

THE RED LEADER



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UPCOMING EVENTS...

OCTOBER

- 31 Personal Finance TeamSmarts Quiz due
- 31 Chapter Spotlights for November Red Leader due
- 31 October Adviser, Member, & Chapter of the Month nominations due

NOVEMBER

- 01 Initial Affiliation deadline
- 4-5 Capitol Leadership in Washington, D.C.
- 5-7 National Fall Conference in Washington, D.C.

NOVEMBER (continued)

- 09 Mind Bending Careers Conference in Kearney
- 10 LifeSmarts Online Competition ends
- 15 November Red Leader published
- 22 Commissioner's Recognition in Lincoln
- 30 Consumer Rights & Responsibilities TeamSmarts Quiz due
- 31 Chapter Spotlights for December Red Leader due
- 31 November Adviser, Member, & Chapter of the Month nominations due

PROMOTING YOUR CHAPTER

by Abby Fiske
VP of Public Relations



"Adults who are leaders in your community and school are passionate about creating future leaders and like when young adults share what they are doing."

Promoting your chapters through all aspects of public relations is vital for a successful chapter. There are so many ways to promote your chapters; anything from newspaper articles, social media posts, and giving a presentation at a local civic organization meeting are fantastic ways of getting your chapter events and announcements out to the public. We are going to dig a little deeper into all of these options and more to discover the opportunities your chapter has for expanding your public relations.

The first, and maybe the easiest, way to get your information to the public is the good ol' standby, the newspaper. Newspaper articles may seem a little old-fashioned; however, many of the people, of all ages, who live in your community read the newspaper. By submitting an article or an ad you are showing your community that you want their support. Always make sure to try to accompany the article or announcement with a picture as many newspaper readers won't even look at something which does not have a picture with it. Depending on the frequency of your newspaper, you will need to find out deadlines for publication and how and what format they want to receive the articles, announcements, and pictures.

Since some small towns only have weekly or bi-weekly newspapers, a question comes to light, "How do we reach the public about events and projects happening now?" This is where social media comes into play. If your chapter doesn't have a social media page on Instagram, Facebook, or Twitter, or even all three; I highly recommend getting one. These are the best ways to reach out to students and young adults. For example, you are sponsoring a concessions stand tomorrow night at the varsity basketball game. As part of the concession stand, your chapter is also having a soup and sandwich supper. It was in the paper last week, but you want to remind everyone to come hungry to the game. How can you do that? Use your social media! Don't just stop at using your posts and tweets as a reminder, blast out

pictures, updates, times, and prices as the concession day progresses. Parents, grandparents, school staff, and students love to see pictures of the kids!

Another way you can get your chapter's name out there is by presenting to local civic organizations. Some options include Lion's Club, Rotary Club, Optimist, etc. These organizations can provide knowledge about projects or events you are planning as well as maybe even offer physical or monetary support. Don't just stop at your civil organizations; presenting to your local governments such as the school board, city council, or even county board can open up opportunities to your chapter. It also shows the good your chapter is doing for the community and school. Furthermore, adults who are leaders in your community and school are passionate about creating future leaders and like when young adults share what they are doing.

When you sponsor and put on functions in the community, you are showing the community members what FCCLA means and stands for. You are also gaining life skills through functions like public speaking and meeting new people. How are you going to promote your chapter and this organization?



by Harleigh
Claussen
*VP of
Development*

7 TIPS FOR EASY FUNDRAISING

Has your chapter considered fundraising but has no idea where to begin? Well we have all been there! Here are a few tips on how to get started fundraising as a chapter!

Number 1: Choose which fundraiser makes the most sense for your chapter! Is it a bake sale, concession stands, or even selling Magazines through a company? Past state officers have compiled a large list of possible fundraisers! It can be found through this link (Fundraising Ideas) or on nebraskafcccla.org under “Resources and then “Development”!

Number 2: Set goals! Goals will help your chapter as a whole or individuals feel like they have something to work towards! Make sure that the goals are “SMART” (sustainable, measurable, attainable, relevant, and time-based).

Number 3: Get members excited about fundraising! Remind them how your chapter uses the money and what the personal benefit will be!

Number 4: Train your members in proper fundraising etiquette! Some don'ts of fundraising are don't put someone on the spot, ask but don't pressure, and don't underestimate the power of a thank you! Some do's when it comes to fundraising are to provide other ways of contribution, always reciprocate when asked (this doesn't have to be financially, it can be a donation of time), and finally, be an ambassador for your organization (represent FCCLA well at all times).

Number 5: Gather your resources! What materials do you need to make this a successful fundraiser? Is it paper forms, a computer, physical goods (baked goods, soap for a carwash)?

