



A Fresh Clean Slate

By Cheryl Timm



Greetings and Happy New Year! I hope you found some time over the holiday break to rest, relax and re-wind to help you continue the very important work that is demanded of us as educators in Family and Consumer Sciences.

As 2014 begins, it brings me hope and a renewed sense of purpose to know I have the opportunity to wipe the slate clean and start again. It is a good time to evaluate how last year went but also to start thinking about my New Year's resolutions and about the exciting opportunities ahead.

Did you know the top ten New Year resolutions

made in the U.S. this year have a direct relationship to what we teach in FCS? According to the study by the University of Scranton, the top 10 resolutions for 2014 are:

1. Lose Weight
2. Getting Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Staying Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in Achieving Their Dreams
9. Fall in Love
10. Spend More Time with Family

I love the fact that we as FCS educators have the opportunity to prepare individuals for their future careers but that we also prepare individuals for life that happens when they

leave that place of work each day. Teaching individuals that managing their daily lives, building strong relationships and creating a meaningful life filled with purpose is how we help strengthen families and society.

I truly hope that as you write the story of your personal and professional life in 2014, you are filled with a renewed sense of purpose and a determination to make this year great. I know FCS professionals tend to be a humble group but please allow me to thank you and wish you my very best as you continue the important work of our profession, connecting family and individuals to careers, community and life in 2014!



LEGISLATIVE DATE!!

WHAT: FCSTN 2014 Legislative Workshop
WHEN: February 3 from 7:30am-3pm
WHERE: State Capitol
Cost \$24 per person
Registration sent out via the list serv. Copy included in newsletter.

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Scottsdale in Nebraska—Visioning Session Update

By Cheryl Timm & Carol Ringenberg

Put seventeen FCS educators, Rich Katt- Nebraska State Director of Career Education, FCS Career Field specialist, -Carol Ringenberg, Student Leadership specialist- Jan Brandt, and Cory Eppler- Deputy State Director of Career Education in a conference room for over 10 hours and what do you get? A lot of great discussion and ideas!

On January 10th and 11th the 2014 Scottsdale in Nebraska Visioning session was held in Grand Island. The group included 15 FCS middle school and high school educators, as well as FCS teacher educators from UNL, Chadron and Wayne State. We met to discuss FCS in Nebraska, where we are, who we are, our purpose and goals and to create a vision for the future of FCS. The idea for this session was sparked by the open mike session held at the 2013 NCE conference in Kearney. Many people there indicated concerns for the future of Family and Consumer Sciences in Nebraska. Some of those concerns included: Will there be enough future certified FCS educators to fill vacancies as a large group of educators retire or leave teaching positions? Where does FCS fit on the career wheel? What is our identity in Nebraska? As the open mike session came to a close it was apparent that we needed more time to grapple with these and many other issues facing FCS.

FCSTN Incoming president Anne Schmall and I decided we needed a grass roots opportunity to really take a hard look at where we are, what we are doing and where do we need to be in the future. We as

FCSTN and FCS educators in Nebraska needed to ask for help with the issues we are facing. We approached Carol Ringenberg and she brought the issue to Rich Katt. After a conference call with Rich, he asked us to write a proposal for this session. The proposal was accepted and plans were underway. It was time to put Nebraska FCS on the table to examine, to gain new ideas and to find support for the work we do.

The session opened on Friday evening with Rich Katt sharing a statistical snapshot of FCS in Nebraska that included information on FCS enrollment, teacher retirement, and how FCS concentrators perform on NESAT tests. The data was eye opening.

We found out almost half of the FCS teachers in Nebraska are eligible for retirement over the next three years. We discussed the urgent need for more certified teacher educators. We found out FCS classes are not perceived as being rigorous compared to other classes and much more.

We discussed several high points in regards to Nebraska FCS. We have rigor built into our state standards. Hard work has been put into writing curriculum for educators in our state. We have integrated technology into our classrooms and FCCLA is strong in Nebraska. The FCS Listserv has increased our communication with each other and we have increased support from NDE.

Several goals were set as a result of this session.

1. A mission statement will be written that will guide our work.

2. A teacher recruitment campaign will be developed to help identify and create interest in students to become FCS educators.

3. Create easier access for current resources and curriculum. Identify ways to unpack the curriculum so it can be customized for the variety of FCS programs across the state. Increase opportunities for professional development.

4. Develop an image and public relations campaign.

5. Define and identify the roles of FCSTN and NDE in achieving what needs to be done.

6. Build key relationships with industry, identify key stakeholders who support FCS to help develop curriculum, give resources and advice.

