

## A New Year with New Opportunities

*From the Director*

The new year has arrived bringing with it new classes and new students for the second semester. It also brings with it one of my favorite activities, making my New Year resolutions. Every New Year's Eve, I take stock of the past year and make resolutions which are goals for the coming year. Unfortunately, my track record for meeting them is not very good.

Perennials on my list of resolutions seem to be to eat healthy, reach my target weight, keep my target weight, exercise regularly, get organized, stay organized, stop buying shoes, stop buying clothes, save money, clean house more often, and the list goes on-you get the picture. I should use the process skill of time management and just Xerox the list and fill in a new date to save time and effort. My second set of resolutions is work related. That list also seems to have its own perennial favorites, like revise the Implementation Guide, get more money for Family and Consumer Sciences programs, provide quality professional development for teachers, make Family and Consumer Sciences visible on the landscape, and make it the one discipline that every student in high school is required to take.

Many of my resolutions or goals seem to be the same ones other Americans have on their list. As I reviewed my list, it occurred to me that my professional training and education as a Family and Consumer Sciences educator addressed each of these reoccurring problems.

*Continued on page 2...*

## Legislative Update

*Submitted by Marcia J. Ritter, CFCS, Missouri ACTE and ACTE Legislative Committee Member*

The Missouri ACTE Legislative Committee met on October 29, 2007 at the Capitol in Jefferson City. Sarah Topp and Bill Gamble shared information about the 2008 election. Twenty term limit seats are up for 2008. It might be the year for capital improvements at area technology schools. Michael Woods, Missouri State Teachers Association Governmental Affairs Director, shared that his organization is working for major salary incentives. Missouri is in 44<sup>th</sup> place on salaries and the proposal would move Missouri to the 33<sup>rd</sup> position. Sarah Topp took the group on a tour of the House and Senate chambers. Ann Stock, office of Senator Charles Shields, shared information about the Missouri Senate and the legislative process. Representative Danielle Moore, retired educator and member of the Missouri House of Representatives, suggested that our group gather and share data on the number of students served by career and technical education in Missouri and include follow-up data. She also said we should show how the cost to educate career and technology education students directly affects the Missouri economy.

Missouri ACTE Legislative Day is set for Tuesday, February 12, 2008 in Jefferson City. The ACTE National Policy Seminar will be held March 10-12, 2008 in Washington, DC.

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Click here to contact our staff:

[http://www.dese.mo.gov/divcareered/facs\\_staff.htm](http://www.dese.mo.gov/divcareered/facs_staff.htm)



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*From the Director (Continued..).*

The discipline is based on research that includes health, diet, and resource management, including money and time management. My problem then is not so much a question of having the knowledge but the discipline to apply that knowledge. I need to sign up to participate in the FCCLA Power of One program. Power of One is one of these FCCLA programs that can be implemented throughout your life.

As Family and Consumer Sciences professionals, we do have the technical and problem solving skills not only to reach our own personal goals but to provide students with the knowledge they need to live healthy, satisfying lives. Because I am a diabetic, watching my diet is extremely important and that is one reason it is always on my list. Poor diet habits are one of the major health issues in the nation today. Using combined data from 2004 to 2006, the Trust for America's Health: U.S. Centers for Disease Control and Prevention, ranked U.S. adult obesity by states from the highest to lowest. Missouri tied with Texas for the number 12 spot. The state with the highest obesity is Mississippi and the lowest is Colorado. The report is called *Living Large*. I challenge you to make a New Year's Resolution that focuses on reducing the obesity in your district and giving students lifelong skills to keep them healthy. We can be a part of the solution for diminishing the alarming increase in child and adult obesity.

Another national and state concern we are prepared to help our students with is money management. The New Year started with financial analyst stating the U.S. is in a recession. The stock market and the economy are both depressed. Consumer debt and spending is at an all time high. There are many families in financial trouble because they took out home loans they could not handle as interest rates increased. Who is to blame? There is a lot of finger pointing going on—a favorite pastime it seems of the American population. Personally, I cannot ignore the fact that we are each responsible for our own financial well-being. This includes knowing what we can afford and what we cannot afford. Individuals must be educated regarding reading the small print, being knowledgeable about the meaning of fixed and flexible loan rates, the cost of credit, and how to budget money so family needs can be met.