Number 6: Get to work! This includes holding your booth, asking family members and friends to support your cause, and posting on social media!

Number 7: Enjoy the benefits of your fundraiser!

Chapter Spotlight

Twin River



26 FCCLA members participated in a scavenger hunt for the local food pantry on the evening of September 1st. Members were split into teams, which were a combination of returning members and new members, and sent in different directions around town to collect a specific list of items for the food pantry. They were also given sidewalk chalk to leave their FCCLA mark all around town. In total, more than 800 food items were collected in addition to cash donations.

FACTS

FAMILIES ACTING FOR
COMMUNITY TRAFFIC SAFETY



by Milli Ciprian
VP of Programs

The September National Program spotlight is on **Families Acting for Community Traffic Safety (FACTS)**. This program is put in place in order to encourage members to take action within their communities to build safer roads. The goal is to build safe habits through awareness and action to create safe drivers in the present and future. The essential units are:

- **People:** To promote the importance of being a safe and aware driver along with being a safe passenger.
- **Vehicles:** To understand how using vehicles safely is important and the role it plays in safety of the driver and everyone around.
- **Roads:** To bring attention to the importance of being prepared for the obstacles and hazards that might be encountered while being on the road and how to get through them safely.

Project Example: Conduct a seatbelt check by partnering with local road safety organizations who have the resources to help. Create an advocacy plan and educate your school about the importance of wearing a seat belt by working with your school administration. You can even conduct a second seat belt check afterwards to get measurable results.

FACTS is a great opportunity to get involved with your community and get members to engage in the planning process and carry out the action. There are many resources available to help guide your chapter towards a FACTS project. You can visit fcclainc.org/engage/national-programs for more information or reach out to me at vpprograms@nebraskafcccla.org for guidance on a project or anything else you need. If you complete a FACTS project, you can even apply for a Program Award at a State and National level. The opportunities are endless!

FALL COMMUNITY SERVICE PROJECTS

As we are getting back into routine now that school has started, hopefully everything is running smoothly for everyone! In this Red Leader article, I am going to share some fun Halloween or Fall related activities that your chapter can do for community service or something fun your chapter can do as a group!

Trick-or-Treat-So-Others-Can Eat!

This is a fun community service project that my chapter tries to do each year. Around Halloween, our chapter will dress up for Halloween and go into a couple surrounding communities to collect canned or non perishable food items to donate to our local food pantry. After we collect the food, we find a date to take the food items to our food pantry, and then

we will help distribute the food when individuals come to the food pantry. We publicize this event prior to doing it, and it is a great way to spread the word about FCCLA in the community and help others in your community at the same time! The community enjoys helping out and learning more about FCCLA, and our chapter always has a lot of fun doing it, too!

“Sock”-tober

This is another fun community service activity that your chapter can do. During the month of October, your chapter can have a sock drive for “Sock”-tober. People at your school and in your community can donate new socks, and you can donate the collected socks to a local shelter or to people in need. This is another great way to help those in need in your community!

Pumpkin Patch/Pumpkin Carving Contest

One thing that my chapter is doing this year is going to a pumpkin patch as a chapter outing. This is a fun activity for your chapter to do during the fall, and it can be a fun bonding experience for everyone! There’s a wide variety of activities to do at the pumpkin patch, and everyone can find something that they want to do. You could also do a pumpkin carving contest as a chapter or for a fundraiser, too! Everyone can bring their own pumpkin, and you can use carving tools to create a fun or spooky decoration on your pumpkin! This would be a fun activity for people of all ages in your community and another great way to spread the word about FCCLA!

Babysit during Parent Teacher Conferences

This idea could be used as a fundraiser for your chapter. Many parents attend parent-teacher conferences, and it would make it a lot easier for them if someone could watch their kids while they meet with teachers. You could publicize this prior to conferences, and you could have the event in your school’s gym. All you will need is some fun activities to entertain the kids. This could be basketballs, jump ropes, coloring pages, or even a device that could play a movie!

After reading through each of the activities, hopefully you found one that you can incorporate into your chapter, or maybe this helped you think of other fun activities for your chapter to do! You may even be able to apply for awards with some of the projects you do, too. Be sure to tag us on social media so we can see the fun activities your chapter is doing! Feel free to contact any of the state officers at any time if you have any questions. Thanks for checking out this month’s Red Leader and hope you continue to check back to stay updated on what’s happening with your state officer team and the state association!



by Kaylee
Hilbers
President

SHINING BRIGHT *with* STAR EVENTS

by Natalie Brabec
VP of Competitive Events



I know as a seventh grader, doing a STAR project can seem like a huge task, but with guidance from your advisor, other members, or your parents it can be a very simple process. I was fortunate enough to have a great advisor that helped me through every step of the process, to the planning process to the final stage at state. When I was trying to pick out a STAR project, I was so overwhelmed with all of the choices that I could make because there were so many projects. My advisor told me about the STAR event quiz that would help me the most because it pointed me in the right direction about my choice on a STAR project.

