



Happy Family & Consumer Sciences Day! Are you ‘dining in’ with your family, friends, students or colleagues today? I will be dining in with my children tonight just as I do most nights at home. I believe in ‘walking the walk,’ ‘talking the talk,’ or ‘modeling the way (if you’ve studied the Student Leadership Challenge!),’ so I make it a priority to plan and prepare meals at home. There are health, financial and relationship benefits to dining in, so I hope you are including this in your curriculum somewhere along the line. For more information on getting involved and resources, see the section below in this update for links to the website.

If you read the OPI CTE Update, you will find a link to the updated Facts about Montana CTE PDF ([http://www.opi.mt.gov/pdf/CTE/14\\_15CTE\\_Facts.pdf](http://www.opi.mt.gov/pdf/CTE/14_15CTE_Facts.pdf)). While I know we are working harder than ever, our FCS programs are on the slight decline. There are many pieces to this puzzle to ensure our programs are staying open: FCS teacher recruitment, rigorous and current curriculum, engaged administrators and counselors, community support and visibility, business & industry involvement, retaining students, pathway development, active FCCLA chapters, and more. I am thankful to school districts who vow to keep programs open until they find a replacement FCS teacher like Dawson High School (Glendive), Monica Wright (who started at the beginning of the school year), and Wibaux High School, Adele Stenson (who will start in January). Welcome to our Montana FCS family!

About 65 educators and professionals from Montana attended ACTE’s CareerTech Vision 2015 in New Orleans in mid-November, which included about five FCS professionals. While there, attendees attended useful workshops, heard inspiring speakers, dined on amazing local cuisine, networked with other CTE and FACS professionals and explored the unique culture of New Orleans. I was fortunate to present a workshop “Math in CTE” along with Henry Begler (Carpentry teacher) and Clay Burkett (Math teacher) from Helena High School. It was well-received, and hopefully part of a master plan to continue programming for Math & Literacy in CTE projects in Montana. I also ran and organized two meetings for the National Association of State Administrators of Family & Consumer Sciences (NASAFACS, which is a section of the ACTE FACS Division), served on the FACS Division Policy Committee, and attended the FACS Division Business Meeting. It was a great experience! Who would like to join in the fun at ACTE 2016 in Las Vegas next November 30 – December 3?

It is with a heavy heart that I share the news of Dianne O’Neill’s death after a courageous battle with cancer on November 12. Dianne was a lifelong Home Economist/FCS professional having spent time as an extension agent and many years in the FCS classroom at Terry High School. Dianne was the OPI FCS Education Specialist and Montana FCCLA State Adviser from 2001 to 2005, at which point she retired. Dianne was a very respected professional, made a lasting impact on those around her, and made many contributions to our FCS profession. She will be greatly missed by her family and friends. Her obituary can be found here: <http://stevensonfuneralhomes.com/obituaries/dianne-m-oneill-age-75-of-terry/>. Dianne requested that any donations be made to the Prairie County 4-H Council, the Montana 4-H Foundation, the Prairie County Museum, the Evelyn Cameron Foundation, or the Montana Cowboy Hall of Fame.

## *Family & Consumer Sciences Day – TODAY, December 3!*

Today is Family & Consumer Sciences (FCS) Day, and I hope you made plans to get involved. If not, it's not too late! For 2015, the theme of "Dining In" for Healthy Families was continued, and the goal of the campaign is to double the 2014 results and receive 200,000 commitments to "Dining In." December 3 was chosen as Family & Consumer Sciences Day to honor family and consumer sciences pioneer and AAFCS founder Ellen Swallow Richards (December 3 is her birthday).

