

Say Yes to FCS

IFCSE

Iowa Family Consumer Sciences Educators

2016 Iowa Family and Consumer Sciences Educators and Iowa Affiliate AAFCS Conference June 12-14, 2016

Garden Hilton Inn / University of Northern Iowa, Cedar Falls, IA

Co-sponsored by the Iowa Department of Education in collaboration with IFCSE and Iowa Affiliate AAFCS

President's Message:

I invite you to the 2016 Iowa Family and Consumer Sciences Educators Conference. The conference theme is Say YES to FCS. Conference is a wonderful opportunity to network, collaborate and grow as an educator, whether you are a future, current or even retired educator.

Conference begins Sunday evening at 6:30 PM with an update from Lisa Stange, Iowa Department of Education FCS Consultant. Following the evening session, hospitality rooms will be open to provide an opportunity for networking with other FCS educators.

Monday will start with a wellness walk and breakfast, followed by Keynote speaker Jason Kiesau author of *Focus: Your Future Starts Now*. You will not want to miss the exhibits Monday morning. The IFCSE Annual business meeting will be held during lunch.

The afternoon will be filled with different tour opportunities and to learn from professionals in the industries we are preparing students. You will indicate on the registration form your tour preference.

Dinner will provide the opportunity to try a new restaurant in the Cedar Falls area and a great time to network with other FCS educators. We will meet at 6:30 PM for the IFCSE Awards Dessert Reception and Round Tables. We would like to invite you to share a lesson, project, or idea during Round Tables. Please indicate on the Registration Form if you would like to lead a Round Table session.

Tuesday we are partnering with Iowa Affiliate AAFCS on the University of Northern Iowa Campus. Breakout sessions and tours will be FCS content specific. The luncheon session will feature a panel discussion of FCS professionals followed by Keynote Speaker, Todd Coleman.

The IFCSE Award Nomination information is included in this brochure. Take a few minutes to nominate fellow FCS professionals and celebrate the great things happening in Iowa FCS!

One UNI graduate credit will be available for those attending the conference Sunday-Tuesday and completing course expectations. Be sure to indicate on the registration form if you plan to take the Conference for credit. You will receive credit information from UNI regarding the registration.

As we conclude on Tuesday afternoon, there is another great opportunity for professional development with a post-conference course selection: Fashion and STEM - offered by Dr. Lynch of UNI or a Bully or Gender Violence Prevention Bystander Training: Mentors in Violence Prevention by the Center for Violence Prevention. Both will end on Wednesday.

A HUGE thank you to Kristie Kuhse and Teresa Nennig working together to plan an outstanding family and consumer sciences professional development opportunity! It's not an easy task to take our ideas and turn them into reality.

Conference registration will be online again this year. Make checks out to IFCSE and mail to Kristie Kuhse, Conference Coordinator. Credit cards will not be an acceptable form of payment. **Complete your registration with this link:**

<http://goo.gl/forms/rJhbJbRSs6>

If you are unable to attend this year, don't forget to pay your membership on the form included in this brochure and mail today.

I look forward to seeing you in Cedar Falls June 12-14!

Julie Schreiber, IFCSE President
2014-2015 IFCSE President
FCS Teacher and FCCLA Adviser, Fort Dodge HS
jschreiber@fdschools.org

Keynote Speakers:

Sunday, June 12

Message from the State



Lisa G. Stange

State CTE Consultant, Family & Consumer Sciences. Lisa received her B.S. degree in Home Economics Education from Iowa State University and her M.A. Ed from Viterbo University and is a National Board Certified Educator. With 23 plus years

of experience in secondary and middle schools teaching FCS courses that include ProStart, School-to-Work, Health, Math, and Science, she spent the last 5 years at the university level coordinating and teaching Family & Consumer Sciences Education and Studies (FCEDS) majors at Iowa State University. The FCS Education program at Iowa State more than doubled largely because of Lisa's efforts and she worked hard to ensure that the program spread its reach and regained visibility across the state. She has also worked closely with state officials to make sure that Iowa State offers the programming that those seeking licensure needed to become endorsed truly understand and comprehend what FCS is today as a part of Career and Technical Education. In addition to State board membership in FCCLA and IAFCS, she has been heavily involved in CTE at the local (IFCSE), state (IACTE) and regional (ACTE) level and is a graduate of the first ACTE leadership training program. Her strong presence in professional associations that involve FCS in the state and nation led to her work on the recent State Career and Technical Education Task Force. This has been a valuable asset as she began her work at the Department of Education in January of this year and she strives to help advance CTE and FCS in the state of Iowa.