As you know, Missouri now requires every student to have at least one semester of Personal Finance in order to graduate from high school. Because of your college preparation, many of you teach the required class or have the opportunity to help students apply the concepts in your class. I think this is a wonderful opportunity to meet our stated program outcome of empowering students to “manage resources to meet the material needs of individuals and families.”

Helping individuals manage their health and money is certainly among the top priorities not only of our profession but of the nation. Helping students understand and apply the process skills of thinking, management, communication, and leadership is crucial to their being able to use the knowledge they acquire not only in your classes but throughout life. When I realize what potential we have, I am very proud that I am a member of a profession that can be a part of the solution.

Due to the very nature of life, many of the problems families face are reoccurring, just like my list of goals for the New Year. Each new class of students gives you a wonderful opportunity to empower students to use critical and creative thinking skills to address problems in diverse family, community, and work environments. You have the opportunity to help them become responsible citizens and leaders not only in their families but in their communities and work settings. I cannot think of a more worthy program area for students to be enrolled in than a Family and Consumer Sciences class to prepare them for life.

## One for the Future – Pay it Forward

*2007-08 MoEFACS Professional Development Committee*

Who's going to take your place? As family and consumer sciences educators, it is important that we identify those quality students who will be our next generation of teachers. Pay it forward by completing a “One for the Future” form. The form can be found on the Missouri Family and Consumer Sciences website at the following link:

[http://dese.mo.gov/divcareered/facs\\_professional\\_development.htm](http://dese.mo.gov/divcareered/facs_professional_development.htm) Submission should be made to Merilee Thoenen at Merilee.Thoenen@dese.mo.gov April 1, 2008.

Also, don't forget to encourage those students you submit on the form to apply for a MoEFACS scholarship. Application forms for the MoEFACS college and high school level scholarships can be found at <http://dese.mo.gov/divcareered/forms.htm#MoEFACS> Applications are due to the MoEFACS Awards and Recognition Committee by April 1, 2008.

# 2008 Missouri ACTE/MoEFACS Summer Inservice Conference

The Missouri Educators of Family and Consumer Sciences (MoEFACS) Board of Directors met in Columbia on October 27, 2007, to begin plans for the 2008 Missouri ACTE/MoEFACS Summer Inservice Conference. The conference is scheduled for July 21-24, 2008, in Springfield. The Missouri ACTE theme for this year's conference is "*The Third R: Relationships*". The MoEFACS Board has chosen "*Increasing Rigor and Relevance by Building Relationships*" as its sub-theme to develop and address MoEFACS session programming. Ray McNulty with the International Center for Educational Leadership will keynote the Missouri ACTE Opening General Session.

MoEFACS and Missouri ACTE registration, exhibits, and Missouri ACTE general sessions will be held at the Springfield Exposition Center. The Clarion Hotel, 3333 S. Glenstone, will again serve as headquarters for MoEFACS meetings and activities. Additional program and registration information will be included in a forthcoming online issue of the *Missouri ACTE Reporter* and the online spring issue of the *NEWS in Missouri Family and Consumer Sciences Education*.

The annual inservice conference is held for family and consumer sciences educators at the middle school, junior high, senior high, postsecondary and adult levels, and career education teacher educators and administrators. Make plans now to attend!

## WANTED: Your Application for a MoEFACS Award

The MoEFACS Awards and Recognition Committee would like to announce the following awards for the 2007-08 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 & Consumer Sciences
- Legislative Recognition Award

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

[http://dese.mo.gov/divcareered/facs\\_moefacs.htm](http://dese.mo.gov/divcareered/facs_moefacs.htm).

