

The NEWS in Missouri Family Consumer Sciences & Human Services

From the Director's Corner
Is the Community Getting What It Pays For?

Cynthia K. Arendt, Ph.D., Director

A recent interview with Cheryl Carrier, the Program Director for 21st Century Education Programs for Ford Motor Company, caught my attention. I could not help but think how does what she is saying relate to Family and Consumer Science programs? How should we be approaching the discipline's content in these times? Her comments in the document *Thriving in Challenging Times* (www.cord.org/thriving-in-challenging-times), from the Center for Occupational Research and Development validate clearly what the true implementation of career clusters can do in preparing students for the world in which they will live.



I want to share some of her statements with you and hope you will give them serious consideration when evaluating what content to provide your students. Ms. Carrier stresses again the importance of enterprising employees who can compete in a global economy.

Continued on page 2...

ACTE Region III Vice President Report

Karen Mason

Nashville, Tennessee, hosted the ACTE Convention November 18-21, 2009. Region III had 581 pre-registered attendees, and 145 of those came from Missouri. The Region III Teacher of the Year nominee was Charlotte Gray. Our two Award of Merit winners were Glenda Whitney and Dr. Tom Quinn. Congratulations to the Missouri recipients. Dennis Hardin received an award from the Administration Division. We are very proud of all the nominees and winners from Missouri!



Region III has 4 awards that they forward on to ACTE and each one of the nominee's competes for the national award. This past year Region III did not have a nominee for Outstanding Teacher in Community Service. None of our 6 states submitted a candidate. I want to encourage you to nominate your colleagues for the Region III awards.

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Click here to contact our staff:

http://www.dese.mo.gov/divcareered/facs_staff.htm



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From the Director continued...

While it is hard to imagine what type of technical skills will be needed in five years, let alone 10 years, we do know from business that to succeed students must:

- Be able to work together across the globe to solve complex problems.
- Possess skills capable of managing projects and providing leadership for multi-functional teams.
- Possess higher order thinking and leadership skills.

Ms. Carrier states that “organizations are becoming lean (Ford is a prime example) and they are looking for employees who can make decisions using 21st century skills, such as critical thinking, problem-solving, synthesizing data and information from multiple sources, and the ability to be a part of a cross-functional team.” Her list sounds just like the list we have focused on when providing teachers with professional development. During the past 15 years, the Family Consumer Sciences Section in the Department has devoted a lot of resources to assist teachers with learning more about the use of higher order thinking or creative thinking, leadership skills and problem-solving to approach the problems of living and working in a diverse and global community. It has meant changing how Family Consumer Sciences classes operate. It has to be a partnership in learning with the students in a way that goes far beyond the technical skill based instruction of 20 years ago. In the event you have not made the connection, Ms. Carrier’s list also mirrors the process skills in the Missouri Show-Me Goals.

Industry, as illustrated by Ms. Carrier, is validating the direction the Department has taken for teaching Family Consumer Sciences content since the mid-90s. It is very difficult to understand why some teachers are not providing what students need to have a chance for success. When state staff visits a district or gets a report on what is happening in the Family Consumer Sciences classrooms out there we continue to be surprised by what we see and hear. This ranges from learning that quilting, jewelry making, knitting, and other arts and crafts content is being incorporated into our programs. The technical skills used in these projects will not be the ones that our students need to be successful in the world in which they will live and work. We have heard a variety of reasons why these skills are being taught but the truth is they are not appropriate for Family Consumer Sciences curriculum. The time we have students in class is so limited it must be used to address the many real problems students deal with daily. Issues such as managing resources, obesity, and relationships are urgent topics for students and the community. Is the district and community getting what they paid for when valuable class time is being used in this way?

As we are rapidly approaching the end of the year, I hope that each of you will keep the comments of Cheryl Carrier and other representatives for business in mind when deciding what to teach and how to go about teaching it. Education is a big community investment and the members of the community have every right to expect a good return on that investment.

ACTE Region III Vice President Report continued...