CONFERENCE QUESTIONS:

Contact Kristie Kuhse, Conference Coordinator at (319)240-2095 or kristie.kuhse@wsr.k12.ia.us

Monday, June 13



Success in Focus

Jason Kiesau

Did the most meaningful things in your life happen by accident? Probably not. The things in our lives that give us the most pride are likely things we gave a great deal of focus to. We focused on the right things for the right reasons and we are rewarded with the feeling of pride and meaning every time we reflect upon them. Success in Focus is about focusing on the right things for the right reasons so we achieve success that is meaningful to us... that we can be proud of. During our time together I will talk about three things we must focus on to achieve success that is meaningful. I will also talk about three things that if we are not aware of or if we choose to ignore, can steal our focus, lower our quality of life, and prevent us from achieving the meaningful success we deserve.

Tuesday, June 14



THEY ONLY KNOW WHAT THEY KNOW

Todd Coleman

Engage in conversation on how networking can assist you in promoting your discipline or profession. The more people sharing information about your product or results in the classroom the more people learn and understand the value of what you do. Sharing information and knowledge can be a powerful tool in educating others about content and value. Get helpful information on how to be an effective networker and what mediums in today's social media world are useful.

Todd Coleman currently serves as Assistant Vice President for Admissions at Wartburg College and has previously worked at Indiana State University, University of Missouri and Purdue University. He is a frequent speaker on the Power of Networking at professional and community conferences and meetings around the country.

Conference Objectives:

- ✦ Examine challenges and opportunities for Family and Consumer Sciences Professionals.
- ✦ Participate in concurrent sessions directed towards professional needs and interests.
- ✦ Network and share classroom materials.
- ✦ Expand your vision of the future by examining societal trends.

Schedule

Sunday, June 12, 2016

Dinner on your own prior to the conference.

5:30-6:30 PM Conference Registration
Garden Hilton Inn

6:30-8:30 PM Welcome

Keynote Speaker - "Message from the State"
Lisa Stange

8:30 PM Key leader Hospitality Rooms

Monday, June 13, 2016

6:45-7:15 AM Wellness Walk

7:45-8:15 AM Continental Breakfast

8:15-9:15 AM *Keynote Speaker*-
"Success in Focus"
Jason Kiesau

9:15-11:30 AM Visit Exhibits

9:30-10:15 AM **Breakout Session 1**

1. Meet the Author and Keynote

Jason Kiesau

During this breakout session, Jason will talk about how to challenge students to identify their values, define how they need to show up to reach meaningful goals, and lead them to attitudes and habits that will serve them the rest of their lives.

2. SERG Forward: The Impact of Student Engagement, Resilience, and Grit

Kari Staack, Instructional Coach, Waverly-Shell Rock
This session will focus on resources for teachers to assist students in their engagement, resilience, and grit. Participants will follow the year long path in one district's professional development process to positively influence students. Topics will include the concepts of positive psychology, PERMA, the messiness of teaching, mindfulness strategies, and the teacher implementation of these concepts.

3. Visit Exhibits

10:30-11:15 AM **Breakout Session 2**

1. Cheryl's Favorites

Cheryl Beaver - IFCSE Teacher of the Year 2015

After 35 years of teaching, Cheryl will share her favorite teaching ideas for all areas of FCS. This would be a great time for others to share their favorite things, too!

2. Fashion and STEM

Dr. Annette Lynch, UNI Apparel and Textiles
Learn how to make connections between STEM and Fashion.

3. Visit Exhibits

11:30-12:45 PM **Luncheon/
IFCSE Business Meeting**



1:00 PM Travel to Tour Sites

1:30 – 4:00 PM Options:

Pre-select on Registration Form. Transportation to the tour sites will not be provided.

