

Department of Elementary and Secondary Education

The NEWS in Missouri Family and Consumer Sciences Education

Spring Newsletter

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Missouri ACTE/MoEFACS Summer Inservice Conference - July 21-23, 2009

MoEFACS Conference Theme - "100 Years Strong: Always Relevant, Family and Consumer Sciences Education"

Mark your calendar and make plans to attend the Family and Consumer Sciences Education Summer In-service Conference, July 21-23! The conference will be held at the Clarion Hotel, 3333 S. Glenstone, in Springfield. The conference is designed to provide inservice for all career education instructors and is sponsored by the Missouri Association for Career and Technical Education, the Missouri Educators of Family and Consumer Sciences, and the Missouri Department of Elementary and Secondary Education.

The annual meeting provides high quality professional development and networking opportunities for family and consumer sciences educators at all levels. Program support also is enhanced through opportunities to join colleagues in professional organizations such as MoEFACS, Missouri ACTE, the Association for Career and Technical Education, and respective national affiliates.

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Missouri ACTE Opening General Session

**Tuesday, July 21, 2009, 10:00 a.m. (Part I) 1:15 p.m. (Part II)
Springfield Exposition Center, Halls B & C**

**Chelonda Seroyer,
English Teacher, Educational Consultant
Protégé of Harry Wong
Madison, Alabama**



Chelonnda Seroyer will be the featured speaker for the Missouri ACTE Opening General session on Tuesday morning, July 21. Ms. Seroyer is a high school English teacher in Madison, Alabama. She used Dr. Wong's book, *The First Days of School*, as an "instruction manual" to set up her classroom and consequently had a very successful first year. At the end of her first year of teaching, she was awarded the "Bob Jones First Year Patriot Award." This award is given to a first year teacher in recognition of outstanding accomplishments and achievements in Academics, Athletics, or Co-Curricular pursuits. At the end of her second year of teaching, she was awarded the "Patriot Award." This award is given to a faculty member in recognition of valuable contributions, dedication, and service to the educational community. At the end of her fourth year of teaching, the first year that she was eligible, because she was newly tenured, she received the "Teacher of the Year" award. She has also received the Toyota International Teacher Award. This award was given to 40 teachers from around the country. The teachers traveled to Japan for an educational study tour of the country and its educational system. While in Japan, she was featured on the Japanese national news station while discussing her plans to bring the Japanese culture into her classroom.

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REGISTRATION

Again this year, there will be no separate MoEFACS registration form. MoEFACS members will only need to complete the Missouri ACTE registration form to pay conference registration and dues. **MISSOURI ACTE REGISTRATION MUST BE COMPLETED AND YOU MUST HAVE A MISSOURI ACTE NAMETAG TO ATTEND ALL MoEFACS ACTIVITIES AND SESSIONS.**

Missouri ACTE on-site registration will be from 2:00 to 7:00 p.m. on Monday, July 20; and from 8:00 a.m. to 5:00 p.m. on Tuesday, July 21. Missouri ACTE registration will be at the Springfield Exposition Center, 635 E. St. Louis Street. The Exposition Center is located directly across the street from the University Plaza Hotel and Convention Center. Packets for those who pre-registered will be available during these times. Late registration will be open on Wednesday, July 22 in the lobby of the University Plaza Hotel.

Registration information for Missouri ACTE and MoEFACS pre-conference workshops can be accessed from the Missouri Family and Consumer Sciences website at: http://dese.mo.gov/divcareered/facs_professional_development.htm#MoACTE. To access Missouri ACTE information and registration directly, visit the Missouri ACTE website at: <http://www.mo-acte.org/>.

LODGING

Rooms at the Clarion Hotel, headquarters hotel for the MoEFACS division, are \$76.95 plus tax, which includes a full hot breakfast buffet. One to four occupants per room will be housed at this rate. Hotel reservations must be made through the Springfield Convention and Visitor's Bureau. An official housing form for the conference was mailed to all current Missouri ACTE members in early February. Those forms can be submitted by mail to the Housing Bureau, 815 E. St. Louis, Suite 100, Springfield, MO 65806 or by fax to 417-881-7201. Conference housing can also be secured through the Springfield CVB/ Missouri ACTE Housing Bureau on-line at: <https://secure.pcis.net/missouritravel/housing/macte/>. All room reservations must be guaranteed by credit card or purchase order number. If you wish to stay at the Clarion, make your reservation early! Housing deadline is June 19, 2009.

MISSOURI ACTE EXHIBITS AND GENERAL SESSIONS

The Missouri ACTE Conference will open Tuesday, July 21, with the Opening General Session for all divisions from 10:30 a.m. to 2:15 p.m. at the Springfield Exposition Center. The keynote speaker for this session will be Chelonnda Seroyer, protégé of Harry Wong. Her presentation is titled: "Creating a Customized Classroom Management Plan". Box lunches will be provided for all attendees at the Exposition Center during a Noon to 1:00 p.m. lunch break. All MoEFACS members are encouraged to attend.

Exhibits will be at the Springfield Exposition Center and will be open from 2:00 to 7:00 p.m. on Monday, July 20, and from 8:00 a.m. to 3:00 p.m. on Tuesday, July 21. All MoEFACS members are encouraged to attend to view the exhibits and express their appreciation to the vendors for their participation and support.

PRE-CONFERENCE COURSE AND WORKSHOPS

A pre-conference "for credit" course through University of Central Missouri (UCM) (July 19 and 20) and several workshops (July 20) will be offered in advance of the conference. **Pre-registration is required for all MoEFACS workshops by Friday, June 12, 2009, with the exception of the New Teacher and Teachers Returning to Family and Consumer Sciences Inservice, for which participants can register on or before July 10, 2009.** For more information, contact Cheryl LeFon at 573-751-7965 or by e-mail at: cheryl.lefon@dese.mo.gov. More information and registration forms for these sessions can be found on the Missouri Family and Consumer Sciences website at: http://dese.mo.gov/divcareered/facs_professional_development.htm#MoACTE

SOCIAL FUNCTIONS

Missouri ACTE will sponsor a breakfast reception honoring new professionals on Tuesday, July 21, from 8:45 a.m. to 9:45 a.m. at the Springfield Exposition Center. All new professionals in the MoEFACS division are encouraged to attend this event. MoEFACS will host a "100 year Birthday Celebration" for all MoEFACS conference attendees on Tuesday, July 21, from 4:30 to 6:00 p.m. at the Clarion Hotel. MoEFACS Awards and Recognition for 2009 will be presented during this celebration beginning at 5:00 p.m. The annual Missouri ACTE All Division Social will be held on Wednesday evening, July 22, at The Ramada Oasis Convention Center (formerly The Oasis), 2550 N. Glenstone. The social is free of charge to all Missouri ACTE members.

