

# The NEWS in Family and Consumer Sciences

VOLUME 29, ISSUE II

WINTER, 2011  
NEWSLETTER

## Family Consumer Sciences and Human Services Teachers Receive Awards

Karen Mason, a family and consumer sciences teacher at East Newton High School, Granby, has been elected as the president-elect of the American Association of Career and Technical Education (ACTE). This organization, founded in 1926, is the largest national education association dedicated to the advancement of education that prepares youth and adults for successful careers. ACTE is a diverse organization with over 27,000 members and 11 divisions representing a variety of career and technical educators, administrators, researchers, guidance counselors and others involved in planning and conducting career and technical education programs at the secondary, post-secondary and adult levels. Providing leadership to an organization this size and this diverse is challenging in the best of times. Today's economic climate demands the support and thinking of everyone.



Karen was also honored when she was inducted into the Family and Consumer Sciences Roll of Honor in Las Vegas, NV during the annual ACTE convention. "I am very excited and humbled to be chosen for this award," Mason said. "This means a lot to me because my colleagues in the field nominated me, and I looked over the list of recipients and couldn't find or didn't know of any other recipient who was a classroom teacher when they received the award." Usually, the award has been given to teacher educators, administrators or state supervisors.

In order to get the award, a minimum of \$500 must be contributed to the fellowship fund for the person being nominated. The Family and Consumer Sciences Education Division of ACTE established a fellowship fund in 1960 to provide fellowships to graduate students who would become the future leaders of the association and to honor outstanding family and consumer sciences professionals. Since 1960, there has been more than \$200,000 contributed and there are currently 111 roll of honor awardees. "To me, this is the ultimate gift in my teaching career."

## Tracey Newman Receives National Board Teacher Certification



Tracey Newman, Ste. Genevieve High School, has earned her National Board Teacher Certification in late 2010. Congratulations, Tracey! Very few teachers reach this professional goal and recognition. Read about Tracey's journey on pages 16-17.



### INSIDE THIS ISSUE:

|                                   |       |
|-----------------------------------|-------|
| From the Director                 | 2-3   |
| Mentoring Program                 | 5     |
| Missouri FCCLA Updates            | 6-9   |
| LifeSmarts                        | 10    |
| ProStart Updates                  | 10-12 |
| MoEFACS Update                    | 12-14 |
| Journey to National Certification | 16-17 |
| New Supervisor                    | 18    |
| Social Media Advocacy             | 18    |
| Contact Info                      | 18    |

Continued on page 4....

## Can You Define What IS College and Career Readiness?

*From the Director*

*Cynthia K. Arendt, Ph.D.*



The current education mantra is that all students need to be college and career ready. It has gained more recognition since in his February 24, 2009 address to Joint Session of Congress President Obama said, *"I ask every American to commit to at least one year or more of higher education or career training. This can be community college or a four-year school; vocational training or an apprenticeship. But whatever the training may be, every American will need to get more than a high school diploma."* In order to do this, educators must prepare all students to be college and career ready. Not college or career ready.

What does this mean? Why is it important for us to enter into this discussion and to know what it means for our students? The National Governors Association defines College and Career Readiness as "an individual who is ready to succeed in entry-level, credit-bearing, academic college courses and in workforce training programs. College refers to two- and four-year postsecondary schools. Workforce training programs pertain to careers that offer competitive, livable salaries above the poverty line; offer opportunities for career advancement; and are in a growing or sustainable industry." *Common Core State Standards Initiative: Standards-Setting Criteria (Washington, D.C.: 2009).*

The American Diploma Project provides another definition. A document on their website entitled, *WHAT IS COLLEGE AND CAREER READY?* states that "It is commonly said that the goal of high school reform is to ensure all students graduate "college and career-ready." But what does it actually mean. Simply put, "college and career readiness" refers to the content knowledge and skills high school graduates must possess in English and mathematics – including, but not limited to, reading, writing communications, teamwork, critical thinking and problem solving – to be successful in any and all future endeavors." They also state that "Of course, readiness for college and careers depends on more than English and mathematics knowledge; to be successful after high school, all graduates must possess the knowledge, habits and skills that can only come from a rigorous, rich and well-rounded high school curriculum."

They go on to define college ready and career ready as "College today means much more than just pursuing a four-year degree at a university. Being "college ready" means being prepared for any postsecondary education or training experience, including study at two- and four-year institutions leading to a postsecondary credential (i.e. a certificate, license, Associates or Bachelor's degree). Being *ready* for college means that a high school graduate has the English and mathematics knowledge and skills necessary to qualify for and succeed in entry-level, credit-bearing college courses without the need for remedial coursework." The end of course exams for Missouri students are based on what standards have been developed to determine this readiness.

The American Diploma group state for "*CAREER*" readiness that "In today's economy, a "career" is not just a job. A career provides a family-sustaining wage and pathways to advancement and requires postsecondary training or education. A job may be obtained with only a high school diploma, but offers no guarantee of advancement or mobility. Being *ready* for a career means that a high school graduate has the English, and mathematics knowledge and skills needed to qualify for and succeed in the postsecondary job training and/or education necessary for their chosen career (i.e. technical/vocational program, community college, apprenticeship or significant on-the-job training)."

