

FCCLA Speaks

October 2018



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October is Kindness Month

As we go through our daily lives we may find it hard to be kind to those around us. Throughout the month of October I encourage to focus on how you treat others. You never know how your actions or words will affect others, one random act of kindness may change someone's day, or life. Through the month of October I challenge you to perform a random act of kindness at least once a day. This random act could be directed at a friend, teacher, or a stranger. Whoever it may be I encourage you to BE YOU and BE KIND.

As you go through the month, share your random acts with hashtags #FCCLAcare, and #idfccla2018

It's Not Too Late: Continue to Look for New Members!

By Lindsey Stachofsky, Vp of Membership

Entering into October, our membership campaign is still continuing on. It is not too late to plan a fun chapter event that gets new members excited about FCCLA!

With it being the month of October, and Halloween coming soon, some event ideas include pumpkin decorating/carving, Halloween cookie decorating, and even a small Halloween party! Encourage each member to bring a new friend with them.

Fall Conference is also an important membership event that is arriving soon. It is encouraged to bring new members to the conference so that they can experience and learn what FCCLA is all about!

Active Leaders **FCCLA**
TOGETHER
Stronger Healthy **WE** Family
Ready **ARE...**

Outreach Projects

By Jamie Garcia, VP of Outreach and Programs

Suicide Awareness

Suicide is the cause of many sudden deaths all over the world, but they can be prevented. Many organizations, like the Speedy Foundation, save lives with a simple call or message. This year, Idaho FCCLA is partnering up with the Speedy Foundation to help spread awareness about suicide with a focus on mental health. In order to get involved, your chapter could simply be nice to someone who always sits alone at lunch, give out compliments, give a simple thank you, or smile at a peer you may have never spoken to. A simple act can change an entire person's day to a positive one, so don't be afraid to perform a simple act of kindness each and every day. For more information about the Speedy Foundation please view : www.thespeedyfoundation.org.

**Life is not about how fast you run or how high you jump but how well you bounce.
– Vivian Komori**

Hunger Summit and Breakfast Challenge

Have you ever wondered how our food gets to the store and what happens after we dispose of it? So much of what we do with our food affects how others are living. FCCLA has partnered with the Idaho Hunger Relief Task Force to provide the community with information on how to be more aware of how our food really gets to us. It is all based on the Food System. The Idaho Hunger Relief Task Force also emphasizes how breakfast is an important part of early child development, so that is why FCCLA has chosen to do the breakfast challenge as an outreach project. The breakfast challenge is a way to see which of the school's around Idaho can get the highest percentage increase of students who eat breakfast at school. We strongly believe that breakfast is essential to be able to learn. Although the breakfast challenge has closed, there are other ways that your school and chapter can get involved. A Hunger Summit event will be taking place in Boise on Wednesday, October 17th from 8 a.m.-4 p.m. For more information on the Food System wheel and about the Hunger Summit Event visit their website:

www.idahohunger.org. If you are not able to make it to this event, you and your chapter can also celebrate Hunger Awareness Month, throughout October, and spread the news around your school with posters, your FCCLA billboard, or hosting a day in your FCS class where to teach elementary and teenage students how to make easy, healthy meals that don't require much time. The possibilities are endless. Don't forget to hashtag **#idfcccla2018** with your creations and feel free to connect with me anytime for questions and concerns at:

vpprograms@idahofccla.org.



Officer Tips and Tricks

Making the most out of your Fall Conference and FCCLA experience!

By MayLee Edwards, District 4,5, and 6 Director

Fall Conference is a learning experience for new and returning members. At Fall Conference, you will be able to learn more about FCCLA as a whole, find out about your state and district Outreach projects, meet members from all over your district, and attend workshops all about FCCLA and leadership!

Here are a few ways to get the most from your experience; be involved, ask questions, and interact with members from other schools. If you are able to do all of these things, you will get the most of your Fall Conference.

We all know that it can be challenging to be a first year FCCLA member! There are so many ways to make FCCLA fun and less challenging. One way to make FCCLA a great experience is to invite friends to join with you. Friends can make almost every experience better, so why not have them join with you?! Another way to make your year less challenging is to attend Fall Conference. Fall Conference will teach you about FCCLA, as well as give you an opportunity to meet members from other schools.

You can also participate in a STAR Event. STAR Events can motivate you to attend District STAR Events as well as State Leadership Conference.

Last but not least, you should travel with your chapter. Traveling to State Leadership Conference and National Leadership Conference can be a reward after all of your hard work from your STAR Event!

I hope that through this year and future years, you are able to get the most out of your FCCLA and Fall Conference.

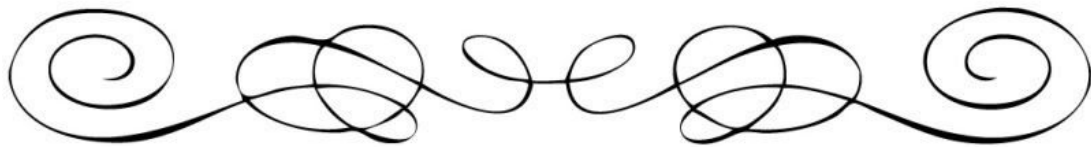


Chapter Visits

As schools begin their year, we hope you all settle in to this new year well. As State Officers we love meeting our members, and would love to come to your school.

If you would like a State Officer to visit your chapter, let us know. Find an officer near you and reach to them on their state email, listed below.

*Chapter's requesting officer visits must also support travel expenses for the officer.



Contact an Officer Nearest You!

Nikoli Carlquist	District 4	president@idahofccla.org
Abby Davis	District 3	secretary@idahofccla.org
Charlotte Brockman	District 4	vppr@idahofccla.org
Christina Wilson	District 6	vpstarevents@idahofccla.org
Lindsey Stachofsky	District 2	membership@idahofccla.org
Jamie Garcia	District 4	vpprograms@idahofccla.org
Taryn Packer	District 3	d3director@idahofccla.org
MayLee Edwards	District 6	d6director@idahofccla.org

Upcoming Dates

October

13-14	Lewiston BASIC
17	Hunger Summit
18-19	Executive Council

November

Don't Forget to follow us on social media @IdahoFCCLA

Include us in your journey - #IDFCCLA