Forms for Missouri ACTE registration and housing forms, as well as the conference program and other information to assist MoEFACS members are available on the DESE Missouri Family and Consumer Sciences Web page at: http://dese.mo.gov/divcareered/facs_professional_development.htm#MoACTE. See you in Springfield!

Opening General Session continued...

Chelonnda is a very active member of the Bob Jones faculty and has been placed on several committees. She has been selected to be a part of the Building Based Student Support Team (a committee that has been established as part of the “No Child Left Behind” mandate), the Renaissance Rewards Committee, and the Alabama Reading Initiative team. She is a “Madison City Schools Technology Certified Teacher” and has also received “Master Technology Teacher” certification from her school district. Chelonnda is also an executive member of the Madison City School’s New Teacher Induction Team where she, along with central staff personnel, coordinates the induction program for new teachers coming into the school system. She has presented with Dr. Harry Wong for organizations such as the New Jersey-ASCD conference, the 2005 and 2006 NASA/NSU Pre-Service Teacher Conferences, and the Miami/Dade County Schools New Teacher Conferences. She is one of the featured teachers in Dr. Wong’s online classroom management course and her complete story was featured in a February, 2005, www.teachers.net column. Chelonnda is also featured in the brand new 4th edition of Dr. Wong’s bestselling book The First Days of School.

In addition to presenting with Dr. Wong, she has done solo presentations across the country for various school districts and new teacher programs such as NASA Marshall Space Flight Center’s Pre-Service Teacher Institute and Miami-Dade County’s Summer HEAT. Because of her passion to share her experiences with other new teachers, Chelonnda also puts together monthly “get togethers” for the school’s first year teachers. Along with her school based contributions, Chelonnda works with universities in the community. The University of Alabama in Huntsville has selected her to be a member of the Education Department’s Community Advisory Council. This committee serves as a sounding board and advisory group for issues related to the preparation and support of highly qualified teachers. Chelonnda also demonstrates her support of her alma mater by working with the university’s student teachers every semester. This busy lady certainly has a lot to offer all teachers and will set the tone for a great conference.

MoEFACS Special Topic Luncheon
Wednesday, July 22, 2009, 11:45 a.m. Ballrooms I & II

Honorable Jimmie Edwards
Circuit Judge, 22nd Judicial Circuit Court
St. Louis, Missouri

Jimmie Edwards, a leading authority in the area of juvenile justice in Missouri, will speak about juvenile issues, such as mandatory hotline reporting, abuse and neglect, IEP’s, delinquency, Safe Schools Act and truancy. He is a dynamic speaker who has utilized the court system in an effort to help youth in their irresponsible decision making. His goal is to give educators the confidence and tools necessary to make life-changing connections with every student, even those whom society has forgotten. The passion of his endeavors for our youth is evident in his every word. Honorable Jimmie M. Edwards was appointed Circuit Judge for the 22nd Judicial Circuit Court in the State of Missouri in April 1992.



He graduated from Saint Louis University in 1978, where he earned a Bachelor of Arts Degree, and again in 1982, where he earned a Juris Doctorate Degree. Judge Edwards began the private practice of law in a small law firm in St. Louis, Missouri, in 1981; and in 1984 he joined Sabreliner Corporation, an aircraft manufacturer, where he served as its general counsel. After serving in that capacity for six years, he joined the Southwestern Bell Telephone Company legal staff until 1992, when he was appointed circuit judge.

Judge Edwards has served as a Special Missouri Supreme Court Judge. He is the Chairman of the Missouri Supreme Court’s Records Committee. His committee is responsible for drafting uniform court documents and pleadings for use in all Missouri courts in addition to the development of record retention and destruction policies. Additionally, Judge Edwards is a member of the Missouri Supreme Court Civil Rules committee. The Civil Rules Committee is responsible for reviewing and recommending changes to civil rules that govern civil practice and procedure in Missouri courts. He has served on the Executive Council for all Missouri State Judges, as well as the Missouri Habeas Corpus subcommittees. Judge Edwards is a professor at Saint Louis University, as well as a visiting lecturer at the Washington University School of Law in St. Louis, Missouri.

Currently, Judge Edwards is the Chief Juvenile Court Judge for the City of St. Louis. Judge Jimmie M. Edwards is married to Stacy Maria and they have three children, Murphy, Ashley and John. They are members of the Antioch Baptist Church in St. Louis, Missouri. You won’t want to miss it!

MoEFACS Closing General Session
Thursday, July 23, 8:30 a.m. Clarion Hotel Atrium

Rhett Laubach
Your Next Speaker, LLC
Edmond, Oklahoma



Rhett Laubach will present the closing keynote address for family and consumer sciences, titled “The Unmade Leader – A Fresh Look at Your Leadership.” This keynote is a high-energy, interactive journey into a new way to answer the question, “Are leaders born or made?” Teachers should find application points for their own and their students’ personal leadership journey. The primary objective of the keynote is to provide tangible ideas for increasing leadership effectiveness.

Mr. Laubach has been instrumental in changing the way thousands of people across the nation think about leadership. As a professional speaker, author, presentations coach, *Personal Leadership Insight* expert and owner of YourNextSpeaker, LLC, as well as Rhett Laubach has taught leadership skills for over 15 years to more than half a million audience members and in 40 states, the Bahamas and Canada. Rhett’s clients include students, educators and business professionals in the agriculture, sales, human resource, banking, health, transportation and insurance industries.

Rhett’s primary focus is the development of *Personal Leadership Insight*; our ability to positively influence people and situations to create value and growth. He authors two popular blogs: *Personal Leadership Insight* is his leadership blog and *Authenticity Rules* is his presentation coaching blog. You can access both of his blogs, as well as information about his programs at www.YourNextSpeaker.com.

Rhett lives in Edmond, Oklahoma and is a dedicated Christian, husband, father and community leader. As a seasoned veteran and an active member of the National Speakers Association, he guarantees to make you think, make you laugh and make you better. Make plans now to attend!

Programs of Study 101

From the Director, Cynthia K. Arendt, Ph.D.

Listening to the narrated version of the book, *The World Is Flat* a brief history of the 21st century by Thomas Friedman, has made me realize that like Mr. Friedman, while I have been sleeping the world has been moving at a rapid pace. If you have not read this book (which is a real commitment and why I am listening to it on CD) you really should. It makes you stop and think about the world your students and yes your grandchildren will be living in when they enter the world of work.