### **Is ready for *COLLEGE* and ready for *CAREER* the same thing?**

The [American Diploma Achieve paper](#) states, "With respect to the knowledge and skills in English and mathematics expected by employers and postsecondary faculty, the answer is yes. In the last decade, research conducted by Achieve as well as others shows a convergence in the expectations of employers

*Continued, page 3*

and colleges in terms of the knowledge and skills high school grads need to be successful after high school.”

The American Association for Career and Technical Education (ACTE) has a [different definition](#). They maintain, that all too often the terms “career ready” and “college ready” are used interchangeably. They hold that the discussions around career readiness are limited to traditional academic skills that allow students to successfully enroll in postsecondary education. While there is no debate that a rigorous level of academic proficiency, especially in math and literacy, is essential for any post-high school endeavor, the reality is that it takes much more to be truly considered ready for a career.

The Association states that career readiness involves three major skill areas: *core academic skills* and the ability to apply those skills to concrete situations in order to function in the workplace and in routine daily activities; *employability skills* (such as critical thinking and responsibility) that are essential in any career area; and *technical, job-specific skills* related to a specific career pathway. These skills have been emphasized across numerous pieces of research and allow students to enter true career pathways that offer family-sustaining wages and opportunities for advancement.

The National State Directors for Career and Technical Education (NASDCTEc) believe that there is a strong commonality between the knowledge and skills individuals need to be ready to successfully transition into postsecondary education and into the workforce. They have defined what they call the “essential knowledge and skill statements.” These statements, which were developed with input from employers, educators at the secondary and postsecondary levels and other relevant community groups, outline the broad knowledge and skills all individuals need to be successful in the workforce and postsecondary education regardless of their chosen career cluster. They should be integrated into the career specific training rather than taught totally as outside courses or content. According to the NASDCTEc, these essential knowledge and skill statements represent a comprehensive definition of what constitutes the core of initial college and career readiness. These make up the basis of the [16 career clusters](#) and are organized into the following categories: technical skills, academic foundations, communications, problem-solving and critical thinking, information technology applications, systems, safety, health and environmental, leadership and teamwork, ethics and legal responsibilities, and employability and career development.

I hope you will give some thought to the following questions: How do you define college and career ready? Why is it important for us to enter into this discussion? How does being college and career ready impact on your assignments? What does being college and career ready mean for the students in your classroom? How are you preparing students to be college and career ready? A good place to start might be the essential knowledge and skills statements defined for the Human Services, Hospitality and Tourism and Education and Training clusters. The stakes are too high not to prepare students to be college and career ready.

[www.achieve.org](http://www.achieve.org)

[www.acteonline.org](http://www.acteonline.org)

[www.careerclusters.org](http://www.careerclusters.org)

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## Have You Seen Our New Look?

In December, a new logo was announced. Maybe you have noticed the new look on the DESE website. According to Michele Clark, communications coordinator, “it helps create a renewed brand for Missouri public education. We look forward to a refreshed and more consistent appearance to our materials and our website to help the public and our many stakeholders identify with the state agency and Missouri public education.”



*Awards, continued from page 1*

### **Kristi Hodson Receives Golden Key Award**

Kristi Hodson, Carthage High School, was named a Carthage Chamber of Commerce Golden Key Award winner. The purpose of the awards program is to recognize excellence in the teaching profession and to inform the public of the exceptional quality of instruction in the Carthage community. The most important criteria used to select the winners is their ability to inspire students of all backgrounds and abilities to reach their full potential through the educational process. The winners are chosen by a selection committee of the business and education professionals. Each year, four teachers across the district are honored. The teachers are nominated by students, staff, and other community members.



### **Mary Ann Lanoue Selected District Learning for Life Award Winner**

Mary Ann Lanoue, Lee's Summit High School, was named the Lee's Summit R-7 School District Learning for Life Award winner for January. The award is presented to one employee each month who is nominated by co-workers and selected by a staff committee. "She truly puts students first and has been a strong family and consumer sciences teacher for many years," said a co-worker. "Working with Mary Ann has made me appreciate her creativity and organizational abilities, true love of teaching and acceptance of all students."

### **Jayla Smith Elected NATFACS Secretary**

Jayla Smith, Tri-County R-7 High School, was elected as the secretary of the National Association of Teachers of Family and Consumer Sciences (NATFACS) during the NATFACS Business Meeting at the ACTE Convention. Congratulations, Jayla!



### **Marcia Ritter Receives FCSEA Teacher of the Year Award**

Marcia Ritter, former family and consumer sciences teacher in the Lee's Summit R-7 School District, received the Teacher of the Year award from the Family and Consumer Sciences Education Association (FCSEA) during the ACTE Convention. Marcia was presented this award during at the Family and Consumer Sciences Division Awards Luncheon at ACTE in Las Vegas. The selection was based on Marcia's contributions to the profession, including chairing of the National Coalition for FCS Education, working on the AAFCS Teaching and Training technical skills assessment, serving as a mentor for new professionals, and being an active member of many FCS organizations. Congratulations, Marcia!