Awards will be presented during the MoEFACS Awards and Recognition Reception during the Missouri ACTE/MoEFACS Summer Conference. Send award applications to Tracey Newman, Awards and Recognition Committee, 780 Pointe Basse Drive, Ste. Genevieve, MO 63670. **All Award applications must be postmarked by April 1, 2008.**

### 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 30, 2008** to Tracey Newman, Awards and Recognition Committee, 780 Pointe Basse Drive, Ste. Genevieve, MO 63670.

### 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://dese.mo.gov/divcareered/facs\\_moefacs.htm](http://dese.mo.gov/divcareered/facs_moefacs.htm). **Applications must be postmarked by April 1, 2008.**

# Publicizing Your Program Promotes Excellence

*Jane Poole, MoEFACS Public Relations Committee Member, Scott City R-I High School*

How busy is your classroom? Are you burning your candle at both ends, busy with wonderful new teaching ideas, busy with FCCLA activities that are helping your students develop into productive, successful citizens, and busy making sure your classroom brings relevance to the knowledge students are gaining in their math, science, and english classrooms?

The fact is, as Family and Consumer Science teachers, we are continuously working to improve the lives of our students and the communities in which they live. The question becomes: how many in your community are aware of the wonderful things you are doing?

If the answer to this question is “not many”, there is a good chance that your program could benefit from a public relations campaign. Although public relations may seem like just another thing to keep you busy, there are advantages to implementing an effective public relations plan.

First, appearing in local media brings visibility to your program. This will build stronger ties to the community and will increase the amount of community involvement in your school. The end result could be new resources for your classroom. Another benefit of a public relations campaign is the sense of pride that students feel when they appear in local media. Simple things like a photograph with a short caption can be motivating. Students love recognition and everyone benefits when the community can see the positive things happening in our programs.

Think about the many beneficial things happening with and for students in your program and how you might publicize these in your school and community. The possibilities are endless as are the many rewards for letting others know of the value of family and consumer sciences!

Give public relations a try this year and submit your efforts for recognition through the MoEFACS PRIDE Award (Public Relations in Developing Excellence). This is an annual award given each year at the summer conference in Springfield. The application for the 2008 PRIDE Award can be found at the following link on the Missouri FCS website:

[http://dese.mo.gov/divcareered/facs\\_moefacs.htm](http://dese.mo.gov/divcareered/facs_moefacs.htm).

## ACTE Convention News

*By Tracey Newman*

Some of you are expecting to see here that I won a bunch of money in the casinos.....Sorry!! Not the case!! But I thought you'd enjoy some updates from the ACTE Conference in Las Vegas, December 13-15, 2007

The first one was a bit of a secret and if you know me, you know I don't keep them well. I'm glad that pressure is off!!! Our very own Debbie Pohl was added to the Family and Consumer Sciences Roll of Honor. This not only recognizes Debbie's contributions to our field for the past 18 years, but also helps build funds towards fellowships and scholarships that help applicants earning a graduate degree in FCS. Anybody who has ever had a question about our state's competencies, approved courses, grants, summer conference or professional development workshops in our state knows some firsthand examples of all Debbie does to help every FCS teacher in the state. Congrats, Debbie!!! I'm sure she'll gladly add extra pages to the scrapbook of notes and cards that were already collected in her honor. Feel free to drop one in the mail to her to thank her for all she does to help all of us in our daily jobs.

Charlotte Gray represented us well as the president elect for NATFACS. We should be proud to have such professional and innovative representation from Charlotte!! Make plans now to join Charlotte in Charlotte (NC) for the ACTE conference (from December 4-6, 2008). I know she will greatly appreciate our support and help with the conference duties.

Marcia Ritter's keynote at the FCS division opening session was another great example of what awesome leadership and professionalism can be found among Missouri's educators and a great reminder that the attitude we choose can have such an impact on everyday events.

Karen Mason continues her work with the ACTE board as the Region III representative and Ronna Ford serves as Missouri's ACTE president. Those two ladies had a blur of meetings and represented us well at all of them. Ronna award for Region III.

