved and educated at the same time. Many of the members enjoyed it and said the information was helpful.
Financial Fitness	The Milford Chapter led a session at District Two's District Leadership Conference. The goal of the project was to educate students about Financial Fitness through a choose-your-own-adventure styled game. In the game, students could choose to either Save, Spend, Earn, or Protect. Their actions determined how much money they had left at the end of the game. The person who managed their money the best won. As a result, students learned the importance of balancing how they earned, saved, spent, and protected.
Financial Fitness	Our goal for this project was to provide area seniors with the opportunity to learn how to make real life financial decisions in the future by creating a virtual simulation. To accomplish this, we planned to host a finance fair for the seniors from six local schools, including our own. First, we reached out to local schools and businesses to ask if they'd participate in our event. After receiving word back from five other schools, permission from our administration, and support from several businesses, we could begin planning our project. We sent each student a career survey to fill out. From the results from the survey, we gave each student a set monthly income to work with. Then, we created a choice card that listed both required and optional expenses, which made students establish their needs versus wants. Each student was required to get all required expenses and 5 optional. We then made option cards. On these option cards, we provided 4 different options that students could pick from based on different prices. This would require students to budget correctly and make smart financial decisions based on their salary. We also required them to visit the unexpected expenses booth twice. At this booth, they were given random situations such as hitting a deer or finding \$5 on the ground. Once the students had met all the spending requirements, they checked out. If they had money left over, they got a 100 grand bar. If they had no money left over, they got a Zero Bar. To evaluate our successes, we attached a survey to each choice card that we asked the students to fill out. All the students said they were very grateful for this experience because it was extremely helpful to get some financial insight before going to college.

Financial Fitness	After learning about how the importance of saving money within the Personal Finance class, FCCLA members worked to create lessons that would teach elementary students the importance of saving money. They worked in small groups in order to teach a different lesson to each grade K-5. They had to have a way to teach the importance of saving and an activity in their lesson. Some groups chose to show a video, others just explained what savings was, and others read a book. Their activities ranged from allowing students to purchase small items or snacks & then surprising them with a fee to differentiating between wants & needs using flashcards. All of the students gained a lot from the activities, and the elementary teachers were impressed with the activities the students came up with.
Financial Fitness	For our chapter's Financial Fitness Project, chapter members were challenged to do a project that required them to spend wisely. Our project goal was to sell Valentine's items to deliver on Valentine's Day and make a profit. For Valentine's Day, FCCLA members wanted to do a project that would be a fun, money maker for our chapter. The members decided they wanted to sell decorated heart-shaped cookies and flowers for delivery on Feb. 14. One group of members worked together to research the cost of ingredients for the cookies from several vendors. Another group of members were given the task of comparing the prices of flowers from several area suppliers. A third group of members worked on creating publicity for the project. The fourth group of members were given the responsibility of taking orders and creating Valentine's tags for all of the cookies and flowers. On February 12, FCCLA members mixed cookie dough, cut out, baked and bagged large, heart-shaped Valentine's Cookies. On February 13, FCCLA members mixed frosting, frosted and decorated cookies and put them on plates and in bags for delivery. Later in the day, a group of members put tags on all the items for delivery. On February 14, tags were also put on the roses and carnations that were delivered from Stitches and Petals in Dodge. During the last period of the day, flowers and cookies were delivered to students, staff and community members. The project was a success and the chapter made \$250 on the Valentine's Sales. This project gave FCCLA members real-world experience in spending, making decisions, and working together as a team. The money raised will be used to cover the expenses for chapter's Adopt-A-Grandparent Night later in March.