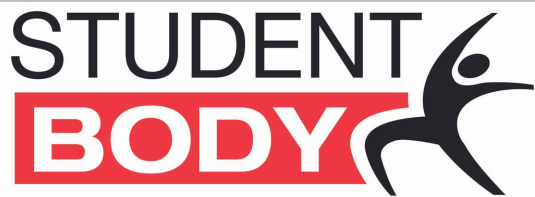
There are 33 STAR events that members are able to compete in. Almost all events are divided up into three levels. Level one is open to through grade 8, level 2 is open to 9th and 10th grade, and level three is open to 11th and 12th graders. There are 30 in person events and three online events. The STAR events include Baking and Pastry, Career Investigation, Chapter in Review Display and Portfolio, Chapter Service Project Display and Portfolio, Culinary Arts, Culinary Math Management, Early Childhood Education, Entrepreneurship, Event Management, Fashion Construction, Fashion Design, Focus on Children, Food Innovations, Hospitality, Tourism, and Recreation, Interior Design, Interpersonal Communications, Job Interview, Leadership, National Programs in Action, Nutrition and Wellness Event, Parliamentary Procedure, Professional Presentation, Promote and Publicize FCCLA, Public Policy Advocate, Repurpose and Redesign, Say Yes to FCS Education, Sports Nutrition, Sustainability Challenge, Teach and Train. The three online STAR events include FCCLA Chapter Website, Digital Stories for Change, and Instruction Video Design.

When doing a STAR project, the first thing to do is the Planning Process. The Planning Process is a worksheet that members can fill out before and while completing a STAR project. There are five steps in the Planning Process: Identify Concerns, Set a Goal, Form a Plan, Act, and Follow Up. The first step is Identifying your Concerns. This step is why you are doing your STAR project. The next step is to set a goal. In this step, think about what you want to accomplish when you are done with this project. The next

step is forming a plan. The items that should be thought about when forming a plan is who your project is about or who you are going to focus your project on, what you are doing, when you are planning on showing your project or doing your project, how you are going to do your project, how much or if any is your project going to cost, what kind of resources are you going to need, and what type of evaluation are you going to do after your project is over. Once you have everything you need, it is time to act. Once everything is done on your project, the last step is to follow up. Find out what you maybe could have done differently, better or worse, talk to your audience and find out their thoughts.

So once you have completed your project, you want to show people because you are so proud of what you have just accomplished. The first step is taking your project to districts. Districts are usually held in January so it gives you enough time to do your project. When you get to districts, you will present your project to judges then they will rank your project with other members' projects and if your project was outstanding the judges will award you with first or second place, allowing your project to compete at state. After districts are over, the next step is fixing your project and using the feedback from the judges to tweak your project. Once at state, it is about the same as districts, you will present your project to judges and they will rank it, except it is against the best projects in the state, not just your district. The top two projects in each level of each event will advance on to the national competition.

STAR projects are a great way for students to learn skills like public speaking and time management. I have done a STAR project my whole junior high and high school career and it has been a great way to meet new people and develop skills that I would not have been able to gain if I hadn't done STAR projects.



by Milli Ciprian
VP of Programs

The Healthy You: To empower the audience to make healthy food and lifestyle choices.

The Fit You: To empower the audience to take control of their health and their levels of fitness.

The Real You: To empower the audience to develop and maintain a positive mental health.

The Resilient You: To empower the audience to live in ways that will build a consistent emotional health.

The October National Program highlight is on **Student Body!** This program is put in place in order to help members develop healthy living habits, especially because teen years are prime years to building a consistently healthy life. The goal of Student Body is to help members learn to make informed, responsible choices for their physical and mental health while also providing opportunities to teach others. The essential units are:

Project Example: Partner with a local after school elementary program and develop a lesson plan to educate the students on the importance of the student body. You could have different stations for each focus and plan your lesson to fit the grade levels you are working with. Keep in mind that when you work with young students, they will need more interactive activities that are easy to learn!

SPOT Highlight: State Peer Officer Team is holding a Virtual Fitness Challenge throughout the month of October. Chapters should receive an email with more information on what to do and how to do it. This is a great opportunity to take part in National Programs and to support Nebraska SPOT!