Congrats to all of these examples of leadership and professionalism from our state and thanks to all of them for making Missouri look so good!!

## Pohl Named to ACTE FCS Division's Roll of Honor



Debbie Pohl, Department of Elementary and Secondary Education State Supervisor for Family and Consumer Sciences Education, was honored during the ACTE Convention in Las Vegas. Debbie was named to the Family and Consumer Sciences Division Roll of Honor. In 1960, the Family and Consumer Sciences Education Division of the Association for Career and Technical Education established a fellowship fund to provide fellowships to graduate students who would become the future leaders of the profession and to honor outstanding Family and Consumer Sciences professionals. The fellowships are provided by funds collected for the Roll of Honor.

For an individual to be placed on the Roll of Honor, funds must be donated in the amount at least \$500.00 and they must have made significant contributions to the profession. The funds collected are distributed annually to individuals pursuing a doctorate or masters in Family and Consumer Sciences. Historically, two to four fellowships have been awarded each year with a value of \$3,000 to \$4,000 for doctoral candidates and \$2,000 for master candidates. The first fellowship was awarded in 1967. Since that time 86 have been awarded for a total of \$236,000. Congratulations Debbie, it is a well-deserved honor.

## Charlotte Gray, Installed as 2008-09 NATFACS President



The 2007 ACTE Conference, held in Las Vegas, Nevada, hopefully brought many winnings to Missouri. The Family and Consumer Sciences Division provided many winning opportunities for networking and learning about a variety of topics.

During the conference, another winner was recognized. The National Association Teachers of Family and Consumer Sciences installed Charlotte Gray as the 2008-09 President. She has served this past year as the President-Elect preparing for her duties as President, which will begin July 1.

Charlotte is a Family and Consumer Sciences teacher teaching at Wentzville Holt High School in Wentzville, Missouri. She also currently serves as the district's Career and Technical Education lead teacher. Charlotte has also served many years as an active member of the Missouri Educators of Family and Consumer Sciences Board of Directors.

It seems appropriate to note that Betty White, another Missouri teacher, served as president of NATFACS at the 1997 ACTE meeting in Las Vegas. Betty was honored during this year with the Distinguished Service Award in recognition to her service to NATFACS over the last 20 years. Betty retired two years ago from teaching FCS in the Hallsville School District.

Charlotte would like to thank all the Missouri FCS teachers for their support and encouragement. Make plans now to attend the 2008 ACTE Conference in Charlotte, North Carolina.

## Missouri Teacher of the Year and Finalists



Finalist Ronna Ford, Lebanon School District; Cynthia Arendt, DESE; and 1994-95 Teacher of the Year Marcia Ritter

It was such a wonderful feeling to stand between these two outstanding Family and Consumer Sciences teachers. This picture was taken at the Recognition Banquet for the Missouri Teacher of the Year and Finalists held November 13, 2007 in Jefferson City. Another Family and Consumer Sciences teacher, Judy Whitener, North St. Francois County High School was honored as the 1988-89 Missouri Teacher of the Year. They are the only career education teachers to be honored in this manner. We are very proud of all three.

## Missouri ProStart® Instructors Achieve National Food Service Teacher Certification



Cheryl Landers and Virginia “Ginny” Stone, Missouri Family and Consumer Sciences and ProStart Program instructors, recently received National Restaurant Association Educational Foundation (NRAEF) Food Service Teacher Certification. To receive this certification, teachers must complete three professional development courses offered by the NRAEF and work 120 hours in the hospitality industry.

Cheryl teaches ProStart at Grandview High School and recently converted part of her classroom facility into a commercial kitchen, providing her students the opportunity to utilize food service equipment found in the industry. Cheryl also is serving her second term as Treasurer of the Missouri Educators of Family and Consumer Sciences (MoEFACS).

Ginny, ProStart instructor at Oak Park High School in the North Kansas City School District, received the Missouri ProStart Teacher of Excellence Award for 2006. Her teams have won several state culinary contests including the Missouri ProStart Student Invitational. Ginny is currently serving as President of the Missouri Educators of Family and Consumer Sciences (MoEFACS).