Financial Fitness	This year we had several of our chapter members who own horses. It seemed to be the popular topic for the year. They were on the same 4-H team, participate in the same horse competitions, and discuss some of the same concerns when it comes to the cost of owning a horse. Because of this, the group decided to create their own fundraising event to raise money for their horse expenses. They researched how to use a budget to start a small horse treat business that involves selling horse cookies for a profit. They contacted Bomgaars in North Platte to see if they could start selling their treats at their store. One of our chapter members has a grandma who is a manager at the store, so getting in was pretty easy. They researched different recipes to see which one would be the most profitable, and shared the recipes with our FCS teacher to see if the Foods classes could help make the treats. Once a favorite recipe was chosen, and a name for the product was picked, they designed labels, asked for ingredient donations for their start-up supplies, and created a system for packaging and promoting their product. The treats were a hit, both with horse owners and with horses. They raised enough money with their project to pay for their state expenses and for Consumer Issues Junior, their project topic being "What Does it Cost to Own a Horse?"
Financial Fitness	This project helped students and community members understand that FCS and FCCLA focuses on family and financial well-being is a big part of family. It also helped our school know that we contribute to the community through various service projects.
STOP the Violence	The Wakefield FCCLA Officer team invited Jana's Campaign to Wakefield School for a 7-12 school assembly. Kaiti Dingess put on a 1 hour assembly on the history of Jana's Campaign, teen dating violence facts, warning signs, and how to help. Our FCCLA Chapter was able to make a \$500 donation to Jana's Campaign. In addition, three of our members used a Jana's Campaign mini-grant to create a radio PSA for all of Northeast Nebraska on Teen & Domestic Violence during November for Violence Awareness month. The PSA was played over 10 times during the month. The PSA gave brief facts, warning signs, and hotline/safe places to go. The three FCCLA members also created an information flyer that was printed in the local newspaper. Our chapter goals was to spread awareness about Teen Dating Violence and help take a stance to put an end to violent relationships. Fatima Dominguez said "the assembly helped teach students the power of our self worth and how dangerous toxic relationships can be. It's not just physical violence, there is a lot of verbal abuse"
STOP the Violence	We brought in a representative of Jana's Campaign. The speaker met with our entire 7-12 population and talked about Jana's story and what dating violence is. After, students in my classroom debriefed and had open discussions about things that had been shared.

STOP the Violence	<p>During the month of October, our chapter conducted our Annual "Purple Out" project, promoting Domestic Violence Awareness. S.A.F.E. Center Educator, Judy Derr, explained the increase in domestic violence that has been reported over the past years. Throughout the week, members made time after school to cut out purple ribbons. Ribbons were distributed to the student body as well as our community during a home football game. Members created a picture frame for the students to take pictures to share on social media. Our design team also created shirts for us to sell. Proceeds from these sales were donated to the SAFE Center to help victims. We asked students to tag our chapter and use #OneThing so they could be entered into a drawing the following week. This frame was used by teachers and other staff members, parents, and different people from our community.</p> <p>Besides re-posting posts, our chapter also set up an informational booth at the game to make a greater impact in our community. Since we did not have school the day of the game, NTV news reporter, Brandon Cortes visited our school the previous day. He met with our chapter adviser and president to discuss our Purple Out event. This interview was aired the next day, and posted on all of the NTV social media platforms. By working with the SAFE Center, NTV, and our community, we were able to reach a vast amount of people. We wanted to let as many people know, they are not alone. The rise in domestic violence cases is a difficult discussion. Though we cannot solve and eliminate this global issue overnight, we can do #OneThing to raise awareness in our community one person at a time, because love should NOT hurt.</p>
STOP the Violence	<p>My goal was to educate others on the seriousness of bullying, how bullying can affect others and how to take a stand against bullying. I worked to accomplish this goal by presenting information about the emotional effects of bullying and showing a video about how to become an "up-stander" to my classmates. I also presented this information, including the video to my FCCLA chapter and community members at our STAR presentation night. I also make posters to hang around my school that described ways to become an "up-stander" and stand up for victims of bullying.</p>