Mr. Friedman has a list of ten forces that he believes have changed the round world into a flat world. One of these is the development of Netscape and the Web in 1995. Netscape and the Web broadened the audience for the Internet from its roots as a communications medium used primarily by ‘early adopters and geeks’ to something that made the Internet accessible to everyone from five-year olds to eighty-five year olds.

Who among us could have predicted that the worldwide web would have such an impact on our families and our work? Who could have predicted that we could send instant messages across the globe traveling faster than any airplane or talk to someone in India for tech support for our home computer? The impact on how we work and how our students will work is mind boggling. They will be able to work from any location, at any time and probably be a part of many teams.

Our programs must help prepare students for the unknown but where and how do you begin? Dealing with the unknown is why teaching process skills are just as important if not more important in some cases than teaching specific technical skills. Process skills are included in each of our curriculum guides. In an effort to assist students to prepare for the future.

Preparing students for the future is the primary goal of the Carl D. Perkins Career and Technical Education Improvement Act of 2006. Requirements for meeting Perkins goals have raised two very important issues for Family and Consumer Sciences Education. The first issue is that all career education should lead to “high skill, high wage, or high demand jobs (State Plan-Section 122 (c) (1) (H)). The second issue is the requirement that every Perkins funding recipient is to have at least one

Program of Study (POS) in place (State Plan-Section 122 (c) (1) (A), (b), & (D)). What does this mean for Family and Consumer Sciences Programs?

But you say, our Family and Consumer Sciences (FCS) Program does not receive Perkins money. This may or may not be the case, but in most instances all districts are receiving Perkins money. For the Family and Consumer Sciences program to benefit the program must meet the requirements and your district must agree to spend some of its Perkins dollars on the program. The Division of Career Education considers that all approved career education programs are to meet the same requirements outlined in Perkins. So whether the Family Consumer Sciences program gets Perkins dollars or not, your Family and Consumer Sciences program will eventually need to have at least one Program of Study.

The first issue, Programs of Study that lead to “high skill, high wage, or high demand jobs, appears to leave out many of the areas we feel important. Districts must select the clusters and paths that will best meet the needs of their community and students. Since many of the careers in Human Services are considered low skill and thus low wage, they tend to be overlooked. On the flip side, many of the Human Services jobs are high demand and will continue to be identified as high demand. Some things cannot be replaced by technology such as a haircut, child care, and nursing services.

When the cluster concept was introduced by the U.S. Department of Education in 1996, the state directors for Family and Consumer Sciences programs were very upset that a cluster was not identified for Family and Consumer Sciences. Agriculture had a cluster, why not a Family and Consumer Sciences cluster? While we made a good case for a separate cluster, the Federal Department of Education would not entertain a separate Family and Consumer Sciences cluster. They claimed we were found in almost every cluster. This is true, Family and Consumer Sciences content does support many of the clusters but by that very fact, the content seems to get lost. As Family and Consumer Sciences professionals we must take the responsibility to keep our content in the forefront.

How does the Family Focused Family and Consumer Sciences program fit into the Program of Study concept? What does it mean for your program at the local level? How does one go about developing a Program of Study? These are questions our staff is struggling with as well as staff in other states. I will share a few of my thoughts on the concern.

First, a Program of Study can most likely be developed within the Family and Consumer Sciences program that is already in place in your district. However, it is much more than business as usual. A POS means the program focus needs to move from the traditionally narrow focus of vocational education to the broader concept of career education. In the words of Kim Green, executive director of the National Association of State Directors of Career Technical Education, “In essence, your students are no longer simply getting the skills they need to hold a job. They are getting skills they need to launch a career.” *Career and Technical Education Advisor*, Kim Green, Vol. 37, Issue 11, p. 5.

Another requirement of the Program of Study is the program should lead students to complete a degree or certificate that carries value in the industry. There is an alignment the academic and occupational curriculum streamlines the process and brings rigor and relevance to the course work. One of the components of an exemplary program is the content is clearly a vital component of multiple career pathways at the secondary and postsecondary level.

In creating Programs of Study, districts must keep in mind that they are preparing students for careers that have not even been thought of yet. They will live in a flat global world. It is a challenge, so critical thinking and the ability to communicate must be a part of the content. Building a Program of Study can be modeled after an upside-down triangle. “The program of study is not a straight line but starts with a broader base and then you get more occupational specificity as you go through the sequence of instruction.” *Career and Technical Education Advisor*, Kim Green, Vo. 37, Issue 11, p.5. In 2001, the National Association of State Directors of Career Technical Education released core knowledge and skill statements for the 16 clusters. These are available at: <http://www.careerclusters.org/>. These core knowledge and skill statements are the bases or launching pad to a range of careers within a pathway. They should serve as the foundation of the program.

What is a Program of Study? Perkins defines it as a set of progressive career education courses. It must contain common characteristics such as:

- Offering a connection between secondary and postsecondary learning in the field.
- Including rigorous content that is aligned with academic and related Career and Technical Education Standards.
- Offering a coordinated, non-duplicative and progressive sequence of courses that equips student with the knowledge and skills to excel in postsecondary education.
- Addressing current occupational trends.
- Documenting students achievement outcomes after the program.
- Lead to a degree or credential that carries a high degree of market value.
- Offer opportunities for the students to take part in dual-credit programs.

For example, a student interested in becoming a dietitian would enroll in the same introductory nutrition class as a student who wants to take the class in order to improve the quality of their life and/or the life of their family now and in the future. This class would be at the base of the program of triangle. The next class might be a food preparation course followed by a course in Food Science. Moving up the triangle, the student enrolls in a pre-dietetic program at a community college or 4 year institution. If the goal is to be a Registered Dietitian, the student would enroll in a graduate program and conclude with the required Registered Dietitian exam. This Program of Study would also include the required upper level courses in mathematics and science.

Another student may have as a career goal to work in the food and hospitality industry. This student would enroll in the same introductory nutrition course, take a food preparation course, and then move up the triangle to enroll in two years of ProStart or a culinary program. If the student participates in ProStart, they need to take the ProStart exam and gain the certificate. Upon high school graduation, this certificate could lead to a job. With the new statewide articulation agreement in food and hospitality, the student could also continue their education in a food and hospitality program offered at a Missouri community college and be eligible for 3 hours of college credit.

These scenarios should meet the required Program of Study characteristics defined in Perkins. They offer a connection between secondary and postsecondary, include rigorous content if the course offerings are aligned with the postsecondary requirements, provide a clear path for moving the student toward their career goal and lead to a degree or credential that carries a high degree of market value.