Region III will be electing a new Vice-President to serve on the ACTE Board of Directors. Our two candidates are Marcia Ritter from Missouri and Dave Bunting from Iowa. Ronna Ford is a candidate for the Family Consumer Sciences Division while Mark Fuchs is a candidate from Trade and Industrial Education Division. Currently we have two persons other than me (Karen Mason) serving on the ACTE Board of Directors. They are Lela Bunch from Guidance and Career Development Division and John Gaal from the Trade and Industrial Education Division. I (Karen Mason) serve as the Region III V.P. and Finance Chair. I am a candidate for ACTE President Elect. Jim Comer from Oklahoma is the other candidate. Online voting will begin February 1, and continue through the 26. Please make sure ACTE has your current email address so you can vote. If you have any problems being able to vote or if you do not receive the information regarding voting, email me at work masonk@mail.enr6.k12.mo.us or home pkmmason@leru.net, and I will help you resolve the issue. If you are a member of ACTE, you will be voting on President Elect and Region III. If your division is electing a V.P., you will also vote for a new division V.P.

DON'T FORGET TO VOTE!



A fellowship program was started last year for ACTE to help develop leadership skills and to prepare future leaders for our organization. This years Region III recipient is Paul Asunda from Illinois. Only one person is chosen from each of the five regions.

Don't forget, the National Policy Seminar will be March 8-10, 2010, in Washington, D.C. The registration forms are available online at the ACTE website. Missouri will host our Region III Conference from June 23-25, 2010, in Kansas City. Make plans to attend this leadership conference hosted by our state. The conference is rotated among the six states in Region III. Missouri is the best, and we would like to show this by having good representation from our state. Information regarding registration can be found on our Missouri ACTE website.

WANTED: Your Application for a MoEFACS Award

The MoEFACS Awards and Recognition Committee would like to announce the following awards for the 2009-10 school year. Nominations and applications are being accepted for the following MoEFACS Awards:

- Teacher of the Year
- Outstanding New Career & Technical Teacher of the Year Award
- PRIDE Award
- Champion for Family and Consumer Sciences
- Legislative Recognition Award

Applications are available on the DESE Family Consumer Sciences web site:

http://www.dese.mo.gov/divcareered/facs_moefacs.htm.

Awards will be presented during the MoEFACS Awards and Recognition Reception at the Missouri ACTE/MoEFACS Summer Conference, July 27, 2010. Send award applications to Ronna Ford, MoEFACS Awards and Recognition Chair, 14971 Foxtail Rd., Lebanon, MO 65536. All Award applications must be postmarked by March 1, 2010.

MoEFACS Retiring Teachers

Are you retiring this year or know of someone who is? If so, we would like to honor you and/or your peer at the MoEFACS Awards and Recognition Reception during the summer conference. Visit the DESE web site to complete the appropriate form and return by May 31, 2010 to Ronna Ford, MoEFACS Awards and Recognition Chair, 14971 Foxtail Rd., Lebanon, MO 65536.

MoEFACS Offering Scholarships

Encourage your high school senior or college sophomore or junior to apply for the Missouri Educators of Family and Consumer Sciences Scholarship. The \$1000 scholarship will be given to one high school senior planning to major in Family and Consumer Sciences Education at a Missouri college or university and one scholarship to a college student seeking a degree in Family and Consumer Sciences education. Applications are available on the DESE Family and Consumer Sciences web site: http://www.dese.mo.gov/divcareered/facs_moefacs.htm Applications must be postmarked by March 1, 2010.

MoACTE Summer Conference Planning Underway

Be on the lookout for updates regarding MoEFACS plans the 2010 summer conference (http://dese.mo.gov/divcareered/facs_professional_development.htm). It is going to be one of the best by far!

Look For:

- Awards and Recognition Forms for retiring teachers, outstanding teachers and friends of Family & Consumer Sciences (http://dese.mo.gov/divcareered/facs_moefacs.htm).
- PreConference selections of:
 - * FCCLA Advisor Training
 - * Serve Safe Sanitation
 - * Curriculum Development
 - * New and Returning Teacher Workshop
- Concurrent Sessions on:
 - * Bullying
 - * Financial Literacy
 - * Teen dating Violence
 - * Commodities in the classroom

Many changes coming to the program – if you have suggestions in this planning process, please forward your comments to: Cheryl.lefon@dese.mo.gov

Mentors and Protégés Meet in Jefferson City

Merilee Thoenen, Supervisor

Over 100 Family Consumer Sciences Education mentors and protégés were planning to meet in Jefferson City on January 8 for their second mentoring meeting. Mother Nature had other plans and the snow and *really* cold temperatures caused the meeting to be cancelled and rescheduled for January 22. Both first and second year teams met together to complete first semester work and to plan for the second semester experiences. Jane Wolff and Elaine Duncan serve as the Content Experts for the group.

