



## EVENTS



**Plan to come on  
Saturday, April 26, 2014  
@**

**The International Academy of Design and Technology**

Experience a day full of fashion industry experts and educators sharing their knowledge through guest speakers, presentations, hands-on workshops, a fashion show and open Q & A sessions for High School students and their teachers. Also check out the contests to highlight your students work or FCCLA projects. Presented in collaboration with OSPI, area post-secondary fashion schools, and fashion industry experts. [For more info. go to our website](#)

## PRO-START COMPETITION

We would also like to invite each of you to this year's Boyd's Coffee ProStart Invitational. The event will be held on:

**Sunday, March 2**

**Mirabeau Park Hotel and Convention Center**

**Spokane, WA.**

It's a great way to see a sample of the effort our program teachers and students put in each and every day. If you would like to attend I can send you more information or answer any questions you may have about the event.

## PROFESSIONAL OPPORTUNITIES

### **Registration in Merit nets teachers up to \$750.00**

The Department of Early Learning (DEL) offers financial incentives through the Career Lattice Awards for registering in their system, as well as training awards annually for supplies for Merit registered trainers.

The education award amounts are currently valid for an 18-month pilot period, from January 2013 to June 2014. After this date, we may adjust the award amounts, but will continue offering awards until the end of the RTT-ELC grant or when funding runs out, whichever comes first.

For more information about the Washington State Career Lattice and Professional Development, please visit:

<http://www.del.wa.gov/requirements/professional/Default.aspx>.

[Watch our informational tutorial to help you](#) they have included examples and step-by-step guides for showing you everything you need to be ready to submit your Career Lattice Award application.

Eligible Career Lattice Step:	Award Amount:
2	\$150

5	\$150
6	\$150
7	\$200
9	\$300
12	\$400 Bachelor's degree
15	\$500 Master's degree

#### **How to apply for a state approved training reimbursement:**

- **Register as a trainer in the Merit system**
  - Sign in to your MERIT professional record at: [merit@del.wa.gov](mailto:merit@del.wa.gov).
  - Go to the “Applications” tab and select “Training Reimbursement.”
  - Follow the steps to confirm your personal information – this is important because a check will be issued to the address listed in your professional record.
  - Continue to select trainings for which you would like to be reimbursed. MERIT will display all eligible trainings, and you can select as many as necessary to reach the maximum \$150 reimbursement limit. You will be prompted to confirm your choices if you select any amount less than \$150, just to be sure you are requesting the full amount available to you as you may only apply once per fiscal year (July 1 – June 30).
  - Sign and submit your application. You will receive an email as confirmation and your reimbursement will arrive in the mail\*. MERIT tracks your state-approved training history for you. This means you **do not** need to submit proof of completion or any receipts in order to receive your training reimbursement.

**\*Reimbursements are available on a first-come, first-serve basis and funds are limited for each fiscal year (July 1 – June 30).** If funding is low or no longer available for the current fiscal year, you will receive notice in an email when you apply. You may re-apply during the next fiscal year beginning July 1.

**The Department of Early Learning is proud to support ongoing professional development efforts. If you have questions, please contact MERIT support services by calling 1.866.482.4325, option 8 or email [merit@del.wa.gov](mailto:merit@del.wa.gov).**

## **SHARE YOUR LESSONS**

### **The ENC-Teacher Exchange**

Have a program or lesson idea that you want to share? It could be worth \$500. Visit the [Submit an Idea](#) section for more details. The ENC-Teacher Exchange is a place where we encourage teachers to share the tools and advice they use to inspire their students to live a healthy and active life. In 2010, more than one third of children and adolescents were overweight or obese (CDC, 2013). Children develop healthy eating habits by receiving support and education from everyone who influences their lives, starting at home with their families and extending throughout their circle of influence. Teachers can make a difference by educating students about lifestyle choices that effectively combat obesity.

## **BUDGET ENHANCING IDEAS**

### **Grants**

#### **FCCLA Financial Project Grants**

WA-FCCLA received funding for two more Jump\$tart grants -- \$2000 each. The [Grant applicatons](#) are due **Jan. 13,2014** and are available on the WA-FCCLA Website as well visit the Chapter Opportunities page of the Chapter Center section of the website.

