

FACS Connection



Special points of interest:

- "Studies" vs. "Sciences" discussion
- Professional Technical Education
- Lesson Plan requests
- Employment search
- Software Favorites
- FCCLA Spring Conference News
- Trimester experiences
- Curriculum up-dates

Inside this issue:

PTE Certification	2
Weighing In On Our Name	2
FCCLA the Ultimate Leadership	3
What's In A Name?	3
Advice Desk	4
From Around the State	4
Thoughts on Trimester Schedules	5
Sharing Software Favorites	6
Parenthood Education Curriculum is Being Revised	7
Message from the Editor	8



Presidential Message

As Spring approaches, I hope you are having an exciting and productive school year.

The board is having a productive year of its own, and we would like to thank all of you who provided feedback as to the dates for our annual conference. We took all of your comments into consideration and it was decided that this year we will continue to have our conference in August and transition to a Fall conference in 2008. The board also will consider alternating conferences between a summer and fall schedule.

Our conference theme this year is Oregon's Kaleidoscope: Cultures and Opportunities, in keeping with the AAFCS's Annual Conference and Expo theme -

America's Cultural Kaleidoscope: Challenges and Opportunities - in Reno, Nevada this June.

Our OR conference will be held in Eugene at Kennedy Middle School on August 7th and 8th, and will once again be held jointly with ORAFCS. We are looking forward to another great conference and hope that you will take this opportunity to reconnect with colleagues. We also will be voting on By-Law changes, which you will receive prior to the conference and hopefully we will have our new logo for you to see, as well.

As we approach our final planning for the conference please forward any

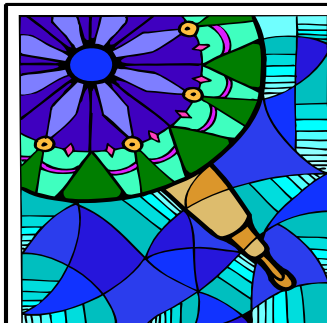


Wendy Yess, TFACS President

potential speaker names to the board so we may consider them for sessions or as a keynote speaker.

A special thanks goes to the board members for your contributions and hard work, and to Mary for putting together our newsletter and providing us the opportunity to network and be informed.

I hope you all had a restful Spring Break.



Oregon's Kaleidoscope: Cultures and Opportunities

TFACS and ORFCS Annual Meeting

When: August 7th and 8th
Where: Kennedy Middle School
Eugene, Oregon



PTE Certification by Kelly Jett

Professional Technical Education (PTE), these three words have become very important to Family and Consumer Studies Teachers over the past few years. Nationally PTE is known as Career and Technical Education - "Oregon Professional Technical Education prepares and supports students in the use of demanding career-related technical and academic knowledge and skills needed for success in high school, college and in the highly skilled careers."

A PTE certified teacher with an approved program is able to access Perkins funds, as allocated by the home school district. According to the Perkins Vocational and Applied Technology Education Act as well as the School-to-Work (STW) Opportunities Act, the funds are intended to give students "strong experience in and understanding of all aspects of the industry students are preparing to enter". School districts have been pushing for teachers to become PTE certified, something that many new teachers to the profession are unaware of and need to be educated about.

Currently there are 253 schools throughout Oregon that have approved programs and courses. The programs are broken down into 19 districts according to counties. Each

district has a Regional Coordinator and Community College contact. In Washington County, where the school I work at is located, we are in District 2A and are a part of PAVTEC.

PAVTEC is a "tech prep" Consortium that is made up of K-12 school districts that are in the Portland Community College (PCC) district boundaries. PAVTEC manages the dual credit opportunities (articulation) between the high schools and the PCC courses. In addition to assisting students be successful in the pursuit of a chosen career, articulated courses allow students to have greater opportunities for achievement and save time and money. PAVTEC coordinates a variety of connection events for the PTE teachers and programs. These connection events are usually in the form of Connection Team Meetings. This is where PTE teachers in specific endorsement areas gather together biannually to discuss PCC curriculum, share promising practices, program information, course content, and keep up to date on skill sets, and new Oregon Department of Education requirements. These meetings are incredibly informa-

tive and are a great way to network, especially for new teachers. I have been involved with PAVTEC for the past five years, and when I went through the Instructor Approval and Quality Assurance Process the teachers involved in the Connections Meetings were significant in my success by their sharing of experiences and tips.

