

# CATFACS NEWSLETTER



## *A Message from the President*

### **There's No "I" In CATFACS**

*Shelley Goerd,  
CATFACS President*

*"To me, there's no great chef without a great team." -  
Daniel Boulud*

Knowing my tenure being CATFACS president is close to its end, I began to reflect on what I had done to move my program of work forward. What I realized is that even if I have been at the helm, nothing gets done without a great team. Your CATFACS board dedicates their time, money, energy, and passion to the cause of moving our organization forward. So although it may have been my ideas that shaped this work, it is your board who saw the work through.

**Sustainable- Partnerships and Growth:** During the last couple years our partnerships have become greater in number and relationship. CATFACS and CAAFCS hope to work closer in partnership to grow both organizations and unite FACS throughout Colorado. Preston Pavich and Savannah Mease work year-round to find vendors and other monetary opportunities for CATFACS. Martha Batch keeps up with our retirees. Dianna Coulter recently rejoined our board to keep our bylaws up to date and suggested our keynote speaker. CSU, CCCS, CACTE, and our local school districts continue to be important partners thanks to Dawn Mallette, Rob VanDyke and Michelle Dennis for their continued support across the state. Their tireless work grows strong FACS programs and leads advocacy throughout the nation.

**Personal- More involvement with middle school FACS:** Thanks to Brittany Ore for being the voice of Middle School on our board. She is intensely involved and passionate that CATFACS have offerings and options for our Middle School friends including a session at Winter conference. This year she has put together a session for Growing and Maintaining your Middle School FCCLA. As social chair, Sarah Field creates opportunities to include people and make our meetings and conferences fun. She deeply cares about our members and is always looking for the next great social event.

**Memorable- Continued advocacy and promotion of FACS through social media:** Social Media became only one of the ways that we have made CATFACS memorable the last couple years. Two members in particular are two of the hardest working individuals I have known as they constantly post, tweet, take pictures, and highlight others' achievements through social media. Ashley Acuff and Jessica Teal, your work is not unnoticed. Thanks to you, we are seen and heard across the state and the country. Other ways CATFACS is making memories is through Autumn Francis diligently keeping track of our records and finding ways to better preserve them. Arielle Bergmann tracks the money in order that we may continue to host our winter conference and give back to others in need. Without these two we would not be able to function. Dalene Bricker is coming into her busy time making sure that our members are honored for their work in the field by managing awards.

As you can see, this board is an incredible array of hardworking individuals. I am honored to have served as your president. Thank you.

### **CATFACS Winter Conference At-A-Glance**

Don't forget to register for winter conference! There is still time to sign up to host a mini-session about something amazing you do in your classroom.

**Call for Presentations:** <https://goo.gl/forms/gMXgqOvYMJT55Y1g1>

#### **Thursday**

- Registration	3:00-5:00pm
- Business Meeting	5:00-6:00pm
- Keynote Speaker (Jen Wille)	6:30-8:00pm

#### **Friday**

- Yoga	7:00-8:00am
- FACS and CTE Update	9:00-9:45am
- Round Table Mini Sessions	10:00-12:15pm
- FCCLA Update and Lunch	12:15-1:00pm
- Workshop Sessions	1:15-4:35pm
- Vendors Open	4:30-9:00pm
- Awards Banquet and Officer Installment	5:30-7:00pm
- Mandala Stone Painting	8:30-10:00pm

#### **Saturday**

- Guided Meditation	7:00-8:00am
- Industry Professional Sessions	9:00-11:30am
- Check-Out	11:30-12:00pm



# CATFACS Award Information

The four CATFACS awards recognize excellence and dedication within the field of career and technical education among our members and supporters. The intent of each award is to seek out individuals who have contributed to the success of Colorado Family and Consumer Sciences (FACS) and Career and Technical Education (CTE) through the quality of their work and their involvement in the CTE community. Please go to the CATFACS website and click on the nomination form or click the following link: <https://www.catfacs.org/award-nominations>

## Teacher of the Year

Individuals who are currently employed as full-time classroom/laboratory teachers in a family and consumer sciences education program are eligible recipients for this award. Nominees must be classroom/laboratory teachers at the time of selection. Contributions and achievements on which the nomination is based should have been made within the past ten years.