To reach our goal of 200,000 commitments, we need everyone to participate—even if it's just a small simple action. Please [commit to "Dining In" on December 3rd](#) and to share this event with your network of family, friends, colleagues, and public officials. On our [FCS Day website](#), you'll find everything you need to participate in and promote Family & Consumer Sciences Day – "Dining In" for Healthy Families, such as:

- [Social media graphics for your network](#)
- [Family mealtime resources](#)
- [Commitment](#)
- [Logo](#) to add to your email signature block

Family & Consumer Sciences Day is also an opportunity to showcase the important work of family and consumer sciences professionals and students—think about ways you can increase your professional visibility on December 3rd and throughout the year ahead! I look forward to celebrating Family & Consumer Sciences Day with you and reaching our goal! Here's to another successful Family & Consumer Sciences Day!

## *CTE Excellence in Action Award*

Do you have an innovative, high-quality CTE Pathway in your school? Are you looking for a way to recognize an excellent CTE teacher/program? I know Montana has a wealth of "bright spot" teachers/Pathways across the state! Please consider applying for this national excellence in CTE award.

The National Association of State Directors of Career Technical Education Consortium (NASDCTEc) is pleased to announce our third annual Excellence in Action award, which will recognize and honor superior Career Technical Education (CTE) programs of study from around the nation. Selected programs of study will exemplify excellence in the implementation of the Career Clusters, and have a meaningful impact on student achievement and success. All winners will be honored at an awards ceremony in Spring of 2016 in Washington, D.C. This award is an opportunity to have your excellent programs of study recognized on a national level through the media, at conferences, on webinars and in blog posts, newsletters and articles throughout the year. This year alone, award winners have been highlighted at the White House's Celebrating Innovations in Career and Technical Education's event <http://blog.careertech.org/?p=11740>, at the Association for Career and Technical Education's

CareerTech VISION conference in New Orleans, and in a variety of local and national publications. Winning programs will be selected by a panel of State CTE Directors and past award recipients. Learn more about and apply for the award here:

<http://careertech.org/excellence-action-award>.

## *The Dibble Institute – Resources for Teaching Relationship Skills to Teens and Young Adults*

Did you know the Dibble Institute offers free monthly webinars? Every month guest speakers, program authors, or Dibble staff bring you insight on timely topics related to teen/young adult romantic relationship issues, research, and programs.

In November, they focused on “Knot Yet: What Does the Rising Marriage Age Mean For Men, Women and Families.” The age at which men and women marry is now at historic heights—27 for women, and 29 for men—and is still climbing. The age at which women have children is also increasing, but much more slowly, and often before marriage. While this sequencing has long been true for the economically disadvantaged, it is now true for the middle class as well. What are the benefits and costs of this crossover? Presenter: Kelleen Kaye, Senior Director of Research, The National Campaign to Prevent Teen and Unplanned Pregnancy

If you'd like to view this webinar or any previous ones, please visit their website:

<http://www.dibbleinstitute.org/webinar-archive-2015/#November-2015>.

## *Hands On: Real World Lessons in Food Safety for Middle School Students in School and 4-H Webinar*

"Hands On" teaches middle school students key food safety concepts while meeting Common Core Standards in Math and Language Arts and state mandated curriculum standards in science and social studies. Using highly effective research-based lesson plans, student labs, and hands-on activities, "Hands On" can be delivered in the classroom by teachers of all subjects working together to teach interdisciplinary lessons, thus allowing students to build on food safety concepts from all subjects, while improving knowledge and retention. "Hands On" can also be taught in 4-H afterschool programs, project groups and camps by Extension agents. As a result of participating in this webinar, participants will be able to:

- Describe the objectives of Hands-On and the intended audience.
- Identify the educational theory used in Hands-On.
- Navigate the Hands-On website to obtain curricula, resources and more information.

This webinar was presented by Sondra LoRe, Program Manager, Hands On classrooms; and Janie Burney, PhD, RD, Professor and Extension Specialist, Family and Consumer Sciences. The webinar was recorded, and you may watch it at your convenience here:

<http://articles.extension.org/pages/73271/hands-on:-real-world-lessons-in-food-safety-for-middle-school-students-in-school-and-4-h#.VkSwbXarTmE>

## Montana Crunch Time Follow-UP

*(From Aubree Roth, Montana Farm to School Coordinator)*

Montana Crunch Time 2015 was a huge success! According to registrations over 30,000 youth and adults planned to participate. We have received photos and stories from all over the state and need your help! If you participated in Montana Crunch Time, please take this [quick survey](#) (less than 5 minutes) to tell us about your crunch event.