STOP the Violence	<p>Members of the Howells-Dodge FCCLA Chapter partnered with Jana's campaign to help students learn more about dating violence. The goals for this project were to help students learn more about how to identify and prevent dating violence. The Safe Dates program was shared with students in FCS classes during the first semester of the 2019-2020 school year. Through this project students were engaged with role playing, case studies, discussions, and creative activities. Students also learned about preventing dating violence from a presentation created by FCCLA members that was shared with all students in grades 9 - 12. This presentation described signs of dating violence, how students can help prevent dating violence, and how FCCLA can provide opportunities to focus on this issue.</p> <p>A Safe Dates poster contest was held for students. Through a grant provided by Jana's Campaign, poster contest winners received cash prizes. These posters were displayed in the school to help drive home the message about identifying and preventing dating violence. Students were given a post-test about dating violence following our project and FCCLA members were impressed with the thoughtful responses given by students.</p> <p>Throughout the project, chapter members took photos, wrote articles for the local newspapers and school website so the information about dating violence could be promoted in the community as well. This project gave FCCLA members a chance to focus on an important issue that is a part of the STOP the Violence program.</p>
STOP the Violence	<p>After watching a presentation about relationship violence at our District Leadership Conference, several members felt it would benefit our student body to hear a similar message. They contacted Jana's Campaign and they agreed to come and present to our 9-12 grade students. Their goal was to inform our students on the signs of relationship violence and give them tools to get out of a dangerous relationship. The students also wanted to go into the elementary to help them with healthy relationships. They went into the 2nd grade to teach them about being a good friend. The results with the 9-12 graders were very positive. Several students talked to the Jana's Campaign gal after the presentation and 2 students followed up with our school counselor in the days after the presentation for relationship help.</p>
STOP the Violence	<p>A member of the Leigh-Clarkson FCCLA chapter created a group of Secret Kindness Agents in our high school and elementary school buildings after hearing Dr. Ferial Pearson speak at our District Leadership Conference. She worked with specific classes to complete secret kindness missions and spread positivity throughout our schools. The students who took on this project explains it best: "Within the 112 days or 2,500 hours that our Leigh Secret Kindness Agency has been running, my agents and I have carried out over 1,000 missions. Missions that have spread positivity and kindness, missions that have made students and teachers more united, missions that have reminded people that no person or day is 100% good or bad."</p>
Student Body	<p>This project was planned to be a night where our FCCLA members could participate in a low stress workout. We did a Yoga night for our chapter so that we could implement the importance of keeping a healthy body without having to do a very hard workout. Yoga is simple and relaxing, and we wanted all of our members that attended to feel relaxed. With this project we made sure that our attendees knew the importance of keeping a healthy body. They needed to be informed about how their bodies can affect them in the long run, including their mind and state of health. We wanted our Yoga night to get them to think about how important it is to keep a healthy body. Another target we wanted to achieve was to get them do some sort of workout, or to stay active, for their own benefits. We wanted them to consider their body as a responsibility.</p>

Student Body	<p>My main concern is the increasing amount of emotional distress in high school students. My goal is to help improve the moods of high school students by providing them with bags full of happiness- called sunshine bags. Any student in grades 7-12 can pick up a bag filled with yellow (sunshine) items such as gum, candy, slime, stress balls, chips, and pens, in our counselor or FCS classroom and give it to someone they think needs some encouragement. So far FCCLA members and I have decorated the bags, got yellow items to put in them, put together the Sunshine Bags, and placed them in the counselor's office. Circle of Friends, a support group for student with disabilities, donated 50 yellow gifts bags for my project. My mom made posters to hang up around the school. So far, over 25 bags have been distributed since January. Students really like receiving the bags because it lets them know that someone truly cares. Students also like giving the bags to others, as it makes you feel good for doing a good deed. I plan to continue to distribute sunshine bags throughout this school year. I want to do some fundraisers to continue to buy supplies and also get more people involved. I think this would not only help spread out the work, but also get more people to see the value in them and want to give some out to others. I would like to see this project go on into my senior year and beyond.</p>
