SPRING IS ALMOST HERE!

Recently, Glenn Frey of the Eagles passed away and it really brought back some memories from my teen years. Not only were the Eagles my favorite band of that period, but their lyrics held meanings for me as I lived my teen years...so many questions and decisions.

- What will I do with my life? What field do I want to pursue?
- What do I want to accomplish? Where do I want to live my life?
- Who do I want to live that life with?

As you think about the students we reach through our Family and Consumer Sciences classrooms, those questions are still being asked...and THAT is what makes what you do so needed! Where else are life questions directly addressed?

In the past E-NEWSletters I’ve shared a bit about the Kansan’s Can initiatives and the new Every Student Success Act (ESSA) that is coming from the federal level, ALL have very strong connections to our work—need for lifespan financial literacy, social and emotional wellness, healthy relationship education, nutritional decisions leading to a healthier physical life, school staff with mental health training—ALL of these, FCS Education already has in place.

BUT here is YOUR challenge....does your administration, school board, community know this? Do they “see the stars, but do not see the light” of your Family and Consumer Sciences program? Now is THE TIME to share what you are doing so your work and FCS can be a part of your schools accreditation plan, Kansan’s Can initiatives and ESSA interpretation.

ADDITIONALLY, you will find in this issue the range of opportunities including summer trainings and updates on projects. Only one more E-NEWSletter of the year and that will be in April. Watch for Fall dates and trainings as well as end of year reports.

As we leave this E-NEWSletter, I wanted to invite you to check out music by The Eagles to use in your classroom. They have a number of songs that are reflective and offer insight to life events that tie with your content— “Dirty Laundry” (1982), “Get Over It” (1994) are two. In closing, here is a link to the song, from which the quote above was taken. http://www.bing.com/videos/search?q=eagles+already+gone&view=detail&mid=7ACE498F57785FDCF6C47ACE498F57785FDCF6C4&FORM=VRDGAR

Happy Spring! —Gayla Randel
PATHWAYS NOTES: WHAT YOU NEED TO KNOW AS YOU UPDATE YOUR ‘16-’17 CPPSA

It's that time again for submitting your CPPSA (pathway application) for new pathways as well as update those from last year.

DEADLINE: March 15, 2016

These are some items to note before submission:

Marketing course code—If your pathway includes 12152 Marketing, this will change to 12164 ‘17-’18, but for this year, both of the above codes will populate into your CPPSA. If you need to add a Marketing course, map to 12164 as that one will be the only option ‘17-’18

Expired courses—The following courses expire this year and will not be available for inclusion beginning ‘16-’17:

- 08067, 22218, 22220, and 45250

Check the design sheet for ‘16-’17 to see options made because of these changes.

Improvement plans—Ensure you have actual dates of goal achievement. This is to be a three year plan unless it is unchanged from last year. You can retain the same plan for three years, however the deadline needs to reflect it. This means ‘16-’17 is year one and ‘18-’19 is year three.

Advisory Committee /Meeting Dates—You will be asked to share two meeting dates for this past year. Best practice is one in the Spring and one in the Fall, then reported in the following years CPPSA. NEW pathways will need a minimum of one committee meeting with a minimum of three (3) advisory committee members.

2015-16 FCS RELATED EVENTS/DATES:

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>FCS/FCCLA Day with KSDE, Topeka</td>
<td>Mar 2 — (UAC) Pre-Conference Developing Life Literacy—Middle Level FCS Teaching Resource Training or Safe Dates Curriculum Training, Jana’s Campaign</td>
</tr>
<tr>
<td>United FCS Association Conference (UAC), Wichita</td>
<td>Mar 3-4</td>
</tr>
<tr>
<td>Deadline for KSU ATID High School Entries</td>
<td>Mar 28</td>
</tr>
<tr>
<td>KSU ATID Symposium</td>
<td>April 22-23</td>
</tr>
<tr>
<td>Human Services (6/1) and Hosp and Tourism (6/2) Update—Salina, KS</td>
<td>June 1-2</td>
</tr>
<tr>
<td>Annual Conference on Adolescent Risky Behaviors. (KC)</td>
<td>June 8-9</td>
</tr>
<tr>
<td>Kansas FCS Standards Update—Hutch Comm College</td>
<td>June 9-10</td>
</tr>
<tr>
<td>Delta Conference for Quality CTE Instruction—(Beloit, KS)</td>
<td>June 14-18</td>
</tr>
<tr>
<td>American Association of Family and Consumer Sciences (AAFCS) Conference—Bellevue, WA</td>
<td>June 22-25</td>
</tr>
<tr>
<td>Human Services (6/29) and Hosp and Tourism (6/2) Update—Topeka, KS</td>
<td>June 29-30</td>
</tr>
</tbody>
</table>