Finally, members of the visioning session indicated the goals they would like to work on and future plans are being made so each group can continue the work started at this session. This process cannot be accomplished in one session and diligent effort will need to be made to keep the work going. The next target date for information and group work is NCE conference in June. If any of you would like to become involved or have questions, please contact Cheryl Timm or Anne Schmall.

FCS ListServ Update

By Lauren Scarpello

Greetings FCS teachers! I am the new assistant working with Carol and Jan over at the State Department office. I'm new to Nebraska, originally from Buffalo, NY; I lived in New Orleans, LA for over a decade. I hold a Master of Arts in Arts Administration (non-profit management) and was a classroom teacher for five years. I really enjoy technology and I'm looking forward to working with FCS teachers and making your jobs easier.

A few listserv reminders: If you have general questions about how the listserv works, you can email me directly at: lauren.scarpello@nebraska.gov. If you would like to reply just to the person who sent out a request, the listserv email will have their personal address on it, so that you can reply to only them. If you think it would be something the whole group could benefit from, by all means, hit 'reply all'. If it is just a warm wish for a job well

done, send the person a personal note, and please do not reply to the listserv message (that will 'reply all').

You can also sign up for a weekly digest – it will deliver all of the week's messages to you in one neat little package on Friday night so you don't have to navigate through them all week. Email me if you would prefer to receive the weekly digest.



ACTEN Awards Information

By Lila Kulwicki

I wanted to touch base with you about the 2014 ACTEN Awards. This year members must apply for the ACTEN member awards electronically using ACTE's new awards portal. Another change is that members do not need to be nominated by their discipline organizations to apply for an award. Even so, I am hoping FCSTN will encourage deserving family and consumer sciences education members to apply for an ACTEN award this year.

Members who want to apply for an ACTEN award should visit ACTE's website (<https://www.acteonline.org/awards/#.UuVuwBDnZ1t>) for information on each award category, to view a tutorial on using the awards portal and a link to the portal. ACTEN will continue to recognize divisional teachers in addition to Teacher of the Year. The deadline to apply for an ACTEN award is **March 1, 2014**.

Cake Baking & Decorating Basics at Battle Creek High School

By Angie Mann

The Foods and Nutrition classes at Battle Creek High School were busy learning some basics about baking and cake decorating in December. Students learned about the different leavening agents used in cakes as well as the different types of cakes. Several students expressed that they enjoyed eating angel food cake, so teacher Angie Mann thought this was an excellent opportunity to learn about the challenges in baking foam cakes.

The lab turned out to be a great learning opportunity about beating egg whites and leaving with air as one cake turned out beautifully while the other fell after coming out of the oven.



This is what an unsuccessful angel food cake looks like; and this is what a successful angel food cake looks like:



Later in the month, students had the opportunity to choose a cake mold and learn how to prepare the pan so the cakes could easily be removed from the pan. Then the students were taught some simple cake decorating techniques and in groups were able to choose designs and colors for their cakes.



Ralston Culinary Arts Caters

By Kelsey Kummer

Ralston High School Culinary class catered the annual Chamber of Commerce Winter Banquet. Students prepared appetizers for 300 guests, plated table using elements and principles of design, and served their hors d'oeuvres.



Creative Sewing Class Serves Others

By Tracy Way

Mrs. Way's students participated in two community service projects this past fall. For the City Mission, students worked in cooperation with First Lutheran Church to create bed mats for homeless people. The students took plastic bags and cut them into strips. The strips were tied together to form plastic yarn. Then the ladies of First Lutheran church crocheted the balls of plastic yarn into bed mats for homeless people. Each mat takes 500 bags. In addition, students made fleece tie blankets for transplant patients at local hospitals. These blankets will help Cassie Borneman, a FCCLA member, complete her competitive event project that she will present at the district competition in Norris, Nebraska in January.



Pic Collage Review

By Jan Smaus

This session the 6th grade FCS students used their electronic devices to create a collage about each part of the "My Plate". Class notes were recorded and then students reviewed the notes as they each created their pic collages. This was a quick and fun way for the students to become involved with their learning. For more information about this app, go to <https://itunes.apple.com/us/app/pic-collage/id448639966?mt=8>



FCCLA Leadership Activities

By Tracy Way

The Southwest Family Career Community Leaders of America attended three leadership workshops this fall. First, two of our freshman members (Haley Richarik and Dawn Kohler), started learning more about the opportunities in FCCLA by attending the Fall Leadership Workshop in Norfolk. At the conference, FCCLA state officers educate members about this years state projects. Second, six members (Quinn Hullett, Nicole Bechard, Stephanie Johnson, Sarah Osgood, Emily Berzonsky, and Tim Kohler) attended the District Two Conference in Fairbury. This conference is completely planned and carried out by the district representatives. Nicole Bechard was our district representative. The keynote speakers were Mr. and Mrs. Caffee whose daughter was killed by a drunk driver. Third, three members (Shea Thompson, Emily Berzonsky, and Stephanie Johnson) attended the National Cluster meeting in Omaha. Over 2800 FCCLA members from all over the United States were in attendance.