Student Body	<p>This year Milford Chapter has worked hard to promote positive mental health in our school and community. We based our project off of the Real You Student Body Unit. The goal was to help those we interacted with learn about mental health and know how to improve their own mental health while lifting up others. Throughout the project we presented at the District 2 DLC, describing mental health and leading an activity that involved group discussion about how to overcome stress. We also encouraged students to take the Stigma Free Pledge, which was created by the National Association of Mental Illness. Then we completed a small stick it to stigma project where students wrote positive notes on sticky notes, and then they were put up for everyone to see. To finish out our project we reached out to Concordia University about their Walk for Hope Night, an event that focuses on Suicide Prevention and Awareness. Members of Milford FCCLA went to the event ran a stand for Luminaries, which people could dedicate to people who lost their lives to suicide. All proceeds for the event were donated to the Seward County Suicide Prevention Coalition.</p>
Student Body	<p>Our goal was to decrease the stigma surrounding mental illness, increase mental health awareness, and teach healthy coping mechanisms. To accomplish our goal, we first put suicide hotline flyers around our school. Then, our chapter made kindness notes and put them on the 7-12th grade student's lockers. On National Suicide Prevention Day, we also put sidewalk chalk on the sidewalks with suicide statistics and positive quotes. This impacted the 178 students and 27 staff of the jr. high and highschool, which helped to decrease the stigma surrounding mental illness while also raising awareness of mental health. We also wanted to include our community in this. To do this, we formed a partnership with the local seniorsenter. Then, we created and presented a presentation about how to help those struggling with mental health and the statistics surrounding mental health. 81 community members attended this presentation. This presentation was featured in our local newspaper and at the school board meeting. After the presentation, we received positive feedback from many people who attended. To accomplish our next goal, we participated in all elementary P.E. classes for two days and taught them meditation by using the app: Calm and yoga. The elementary students were taught by members to use these techniques to cope in healthy ways. 78% of them said they would use it again and 59% of them stated that they learned how to identify some of their negative feelings. To help the jr. high and highschoolers learn healthy coping mechanisms, we had yoga during homeroom during FCCLA week. We had 36 students attend. We promoted every one of these projects on our FCCLA chapter's Instagram and Facebook. Our project impacted the 396 students and 55 staff in our school and those who viewed our social media posts.</p>
Student Body	<p>My goal is to educate my peers about the dangers, contents, &amp; consequences of using e-cigarette, juul, and vape products. I chose to spend an entire week educating my peers about the dangers, contents, &amp; consequences of using e-cigarette, juul, and vape products. On Monday, I decided to hang posters about tobacco products (usage statistics, contents information, dangers of using) around the school. I also placed a e-cigarette, juul, and/or vape product statistic in the daily announcements each day during the week. On Tuesday, I hung locker signs with the saying 'Get the Facts to Be a Smartie' on lockers for all students grades 7-12. Whitney Abbott from the North Central District Health Department came to speak to all students in grades 7-12 about the dangers of vaping on Wednesday. I then hosted a quick round of tobacco trivia at lunch on Thursday to see what my peers learned. I also had a scavenger hunt of vaping, juuling, and e-cigarette facts around the school on this day. On Friday, I hung locker signs that said "Don't be a Dum Dum...don't vape or juul."</p>
Student Body	<p>The Howells-Dodge FCCLA Chapter sponsored a 5K Walk/Run the morning of the Howells Rib Fest on Saturday, Sept. 7, 2019 at 8:30 a.m.. Our project goals were to promote physical activity for members of our community of all ages and to be involved in our community celebration.</p> <p>Planning for this event began early in the summer as we publicized the Rib Fest with flyers in surrounding communities, on the Northeast Nebraska Race Site, in area newspapers and on our school website. Registration forms were created and were available online and at area locations. Race T-Shirts were created. Medals were ordered and supplies for the race were selected including fruit, breakfast bars, and Gatorade. Water for the event was donated by the Medical Clinic. The day of the race, members helped mark the race route with chalk, set up registration, passed out t-shirts and numbers, timed the racers, and assisted with traffic control and water stations along the race route. Following the race, members provided snacks and drinks for the walkers and runners and presented awards. We had over 60 registered participants including walkers and moms pushing strollers, as well as serious runners of all ages. One of the walkers was 80 years old. This project was a great way to encourage exercise and the participants enjoyed the walk/run. The weather was beautiful and though rain was in the forecast, it held off until we had finished cleaning up. Our chapter members enjoyed the project and it was a great way to get our chapter members involved in our community Rib Fest and promote FCCLA in our community. Photos were taken and the event was publicized in our local newspapers and on our school website.</p>