1. Culinary Experience – Isle of Capri (limit 80 participants)

Learn about the hospitality industry and skills needed to be successful in the industry. This tour will include chef demonstrations and taste testing samples.

2. Power Manufacturing-

During this tour, participants will see firsthand the apparel and garment industry. Participants will see brand names garments in production.

3. Cedar Valley Makers, Inc.

Learn how the maker space is providing education opportunities to the community by giving access to tools, machines, and training and by promoting and planning educational events that can forward scientific thinking, learning, and entrepreneurial spirit for all members of our community.

The 5600 square foot shop space is outfitted to be a full wood shop, metal working shop, digital fabrication, 3D printing, electronics workstation and general arts and crafts. They provide instructional courses on how to use the equipment, projects for all different skill levels, and generally is a place to collaborate and work on any project.

4. Omega MasterBrand Cabinets

Participants will see the process of cabinet making from the design process, production and assembly.

4:00-6:00 PM Dinner on Your Own

**6:30-8:30 PM IFCSE Awards
Dessert Reception**

Key Leader / Member Round Tables

Round Table Discussions/Sharing Round Table Presenters Wanted! Do you have a lesson, STEM integration idea or other ideas you would like to share? They are a great way to learn ideas from professionals in the field. Contact Kristie Kuhse or complete this form, if you would like to present a Round Table.

Link: <http://goo.gl/forms/5AexAckLCR>

Tuesday, June 14, 2016

University of Northern Iowa Campus

IFCSE and Iowa Affiliate AAFCS Shared Sessions

PDU's requested for today's sessions.

8:00-8:30 AM Registration – UNI campus

Continental Breakfast

8:30-9:15 AM Breakout Sessions

1. Blue Zones Lessons in the Classroom

LuAnn Alemao (*Iowa Affiliate AAFCS sponsored*)

Learn how to incorporate Blue Zones principles in the classroom . Teach your classes how to live healthier lives with the people who live the longest, and healthiest.

2. Building Healthy Relationships Today for Healthy Relationships Tomorrow: Engaging Men and Fathers

Dr. Wm. Michael Fleming, University of Northern Iowa (*Iowa Affiliate AAFCS sponsored*)

This session will explore ideas of how to reach middle and high school students about healthy relationships. A special focus of the workshop will be on ways of engaging young men. An examination of how fathers play a critical role in the development of healthy respectful relationships or unhealthy or violent relationships and how to work with young men who come from such backgrounds will also occur.

3. Standards Based Grading

Jennifer Smith, Johnston Community Schools

Jennifer implemented SBG her culinary classes four years ago. She will share what she has learned and various ways to grade assessments. Jennifer will also explain how SBG can show students how they can improve within the classroom.

4. Diet is a Noun

Kayla Pins, Marion High School

Nutrition is an important topic to discuss with students but difficult as well, given the diverse diet-related messages students are constantly exposed to. In this session, Kayla will share a variety of resources and activities that she uses to reinforce that diet is a noun, not a verb, and that everyone can (and must) work towards a healthier lifestyle no matter their size.

5. Digital tools for financial literacy, healthy relationships, and career exploration-

Lincoln Hughes

EverFi partners with educators nationwide to teach, assess, and certify students in the critical skills they need to be successful in life. These co-curricular, digital courses deliver content that engages 21st century learners by leveraging gamification, simulations, and assessments. The learning courses provide meaningful metrics to teachers by not only measuring knowledge gains, but also student attitudes on these important critical life skills topics such as digital citizenship, financial literacy, STEM exploration, and many more. One of the benefits to partnering with EverFi is that K-12 public schools can access our learning courses at no cost, thanks to our national partnerships with corporations and foundations.

6. Easy Active Engagement

Jenny Ferrel, Carlsile High School

During this session, several easy to incorporate active engagement strategies for FCS will be shared and modeled. Many of these strategies also incorporate higher order thinking skills.

7. Middle School Sharing Session

Julie Leytem, Cedar Rapids Prairie and Maxine Barrows, Cedar Falls Community Schools

During this session, collaborate with other middle school teachers and share successful lessons, projects and activities.