The nominee should have been involved in some capacity in FCS/CATFACS and/or CACTE activities at the local, state, and/or national level and must have been a member of CATFACS/CACTE/ACTE for a minimum of the past five consecutive years.

## Outstanding New FACS Professional

Individuals who are currently employed as full-time classroom/laboratory teachers in a family and consumer sciences education program are eligible for this award. Nominees must have taught in a family and consumer sciences education program for a minimum of three but not more than five years. (Applicants may be in their sixth year of teaching at the time of application). Age is not a determining factor. This is a competition award and only one individual will be selected.

## Distinguished Service by a Member or Friend

To recognize current CATFACS/CACTE member(s) who have made the highest meritorious contributions to family and consumer sciences/career-technical education through active involvement in the professional organization, CATFACS or CACTE.

OR

To recognize an individual or agency outside the field of education that has contributed outstanding service and dedication in the promotion of family and consumer sciences education in Colorado and to CATFACS.

## Outstanding Administrator

The CATFACS Outstanding Administrator Award is presented to an individual who is serving in an educational capacity which is directly or indirectly associated with FCS/career-technical education, and who has demonstrated outstanding service and dedication to FCS/career-technical education in Colorado.

## 7 Tips to Combat Teacher Burnout

Diana Coulter, CATFACS Bylaws Chair

With the semester coming to a close, I can smell my sanity right around the corner... but for now, I'm left wondering "Can I do this forever?"

Well, I'm no expert, but as I muddle through my 8th year as a teacher, I've learned a few things that have helped move me through the "lulls" and long periods. And instead of dwelling on my profession, I felt like being proactive instead, so *here are 7 tips to combat teacher burnout*, as promised in the title:

1. **You do you, boo.** Seriously. Make time for you. Do anything-- read, workout, journal, take a bath, have coffee alone, go on a hike, what have you. *But carving space out for myself has been the most important and crucial factor to relieving that teacher burnout so many of us feel.* Just remember: you can't pour from an empty cup.
2. **Give thanks.** Did you know the more you practice gratitude the happier with you are? With Thanksgiving right around the corner, this seems obvious, but I'm going to take it a step further and encourage you to make gratitude a habit (*seriously, try anything for 21 days and it becomes a habit, apparently*), and watch how your life transforms. I bet you'll notice a "growth mindset" (how'dya like that for a teacherism?)
3. **How important is it?** Have you read "The 7 Habits of Highly Effective People?" If not, I would recommend checking it out, but if not, just think about this: *who and what in your life is the most important to you? Go do that. Go be with them.* The papers can wait, our most important people cannot. And, in looking at this through another lens-pick your battles. We are challenged so often everyday, and being mindful of what energy we're using to protect ourselves is important.
4. **Get moving.** As Elle Woods likes to put it: *"Exercise gives you endorphins. Endorphins make you happy. Happy people just don't kill their husbands. They just don't."* I know when I don't get moving, my husband usually gets the brunt of my burnout. For his sake, I run. :)
5. **Look for humor everyday.** Today, as I was drowning in my emotions of "not good enough" and "can I do this forever?" (*yes, I realize these aren't actual emotions*), my two year old daughter told me I needed a timeout. I laughed out loud, and agreed with her command. So if you can't find humor, just take my daughter's advice and give yourself a timeout. :)
6. **But seriously, take a timeout.** If you are feeling overworked, overtired, and overstressed, chances are...well, *you are.* Sometimes it seems so daunting taking a day off, for the sheer fact of writing sub plans, *but here's your permission to just do it (if you even needed it).*
7. **Write it down.** My mind goes a thousand miles a minute (which is probably why I am a terrible multitasker), and this job is so emotional. People are so emotional. Relationships are so emotional. It helps me to write it out because it's always a neutral, safe space.