[https://docs.google.com/forms/d/1q5ByCakvYs-l\\_OK-kxAl5iMPhysg1NbfJyNvyvYQGNzY/viewform?usp=send\\_form-start=invite](https://docs.google.com/forms/d/1q5ByCakvYs-l_OK-kxAl5iMPhysg1NbfJyNvyvYQGNzY/viewform?usp=send_form-start=invite). Please email me, Aubree Roth, your crunch bytes (photos, videos, story) as well as any articles or news coverage of your event at [aubree.roth@montana.edu](mailto:aubree.roth@montana.edu).

## Montana CTE Update

Are you wondering what's happening in all of Montana's Career & Technical Education areas? Please read and share our state CTE update to your CTE colleagues and administrators:

<http://www.opi.mt.gov/pdf/CTE/15DecCTEUpdate.pdf>.

## Montana Financial Education Coalition's Annual Conference – February 24, 2016

The 2016 Montana Financial Education Coalition (MFEC) Annual Conference is February 24 at the Red Lion Colonial Inn in Helena, MT. This year's theme is 'Financial Education is Consumer Protection.' The registration cost is \$75 before January 21, 2016. The registration cost will be \$100 after that date. A block of rooms is available for conference goers at the [Red Lion Colonial in Helena](#), at a state rate. For more information and to register, please visit: <http://www.mtmfec.org/2016-mfec-conference/>.

Be a presenter for the 2016 Montana Financial Education Coalition (MFEC) Conference & Resource Fair! MFEC is seeking quality financial education program, curriculum and/or resource providers to present 40 minute workshops at the 2016 MFEC Statewide Conference & Resource Fair to be held February 24, 2016, at the Red Lion Colonial Hotel in Helena, Montana. Each 40 minute session can be facilitated by a panel of 2 or 3 presenters, as well. This is your opportunity to reach the major players in the financial education professions in Montana. [MFEC 2016 Conference Request for Presenters Application Form](#). Click [HERE](#) to see a blank agenda to help you understand how the day will be organized.

The Montana Financial Education Coalition (MFEC) is a collection of financial institutions, government and non-profit organizations, businesses, and interested individuals who believe that financial literacy is essential to economic advancement. We are an affiliate of the [National JumpStart Coalition](#) but we are not limited to only assisting youth. Our efforts reach out to Montanans of all age groups and financial situations. MFEC does not intend to replace other education programs throughout the state. Instead, we function as a platform to forge

partnerships and share best practices to become more efficient and effective in our initiatives.

Who is invited? Everyone is invited and welcome to join us. The conference, featuring a nationally-recognized financial advocate as our guest speaker, will showcase a variety of financial education programs for all ages and demographics, and will provide numerous workshops with practical instruction for implementation. The resource fair will host a wide range of financial education resources that will offer attendees the opportunity to discuss and compare curricula and products. A unique aspect of the conference, as noted above, will be the availability of MFEC mini-grants that attendees may apply for at the conclusion of the conference to implement financial education programs in their Montana communities.

Megan Vincent, OPI FCS Education Specialist, is on the MFEC Board of Directors. I personally invite all financial education partners to attend this conference.

### *Financial Education Resources from Marsha Goetting*

Are you interested in the latest financial resources for your classroom? Marsha Goetting, MSU Extension Family Economics Specialist provides short email alerts of resources that she comes across that you may be interested in. She won't inundate your email box but is selective about what she sends. If you would like to be included on her list for 2015 -2016 email her at [goetting@montana.edu](mailto:goetting@montana.edu).