Congratulations Cheryl and Ginny!



## Family and Consumer Sciences Statewide Curriculum Advisory Committee Meets in Jefferson City



Six family and consumer sciences instructors from across the state met with the DESE family and consumer sciences staff on Tuesday, January 8, in Jefferson City. The advisory panel assisted DESE staff in establishing priorities for curriculum development for the upcoming year and beyond.

During the meeting, discussions of current and future statewide curriculum needs revolved around the impact of various local, state, and federal activities and requirements, to include: Perkins IV legislation and the implementation of career clusters and programs of study; current MSIP requirements; the newly revised National Standards for Family and Consumer Sciences; and the increased use of electronic curriculum alignment systems by local districts for curriculum development and documentation.

Those attending the meeting were: Charlotte Gray, Wentzville Holt High School; Cheryl Adams, Glasgow High School; Michelle Grudzinski, Northwest Technical Center; Karen Mason, East Newton High School; April Lannon, Conway High School; and Suzi Beck, Trenton Middle School.

## FCS MENTORING CONTINUES

The FCS mentoring program continues to provide opportunities for new or returning teachers to network with experienced mentors. The program includes an individual mentoring plan developed by the protégé for each year of the two year process. That plan is designed to help the new/returning teacher work on independent experiences selected by the protégé from ten areas of concern such as classroom management, time management, classroom instruction, and student motivation. The mentor helps with the plan and gives assistance, support and advice as the protégé completes the independent experiences.

This year we have 39 first year protégés, 42 second year protégés and 58 mentors. There are 135 protégés/mentors expected to attend the 2<sup>nd</sup> mentoring meeting of the year on January 18 in Columbia. Items on the agenda include table topic discussions, updates from DESE and plenty of time for the protégés to work with their mentors.

Anytime you meet one of our protégés, be sure to welcome them to FCS education. Offer an encouraging word or give them contact information so they can add you to their list of resources!

**We Need to Help New Teachers Succeed Because ...**

- Currently, more than half of new teachers leave the profession in their first five years
- New teachers who participate in induction programs are nearly twice as likely to stay in the profession as those who do not
- Research indicates a critical predictor of student success is teacher quality
- By the end of this decade, the U.S. will need two million new teachers



## Missouri FCCLA Update



Missouri Association

Missouri Association

### Membership and Affiliation

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.

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### 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.



Has your chapter earned bragging rights yet? All chapters affiliated by March 1 that have 5 more members than last year will receive the “Show Me 5” ribbon for their namebadges at state conference. Last year 137 chapters earned this recognition. Here’s looking to that many (or more) receiving it this year!

## 2008 Missouri FCCLA State Leadership Conference

*"Get a clue...give me a clue...follow the clues"* - These are just a few phrases that come to mind when thinking of the word "clue." This spring, your FCCLA members will "clue into leadership" with FCCLA skills and opportunities during the 2008 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, Baymont Inn, Drury Inn, MSBA building, and on the campus of the University of Missouri. 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](http://www.mofccla.org).

**Dates:** March 30-April 1, 2008

**Location:** Holiday Inn Select Executive Center, Columbia, MO

**Conference Registration** - \$70 per person

**STAR Events Entry Fee** - \$20 per person

All registrations received after March 1 will be subject to a \$10 per person additional charge.



**2007-2008  
Missouri FCCLA State Executive Council**

## 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 (20) national STAR Events, and six (6) Missouri state-level events. The new events introduced in 2007-08 are:

- Chapter Website (*Missouri pilot event*)
- Digital Stories for Change (*Missouri pilot event*)
- Fashion Design
- Financial Planning
- Interior Design
- Public Service Announcement (*Missouri pilot event*)
- Recycle and Redesign
- Toward New Horizons (*Missouri pilot event*)



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. Plans are to provide demonstrations of the new Missouri pilot events at the 2008 State Leadership Conference (depending on entries). Future STAR Events will be developed and added to address the needs of FCCLA chapters, FCS 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](http://www.fcclainc.org)) and the Missouri FCCLA Guide to STAR Events ([www.mofccla.org](http://www.mofccla.org)).