Jane Wolff led the group through an exercise, “*Using Instructional Strategies to Manage and Engage Students*”. Mentors and protégés also shared in a popular activity to problem solve different scenarios. One example was the “Increasing Relevance” scenario: *You have several students that are becoming a problem in class. They are constantly complaining that they do not want to hear about nutrition or healthy preparation strategies—they just want to cook. What can you do?*

The mentoring teams will complete their 2009-10 work in May. If you know of any new or returning teacher for the 2010-2011 school year, please contact Merilee Thoenen (573-751-6878, Merilee.thoenen@dese.mo.gov) to talk to with the information.

Career Pathways for Teaching Profession Program

By Cynthia K. Arendt, Ph.D., Director

We are happy to announce guidelines for a Career Pathways for Teaching Profession Program. This program has been developed within the Education and Training Cluster Pathway. Working on the components of this program has been exciting. The framework is a model for programs based on a sequence of courses leading to a career.

As early as 1995, administrators in Family and Consumer Sciences Education Program in other states began developing career education programs for students interested in teaching. Since that time, a growing number of states have realized that in order to meet the demand for one of the fastest growing occupations—teaching—they needed to get students interested in a teaching career while still in high school. One way to do this is to design programs within the Education and Training Cluster that will allow students to explore the teaching profession. Some states who have led the way are: Ohio, Arkansas, Arizona, Kansas, California, Pennsylvania, Texas, North Carolina, and Kentucky. To learn more about these programs visit their career and technical education websites.

Missouri decided to make the education and training cluster a pathway under the human services cluster. Christine Hollingsworth is the leader for education and training pathway. While the format for offering a Career Pathways for Teaching Profession Program is new, the department had already approved some of these programs.

The first program request approved was at Arcadia Valley in 2005. In reviewing the requests for a new program, it became apparent Missouri needed to develop a model, provide criteria, and work toward standardization of content in the program.

A second factor was to assist districts in developing a program that would allow students to articulate some of the course work to the postsecondary level. This meant there had to be consistency in content and structure of the program.

Fortunately, the funding I sought for a curriculum project to develop this consistency and structure was approved. The first Education and Training Advisory group met January 25, 2007 to review and validate the national cluster education and training knowledge and skills statements. Building on this, a second advisory committee, made up of teacher educators from two and four-year institutions and secondary instructors who currently have a program, met October 31, 2008 to discuss what the program should look like in Missouri.

The committee reviewed program frameworks developed by different states and “borrowed” what we considered to be the best fit for Missouri. The final product is a blend of standards and program frameworks from Kansas, Ohio, Arkansas and Arizona. The Missouri framework for the Teaching Professions program has been developed so when a student completes the program they will have 3 credit hours. They will be required to take a technical skill assessment. The Education Careers Assessment from the American Association of Family and Consumer Sciences (AAFCS) has been identified as one of the available assessments.

The program framework is available for viewing on the Missouri Center for Career Education. <http://missouricareereducation.org/project/compacket/index.html> The framework packet provides you with the *Essential Components* for an approved Career Pathways for Teaching Profession program. It contains a teacher piece, a student piece and the program core competencies.

Some of the minimum program requirements are:

- Teacher must hold a professional teaching license, grades 9-12 or any K-12 certificate.
- Five (5) years experience in the classroom—hopefully they have been positive ones and the teacher is considered a master teacher.
- District provides support for the teacher to attend two (2) program specific staff development trainings –which includes the minimum of a 2.5 days training by DESE staff or our designees when beginning the program.
- There is an advisory committee, articulation agreements, and an affiliated Grade levels: 10, 11, 12 with 450 hours of instruction and contact time that includes 3 sequential courses:
 1. Introductory-Human Development, Child Development, and/or Child Development, Advanced (1 credit)
 2. Technical Course-the Foundation competencies for Career Pathways for the Teaching Professions (1 credit)
 3. Applications course: Practicum in Teacher Education (1 credit)

If you want to learn more about the program, make plans to attend the two and half (2.5) day training session. The training will be held in Jefferson City June 8-10, 2010. This is a required training for districts with programs already in place. There will be an announcement about training on the list serve in May. Reservations are required to attend the training.

If you have questions regarding the program or training please contact Christine Hollingsworth at Christine.Hollingsworth@dese.mo.gov or Cynthia.Arendt@dese.mo.gov for more information. You may also call 573-751-2644 for additional information.



