

Nebraska FCCLA Red Leader

FCCLA®



Tips for Building a Successful Chapter

By Conner Oberhauser, First Vice-President

It is very important to actively try and make your chapter successful, especially during a year like this. There are many different ways you can accomplish this goal. First, and the most important in my opinion, is having a large chapter with strong representation in your community and the state. You can do this by utilizing the 3 Rs of Membership: Recruit, Retain, and Recognize. The 3 Rs of Membership can be used to increase membership, participation, and your chapter's success.

An example for Recruit is to sponsor a "bring a buddy" campaign. Have each member bring at least one friend to a chapter or district meeting, and then encourage that person to join FCCLA. An example for Retain is to ask local businesses to give special discounts to members who show their FCCLA membership card. Finally, an example of Recognize is to design a "Member of the Month" program for your local chapter. Highlight the member's interests, hobbies, dreams, and accomplishments during the month. Also, during meetings, highlight FCCLA benefits: traveling, devolving skills, competing, and so much more. This will encourage members to join, so that they can get in on all these benefits.

Another way you can lead your chapter to success is to get involved and showcase your chapter's success! There are so many ways to get involved in FCCLA, at the local, state, and national level. To get involved and showcase your chapter, be active with public relations. Write articles for your local newspaper, your school's magazine or website. If you haven't already, create a social media pages for your local chapter. On these accounts, post the local Member of the Month, chapter events, and other activities that you will be doing. To get involved on the state level, apply for the Member, Chapter, and Adviser of the Month recognition. If awarded, you or your chapter will be posted on all of Nebraska FCCLA's social media accounts. Another great way to get involved is to compete. You can compete in Students Taking Action with Recognition (STAR) Projects, LifeSmarts Knowledge Bowl, and even Skills Demonstration Events. The best way to lead your chapter towards success is to go after and apply for awards. There are four categories of awards: individual, chapter, adviser, and adult. In the individual category, there are scholarships, community service awards, and membership awards. There are a ton of options in the chapter category of awards including: community service, membership, public relations, and many more. These two categories are great ways to lead your chapter to success. You can also apply for National Program awards. FCCLA offers eight peer-to-peer educational programs to help students develop real world skills for life within Family and Consumer Sciences education. Each National Program is designed to be integrated into the FCS classroom to help reinforce lessons with opportunities for hands-on practice.

Finally, it is very important to stay up to date on what Nebraska FCCLA is doing. Be sure to follow our social media accounts @nebraskafccla on Instagram, Facebook, Twitter, and Youtube. You can also email questions to nebraskafccla@gmail.com. Lastly, you can request a state officer to visit your chapter during a meeting. We will be there to answer any questions that you may have. When you incorporate these elements into your local FCCLA chapter, you will be sure to have a successful year!

October 2020

INSIDE THIS ISSUE...

Taking Time for Yourself this Halloween.....	2
What's Up with Membership?	3
Student Body	4
Wakefield FCCLA	4
Flash to the Past: Sutton & Milford	5
Chapter, Member, & Adviser of the Month	5

COMING UP...

October

- 31 Chapter Spotlight & Flash to the Past for November *Red Leader* due
- 31 November Adviser, Member, & Chapter of the Month nominations due

November

- 01 Initial Affiliation deadline
- 15 November *Red Leader* Published
- 23 Commissioner's Virtual Recognition (invitation only)
- 31 Chapter Spotlight & Flash to the Past for December *Red Leader* due
- 31 December Adviser, Member, & Chapter of the Month nominations due





Taking Time for Yourself this Halloween

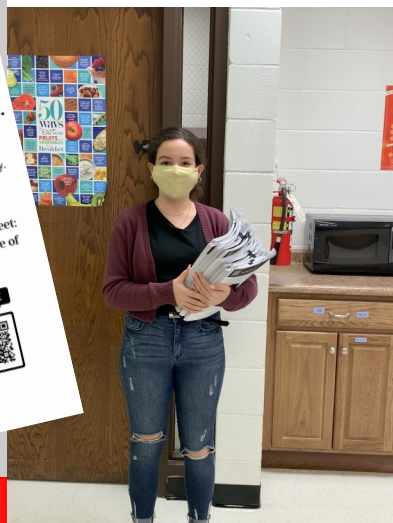
By Cassidy June, VP of Programs

Happy Halloween Month Nebraska FCCLA! During this season people can get caught up in the fun and spookiness of Halloween, and sometimes they don't take time to calm down and take time for themselves. Also, I know from personal experience, that a lot of students are spending time preparing for college visits and the October ACT, and some members are being swamped with homework as the second quarter of the school year starts.

I wanted to take time to remind all of our members that Halloween is a time for fun AND to relax! So while it's good to go above and beyond, take time to hang out with friends this Halloween. This month's National Program, Student Body, even stresses the importance of maintaining good mental, emotional, and physical health. So sit down and watch a scary movie, go to the pumpkin patch with your friends, and eat some pumpkin pie. Take time to reflect on where you are right now and how you can move forward during the second quarter of the school year.

I suggest creating goals and thinking about where you want to be by the time we get to Christmas. Sit back and reflect this Halloween season, and remember to keep moving forward! You can go Beyond Measure any day, but only if you take time to reflect and keep your mental health on track. Also, Nebraska FCCLA can't wait to see how you spend Halloween! Post on social media about your chapter's Halloween plans and tag Nebraska FCCLA for a shout-out! Have fun re-watching *Hocus Pocus* for the eighth time, and have a Happy Halloween!

