"A true balance between work and life comes with knowing that your life activities are integrated not separated".

Michael Thomas Sunnarborg, Author

January-February 2014 FCS E-NEWSLetter

At the 2013 ACTE CareerVision conference, the opening keynote speaker was Dr. Adam Saenz, who wrote a book entitled "The Power of a Teacher". Within this book he discusses a teacher (or anyone in any occupation), is the most effective, if a healthy, balanced person. By that he "measures wellbeing in the occupational, emotional, financial, spiritual and physical areas of your life".

This is exactly the message of the FCS Education life literacy components which were also identified by industry as useful in the "preparation of the Human Services professions". Professionals are more successful assisting others to become healthy if they, themselves are healthy. This connects between life literacy component to the career clusters, both as a foundational step for the entire workforce, but also vitally important for the Human Services professions.

As you begin this new calendar year, keep that in mind. Share your message with local decision makers, making them aware of this unique connection to the workforce. Please refer to the following information to help you in your work. Watch for the posting of materials and documents that will promote this connection soon. A list serv message will note when these items are posted to the new website. Happy New Year! (and welcome to the first E-newsletter of 2014!)

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E-NEWSLETTER:

1. **2014 K-ACTE Legislative Day February 10, 2014 - Topeka, KS (DEADLINE: Past—Contact Kari directly ASAP)**

   You are invited to participate in the K-ACTE 2014 Legislative Day & CTE Program Showcase on Monday, February 10, 2014 at the Statehouse in Topeka.

   This event will highlight premier programs impacting CTE students in the state of Kansas. The CTE Program Showcase will occur during the K-ACTE Legislative Day at the Capitol as part of CTE Month.

   All CTE Programs from across the state are encouraged to participate as the goal is to showcase a wide variety of quality and innovative programs in all areas of CTE. Each display will be provided a six foot table and should be manned from 9:00 a.m. - 3:00 p.m. Setup can begin at 8 am.

   This is a tremendous opportunity to promote your program's impact on student learning in front of lawmakers.

   If you would still like to participate, please contact Kari Presley at kpresley@kearneyandassociates.com **ASAP.**

2. **YOUTH MENTAL HEALTH RESEARCH OPPORTUNITY (2-3 opens remain)**

   (Why participate? This partnership will lead to a youth training and thus a certification for our Family and Community Services pathway students. This research will help with the promotion of this training in Kansas. Also, as a teacher participant, you will be able to tie how Family and Consumer Sciences is addressing this area both as prevention education and in career promotion of the field. I understand they have room for 2-3 more schools.)

   Dr. Amy Mendenhall and Susan Frauenholtz, MSW, research assistant, from the University of Kansas School of Social Welfare are currently conducting a research study to learn more about the current knowledge of children's mental health and challenges faced by school staff related to children's mental health. In particular, the study seeks to learn more about the identification of children experiencing mental health disorders within educational settings, and the referral and collaboration process between schools and local community mental health resources.

   In order to learn more about this topic, one time focus groups will be conducted with representatives from schools across Kansas to get their unique perspective. The groups will last approximately 60-90 minutes and will be conducted on site at a time that is convenient for participants. A light lunch or snack, as well as beverages, will be included. We are very interested in your participation in one of these groups and would be happy to talk further with you about scheduling a group, if possible. Susan Frauenholtz can be contacted at 785 864-3739 and Dr. Mendenhall is at amendenhall@ku.edu or 785 864-4792.

3. **FEBRUARY CONFERENCE REMINDER**—(From Marie Hall)

February 11-12, 2014 Manhattan, KS January 17—Priority Registration Deadline

Greeting presenters! Hard to believe the February CTE Conference is just around the corner. Please take a moment to review the deadlines below. We appreciate your assistance in ensuring that we have all the necessary information to support your presentation.

Hotel Room Block: If you haven't made a room reservation yet, now is the time! Our Hilton room block has already sold out. Overflow hotel accommodations are available at the Fairfield Inn 785-539-2400. The Fairfield room block will be *released as of January 13th.*

Candlewood Suites, 210 Blue Earth Place & Fort Riley Boulevard, is another close accommodation option, 785-320-7995. Other Manhattan area lodging choices may be found at: http://manhattancvb.org

Priority Registration: Registration is $160 if made by January 17th. This will increase after that date. Register here: http://www.smokyhill.org/vnews/display.v/ART/4c87b3ca37004

Questions? Contact Marie Hall at marie.hall@greenbush.org

4. **FEBRUARY CONFERENCE—PRECONFERENCE WORKSHOPS/EVENTS**

On February 10th, there will be several February Conference "pre-conference" activities including two tours (KSU College of Engineering, KSU College of Human Ecology), and a KSU/KU Men's Basketball Watch Party (which begins after the tours). Note interest on your February Conference registration or contact Marie Hall at marie.hall@greenbush.org

5. **FAMILY AND CONSUMER SCIENCES OPEN FORUM—February 11th**

In conjunction with the February CTE Conference, there will be an informal FCS Education Forum on *February 11th from 3:oo-3:45 p.m. in the Big Blue River Room* of the Hilton Hotel. At this forum, your ideas and input regarding what makes a quality FCS program will be gathered. This is the first of several forums held this Spring. No registration is needed, just show up.