8. Maker Space Panel Discussion

During this panel discussion, learn about the maker movement history and classroom implications.

9. CatWAUK: How to DIY a Student Fashion Show

Laura Van Waardhusen, Waukee HS Students -Sydney Papadopoulos Franklin, Mady Adams, & Maddie Darveau

Graduating seniors Sydney, Maddie, and Mady explain how they started their own Fashion Club at Waukee High School and the logistics of what it takes to pull off a student-run fashion show. Every year, the Waukee Fashion Club, organizes over 50 people in various roles behind the scenes, forges community partnerships, and presents to approximately 400 audience members, raising over \$1,000 each year for local charities. They will share their tips, tricks, and advice for starting a similar student-led initiative in your own school district.

9:30-10:15 AM Breakout Sessions

1. Inspiring Youth to Work with Fabrics

-Heidi Kaisand, Hen & Chicks Studio (*Iowa Affiliate AAFCS sponsored*)

Heidi Kaisand, former author at Better Homes and Gardens and APQS, will share ideas for encouraging youth to work with fabric, through quilting and fashion. She will share her personal story about how her own passion for fabric has taken her on a journey in her career path.

2. Just In Time for Parenting

Cindy Thompson,
Iowa State University Extension and Outreach
(*Iowa Affiliate AAFCS sponsored*)

Looking for free, easily-accessible, research-based and non-biased ages birth-5 child development information? Learn about Just in Time Parenting and explore various applications.

3. Family and Community Connections

Kristie Kuhse, Waverly-Shell Rock Middle School
(*Iowa Affiliate AAFCS sponsored*)

In this session, Kristie will share several ways to strengthen family and community connections to validate and add value to FCS in your classroom and community.. She is the 2105 Iowa Affiliate AAFCS 2015 Teacher of the Year and 2016 AAFCS Merit Finalist.

4. STEM in Foods

Kristy Smith. Galva Holstein

Learn ways to incorporate STEM in classroom. Food science career, yogurt smoothie contest, food scientist for day, cookie baking experiment & use of Ted ed clip on science of cookie, ,etc.

5. Be My Guest: Discover the World of Hospitality

Lisa Breyfogle, Cherokee High School

Hospitality Tourism and Management Program (HTMP) curriculum is industry driven curriculum sponsored by the American Hotel & Lodging Educational Institute. The HTMP helps high school students take their first real steps toward promising hospitality careers. Learn the benefits of including HTMP in your course offerings, view the textbooks used, see how benefits of teaching guest service will benefit any career field. and see the correlation between ProStart and HTMP.

6. Digital Tools for Financial Literacy, Healthy Relationships, and Career Exploration

Lincoln Hughes, EverFi
Session Repeated

7. FCCLA Peer Education

Janet Mann, Iowa FCCLA Peer Education Adviser

Examples of project ideas and the curriculum for classroom use.

8. Hy-Vee KidsFit & The 5-Week Challenge

Daira Driftmier, Hy-Vee Health Educator

Help educate kids and families about health and exercise. Develop healthy behaviors through the 5-Week Challenge. Encourage more family interaction at home.

9. Exploring Green Design

Dr. Gowri Gulwadi, University of Northern Iowa

This session will include a computer-aided design demonstration and a tour of a Leadership in Energy and Environmental Design (LEED) certified building on campus - Sabin Hall. Participants will learn to recognize LEED features relating to sustainable design in buildings.

10:15-10:45 AM Snack Break

Iowa Affiliate AAFCS sponsored

10:45-11:30 AM Breakout Sessions

1. Food For Thought - Small Appliance Trends & Recipes

Karen Davis Communications
(Iowa Affiliate AAFCS sponsored)

Learn the latest trends in small appliances and take home new recipes to use in the classroom or in your home kitchen. Karen will share her findings from attending the 2016 International Housewares Show and from her experiences as a food consultant testing small appliances.

2. The Origins of Frond Design Studios Inc

Stephanie Brandenburg, Frond Design Studio, Inc.
(Iowa Affiliate AAFCS sponsored)

Learn about the challenges and inspiration of putting hand generated art into fabric, which continues to touch many lives. Discussion on the challenges of a woman owned company in a male dominated industry.