UNIVERSITY ASSOCIATION CONFERENCE (UAC) MARCH 3-4, 2016

March is a good time to learn new content, strategies and make connections with other Family and Consumer Sciences professionals as changes and updates are considered for 2016-17.

This conference has sessions ranging from building an advocacy plan and enhancing how to teach social, emotional traits in youth, to understanding FCCLA's connections to the classroom to using the AAFCS pre-PAC. There are sessions for the new professional as well as sessions just for you, the educator in today's schools. Many see this as a “can’t miss” conference because it’s all about FCS!

Attendance includes lunches both days and a free book from the keynote speaker called “Leaders Speak”.

WHERE: Sedgwick Country Extension Education Center, 7001 W, 21st St N, Wichita, KS (located at 21st and Ridge Road)

LODGING: (Reserve by 2/27/16 to get these rates)
- Hawthorne Suites—$106.36 (with tax), 316-729-5700; or Best Western Airport Inn—$79.29 (with tax), 316-942-5660

REGISTRATION: $150 for two day conference. For more information: http://kafcs.org/uac

UAC PRE-CONFERENCE WORKSHOPS:

MARCH 2, 2016

March 2nd there will be two (2) preconference offerings for UAC. You do not need to be attending the conference to attend them:

1) **Safe Dates Training**—Obtain a free $225 curriculum and access to mini-grants for peer projects. Register: http://kafcs.org/uac

2) **Developing Life Literacy, Middle Level Teaching Resource Training**—Review a CD of lessons you can use in the middle school FCS classroom as well as learn what is means to have a quality middle level program. Register: Middle Level Teaching Resource Workshop
Common FCS Questions:

The following questions have been very common since the holidays. I am listing them with answers below. Please use as a reference. Share as deemed beneficial:

1. **Do I have to hold the ServSafe Trainer credential myself to teach the 16052 Culinary Essentials course?** — No, you do not have to hold that credential to teach the courses, BUT if you wish for your students to earn the ServSafe Food Handlers card, you will need to have that credential OR find someone else who does have it to proctor the test for your class.

2. **How can I decrease the number of preps I have?** — All courses do not need to be offered every year. Rotating courses every other year can keep enrollment numbers higher as students learn they will only have two chances to enroll. It does take some communication with the scheduling person, and publicizing this to students is also necessary.

3. **How can I gain more time for a lab class?** — One possible way to “gain” lab time is to offer two courses one right after the other in a school day. This would create a “super block” of class time, and retaining the class transition time as additional class time. Courses are scheduled and enrolled together. This is a way to earn a full credit in one semester AND can also be beneficial for the internship courses too. It’s also a model for offering two different courses you might want to integrate such as 22210 Consumer and Personal Finance and 22255 Leadership Service in Action.

4. **I need to offer my concentrators an end of pathway assessment. How do I do that?** — Any student who will have completed 3 or more credits in a pathway, two of which are technical and application is to be offered the assessment. The recognized pathway assessment is the American Association of Family and Consumer Sciences (AAFCS) pre professional assessment and credential (pre-PAC) Contact Dr. Lori Myers (lmyers@aafcs.org) to set up assessment, receive training links and purchase the administration.

5. **Is 22210 Consumer and Personal Finance a Business or FCS class?** The course 22210 is a requirement of both Family, Community and Consumer Services and Finance pathways. The course was developed from the FCS program area and the competencies have a strong tie to the decision making across the lifespan which embraces personal and family finance. The competencies have been updated and need to be reviewed to ensure they are covered starting ‘16-’17 school year. It can be taught by FCS or Business Education, therefore depending upon how you define course placement, it could be FCS or Business or both.