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### National Leadership Meeting – July 13-17, 2008

#### “Excellence Electrified”



The 2008 National Leadership Meeting will be held July 13-17, 2008 in Orlando, Florida. The 2007-08 National Executive Council selected “Excellence Electrified” as the theme for the meeting. FCCLA has updated and will introduce the Teacher Educator’s Guide, Student Body, and FACTS programs. The National Leadership Meeting is all about redefining excellence and going above and beyond all limits to total success!

As the state office receives more specifics about this meeting, updates will be made to the web site. To learn more, visit [www.fcclainc.org](http://www.fcclainc.org) and click on “meetings.”



## Missouri FCCLA

# MISSOURI FCCLA RECEIVES GRANT TO PROMOTE YOUTH SUICIDE PREVENTION EDUCATION EFFORTS

Missouri FCCLA has received a Department of Mental Health mini-grant, and as part of the grant, will be awarding cash awards to the top three STOP The Violence projects that focus on Youth Suicide Prevention Education efforts.

### Eligibility –

All Missouri FCCLA Chapters that complete a STOP the Violence project with a focus on Youth Suicide Prevention Education are eligible for consideration of the cash awards. The project must follow all official rules as listed on the 2008 National FCCLA STOP the Violence program award application.

### How do we apply?

Missouri FCCLA chapters must complete the 2008 National FCCLA STOP the Violence program award application and submit a copy of the application to the Missouri State Advisor by March 1, 2008. The application form is found online at [www.fcclainc.org](http://www.fcclainc.org).

### What are the awards?

The 1<sup>st</sup> place project will receive a \$500 cash award, the 2<sup>nd</sup> place project will receive \$250, and the 3<sup>rd</sup> place project will receive \$100.

### How will we be recognized?

All chapters that submit an application will be recognized at the 2008 Missouri FCCLA State Leadership Conference. Award winners will be recognized onstage with a check presentation.

### Questions?

Contact Christine Hollingsworth, Missouri FCCLA State Advisor  
PO Box 480  
Jefferson City, MO 65102  
[Christine.hollingsworth@dese.mo.gov](mailto:Christine.hollingsworth@dese.mo.gov)  
Phone 573/751-7964



**LEGISLATIVE  
SHADOWING**



Missouri FCCLA

## Missouri FCCLA Legislative Shadowing Project

Congratulations to the following chapters that will have FCCLA members participating in the Missouri FCCLA Legislative Shadowing Project in Jefferson City, February 26-27, 2008:

East Newton	Westran	Normandy
Northwestern R-I	Trenton High	Stafford
La Monte	North St. Francois	Hermann
Tipton	Puxico	Hartville
Grandview C-4	Kelly High	Dixon
Lebanon High	Carl Junction	Cassville
Mound City	Greenfield	Holcomb
West County R-IV High	Crawford Co. R-II Cuba	Zalma
Skyline	Central (St. Joseph)	Eldon
Keytesville	Purdy	Chamois
Jefferson City	Cole Camp	Hazelwood East
Raytown High	Pilot Grove	Fredericktown
Van-Far	Norborne	

## FCCLA Week 2008, February 10-16



### Advisor Recognition Opportunities

Recognition will again be given at the State FCCLA Leadership Conference to FCCLA advisors who will be retiring at the end of the school year.

Also, individuals who have served as an advisor will be given recognition at the annual State FCCLA Leadership Conference for their years of service to an affiliated (state and national dues paying) FCCLA chapter, **BEGINNING AT THE 5 YEAR LEVEL**. Advisors will be recognized in five-year increments, i.e., 5, 10, 15, 20 years and up.

Be sure to take advantage of the opportunity to show your appreciation to these advisors. Nominations forms can be found on the state website [www.mofccla.org](http://www.mofccla.org) or by contacting the state office.