The nutrition and wellness course I used in the above scenarios of Programs of Study serves as the foundation to several different career options. The same nutrition and wellness course can also be taken by a student interested in early childhood education or nursing. Both of these careers require students to have one or more courses in nutrition and wellness. When I was on the faculty at Truman State, I taught a basic nutrition class that was required for the students in nursing and medical school. In order to serve as a support area for these careers, the course has to be more than food preparation. It must meet the standards for nutrition and wellness and be able to articulate or earn dual credit for students in order to move into the career of choice. Teachers must be sure their nutrition and wellness course has the rigor to meet the postsecondary requirements. This same content should work well for the student interested in taking the course for the goal of improving the quality of life for them and their families.

Family and Consumer Sciences content can also be a support for other career paths. I will borrow an example developed by the Southeast Missouri Regional Tech Prep Consortium. This is the four year high school plan for a student in the Health Services path to be a Dental Assistant: freshman year, Career and Family Leadership and Family/Individual Health; sophomore year, Nutrition and Wellness and Child Growth and Development; and junior year, Consumer Resource Management. Senior year would include Health Services Assistants (3 units). Upon graduation the student would continue in the community college Dental Assisting Program and then immediate employment.

The Program of Study mandate also plays a key role in the data-driven spirit of the law. As you know, you are now required to make a follow-up report on students graduating with 3 credits in Family and Consumer Sciences. Perkins also requires local districts to report the number of students completing a degree or certificate that carries value in the industry. Currently, this means districts with a ProStart program are required to report the number of students taking the ProStart exam and districts offering early childcare programs will be reporting the number of students taking the CDA exam. Other certificates of completion will become available as we continue to work toward meeting Perkins requirements.

I find this an exciting and challenging time. Whether your district uses Perkins dollars for an approved Family and Consumer Sciences programs or not, if your district has moved or is moving toward organizing programs around career clusters or career pathways as a foundation for career education programs, you need to be at the table. If not, you may wake up to a world that has left you completely out.

The Perfect Storm

By Renee Meents

Today's economic crisis has been described by many reporters and financial experts as "The Perfect Storm" an event that occurs when multiple factors fall into place in such a manner as to create an event that might not otherwise occur. When most people think of "The Perfect Storm" negative connotations are usually attached. Major catastrophes are often described by this phrase. Secretary of Education Arne Duncan used this phrase at the ACTE National Policy Seminar in Washington, D.C. to describe today's educational climate. However, when Secretary Duncan described this storm, he was not describing a horrific event; he was describing an unprecedented opportunity.

An unprecedented opportunity is exactly what career and technical education in general and family and consumer sciences education specifically have right now. The Obama administration recognizes the role of Career and Technical Education in providing a 21st. Century workforce. They have proposed expansion of the Perkins loan program, the first such expansion in years. President Obama's education plan places a special emphasis on early childhood education. The stimulus plan includes \$100 billion for education and \$5 billion specifically for early childhood education. As family and consumer sciences educators we need to step to the forefront and provide the training for those early childhood educators.

Secretary Duncan emphasized the importance of involvement in Career and Technical Education programs and CTE student organizations in student achievement and dropout prevention. CTE programs give students a purpose for being at school. He believes that entrepreneurship education is essential to the economic welfare of the country.

The prevailing attitude on Capitol Hill and by the Administration is that CTE has to be part of the economic revival. Retraining our workforce and preparing our future workforce will not happen without it. It is becoming clear to those in power that looking at CTE as a lower level education has contributed to the problems in our economy today.

The Perfect Storm is always destructive, but with the destruction comes the opportunity to rebuild and to improve. The enthusiasm for rebuilding and improving is usually very short-lived. The same will be true for Congress. Now is the time for each of us to act. CTE must be part of the process. Our programs have been invited to the table---we teach early childhood, entrepreneurship, culinary skills, etc. Be an advocate. When asked to contact members of Congress, do so. Join ACTE. Fewer than 10% of CTE teachers belong to ACTE. The organization has a voice on the Hill. That voice needs to be louder. The \$60.00 membership fee is a small price to pay for the future of our students, our programs, and FCCLA. We can't afford to just ride out this storm and hope that someone else rebuilds. The opportunity may never come again. Without action, FCS programs may become the New Orleans "lower 9th. Ward" of education.

The American Recovery and Reinvestment Act of 2009

The American Recovery and Reinvestment Act of 2009 (ARRA), have invested a huge sum of money in education as a part of stimulating the economy. Workforce programs also received a significant chunk of dollars. This will have big implications for funding in 2010, meaning it will be very difficult to get any additional funding and that everything will be very result driven.

Representatives from ACTE have been meeting with many Members of Congress to request an increase in funding for career and technical education (CTE) programs. High-level appropriations staff has told them that anyone wanting an increase in federal funding for FY 2010 must include data and other evidence to support the request. Like it or not, the data-for-funding policy is not going to go away and will probably become more and more the standard. The demand for financial funding seems also not to have an end of groups seeking bail-outs and hand-outs. The continuing economic challenges faced by our nation have put a microscope on the federal funding process. This is resulting in scrutiny about who is getting money, what is being done with the money, and why are funds being given out.

If you have any good data sources to share in support of your program, please do so. You may send it to me at Cynthia.Arendt@dese.mo.gov I will forward it to the appropriate individual in Washington, D.C. It is more important than ever that the support is provided through membership to those who speak for us on Capitol Hill.

Next Stop: Food TV! Missouri Culinary Team Wins National Competition

A team of students from the Independence and Lee's Summit school districts, who attend Raytown's Herndon Career Center, recently captured top honors in a prestigious culinary contest sponsored by the National Restaurant Association. Their skills and creativity will be featured this fall on a Food Network TV show.

More than 300 students from 39 states and territories participated in the eighth annual National ProStart® Invitational held April 24-26 in San Diego. The event showcases the talents of top ProStart students as they compete in national culinary and management competitions.

Missouri's winning team included: Kailey Ferguson, William Chrisman High School, and Andrea Svaglic, Truman High School, both in the Independence School District; Mark Leary and Thomas DeMarco, Lee's Summit North High School; and Zac Ray (alternate), Lee's Summit High School.

Ben Griswold, a former corporate chef who stepped out of the industry to become a teacher in 2004, is the culinary arts instructor at Herndon Career Center, which is operated by the Raytown School District. Griswold uses the ProStart high school curriculum, developed by the National Restaurant Association, with 40 students from three different school districts.

In the national contest, teams had to prepare a three-course meal in 60 minutes. Their performance during the practical session is observed and rated by judges from leading colleges and universities. The competition, filmed for the Food Network, featured 37 individual state champions or teams. The program, "Top of the Class," will air this fall.