Becoming involved in the PTE process required much time and effort on my part; however, all of the labor was worthwhile and beneficial in regards to the associations made. In a time when programs are being cut, having a network of area specific professionals to consult with is important. In addition getting involved in the tech prep pathway also shows relevance for the programs we have in our schools to those who do not understand what we teach.



Our Official Name?

Weighing In On Our Name by Susan Lee

I believe uniformity is important, especially from an organization that still, to me, feels like it needs to get a solid footing and recognition nationally. Since I had not known our stance on the name, I had asked Chris Ward at OSU this question. She said she believed nationally and at the University level "Sciences" was used, and at the High and Middle school level most

used "Studies". For that reason at South Albany High we had chosen to use "Studies".

I am speaking only for myself, as I have not recently talked this over with the other teacher in my department. But, I would certainly like the name "Family & Consumer Sciences" to be adopted as our official name. Our

catalog, website etc. get frequently updated, so a switch, prompted by our state organization, would not be a problem.

FCCLA The Ultimate Leadership Experience

FCCLA the Ultimate Leadership Experience....On March 15, over 125 students, advisors and guests gathered at the Lloyd Center Doubletree Hotel to participate in Oregon FCCLA's 16th Annual State Leadership Conference. Students participated in 12 different STAR Event competitions, which showcased the skills, projects and community service activities in which they have been involved since the beginning of the school year.

Thirty students earned top scores in their events, making them National Qualifiers, and earned the right to represent Oregon at the National Leadership Meeting in Anaheim this summer. Students also attended a variety of workshops facilitated by Rhett Laubach and Delisha Pittman to increase their

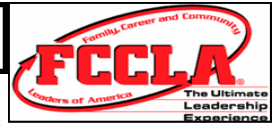
leadership and communication skills, plus got tips on filling out those college applications. The event culminated with an awards banquet where students received recognition for their success and was followed by ice skating at the Lloyd Center Ice Rink.

Oregon FCCLA was proud to partner with Platinum Sponsors: Concordia University and the Oregon Culinary Institute. Besides financial contributions, Concordia also hosted a workshop and information table, and Oregon Culinary Institute hosted our Culinary Arts event in which six teams competed. OCI was a wonderful location for this event and they were very excited to have us there, as their chefs acted as our evaluators for the event.

Oregon FCCLA looks forward to continued successful partnerships with both institutions.

For more information about FCCLA, contact:

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Jane Manning

What's In A Name? Sciences or Studies by Rhiannon Kerr

This year the TFACS board has been working hard to improve our communication and visibility with TFACS members. As we began this journey we started by creating a webpage. In creating the webpage we encountered the age-old question, "Are we known as Family and Consumer **Sciences** or **Studies**?" After in-depth discussions and research we found a variety of existing department names. Some areas use Family and Consumer Studies, others use Family and Consumer Sciences, even Consumer Studies (dropping Family entirely) and Home Economics is still around. However, the major players, (such as Oregon Department of Education, Oregon

State University, textbook companies, and our national board association) all use Family and Consumer Sciences. With this finding we are urging our members to consider, and ultimately implement, a name change from Family and Consumer Studies to **Family and Consumer Sciences** at both their school and district level.

You may be asking, "Why is this so important?" By having all teachers using the same title in their departments and school districts we can ensure that our communication is both effective and timely. How many times have you conducted a google search looking for information or other teachers using Family

and Consumer Sciences only to find your attempt unsatisfactory? This failed attempt might be because the school or district does not recognize our current content area title. Having all departments and all school districts implement the name change will ensure better communication and contact among teachers in our content area! Besides, the current certification from OSU is Family and Consumer Sciences Education, why not have to department title coincide with your degree?



