September 2013

KANSAS FCCLA

A Message from A&A

Hello! If you are interested in joining Kansas Alumni & Associates (parents and other supporters who are not "alumni" are welcome to join us in the "associates" category of membership). Dues are only $5/year, or 6 years for $25.

The membership runs from September 1st through August 31st, so get your dues in now for a 2013-2014 membership!

The form is available at http://www.ksde.org/Portals/38/Documents/A&A%20Membership%202012.pdf or email mrsjanetholden@gmail.com for more information.

Please pass this along to anyone who might be interested (especially your chapter advisors if they are not already members)!

Thanks,

Janet Holden, Treasurer of A & A

A&A ALUMNI & ASSOCIATES

SHAREOUR STRENGTH® NO KID HUNGRY

More than 16 million kids in America struggle with hunger. That's a number that can't be ignored but is often overlooked. Most people find it hard to believe that anyone in the U.S. could be going hungry. We are the world's wealthiest nation after all. But it is an undeniable fact. So Share Our Strength created the No Kid Hungry campaign to end childhood hunger in America. Through No Kid Hungry, kids are getting access to the food they need to live, learn and play.

State Officer Feature

September is already here! It seems as though this year is already flying by. In the fast paced world in which we live today, it is easy to get caught up in our personal lives. However, it is still important to spend time with your family. Last year, President Obama declared September 26 to be National Family Dinner Night. Eating dinner with your family seems to be an insignificant part of your day. As a result, many American families fail to eat dinner together. Understandably, work, school, and sports can get in the way of family dinner night. However, it is still important to find time to eat together as a family. Studies show that kids who eat most often with their parents are more likely to get A's in school. Also, frequent family meals are associated with a lower alcohol, drug, and depression risk in children ages 11-18.

In order to have a successful family dinner night, there are a few tips that should be followed. If your family has a television in the dining room, it is best to turn it off. With the television off, the conversation is now focused on members of the family. Another tip would be to make sure that the meal is home cooked and nutritious, as well as a favorite among the majority of the family. For more tips and tricks to having an awesome family dinner night, feel free to email me at pwilson.ksfccla@gmail.com. I hope everyone has a great September and a great family dinner night!

-Payton Wilson, VP of Peer Education

Important Contacts

State Officers-

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Important Dates

- New Advisor Workshop–September 16
- AT&T Drive 4 Pledges Day– September 19
- September SEAC-September 24-25
- Capitol Leadership-September 28-October 2

Family, Career and Community Leaders of America FCCLA® The Ultimate Leadership Experience

Service Project

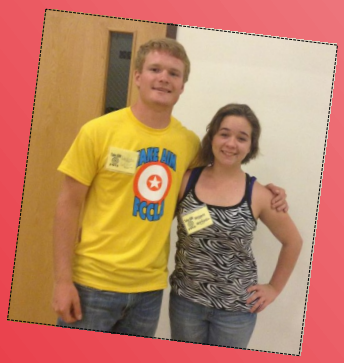
The Sunflower House, located in Shawnee, Kansas, is this year's Leadership Service in Action project for Kansas FCCLA. The Sunflower House was founded in 1977 as in a non-residential child advocacy and abuse prevention center. The Sunflower House does a great service to Kansas. The house provides a safe haven for children who have been victims of mental, sexual, or physical abuse. Doctors, psychologists, and many other smiling faces help the children cope with their scenario. Sunflower House is an accredited member of the National Children's Alliance which means that only the best and safest practices will be used when dealing with the children who come to the house. Since The Sunflower House is such an astounding service to Kansas, it is only right that we, as Kansas FCCLA, do our part to support them. Now, since the Sunflower House isn't local for many parts of Kansas, there is an option to donate all of your items to your local safe haven. Safe havens include battered women shelters, child abuse centers, etc. The Sunflower House and your local safe haven are in need of things like toilet paper, snack foods, coloring books, batteries, and just about anything you would use in your daily life. Kansas FCCLA will most definitely make an impact with this year's community service project.

-Payton Wilson, VP of Peer Education

Take AIM

Not only does August mark a new year in Kansas FCCLA with Take AIM, but it also marks a new start for new members! This August at Take AIM, new members had the chance to learn leadership skills, ways to get involved in FCCLA, and meet other members from all over Kansas! While at workshops, both officers and new members had the opportunity to listen to Miss Amy Gallimore and Miss Brittani Parker in training sessions where they learned about first impressions, a professional handshake, and many other leadership qualities. Meanwhile, advisors were spoken to by current Peer Education teams and past STAR event participants, who shared their new ideas and ways to get their members active and participating in their chapter! After workshops, STAR event participants set out their displays in the downstairs meeting room and spoke to new members and advisors about their particular events and how the could be repeated at a chapter or district level!

Overall, Take AIM was a HUGE success this year! Leadership skills were gained, knowledge about FCCLA officer teams and STAR events was shared, and many new friends were made! We hope everybody had a great time and will continue helping us grow in our FCCLA family!

-Brexton Lukens, Families First Peer Education Team Member

A Few Pictures from Take AIM