

Family and Consumer Sciences E-NEWSletter

November/December, 2012

“Leadership is getting people to do the right thing because they want to.”

Dwight D. Eisenhower, 34th U.S. President, Kansas

President Eisenhower attended and graduated from Abilene High School, Abilene, KS in 1909. He played baseball and football and had a pack with his brother. Dwight would work for two years to pay for his brother's education, then they would switch roles. This arrangement was not reciprocated because Dwight was appointed to West Point in 1911 and his military career began. The rest is history.

As we enter into this season of family events and time with friends, one begins to reflect on the past and decisions made with a variety of emotion. I wonder if a young Dwight Eisenhower had ANY idea the vital role he would play in our country's history and our freedoms today. Just as President Eisenhower made decisions that took him down life's path, so do each of us. This FCS E-NEWSletter will include a variety of events, interesting food for thought, and resources. Notice there are a number of items related to the need for FCS Educators. (Now is the time to promote our profession.) As we think about the New Year, consider what YOU can do to encourage the FCS education choice. *As always, please share content with other staff and faculty as you feel appropriate.*

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1. Career & Technical Education, Annual February Conference is right around the corner! Early Bird Deadline: January 5th (From Marie Hall, Greenbush)

Details: February 5 – 6, 2013; Hilton Garden Inn Hotel & Manhattan Conference Center; 410 South 3rd Street; Manhattan, KS 66502

Sponsored by: Kansas Association of Education Service Agencies (KAESA), in cooperation with the Kansas State Department of Education (KSDE) and the Kansas Board of Regents (KBOR)

Schedule: The draft program is available on the conference website, or by clicking directly on this hyperlink:

<http://www.smokyhill.org/vimages/shared/vnews/stories/4c87b3ca37004/DRAFT%20PROGRAM%202012.11.12.doc>

Many exciting sessions are planned that cover the latest issues in CTE such as: Senate Bill 155, End of Pathway Assessments, Professional Learning Experiences, Partnering with Business & Industry, College & Career Ready, Basic Employability Skills Training (BEST), and much more! There are also some new opportunities this year, including:

- **Pre-Conference Tours of Manhattan High School and Manhattan Area Technical College (MATC).** The tours will take place on Monday, February 4th beginning at 5pm. Additional information may be found on the conference website or at the following link: <http://www.smokyhill.org/vimages/shared/vnews/stories/4c87b3ca37004/February%20CTE%20Conference%20Tour%20%26%20Social.pdf> There is an additional \$15 charge to participate in the tours. You may sign up for the tours when you complete conference registration.
- **Reception at the Flint Hills Discovery Center, hosted by Trane.** Take advantage of an opportunity to network with colleagues and visit the new Flint Hills Discovery Center the evening of February 5th at 6pm. This reception is being generously sponsored by Trane. www.flinthillsdiscovery.org

Register by January 5th to lock in the early bird rate of \$160. Registrations received after January 5th will be charged the full conference rate of \$200. <http://www.smokyhill.org/vnews/display.v/ART/4c87b3ca37004>

Hotel Accommodations –Reservations may be made by calling the Hilton Garden Inn directly at 785-532-9116 or by visiting the property website www.manhattanks.hgi.com Please use the special group code, **KAESA**, when booking your room. Reservations must be made by January 5th to get the discounted group rate of \$104/night (plus tax).

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2. United FCS Association Conference March 7-8, 2013—Wichita, KS (Early Bird Deadline: Feb 15)

This is an invitation to begin planning your spring professional development. The United FCS Association Conference (called 'United') involves FCS professionals from Extension, middle through post-secondary education and related entities. Together, specialized tracks will address topics vitally important to Family and Consumer Sciences today.

The theme for the conference is "*Passport to Excellence*", with focus on four interest tracks. These tracks reflect the multiple content areas that FCS addresses. Watch for more information to come at www.katfacs.org/, but for now circle the dates on your calendar and plan now to attend the 2013 United Conference.

Registration materials will be available on-line (www.kafcs.org) the first week in January and early bird registrations are due February 15. Cost of early bird registration is \$75 for one day or \$120 for both days. Regular registration, after February 15 will be \$100 for one day and \$145 for both.