Student Body is a great opportunity for your chapter to educate any level of audiences and you have tons of leeway with how you want to teach about it. If you complete a project, you can apply for a Program Award at a state and national level. There are many resources available to help guide you on your projects. You can visit <https://fcclainc.org/engage/national-programs> for more information or reach out to vpprograms@nebraskafccla.org for guidance on a project or anything else you need! The opportunities are endless with National Programs!

COMMUNITY LEADER TEAM

Virtual Fitness Challenge

Instructions for the Challenge:

- Print the Challenge Calendar, which lists various activities to complete during the month.
- Encourage chapter members to complete the challenges, in any order.
- Take photos of chapter members completing the various challenges.
- Make a copy of the Google Slides (https://docs.google.com/presentation/d/1EGUTF5vyCMedPsF7khGr_gwvSyX6ecYSslrW4F6tGwc/copy) and fill it in with your chapter's participation photos.
- Upload your chapter's Slides to the Fitness Challenge Google Form to be recognized.
- All chapters that complete at least 15 days of the challenge will be recognized at the Peer Education Conference in February.
- Chapters that complete all 20 challenges will receive a special recognition.

Other FAQs:

1. Not all chapter members need to complete each challenge.
2. Different chapter members can complete various challenge days.

All Challenge materials can be accessed on the Peer Education page of the Nebraska FCCLA website:

www.nebraskafccla.org/programs/peer-education/

OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
	50 CRUNCHES	GO ON A 15 MINUTE JOG OR WALK	10 MINUTES OF MEDITATION	JUMP ROPE FOR 2 MINUTES	WALK AN EXTRA BLOCK TO SCHOOL	
	A 10 MINUTE AB WORKOUT	LEARNING BREATHING METHODS	25 SIT-UP	1 MINUTE PLANK	ENJOY ONE HOBBY FOR 10 MINUTES	
	20 SQUATS	LEARN PROPER STRETCHES	10 MINUTE LEG WORKOUT	HULA HOOP FOR 5 MINUTES	100 JUMPING JACKS	
	START A GRATITUDE JOURNAL	10 MINUTE ARM WORK OUT	LISTEN TO CALMING MUSIC FOR 5 MINUTES	DANCE TO A FEW OF YOUR FAVORITE SONGS	25 LUNGES	

Chapter Spotlight Chase County



The Chase County FCCLA chapter sponsored a presentation by the Nebraska State Patrol that was given to students in grades 7-12. The presentation focused on a variety of topics including: drugs, and alcohol, social network safety, and human trafficking. Students were active participants throughout the event, providing good discussion and offering important questions!

August

ADVISER OF THE MONTH

Mrs. Miranda Bright, Crete FCCLA

Mrs. Bright has been one of the most sweetest and hardworking advisers that I have ever met. She is always helping students in researching and picking out a STAR Event project in order to help them be successful. Thanks to Mrs. Bright for bringing FCCLA to Crete! Because of your dedication and commitment to our chapter and members, students have been able to come out of their comfort zones through their involvement in FCCLA!



MEMBER OF THE MONTH

September

Lola Hamling, Twin River FCCLA

Lola has volunteered for a variety of activities that we have hosted so far, including 2 full days of assisting with free child care and our Family Literacy Night. She has also signed up to help at all concessions events to assist in fundraising for the year. Finally, she also helped with the Drive in Family Movie Night. More importantly she is an eager and very involved member that is helping others STAR Projects be successful and promoting our chapter through her positive attitude and willingness to help with all events!



CHAPTER OF THE MONTH

September



Twin River FCCLA

In just a little over one month, Twin River FCCLA hosted multiple events with the help of many members and officers! We ended the summer by hosting face painting during the community Pork in the Park event and helping with Genoa's annual Indian School Celebration. As school started, we successfully hosted our 7th annual Scavenger Hunt for the food pantry and a Family Drive-In Movie Night, which included by hosting a car decorating event for kids during our Pawnee Days celebration. Our FACTS campaign is well underway and included participation in the local parade, reading books to all PreK through 2nd grade, and giving away free Stop Props to keep kids safe in parking lots. Finally, we hosted a Family Literacy Night during parent teacher conferences which featured reading stations, free books and literacy packets sent home with each student.

Chapter Spotlight

Twin River

Reagan Roebuck, Tayla Zarek, and Ari Zimmer along with the Child Development class implemented a Family Literacy Night. Over the course of two days, Twin River Elementary students enjoyed a variety of stations created by the Child Development class. Packets included a free book that was paid for by the Cornhusker Public Power Goodwill grant and additional free books from the Silver Creek library. The packets included questions for parents and students to discuss before, during and after reading among many other activities. Additionally, a bookshelf activity was created for students to record the books they read with the opportunity to win a prize upon submission of the completed bookshelf.



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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