The winning entry featured molecular cooking, a style that reduces food to its molecular level to enhance flavor and transform texture. The Herndon team used this method to complement Hamachi Crudo, an Italian version of Japanese sashimi, served with golden trout caviar and fresh pea shoots. The molecular cooking process transformed an orange with a carbonation charge into a fizzy fusion of citrus and fish flavors.

Here is the winning menu:

- Appetizer: Hamachi Crudo featuring hamachi, yuzu, oranges, fennel salad, and golden trout roe
- Entrée: Pink Snapper accompanied by fingerling potatoes, sunchoke puree, asparagus, ramps, and saffron foam
- Dessert: Panna Cotta Moscato with raspberry fruit gelee, honey wafer, mango caviar, and chocolate soda

The Herndon team represented Missouri at the national competition by out-cooking 23 other teams at the state-level ProStart competition held last February in Springfield. Industry professionals and culinary educators judged the teams on knife skills, menu, teamwork, sanitation, presentation and taste. A Herndon team has taken first place in three of the past four state competitions.

First- through fifth-place winning teams from each of the two national ProStart Invitational events (culinary and management) are awarded medals and scholarships to pursue careers in the restaurant and foodservice industry.



For more information about the ProStart® program, contact Cheryl LeFon, Supervisor, DESE Family and Consumer Sciences Education section (573-751-7965), or Hank Huitt, Missouri Restaurant Association (314-576-2777).

Left to Right (3rd from Left): *Ben Griswold, Instructor, Zac Ray (Alternate), Mark Leary, Captain, - Kailey Ferguson, Appetizer, Andrea Svaglic, Desert, Thomas DeMarco, Entrée, Guy Fieri, Presenter of awards*

ProStart Culinary Competition 2009



On February 19 and 20th, 23 culinary teams, sporting their culinary attire and packing their equipment and supplies, competed at Ozarks Technical College. They were competing for a chance to compete in the National ProStart Competition at Town and Country Resort in San Diego, California. With a new set of contest rules aligned to the National Competition, it is a sure thing that the team going will have an equal start in the competition. Teams competing at this year's competition put in action the new rules and regulations and were quite surprised at the flow of the contest. Each team demonstrated their creative abilities during the competition through the preparation of a meal consisting of: starter (such as soup, salad or appetizer), protein (top sirloin steak), starch, vegetable, and dessert. Their performance during the practical was observed and rated by judges from the foodservice industry and post-secondary institutions. The competition is strictly designed for students capable of high-level food preparation. Participating teams demonstrated their ability to work together while creating and presenting their meal. New to this year's contest was Food Costing and Product Check In.

All teams that competed were winners. The competition started and ended on the specified times, with no teams being disqualified for going over time limits. Judges were available to talk with the teams after the competition and many teams took the opportunity to discuss scoring with them.

Congratulations to...



Herndon Career Center, Raytown, was the \$750.00 recipient and Missouri State ProStart 1st Place winner. The team was coached by Ben Griswold and members consisted of: Mark Leary, Andrea Svaglic, Thomas Demarco and Kailey Ferguson.



Second Place and the \$500.00 recipient went to Park Hill High School, Kansas City. The team was coached by Nora Whitney and members consisted of: Christian Engelage, Michelle Graves, Holli Murrell, Savannah Olson and Jesion Thomas.



Blue Springs High School, Blue Springs took home the Third Place Award and \$250.00. Barbara Seltzer was the coach and her team consisted of: Hannah Singleton, Jeremy Myers, Nate Cochran and Breana Wakefield.

State Leadership Conference - 2009 “Level Up Your Leadership”

The 2009 FCCLA State Leadership Conference was held in the Holiday Inn Select Executive Center in Columbia, March 29-31. Nearly 2000 conference delegates and guests participated in the conference which focused on ways to move up to the next levels in leadership, education and careers, personal growth, and FCCLA programs and activities. Speakers included Grant Baldwin, Russ Peak, Andy Masters, Think First, the Missouri Recycling Association, LifeGuard Youth Development, and members of Missouri FCCLA chapters. Delegates attended workshops on FCCLA programs and activities, as well as learning about leadership, teamwork and careers. Topics such as recycling, abstinence, technology, and preparing for college were well attended. Approximately 740 students participated in state STAR Events activities. Here are some of the rest of the highlights of the meeting:



- **Family, Career and Community Leaders of America - Outstanding School Administrator Awards**
Missouri FCCLA congratulates Mr. Shannon Nolte, Principal of North Andrew High School, and Dr. Aaron Comman, Superintendent from Walnut Grove R-V Schools as the 2009 Missouri FCCLA School Administrator Award Recipients.
- **Family, Career and Community Leaders of America - Distinguished Service Awards**
The Missouri Distinguished Service Award was presented to Colleen Liebhart, retired family and consumer sciences teacher from Kirksville.
- **Family, Career and Community Leaders of America – Honorary Membership Awards**
The Missouri Honorary Membership Award was presented to Milly Rash, Language Arts instruction from the South Shelby school district.
- **Scholarship Recipients total \$8500**
Family and Consumer Sciences Career Cluster Scholarships:
 - Courtney Sinuard, Scott County Central High School - \$2000 Missouri FCCLA scholarship; \$1200 Missouri Association of Family and Consumer Sciences scholarship
 - Cheyenne Sneed, Dadeville High School - \$1000
 - Ashley Black, Iron County C-4 High School - \$1000
 Outstanding FCCLA Leadership Scholarships:
 - Audrey Shuler, Walnut Grove High School - \$2000 scholarship
 - Jade Underwood, Thayer High School - \$1000 scholarship
 - Shelby Wessell, Green Ridge High School - \$1000 scholarship
 - Leighon Sowell, Grandview High School - \$500 scholarship

2009-2010 State Officer and National Candidates Selected

Congratulations to the following FCCLA members who have been selected by their peers to serve as state officers and national candidates during the 2009-2010 school year:



State President – Nicole Terry, Purdy
State 1st Vice President – Hillary Merick, Zalma
National Network Member – Britt Kagay, Maysville
National Officer Candidate representing At-Large Membership – Caroline Kirby
National Officer Candidate representing Regional Membership – Catherine Tipton
State Vice Presidents –
 Region 1 – Courtney Gillenwater, North Andrew
 Region 2 – Whitney Jordan, Chillicothe
 Region 3 – Paige Dimmitt, South Shelby
 Region 4 – JaLee Gooch, Van-Far
 Region 5 – Sherise Coffey, Hermann
 Region 7 – Tyler Reynolds, Portageville
 Region 8 – Amy DeVaughn, Puxico
 Region 9 – Leslie Caldwell, Thayer
 Region 10 – D.J. Fonteneau, Humansville
 Region 12 – Sydney Guthrie, LaMonte
 Region 13 – Bryanna Rex, Tipton

- **Missouri Excellence in Advising Award Recipients**

Congratulations to the following chapter advisors who were recognized during the 2009 State Leadership Conference in Columbia as one of the Missouri FCCLA Excellence in Advising Award Winners. Each advisor was nominated by their chapter to receive this award.