Rhiannon Kerr,
Secretary

Advice Desk

Math Lesson Plans

I would be interested in learning what other FACS teachers across the state are doing to teach fractions in measurement, and measurement equivalencies. Lesson plans, activities or any tips would be very appreciated. It seems to be a difficult unit for my freshman students--actually I would say most of my students.

Thanks,

Susan Lee
South Albany High School
susan_lee@albany.k12.or.us

International Foods Class High School Level

Our department wants to expand our International Foods Class offerings. We currently offer an introductory class at the JHS and HS level, but would like to know what other Districts are teaching related to Culinary Arts and International foods.

Thanks,

Donna Rae, Cascade JHS
Elisabeth Bonnesen, Cascade HS

Job Opportunities

Are there any full time positions coming up available? I am teaching 4 periods of English and my district keeps telling me that the FCS program will not grow due to budget limits. I only have 2 FCS classes.

Thanks,

Mary Willson
541-269-1520



NEWS From Around the State



Ann Marie Neil, Regional

The South Willamette Regional TFACS meeting turned out to be very successful. We had fifteen teachers present. Our guest speaker, Karen Burdick from Paramount Sewing Center, was very informative and helpful.

Karen brought useful handouts on selecting a machine and project ideas to take back to our classrooms. She even brought a felting machine for us to try.

Karen emailed me a couple of websites that would be helpful in the classroom. Here they are:

1. Home Sewing Association - Sewing Guidelines and projects

<http://www.sewing.org/>

2. Sew Trendy (for Middle and High School Aged Students)-developed by the Home Sewing Association

<http://www.sewtrendy.com/>

3. Make It You -- projects and more
<http://www.pfaffusa.com/7499.html>

Willamette High School took first place in the ProStart Culinary state competition held in Portland. Martha Humphreys and her team of students will be competing in Nationals to be held in North Carolina this April. We wish them the best of luck!

The Lane Community College Culinary Competition will be held May 7th. Chefs from the area restaurants work with the students from various schools in Lane County. It's a great experience for the students and well appreciated.

It's a busy time of the year. We have so many great teachers who are so dedicated to their profession and their students. Keep up the good work.

Ann Marie Neil
Regional Rep, Southern Willamette Valley

Thoughts on Trimester Schedules by Toni Cowdrey



Toni Cowdrey, Treasurer

When I accepted a FACS teaching position at Junction City High School in the fall of 2004, I was introduced to trimester schedules for the first time in my teaching career. I had always taught at schools with semester schedules: classes ranging from 45 to 90 minutes in length and meeting either daily or on a block schedule. And, I was a little leery of trimesters, but after the initial newness wore off, I developed a very strong liking for them.

At JCHS we have a five period day; classes are 67 minutes in length with six minutes between classes; ten minutes for a break between first and second periods; and 40 minutes for lunch with periods one through three before lunch, and the day ends with periods four and five. We also have a 12 minute TEAM class, after break and before second period, which resembles a homeroom with some career education included. Teachers have the same students for TEAM for all four years of high school.

What I like about trimesters is that I get to teach 12 classes per year, which allows me to interact with more students, some of whom probably would not be able to fit a FACS class into their schedule otherwise. Also, with 67 minute classes it is possible to complete labs that are difficult to finish in shorter class periods. I like having 67 minutes for a prep period every day, although much of that time seems to be spent grocery shopping! Another positive aspect is that for those classes with challenging students (which we've all had), it is easier to face them knowing that I will have them for 12 instead of 18 weeks.

Other positive comments I have heard about trimesters is that students have the ability to make up failed courses easier, they can take more electives, and they have fewer classes each day than in a tradition semester schedule (as many schools have a five period day when on trimesters).

Of course, there are disadvantages to trimesters, as well. Three master schedules need to be developed each year, which also means counselors have more schedule changes. Another concern has been that students often take two trimesters of a core class, and might not have that core class during assessment testing or might have a core class first and third trimester and need to have more review at the start of the third trimester than would be necessary with semesters.