I get it, I'm with you, in the trenches, doing the work, and *teacher burnout is a real thing.* Preserving my energy has become an intentional practice, especially as I juggle a multitude of different hats. Use these tips or don't, add them to your tool bag, or feel free to toss 'em. *But today, just remember one thing: you are amazing, and you are not alone! Go get 'em, tiger.*

## CATFACS SOCIAL MEDIA

Keep up with  
CATFACS  
on social media!

Facebook  
[www.fb.com/catfacs](http://www.fb.com/catfacs)



Instagram  
[@catfacs\\_](https://www.instagram.com/catfacs_)



Twitter  
[@catfacs\\_](https://twitter.com/catfacs_)



Use our hashtag to  
show us the awesome  
things you're doing!

# #CATFACS

## FCCLA National Leadership Conference

Robert Van Dyke, FCCLA State Adviser and Assistant FACS Program Director

Congratulations to all of Colorado FCCLA STAR Event participants from the following chapters who attended the FCCLA National Leadership Conference, July 1 - 7, 2017 in Nashville, Tennessee:

Briggsdale	Legacy
Bollman Tech	Mead
Centauri	Meeker
Cheraw	Merino
Cherry Creek	Platte Valley
Douglas County	Ponderosa
Eaton	Rocky Mountain
Evergreen Middle	Roosevelt
Fort Collins	Roy J Wasson
Frederick	Sanford
Fruita Monument	Standley Lake
Highlands Ranch	Trinidad
Holmes Middle	Windsor
Holyoke	Wray



*These chapters brought home 44 gold, 23 silver, and 2 bronze medals making Colorado proud.*

### National Leadership Conference highlights included:

- Victoria Connor represented Colorado as the National 1<sup>st</sup> Vice President
- Sasha Hartsuiker of Cherry Creek High School received the Spirit of Advising Award
- Dr. Dawn Mallette received the 2017 Distinguished Service Award
- Colorado FCCLA received a Membership Increase Award
- Frederick High School's Hospitality, Tourism, and Recreation team was recognized for receiving perfect scores and 1<sup>st</sup> place overall and received a total of \$18,000 in scholarships for each team member
- Highland Ranch High School's Interior Design participant was recognized for receiving perfect scores and 1<sup>st</sup> place overall and received a total of \$3,000 in scholarships
- Next-to perfect scores of 99 was earned by the Chapter in Review Display team from Merino High School; the Focus on Children team from Mead High School; the Illustrated Talk participant from Wray High School; and the Leadership participant from Eaton High School
- Kayelani Kirschbaum, State Officer Alumni, served as the Competitive Events Intern for National FCCLA



## News from Colorado State University Family and Consumer Sciences

*Dawn Mallette, Associate Director of Continuing Education for Colorado State University*

### Family and Consumer Sciences Fall Ice Cream Social

A special group of Colorado State University Family and Consumer Sciences majors gathered for a fall ice cream social in October. The meet and greet allowed new freshman to get to know others in the major. Although only a small portion of those in the major, it was a tune to celebrate the amazing individuals who choose the FCS major. #ilovemyjob! #sayyestofcs #facsrocks



### Cooperating Teacher Recognition

*Thank you to the following FACS teachers who sponsored a FCS teacher candidate in their classroom during the Fall Semester 2017!*

#### FACS Teacher

Kristie Livermore, Mountain View HS  
 Daniela Evans, Thompson Valley HS  
 Jessica Gerwig, Cheyenne East HS  
 Kelsey Mauch, Rocky Mountain HS  
 Mary June, Bollman Tech  
 Lenna Mabbutt, Thornton HS

#### Teacher Candidate

Corinne Finken  
 Kaila Stassi  
 Katelyn Barber  
 Susie Medina  
 Erin Bender



## Local Educators Lobby Congress for Career and Technical Education

*Michelle Dennis-Koch, FACS Program Director*

The 2017-18 school year brings about some great momentum for Family and Consumer Sciences. As FACS Program Director, I encourage you to check out some important resources. First, the National Family and Consumer Science Standards have been revised and are available for your use and review at:

<http://www.nasafacs.org/national-standards-and-competencies.html>.