## Make some FCCLA NOYS for Youth Traffic Safety— Win up to \$10,000!

National Youth Traffic Safety Month is held each May, to raise awareness about the importance of safe driving prior to the deadly summer driving season. With prom, graduation, and summer trips just ahead, youth-led teams can work together to decrease the number of traffic-related deaths and injuries that involve young drivers and passengers.

Start making some NOYS for National Youth Traffic Safety

Month! Act Out Loud: Raising Voices for Safe Teen Driving contest sponsored by The Allstate Foundation to encourage youth to form school teams to create teen safe driving activism projects focused on the dangers of distracted driving in their community. The contest is hosted by NOYS as part of National Youth Traffic Safety Month. The first 200 qualified project submissions will receive *X the TXT* toolkits in addition to a National Youth Traffic Safety Month toolkit

to help get their project started. Information and submission details are available at [www.ActOutLoud.org](http://www.ActOutLoud.org). **Deadline is April 11, 2011.** Information and submission details on the Act Out Loud contest are available at [www.ActOutLoud.org](http://www.ActOutLoud.org). The grand prize is \$10,000! There are also five \$5,000 runner up awards and five \$5,000 judges choice awards! Enter today to be part of the first 200 entries to receive the free toolkit.



## Missouri's CTE Mentoring Program

The Career Education mentoring program includes twenty-eight first-year and twenty-nine second-year protégés from Family Consumer Sciences and Human Services. The protégés are teachers who are in their first few years in the classroom; are experienced, but new to Family Consumer Sciences; or have been out of the classroom for at least five years and are returning.

Second year protégés and their mentors began the 2010-11

mentoring year with a meeting at the annual MoACTE conference in Springfield in July. First year protégés met with their mentors for the first time in Jefferson City in September. Both groups met again in November in Jefferson City to plan for the second semester activities.

In addition to working with their teammate, the mentors and protégés also have a chance to work with DESE staff at the meetings and have a variety of

activities planned to enhance their teaching experience.

Not only do the protégés and mentors learn from each other, but the DESE staff always enjoys meeting the new educators and finding out about some of the innovative ideas being done by the protégés and mentors.

For more information about the program, contact Merilee Thoenen at

[Merilee.Thoenen@dese.mo.gov](mailto:Merilee.Thoenen@dese.mo.gov).

## FCCLA Affiliation Update

While the affiliation deadline for members to compete in STAR Events or to run for office has passed, chapters may still affiliate for the first time or add more 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.



We appreciate your cooperation as we work through a new affiliation process. We know it can be frustrating at times, but please continue to call the state office with questions. We want to help you make FCCLA a success for your students!

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## School Administrator Award Program—Applications due March 1

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 may be accessed from the Missouri FCCLA web site or by calling the state office. The deadline for submitting nominations to the state office is March 1.

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## Keep Up To Date with Missouri FCCLA!

**State Website** – official source for all Missouri FCCLA programs, conferences, and activities

[www.mofccla.org](http://www.mofccla.org)

**National Website** – official source for all national programs, conferences, and activities [www.fcclainc.org](http://www.fcclainc.org)

**Missouri FCCLA Blog** - news, updates and ideas for family & consumer sciences teachers, FCCLA advisors, and members – generally updated at least two times per week, or as needed.

<http://mofccla.blogspot.com>

**Missouri FCCLA Facebook Fan Page** – Facebook users connect on [www.facebook.com/MissouriFCCLA](http://www.facebook.com/MissouriFCCLA)

**Missouri FCCLA Twitter Updates** – real-time updates from events [www.twitter.com/MoFCCLA](http://www.twitter.com/MoFCCLA)

**Missouri FCCLA YouTube Channel** – official Missouri FCCLA videos

[www.youtube.com/user/mofcclastateadvisor](http://www.youtube.com/user/mofcclastateadvisor)

## Missouri FCCLA Legislative Shadowing Program

Missouri Family, Career and Community Leaders of America are again sponsoring the FCCLA Legislative Shadowing Program, February 22-23, 2011. 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:

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

|                            |                                 |                               |
|----------------------------|---------------------------------|-------------------------------|
| Bolivar R-I High School    | Greenfield R-IV High School     | Norborne High School          |
| Bowling Green High School  | Hazelwood East High School      | North Andrew R-VI High School |
| Campbell High School       | Herndon Career Center           | Northwest High School         |
| Central High School        | Highland C-1 High School        | Pilot Grove High School       |
| Chamois R-I High School    | Jackson High School             | Prairie Home High School      |
| Chillicothe High School    | Jefferson City High School      | South Shelby High School      |
| Clarkton High School       | Keytesville R-III High School   | Ste Genevieve High School     |
| Cole Camp R-I High School  | Lebanon High School             | Tipton R-VI High School       |
| Cuba High School           | Lee's Summit West High School   | Trenton High School           |
| Dixon High School          | Maysville R-1 High School       | Van-Far R-I Jr/Sr High School |
| East Newton High School    | Meadow Heights R-II High School | Walnut Grove High School      |
| Fort Osage R-I High School | Mound City R-II High School     | West County R-IV High School  |
| Fredericktown High School  | N St Francois Co High School    | West Plains High School       |
| Glasgow R-II High School   |                                 | Zalma R-V High School         |

## 2011 State Leadership Conference—Roll Out the Red Carpet of Leadership

“Roll Out the Red Carpet of Leadership” is the theme chosen by the 2010-11 State Executive Council for the 2011 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 Stephens College.