The results of these forums will lead to a FCS Program Handbook update as we look to consistently share with decision makers, advisory boards, parents and students what FCS Education is in Kansas. These informal forums will ask "what do you want to see" to help your work run more smoothly and tell the FCS Education story in Kansas. This will follow with a summer activity to actually design the handbook. Watch for upcoming list serv messages regarding the dates and locations. The events at which this will happen is the February Conference, United Associations Conference, and State FCCLA Leadership Conference. A survey question will be included in the annual FCS survey asking for your ideas as well. All secondary and middle level FCS teachers, across all pathways are encouraged to share your suggestions.

6. **PATHWAY SUBMISSION DEADLINE REMINDER—March 17, 2014**

As the Pathway applications have begun rolling in, we wanted to remind everyone of the **deadlines for all 2014-2015 Pathway applications**:
All Pathway applications for 2014-2015 Pathways (maintenance and new) must be ***initially submitted*** to KSDE by **Monday, March 17th**, 2014 (March 15th falls on a weekend so we're moving the deadline to March 17th for this year). Any Pathway applications for 2014-2015 Pathways ***initially submitted*** **after March 17th will not be considered** for approval.

We have to hold to March 17th as the deadline for initial submission so we can have all Pathway applications completely through the KSDE system in a timely manner.
We want to encourage all of you submitting Pathway applications (maintenance or new) to submit as early as possible.
NOTE: For every Pathway application initially submitted by March 17th , the **last date to re-submit a Pathway application with revisions/corrections is Monday, June 16, 2014.** Any Pathway application **submitted with revisions/corrections after June 16th, 2014, will not be considered** for approval.

7. **CPPSA WORK DAYS**—REGISTRATION DEADLINE—January 28

If you would like help with pathway maintenance and/or new pathways, please join us at the Pathways CPPSA Workdays!! The dates and locations are as follows:

February 4, 2014--Wheatland Building; 416 S Main Street, Scott City, Kansas

February 5, 2014--Memorial Union, Black and Gold Room; 600 Park Street, Hays, Kansas
February 7, 2014--Smoky Hill Education Service Center, Room 1; 605 East Crawford Street, Salina, Kansas

February 18, 2014--Coffey County Library; 410 Juniatta Street, Burlington, Kansas
February 19, 2014--South Central Kansas Education Service Center at Clearwater; 13939 Diagonal Road, Clearwater, Kansas

February 21, 2014--Lawrence District Office; 110 McDonald Drive, Lawrence, Kansas
There will be a brief presentation at 9am, and the rest of the day members of the KSDE Pathways Help Desk will be in attendance to assist you with any questions. There is a limit of 30 people at each session.
Please register before January 28th at this link - http://events.ksde.org/Default.aspx?tabid=755

8. **RECHARGING SCHOOL WELLNESS REGIONAL TRAINING WORKSHOPS (multiple deadlines)**

(NOTE: This event will discuss the new food sales mandates that will be implemented in the Fall of 2014. If you have a culinary program, CTSO that is involved in fundraising linked to food, or run a school snack bar/vending machine program, you will want to attend this training.)

Smart Snacks in School – USDA's "All Foods Sold in Schools" Standards

Don't forget to register to attend a Kansas State Department of Education, Child Nutrition & Wellness interactive workshop that will:

- Provide training to school personnel on Smart Snacks in School – USDA's "All Foods Sold in Schools" Standards (formerly known as competitive foods)
- Solicit input on a draft of the revised Kansas School Wellness Policy Model Guidelines

- Disseminate resources for managing food allergies in schools
- Promote current Team Nutrition, Let's Move Active Schools and K-FIT opportunities

Workshop Dates:

- January 22, 2014 – Topeka (Registration Deadline: January 7, 2014)
- January 29, 2014 – Clearwater (Registration Deadline: January 17, 2014)
- February 4, 2014 – Salina (Registration Deadline: January 24, 2014)
- February 13, 2014 – Greenbush-Girard (Registration Deadline: January 31, 2014)
- February 18, 2014 – Sublette (Registration Deadline: February 7, 2014)
- February 19, 2014 – Oakley (Registration Deadline: February 7, 2014)

These free workshops will be conducted from 9 am to 3 pm. Lunch and a **$300 stipend will be provided by the Kansas Health Foundation for sponsors who have 2 or more representatives attend**. The stipend can be used to offset travel costs and substitute pay.
Register Today! Registration forms are available at www.kn-eat.org, School Nutrition Programs, What's New. Contact Jill Ladd at jladd@ksde.org or 785-296-2790 with any questions about the workshops.