3. Learn more about STEM.

This is a webinar that that would offer a great beginning understanding of what STEM is (not the pathway, but the educational initiative). It was called "Practical Tips for Building the STEM Pipeline in Your School" presented by Dr. Cindy Moss. It is focusing more on middle level, than secondary, but the understanding of the concept will be strengthened.

[WATCH THE WEBINAR](#)

In addition, here is a direct link to a power point I did last summer when I spoke to the Missouri Association of Career and Technical Education (Mo-ACTE) regarding the STEM and FCS connection. It illustrates how FCS and our content areas are relate.

<http://www.ksde.org/Portals/0/STEM%20and%20FCS%20Connection.ppt>

On a side note, I will be co-presenting with Dr. Lindsey Shirley, Utah State University a AAFCS webinar in April of 2013 to further expand the FCS and STEM connections. Watch for an announcement from AAFCS.

4. Career and College Readiness Definition for Kansas

At the recent December Kansas BOE meeting, the following definition was approved for Kansas. There will be supporting documents released in the near future.

“College and Career Ready means an individual has the academic preparation, cognitive preparation, technical skills, and employability skills to be successful in postsecondary education, in the attainment of an industry recognized certification or in the workforce, without the need for remediation.”

5. New Report Released on Costs of Child Care (from Child Care Aware)

Child Care Aware of America has recently released a report related to the economic impact on families who use child care in these economic times.

http://www.naccrra.org/sites/default/files/default_site_pages/2012/cost_report_2012_final_081012_0.pdf

6. Kansas Career Pipeline Update.

As most of you are now aware, the partnership with Kuder to provide the Career Pipeline to schools for free has ended. I have had a number of phone calls asking what can be done. My suggestion is to contact Kuder’s representative, Theresa Steinlage, Kuder Field Trainer to find out what your options are for purchasing as a separate entity. Please realize that Perkins funds can be used to pay for this resource for those students who are part of approved pathways. Theresa’s contact information is 515-822-4573 or steinlaget@kuder.com

7. Perkins Funding Can Be Used for Kansas Career Pipeline (from Martin Kollman)

KSDE has been contacted by a number of school districts pertaining to the use of Perkins funds to purchase local access to Kuder Navigator for career exploration and plans of study. This is permissible under Perkins regulations, but there are a few restrictions. If you do choose to use Perkins funds, please contact Martin Kollman via email to request a change in your Perkins budget before completing the process at mkollman@ksde.org

1. Only secondary schools (grades 7-12) may use Perkins funds to purchase Kuder Navigator for use by CTE students.
2. A CTE student is any Kansas student enrolled in or has completed at least a .5 credit course from an approved/established CTE pathway.
3. If packages/licenses are purchased to meet the needs of CTE students, any additional licenses remaining may be used at the discretion of the LEA to promote career exploration for CTE. Additional licenses may not be purchased solely for non-CTE students.

This would allow building purchases for both high school and middle schools from Kuder directly, but prices may vary depending on your district. It is best to contact Kuder directly if you wish to use Perkins as a funding source. Theresa Steinlage at (515) 822-4573, steinlaget@kuder.com or Katie Schlitter at (800) 314-8972, schlitterk@kuder.com .

****Be aware that if you use Perkins funds this year, switch to general funds in the future and then back to Perkins funds it could be supplanting.****

8. Resources for Career Awareness.

These free resources might assist you with your career development work. As with any resource, review them before using with students.

MyNextMove.org; MySkillsMyFuture.org; CareerOneStop.org; MyFuture.com

9. FCS Education Focus of Kansas City Star Article

This might be of interest to you as you promote FCS education as a career option. The title appears to be outdated, but the article addresses that concern:

<http://www.kansascity.com/2012/11/19/3926262/home-economics-spans-many-fields.html>

10. REMINDER: CPPSA Update Workdays Scheduled

During February 2013, six Career Pathway Program of Study Application (CPPSA) work days will be held across the state for pathways users to attend and work on their CPPSA application. Members of the KSDE Pathways Help Desk will be in attendance to assist districts with any questions. This is strictly a work day, and there will only be a brief presentation at the beginning on the key components of a pathway. Participants need to have a pathway user's account as School Update or District/Org Update. Courses must have been previously mapped and approved in the Kansas Course Code Management System. Participants will need to bring a laptop with wireless capabilities to the work day. Work days will be from 9:00a.m. - 3:00 p.m. and there will be no fee to attend. Lunch will NOT be provided. There is a limit to the number of participants at each location, so register early if this is something that could benefit your district.