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 27-29, 2011

**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.

## Children’s Miracle Network Outreach Project—Who Will Get a Pie in the Face?

FCCLA has been raising money for Children’s Miracle Network, with over \$200,000 raised so far! The Missouri FCCLA State Executive Council has decided to hold a special CMN fundraiser at the State Leadership Conference that we hope all members will

support – “Show-Me The Pie in the Face!”

Please be sure to watch the fun video about the project and encourage your chapter members to bring some money to use as they vote for one of the four

volunteers to get a pie in the face!

Watch the video by clicking on the photo of Kimberlie below, or go to [YouTube](http://YouTube) and search for Missouri FCCLA.

### Missouri FCCLA 2011 CMN Video

[mofclastateadvisor](#) 19 videos



## 2011 National Leadership Meeting, Anaheim, CA

The 2011 National Leadership Conference will be held July 10-14 in Anaheim, California. FCCLA members are challenged to bring to life their imaginations to make their hopes and dreams become realities, allowing them to impact future generations by leaving behind their own personal leadership legacies.

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](http://www.fcclainc.org) and click on "meetings."



## More STAR Events Opportunities Than Ever!

FCCLA members have more opportunities than ever before to participate in STAR (Students Taking Action With Recognition) Events. There are a total of twenty-eight (28) national STAR Events, and ten (10) Missouri state-level events. The new events introduced in 2010-2011 were:

- Advocacy
- Hospitality, Tourism and Recreation (revised)
- Leadership
- Nutrition and Wellness
- Plan and Teach
- STEM Integration
- Subject to Debate
- Virtual Poster: Student Body



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 who 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)).

## Missouri LifeSmarts Program Remains Strong

The seventh year of the [Missouri LifeSmarts](#) program began in August. [LifeSmarts](#) is a national educational program of the [National Consumers League](#). LifeSmarts provides teaching resources plus activities and competitions for students in grades 6-12. Topic areas include personal finance; consumer rights and responsibilities; health and safety; ecology and technology.

An exciting new feature of LifeSmarts is [TeamSmarts](#), a new monthly challenge designed to be used cooperatively by teams of students to help teens investigate important consumer topics and help teams prepare for live competition. The first TeamSmarts competition, in October, resulted in a Missouri team taking first place in the FCCLA division. That team was

from Walnut Grove High School and was coached by Family and Consumer Sciences teacher, Debra Price. A total of eleven Missouri teams have placed in the top ten since the monthly competitions began.

The online LifeSmarts competition ended in Missouri on January 12. Ten Junior Varsity teams will compete in the state finals in Jefferson City on February 15, 2011. Fourteen Varsity teams will compete at state finals on February 16. The state winner in the varsity division will represent Missouri at the national competition in Los Angeles in late April. A complete list of the teams competing can be found at [www.dese.mo.gov](http://www.dese.mo.gov).

A Spring Training session will be available on the LifeSmarts web site from March to June for those who wish to use the resources and activities. There is no competition feature during Spring Training.

If you are not familiar with LifeSmarts, check out the state and national websites for more information, or contact Merilee Thoenen, Missouri LifeSmarts Coordinator at [merilee.thoenen@dese.mo.gov](mailto:merilee.thoenen@dese.mo.gov) or 573-751-6878.

[www.lifesmarts.org](http://www.lifesmarts.org)

[www.dese.mo.gov](http://www.dese.mo.gov)



## ProStart News and Updates

*Cynthia K. Arendt, Ph.D.*

The Missouri Restaurant Association (MRA) wants to be your business partner. The Education Committee recently voted to establish a \$2000 scholarship for ProStart students which will be administered by the Stevenson Foundation. I especially hope you have taken advantage of the fantastic opportunity the MRA has made available all ProStart teachers. The offer of a free membership in MRA is a most generous offer with a value worth \$200. By now, you should be receiving the MRA e-mail newsletter which is another gift from the MRA. Please take a few minutes and drop Bob Bonney a thank you for expanding the educational opportunities for students. *(Bob Bonney, 1810 Craig Road, Suite 225, St. Louis, MO 63146 or [bbonney@morestaurants.org](mailto:bbonney@morestaurants.org))*

I strongly encourage you to attend the MRA Chapter meetings in your area and to take students with you. As a professional, you need to become involved with the local chapter activities. These are the people who will hire your students. It is a great opportunity to network and secure speakers, team coaches, mentors, advisor committee members and classroom assistance. For a list of the chapters in your region and the calendar of events go to <http://www.morestaurants.org/> It is important to model professional and career development for your students.