Missouri Association

Missouri FCCLA Update



Missouri Association

Affiliation Update

Chapters may still affiliate for the first time or add additional members throughout the school year. Many chapters add additional members as new students enter the family and consumer sciences classroom for the second semester. All chapters wishing to attend the annual state leadership conference will need to affiliate by March 1. Additional membership [affiliation forms](#) are available online at the Missouri FCCLA web site or may be obtained by simply calling or sending the state office a request.

As a recap – here are a few helpful hints for affiliation.

Use the Missouri FCCLA [affiliation form](#) (available on the state web site)

- Send ONE check for regional, state and national dues to the [state office](#)
- Do not send a purchase order or a future payment voucher
- Submit the affiliation form, membership roster and payment in one envelope

Double check calculations for payment.

If an affiliation comes to the office without a form, payment or membership roster, we are unable to process the paperwork to finalize affiliation.

As always, please direct any questions to the state office.

SCHOOL ADMINISTRATOR RECOGNITION PROGRAM

Without the support of school administrators, students could not take advantage of the many opportunities offered through Family, Career and Community Leaders of America. If your administrator shows outstanding support of FCCLA in your school, you might want to consider nominating him or her for the School Administrator Award. Two administrators will be recognized at the state level and their names will be forwarded to the national office for consideration of their award. Any FCCLA member, advisor or parent may nominate a school administrator. This is an excellent way to show your administrator you appreciate their efforts!

The [nomination form](#) may be accessed from the state FCCLA web site or by calling the state office. The deadline for submitting nominations to the state office is March 1.

State Leadership Conference

“Discover the Magic of Leadership” is the theme chosen by the 2009-10 State Executive Council for the 2010 State Leadership Conference. General Sessions, meetings and workshops will be taking place at the Holiday Inn Select and Expo Center. STAR Events competitions will take place at the Holiday Inn Select and Expo Center, LaQuinta Inn, Drury Inn, Stoney Creek Inn, MSBA building, and on the campus of the Columbia Career Center. Transportation between conference hotels and these sites is the responsibility of the local chapter. All conference registration materials and lodging information may be obtained at www.mofccla.org.



Dates: March 21-23, 2010

Location: Holiday Inn Select Executive Center, Columbia, MO

Conference Registration - \$70 per person

STAR Events Entry Fee - \$20 per person

All registrations received after February 22 will be subject to a \$10 per person additional charge.

<http://www.youtube.com/watch?v=IaHkbWbToCg>

National Leadership Conference – July 4-8, 2010

The 2010 National Leadership Conference will be held July 4-8, 2010 in Chicago, Illinois. Are you ready to celebrate FCCLA’s birthday and our country’s independence all in one unforgettable conference? 65 Years of Leadership is being celebrated at this National Leadership Conference is the “Windy City.”



The Missouri Association will once again register as a group. The first meeting of the delegates attending the National Leadership Conference will be held at the State Leadership Conference in March. To learn more about the National Leadership Conference, visit www.fcclainc.org and click on “meetings.”

Legislative Shadowing Program

Missouri Family, Career and Community Leaders of America are again sponsoring the FCCLA Legislative Shadowing Program, February 23-24, 2010. By involving Missouri Family, Career and Community Leaders of America members in the legislative shadowing project, members will expand their capabilities in understanding, interpreting and setting public policy focused on family, work and social issues related to building strong communities. Participants will see how the skills learned in family and consumer sciences, as well as those learned and refined in Family, Career and Community Leaders of America, serve to assist individuals as they become an advocate for family, career and community issues. This FCCLA program reflects Goal 4 of the Missouri Show-Me Standards and integrates family and consumer sciences content with the Social Studies performance standards 1, 2 and 3.



The objectives of this program are as follows:

- Increase FCCLA member awareness of state government and the political process.
- Interpret the duties of elected officials or policy makers.
- Develop awareness of current issues, especially those relating to families.
- Explore career options within public service.
- Educate local chapters, school, and/or communities about the shadowing experience.

The following schools have students (juniors or seniors in high school) that were accepted in the 2010 program. Over 80 applications were received for 50 open positions.

