

Nebraska FCCLA Red Leader

FCCLA®



STAR: Students Taking Action with Recognition

By Samuel Coble, Vice President of Competitive Events

Happy Holidays Nebraska Family, Career, and Community Leaders of America! What a crazy year it has been, but yet again our wonderful members have accomplished amazing things. Members have been making masks, distributing meals, and finding ways to help communities in this strange time of need! The State Officer Team and State Advisers are so thankful for all of our members, and we love to see everyone's outstanding accomplishments. Do you want to accomplish something outstanding this year? If so, you should

participate in STAR Events! If you have already decided to do a STAR Event, read on! This article contains helpful tips and tricks for any level of STAR Event competitor.

So, you're thinking about doing a STAR Event project, well what is STAR? STAR Events are a category of FCCLA's competitive events that allows members to voice their opinions, create change, and develop career readiness skills. The common acronym STAR stands for **Students Taking Action with Recognition**. STAR Events allow students to be expressive to what they believe in, are passionate about, and the changes they wish to see in their communities! With over 30 national events and 4 state events there truly is something for everyone. With topics ranging from Food Innovations to Hospitality, Tourism, and Recreation, you are sure to find an event you can engage with. Not only does the STAR Event competition give you an opportunity to create change and make your voice heard, it helps develop skills you will use daily in school and your future career! My personal experience competing in STAR Events is a true testimony to this. By competing in different STAR Events, I have learned self-discipline, organization, time management, and professional presentation skills. Those are just a few of the many skills and tricks these competitive events can teach you!

Once you finally decide on an event it's time to get to work! Look in the 2020-2021 Competitive Events Handbook to find an updated rubric for the event of your choice. Closely read over the requirements, expectations and qualifications for your event; then get started! A common question I get is: How should you start such a big project? I'm pleased to tell you the answer is simple: Make your title page. Yes, I know it's obvious and seems like a no brainer but really, create your first page! Decide on things like your fonts, colors, text size, and will pictures have borders. Don't get too caught up on the appearance details though, when you are all done with the project you can always change those things; be sure that your fonts, colors and text sizes are all consistent. The next step is to simply look at the start of the rubric: What does it say to put into your portfolio first? That is a great place to start and helps give a step-by-step layout of what needs to be done.

In Nebraska, we are so lucky to have such a high level of STAR Event participation. Whether you're a STAR expert or doing your first project, here are a few helpful tricks for you! Put your portfolio in a 5 gallon zip lock bag. Yes, you read that right, put that binder in a zip lock bag! This will help keep your portfolio free of stains, scuffs, or bending. Another trick is to have a different teacher proofread each section. These projects can have many pages, so if you split the project into the categories on the rubric, you can have different teachers read each part! Finally, have a practice competition. My chapter adviser does an amazing job preparing us for districts by holding a STAR night. This is an opportunity for members to practice and get feedback from members of the community. Be sure to do this at least two weeks before your first competition date so there is ample time to make edits!

I know I'm beyond excited for my STAR Event this year and look forward to learning more about your projects! If you have any questions, comments, or just want to talk about FCCLA and STAR contact me at: vpcompetitiveevents@nebraskafccla.org.

December 2020

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COMING UP...

December

- 27 State Officer Team Hangout
- 31 Chapter Spotlight & Flash to the Past for January *Red Leader* due
- 31 January Adviser, Member, & Chapter of the Month nominations due

January

- 01 Affiliation deadline for members competing in STAR Events
- 01 Initial Review of State Degree Portfolio by State Adviser due
- 11 Nebraska FCCLA State Degree Portfolio due
- 14 Mind Bending Careers Conference with HOSA
- 15 National STAR Events Volunteer Award application due
- 15 January *Red Leader* published
- 15 State Officer Candidate applications due
- 15 National Officer Candidate applications due





Staying Connected During Winter Break

By Rebekka Jay, Vice President of Membership

The winter break is fast approaching, and while some of us are starting break early, I think we can all agree that this break is one we have been looking forward to! Whether you are celebrating special events, spending time with your family, or enjoying a break from school and extracurricular activities, there are many activities you can do to keep your break filled with fun and excitement.

In FCCLA, family is our central focus. What's a better way to connect with your family over the holidays than to do new activities with them? This could be having a family meal where everyone helps to prepare the meal in some way, a family game night, getting to know more about extended family, if you are seeing them over break, or taking family pictures. Some of these do not take very long and are simple, which is exactly what you need when trying out something new.

Another way to stay connected with FCCLA is to plan a coming back party or New Year's party for when school is back in session. This is a great way to connect with members and see everyone after the break, while also being able to have a chapter meeting about upcoming events in the new year. This is a great idea to take to your chapter officer team and see how you can help pull it all together. If your chapter is unable to have a Christmas party before the break or couldn't find a time to schedule one, having one after the break might be the perfect opportunity!