Louise Lunkenheimer, culinary instructor at Nevada Regional Technical Center-North, shares the benefits of belonging to the MRA "I am on the board for the Joplin/Southwest Chapter for the MRA. Vickie Fuller is our

*ProStart Update, continued.....*

president this year and she was the one, who called me and encouraged me to be a part of the MRA. This chapter has been very supportive of our ProStart teachers by providing scholarships to our students, events specifically for students, and mentoring and job shadowing opportunities. They also have a grant program for us, which has enabled me to purchase chef coats for my students each year. I would like to see more of our teachers attend board meetings and share their successes with restaurateurs. It is a win-win partnership." Mrs. Lunkenheimer was the Missouri ProStart Teacher of the Year in 2008.

I know Hank has reminded you, but if you did not return a completed school profile by October 14, 2010 your district was dropped from the list of ProStart schools. Missouri now has a total number of 74 ProStart schools with 4,017 total number of students enrolled in ProStart I and II classes in the state. While number of students in the program continues to grow each year, the number taking the technical skills assessment and the number of students participating in the mentoring program is not keeping pace. Students in these programs should be career focused and not taking the class just to cook.

## TECHNICAL SKILLS ASSESSMENTS(TSAs) HEADS UP!

As you know, all students completing three credits in a career education program are required to take a technical skill assessment. For students enrolled in culinary programs using the ProStart curriculum, the ProStart assessment is the assessment to be used. On December 9, 2010, the NRAEF notified Hank Huitt, ProStart Coordinator, of a few errors in the *Becoming a Restaurant and Foodservice Professional, Year 2 Exam*, released for the 2010-2011 academic year. The Service Center telephoned all Missouri educators affected to advise them to download the corrected answer key. **Be sure that you use the correct answer key!**

## TWO PROSTART COMPETITIONS THIS YEAR

According to the number of teachers attending the December 10<sup>th</sup> informational seminar, there will be a lot of teams participating in the Missouri competition to be held February 17 & 18<sup>th</sup> at East Central College in Union. You should have gotten a copy of the National ProStart Invitational Frequently Asked Questions. All of the questions and answers apply to the Missouri Competition and will be included in the state rules. As competition updates and FAQ's are distributed to ProStart Coordinators they will be forwarded to all Missouri ProStart schools.

The ProStart curriculum is focused on food preparation and management. The Missouri ProStart Management Competition will kick-off this year on February 17 & 18 at East Central College in Union. Please encourage students to participate, schools are allowed to enter up to two teams in the Management portion only of the competition. This is another opportunity for students to explore a career and to compete.

## RESOURCES

If you are using the new Pearson ProStart books or are considering purchasing the new books, Pearson Publishing has created a product overview video to introduce educators to the new curriculum. The video can be viewed by visiting [www.PearsonSchool.com/frmca](http://www.PearsonSchool.com/frmca) and selecting "View the FRMCA Promotional Video."

If you have not done so, check out the "Knife Skills & Chicken Fabrication Set-Up Training Video plus a "Chicken Fabrication Video". This video is a great resource whether students are preparing for the competition or not. Another resource, a "Verbal Presentation" has been released that provides in depth information on how to prepare for the verbal presentation portion of the Management Competition at the State and National Contests. These and other training videos are available at [www.GoProStart.com](http://www.GoProStart.com).

Remember there are professional development grants available to attend the Summer Institutes offered by the National Restaurant Association.

*ProStart Updates, continued from page 11*

## IMPORTANT PROSTART DATES

**January 27, 2011**—Application Deadline for MO ProStart Competition

**February 17-18, 2011**—Culinary/Management Competition to be held at East Central College, Union, MO

The competition is open to the public and features the unique talents of tomorrow's chefs, managers, franchisees and industry leaders from high schools across the state. For the first time, the Missouri contest will feature management competition in addition to an exciting culinary challenge.

**April 29-May 1, 2011**— National ProStart Invitational, to be held at Overland Park, Kansas



Your Concerns Were Heard

## The MoEFACS Board Addresses Summer Conference Hotel Concerns

*Charlotte Stiens, President MoEFACS*

One of the main responsibilities of the MoEFACS board is to plan and facilitate the annual summer in-service conference. We take your comments on conference evaluation forms seriously. The number of comments related to the hotel accommodations from last year's conference was not surprising. On the last day of the conference, our Family and Consumer Sciences state staff and members of the MoEFACS executive council met with hotel management personnel to address our accommodations issues. The immediate response from the hotel was one that acknowledged our concerns with a vow to correct the issues. Since then a reviewing team has been in constant contact with the hotel.

In October FCS staff members, a group of MoEFACS Board

members, Diane Gillespie of the Springfield Visitor and Convention Bureau, and Donna Vossen the MoACTE Executive Director made a follow-up visit to the hotel to check on the progress of their efforts.

In early January another progress visit was made to the hotel by a team of MoEFACS Board members, DESE Family Consumer Sciences and Human Services staff, Diane and Dana of the Springfield Convention and Visitor's Bureau and Donna Vossen from MoACTE.