Adrian High School
Belton High School
Chamois High School
Chillicothe High School
Clarkton High School
Crawford County R-II High School
Dixon High School
East Newton High School
Fredericktown High School
Greenfield High School
Hazelwood East High School
Holcomb High School
Humansville High School
Jackson High School
Keytesville High School
La Monte High School
Lamar High School
Lathrop High School
Lee's Summit West High School
Lex La-Ray Technical Center
Mark Twain High School
Maysville High School
Meadow Heights High School
Mound City High School

Normandy High School
North Andrew High School
North Kansas City High School
Owensville High School
Pilot Grove High School
Pleasant Hope High School
Portageville High School
Princeton High School
Purdy High School
Salisbury High School
Sikeston High School
Southwest R-5 High School
Stockton High School
Thayer R-II High School
Tipton High School
Trenton High School
Van-Far High School
Walnut Grove High School
West County R-IV High School
West Plains High School
Zalma High School

New STAR Event Opportunities

This year FCCLA members have more opportunities than ever before to participate in STAR (Students Taking Action With Recognition) Events. There are a total of twenty-five (25) national STAR Events, and seven (7) Missouri state-level events. The new events introduced in 2009-10 are:



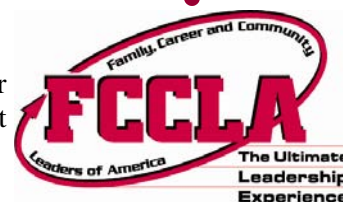
- Environmental Ambassador
- Fashion Design
- Food Innovations

With so many opportunities for students, it is easy to see how STAR Events are quickly becoming one of the most popular FCCLA programs offered at the regional, state and national levels. Future STAR Events will be developed and added to address the needs of FCCLA chapters, family and consumer sciences education programs, and career planning through the career clusters system.

Advisors that want to learn more about STAR Events should contact Christine Hollingsworth, State Advisor, for more information and to volunteer to assist with State STAR Events. Assisting with the state events is one of the best ways to learn. Be sure to download two documents for successful STAR Events implementation – the national *STAR Events Manual* (www.fcclainc.org) and the *Missouri FCCLA Guide to STAR Events* (www.mofccla.org).

New! FCCLA Media Team – Applications Due February 1

Do you have students interested in social networking, journalism, blogging, video or photography? We're looking for members and advisors who want to help spread the great news of Missouri FCCLA.



Missouri Association

What is the FCCLA Media Team?

The Missouri FCCLA Media Team is a team of up to six volunteers who have an interest in technology and social media. They will be updating the official Missouri FCCLA blog, Facebook® page, Twitter® feed, YouTube® channel, and Flickr® account with conference news and photos from their own unique perspectives. The Media Team will provide real-time updates to conference attendees as well as those unable to attend the meeting, such as parents, administrators, and other chapter members.



The Missouri FCCLA Blog

News, Updates and Ideas for Family & Consumer Sciences Teachers, FCCLA Advisors, and Members



Who is eligible to apply?

Potential Media Team members must have experience with social media tools such as Facebook®, Twitter®, Flickr® or blogging. Media Team members will also be taking photos and videos, so experience with simple photo editing and movie making tools such as Animoto® or Microsoft Movie Maker is a plus. Media Team members should be good writers – ones that know how to write in a concise, informational, but yet conversational style.

In order to be eligible to be a member of the Missouri FCCLA Media Team, complete this form and submit by February 1. You will be notified by March 1 if your application has been accepted. Selected media team members will receive a \$70 refund toward their conference registration.

Members - Missouri FCCLA members in their junior or senior year in high school are eligible to apply. Previous attendance at a state leadership conference is not required.

Advisors –Interested Missouri FCCLA advisors are encouraged to apply. It is recommended that these advisors have at least one additional adult chaperone with their group at the conference, so that travel off-site is possible. Adult media team members may be asked to visit off site-locations to report on STAR Events competitions.

What is the commitment?

Those selected as Media Team members will be expected to complete daily assignments by a set deadline schedule. Media Team members will be assigned duties that fit best with their skills and meet the state association needs. All members of the Media Team will report to the Media Team Coordinator. Examples of work include writing blog posts, taking photographs to be used on the blog or in a day in review video, editing photos and videos, and updating the official Missouri social media sites. http://dese.mo.gov/divcareerred/fc_forms.htm#State

Hillary Merick, FCCLA Student, Represents Youth on Association of Maternal & Child Health Program

Cynthia K. Arendt, Ph.D., Director

Hillary Merick, 1st Vice President of Missouri FCCLA, was asked to represent Missouri teens on an Association of Maternal & Child Health Programs (AMCHP) project. The association, located in Washington D.C., is a national resource, partner and advocate for state public health leaders and others working to improve the health of women, children, youth and families, including those with special health care needs.

