

January 2018

# Nebraska FCCLA Red Leader

## Just Breathe....

By: Brianna Gable, Secretary

Breathe. To pause. To make space. To collect your thoughts and face the coming days with comfort and confidence.

January brings the most stressful days of the FCCLA year for more reasons than one. From the Western panhandle to the Kansas corner, Nebraska members are preparing for some of their first and final STAR Event competitions. Advisers are prepping STAR Event judges, submitting award applications, and writing up State Leadership attendance lists. Your State Officer Team is preparing to bring you a conference that strengthens your roots through community service and grows your potential through career focused initiatives.

We can all agree we sometimes forget to breathe, so what can we do about that? To ensure we get the privilege of seeing your smiling face and hearing your well-rehearsed presentations, let us equip you with all the essentials to have a cool and collected month.

Ten ways to take a breath:

1. Eat or drink your favorite dessert
2. Yoga or meditation in dim light
3. Buy some flowers
4. Go for a ride, drive, or run
5. Engage in an act of kindness
6. Make a to-do list
7. Relax somewhere other than the place you are working
8. Let go of a worry or grudge
9. Prepare for the day the night before
10. Email a State Officer with questions

We hope this helps you be the best version of yourself when it comes time to present and plan for the coming months. Always remember there is more meaning to being an FCCLA member, adviser, and alumni than one competition or an award. The work you do now is preparing yourself or your students for a future that will only unfold if you remember to take a breath.

**Congratulations to all of the FCCLA members who competed in District-level STAR Event competition this month! #takehomethegold #Lincolnbound #weareproudfyou!**



## Chapter Spotlight: Medicine Valley

By: Medicine Valley FCCLA Chapter

*FCCLA Members Explore Leadership and Service*

Helping others was the theme of the weekend for the MV FCCLA members who took part in the second FCCLA Service Trip in Denver, CO on November 16-18. Friday the group toured began by touring the Molly Brown Museum as well as the Denver Botanic Gardens. After the tour they were able to help rake leaves and clean seeds from plants as well as learn more about how the facilities work. Saturday the students helped set up and work at the Joy's Kitchen Food Bank. The food bank is set up once every couple weeks at Westwood's Community Church and works totally on donations from local businesses. The focus of the organization is on healthy eating; making sure recipients are receiving foods from all food groups and maintaining a balanced diet. Working at the kitchen was a very eye opening experience for the students.



Medicine Valley FCCLA toured the Denver Botanical Gardens during their leadership and service trip in November



## Chapter Spotlight: Ralston

By: Ralston FCCLA Chapter

Ralston High School FCCLA Chapter ran a Toys-for-Tots Toy Drive in December. It was a HUGE success with a total of **358 TOYS** and **TOY SETS** donated! With everyone's generosity we were able to make many children's holidays even more special! Ralston FCCLA's President Michaela Lentsch singlehandedly organized and publicized the event. She was able to secure donations not only from our Ralston Ram family but from the Ralston community at large. Nice work Michaela!

Ralston FCCLA Chapter President, Michaela Lentsch is pictured with the 358 toys collected during their Toys-for-Tots Toy Drive in December!



## National Program **Highlight**: Student Body



By: *Brandon Caha, Vice-President of Programs*

“The FCCLA Student Body national peer education program helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills.” - National FCCLA

Student Body has four main areas that members should focus on when completing a project for this National Program. The Healthy you which empowers teens to make wise food and lifestyle choices. The fit you which empowers teens to take control of their fitness. The real you which empowers teens to maintain positive mental health. The resilient you which empowers teens live in ways to build emotional health. These four areas are vital for teens that want to become healthier and stronger individuals.

If your chapter did a project for Student Body do not worry, there are definitely opportunities to earn recognition and even money! You can submit an application and receive recognition for it at State Leadership Conference. The application is due on March 1st. National Program Applications have a chance to win up to \$1,000 for your chapter. If you need help with ideas for projects or just want more information on Student Body please visit contact [vpofprograms@nebraskafccla.org](mailto:vpofprograms@nebraskafccla.org) or [www.fcclainc.org](http://www.fcclainc.org)

## Chapter Spotlight: Elkhorn South

By: *Elkhorn South FCCLA Chapter*

Cookies for COPE: With the hustle and bustle of the Christmas season, some people forget to stop, take a breath, and most of all give back to their community. Elkhorn South FCCLA wanted to do just that. In December, we baked, iced, and decorated homemade Christmas cookies for the organization COPE, an outreach program dedicated to helping the Elkhorn area. Cookies for COPE has become a yearly event. However, this year was special as we were asked to provide cookies for their annual Christmas party. Taking three days after school, the organization gathered together spending a full day for each step. Having a bountiful turnout each day, they baked, iced, and decorated over 150 cookies to donate. This has been an ongoing tradition for our chapter and we plan to continue with this special, festive activity in the future.



Elkhorn South FCCLA members created 150 cookies to donate to their local COPE organization which benefits families in the Elkhorn community.



*Email your Chapter Spotlights with a picture and up to 100 words to [nebraskafcccla@gmail.com](mailto:nebraskafcccla@gmail.com). All entries submitted in a month will be featured in the following month's Red Leader.*

## **Apply for the Public Relations Award!**

*By: Kelsey Thomas, Vice-President of Public Relations*



Social media has taken the world by storm and has become a key aspect of the average American's life. It is the source for news, entertainment, music, and pretty much anything you can think of!

In FCCLA, social media helps us get in touch with all of our members and to see what is going on in the world of FCCLA. It also lets us announce news and remind our members of exciting events that are coming up!

We have an award for Public Relations for Nebraska FCCLA. This award is open to any FCCLA Chapter in Nebraska and can be received as many times as the standards are met. The application deadline is March 1st and the content of the application must have taken place between July 1st and February 28th. Documentation of each item must be provided. It would be a great opportunity for your chapter! Add the hashtag: #NEFCCLA to your social media posts for all of the Nebraska FCCLA members to see!

**FCCLA Week is in February!**

### **About Us...**

Nebraska Family, Career and Community Leaders of America (FCCLA) is a dynamic student organization which holds the family as its central focus. We promote leadership and service in the family, career, school, and community and help members improve themselves and the world in which they live.

FCCLA is a national Career and Technical Student Organization that provides personal growth, leadership development, and career preparation opportunities for students in Family and Consumer Sciences education.

### **Nebraska Family, Career, and Community Leaders of America**

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**FCCLA**  
**WEEK**



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### **Black, White, & Red All Over**

Wear your FCCLA Red and make it a school competition to see who can wear the most red! Share the pictures with #spreadtheredne

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### **Careers in Actions**

Dress up as your dream job, host a career fair, or even invite local business leaders into your school to speak. The #FACSCAREER possibilities are endless!

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### **!nspi"RED" by FCCLA**

Share your #FCCLABFF LOVE with candygrams or thank you valentines for your members! Share how the members have been inspired by your chapter.

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### **Say Thanks**

Celebrate #FCCLAthankful Thursday by telling your teachers, classmates, or others that make your school or FCCLA chapter awesome that you're thankful for them!

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### **Make an Impact**

Give back and make an impact by either donating back to your community or to the FCCLA Impact Fund. Show how #FCCLAcare in your community!