At this point the reviewing team is comfortable with the progress of the hotel to address our concerns and their eagerness to work with our group. The hotel is offering our group a room rate for this summer's conference that is lower

than last summer's rate along with a complimentary award ceremony reception. A letter from the hotel follows these remarks.

The MoEFACS Board members making the trips to Springfield for the progress checks were representative from around the state and we very much appreciate their time, dedication, and diligence. Another progress check is scheduled for April.

Your MoEFACS Board of Directors is also working diligently to plan another awesome summer in-service conference for you. Be on the lookout for some new formats to our meeting schedule. I strongly encourage you to take advantage of pre-conference offerings.



BY CHOICE HOTELS

CLARION HOTEL & CONFERENCE CENTER  
3333 S Glenstone Avenue  
Springfield, MO 65804  
Phone: 417.883.6550  
Fax: 417.883.5720  
www.springfieldclarion.com

The Clarion Hotel would like to welcome you back for Summer Conference. We have listened to your concerns and have implemented changes and updates to improve your experience in 2011.

- New ventilation systems have been added to each wing/building to upgrade both the air flow and air quality in sleeping rooms.
- Examination of our rooms by an outside inspector has revealed no air-borne mold or mildew, but did reveal surface issues. We have properly and professionally dealt with these issues. An independent contractor has remediated the problems in every room that inspectors indicated needed treatment. Additionally, we treated all rooms adjacent to those affected.
- Air Conditioners have been replaced and repaired in both the Guestrooms and Banquet Spaces.
- A front desk manager with over 10 years of hotel experience has been added to the management team to strengthen check-in procedures and communications.
- To obtain a higher Internet speed, we have switched from Windstream to Mediacom, who provides broadband services.
- Because we value our long relationship with MoEFACS, we are offering a Special Room Rate of \$65.00 for the 2011 Conference.
- Our key-lock system has been updated and is being properly maintained.
- We will also be the sponsor of the Awards Reception.

We look forward to showing you the new improvements in style and service at the Clarion Hotel. The Staff and Management of the Clarion Hotel

A handwritten signature in black ink, appearing to read 'Steve Hager'.

Steve Hager  
General Manager  
Clarion Hotel

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## 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 and Human Services Education at a Missouri college or university **and** one scholarship to a college student seeking a degree in Family and Consumer Sciences and Human Services education. [Applications](#) are available on the DESE Family and Consumer Sciences and Human Services web site. **Applications must be postmarked by March 1, 2011.** Send award applications to Robin Jones, 1900 E Burntwood, Springfield, MO 65803 (417) 833-2457 E-Mail: [rejones@spsmail.org](mailto:rejones@spsmail.org)

## Greetings from the MoEFACS President

*Charlotte Stiens, Northwest Missouri State University*

We welcome Leone Herring to our state Family and Consumer Sciences team. One of her main responsibilities will be to work with the MoEFACS Board of Directors and the summer in-service conference. **Congratulations to Karen Mason, Jayla Smith, and Marcia Ritter** on their recent honors and elections at the national ACTE convention in Las Vegas. Each one is a wonderful representative of Family and Consumer Sciences, Missouri, and career and

technical education. Read more about their accomplishments and honors in other parts of this newsletter. ACTE is a great convention and I encourage you to attend the 2011 convention to be held in St. Louis.

I wish you a smooth second semester. I know many of you are currently gearing up strongly for FCCLA officer elections, STAR Events, and State Leadership Conference. Best wishes to you and your students and thank

you for affording them the opportunity to become better family members at home, school, and in their communities. In the back of your mind right now is end of course exams, technical skills assessments, and programs of study. There is much for the Family and Consumer Sciences professional to do – one day at a time.

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## 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, 2011**, to Robin Jones, 1900 E Burntwood, Springfield, MO 65803 (417) 833-2457 E-Mail: [rejones@spsmail.org](mailto:rejones@spsmail.org)

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## Wanted: Your MoEFACS Award Application

The MoEFACS Awards and Recognition Committee would like to announce the following awards for the 2010-11 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 and Human Services
- Legislative Recognition Award

Applications are available on the DESE Family Consumer Sciences and Human Services [web site](#).

Awards will be presented during the MoEFACS Awards and Recognition Reception during the Missouri ACTE/MoEFACS Summer Conference, July 26, 2011. **All Award applications must be postmarked by March 1, 2011.** Send award applications to Robin Jones, 1900 E Burntwood, Springfield, MO 65803 (417) 833-2457 E-Mail: [rejones@spsmail.org](mailto:rejones@spsmail.org)

# Missouri ACTE

*Legislative Committee*

December 20, 2010

Dear Missouri CTSO Students and Advisors

The Missouri ACTE Legislative Committee invites the students and advisors of your Career & Technical Student Organizations (CTSO) to participate in Missouri ACTE Legislative Day to be held on Wednesday, February 23, 2011, in Jefferson City, Missouri. *You can make a difference by participating!*

The day begins at 8 a.m. in the House Chamber Side Gallery on the third floor of the Capitol, where we will be briefed by our Missouri ACTE governmental relations leaders, Bill Gamble and Sarah Topp. (The precise location will be announced at a later date) At 8:30 a.m., you should begin your appointments with legislators. During your visit with legislators, please tell them about the importance of Career and Technical Education. At 10 a.m., one state-wide CTSO officer from each organization, along with Missouri ACTE leaders (for a total of 20 people), will meet with Governor Jay Nixon or a representative from his office in Room 216 for a proclamation signing, celebrating Career and Technical Education Month - February 2011.