One last idea for you over the break is to focus on you. The National Program Student Body is a great resource for this, as it highlights the Healthy, Fit, Real, and Resilient You. The break, along with the new year, is a great time to set goals for yourself, whether they're related to your physical, emotional, or mental health. Goals are so important because they give us something to work toward, and using the SMART method for creating your goals gives you a great start to achieving anything you want! This would also be a great project for the Power of One Unit: A Better You.

I hope you have a wonderful break that is restful and uplifting, but also includes something new or energizing moving into a new year! We can all use some positivity in these unreliable times, so try to spread as much as possible. Have a great break and holiday season Nebraska FCCLA!



Chapter Spotlight: Twin River FCCLA Nursing Home Thanksgiving Goody Bags

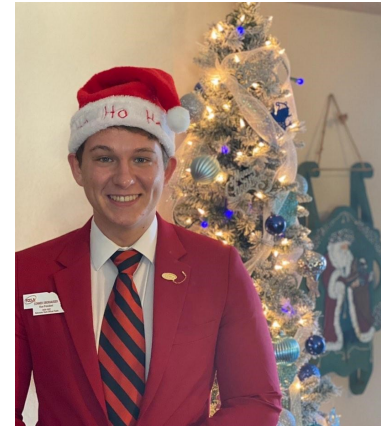
Twin River FCCLA members along with Mrs. Buhl's, Mrs. Rodriguez, and Ms. Stankoski's elementary classes and the FCS 7 & 8 class dedicated themselves to spreading cheer to the residents of the local Genoa nursing home just before the Thanksgiving holiday. FCCLA Members created homemade bracelets and conducted a tutorial with the FCS 7 class as well in order for them to help create additional one-of-a-kind bracelets. Members of the FCS 8 class worked with the elementary students to write letters, create pictures, and sun catchers to include with the finished bracelets. Finally, FCCLA members assembled goody bags with each of the items included as well as a small batch of candy. The goody bags were delivered to the residents prior to Thanksgiving break and were greatly appreciated by all!

Making the Most out of High School

By Conner Oberhauser, First Vice President

While high school can be overwhelming at times, it is also the start of an exciting new chapter in your life. The earlier you start planning ahead and getting into the mindset to succeed, the more enjoyable and stress-free your high school experience can be!

Freshman year, you don't have to worry about admissions tests, look at colleges, or apply for financial aid. Thus, it's the perfect time to start taking the first steps on the path that will take you to your dream college. Here's a list of what you can start doing freshman year to prepare you for the next four years of high school and ultimately, college. If you are already past your freshman year, these tips can still be beneficial for you!



GET YOURSELF A DAILY PLANNER - High school is a busy time, between classes, friends, extra-curricular activities, studying, family, college prep, and the all the rest! A daily planner will help keep everything in your life in order. Every assignment due date, test, deadline, or appointment will all be in one place.

CHALLENGE YOURSELF IN SCHOOL - Select classes that will stretch your knowledge and skills...and impress colleges down the road. Don't just stick to easy classes to keep your GPA up. Your lack of enthusiasm will backfire both in the classroom and beyond. This is also a great time to map out the classes you'll take over the next few years.

GET THE BEST GRADES YOU CAN - Remember your freshman year grades do count. They will affect your GPA and will be viewed by colleges. Don't make the mistake of thinking you'll have plenty of time to bring your grades up later. Every year will affect your overall chances of getting into the college of your dreams.

FORM RELATIONSHIPS WITH TEACHERS - Make an effort outside of class to connect with your teachers, whether it's school related or not. Not only will they be able to help you throughout your high school career, you'll feel much more comfortable asking them to write the recommendations for your college and scholarship applications.

FIND EXTRACURRICULAR ACTIVITIES - These can be activities organized by your school or activities that you do outside of school. While this is a great time to figure out what your skills and interests are, also be willing to try activities that are new to you whether it's volunteering, a new sport, or an organization.

High School is an important time in your life—trying to figure out what you'll pursue when it's over as well as enjoying the time you have with friends right now. By getting involved, staying organized, and thinking about your future, you'll be able to set yourself up for success in high school and beyond. Even though high school only last four years, the habits, skills, and relationships you build during that time, will last far beyond graduation day. Take the time now to make sure those impressions are positive and set you up for success!



National Program Highlight: FACTS

By Cassidy June, Vice President of Programs

I don't know about you, but I haven't actually witnessed much snow so far yet this year! One thing that comes along with winter, is icy roads. Even though it's time to start celebrating Christmas cheer, we have to take time to remember safety. This month's National Program is FACTS, Families Acting for Community Traffic Safety. Through the units of FACTS, chapters and members can make sure their communities make smart decisions when setting out to drive this winter.