9. **NEW KSDE WEBSITE LINKS—Try it out!**

As you probably know, the KSDE website looks different AND our webpages look different too. For that reason, I wanted to share where certain things are located, provide links you will probably use and ask you to "go to" these for a while to allow our search engine to reset. Please visit each of these a few times in the next month:

Family and Consumer Sciences Page—Notice on the right side menu all our components and related cluster/pathways (Hospitality and Tourism, Human Services, Arts, AV Communications—Visual Arts, Education and Training) are listed. FCCLA can also be accessed through this page. This means you don't have to search through several sites to find all the FCS related files:
http://www.ksde.org/Agency/DivisionofLearningServices/CareerStandardsandAssessmentServices/ContentAreaF-L/FamilyandConsumerSciences.aspx

FCS Resources Page—This page will continually change so visit it often. Resources to help your program and/or pathways run smoothly will be listed here. I plan to expand this over the year:
http://www.ksde.org/Agency/DivisionofLearningServices/CareerStandardsandAssessmentServices/ContentAreaF-L/FamilyandConsumerSciences/FCSResources.aspx

Life Literacy and Middle Level Page—This page will share how our life literacy component fits into today's CTE model and school offerings as well as the role of the middle level FCS program. This will be where the updated teaching resources "Building Healthy Families" and Middle Level "Developing Life Literacy" documents will be found once ready for final launch:
http://www.ksde.org/Agency/DivisionofLearningServices/CareerStandardsandAssessmentServices/ContentAreaF-L/FamilyandConsumerSciences/LifeLiteracyMiddleLevel.aspx

Human Services Career Cluster Page—Notice this page has access to all three pathways, the design sheets, course descriptions and related files:
http://www.ksde.org/Agency/DivisionofLearningServices/CareerStandardsandAssessmentServices/ContentAreaF-L/FamilyandConsumerSciences/HumanServices.aspx

Kanas FCCLA Page-- Use this link to access all Kansas FCCLA webpages and files:
www.ksde.org/ksfccla

CTE Page: This will take you directly to the Career and Technical Education page:
http://www.ksde.org/Agency/DivisionofLearningServices/CareerStandardsandAssessmentServices/CSASHome/CareerTechnicalEducation(CTE).aspx

Career Cluster Handbook Link—The Career Cluster related resources and handbook is found under "CTE" and then "Career Clusters and Pathways":
http://www.ksde.org/Portals/0/CSAS/CSAS%20Home/CTE%20Home/Career_Cluster_Pathway/2014-2015%20Cluster%20Handbook.pdf

Advisory Committee Handbook Link—This is found under "CTE" and then "Business and Industry Partnerships":
http://www.ksde.org/LinkClick.aspx?fileticket=4gyFwtJSdBo%3d&tabid=669&portalid=0&mid=1887

Professional Learning Experience Toolkit—This is found under "CTE" and then "Instructional Resources":
http://www.ksde.org/LinkClick.aspx?fileticket=cSiK5bjeoRM%3d&tabid=630&portalid=0&mid=1826

10. **MORE KSDE WEBLINKS TO USE FOR CPPSAs:**

Pathways User Guide -
http://www.ksde.org/LinkClick.aspx?fileticket=0imzQRGoEcg%3d&tabid=667&portalid=0&mid=1873
CPPSA Training Power Point –
http://www.ksde.org/LinkClick.aspx?fileticket=w-_vouXw7z4%3d&tabid=667&portalid=0&mid=1873
CPPSA Checklist -
http://www.ksde.org/LinkClick.aspx?fileticket=ffjsJ4amKD0%3d&tabid=667&portalid=0&mid=1873
Pathway Deletion Form –
http://www.ksde.org/LinkClick.aspx?fileticket=PxB61-DxMHM%3d&tabid=667&portalid=0&mid=1873

11. **BUILDING HEALTHY FAMILIES IN KANSAS TEACHING RESOURCE PILOT**

Here are links which will begin your work toward piloting the BHF teaching resource. Once you have reviewed the following, send me a direct email and I will include links to all 10 of the units.