3. Early Childhood Education

Colette Fischer, Ottumwa High School

Colette will give an overview of our ECO program which is a block class for one semester. Students are out of the classroom for 23 days and serve as teacher assistants/aides in a preschool or elementary setting. She uses a textbook, TEACH as well and students learn about the history of education, laws involved with aspects of education, technology in teaching, components of a lesson plan, assessments, etc. They create a notebook list of requirements including a learning center for the classroom they have worked in. When students take this class after taking FCS, parenting, and child care, they receive 6 credits at OHS and 12 credits if they enroll at IHCC. I work very closely with the ECO program there for this articulation and this class is a make or break class for kids to know if they can cut it in teaching.

4. Birds, Bees, and Bugs: The Importance of Outdoor Education

Cindy Thompson, Iowa State University Extension and Outreach *(Iowa Affiliate AAFCS sponsored)*

Explores benefits and considerations around outdoor education and discover local and national resources to foster enhanced appreciation of nature.

5. Engaging Zombies When You are Princess Leia

Carol VanWaardhuzen, Ames High School

One on one computers can be a daunting challenge! Motivation, redirection, and record keeping can set you into orbit. Ideas for class management as well as time for sharing your experiences will be the highlights of this session. Carol's experiences with a pilot program using i-CEV resources will be shared.

6. ProStart Vs. Regular Foods Class

Lisa Breyfogle, Cherokee, Tracy Hulme-Waterloo West HS and LuAnne Bibler, Waverly-Shell Rock HS

What is the difference and why would you want to convert to using the ProStart curriculum? Find out what similarities there are in the ProStart curriculum that would correlate with what you are already teaching in foods classes. Learn how you can determine your level of involvement from just using the textbook to getting students certified and competing in contests. Learn from teachers who are using ProStart how they have incorporated it into their classroom.

7. Hy-Vee KidsFit & The 5-Week Challenge

Daira Driftmier

Session Repeated

8. Lifeguard 101: How to survive high school life!

Kate Goudy-Haht, Iowa State University/Child Welfare Research and Training Project

This interactive workshop will explore methods to use with youth to have a positive adventure while navigating high school life. During the workshop, participants will be led through a module that can be used in the classroom to teach concepts in making positive life decisions. We promise, no boring lecture, so grab your whistle and rescue buoy and join us for a life skills adventure! This information is part of the Parenting: It's A Life (PIAL) project, a free curriculum to use with 7th-12th graders in FCS-related classes.

9. Geo Cache, Be Smart with Your On-Line Cart

Margaret Van Ginkel, Iowa State University Extension
(Iowa Affiliate AAFCS sponsored)

AAFCS teamed together with several organizations to offer this Geo Cache activity for students 7-10th grade to learn about shopping on-line.. You will learn about the activity , how it was played and the participation.

**11:30 AM – 12:45 PM Lunch /
Iowa Affiliate AAFCS Awards**

**1:00-2:00 PM FCS Connections Panel
Discussion**

2:00-3:00 PM Keynote Speaker

“They Only Know What They Know”
Todd Coleman



3:15 – 4:00 PM Breakout Session or Campus Tours

Pre-select Tour or Breakout Session on Registration Form to help us prepare for the tours and sessions.

1. Maker's Space - Creative Life Research Center

Learn how UNI has incorporated the Maker Space into the library. See what resources are available on campus to students and faculty.

2. President's House - Interior Design

Learn more about the recent remodel of Sabin Hall by Interior Design students.

3. Center for Environmental Education

Learn about the opportunities and connection to FCS and Environmental Education.

4. Apparel Design/ Materials Testing Labs

Tour the apparel design program and materials testing lab.

5. Food For Thought — Small Appliance Trends & Recipes

Karen Davis Communications (Iowa Affiliate AAFCS sponsored)

*session repeated

6. Geo Cache, Be Smart with Your On-Line Cart

Margaret Van Ginkel, Iowa State University Extension (Iowa Affiliate AAFCS sponsored)

*session repeated

Conference Ends

Post Conference Workshops sponsored by UNI

Earn one UNI graduate credit by attending the post conference workshops!