Student Body	<p>According to National Public radio (2015), one quarter of kids from ages 6 to 19 are dehydrated. In addition when we randomly surveyed students while at lunch. Many had chosen milk or water but sadly energy drinks were very common. Therefore, we wanted to have our students to become more aware of their fluid consumption.</p> <p>FCCLA worked cooperatively with the school wellness committee to promote hydration for our student body project. We offered this challenge to all our first block teachers at Lincoln Southwest during the first quarter of our school year. Our goal was for each participating student to consume 7 glasses of healthy drinks for the five days of our challenge.</p> <p>For our week long challenge, we wanted the students to consume 7 glasses of healthy drinks. We wanted kids to become more aware of their fluid choices when eating out, shopping at the grocery store and during lunches. Since we worked cooperatively with our wellness committee that is sponsored dairy council's Fuel Up To Play 60, students were encouraged to have three of the glasses to be off milk unless they were allergic and to have the other three glasses to be of straight water. Our members appreciated the addition of the milk to the suggested fluids because of the nutrients students get while consuming milk like Vitamin D and calcium. In addition, students were given the option of a 6 oz serving of 100% juice for one of their glasses if they chose. Juice consumption was limited due to the high level of sugar in most juices. Each participating student was given a quarter sized sheet to log their fluid consumption. The class with the highest percentage of participation was given the choice of receiving bottles of water or chocolate milk for each student. Not surprisingly, the winning class chose chocolate milk. Unfortunately, we didn't have as high of a level of participation as we would have liked. However, of the twelve teachers that participated, 76% of their students accomplish the goal of 7 glasses fluid each day.</p>
Student Body	<p>This year our chapter organized a Health Fair for our students in grades K-6. We joined our PE teacher to plan a program for the morning of Valentines's Day. We had presentations from our district champion STAR projects that fell into the Student Body category. We had a therapy dog that the children loved, we had an "eat the rainbow" booth with healthy fruits and vegetables, and we had a booth on reading the label to look for allergy warnings. We included the FCS Health Class to create 4 games that introduced the body systems. We had a booth for children to write a special valentine to someone that shared a positive message. This booth was designed to help children who had been body shamed, a practice that unfortunately happens all too often in elementary, especially during PE. Another booth focused on recognizing what to do if someone has a seizure. One of our chapter members has epilepsy, and she shared her story. Another booth was a presentation by three students in our school who have Type I Diabetes. They focused on warning signs of diabetes, and healthy lifestyles to prevent diabetes. The last booth was on nicotine addiction. It focuses on the message of Tobacco Free Kids. The students ran a relay that symbolized the money burned on tobacco products, and then signed a pledge to not be "played" by the tobacco industry. Once the children went through each booth, they were able to put in a raffle ticket to win a prize that focused on "Rockin' the Red" our Friday FCCLA week event!</p>
Student Body	<p>Members went into the elementary to present on healthy eating choices. They presented to the 1st graders. Their goal was to help the 1st graders learned about why it's important to eat healthy. Then the members helped the students make a healthy snack. The students enjoyed their snacks. The 1st grade teacher followed up with her students a week after our presentation and she found that they retained 80% of the information taught to them during the presentation.</p>
Student Body	<p>A group of Leigh-Clarkson FCCLA members worked with the Kindergarten and 1st grade classes to educate our students about MyPlate and food group recommendations. They presented a short powerpoint presentation naming each of the five food groups. The elementary students then completed the food sort activity in which they place play food onto the correct food group plate. There were also coloring sheets for each of the food groups that they completed on their own time. These coloring sheets served as a nice reminder of the healthy food choices available to them.</p>