The Missouri Department of Health was awarded a grant by the Association to help women and men to focus on the importance of preconception health. Since the grant required working with the Department of Elementary and Secondary Education, I was chosen as a team member. To meet the goal of improving consumer awareness regarding the importance of preconception health to young people required the voice of youth, Hillary was asked to join the interagency team.

The team met in Atlanta, Georgia November 18-November 20. A total of 6 states were represented and only two teams had youth representatives-Utah and Missouri. One of the outcomes will be a workshop at the spring State FCCLA Leadership Conference in Columbia. The workshop is scheduled for March 22 from 11:30 -12:30. Be sure to check the program for the room location.



Front Row Left to Right: Allison Hile, Executive Director Teen Pregnancy and Prevention Partnership
Hillary Merick, 1st Vice President Missouri FCCLA

Back Row Left to Right: Tuck VanDyne, Chief, Office on Women’s Health, Dept. of Health, Patti Van Tuinen, Adolescent Health Coordinator, Dept. of Health, Cynthia Arendt, Director of Family Consumer Sciences and Human Services, Dept. of Elementary and Secondary Education, Kathleen Holmes, Project Officer, Missouri Foundation for Health

Left to Right: Kathleen Holmes and Hillary Merick





LIFESMARTS COMPETITION ENDS!

The 2010 [LifeSmarts](#) on-line competition ended in Missouri on January 22. The team score will be determined by the average of the four top scores from the team. The five topic areas are:

- Personal Finance
- Health and Safety
- Technology
- Ecology
- Consumer Rights and Responsibilities

The top nine JV teams and the top twelve Varsity teams will be invited for in-person competition in Jefferson City. In-person teams have a maximum of four team members with the option of having one alternate (If the on-line team consists of over five members, the coach must determine which students will represent the group at the competition). Using a quiz bowl format, teams will compete for the title of state champion at each level. The JV team competition will be on Tuesday, February 16; the Varsity on Wednesday, February 17.

The Varsity state champion team will be invited to represent Missouri at the National Varsity LifeSmarts competition in Miami Beach, Florida from April 24-27.

[American Century Investments](#) is the financial sponsor for [Missouri LifeSmarts](#) and provides funds for the state competitions, including breakfast and lunch; travel stipends to teams to attend state; and most of the expenses involved for national competition for the Varsity state champion team. Missouri FCCLA is the state coordinator for the program.

Contact Merilee Thoenen, Missouri LifeSmarts Coordinator, for more information. 573-751-6878
Merilee.Thoenen@dese.mo.gov



Missouri Jump\$tart Coalition Reorganizes

Merilee Thoenen, Supervisor

First convened in December, 1995, the national [Jump\\$tart Coalition](#) for Personal Financial Literacy determined that the average student who graduates from high school lacks basic skills in the management of personal financial affairs. Many are unable to balance a checkbook and most simply have no insight into the basic survival principles involved with earning, spending, saving and investing.

Many young people fail in the management of their first consumer credit experience, establish bad financial management habits, and stumble through their lives learning by trial and error. The Coalition's direct objective is to encourage curriculum enrichment to ensure that basic personal financial management skills are attained during the K-12 educational experience.

The [Missouri Jump\\$tart Coalition](#) was one of the key players in the effort to make Personal Finance a required course for graduation in Missouri. The group also organized the yearly financial literacy month proclamations for years on the state level.

The coalition goals are:

- To strengthen the economic and personal financial literacy of Missourians, with an emphasis on Missouri's youth;
- To assist other charitable and educational organizations in the conduct of similar activities; and
- To engage in any and all lawful activities incidental to the foregoing purposes.

Although Missouri has had a Jump\$tart group for over a decade, there had been a period of time without activity. That was resolved when previous members met in Jefferson City on November 25 with Regional Director, Maritta Bush to plan the reorganization. The first meeting was held on December 4. Led by Scott Oberkrom, American Century Investments, committees were formed and plans made to become an active group once again.

Check the national web site: www.jumpstart.org for valuable personal finance resources and keep an eye on the Missouri site www.mojumpstart.org for updates to its web site this Spring.

Going for National Board Certification

Cynthia K. Arendt, Ph.D., Director

Recent interest shown on the list serve by Family and Consumer Sciences teachers regarding obtaining National Board for Professional Teaching certification has prompted me to visit with some of the teachers who have gone through the experience.