Indicate on your [Registration Form](#), if you are interested in learning more about the STEM and Fashion Workshop or Bully Prevention Workshops offered through UNI following the conference. The workshops will run following the conference on Tuesday, June 14 and end Wednesday, June 15, 2016. Space is limited! Registration Deadline May 13, 2016.

B.E.S.T. Award Applications

Remember to keep track of your points for our Family and Consumer Sciences BEST award. BEST stands for Belong, Excel, Study, and Travel, our way of encouraging and recognizing FCS educators to be active in their communities and professions.

Members earning at least 100 points (with some in each category) will receive recognition based on points earned for activities like: Graduate credits, business/industry visits, professional committees, and community/school involvement.

Forms are provided on the IFCSE Website BEST is an excellent way to show your involvement for your professional development as well as being an artifact for your teaching portfolios!

B.E.S.T. Award Application are due May 30, 2016.

Conference Registration Link:

<http://goo.gl/forms/rJhbJbRSs6>

Be sure to make of copy of the google form before submitting for your records.

If you need an invoice, indicate the Purchase Order Number on the Registration Form provided by your Business Office.

Registration Must Be Paid Prior to Attending the Conference.

Hotel Information:

Garden Hilton Inn
7213 Nordic Drive
Cedar Falls, IA 50613

Iowa Family and Consumer Sciences Educators
Conference Room Rate - \$129.00 plus taxes.
Double Queen or King Rooms Available.

Reservations need to be made by **May 13, 2016** to receive this rate. The block of rooms will be released to the public on this date.

To make room reservations call: **319-266-6611**. Be sure to reference: Iowa Family and Consumer Sciences Educators to receive the conference rate.

Purchase orders are not accepted.

<http://hiltongardeninn3.hilton.com/en/hotels/iowa/hilton-garden-inn-cedar-falls-ALOCFGL/index.html>





2016 IFCSE Awards Nomination Form

Iowa Family Consumer Sciences Educators

IFCSE Educator of the Year (maximum of 2 per year)---An individual who is currently employed in a middle school or high school FCS program in Iowa is eligible. This individual has promoted FCS education in her (his) community and in the state. Their FCS program shows balance in all areas of FCS and promotes family life in the school and in the community. Their contributions and achievements exemplify the goals of IFCSE. This individual must be a current IFCSE member. Award winners will be eligible for IACTE Award given at the annual conference.

IFCSE Outstanding New Educator---An individual who is currently employed in a middle school or high school FCS program in Iowa is eligible. Nominees must have taught for a minimum of three but not more than five years, but the applicant may be in their sixth year of teaching at the time of application. Award winners will be eligible for IACTE Award given at the annual conference.

IFCSE Student of the Year---An outstanding high school or college student interested in FCS education career. Student need to have shown a commitment to FCS through exemplary actions or enrollment in an FCS education degree.

IFCSE Friends Award---Outstanding individual who has promoted the goals of FCS education in their locality. This could include, but not be limited to principals, school board members, guidance counselor, parents of students, advisory committee members, teachers other than current FCS teachers, etc.

IFCSE Lifetime Achievement Award---This award recognizes the contributions and distinguished accomplishments of members who have been identified with the work and purposes of IFCSE or Career and Technical Education over an extended period of time. Award winners will be eligible for IACTE Award given at the annual conference.

Submitting Nominations: Please email nominations by **May 13, 2016** to Lisa Konecne, IFCSE Past President at lkonecne@corningcsd.org.

Questions: Contact Lisa Konecne

Nominee's Name _____
Position _____
Address _____
Phone _____ Email _____

Nominee's Principal/Administrator's name and contact information:

Name: _____
Address _____
Phone _____ Email _____

Award Category (Check one)

- _____ IFCSE Educator of the Year
- _____ IFCSE Outstanding New Educator
- _____ IFCSE Student of the Year
- _____ IFCSE Friends Award
- _____ IFCSE Lifetime Achievement Award

Nominator's name, title: _____

*** Attach a sheet explaining the reason(s) for nomination and nominator's address/phone/email. A brief overview of the applicant (short biography/background) information. A brief summary of the candidate's qualifications for this award. 1 or 2 letters of recommendation encouraged.