At our school, this could be the last year for trimesters. The administration would like to make the change to semesters, for the reasons listed above. However, we are working on making some changes, such as requiring students to take core classes the entire year instead of two trimesters, as is the case currently.

I have heard that some schools in Oregon are making the switch to trimesters next year, and that some of you are not sure what to expect. As someone who has made the change, I hope that you will find that trimesters can open up new opportunities for you.



Quotes Used By Edie Strayhorn, Clarksville, AR

Each day I write a quote on the board. I feel that it gives the students something to think about while I am taking roll and they are preparing for the days lesson. Some of my favorite are listed below:

“I hear and I forget. I see and I remember. I do and I understand.”

“Experience is the worst teacher; it gives the test before presenting the lesson.”

“Do the right thing. It will gratify some people and astonish the rest.”

Sharing Software Favorites by Sandra Wicklund



Sandra Wicklund,
ORFCS President

(I am hoping several members will also share their favorite software.)

In the late 1980s I worked for a Registered Dietitian coding people's food diaries to enter into her extensive USDA database. The program was very complicated and included information that one would actually need the RD to interpret for you.

After that time I tried several different programs until I found the one below. It has the features I want and is very easy to use:

http://www.dietpower.com/how_it_works/details.php

Next is Pati Palmer's Free Online Magazine at:
<http://www.palmerpletsch.com:80/FFYF.htm>

Finally a weaving class in Mexico worth PCU credit:
www.vacationstodyefor.com



Parenthood Education Curriculum is Being Revised by Sue Arndt



Sue Arndt, TFACS
President Elect

Since 1990, many of us have been using the Parenthood Ed Curriculum Guide in our teaching. After 16 years, it seemed time to do some updating! Oregon Department of Education gathered a group of seven FACS teachers with a variety of teaching experiences. Group members included: Kathy Sansone, Kelly Jett, Lisa Newman, Pam Bene, Pam Everitt, Joanne Miksis, Sue Arndt.

We worked hard throughout the summer to discuss changes, rewrite and redevelop teaching strategies to make the guide more up to date and more user friendly.

In addition to updating case studies, worksheets and other handouts, the components of the guide has been reorganized into a more logical order. The areas that have been extensively revised are:

- Healthy prenatal development
- How culture and society shape parenting behavior (influences of society such as media and consumerism, cultural sensitivity)
- Basic human needs and safety
- Guidance and discipline

Also, the following topics have been added to the curriculum:

- Early brain development
- Developmental principles and domains
- Parent-child relationship topics such as birth order, gender roles, temperament and attachment
- Play
- Language development and literacy

The committee was able to generate some exciting teaching strategies, and we are anxious to share them with Family and Consumer Sciences teachers across the state. We hope to be ready to provide training and to distribute the guide to teachers beginning January 2008. Unlike the original Parenthood Education Curriculum, this version will be available on CD. Won't it be great to be able to adjust lessons on the computer without having to redo entire documents? Watch for announcements for the new Parenthood Education Curriculum Guide!



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Article submission Deadlines:
July 15, 2007



**Family and Consumer Sciences
Preparing Students For Life**



**We're on the web!
www.orfcs.org**

TFACS Mission Statement

The mission of the TFACS organization is to promote professionalism among Family and Consumer Studies educators in Oregon. TFACS provides leadership development, program improvement strategies, professional development opportunities, facilitates resource sharing, supports new professionals and creates partnerships with other organizations working with children and families

Executive Board Meeting Dates & Locations:

May 19th, 2006—The home of Wendy Yess

2006-2007 TFACS Officers

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"The thing that impresses me most about America is the way parents obey their children." - **Edward, Duke of Windsor**

"Children have never been very good at listening to their elders, but they have never failed to imitate them." - **James Baldwin**

"I have found the best way to give advice to your children is to find out what they want and then advise them to do it." - **Harry S. Truman**