Susan Hamlin, Family and Consumer Sciences teacher at Crestview Middle School in the Rockwood School District, recently completed National Teacher Board Certification. Rockwood is one of the largest districts in the state with a total of 22,566 students in the 2009-2010 school-years. This includes 5,348 middle school students and an enrollment of 4, 421 the high schools students. There are 4 high schools and 6 middle schools in the district.

Q. How did you learn about the National Board for Professional Teaching Standards (NBPTS)?

A. I first heard about NB certification when I taught FCS in Iowa in the 90s. At that time there was nothing specific for FCS or Career and Tech education. I found out in the summer of 2005 that a path for CTE/FCS had been established in 2002 and decided at that time to look into it. I began the process in January of 2009. For me it was another step on the ladder of professional development – and ended up being the most worthwhile professional development I have participated in to date.

Q. What area is your certification?

A. My certificate is in Early Adolescent/Young Adult Career and Technical Education.

Q. How many years had you been teaching when you decided to try for the NBPTS certification?

A. Thirteen or so – I have been in and out of the classroom while raising my children.

Q. Can you describe the process in a few words?

A. I studied the standards established by the National Board for Professional Teaching Standards Process and determined how to apply those principles in my teaching. The standards for FCS (and all the career and technical education certificates) incorporate how our subject area applies to student's future employment, other academic areas and their social and emotional development.

The process includes quite a bit of writing, research, self-reflection and the taping of two types of lessons—a demonstration and small group work. Keeping current with changes in career and technical education was important to prepare for the assessment center exercises. A test is taken after the portfolio is completed and sent to the Board in late March. Watching the videotaped lessons and seeing the kids putting into practice what I had taught them was interesting! As FCS teachers we don't often have the chance to see our students working when we aren't right there with them.

Q. What have you learned by going through the process?

A. I learned that there is always something I could be doing better, catching myself when I am settling for less than my best or expecting less of my students and being persistent in helping students learn.

Q. How has this improved your teaching?

A. I do better and more thoughtful planning, finding out more about my students at the beginning of a semester so I can teach them in a way they will be able to learn. Incorporating all kinds of approaches to reach a goal.

Q. Did you get support from your district?

A. Rockwood, in cooperation with the Rockwood National Education Association (RNEA), provided excellent support. Small groups met monthly with other NB candidates as well as being provided one on one time to meet with our support provider. When I went through the process, I applied for and was awarded a scholarship to pay for all expenses not covered by the state as well as several days for a substitute so I could work. The number of release days has changed, but there is still financial aid and release time given to NB candidates. Currently, we are to receive an extra \$5000/year for 10 years (which is the life of the certificate). Prior to that we moved one step with certification on the district pay scale. With the current financial climate that may change, as some of the funding comes from the state's career ladder funding.

Several Missouri Family and Consumer Sciences teachers have National Board Certification. Other teachers I know about to date who have their National Board Certification are: Kathy Kagay, Maysville, 2001; Victoria Morris, Golden City; Cynthia Waltman, Columbia, 2007; Susan Suputo, Pattonville, 2009; Susan Laura Gouldsmith, Fort Osage, 2007; Jessica Wade, Odessa, 2007.

Missouri will continue to have funds to support teachers seeking assistance to get their National Board Certification. The priorities for funding are: low performing districts, districts with high percentage of students on free and reduced lunch, and districts with high percentage of minority students. You can learn more about National Board Certification by visiting the following link: http://www.nbpts.org/the_standards/standards_by_cert.

Fuller's Bakers

Cheryl LeFon, Supervisor

On October 20th, I was able to observe three culinary teams compete at the Flavor of Four States competition in Joplin Missouri. I was invited by Vickie Fuller, culinary instructor, to join her and the students from Southwest Area Career Center for the day. When I arrived at the center, I was given a purple t-shirt stamped with "Fuller's Bakers" on the back; the uniform of the day. Mr. Laney, Career Center Director, spoke to the students as we prepared to leave for Joplin. He reminded them the opportunity to participate in the competition and tour some business was a privilege and not a right. He also told them to enjoy the day as they learned from the experience.