---

Have students who “SAID YES?” Then have them declare their commitment here [http://goo.gl/forms/IYd5TQngbk](http://goo.gl/forms/IYd5TQngbk)

---

**NO CHILD LEFT BEHIND REPLACED BY ESSA:**

Every Student Succeeds Act (ESSA) includes several things that connect to Family and Consumer Sciences Education. I am working on an issue brief to capture them but these are the connections I see so far:

— Mental wellness training for staff
— Nutrition education
— Healthy relationships education
— Financial literacy education
— developing a "well-rounded student"

---

**KS FCS Program Handbook is Coming!**

- If you haven’t already, start a live binder account at www.livebinder.com as that will be the handbook platform.
- If you want to check out an example, go to [http://www.livebinders.com/play/](http://www.livebinders.com/play/).
MARCH IS NUTRITION MONTH!

March is the time of year for renewal and rebirth. What a great time to do something through your FCS program to promote good nutrition.

What about having students share a nutritional recipe with the local grocery store? Place copies by the fresh ingredients encouraging shoppers to make it for their families.

What about writing an article and putting it in your school and/or local paper about how FCS education promotes good nutrition and wellness? Maybe include photos of your students in action?

TEAM UP FOR SMART SNACKS RECIPE CHALLENGE UPDATE.

I have it on good authority the decisions concerning winners will be made by the end of March.

The submissions were put into a standard format and a nutritional analysis was confirmed. The products will be made and sampled by the Child Nutrition and Wellness staff to narrow it down from 48 to 24 top choices. These will be remade and sampled by a panel and then winners will be identified. A media blast will be included. Watch for an listserv announcement about it!

FREE Delta Training for Quality CTE Instruction

KSDE is offering a training this summer to CTE teachers who wish to improve their teaching methods and advance as a quality and effective teacher.

The event will be in Beloit, KS at the North Central Kansas Technical College June 14-18 and will include individual and group projects on a variety of teaching related topics.

Our goal is to create a cadre of teachers who can help mentor our next generation of teachers through serving as role models, in leadership roles and working with KSDE in the future on improvements to CTE.

IF you are interested, register ASAP as only the first 100 are able to be a part of the training!

The cost is $150, but you will receive a stipend of $150 at the end so you basically will break even.

All meals and lodging are covered!

In addition, college credit is being arranged for a nominal cost so...

APPLY TODAY!

(We need FCS teachers with 3-15 years experience to go for this!)

REGISTRATION DEADLINE: March 15th, 2016

http://www.smokyhill.org/vnews/display.v/ART/56b3be630730c?in_archive=1

FAMILY AND CONSUMER SCIENCES STANDARDS UPDATE —JUNE 9-10, 2016 HUTCHINSON COMMUNITY COLLEGE

What is a quality Family and Consumer Sciences program? What do we expect out of our quality programs?

This summer the Family and Consumer Sciences standards will be updated in Hutchinson during a two day work session. We will take all the work we’ve done the last two years and bring it together as we

• Review and update our state standards;
• Create crosswalk documents;
• Explore additional articulation agreements;
• Align to the state and federal initiatives;
• Identify assessments/credentials, and
• Add the final touches to our virtual handbook.

College credit is being offered for a nominal fee. Meals will be covered. Lodging and transportation are available through a Perkins reserve grant. This is being hosted by Hutchinson Community College who will include a tour of their FCS related early childhood program.

New Career Interest Resource?

Have you seen this? http://www.mynextmove.org/

(A little early childhood pathway humor!)
APPAREL AND TEXTILES REDESIGN PROJECT HAS BEGUN!

Kansas has started the process to redesign the Apparel, Textiles and Interior Design area through a series of conference calls and project work assignments and work this coming summer.

Business and industry will be involved as well. Watch for more on this project.