Susie Minor, King City
Suzi Beck, Trenton Middle
Teresa Klott, Van-Far
Regina Rainey, Zalma

- **2010 State Leadership Conference Dates**

Mark your calendars for the 2010 State Leadership Conference, **March 21-23**, at the Holiday Inn Select Executive Center. Conference planning will begin in July, and information will be provided to chapters through the state FCCLA web site.

10th Annual Missouri FCCLA Legislative Shadowing Project – February 24-25, 2008



Eighty FCCLA members and family and consumer sciences education majors were chosen to participate in the 10th annual FCCLA Legislative Shadowing Project. Judge Mary Russell of the Missouri Supreme Court was the featured speaker for the event orientation dinner. Judge Russell is only the third woman to serve on the Missouri Supreme Court. She spoke to the students about remaining life-long learners as well as having kindness being an integrated part of each of their lives. Students and adults alike were motivated by her message. Students then spent a day with various members of the Missouri House of Representatives, and Missouri Senate, as well as in the executive offices of the elected state officials. This exciting event allows members to see state government up close and to experience the buzz of activity that makes up an average day. Participants all agreed that this experience was a one of a kind experience and that they would recommend it to others. Encourage eligible FCCLA members to apply for this unique state program, which will be held February 23-24, 2010. Thank you to coordinator Marcia Ritter for her work with the program, and to MoEFACS, for their financial donation.

MARK YOUR CALENDARS TO ATTEND “ACCESS FCCLA” OCTOBER 25-26, 2009



Mark your calendars now to have your FCCLA members attend one of the 2009 Access FCCLA conferences. To reduce time away from school as well as travel costs, three student conference tracks and one advisor track are being held concurrently October 25-26, 2009 at the Tan-Tar-A Resort in Osage Beach. Help your chapter members choose which conference track will best meet their needs. The Take AIM – Active & Involved Members conference is recommended for new members. Due to demand for this conference, there will be a middle school Take AIM conference and a high school Take AIM conference. The Leadership Unlimited conference is designed to meet the leadership needs of state and regional officers, with room for local officers as space allows. Again due to high demand, there will be two sessions of Leadership Unlimited to allow for more students to participate. The third program offered has proved to be beneficial for chapter teams on implementing national FCCLA programs. “Chapters in Action” will highlight 3 different national programs and chapter teams will leave with plans ready to implement for the 2009-10 school year. The advisors inservice will include information on STAR Events and other important FCCLA updates. Detailed information, schedule and registration materials will be available on the Missouri FCCLA web site in August, 2009. Access FCCLA participants choose only ONE conference/track to attend. Last year, we had nearly 1500 participants at Access FCCLA. As you prepare to attend the 2009 session, please keep in mind the importance of adequate adult supervision. Please plan accordingly.

National Leadership Meeting

Nearly 250 Missourians will celebrate the 10th year of the transformation from FHA/HERO to FCCLA at the 2009 National Leadership Conference, July 11-16 in Nashville, Tennessee. This is one of the larger groups in recent history! Anyone interested in attending the national leadership conference should contact the state office ASAP. Congratulations to the students who have earned the right to represent Missouri at the National Leadership Conference—either as a STAR Events participant, regional or state officer, or national officer candidate. Congratulations to the following schools representing Missouri in National STAR Events:



Belton High School
 Bolivar R-I High School
 Branson High School
 Brunswick R-2 High School
 Camdenton High School
 Cassville R-IV High School
 Forsyth High School
 Gallatin R-V High School
 Hermann High School
 Humansville R-4 High School
 King City R-1 High School
 Lafayette County C-1 High School
 Lincoln Co R-III Ninth Grade Center
 Meadville R-4 High School

Miami R-I High School
 Mound City R-II High School
 North Andrew R-VI High School
 North Kansas City High School
 North Nodaway R-VI High School
 Princeton R-V High School
 Salisbury R-IV High School
 South Shelby High School
 Trenton High School
 Trenton Middle School
 Troy Middle School
 Walnut Grove High School
 Wentzville Timberland High School

Missouri Claims Three National Awards



Troy Middle School was selected to receive the 2009 National [STOP the Violence](#)—Students Taking On Prevention Middle School Award. STOP the Violence is a peer-to-peer outreach initiative that empowers young people to recognize, report, and reduce the potential for youth violence. STOP the Violence Awards recognize outstanding chapters that develop, carry out, and analyze exceptional projects. As a national middle school winner, the Troy Middle FCCLA chapter will receive a \$1,000 award, presented to them at the 2009 FCCLA [National Leadership Conference](#), July 12–16 in Nashville, Tennessee. The FCCLA chapter’s project, “A Person is a Person,” educated members of their school and community about the correlation between having a positive sense of self and the approach to ending school violence. The chapter distributed materials to students provided by the school’s violence hotline, and arranged for fellow students to attend a presentation of, “Walk a Mile in Someone Else’s Shoes.” Members also presented a workshop on self-esteem and bullying to elementary school students.

The [Trenton Republican-Times](#), in Trenton, Missouri, was selected to receive the 2009 FCCLA National Outstanding Media Award. This award honors a media outlet that has covered significant FCCLA activities and is giving continued service through press coverage to the local, state, and/or national organization. Trenton FCCLA, led by chapter adviser Connie Hoffman, nominated the newspaper for this recognition. The award is designed to help FCCLA members and advisers promote their [FCCLA Activities](#) and gain name recognition at the local, state, and national level. As a national honoree, [The Trenton Republican-Times](#) will receive a plaque, presented to them at the 2009 FCCLA National Leadership Conference, July 12–16 in Nashville, Tennessee. The [Trenton High FCCLA](#) chapter reports that The Trenton Republican-Times helped to convey to the public that FCCLA has changed with the times and its programs and activities address the needs of the 21st century. The outstanding media coverage the chapter receives has supported a positive image in the eyes of both students and adults in their community for more than 60 years. FCCLA is proud to present this award to The Trenton Republican-Times.



Congratulations to Humansville R-4 FCCLA on winning the 2009 National [Community Service](#) Middle School Award! They will receive their award at the 2009 [National Leadership Conference](#) in Nashville, Tennessee. The goal of the FCCLA chapter’s project, “Stop Hunger,” was to call attention to the lack of support for their Harvest Fellowship Food Pantry. The food pantry which serves approximately 250 families annually had been without food from July through September of 2008. In order to raise money and collect food items for the pantry members held a school-wide food drive and placed collection containers around local businesses. The FCCLA chapter collected more than 6,000 items to be donated to the pantry.