### **GRADS (Graduation Reality and Dual-Role Skills) Early Achievers Project**

Reserve your Webinar seat now to find out more about this grant opportunity at:  
<https://www1.gotomeeting.com/register/868677968>

Join us to learn about a grant opportunity if you are looking for a way to provide services for your teen parents. GRADS is an in- school comprehensive program for pregnant and parenting students. Early Achievers is Washington’s framework for providing high-quality child care; helping children get ready for success in kindergarten and beyond. The Office of Superintendent of Public Instruction is excited to invite your school to participate in this informative webinar about how

you can start a GRADS program and participate in Early Achievers. The RFP for this project will be launched January 2014 and up to \$30,000 will be available for schools over the next four years to:

- Implement a GRADS program
- Achieve high quality sustainable child care, and
- Write and develop a successful business model

Title: GRADS (Graduation Reality and Dual-Role Skills) Early Achievers Project

Date: Friday, January 17, 2014

Time: 3:00 PM - 4:30 PM PST

After registering you will receive a confirmation email containing information about joining the Webinar.

## **Supporting Student and School Success Through Exemplary Sexual Health Education (ESHE)**

Your school district should consider becoming one of 15 districts across the state to participate in an exciting grant opportunity, *Supporting Student and School Success Through Exemplary Sexual Health Education (ESHE)*. The focus areas of this project are: Prevention of HIV, STD and teen pregnancy prevention through ESHE; safe and supportive environments for all students and staff; access for adolescents to key sexual health services in the community; and policies related to sexual health education, safe and supportive environments and access to sexual health services.

An **informational webinar** was held on Nov. 21, 2013. If you were unable to attend the webinar, or would like to have others in your district review it, it is available through the **iGrants form package (#678)** profile page.

The iGrants form package also includes other helpful resource materials, including the PowerPoint slides used in the presentation.

Please note that the **due date** for submission of iGrants applications has been extended to **January 21, 2014**. Review of applications will occur on Jan. 22 and notification of awards on January 23rd.

Feel free to contact us by phone or e-mail with any additional questions about the project. Thank you!

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## **Teachers Needed**

Do you know a colleague who is available for a teaching job? There is a Fulltime sub opening in Woodland for at least 3 months possibly 6. Here is the link to this [Current Job Opening at Woodland Public Schools](#)

## **AWARDS**

### **ACTE Teacher Recognition**

Tricia Littlefield was honored as one of the top 5 CTE teachers of the year at the CareerTech VISION 2013. The conference took place at the Las Vegas Convention Center. On Wednesday evening, Dec 4 ACTE honored its 2014 national award winners at an awards banquet. U.S. Department of Education Secretary Arne Duncan provided opening remarks to the attendees. He thanked CTE educators and challenged the audience, "Teaching and learning must change

because the nature of work has changed. “ The Secretary also referenced President Obama’s goal of ensuring every student has some form of postsecondary training or degree to succeed in today’s economy.

Assistant Secretary Brenda Dann-Messier from the Office of Vocational and Adult Education joined the Secretary at the banquet to help celebrate the nominees and winners. ACTE annually honors educators and business and industry leaders for their exemplary work in CTE. ACTE was pleased to work with returning sponsors for two awards this year; Cisco, which sponsored the Teacher of the Year award, and Kuder Inc., which sponsored the Career Guidance award. In addition, this year’s awards were produced with 3D printing technologies provided by Stratasys. ACTE also appreciates the sponsorship provided by Certiport, CEV Multimedia, Successful Practices Network and Yaskawa Motoman Robotics.

## **Pro-Start Teacher of the Year Nominations Due**

Time for the 2014 Teacher of the Year application process. WRA encourages each of you to nominate the ProStart teacher(s) in your district that go above and beyond in helping their students succeed, we have a lot of them! For information on how to apply or what is included in winning Teacher of the Year contact Jennifer Dixon at the Washington Restaurant Association Education Foundation  
t 877.695.9733 x127 | f 360.357.9232 | warestaurant.org.

**Application materials are due by January 17, 2014.**

## **NATIONAL CLUSTER MEETINGS**

Washington FCCLA hosted an amazing National Cluster Meeting in Spokane, Washington, November 15-17.

**WE EXCEEDED EXPECTATIONS!!**

Over 600 Advisers, members, guests and chaperones from Alabama, Colorado, Idaho, Kansas, Kentucky, Montana, Nevada, Ohio, Oklahoma, Oregon, Texas, Virginia, WASHINGTON and Wyoming attended.

Friday the Knowledge Bowl Teams competed and 5 teams will be moving on to compete at the National Leadership Conference in San Antonio, Texas in July including our own Connell High School. ***CONGRATULATIONS to Connell!*** *Selah Washington’s team were the national winners in 2013 so we are hoping Connell will bring home the national title again.*

Congratulations to the other national winners from cluster listed below.