Here are some interesting readings on this field:


Training: ServSafe Food Management Certificate for Instructors:
Servsafe management trainings are being organized by KCCTE at Pittsburg State University. Register at [KCCTE Workshops].
Contact Tracey Eagon with questions 620-235-6006
March 16@Smokey Hill Ed Center, Salina  April 20@Butler County College, El Dorado

Family and Consumer Sciences Program Summer Trainings:

**Human Services Cluster**
June 1 and 29 (pick one)

**Hospitality and Tourism Cluster**
June 2 and 30 (pick one)

Two Family and Consumer Sciences pathway update trainings are being planned for this summer. Each training will include:

- A review of pathway framework
- Walk through of the course competencies
- Credentials and Assessments will be discussed
- Resource sharing and suggested teaching methods.

**Human Services:**—This training will review both the Family, Community and Consumer Services and Early Childhood Pathways.

**Hospitality and Tourism:**—This training will review both the Restaurant and Event Planning and Travel and Tourism Pathways.

**LOCATION AND COST:** Both cluster trainings are placed back to back for the school who wishes to stay for both. The June 1 & 2 event will be in Salina; The June 29 & 30 event will be in Topeka.

**Family and Consumer Sciences: Innovative Summit ‘16**
(Details in next E-newsletter!)

**TOPICS:**

**Day 1: FCS Education: The first “Makerspace”**
Problem based experiences involving hands on learning has always been a part of the FCS classroom. Learn what “maker space” is and how you can establish your classroom as one!

**Day 2: Kansan’s Can Connections to FCS**
This session will take an in depth look at the Kansan’s Can Initiative and how it is tied to FCS Education. Topics discussed will also include the accreditation model and how you can build support for FCS locally.

KSU ATID Events:

**Entry Deadline:**
March 28 (8:30 a.m.)
[http://www.he.k-state.edu/atid/events/symposium/showcase.html]

April 21, 2016:
**Showcase of Excellence**—Enter apparel and textile projects to be reviewed and judged for award and scholarship through the KSU dept of Apparel, Textiles and Interior Design

April 22, 2016:
**ATID Symposium** displays and fashion show of Undergraduate/Graduate projects.
WICHITA CULINARY TEAM HEADED TO WASHINGTON DC TO COMPETE!

Teams of culinary arts students whipped up original dishes for the Cooking Up Change contest and the winning team, Wichita South High, will represent Kansas! This contest challenged teams to meet budget restrictions, is low in calories, fat, sugar and sodium and is something students would eat through a school lunch program. Their meal included BBQ chicken wheel, roasted spiced potatoes, green beans and peach crunch. CONGRATULATIONS to Wichita South!!

NEWS FROM THE KS FCS CLASSROOM!

NUTRITION & WELLNESS COUNTS AS HEALTH REQUIREMENT

(This back page is designated for sharing exciting things happening around the State. Send a 3-5 sentence explanation blurb, photo and/or video link to share with other FCS teachers. Be sure permission is provided to share it.)

Recently I asked a list serv question for schools who use 08057-Nutrition and Wellness as their health requirement and a number of schools do. Jefferson West High School is one of those schools and will be the highlight program in this issue.

Leslie Abbott, FCS teacher shared Nutrition and Wellness and Health are easily aligned as the standards are very similar and overlap. For instance, her students use the fatal vision goggles for their unit on drug/alcohol prevention and students lead a pledge drive to avoid distracted driving. They organized a Day of the Dead to simulate alcohol related accidents and applied nutrition knowledge by evaluating a food diary. Students interviewed relatives to learn family medical history and then identified how to prevent the projected diseases through diet and exercise. Food sampling is part of the class too.

Here are a few student quotes:

“Learning about the alcohol lesson made me see how a bad decision can effect your life forever” Blake T.

“I liked the lesson we did on social media responsibility because now when I use my phone, computer or any digital device, I think twice” Tyla B.

HOW TO START IF YOU WANT TO OFFER NUTRITION & WELLNESS for HEALTH CREDIT?

This is a local BOE decision. Students would earn both .5 CTE credit and health credit as well. Review the health standards and the 08057 competencies and you will see the alignment. Here is a link: http://www.kshealthykids.org/HKS_Docs/Standards/Health_Standards.pdf

NOTE 08057 licensure is limited to FCS teachers due to food prep and content application competencies.