



Get the FACS

New York State Association of Family and Consumer Sciences Education
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Ahhh... Spring is here bringing good weather, sunshine and chirping birds. We will need this to keep our spirits up amid budget cuts and department cutbacks. How do we weather these hard times? First, we must look to the parents of our students. Reach out to them to write letters in support of your program. Second get the kids involved. Perhaps your students could make a short presentation to the Board of Education. Third, ask questions. Where will the students go after their core subjects are covered? What will the school do to keep education meaningful and to keep students engaged and thriving?

Change is hard, but we must practice what we preach by being resourceful, dynamic and by finding a positive note to focus on. We can whine, complain and vent amongst ourselves, but we must not forget to be professional. Try not to burn any bridges and remember when one door closes another window opens and life goes on.

For those that seem to weathering the financial crisis better than others —remember to support your colleagues by sharing information about job openings. Work hard to make your program and classes meaningful. Brag a lot, about what your classes are doing by publicizing your valuable lessons by using display cases, newsletters, and articles in the newspapers to show what the kids are learning.

Finally take care of yourself by eating right; sleeping enough and getting a power walk in as often as possible. We can not see the light at the end of the tunnel if we don't feel well enough to look for it.

I am wishing all of you the best of luck!
Kelly Lang

Ask a Pro

This month's column is a little different. Recently, at a gathering of FACS teachers, the topic of talking to parents came up. Every teacher there agreed that it was one of the most difficult/trying things to do, especially as a new teacher. So, rather than answering a letter, I'm going to share some of their collective wisdom.

All the experienced teachers agreed that having a rapport with parents can help throughout the year, especially if problems develop. They suggested contacting

parents early in the year with something positive. Some teachers e-mail parents (from their school address only) telling a little about their course and inviting parents to contact them if they had any questions.

A few teachers said they had good luck mentioning that they were trying to keep expenses for the school down and if anyone had vegetables from a garden or apples from an orchard that were extra, they'd be glad to use them. When parents donated items, they then established a favorable connection with the class.

Some others said they always like to try to call the parents early if a student did something positive like being elected a FCCLA officer, coming up with a good idea for a class project, or getting the best grade on something (particularly if it wasn't a typical straight A student.) Too often when schools call it's about a problem. What parent doesn't like hearing something good about their kids?

After the first time I had an angry parent call when the kid went home after a foods demonstration and proceeded to tell his Mom she was cooking all wrong because she didn't use a sifter and level off with a spatula, I learned to make better use of Open House. I made a point of telling parents that while I would should their children one correct technique; I did explain to them that there are other techniques as well. I also suggested they could use their child's interest and let them do some of the cooking.

By time kids get to Middle School, they usually stop going home and telling their parents all about school that day. If you're a parent of kids that age, you know the feeling of being cut off from part of your children's lives. By fostering student's communication with their parents, you're also creating positive communication from your class to the parents. Some ways to do this are by creating opportunities to involve parents such as: interviewing them, showing them the diet analysis done on the computer or the new Food Pyramid, letting kids cook or do laundry at home for extra credit. When I let kids try earth friendly cleaning products at home (like cleaning a sink with baking soda or washing a window with vinegar) I'd actually get thank you notes from parents! Be sure to build flexibility into any of these activities to accommodate students living in a variety of home situations.

Establishing early and positive communications with parents will definitely set a good tone for the rest of the year.

As always, send your questions and frustrations or any topics you'd like to see covered in this column to: phillip3@twcny.rr.com

President- elect comments:

Last week I had the pleasure of bringing NYSAFCSE greetings to the members, advisers and guests who were attending the 2010 NYS FCCLA State Meeting in Owego, NY. The theme of their meeting was Turn Back the Clock...Look Towards the Future...With FCCLA. It was a perfect theme for me to speak to as I brought greetings. I'll share the gist of the message that I shared with them in somewhat of a story...

Let me "turn back the clock." Once upon a time there was a 6th grade girl who was too afraid to go away to Girl Scout camp for the week; she refused to go. Fast forward her life three years and in 9th grade she joined what was then known as FHA (now FCCLA) and became involved in her local chapter and went away for three days to Grossinger's in the Catskills for the state meeting. During 10th grade she was chapter president, during 11th grade she was district president, and in 12th grade she served as NY State President for FHA. That girl is the one who wore this FHA sweater that she bought for \$5 (what a good consumer!) when she went to Washington, DC for her first FHA National Meeting. (It still fits! Amazing!) She grew so much as a leader and had so many wonderful experiences; this involvement helped her to get into Cornell University where she studied to be a home economics teacher. After she graduated from college and started teaching, she also became an FHA chapter adviser. A few years later she became a state officer trainer for a group of officers.

Now, that 1980 NYS FHA state president stands before you thirty years later as the incoming state president for NYSAFCSE. That same girl is me. FHA, now FCCLA, brought me so many opportunities. Many of you are just like I was when I was younger...shy to get involved. But here you are at a state meeting. I challenge you to "look toward the future" with FCCLA this next year and do what your national FCCLA president, Christopher Brockhoff, has stated: 'we all must risk leaving our comfort zones and explore the unknown. Only then can we grow, and only then can members of the Family, Career, and Community Leaders of America benefit the greatest from the most dynamic student-led organization in the country!' I look forward to coming to your state meeting next year in Syracuse, NY when I hope that many of you will introduce yourselves to me and tell me about all the ways you left your comfort zones and grew yourselves through FCCLA.