Consumer Math Challenge

1st Place Selah High School, Lucas Mahugh

Culinary Knife Skills

1st Place Bonney Lake High School, Emily Rash

2nd Place Mead High School, Austin Wright

3rd Place John R Rogers High School, Jacob Hoover

Culinary Math Challenge

1st Place Sr. Category Connell High School, Caily Mendez

1st Place Occ. Category John R Rogers High School, Samantha Welch

FCCLA Creed Speaking & Interpretation

2nd Place Connell High School, Lizbeth Aguilar

Impromptu Speaking

1st Place Selah High School, Garrhett Petrea

2nd Place Tekoa High School, Melissa Groom

Speak Out for FCCLA

1st Place Selah High School, Zach Briggs

## VISIT

What local community group or industry are you forming a partnership with in your area? Invite them to speak in your class, visit their facility, or see what your class need can meet for them. Partnerships build and advertise your programs.

## LEGISLATION TO WATCH

### **Bipartisan Budget Act of 2013**

On December 10, a budget agreement was reached by Rep. Paul Ryan (R-WI) and Sen. Patty Murray (D-WA) to set new federal spending caps, restore a portion of the sequestration cuts and allow the appropriations process to move forward under regular order. The modest deal, termed the Bipartisan Budget Act of 2013, was passed by the House and now awaits a vote by the full Senate. If approved there, the next step will be for the Appropriations Committees to decide on funding levels for individual bills and programs, including Perkins, if the agreement is passed. For more information go to the ACTE website.

### **USDA Proposes CTE Waiver for School Nutrition Regulations from the Healthy, Hungry-Free Kids Act**

In October, the U.S. Department of Agriculture (USDA) released the final version of new regulations to establish national nutritional standards for all foods sold to students in schools. The nutritional standards—authorized by section 208 of the Healthy, Hungry-Free Kids Act of 2010—specifically address “competitive foods” that are sold in schools outside of the school breakfast and lunch programs. Though intended to target foods sold in vending machines, at a carte lines and school stores, the stricter guidelines could impact CTE programs that have incorporated into their course curriculum a student-run café, bakery or other school-based business that sells food. ACTE has been actively engaged in this issue since the law was originally proposed in 2010. Following a strong reaction from the CTE community in public comments on the draft version of the regulations in April, the USDA has agreed to provide a special CTE exemption! CTE programs that are not able to meet the new nutrition guidelines for instructional reasons will be eligible to apply for a waiver from the department.

The draft version of the regulations proposed by the USDA, released earlier this year, and did not specifically address the potential impact on CTE programs. ACTE, along with the Family, Career and Community Leaders of America (FCCLA) and the National Association of State Directors of Career and Technical Education Consortium (NASDCTEc), sent a letter to the USDA requesting an exemption for CTE programs that prepare and sell foods for instructional purposes. The department has responded with a new regulatory framework that recognizes the importance of CTE programs in preparing students to enter careers in the food service industry and addresses the special challenges that the regulations may create for teachers and students. Therefore, in recognition of the potential conflict of legislative intent, the Department is willing to consider each situation on a case by case basis, and provide a waiver where appropriate.” The USDA also clarified that the nutritional standards apply only to foods sold to students and not adult or community patrons.

The new regulations will not go into effect until July 1, 2014, for the 2014-15 school year, allowing states and districts a full year to implement the new standards. Though the details of the waiver option have not yet been specifically outlined, ACTE will continue to work with the department to ensure a clearly defined process that is not overly burdensome for CTE programs, and will let you know as soon as more details are available. To view the final rule and determine its impact on any food sales you or your students are currently engaged in, please visit the USDA website.

### **Governor Inslee’s Results Washington**

Includes many topics related to FACS from Obesity prevention, to improved prenatal health and lower child abuse and teen pregnancy rates. So watch legislation this year as there are many ways we support these initiatives through our classroom instruction.

# RESOURCES FOR THE CLASSROOM

## FREE curriculums

### Teen Relationship and pregnancy issues site

A new website directed at teens and pregnancy prevention/safe sex: <http://beyoubehealthy.org>.