Chapter Spotlight: Wakefield FCCLA Child Passenger Safety Week



The Wakefield FCCLA Chapter put together Child Passenger Safety Week packets for all elementary students to take home. Packets included videos, coloring pages, and information on proper use. The FCCLA chapter continued to promote the week by posting Child Passenger Safety Week tips on our school social media.

What's Up with Membership?

By Rebekka Jay, VP of Membership

Hello Nebraska FCCLA! Welcome to another great month of FCCLA! This has been one very eventful year, and we are just getting started. Membership is something we all know and love. Most of us have had our membership nights and socials, and now we are onto the next part of the year like STAR Event work nights, Member Nights, community service projects, and much more!

STAR Event work nights are great ways for your members who are looking to do a STAR project to learn more about what STAR is, ask other members about their projects, ask their adviser and officer team questions, receive feedback on their progress, and get ideas for their projects. As the year progresses, these work nights get more and more important to make sure each of your members are meeting their deadlines and are prepared for District STAR Competitions after winter break. The 2020-2021 Competitive Events Guide has been released for the year with extra instructions for how each STAR Event will work as a virtual presentation, so keep this in mind when starting on your projects!

Member Nights are nights for our members to be shown some appreciation! These may be a little different due to the current circumstances, but either way, it is always great to celebrate your members! These are also great ways to get out information on upcoming events and activities and might include an informal chapter meeting. If you are able to be in person, you can have a movie night, game night, or any other idea you come up with! Something fun for your members that allows them to wind down and take a small break from all the crazy around us! If you are currently virtual or are not allowed to meet in person, you can create a fun Kahoot and share the code with members to all participate in or create a buddy system for the semester with members and have them send encouraging messages!

Community service projects may also look a little different this year. With restrictions in some districts, some great ideas are to make signs, door decorations, or table centerpieces for a local care center or nursing home. Other ideas are making cards for the armed forces or patients in a hospital. Some community shelters are still accepting donations, so get in contact and find out how you can be helping them! Many of these projects can be used to apply for awards at the state and national level, so keep track of everything you do and look at the list of awards to see what you may qualify for. Community service projects are great ways for members to serve the community and give back.

Lastly, don't forget that the first membership affiliation deadline is November 1! Make sure your chapter and members are registered by this date in order to be able to qualify for awards and much more! Nebraska FCCLA, keep working toward your goals and strive to build your family, invest in your future career, and better your community. We cannot wait to see all that you will come to accomplish this year!





National Program Highlight: Student Body

By Cassidy June, Vice President of Programs

Students and kids are an essential part of a community, and they deserve the best resources we can give them to grow up healthy, happy, and strong. FCCLA understands that and has taken steps to help us better our schools. The National Program Student Body helps students make informed decisions that will help them improve their mental and physical health. This National Program is also a great place to start planning a chapter project.



I myself have completed Student Body National Program projects in the past. When I was in seventh grade I did a project that explored the Resilient You unit, which empowers teens to live in ways that build emotional health. I was able to do this through a STAR Project where my partners and I worked with our local elementary school to teach them about using yoga to relieve stress. The Resilient You unit is very important when helping students, especially teenagers, navigate emotions throughout junior high and high school, so if you are thinking about doing a project I'd recommend starting there.

Many members like to promote the Fit You unit that empowers teens to take charge of their health and their level of fitness. Doing a project under the Fit You unit also could be a way to get involved in the Nebraska Health and Wellness STAR Event. This also corresponds with the Healthy You unit, which empowers teens to make wise food and lifestyle choices. You could promote these units with a balanced meal activity or even with a school wide walk!

Another unit that I am very familiar with is the Real You unit, which empowers teens to maintain positive mental health. This past year I completed another National Programs in Action project based on promoting good mental health in my school and community. My partner and I created flyers and put together a mental health bake sale to raise money to bring a speaker to our school. I also spoke at District Leadership Conferences about the importance of Student Body and ways members can do a project of their own.

I encourage members to put real thought into a Student Body project this fall, especially since it encourages staying emotionally and physically healthy during this pandemic. So take time to help your peers, and start planning your project!

Flash to the Past: Milford FCCLA

The 'Peppy Peppers' and 'Lively Lizzies' from the Milford FHA Chapter.



Flash to the Past: Sutton FCCLA

Styles may change but great leadership never does! Sutton FHA officers from 1977-1978.



September Chapter of the Month: West Holt FCCLA

West Holt FCCLA members recently took time to pick up trash along the highway that runs through Atkinson in order to clean up their community!



September Member of the Month: Jamie Jensen, Twin River

"Jamie has gone above and beyond with helping with every single event this year. He has done a lot of heavy lifting this year in absolutely every way. He attended our family movie night and participated by setting up and tearing down the event, which took 8 hours total. He even went back out after the event to double check that everything was cleaned up without being asked. Jamie is a true leader and great helper behind the scenes!"

September Adviser of the Month: Mrs. Miranda Bright, Crete

Ms. Bright has been the most helpful adviser since starting FCCLA at Crete High School. She is always helping us learn more about FCCLA and always comes up with amazing and creative ideas!



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.

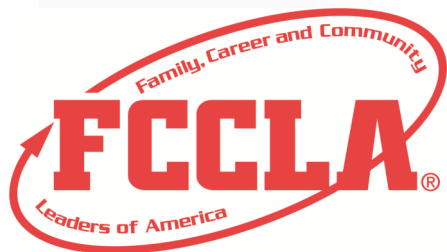


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