### *Montana No Kid Hungry Essay Contest*

Montana No Kid Hungry's Second Annual No Kid Hungry Essay Contest deadline is December 4. The contest encourages students in grades 6-8 to learn about and reflect on the issue of childhood hunger in their state, region or local community. Family & Consumer Sciences, Health, English, and Social Studies teachers across Montana are encouraged to give this essay writing assignment to their 6-8 grade classes as homework or extra credit. Each teacher can nominate up to 3 student essays to submit to the Montana-wide contest. For more information, please visit their website: <http://mt.nokidhungry.org/essay-contest>.

### *Save the Date! Montana Farm to School Summit – September 22 – 23, 2016*

Mark your calendar for the Montana Farm to School Summit: Sprouting Success to be held on September 22-23, 2016 at Montana State University in Bozeman. Learn and share how Montana schools and programs are sprouting success through the core elements of farm to school--serving local foods, school gardens, and nutrition, agriculture, and food education. Workshops, field trips, and networking opportunities will provide inspiration and skill building. All individuals interested in farm to school programs are encouraged to attend including school food service, teachers, school administrators, food producers, preschool and childcare providers, parents, community members, and support organizations.

Farm to school (F2S) aims to improve child nutrition by helping children understand and experience where their food comes from. It incorporates healthy farm-fresh food in school meals and snacks, provides increased opportunity for garden-based learning, agriculture education across the curriculum, and strengthens community-wide connections to support local farmers and children's well-being.

This conference is hosted by Montana Team Nutrition Program, Montana State University, Montana Office of Public Instruction, and Gallatin Valley Farm to School. Registration opens January 2016. For more information contact: Aubree Roth, Montana Farm to School Coordinator at [aubree.roth@montana.edu](mailto:aubree.roth@montana.edu) or (406) 994-5996.

*\*On a personal note, I'm excited to be serving on this conference's organizational committee. Please feel free to contact me if you have ideas or possible presentations for this conference.*

## Sodexo Foundation Youth Grant: Help End Childhood Hunger In Your Community

One in five children in America are at risk of hunger. This is a problem that can be solved, and kids are a part of the solution! YSA and Sodexo Foundation are looking for the most innovative and sustainable ideas from young people about how they can help end childhood hunger in their communities. 125 \$400 grants are available for youth leaders ages 5-25 across the U.S. to turn their ideas into action and make an impact on the issue of childhood hunger on Global Youth Service Day - April 15-17, 2016 - and beyond. Apply by January 15 at [www.YSA.org/SodexoYouth](http://www.YSA.org/SodexoYouth).

## Thought of the Day

"Minds are like parachutes; they work best when open."

~Thomas Dewar, Scottish businessman

## Calendar of Events

December 3, 2015: [National Family & Consumer Sciences Day](#)

January 16 – 19, 2016: FCCLA State Advisers Management Meeting, San Diego, CA

February 24, 2016: [Montana Financial Education Coalition Annual Conference](#), Helena, MT

March 20 – 22, 2016: [Montana FCCLA State Leadership Conference](#), Billings, MT

March 30 – April 2, 2016: [27<sup>th</sup> Annual National Service Learning Conference](#), Minneapolis, MN

April 20 – 22, 2016: Montana Association of Family & Consumer Sciences (MAFCS) Annual Conference, Havre, MT

April 21 – 23, 2016: ACTE Region V Leadership Conference, San Diego, CA

June 22 – 25, 2016: AAFCS Annual Conference & Expo, Bellevue, WA

June 23 – 25, 2016: [CAFÉ Leadership Conference](#), Chicago, IL

July 3 – 7, 2016: FCCLA National Leadership Conference, San Diego, CA

September 22 – 23, 2016: Montana Farm to School Summit, Bozeman, MT

Facebook Group Links

Please click on the link and ask to be added for some great conversation & resources:

- ✓ Montana FCS Educators Group:  
<https://www.facebook.com/#!/groups/168470129878554/>
- ✓ Montana FCCLA Chapter Advisers Group:  
<https://www.facebook.com/#!/groups/248102661886036/>

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