### Healthy fundraising ideas

Here is a link to the Alliance for a Healthier Generations resource database which includes healthy fundraiser materials. There are a few toolkits, some specific fundraiser ideas, a factsheet, etc. You might need to create a login to view them: <https://schools.healthiergeneration.org/login/>

### STEM ideas for the middle school, child development, and health or foods classes.

Looking for an easy way to provide hands-on science activities in any educational setting? Check out the Science takeout website: <http://www.sciencetakeout.com>

Science Take-Out kits are ready-to-go and include all the materials and instructions for use by an individual student or a small group of students. No additional teacher preparation or special laboratory equipment is needed (\$8-\$15 each). Here are a few recommended by Joy Wilson, FACS STEM teacher at Brewster Washington.

#### **Genetic Engineering: Way to Grow**

Conduct simulated tests to determine what is causing a child's slow growth. Then, model how genetic engineering could be used to create bacteria that produce human growth hormone.

#### **Hand on a Hot Stove**

Model the neuron pathways involved in reflex actions, conscious sensations, voluntary movements, and memories. Then, diagnose the sites of nerve damage for six patients.

#### **Disease Detectives**

Perform simulated laboratory testing of cerebrospinal fluid to determine which disease is causing a patient's fever and severe headache. Explore the importance of vaccinations to prevent meningitis.

#### **Brains under the Influence**

What factors affect blood alcohol concentration? Conduct simulated blood alcohol tests and learn about alcohol poisoning and the effects of binge drinking on teens' brains.

#### **Birth Defects and Folic Acid**

How does folic acid prevent neural tube defects? Follow the case of a pregnant woman who is concerned that her developing baby is at risk for spina-bifida, a birth defect. Test the mother's "blood" and "amniotic fluid" for alpha-fetoprotein, an indicator for potential birth defects. Interpret the results of a sonogram. Make a clay model of the developing nervous system. Learn about clinical trial research studies. Explore the importance of prenatal care for preventing birth defects.

#### **Pathogens, Antibodies, and Vaccines**

How does the immune response protect against diseases caused by bacteria? Create a model of antigen-antibody interactions. Then, measure and compare antibody levels in unvaccinated and vaccinated children exposed to pathogens.

#### **Life Support for a Developing Baby**

Create a model placenta and investigate whether alcohol and viruses can move from a mother's blood to her developing baby. Explore the effects of prenatal exposure to hazardous substances and pathogens that can cause birth defects.

#### **Yeast Populations**

What environmental conditions can affect organism growth?

## Insurance Curriculum Online

Designed to help teachers educate high school students with the most up-to-date information about the students' current and future insurance needs. This free curriculum, developed by the Griffith Insurance Education Foundation and endorsed



by the NW Insurance Council, allows teachers to choose from 30, 60 or 120-minute modules that best fit their classroom schedule. The modules include lesson plans, handouts, quizzes, PowerPoint presentations and videos to help you start teaching students about insurance immediately. Subjects include Auto Insurance, Homeowners and Renters Insurance, Life Insurance, Health Insurance and Careers in Insurance.

Here's the link to check it out: [http://www.nwinsurance.org/cm\\_ins\\_curric\\_wa.htm](http://www.nwinsurance.org/cm_ins_curric_wa.htm).

**‘Snack Neutralizer:’ a free nutrition education tool that calculates exercise time required to burn calories** A fun, free online program that teachers and students of all ages can use to calculate the time required to perform most any given exercise activity to burn calories of a wide variety of snack foods.

### **Preventing Unplanned Pregnancy and Completing College-New**

**Online lessons** from The National Campaign to prevent teen and unplanned pregnancy--available for free--are designed to help address this issue. Preventing Unplanned Pregnancy and Completing College can help students address information gaps and take action to prevent unplanned pregnancy. The lessons, each of which can be completed in less than an hour, are designed to help students understand the impact of unplanned pregnancy on their educational goals, their social lives, their significant relationships, and their finances. Students learn about various birth control methods; select the most appropriate method(s) for their values, lifestyles, and relationships; and create an action plan to decrease their chances of unplanned pregnancy.

### **Pamphlet on Dating Violence**

A pamphlet to help students avoid dating violence is [available for free online](#). It is aimed at College age but easily applicable for your classrooms as well.

### **March of Dimes 12-Month Pregnancy Program**

An online curriculum tool for family and consumer sciences teachers. The articles, activities, videos and citations offered through the 12-Month Pregnancy are intended to provide Family and Consumer Sciences (FACS) teachers with tools that are consistent with national standards and competencies, as well as Family, Career, and Community Leaders of America (FCCLA) skill development. These tools provide the most current information about pregnancy in an ever-changing world of trends, discoveries and interventions. [Download](#) an overview of the curriculum or see a full list of resources.