So, now I challenge each of you, my fellow Family and Consumer Science colleagues and NYSAFCSE members. Take a risk this next year, leave your comfort zone, explore the unknown. Write an article next week about your program and get it on your school's website or your local paper. Come to the FCCLA Summer Leadership Training in July for a couple of days of expected FACS professional development training. Start a FCCLA chapter next year – start small like I hope to do myself at the school I teach at...I'll keep you posted about what steps I take myself. Plan to attend the FACS Best Practices for middle

school and high school teachers next October. I look forward to hearing from each of you about the ways that you are growing through NYSAFCSE!! Keep me posted!!

Barb Mikler-Crandon, President-Elect
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If you are working on next year's budget for your department here is something you will not want to miss. **Fall Best Practices Conference October 22-23, 2010 Holiday Inn Kingston 12401.** This conference will provide all FACS teachers with Best Practices from all areas for both Middle and High school courses. The tentative costs will be \$175 conference fee for members and the room is \$109 each night. Information on how to register will come later. There will be only 130 participants. **Do you want to be one of the presenters? Send your best practices to Debbie Hall at dfacs01@yahoo.com** Twenty PB's are needed in each area. We know you have some great lessons...take the time to present it to your peers during the October meeting!

NYSAFCSE Board needs new members! If you are interested in serving on the NYSAFCSE board please contact Kelly Lang or Barb Mikler-Crandon. There are a few slots open: **FCCLA Liaison, Teacher Recruitment,** and other members are interested in training new recruits: **Awards, E-News** and possibly others. Add new dimension to your career. Be an active member by serving on the board.

Join us for these premier educator-designed trainings you will not want to miss!
Limited spaces are available. Register today...

Credit in Today's Society 1-day credit content update with nationally recognized keynote speakers and classroom integration sessions. Registration extended to April 9! Only a few spots left!

Join us as we continue towards "Empowering Future Generations" by experiencing the 2010 FEFE National Educator Training June 14-17 at the world-class Westin La Paloma in Tucson, Arizona. The inclusive \$550 registration package includes lodging and meals as well as a Best Practices binder, Take Charge of Your Finances semester course, and Get Ready to Take Charge binder (total registration value \$1,500).

Learn more about additional training opportunities designed and delivered by the FEFE National Educator Team.

New Credit Card Regulations

Discover educator resources to teach about the new credit card regulations in your classroom in the March FEFE Newsletter.

Check out a video presentation, Making Sense of the New Credit Card Regulations, by Jeanne Hogarth from the Federal Reserve Board to learn about how the new regulations will impact you and your students!

Go to the FEFE Web site at www.fefe.arizona.edu, and click on "FEFE News Link" for more information. Contact us at FEFE@cals.arizona.edu or 520.626.4209 if you have any questions.

We are **THRILLED** to share the "new arrivals" from Realityworks.

Three new infant manikins have joined the RealCare lineup! And, if you use the Shaken Baby Syndrome Simulator, Drug-Affected Demonstrator, and Fetal Alcohol Syndrome Manikin – the infants that make up our Infant Health Trio – you now have a great new storage option!

First, we are pleased to announce the addition of the Health Science Simulations Trio. The trio includes:

Infant Choking Manikin - gives students hands-on practice in the correct techniques for removing an object lodged in a small child's throat.

Resusci Baby CPR Manikin - realistic body and lungs help students learn proper CPR position, how to tilt the head and lift the chin to open the airway, and feel for the brachial pulse.

Special Needs Infant - teaches special nursing care procedures, including tracheostomy care, gastrostomy care, nasogastric care, urethra catheterization, and colostomy stoma.

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If you take the time to watch this, you will not only be glad you did, but you will forward this to all your daughters, sisters, moms, etc...

I haven't tried it yet, but I will! Just when you thought you knew everything about boiling potatoes.....

To all who love making scalloped potatoes from scratch and potato salad but hate peeling the boiled potatoes, here is the solution for easy peeling. This will BLOW your mind. Well, we do learn something new every day.

I wish I had known about this thirty years ago.. Peeling the cooked potato was the least desirable part in making a potato salad. Enjoy.

YouTube - Dawn Wells Potato Peeling Video

No need for a peeler

Click here:

www.youtube.com/watch?v=z4W0qIPJmoo

Due to the current budget crisis in NYS it appears many schools are looking at reducing their teaching staff. In some cases, this means reducing programs such as FACS. If your district is suggesting your FACS department to be reduced, please contact dodi.cechnicki@gmail.com. We will keep a running list of schools where cuts have been proposed to help us keep abreast of this issue.

Family and Consumer Sciences helps students navigate a constantly changing society

By Liza Frenette - New York Teacher - March 26, 2010



Family and Consumer Sciences teacher Valerie Dechene teaches her Tamarac Middle School students how to make better food choices. Photo by Steve Jacobs.

To view the entire article go to link below:

http://www.nysut.org/cps/rde/xchg/nysut/hs.xsl/newyorkteacher_14706.htm

Please be sure to open and read the Ultimate Enews' Special Edition published today also. This issue highlights many award winning individuals who have done outstanding things in Family and Consumer Sciences or FHA/FCCLA throughout the years. Congratulations to many of our members, past and present who have been recognized.

Happy Spring Everyone!



E-news is brought to all NYS AFCSE members. If you have any questions please contact Editor: Dodi.cechnicki@gmail.com
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