

Utah FCCLA March 2015 Newsletter



Color Your World with FCCLA! Think Outside the Box!



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Chapter Highlight



Find out about our state service project on the next page!



ATTENTION ALL MEMBERS!

If you would like your chapter to be recognized for all of the wonderful things you're doing in your families, careers, and communities, please send a brief article and picture to the newsletter at utfcclanews@gmail.com!

To promote healthy lifestyles for the Student Body national program, American Fork Jr. High FCCLA hosted a volleyball tournament for all the students at their school.

Students signed up in teams of eight to ten, and during the week of Jan. 26-30, they competed for the ultimate prize: a free lunch from Jimmy John's and the glory of winning the tournament!

This year they had 16 teams compete in the tournament and had about 200 other students watch the tournament. The gyms were packed and students had so much fun cheering for their favorite teams!

Ultimately, the SWAT team, a team of eight 9th-grade girls, won the tournament. They had a blast and were able to involve the whole school and promote FCCLA!



Chapter Highlight



Monument Valley FCCLA members pose with state officer Maddie Barr.

“Be Fit, Eat Right and Make Healthy Choices.” This is the theme for Monument Valley High School’s chapter this year.

Each year, Monument Valley FCCLA chooses one of the six national programs and centers their activities around it. This year, MVHS chose Student Body. Student Body helps youth to make responsible decisions about their health and give them opportunities to teach others and develop healthy lifestyles.

During Red Ribbon week, students took part in an hour of fun exercise given by a Zumba instructor. Despite the cold wind, the whole school also participated in a two-mile walk from the local grocery store back to the school. FCCLA students have encouraged their peers to be responsible for their health.

To encourage eating right and making healthy choices, FCCLA invited the Navajo Diabetes program to come and do a presentation on water-infused drinks. Students were able to

sample water infused with fresh fruits, and handouts were available that contained the nutrition facts and other health information.

FCCLA also made spinach smoothies for students to sample during lunch. This definitely was a “different” drink, but it was loaded with nutrients. To encourage the public to eat healthy, FCCLA students passed out fresh fruit at a basketball game. This was great treat for many basketball fans.

FCCLA’s next challenge is coming up soon. Ten students are preparing to compete at Region. They have been busy trying to meet the deadlines to complete their projects. MVHS is very fortunate to have active FACS and FCCLA programs.

Chapter Highlight



Milford High FCCLA competed at the Region 5 conference in Cedar City at SUU.

They had members complete projects in Interpersonal Communications, Life Event Planning, Stop the Violence, Illustrated Talk, National Programs in Action, Recycle & Redesign, and Chapter Service Display. They have learned a lot, worked hard, had fun, and are now looking forward to State!

Get Ready for State!



For our state service project this year, we have decided to do a dual project. The idea is to do a jacket/coat drive for people in need. Please bring all gently used coats and jackets to State, where we will have a drop-off location.

The second part will be done at State. We will be tying quilts and fleece blankets for the children at Primary Children’s Hospital and Children’s Justice Centers.

We can’t wait to see you all at State! Bring your donations and prepare to make a difference!

FCCLA Week Festivities

The Westlake High School chapter of FCCLA held activities each day for FCCLA week.

To kick off the week, they handed out smarties to the student body with a message letting them know that more than half of teen deaths caused by car accidents were from not buckling up, so they are smart if they buckle up and don't text and drive.

For "Taffy Tuesday," they gave red-and-white taffy to their members with a message on it about FCCLA.

On Wednesday, if members wore their chapter shirts they could come in during lunch and eat a waffle for "Waffle Wednesday."

On "Thirsty Thursday," members received red drinks throughout the day with messages about how amazing FCCLA is.

On Friday, members came in to get a Frosty Fruit slushy. They also asked the Westlake student body to wear red on Friday, and their chapter officers visited the classrooms and handed out candy to the students who wore red.

They also hid the FCCLA logo throughout the school each day and gave out free cinnamon roll coupons to people who found it.



Jordan High FCCLA really tried to publicize FCCLA and involve members as well as other students in their FCCLA Week activities.

Monday was their Media Blitz, and they set up a photo booth and took pictures of students publicizing FCCLA. They then posted the pictures on their social media pages.

On Tuesday, they teamed up with the Prostart team to sell cinnamon rolls as a fundraiser.

Wednesday was "Spread the Red," and they gave away red smoothies. They had a great turn-out, and were able to "Spread the Red" and reach out to a lot of students.

They used the Ultimate Throwback Thursday to celebrate the 70 years of FCCLA. They included students in a trivia game about FCCLA facts and other historical facts.

They had a lunch for their members on Friday. They had a super fun picnic where they just hung out as a chapter and connected after a fun week.