**NEWS**

### **GETTING started with FCCLA**

I hope you enjoyed your regional meeting this fall, we have had record participation state wide which is GREAT. If you missed your meeting, contact the Regional advisor and you can still get connected through the STAR events by having students compete or evaluate, if you're not sure about competing yet.

<b>Regional Events</b>				
<i>Region</i>	<i>TAR Events</i>	<i>Contact Person</i>	<i>Phone Number</i>	<i>E-mail</i>
1	Feb. 10	Tiffany Dixon	360-374-6262, x203	<a href="mailto:tiffany.dixon@qvschools.org">tiffany.dixon@qvschools.org</a>
2	Feb.13	Laura Rohr	360-942-3275	<a href="mailto:laurar@willapa.wednet.edu">laurar@willapa.wednet.edu</a>
3	Feb. 8	Tricia Littlefield	253-891-5700	<a href="mailto:Tricia_Littlefield@sumnersd.org">Tricia_Littlefield@sumnersd.org</a>
4	Feb. 8	Michelle Green	206-252-6600	<a href="mailto:mmgreen@seattleschools.org">mmgreen@seattleschools.org</a>
5	Feb. 11	Kathy Hahn	25-335-1515, x2379	<a href="mailto:Kathy_Hahn@lkstevens.wednet.edu">Kathy_Hahn@lkstevens.wednet.edu</a>
6	Feb. 6	Rebecca Swanson	509-782-2914	<a href="mailto:rswanson@cashmere.wednet.edu">rswanson@cashmere.wednet.edu</a>
7	Feb.12	Cheryl Uceny	509-968-3902	<a href="mailto:Cheryl_Uceny@ksd403.org">Cheryl_Uceny@ksd403.org</a>
8	Feb.4	Maria Bice	509-547-4542 ext. 4516	<a href="mailto:mbice@psd1.org">mbice@psd1.org</a>

9	Feb.12	Cathy White	509-397-4368	<a href="mailto:cathyw@csd300.com">cathyw@csd300.com</a>
10	Feb.8 or 11	Stephanie Esvelt	509-675-6388	<a href="mailto:sesvelt@kettlefalls.wednet.edu">sesvelt@kettlefalls.wednet.edu</a>

### **Where do I find STAR Events Resources and Scenarios?**

The STAR Events Resources page (<http://www.fcclainc.org/content/resources/>) contains scenarios, topics, templates, and other resources for STAR Events. It is important that members use the current year's (2013-14) scenario or topic when preparing for STAR Events. When in doubt mail your questions to [email starevents@fcclainc.org](mailto:starevents@fcclainc.org)

NOW AVAILABLE STAR Events demo Video's on YouTube or school tube.

<http://www.schooltube.com/channel/nationalfccla/> <http://www.youtube.com/user/nationalfccla1945>

### **FCCLA Adviser Blog**

Check out the great resources you can find on the FCCLA Adviser Blog. Swap ideas with other advisers and find tips to create a successful FCCLA chapter. Be sure to visit <http://fcclaadvisers.blogspot.com/> to check out the new articles posted every Wednesday and follow the blog to get all the most up-to-date adviser resources and information!

### **December is the month to encourage students to run for state office**

This is the Ultimate Leadership opportunity for your students and yourself. When the student is elected you are also appointed to the Board and get to see and be part of the workings of the state FCCLA board. You receive Great networking opportunities and travel to both the spring and fall executive meetings.

Election materials will be distributed to chapters via the Regional Vice Presidents. If you have not received election materials contact your Regional Vice President or state adviser (509) 335-2935 or [fccla@wsu.edu](mailto:fccla@wsu.edu).

**WHERE are Our ALUMNI?** We have begun a new Alumni campaign and are seeking contact information for Alumni, so if you have contact with former members that are interested in being involved in this organization, tell them to check out the alumni page on the website or Facebook.

### **Important Dates**

- ❖ Accomplishment Ribbon form/request – due to the FCCLA office by February 1, 2014
- ❖ 2014-2015 State Officer Applications – due in each region by February 1, 2014 – contact your State Vice President if you do not receive the application packet soon
- ❖ Housing Request for the State Leadership Conference – due to Wenatchee Convention Center by February 21, 2014
  - State Leadership Conference Registration opens February 19, Late Registration begins February 26, Registration closes March 1, 2014
  - The registration packet will soon be available on the [WA-FCCLA](#) website
  - WA-FACSE state conference March 26-28, 2014 Wenatchee WA.