Pre-Registration:
If you have not registered to pilot these materials, please do so at the following link. I am needing this information for reporting purposes and to share with our project partners. It will take 1-2 minutes of your time:
https://www.surveymonkey.com/s/BuildingHealthyFamiliesRegistration

Introduction – Read First: http://www.ksde.org/LinkClick.aspx?fileticket=c41U2hEOzKY%3d&tabid=465&portalid=0&mid=2199
Flyer:
If you wish to do some publicity work, here is a flyer that you can use:
http://www.ksde.org/LinkClick.aspx?fileticket=BZWKsA2HnVM%3d&tabid=465&portalid=0&mid=2199

Suggestions/Edits Survey:
If you have suggestions or edits, please use this link to submit them as I can run a survey report and compile all suggestions by unit. https://www.surveymonkey.com/s/BHFPilotSurvey

https://www.surveymonkey.com/s/BuildingHealthyFamiliesRegistration

12. **FAMILY AND COMMUNITY SERVICES PATHWAY RESOURCES:** *(From Michelle Levy, KU School of Social Welfare)*

    A partnership with the KU school of Social Welfare has resulted in the following. This information would easily support your Family Studies and Human Growth and Development courses as you include expectations and experiences in the area of social work and child welfare. The link is here: http://www.kwi.ku.edu/programs/educators-trainers.shtml.

13. **DEVELOPING LIFE LITERACY MIDDLE LEVEL TEACHING RESOURCE UPDATE**

    This resource has to have the same review as Building Healthy Communities. Preparation work is underway. Look for a list serv message with the link to this resource.

14. **UNITED ASSOCIATION CONFERENCE—March 6-7, 2014 Wichita, KS**

    MARK YOUR CALENDARS—The 2014 UAC event will be in Wichita on March 6 -7, 2014. This conference is based in Family and Consumer Sciences content and allows for networking across the middle, secondary and post-secondary levels as well as administrators and department chairs in FCS related agencies. It is the one conference of the year where FCS content IS center stage. Plan to attend now.

    To register for the conference, use this link:
    https://sendnow.acrobat.com/?i=Lfc2rJrobyqC7UMoVOjBcg

    QUESTIONS? See contact information in the registration link.

15. **BUILDING HEALTHY FAMILIES TRAINING—UAC Pre-CONFERENCE—March 5**

    On March 5th, a training on the Building Healthy Families Teaching Resource will be held. At this conference, activities and tips will be shared as well as strategies to implement tit into your FCS pathway courses. The training will run from 10:00 a.m. through 4:00 p.m. and is scheduled prior to UAC for those who plan to attend to save travel expenses. Watch for a registration link coming soon from KSDE.

16. **RESEARCH PROVES FCS TEACHING 21st CENTURY SKILLS:**

    Here is the link to the 21st Century article from an AAFCS blog: Look at the article and then look at the FCCLA survey data. The FCCLA Survey had 47,000 respondents:

    READ FIRST: http://www.naceweb.org/s10022013/job-outlook-skills-quality.aspx

    COMPARE IT TO THIS FCCLA SURVEY QUESTION: Which of the following career skills have you acquired **as a result of** your FCS classes?

    Teamwork/Being a team player 56.3%
    Communication skills 48.4%

Career Planning	47.5%
Time Management skills	37.0%
Organization/Prioritization Skills	36.1%

WHAT GREAT DATA! This is saying that over half of the respondents (students) linked they learned how to be a team player from their FCS classes. Another half (just under) stated FCS Ed is where they learned communication skills.

17. **INTERESTING ARTICLE ABOUT STEM AND MIDDLE LEVEL FCS**

http://www.reporterherald.com/news/ci_24389256/middle-school-family-and- consumer-sciences-teachers-teach

18. **FREE RESOURCES TO HELP YOU UNDERSTAND LANGUAGE ARTS LITERACY**

Videos have been developed and are available free to you. The Common Core State Standards (CCSS) videos are designed to support states, schools, and teachers in the implementation of selected English language arts standards. Each video clarifies the meaning of one specific standard and includes examples or illustrations to enhance understanding. These may be helpful as you review your present curriculum and meet local school crosswalk requirements.

Gayla Randel, CFCS
Education Program Consultant, Familiy and Consumer Sciences Education
Career, Standards and Assessment Services—Career and Technical Education
(785) 296-4912 grandel@ksde.org
MAIN: (785) 296-3201 | Landon State Office Building |900 SW Jackson St., Suite 653 | Topeka, KS 66612-1212 | www.ksde.org