ACTE Best Practices.....and it WAS!!

By Sheree Moser

This past fall I was given the privilege of attending the ACTE Best Practices conference in San Diego. When evaluating all of the conferences I have attended in my day, I have to say this WAS one of the best. The venue was beautiful (on the shores of Mission Bay), the keynote speakers inspiring and engaging, and the breakout sessions innovative and interesting. Here is a summary of what I experienced:

Keynotes:



Brian Mull: "Creating a New Culture of Teaching and Learning"

Brian works for a company called November Learning (novemberlearning.com) whose mission is to assist schools with adapting curriculum, teaching methods and the use of technology. Brian's background has been involved with incorporating technology tools within classroom teaching.

Brian shared some ideas about incorporating technology into research on the internet. Remember, there are those of us who are "Digital Natives" and those of us who are "Digital Immigrants". I found those terms very appropriate for those of us who are continually learning the new languages, customs, formats, and slang for the latest and newest use of technology. He pointed out some excellent ideas for setting up a project.

Find and Validate--posing the question first in regards to what the best source of information is, then what kind of information do they want to get back? Showing students how to recognize the original source of the information by identifying the type of website they are searching for. Also, teaching the students about the meaning of components within search engines is also helpful (Ac = academic site, Country codes, .edu vs. .org vs. .gov).

Organize It--involves teaching the tools to bookmark, summarize and site the information the students have found online. Diigo (<https://www.diigo.com>) is a tool that will facilitate these skills, as well as creating groups of students that can access each other's and your files. Diigo has tools for creating sticky notes, highlighting, and creating threads of responses of your students. This all builds a library of content you are teaching in class and can be kept for students to use after they graduate.

Collaborate--Twitter (<https://about.twitter.com>) has had an enormous impact on the way people are getting and sharing information via social media. Tweeting has skyrocketed as the #1 source of personal and professional connections since its inception. Hash tags are the way of searching Twitter for comments from other people. Students can connect to concepts, curriculum, research, authors, and subject areas. MT = modified tweet. RT = reported tweet. WeFollow (<https://mobile.twitter.com/wefollow>) will give you lists of people following the same thing you are interested in.

Brian also mentioned two additional sources that are becoming more prevalent: Instagram (<http://instagram.com>) for sharing pictures and videos and WolframAlfa (<http://m.wolframalpha.com>), a site that completes Mathematical, Scientific, Physics, and many other computations for just \$2.99 for the App.



Nick Pinchuk from Snap-On Tools: "What Business and Industry Really Need in a World-Class Workforce"

Nick has been the Chief Executive Officer of Snap-On Tools since 2007 and was perhaps the most enthusiastic speaker at the conference. His message?...Career and Technical Education is the weapon we have to create the winning workforce America needs to be globally competitive. In order for the US to differentiate itself, Nick believes we must do these three things:

1. Match curriculum to the requirements within "Skills for America's Future" (<http://www.aspeninstitute.org/policy-work/economic-opportunities/skills-for-americas-future>). The focus of education should be in careers, how well the school is doing at preparing students for those, and keeping measurements about their own progress in doing so.
2. Career and Technical Education has an image problem to change these jobs from a consolation prize to a career of stability and pride.
3. Our nation and government need to make Career and Technical Education a priority. We need our leaders to endorse us and back it with support.

Everything is a trade-off and we need strong arguments and data to support how good it is for business, industry, social programs, and our national defense. This can also be supported by having our programs tied to a certification, matching the needs of the country with what we are teaching, assessing our programs accordingly, and believing in what we are doing. Say it. Believe it. Act like it.

Nick also mentioned the NC3, which is the National Coalition of Certification Centers (<http://www.nc3.net/2014/01/04/2013-a-historic-year-for-nc3/>). This "center was established to address the need for strong industry partnerships with educational institutions in order to develop, implement and sustain industry-recognized portable certifications that have strong validation and assessment standards." This only includes technology skills in transportation, aviation, and energy industry sectors. The certifications are based on national standards for each of these and the network is dedicated to producing a highly skilled workforce.