The first stop was the Chocolate Factory in Joplin, where we got to see the industry first hand. I really don't know if I could have done what they did day in and day out, especially without gaining a ton. We then traveled to Granny Shaffers for lunch and to see the mysterious "pie shell" machine. Watching the students as they observed the functions of the employees engaged in the industry was a great experience. Not only did the restaurant have a pie crust making machine, but they also had a machine to make rolls. Put the dough in, and out came perfectly proportioned rolls; amazing to say the least. After Granny's it was on to Smiley's Donuts where students got a tour and were able to make donuts. The donut maker talked about his career and his travels while showing the students the steps in making donuts. The students got to make cake, iced and glazed donuts. The owner of the shop also spent time with the students explaining his goals for his small quaint shop. He served up donuts and was proud to announce that he never sold day old pastry, but donated it to the shelter in town. The students saw the baking and pastry industry not only as a career option but as a viable part of the community. Our final stop was a local bakery, Garrett Cake Designs and Bakery, where the students got to see beautiful wedding cakes being made. It was then onto the Flavor of Four States competition. I want to take this opportunity to thank Vickie Fuller and her students for allowing me the opportunity to share this day with them. I was very impressed by the professionalism shown by each student and their interest in career options shared that day. What a pleasure.



Chocolate Factory



Pie Shell Machine



Vickie Fuller



Smiley's Donut

Flavor of the 4 States

Cheryl LeFon, Supervisor



John Q. Hammons Trade Center, Joplin Missouri, was the location for the 12th annual Flavor of the Four States. This year's event featured three of Missouri's Area Career / Technical Schools: Nevada Regional Technical Center (Nevada, Missouri) instructor: Louise Lunkenheimer, Southwest Area Career Center (Monett, Missouri) instructor: Vickie Fuller, and Franklin Technology Center (Joplin, Missouri) instructors: Jennifer Barksdale and Karen Easley. Each school set up a display of items and students served the show's participants. Entertainment abounded as well as great food from the area. During the event, besides manning their booths, students competed in a skills relay. Students tested their skills at tasks such as separating eggs, whipping egg whites into a soft peak, dicing an onion and different knife cuts on carrots. The relay winners were students from Franklin Technology Center. All three schools did a great job and closed the evening by helping with clean up and thanking the Southwest Area Restaurant Association for sponsoring the event. Proceeds of the event go to scholarships for the culinary arts programs to assist students pursuing a career in culinary arts. Schools can also benefit, as grants are given to help with instruction.



Franklin Technology Center prepares their booth with US Foodservice who sponsored their participation.

Nevada Regional Technical Center did a dessert sampling for their visitors.



Southwest Area Career Center demonstrated fruit and vegetable carving. Visitors could sample donut pops and watch the students at work.

Cooking Up Change Competition Focuses On Nutrition

Cynthia K. Arendt, Ph. D., Director

In November, the [Chicago Tribune](#) reported on a Cooking Up Change competition that had been held among some Chicago-area schools. The goal for students was to have "a healthy cooking contest in which teams were challenged to create nutritious school lunches on a tight budget -- \$1 per meal -- and limited ingredients and prep work." Officials with the Healthy Schools Campaign, which backs the event, said they are working "to instill in the next generation with the need for healthy cooking." The cooking contest, while fun for students, highlights the challenge schools face in trying to serve healthy meals on limited budgets. The meals had to contain minimum levels of good stuff, fiber for example, while not exceeding maximum levels of fat or calories, per criteria set by Balanced Choices, the guidelines used by Chicago Public School cafeterias. "Last year's winners had their meal of stuffed green peppers, carrot quesadillas, and refrescante salad served to more than 40,000 public school students nationwide."

This project would be a good activity for students in that it focuses on working with a very limited budget to provide a nutritious and appealing meal. Nutritional guidelines must be met and it needs to be easy and fast to prepare. It would also be a great learning performance event since it covers several nutrition and wellness objectives.

Family Consumer Sciences and Human Services Contact Information

Department of Elementary
and Secondary Education



Mailing Address:

**PO Box 480
Jefferson City, MO 65102**

Fax: (573) 526-4261

Physical Address:

**205 Jefferson Street
Jefferson City, MO 65101**

Dr. Cynthia Arendt, Ph.D., Director

(573) 751-2644

Cynthia.Arendt@dese.mo.gov

Cheryl LeFon, Supervisor

(573) 751-7965

Cheryl.LeFon@dese.mo.gov

Merilee Thoenen, Supervisor

(573) 751-6878

Merilee.Thoenen@dese.mo.gov

Christine Hollingsworth, Supervisor and FCCLA Advisor

(573) 522-6543

Christine.Hollingsworth@dese.mo.gov

Deana Palmer, Administrative Assistant II

(573) 751-2644

Deana.Palmer@dese.mo.gov

Jamie Iler, FCCLA Administrative Assistant I

(573) 751-7964

Jamie.Iler@dese.mo.gov

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