Missouri ACTE hopes to inspire new leaders and encourage continuing communication with legislators.

All students participating in Legislative Day must be accompanied by his/her CTSO advisor while in the Capitol. The students should have received legislative training on appropriate behavior and protocol prior to February 23. CTSO students are expected to wear their organization's appropriate uniform including the organization's jacket and other traditional attire.

There is no reimbursement for expenditures such as gas, meals, or overnight stays from Missouri ACTE.

Students are asked to bring a brochure about the student's school to use as a talking point and to leave with the legislator or aide. An additional brochure to distribute to each office regarding Career and Technical Education will be made available at the 8 a.m. meeting. Students are asked to verbally share with their legislators the importance of Career and Technical Education, in which class they are enrolled, and what they are learning in their classes.

Students and their instructors should make an appointment to see their State Senator and Representative a few weeks prior to February 23 and follow up with a phone call to that office on Monday, February 21. Due to the fact that the legislators are very busy and may have to be in a committee meeting or on the Senate or House floor, brief meetings may be necessary in the hallways rather than in the offices.

So that we will have appropriate materials available, please complete the registration form, and return it by **Monday, February 14, 2011**. Please have your DESE CTSO Supervisor email Donna who will be your CTSO student rep to the proclamation signing by **Monday, February 14, 2011**.

If you have any questions, please contact Donna Vossen at 573.634.7366 or [donna@molobby.com](mailto:donna@molobby.com). I hope you will be able to join us. Last year Legislative Day was a great success; please plan to join us on February 23, 2011.

Sincerely,

*Jim Spencer*  
Missouri ACTE Legislative Chair



## My Journey to National Board Professional Certification

*By Tracey Newman, Ste. Genevieve High School*

We teach our students to thoughtfully consider the advantages and disadvantages of a decision from all angles before making a choice. Sometimes in life, however, it has been to my benefit to simply close my eyes and jump right in. Such was the case with beginning the journey to achieve National Board Certification. It seemed like a good idea at the time and the universe seemed to be on my side--I secured some grant money and a state subsidy to help fund the endeavor. So, in I jumped.

About a month later, I received a box of more forms and envelopes and a CD with only 400 pages or so of instructions and wondered what I had gotten myself into. Another thing I tell my students is how important it is to work hard to achieve your goals. The phrase "good enough" just really isn't good enough for many situations in life when we can do better. It was time to get to work to achieve my goal with no excuses--exactly what I would expect from my students.

With less than a year left before the portfolio deadline, the four entries didn't sound like much at first. Entry one was devoted to assessment and my skills at assessing the progress of the students, including examples of their work on a very specific series of assignments that demonstrated the use of culminating, progressive skills from my class. Entries two and three both required a video of me teaching class, one in a lesson that demonstrated career/technical skills and another that required teamwork of the students. The final entry was devoted to my parent and community involvement and the impact that involvement had on student learning.

The logical place to start seemed like the end. As most FCS teachers, we find ourselves on many committees, working with students and their families for FCCLA activities and STAR Events, and I've been involved in community events for many years. That entry felt comfortable and like a good place to start, since I really didn't have an idea of what I was doing. After completing that twelve page document, I sent it to several teachers who had already achieved national certification as well as a couple of communication arts teacher friends to help me improve. That was the first draft of many---this entry was probably edited six or seven times.

But after the first round I started to get the hang of it. The challenge then became the videotaping. In a small school district, there are often not many resources for videotaping, so I found our "expert" on campus who loaned me the equipment and showed me how to use it, emphasizing the importance of turning the microphone switch to "on". It was really intimidating to ask someone to come to my room and help with the recording, but after the first hour I became more comfortable with it. I decided a former student already knew essentially what daily activities were like in my room, so I asked one to help with the process. The students were affected by the camera as well, so I encouraged them to just be normal--think of it like a regular day and just act like they always do. We also talked about what exactly I was working to achieve and what was involved. I think this was a really positive thing for my kids--I'm always looking for new opportunities for them and pushing them to take positive risks. By modeling the same behavior for them, they know I'm not just making it up with the phrase, "it will be good for you."

So, the videotaping began. With three sections of the same course, that seemed like a logical arena. If something went wrong, I still had two more shots at some good footage, right? The first hour was a little uncomfortable, but it would have worked--if I hadn't accidentally rewind the tape before starting the second attempt. Going in to the second attempt I was on. Do you ever have those teaching days when you are "IT"? I was IT that hour. Great discussion, awesome engagement from students. Too bad I forgot the advice about the power switch on the microphone. Absolutely no sound was found on that video. It was a good thing I had one more shot--the third time worked and it was a video I felt comfortable with that also included sound!