### LIFESMARTS COMPETITION ENDS SOON!

The 2008 [LifeSmarts](#) on-line competition has ended Missouri on January 25. The five topic areas are:

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

The top six online JV teams and the top nine online 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 26; the Varsity on Wednesday, February 27.

The Varsity state champion team will be invited to represent Missouri at the National Varsity LifeSmarts competition in Minneapolis, Minnesota from April 11-15.

[American Century Investments](#) is the financial sponsor for [Missouri LifeSmarts](#) and provide 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.

For more information, contact Merilee Thoenen at 573-751-6878 or [Merilee.Thoenen@dese.mo.gov](mailto:Merilee.Thoenen@dese.mo.gov).



# FCS Teacher Earns National Teacher Certification



Cynthia Waltman, a family and consumer sciences instructor at Hickman High School in Columbia, Missouri, is among 73 Missouri educators who have earned national certification in 2007. She is one of five Missouri Family and Consumer Sciences teachers who completed certification. Teachers must not only pass a rigorous series of tests but complete instructional activities, tape classes and develop portfolios to achieve certification awarded through the National Board for Professional Teaching Standards.

More information can be found at: <http://www.nbpts.org/>  
<http://www.dese.mo.gov/divteachqual/leadership/nbc/index.html>

## One Teacher's Journey to National Board Certification

By Cynthia Waltman, NBCT

### Why did I do it?

National Board Certification (NBC) is a journey rather than an exam you can study for and take. I first learned about National Board Certification as an undergraduate student. National Board Certification was still relatively new in 1998 and not yet available for Career and Technical Education teachers. I researched the process, the standards, and who was doing this. I knew sometime this was something I wanted to do. Several years ago I had the chance to score for the National Board in Cincinnati for the Family and Consumer Sciences area. The opportunity allowed me to meet some FCS teachers who had National Board Certification. Through this experience, I realized how difficult the process was. I was not deterred. Consistently, the people I talked to said that despite the difficulty it was the best professional development experience they had ever had. Fewer than one half of the applicants achieve National Board Certification the first time they are assessed. It is so difficult that approximately two thirds of the applicants must retake parts of the assessment before completing the certification. The retakes must be completed within a three year period. After I completed my master's degree, I applied for the state and federal grant for funding assistance and was fortunate enough to receive some financial help.

### What did I have to do?

**Step 1-** I submitted my application, paid my part of the \$2,500 in fees, and waited for my "box".

**Step 2-** I had to have students sign release forms since I had to submit work samples and DVD's of me teaching in my classroom for the portfolio segments. The portfolio has 4 sections and makes up 60% of the application. These are: Assessment of Student Learning, Demonstration Lesson, Fostering Teamwork, and Documented Accomplishments Contributing to Student Learning. To keep organized, I printed all directions and made a folder for each section. I read and reread what accomplished teachers should know and be able to do for my field and then tried to apply what I was reading. These were not outlandish or unusual things I was working on, but they were things that sometimes as a busy teacher I didn't focus on so much in day-to-day teaching. I felt myself becoming better rounded in my practice. This portion of the assessment was designed to be very reflective. I must have written more than 100 pages about my teaching practices. Then I packaged it all very specifically according to directions and submitted it to the National Board.

**Step 3-** I signed up at a local assessment center to take the written assessment which makes up the other 40% of the requirements. The test was 3 hours in length and consisted of 6 segments: Advances in the Field, Exploring Careers, High-Level Skills, Employability Skills, and Worksite Learning. It was challenging, I found a review of the released questions from previous year's test was a big help. Then I waited to hear.

### How is it benefiting my students?

Gaining certification was not the only outcome of this process; even had I not achieved it, I know that my teaching practices improved. I feel that my students have benefited in many ways. I researched and developed more content for my courses, and I gained an enhanced awareness of teamwork as well as learning how to make teamwork more effective. Watching tapes of my teaching was an eye opener. I was able to attend to minor things and see myself from the student's vantage point. I increased connections with parents and the community. There is a stronger link between my training and the application of new skills from which students benefit. I am making a stronger connection between assessment and what I am teaching. These were the areas I grew in the most and other areas were simply reinforced. National Board Certification was the most challenging, most time consuming professional development I have ever done, but I would do it again. Looking back, if I had not made it this time I would have tried again.

