

FCCLA Speaks

October was designated “FCCLA Cares” month. Maybe you performed a random act of kindness, or your chapter put together a service project. November is “FCCLA Gives” month.

With the Thanksgiving season your school may be doing a coat or food drive, but we also encourage you, to give in your own way. Your first thought may be community service, and that is fantastic, but think beyond the normal. Do you know a family that could use a little help with their homework as the end of the semester quickly approaches?

Giving is not about being the biggest or the best, but helping those who are in need.

Officer Tip

By Nikoli Carliquist, President

Have you recently given someone a heart attack, or done some toilet papering? I'm not talking about hurting someone, I'm talking about a S.T.A.R. project idea called Heart Attack. In this project you cut paper hearts out, put them on sticks and write positive messages that can be put in friends lockers, or even their yard! The idea is the same for the Toilet Paper project, just take a little teepee and do the same thing!

This project is just one idea on how to give back to your community in a small way. Often times, the assumption is made that you have to do something BIG in order to do a service. However, it's usually more effective to just do the little things that make a difference in one person's life.

Here are 10 ways to give back in a little way!

- 1) Be a friend to everyone
- 2) Say something nice to someone new today
- 3) Write a nice note to a friend
- 4) Include somebody who's been left out
- 5) Try and cheer someone up
- 6) Be patient in a misunderstanding
- 7) Help someone load their groceries into their car
- 8) Visit a sick friend
- 9) Help someone new at school get around
- 10) Treat others the way you want to be treated!

The Japanese Exchange scholarship program is a unique opportunity for students to travel to Japan for four to six weeks as an exchange student. The student's Birthday must fall between April 2, 2002 and April, 2004. Additional Scholarship information can be found at www.fcclainc.org. Scholarship applications are due December 1, 2018.

District Star Events

By Taryn Packer, District 1, 2, & 3 Director

District STAR Events are coming up soon so it's about time that you choose one. Some of the ways that you can choose a STAR Event that is suitable for you is to look at your interests, if you are not interested in that event you are not going to have fun competing in it. Choose an event that you will have the resources to complete. Most District's Star Events are in February. Some ways to manage your time is to make a timeline of when you need to have certain things done and stick to the timeline. At districts you can expect a lot of people there. At the beginning the district officers will get on the stage and give you the rundown of what is happening. At the registration desk they will tell you what room you will be in. You should arrive at that room 15 minutes before your time and wait for them to call you. Best of luck on your district events!

Take the STAR Events quiz below to find the right competition for you!

<http://share.snacktools.com/9C9AEDE569B/qhiazeq5>



State Outreach Projects

Hunger Project

Through our partnership with the Idaho Hunger Relief Task Force, we have participated in the Breakfast Challenge, and attended the Idaho Hunger Summit. These opportunities have given us invaluable information about where hunger relief is headed. Through the month of November you may meet someone who is in need of food for their Thanksgiving. This may be as simple as hosting a food drive in your school or chapter, donating time at a local soup kitchen, or helping a foodbank prepare for Thanksgiving.



Suicide Prevention Awareness

When thinking of Thanksgiving, many think of family, food, and giving thanks. This holiday is usually a happy time, but for someone who is struggling with mental health, it could be a very hard event. Many suicides occur in the time between Thanksgiving and Christmas as people may be overwhelmed by the many social engagements, and expectations. It can be hard to meet the Hallmark standards of the holidays, but it is important to remember you do not have to be picture perfect to be enough.

This year our national Theme is BElieve in YOUrself. As the month of November passes remember to be grateful for what life has given you, but also be a friend who may not be able to see the positive. If you do know someone who is struggling through the holidays, remember to tell an adult and be a friend, sometimes all anyone needs is someone to listen to them.

Have a question about Idaho FCCLA?
Want to see a state officer at your school?
Contact us:

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Include us in your journey - #IDFCCLA2018