The second video was equally interesting. I decided a demonstration and student lab over knife skills and safety would be excellent. I forgot to consider that this would be the first time the students used knives in my class (or ever, for many of them). There was at least one student who put another in a headlock on camera and the cameraman today was a student from a nearby university who was there to observe and learn from me. I'm sure her report back to her college class was an interesting one.

After all the videotaping and assessing, the writing marathon began. Many people actually begin much earlier, which I learned as I looked for online support systems. I spent lots of time Googling advice, and stumbled across [www.certifiable.com](http://www.certifiable.com). After reading this teacher's adventure in certification (and failure to pass on the first round) serious panic attacks followed. While overall I would say I had a positive experience, the process made me question what I do and why I do it every day. Along with the possibility that many others who appear to be incredible educators don't make it. Throughout the process not only did I reflect on what kind of teacher I am (how well do I know the students; what do I do to address their specific needs; what can I do to improve what they learn in my room; how can I better prepare them for their futures?) but also what kind of student I am. Usually I'm the kind who wants to ace it. I alternated between that fantasy and the reality that I might not make it. Or I might just barely make it. At some times I was happy with the thought of barely making certification. At others I could envision myself retaking portions of the test or re-submitting specific entries and what I might need to do differently.

After the March portfolio deadline, I thought I'd learned my lesson and I'd start preparing immediately for my exam in June. I have never felt so unprepared for a test in my life. I searched the internet and tried to find examples of test items with frustration at my lack of success. I would have been better off just sticking to the CD they'd sent me months ago. In hindsight, the CD and NBPTS websites were far more helpful than anything else I found with advice about the exam. The testing process was rather intense....empty your pockets, leave all your belongings in the locker. Palm and fingerprint scans. Then four hours of typing as much knowledge as humanly possible before time ran out on a series of multiple essay questions. It was a huge relief to be finished and then wait for six months to get the results.

I was actually expecting results to be available in December when I received an email from a former student and FCS teacher who is now a guidance counselor. She was working on her certification as well and let me know the results would be posted the next day. The panic I'd managed to ignore for months was back with a vengeance and I had trouble thinking about anything else until that next morning. The website was busy but finally I got to the screen that said, "Congratulations! You are a National Board Certified Teacher." I quickly printed it in the event some sort of error was found the next day!

Then I went back to see exactly what the scores were for each of the areas. Imagine my surprise when the portfolio entry I'd been most confident about (community/parent involvement) was my lowest area. Once I saw the scores from the two videotapes (my highest scores) I felt a lot better about the whole experience, though. Those scores told me that while I might not be the best at describing what an effective and involved teacher I am every day in the classroom, the videos showed the evaluators that I am exceeding the standards set by NBPTS and that was worth much more to me than my ability to articulate the importance of what I do.

So, after probably ten years of thinking "I need to do this", I'm finally finished with the process. For those of you thinking the same thing, I strongly encourage you to begin the journey--you can't cross the finish line until you start the race! While it was very involved and demanding, completing requirements for NBPTS strengthened what I do in the classroom every day.

For more information about National Board Professional Teachers Certification go the National Board Certification website at <http://www.nbpts.org/>

## Introducing Leone Herring, FCSHS Supervisor

We are delighted to welcome Leone Herring to our staff. Leone joined the Family Consumer Sciences Human Services Section on November 11, 2010. Leone transferred to our section from the Effective Practices Section in the Division of Special Education.

She comes to us with a lot of experience. She has taught Family Consumer Sciences at the middle school level, middle school computers, grades 3-8 gifted program, served as district technology coordinator, district educational technologist, and as a University Extension 4-H Youth Specialist/County Program Director. Leone will be working with the MoEFACS organization to help plan professional development for summer conference. As the Hospitality and Tourism Cluster Leader, her role as the food and beverage coordinator and office manager of convention services for the Lodge of Four Seasons will be very valuable in working with the hospitality programs.



She and her family also created, produced and marketed five gourmet food products that were included in the Best of Missouri food promotions. These products were sold under the name of Chef Derek's Delights. She still owns Crooked River Crafts, which specializes in hand-woven textile items. These experiences provide first hand knowledge to support the entrepreneurship content in our curriculum.

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## Social Media Advocacy for FCCLA Week and CTE Month



Are you on Facebook, Twitter, or another social network? If so, did you know that advocating for FCCLA and CTE is as easy as changing your profile picture or posting a quick update about the importance of FCCLA as well as family and consumer sciences education?

FCCLA Week is **February 7-13** and CTE Month is celebrated throughout February. ACTE will be having their first Social Media Advocacy Day on Thursday, **February 17**. ACTE is asking administrators, teachers, and students to advocate for CTE through their social media networks.

Share your FCCLA week ideas on the Missouri FCCLA Facebook page, and have your officers submit articles about the chapter's activities to the FCCLA magazine, *Teen Times*.

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Family Consumer Sciences and Human Services Education



PO Box 480  
Jefferson City, MO 65102  
563-751-2644  
www.dese.mo.gov



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