February 4, 2013-Scott City

February 5, 2013-Hays

February 7, 2013-Burlington

February 11, 2013-Salina

February 13, 2013-Lawrence

February 19, 2013-Clearwater

To register for a work day, go to <http://events.ksde.org/Default.aspx?tabid=755>.

Please contact Kim Mitchell, kmitchell@ksde.org , 785-296-3907, or Sherry Webb, swebb@ksde.org , 785-296-3784, with questions.

11. NEED FOR FCS EDUCATORS Article

This was shared with me by Pittsburg State University and is another article you may find helpful. (NOTE: Please notice that Nebraska has a course called "Food and Consumer Sciences" which is referenced.)

<http://www.omaha.com/article/20121209/NEWS/712099946/1685>

12. Consumer and Personal Finance Resource--EverFi

I recently received an e-mail from a FCS educator that shared the following regarding a free resource available to you. Thank you Lindsay Hothan (DeSoto)

"I think the EverFi program is a great way for students to review and interact with the material we've been covering in class. The students enjoy the real-life simulations EverFi has to offer and as a teacher, it gives me the opportunity to assign the students homework that they will enjoy doing."

EverIf is a six-hour, performance based course includes such topics as banking, financing higher education (fafsa), savings, taxes, insurance and loans. It is free to schools and taught through a 10 module, six hour course of web tutorials that let students explore real-world settings, from the floor of the New York Stock Exchange to a used-car dealership, while absorbing lessons about saving money, earning interest and managing debt. As students acquire new skills, the software encourages them to play a SimCity-style game in which they control characters' spending habits, reaping the rewards of good choices and suffering the consequences of bad ones. Here is a link to the website:

<http://www.everfi.com/>

13. Nutrition Education Resource—The Snack Neutralizer

ENC-Teacher Exchange has three new lesson plans and an informative video story called *"Snacking on Technology,"* which can be found here:

http://www.encteacher.org/Snacking_on_Technology.html

The lessons were created by Computer Sciences Teacher Jeffrey Schwartz and titled [*The Snack Neutralizer*](#), a 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. You can use this program in your classroom now! (NOTE: The creator has no official nutrition training. The nutritional accuracy of this has not be validated so please review before using.)

<http://www.thesnackneutralizer.com/>

Read more about the creator of this resource at this ENC link:

http://www.encteacher.org/Snacking_on_Technology.html

14. "Busting Fad Diets" Toolkit (from Sharon Davis, Home Baking Assoc.)

This resource was developed for Registered Dietitians who are working in super markets. This information can be useful when considering the current craze for gluten free, which is beneficial to those who have the diagnosed need, but there are many more who are using it like a fad diet with no diagnosed need to eat gluten-free. Our FCS educators and students may need to understand using a gluten-free diet, without the diagnosed need, means they unnecessarily limit their nutrients which can lead to health risks.

Here is the link: (http://www.shoppingforhealth.org/?page_id=443)

15. Employability Skills Article from OVAE

In a recent newsletter from the Office of Vocational and Adult Education, the following article was shared. Interesting to read if you consider our process skills development which is part of our FCS curriculum.

<http://content.govdelivery.com/bulletins/gd/USED-58c9cb>

16. Classroom Speaker for Family Studies/Human Growth and Development (from Kathy Newcom/Jennifer Webster, Augusta FCS Teachers)

Renee Howitt comes highly recommended by FCS teachers who have sent me e-mails asking me to share her name as a possible speaker for your classroom. She does not charge schools.

She has created “Cope 24”--a program that deals with the skills needed to become better parents. She is from St Louis, Missouri and has a 90 minute presentation including some short video clips for class discussion. Her program has a teachers' manual with enrichment ideas and conversation starters to help engage students on topics such as a crying baby, potty training, toddler tantrums and is your child telling the truth.