William Symonds: "Creating Pathways to Prosperity" (<http://www.gse.harvard.edu/news-impact/tag/pathways-to-prosperity/>)

"Bill Symonds is the director of the Pathways to Prosperity Project, which is based at the Harvard Graduate School of Education. The Pathways Project was created in 2008 to find promising solutions to our increasing national failure to prepare many young adults for success. In February, 2011, the Pathways Project released a major report summing up its research and recommendations in Washington, at an event that included keynote remarks from Education Secretary Arne Duncan and other key officials. The report is entitled, Pathways to Prosperity: Meeting the Challenge of Preparing Young Americans for the 21st Century."

Core principles of the report:

1. Provide every child with effective career guidance.
2. Offer all youth high-quality multiple pathways to success - including world-class career education.
3. Embrace "Excellence with Equity" by developing viable pathways for Opportunity Youth (<http://aspencommunitysolutions.org/the-fund/opportunity-youth-network/>).
4. Partner with business to create a more effective and efficient approach to developing a highly skilled workforce. (Programs of Study and Work-Based Learning)

ACTE Best Practices.....and it WAS!!

continued

5. Change the culture by celebrating a broader definition of success and the dignity of work by re-thinking things that provide a stable wage for needed services. These can include such things as car repair & maintenance, caring for elderly, etc.
6. Create the policies and infrastructure to realize the Pathways Vision at the Regional, State, and Federal levels.
7. Break down silos and promote seamless student transitions by aligning secondary/post-secondary/workforce development.
8. Use Research to inform and improve the Movement.

Other issues the program addresses include revising the Career Guidance system, recruit and train high quality teachers, and create world-class curriculum within CATE integrating the common core. Employers could also play a part in the process by designing credit entails and skill certifications, facilitate work-based learning, apprenticeships, Coops, and shadowing experiences are essential. Changing the culture of our society will be essential because the "one way to heaven" attitude is damaging and degrading. Promoting the dignity of work within our communities will be essential.

Break-Out Sessions

Mary Jo Self at Oklahoma State University "Mentoring and Retaining Quality CTE Teachers" (<http://education.okstate.edu/academic-units/stcl/occupational-education>)

Oklahoma has implemented a formal system of teacher mentorship program for Career and Technical Education. The team in each district includes the new teacher, the school administrator, a site mentor, and a post-secondary education representative who serves as an instructional coach. The mentor makes 8 visits to each site for each teacher involved. Each district pays \$2,100 for one year and the program has been in place for 12 years, serving over 2,000 new teachers.

Kraig Steinhoff & Dan Rood Jr. from SE Region Career & Tech Center in North Dakota "Mobile Learning" (<http://www.srctc.k12.nd.us>)

The distance learning program in this remote area of North Dakota has implemented a creative program to meet the needs of their CATE students. Teachers rotate between the sites regularly, using double screen technology sharing equipment. Students are provided with a chrome book with a jet pack with internet on the bus as they travel to and from classes. The pilot program included six students. The chrome books are inexpensive at \$249 and only take 12 seconds to start up. With the dashboard system, programs and materials can be added at a distance. Viruses and spyware are non-existent. Courses are offered to help students free up their schedule so they can attend the career center.

Rebecca Hickey and Mr. Beaman from Butler Tech in Hamilton, OH "The Flipped Classroom" (<http://butlertech.org>)

Running a "flipped classroom" can involve a lot of different teaching strategies similar to a blended learning concept (half in-class activities and 1/2 out of class or computer-guided learning). Some of the ideas shared included video presentations created by students, watching TV shows as part of preparing for a lesson, collaboration with other teachers to create blended units, video lectures, bring your own device party, content to read or watch, activities to complete or apply, or quizzes to access. Some of the terms shared included: "flip" = changing students from one or each other's classrooms; "checkpoint" = learner outcomes and overview of a lesson; "hands-on activity in class" = experiments or demonstrations given in class; and "recap/segue" = what is next and how do these two lessons re-

late? Benefits include remediation, more 1:1 help, increased engagement of students, and greater responsibility placed on the students for their own learning.

All in all, I think it is evident just how diverse and interesting the sessions were at this conference. I hope you find at least one thing shared here that you could implement into a lesson right away.