The three units are People, Vehicles, and Roads. They all promote knowing how to proceed as a driver, understanding how our vehicles work, and paying attention to the road, including the speed limits and signs on it. Chapters can use resources found on the National FCCLA website at <https://fcclainc.org/sites/default/files/FACTS%20Info%20Sheet%202020.pdf> or on the Nebraska FCCLA website at <http://www.nebraskafccla.org/programs/national-programs/>.

FACTS projects can be turned in for State and National Awards. The state-level National Program Application is due on March 1st and you can apply under the National Programs tab on the Nebraska FCCLA website. The national-level National Project Application is also due March 1st, and you can apply through the FCCLA portal. Winners get recognition and cash rewards to fund future chapter endeavors.

National FCCLA has also partnered with Ford Driving Skills for Life and the Governor's Highway Safety Association for a State Level FACTS award. The top project in each state receives \$500. You can also apply for this on the FCCLA portal; talk to your adviser for more details.

FACTS Project Ideas

- Community Night with Safety Activities (make sure to plan for COVID restrictions)
- Seatbelt Checks
- Mock Accident Scene
- Crash Simulator
- More Ideas can be found here: <http://nebraskafccla.org/wp-content/uploads/2014/08/National-Program-Ideas.pdf>



Apply for SPOT recognition through the Community Leader Team for your observation of Teen Driver Safety Week in October & related projects! For more information visit: <http://www.nebraskafccla.org/programs/peer-education/>

Chapter Spotlight: Twin River FCCLA Book Buddies

The Twin River Child Development Class and FCCLA members made a special visit to Mrs. Mohr and Ms. Engstrom's Kindergarten classrooms on November 17th and 18th. Students in Child Development had recently learned about the correlation between reading and the development of children as well as how to read to children in order to provide engagement and check for understanding. Additionally, they analyzed the developmental appropriateness of books in the Twin River library and selected books to read to the Kindergarten-ers. On the day of the event, FCCLA members read their selected books and assisted the Kindergarten-ers with creating a make-and-take stuffed animal to have as a reading buddy. The event was greatly enjoyed by all students.

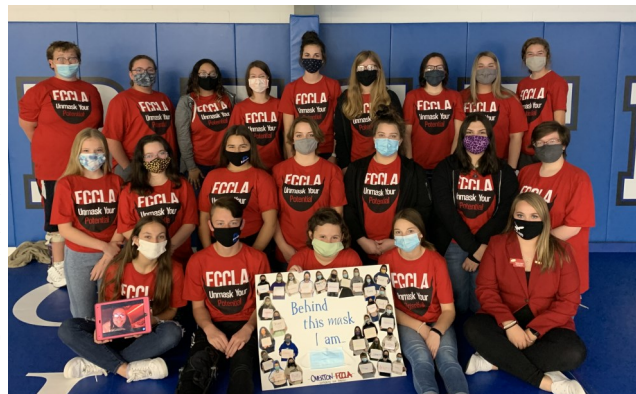


November Adviser of the Month: Mrs. Sherry Black, Boyd County

Staying late to help members with STAR Events, putting in extra work to have an active chapter, supporting members in all that they do, and never hesitating to check-in with members to see how they're doing...all things that Mrs. Sherry Black does well! She always makes it a priority to make sure events run smoothly and seamlessly, no matter how much time or effort it takes, which makes her an outstanding chapter adviser and FCS teacher.

November Chapter of the Month: Overton

Overton FCCLA has worked hard this year to provide opportunities for members to give back to the community, even though activities and events might look different than in years past. In November, they served over 100 to-go meals in three hours during the Give BIG Overton event and participated in the Red Sand project, which brings awareness to victims of human trafficking.



November Member of the Month: Abby Lawton, Overton

Abby recently collected nominations for families in need or deserving of a free Thanksgiving Meal Kit. Her kit contained everything from turkey and potatoes to cranberry sauce and pie. Then she shopped for the meal kit contents and delivered them to families in the community the Wednesday before Thanksgiving. In total she gave away meals for 50 people. She was even featured on NTV's news segment "Show Me Something Good" on Monday, November 23 for her completion of this community service project!

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.

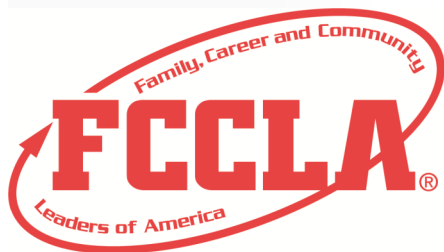


Nebraska FCCLA

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