Feel free to use these standards as you write lessons, align curriculum and demonstrate to stakeholders what Family and Consumer Sciences Education is all about! Colorado Family and Consumer Sciences Curriculum will be going through standards realignment in the upcoming months and as FACS educators, you will be asked to assist in those efforts.

Colorado Career and Technical Education technical site visits and regional meetings are focusing on the Work-based Learning Continuum, particularly ensuring that our state staff understands what opportunities are currently available in your programs for students, where you would like to expand or improve those efforts, and what tools our office needs to create and provide to you to make your goals a reality.

Professional development and additional resources will be coming in the Spring and Summer of 2018. Check out the Work-Based Learning Continuum at:

[https://www.colorado.gov/pacific/sites/default/files/17-1106\\_WBL\\_continuum\\_and\\_community\\_assessment.pdf](https://www.colorado.gov/pacific/sites/default/files/17-1106_WBL_continuum_and_community_assessment.pdf)

Last, but not least, please feel free to contact your Colorado Family and Consumer Science Program and Assistant Program Directors anytime for technical assistance or questions:

Michelle Dennis-Koch | 720-858-2291

Robert Van Dyke | 720-858-2230

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## Middle School News

*Brittany Ore, Teacher at Eaton Middle School*

The 8<sup>th</sup> grade Reds Serve class is off to an amazing start! “Reds Serve” is a class that includes projects that serve the school and the surrounding community. This class is about being a person of integrity. A person who embodies GRIT. The expectations for this class are high and it is also expected that the students work hard and strive to meet those expectations. The class has made countless visits to the Eaton Animal Den working with animals who are in need. They have visited the 2<sup>nd</sup> grade classes at Eaton Elementary School teaching the young students Math, Reading, and Vocabulary skills. They also hosted a Cake Pop bake sale to raise money for one of our own students in the district who is fighting cancer. This is a great group of students who have a real passion for making this world a better place and we are incredibly grateful for the opportunities we receive to give back!

Eaton FACS is also pleased to announce that its “Personal Best” class is working hard and striving to be their best selves. This class includes units on self-esteem, decision making, goal setting, communication, organization and study skills, stress management, tech safety, and friendship. They will end their 6-week Hexter with a cooking unit and the flour sack baby project.

“Intro to FACS” is a 6<sup>th</sup> grade introductory class to everything Family and Consumer Sciences. These students not only get an introduction to the character education piece of the curriculum, but they will also have a cooking unit as well as a sewing project. We love introducing these kiddos to everything FACS and helping them to fall in love with the curriculum!

“Teen Survival” is moving right along seeing each 8<sup>th</sup> grade student before the transition to high school. The topics covered are self-esteem, body image, finance, decision making, goal setting, tech safety, bullying, and peer pressure. Our goal is to give them as many tools as we can to put in their personal toolbox to carry with them throughout high school and adulthood.

It has been a wonderful year so far! We are incredibly grateful to our wonderful community for the support they show our FACS program!

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## Congratulations to our Member of the Month winners!

**February 2017**

**Brita Letvin**  
Columbine High School



**March 2017**

**Carla Sullivan**  
North Arvada Middle School



**April 2017**

**Mary Mullikin**  
Vista Ridge High School



**May 2017**

**Shannon Dreesen**  
Rocky Mountain High School



**June 2017**

**Laura Alsdorf**  
Ames Littleton Facility



**July 2017**

**Autumn Francis**  
Monarch High School



**September 2017**

**Christina Runyan**  
Smoky Hill High School



**October 2017**

**Nancy Cornell**  
Pueblo Central High School



**November 2017**

**Michelle Dennis**  
FACS State Program Director



To nominate someone for CATFACS Member of the Month, visit the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSfQtGfiK5C3wobsZnml05AmhzjtGsW8C0zFKjCSqHffuPij7g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfQtGfiK5C3wobsZnml05AmhzjtGsW8C0zFKjCSqHffuPij7g/viewform?usp=sf_link)