## Revised National Standards Released

The revised National Standards for content for secondary Family and Consumer Sciences programs have been released. The National Association of State Administrators of Family and Consumer Sciences (NASAFACS) first began development of standards in May of 1995 and released them in the spring of 1998. As other disciplines, mathematics, science, communication arts, began to define content with standards, the State Administrators group saw a need to develop standards for Family and Consumer Sciences content. The standards provided the framework for disseminating the movement from home economics, with an emphasis on technical homemaking skills, to a Family and Consumer Sciences Education, with its focus on broader family and society issues and provided a significant new direction for the field. For the last decade, the standards have provided a strong and clear conceptualization and common direction for Family and Consumer Sciences programs.



Now a decade later, the 2008 revised standards will continue to provide that direction. The standards will be the basis of the end of program assessments that Perkins legislation is requiring for each career education program. These standards will also be the basis for Missouri Family and Consumer Sciences programs as we move to update programs and prepare students for the end of program assessments. To view the standards go to <http://www.aafcs.org/FCSstandards/>.

## Equipment Grants for 2008-2009

Grant funds are available for improving Family and Consumer Sciences Education programs through the purchase of equipment. Funds may be used to provide updated instructional equipment consistent with the mission of Family and Consumer Sciences Education. **Each item of equipment must have a minimum unit cost of \$200 or more.** A local match of 50% is required. The maximum amount of funds a district may request is \$10,000 (\$5,000 state funds + \$5,000 district funds). You may find more Equipment Grant information and forms at <http://dese.mo.gov/divcareer/grants.htm#facs>.

## List Serve

The purpose of the MO-FACS Discussion List is to provide an electronic communication forum for educators, parents, and citizens, at large, throughout Missouri who are interested in the field of family and consumer sciences education. The MO-FACS Discussion List is intended to facilitate the communication and exchange of ideas for improving and expanding student outcomes related to family and consumer sciences education in Missouri.



### Topics of discussion might include:

Sharing ideas and resources, professional development opportunities, promotion of opportunities for youth (including FCCLA), networking, legislation, possible grants, and policies.

**To post a message, view archives, subscribe, or unsubscribe to the list serve visit:** <http://lists.more.net/mailman/listinfo/mo-facs>. Be sure to scroll through the entire page and follow the instructions that are pertinent to your needs.

### Subscribing:

Your name is indicated as an option on the page when subscribing; however, in order to actually be added to the list serve this field is very important. In this field please enter your first and last name. To speed up the subscription, please list the school that you attend or where you teach next to your name (in the same field).

### Once you have subscribed to the list serve:

To post a message to the list serve once you are subscribed send the message to: [mo-facs@lists.more.net](mailto:mo-facs@lists.more.net) Please remember also that if you hit reply to a list serve message it only goes back to the originator of that email. If it is important for all list serve members to see your reply be sure to send the reply to: [mo-facs@lists.more.net](mailto:mo-facs@lists.more.net)

**End of the year/Change in jobs, etc.:**

If at any time you will not be using your email address for an extended period of time (ex: summer vacation) or you will be going to another school, etc. please go to the <http://lists.more.net/mailman/listinfo/mo-facs> web site and unsubscribe your old email address and register your new email address.

**Archives:**

You will find the archives very helpful. You can search for items by thread, subject, author, date, or even by a specific word. Please keep in mind however if you use stationary background for your emails these get cleaned out when they go to archives and no one will be able to view what you wrote. You can access the archives at <http://lists.more.net/archives/mo-facs/>.

For more information about the MO-FACS list serve please contact [Deana.Palmer@dese.mo.gov](mailto:Deana.Palmer@dese.mo.gov), Discussion List Coordinator.

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