Her website is www.COPE24.com .

17. February Conference Session: “Preparing Students for Financial Independence: The High School Financial Planning Program”

Dr. Elizabeth Kiss and I will be co-presenting a session at the February CTE Conference (See #1 for conference information) on the alignment of the NEFE curriculum to the Consumer and Personal Finance course and National FCS Standards.

Here is a brief description of the session: *Since the mid-1980s, the National Endowment for Financial Education’s (NEFE) High School Financial Planning Program has reached nearly eight million students across the country and at more than 100 military bases around the world. It is flexible, available at no cost, and equips students in Grades 8–12 with fundamental personal finance skills to prepare them for financial independence and mindful money management decisions and behaviors. Come to this session and learn about the people behind the program who support your teaching efforts and share your passion for helping students get off to a good start managing finances on their own.*

NOTE: There will be an NEFE webinar training in April for Kansas educators. Watch for details in January.

18. REMINDER: Culinary Arts/Baking Competitions and Teaching Resources through the Kansas Wheat Commission—Deadline January 31, 2013.

The Kansas Wheat Commission offers a wealth of resources for the Culinary Teacher. Check out their website for recipes and information regarding upcoming events and contests at www.wheatfoods.org .

The National Festival of Breads will be held in Manhattan, KS in June, 2013. **Original entries are taken now through January 31, 2013.** For additional details, go to www.nationalfestivalofbreads.com .

There are also awards for the Culinary Educator which can earn you \$1000. Go to www.homebaking.org for information (baking lesson or activity) which will include an award and a trip for two to the Home Baking Association Annual Meeting.

19. Career Development Article—“I Won’t Hire People Who Use Poor Grammar”

The following article is from the Harvard Business Review. It could be something to include in your career development units in this highly competitive employment times.

[I Won't Hire People Who Use Poor Grammar. Here's Why. - Harvard Business Review](#)

20. New Kansas Developed FCS Teaching Resources

Watch for the announcement that the two new FCS teaching resources is released after the first of the year. Final edits are being made and then you, the Kansas FCS educators can pilot them in the Spring. They are “Building Healthy Families in Kansas” (Parenting Education) and “Targeting Life Skills” (Middle level Comprehensive Resource)

21. Summer, 2013 Professional Development

Several opportunities for professional development are being developed for Summer of 2013.

Culinary Academy for Culinary Teachers is being planned for early Summer. It will include an in-depth look at resources available for the classroom, time to meet corporate sponsors who provide support for labs, hands on workshops to enhance personal culinary skills and tours of interesting food related places. This is being organized by the Kansas Restaurant and Hospitality Association. The location will be in the Wichita area. It will be several days in length with the probable opportunity to become earn Serv Safe Trainer/Manager as a pre-conference.

New Kansas Resource Training Workshop—This professional development opportunity will provide an in-depth review of the two new resources that will be officially released in the Fall, 2013.

Family and Consumer Sciences Process Skills Training—There appears to be an interest in revisiting the FCS process skills and how they are embedded in the FCS content taught . This is only tentative at this time.

CLOSING THOUGHTS ~

I am now Mental Health First Aid Certified! What a great training and one I DEFINITELY suggest you explore. The 12 hour training discusses how to recognize symptoms of depression, abuse, neglect and mental health issues you might come across when working with secondary

students and their parents. It also provides great “what to do” training as you keep the person from injury while professional help arrives. Many of the video clips and activities could be used in the FCS related courses that are part of the Family and Community Services pathway. The training is \$35.00 and is something you can use in your work the same day you earn it.

My contact was Pawnee Mental Health because I live in the north eastern part of the state. You can search this web page for a training in your area. You have the opportunity to become a trainer if interested.

http://www.mentalhealthfirstaid.org/cs/in_your_community

As always, share your comment, suggestions, concerns or thoughts about this E-NEWSletter or just FCS in general. Here is my contact information: Gayla Randel, Ed. Program Consultant; 785-296-4912; grandel@ksde.org .

Until the January/February issue....Happy Holidays AND Happiest of New Years!

[Gayla Randel, CFCS](#)

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