The Maple Mountain and Payson FCCLA chapters had a fun 70th Anniversary FCCLA Week party on Feb. 12th after school. The chapters first met and networked at the Salt Lake City National Cluster Meeting and wanted to have another get-together. The party was a Life Event Planning project that one of the Payson members actually followed through with after planning. It was a great example of leadership at work!

Attention All Utah FCCLA Seniors!



By Tanner Richardson,
Utah FCCLA
VP of Alumni
and
Associates

Utah FCCLA's Alumni and Associates program allows anyone outside of high school to stay involved in FCCLA, and it has been growing during these past few years. We have many alumni members that have participated in our Fall Leadership Conferences, Region Conferences, and State Conferences. The 2013-14 Utah FCCLA state officers have been amazing at helping our state with giving workshops or helping at the registration tables.

Utah currently has two collegiate chapters for students to choose from: Brigham Young University in Provo and Utah State University in Logan. The USU chapter is super active. Many of our past state officers are members of this chapter and love it. They compete with our state in STAR Events and have a chance to go to Nationals. But being an alumnus doesn't mean you have to compete and be a member of a chapter. Being a member of Alumni and Associates means you can come to any meeting the state holds and help them out by presenting workshops or doing any kind of duty they need. It is great to see past members of FCCLA still coming to the meetings and conferences, so we encourage you to join Utah FCCLA Alumni and Associates!



"It is a great way to still be involved in FCCLA. We are still making a difference in our community by using the skills we have learned through FCCLA. Food, friends, and fun are the rules we live by when we have a meeting."

-Dylan Skiby, former Utah FCCLA state officer

A Message From Nationals



Cooperative Extension educators recently held a financial awareness campaign called America Saves Week on Feb. 23-25. Because FCCLA is a strong supporter of students having good financing skills, we encourage you to participate. Although the week is over, there are still ways for you to get involved.

1. Post your picture with #imsavingfor to win \$500 in cash. To learn more, go to the description: <http://americasavesweek.org/for-individuals/imsavingfor-contest>

2. "Save \$250 in Five Weeks! The America Saves Five-Week Money Challenge" allows you to practice 10 daily money habits each day and record your results online to earn points and win prizes by participating in the 2015 online challenge, which begins February 22. It is a free five-week program that runs until Saturday, March 28, 2014. To enroll, visit the Rutgers Cooperative Extension Small Steps website: <http://rutgers.ancc.net>

Utah's Impressive Region Conferences

Region 1

The Region 1 Conference was a great success, and we would like to congratulate all of those that competed and are going to State! There were a few workshops that people from across the state conducted and we would like to give a big thank you to them! We had Mission Mayhem leadership games, held a Share Our Strength service project, and helped candidates get ready to run for state office! Great job, Region 1!

Region 2

Region 2 Conference was a BLAST!!! Members participated in a service project for Primary Children's Hospital and made get-well and Valentine's Day cards. Members also learned the importance of community service involvement and public speaking basics in the workshops taught by Kayla Orton and Caitlin Stock. The 2015 Region 2 Conference was so much fun—can't wait to see you next year!

Region 3

We had a total blast at the Region 3 Conference! It was so great to get to meet with all of you, and we were BLOWN AWAY by all of your STAR Events! Our service project was a complete success! We collected over 350 pairs of socks for the women's shelter in Salt Lake City, and the shelter was very grateful for our service. Thanks for participating! Way to go, Region 3!

Region 4

Region 4 Conference was amazing! We had a project making salt water taffy wreaths to give to families and/or advisers, and we made at least 20 wreaths. Way to go! A really big thanks to advisers who spent countless hours helping members do the best on their projects. We can't wait to see you at State and don't forget to keep working on your projects!

Region 5

Region 5 Conference went really well. We had a great turnout and almost everyone qualified for State! Projects looked great and had high remarks. We are excited for State, and we can't wait to see how well Region 5 does! Thanks to all of you who helped judge and be room consultants. We couldn't have been so successful without you.

Chapter Highlight



Westlake High FCCLA has had a successful first semester. Members participated in several service projects throughout the fall and winter season. They started the year off with a No Texting and Driving Week, and their chapter officers organized activities to bring awareness to the student body of the dangers of texting and driving.

The chapter supported national Food Day along with their FFA chapter in October. Members of each organization gathered local produce and turkeys, and the ProStart class prepared the feast and served it to over 100 people. Students were able to work together to promote the use of local products and eating healthy.

Also in October, Westlake FCCLA and the ProStart class held their 6th annual Great American Bake Sale, where they sold

baked items after school to students and parents. This service learning project raised \$500 for Share Our Strength.

In December, they sponsored the 5th annual Christmas Jars service project for the students of Westlake High School. The student body helped them reach their goal of \$5,000 by raising over \$6,400.

The chapter has started off the second semester busily preparing for their region competition. In February they will be celebrating FCCLA week with activities planned for each day. Both of their culinary teams placed at the region competition: 2nd and 3rd place! They celebrated with this great state-themed cake!