Kearney Middle School FCS Classes “Technology Update”

by Peggy Longmore

Eighteen years ago, Kearney Junior High was split into two middle schools. At that time, it was decided the FCS curriculum would be based on modular teaching. Through the years, the modules have been updated with new & better ideas & activities reflecting the newest academic pedagogies. We have added writing assignments, reading, math and new projects to improve what and how our students learn. But, the greatest update of all has just occurred in the last semester! Previously, all Modules used 3-Ring binders for direct instruction and students were expected to read these books with their partners. We depended on VHS tapes, which were eventually updated to DVD's. Although each update was an improvement,

it wasn't long before problems developed. We needed a better system than depending on 3-ring binders! Roni Dorsey, (Horizon FCS teacher) came up with the idea and process which allows us to update all the 3-ring binders to iBooks on our iPads.



Gone are the days when students write in and vandalize our binders, gone are the days when DVD's are scratched or used as Frisbees (we can stream 98% of our module videos through the iPads), and gone are the days of students being bored with all the paperwork! Our students are enjoying the newest technology and we are enjoying the process of putting together our new iBooks. It is a sense of pride for each of us when we publish our iBooks.

We are lucky to have iPads available to us (thank you,

Carl Perkins!) and also lucky that our District pays us some extra pay to work on curriculum updates over the summer. As with everything, we each have put in our own time and energy to this updating, besides our summer work, but we know this is a change for the better and we should get a lot of years of use out of this change. With each iBook update we do, we are getting better and better at writing and publishing them. We are still “field testing” the iBook direction books and are continually making changes to them but so far, they've been great!





Register for the 2014 Legislative Workshop

Date: Monday, February 3, 2014

Time: 7:30-3:00 p.m.

Where? The State Capitol

Price: \$24.00 for students & adults
(this amount includes the lunch for your Senator)

Registration is due: Friday, January 17, 2014
(make checks payable to FCSTN)

We will again be hosting a Legislative Workshop at the NE state Capitol on February 3, 2014, (Monday). The event will begin at 7:30 a.m. with a casual continental breakfast in Room 1126. After our light breakfast, we will hear from Senators Sullivan, Coash and Bolz. **Contact your Senator now and ask him/her to be your guest.** The direct email link is: <http://nebraskalegislature.gov/web/public/contact/senators>.

Enrollment is limited to one teacher and 1-4 students per school. Registration will be on a first come basis for the luncheon at the Governor's Mansion. Additional students can come to the workshop on a first come, first serve basis as room allows.

FCCLA PEER Officers are encouraged to attend in a leadership capacity but should register like everyone else but indicate their leadership role. **DO contact your State Senator so he/she can be with you for the lunch. Please tell your Senator you will be inviting them to the luncheon that will be at the Governor's Mansion. (details to be shared with those who register.) You will be contacted by Tracy Way (tway@lps.org)** concerning the workshop agenda, parking, lunch etc.

Legislative District _____ Senator _____
 Sponsor name _____
 Student(s) 1. _____ 2. _____
 3. _____ 4. _____
 Peer Officer attending Y or N . If yes, name _____
 School _____ Phone _____
 Address _____
 City _____ Zip _____
 Email _____

Please make the phone call NOW and ask your Senator to attend, then follow up with a letter on your school stationery. We will be contacting Senators as well with a printed invitation, but your personal contact is essential!!!

Send to: Tracy Way
 7001 S. 14th
 Lincoln, NE 68512

2014 Legislative Workshop Agenda

7:15 - 8:00	Light Breakfast	Cafeteria
8:10 - 8:30	Orientation	Warren Chamber
8:30 - 8:50	Senator Kate Sullivan	Warren Chamber
8:50 - 9:10	Senator Colby Coash	Warren Chamber
9:10-9:30	Senator Kate Bolz	Warren Chamber
9:30-10:00	Jessica Kolterman	Warren Chamber
10:00	Tour of Capitol	
10:30	Tour will finish on observation deck	
11:00 - 11:10	Quietly move to the Legislative Chamber	
11:15 - 11:45	Observation and Introduction	
11:45- 12:00	Walk to Mansion for Lunch	
12:00 - 1:00	Luncheon	
1:00 - 1:30	Tour of Mansion	
1:30 - 3:00	Attend Legislative Hearings	

IMPORTANT DATES TO KNOW.....

Febr 3, 2014—Legislative Workshop-Lincoln

**Febr 22, 2014-FCSTN Board Meeting—Grand
Island Northwest High School**

**May 2014—Melinda Holcombe Scholarship &
the Developer Awards Due**

**June 2-5, 2014—NCE Conference—Younes
Conference Center, Kearney, NE**



Check out the ACTEN Website
-www.actenebraska.org