2009 Spirit of Advising Award Recipient

Each year, the state advisor has the opportunity to recognize an exemplary chapter advisor with the National Spirit of Advising Award. This year’s nominee is Tracey Newman from Ste. Genevieve High School. Tracey will receive her award during the 2009 National Leadership Meeting in Nashville. Congratulations, Tracey!

National Cluster Meeting

Three national cluster meetings will be held this fall. Be sure to check out www.fcclainc.org for more information from the national headquarters.

November 13-15, 2009 – Washington, DC

November 20-22, 2009 – Louisville, KY and Salt Lake City, UT



2009 LifeSmarts National Competition

The 2009 LifeSmarts competition is now completed. A new national winner was announced at the finals in St. Louis on April 28, 2009. The team from Wisconsin's Oconto High School, enrollment of 393, battled its way from the loser's bracket to win the title of National LifeSmarts Champions.

Missouri was represented by Maysville High School, coached by Family and Consumer Sciences teacher Kathy Kagay. Team members included Captain Britt Kagay, National Network Member for Missouri Association of Family, Career and Community Leaders of America. The team served as the host state for the event and assisted the national staff in preparations for the event, including helping to prepare folders and the competition tote bags. The team did an excellent job representing Missouri, but unfortunately was eliminated after round two.

Tom Quinn, Assistant Commissioner for Career Education from the Missouri Department of Elementary and Secondary Education delivered a great welcome to the teams, recounting the story of the origin of Missouri's "Show Me" nickname. An educator and administrator for some 30 years, Quinn welcomed the state champs and encouraged them to acknowledge that, while LifeSmarts has given them the knowledge and skills necessary to succeed, they still need to work daily on their behavior and attitude, which will ultimately determine their success.

Quinn recalled famous Missourians from Harry S. Truman ("the buck stops here") to Samuel Clemens ("reports of my death have been greatly exaggerated") and related their life stories to LifeSmarts lessons and honored the teens for their hard work on the road to LifeSmarts nationals: "You've *shown* people! And I congratulate you!"

Matthew Hathaway of the St. Louis Post Dispatch wrote several articles on LifeSmarts and the competition. To see his consumer blog and to take a quick LifeSmarts style quiz, follow this link: <http://www.stltoday.com/blogzone/the-savvy-consumer-blog/uncategorized/2009/04/are-you-smarter-than-a-teenage-super-consumer/>.

For more information about the national event, go to: <http://lifesmartnationals.blogspot.com/> The 2010 finals will be held in Miami Beach, FL! Competition for 2010 starts on September 15, 2009!



Grant Hunsaker, Nate Gueltzau, Captain Britt Kagay, Assistant Commissioner Tom Quinn, Jeremy Noland, Max Whitsell, Missouri LifeSmarts Coordinator Merilee Thoenen.

Missouri LifeSmarts Celebrates Five Years

The Missouri LifeSmarts program is celebrating 5 years of providing coaches and students with a fun resource to learn the five basic content areas of personal finance; consumer rights and responsibilities; health and safety; ecology and technology. This makes it a great resource for a state that will begin to require courses in Personal Finance and Health for high school graduation beginning with the class of 2010. In its 15th year, the National LifeSmarts program is run by the National Consumers League (NCL). They provide a free online competition and many resources to help create "LifeSmart" teens.

Missouri LifeSmarts is coordinated by the Missouri Association of Family, Career and Community Leaders of America (FCCLA). Christine Hollingsworth, state FCCLA advisor, began the coordination in 2005. Merilee Thoenen, Supervisor of Family and Consumer Sciences Education is now designated as the Missouri LifeSmarts Coordinator. The financial sponsor is [American Century Investments](#). Because of that sponsorship, Missouri has been able to receive ACI resources, hold a state in-person final for both Varsity and Junior Varsity top scoring online teams and participate at the national in-person competition for little or no cost to the students and coaches.

Missouri is one of the top ranking states in the LifeSmarts program. Since 2005, we have grown from 24 coaches and 181 students to 88 coaches and 1668 students on the varsity level.

2008-09 JUNIOR VARSITY		
	Missouri	National Rank
Coaches registered	29	2
Number of teams	29	4
Number of qualified teams	11	NA
Number of students	652	1
2008-09 VARSITY		
Coaches registered	88	1
Number of teams	122	2
Number of qualified teams	54	2
Number of students	1668	3
2008-09 VARSITY AND JUNIOR VARSITY COMBINED		
Coaches registered	117	1
Number of teams	151	2
Number of students	2320	2

Thank you to all the coaches and students who have helped make LifeSmarts a success. The national website is now open with a noncompetition "Spring Season" as a resource for the last days of the 2008-09 school year.

Join the 2010 competition which will begin on September 15, 2009. The Missouri Junior Varsity state competition will be held in Jefferson City on February 16, 2010 and the Varsity on February 17. Varsity LifeSmarts national competition will be held in **Miami Beach, Florida** in April of 2010!

For more information: Missouri LifeSmarts website: http://dese.mo.gov/divcareered/fc_lifesmarts.htm

LifeSmarts National website: <http://www.lifesmarts.org/> Merilee Thoenen Merilee.thoenen@dese.mo.gov or 573-751-6878.

Professional Development

According to the thesaurus of the Educational Resources Information Center (ERIC) database, *professional development* refers to “activities to enhance professional career growth.” We encourage our students daily about becoming involved in a variety of activities. What have you done in the last year to grow and enhance your skills in the classroom or as a person?

There are many opportunities to enhance your career growth through professional organizations. The list below is the flow of membership starting with ACTE our National Association. You are encouraged to pay your dues at ALL levels to enhance the benefits of your professional development opportunities.

ACTE – www.acteonline.org

- Pay your \$60!
- Send your Congressman or woman stories about your students. FAX or Email is best.
- Present a session – It is up to us to have presenters in our area at National Conference!
- Attend ACTE Conference in Nashville, TN, Nov. 19-21.
- Write your professional development grant to help cover expenses.

FACS Division – www.acteonline.org –Becky Cox, UT, Vice President

- Check out the division web page.
- Apply for award and scholarship opportunities.
- Attend ACTE Conference in Nashville, TN, Nov. 19-21.
- Run for FACS VP - 2010.

National Association Teachers of Family & Consumer Sciences (NATFACS)–www.natfacs.org – Charlotte Gray, MO- President 2008-09

- Pay your \$20!
- Visit www.NATFACS.org to fill out a leadership survey.
- Serve on a committee or offer to become a committee chair to plan the convention.
- Run for an office.
- Present at the “Show Case of Best Practices” at national conference.
- Encourage your students to apply for the scholarship.
- Attend ACTE Conference in Nashville, TN, Nov. 19-21, 2009

Missouri ACTE – www.mo-acte.org

- Pay your \$25!
- Attend Summer Conference—July 20-23, 2009.
- Volunteer to serve on a Committee.

Missouri Educators of Family & Consumer Sciences (MoEFACS)

Louise Lunkenheimer, MO - President 2008-09

- Pay your \$30!
- Fill out your Leadership Survey or contact the President to become a part of the MoEFACS Board and find out ways you can help at Summer Conference.
- Facilitate a meeting at Summer Conference.
- Present a Carousel or Round Table Discussion.
- Run for Office – President Elect, Secretary or Treasurer.
- Encourage a FCS teacher to join---even better, pay their dues for a year.
- Attend Summer Conference—July 20-23, 2009.
- Attend State/Regional Work Shops.
- Volunteer to become a Mentor.
- Offer lesson plans for the “New and Returning Teachers”.
- Pay your Student Teachers Dues at all levels!

Resource: www.ncrel.org

Finding Protégés

The teacher hiring season has begun for 2009-2010. Now my job begins to try to find the new and returning teachers to enter the Career Education Mentoring Program!

The Career Education Mentoring Program is offered to new career education teachers and teachers returning to the profession after extended absences. The goals are as follows:

- Meet the mentoring requirements set forth in the newly revised Educator Certification requirements.
- Offer a professional learning community that includes collaboration and reflection among new teachers and mentors.
- Provide the opportunity for new and returning teachers to become familiar with the teaching and administrative culture of the program area.
- Support new teachers and teachers who are returning to the classroom in their work with students.
- Build a cohort group of new and returning teachers, particularly in the program area.

This mentoring program is offered as a complement to local mentoring programs. The Career Education Mentoring Program will assist protégés (new educators) in addressing the challenges and responsibilities of their specific program areas by providing a mentor from another school district who is experienced in the same program area. As part of the two year program, mentors and protégés will meet two times during the school year and the mentor and protégé may visit each other's school during the school year. In recognition and celebration of their participation in the program, both mentors and protégés will be honored at the Missouri Association for Career and Technical Education (MoACTE) Summer Conference in July.

YOU CAN HELP! There is no "list" that arrives on my desk of potential protégés. I will spend the next four months trying to determine where they are and contacting them to complete an application (<http://dese.mo.gov/divcareered/documents/ProtegeApplication4-09.pdf>). **If you know of an opening, or even better, if you have the name and contact information for a new or returning teacher, please phone or email me—or give my contact information to the potential protégé—or have them complete the protégé application.**

It is a great mentoring program and we don't want to miss anyone who would benefit from this new/returning teacher resource!

Thank you for any assistance you can give. You may contact me by phone at (573) 751-6878 or email Merilee.thoenen@dese.mo.gov.

Charlotte Stiens, MoEFACS President Elect

"As family and consumer sciences professionals, it is imperative that we embrace the culture of family and consumer sciences and produce programs that exemplify rigor and relevance. We must build relationships with not only students and parents, but also within our own schools and communities, with potential business partners, and with our legislators."



Kimberly DeLapp, MoEFACS Treasurer Elect

"Teaching is a gift I found quite by accident. A fortunate, exciting adventure that has brought with it six years of the most amazing student relationships and a unique opportunity to be a part of one of the most dedicated and applicable group of course work. Family and Consumer Sciences Education builds on students' strengths and points them in the directions that are paved with valuable careers. How fortunate we all are to be a part of guiding our students towards their futures. When I first came to summer conference it was with a sense of awe. I was fortunate to be assigned a mentor through the new mentoring program and was led through the week by my district mentor. Because of all of those that have helped me, I want to serve my fellow FCS teachers as the Treasurer for the next year. I don't claim to know everything, but I know that there has always been a FCS teacher to lead me along my journey in teaching. I would expect that as Treasurer I would have the resources necessary to successfully hold the position and represent this organization."



Teachers Attend St. Louis Regional Workshop

Thirty-nine (39) teachers attend the St. Louis regional workshop: Exploring Programs of Study held April 17 on the Florissant Valley Community College campus. Some of the teachers came as far away as Kansas City and the Springfield area for the day long in-service. They were joined by Dr. Cynthia Arendt, Director, Family Consumer Sciences and Human Services, Department of Elementary and Secondary Education and Michlene Moeller, Tech Prep Coordinator.



Teacher Leaders from the St. Louis area were the main presenters Jackie Davis, Fort Zumwalt, West, Pam Tesson, Pattonville, Desiree Green, Normandy and Lisa Reuschhoff, Fort Zumwalt, West.

Family and Consumer Sciences Beef Grant Program a Success

Alane Lidolph, Director Consumer and Nutrition Information

The Missouri Beef Industry Council is committed to having a strong relationship with Family and Consumer Sciences teachers and helping educate youth about nutrition, food preparation, and the importance of the family. The Family and Consumer Sciences Beef Grant program is one avenue by which Missouri's youth are not only exposed to positive beef messages, but also implement projects to share this information with those in their schools and communities.



Ten \$200 grants were awarded to schools across the state, and the recipients were charged with developing and implementing programs that promoted the nutritional benefits of beef as well as the importance of family mealtimes. Projects ranged from cooking classes for elementary aged children to recipe contests to educational events at local grocery stores.

Awards were given for the top three projects completed, and the recipients were Peggy Peterman with Weaubleau School, Linda Stinson with Mark Twain High School, and Courtney Bergsieker with Lafayette County C-1. Ms. Bergsieker and her students received the top award with their FCCLA Family Night, which was an opportunity for FCCLA members and their families to share a night of food and fun. The evening featured delicious taco soup prepared by Family and Consumer Sciences students, a beef nutrition and family mealtime presentation, and games the whole family could enjoy!

According to Ms. Bergsieker, "The event has been the biggest hit of the year. Members and their families all seemed to have a blast and really enjoyed spending quality time together."

In the project evaluation, Ms. Bergsieker's students made comments about their favorite aspect of the event. Several noted that simply spending time with their mom or dad was the best part of the evening. It is important to note that research shows that families who eat together at least some of the time are more likely to consume a balanced diet. In addition to fostering more nutritious meals, studies link family dining to improved academic and social skills among children. Eating together can also help forge strong family ties and values that can help young people resist risky behaviors as they get older. Without Family and Consumer Sciences courses, students may not be exposed to this valuable life concept!

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