

CATFACS Newsletter

Spring 2018 Edition



A Message from the President - Summer Bucket List



You have written an amazing tale this year by making a difference in the lives of your students and taking our profession to new heights. You have advocated for local funding and the reauthorization of the Carl D. Perkins Act, advised students to make an impact with FCCLA projects, attended professional development opportunities to improve your craft and deepen your content knowledge, and promoted FCS on multiple levels. But, every good story must come to a close and this school year is ending and summer is just about here. I would like to challenge you to relax and rejuvenate this summer to get ready for your next chapter.

Take a step back from always being a teacher. You spend more time in your classroom, both physically and mentally, than you do anywhere else. Try taking that step away and not be a teacher and reconnect with yourself. It is okay to not be a teacher at all times as you are more than just a teacher. You are a person that needs to be human and spend more time being authentically you.

Learn something new. You spend all year teaching your students important lessons. Use this summer to pursue a new hobby or interest. Explore something new as it gives you an important perspective on the difficulties of figuring out something unfamiliar. It is cliché but the best teachers are those who never stop being learners.

Do nothing. Teachers tend to feel guilty if they are not doing something productive. Binge watch television, go to the movies, read a book for fun, sleep in or stay up too late, wear your pajamas all day, or go outside. Just spend time doing nothing important.

Spend time with your family. Your family is your biggest support system. Take a family vacation or just spend time at home. Teaching can be a strain on your family for many reasons, so spend this summer doing things as a family and remind each other of the connection and love you all share.

Get back into a healthy routine. The school year can wreak havoc on your healthy routine. This summer is a great time to get active, cook healthy meals, practice a positive mindset, and find a way to ease stress. Getting back to a healthy routine this summer will make it easier for you to keep it up when you go back to school.

It is only natural to think about next school year but this leads to August arriving way too soon. We all know the temptation to start planning for next year, but take a break as you will be better when you come back. On behalf of the CATFACS Board, Colorado FACS, and Colorado FCCLA, we hope you enjoy your summer! - Robert Van Dyke

[Visit Our Website](#)

Region V Conference

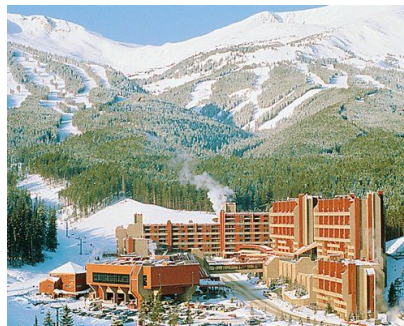
by **Sahvanna Mease, Exhibits and Fundraising Chair**

If you're a member of CATFACS, you're a member of National ACTE. Being a member of such a large professional organization that represents Career and Technical Education brings you so many opportunities for growth in addition to our CATFACS Winter Conference.

Colorado is a part of Region V of ACTE, which is the most diverse region encompassing 19 states and territories. This year, Colorado hosted the Region V conference April 11-15, 2018 in Colorado Springs. The greatest part of our membership (in my opinion) is that you get access to conferences where professionals from all over country come to present best practices or updates on CTE.

FCCLA state officers were present to welcome conference and the state CTE team from CCCS made the event run smoothly! The FACS division visited Care and Share Food Bank for an industry tour and learned there are endless volunteer opportunities for students to participate in, the need for food donations in the Spring/Summer to help children and families throughout the summer school break, as well as the promotion of schools starting their own school Food Banks! Overall there are so many great ideas you walk away with from attending a larger conference outside of CATFACS.

We encourage you to attend CACTE this summer July 15-19, 2018 at Beaver Run Resort in Breckenridge, CO! Click [here](#) for more information.



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on social media!

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

#CATFACS

5 Ways to Cultivate a Growth Mindset

by Diana Coulter, Bylaws Chair

If you're an educator anywhere, chances are you've heard of "The Growth Mindset." It's a concept that was introduced by world-renowned Stanford University psychologist Carol Dweck, after decades of research. As the year starts to wind down, I know this is when I need to cultivate my growth mindset the most. Below are some growth hacks I've been using to cultivate my growth mindset.

1. Change the narrative. Do you ever create stories in your head about a challenging student, a difficult coworker, or even bad habits that you have? Changing the narrative can help us master that negative self talk into more positive, self loving talk.
2. Take time for gratitude. I think I'm such a huge proponent of this particular step because I make time every night to practice. Amidst the worst day, if you look for five silver linings, you're likely to find them. Try it out for yourself.
3. Find the marigolds. My coworker shared this with me. She introduced me to the concept of Marigold and Walnut trees. Marigolds keep away bugs, pests, fungal diseases, weeds, and help our plants grow healthy and strong. Walnut trees are full of toxicity, killing anything near it- vegetables, flowers, etc. The people in our schools represent these two plants. Who will you be? Who will you surround yourself with?
4. Own your part. At some point, we all have the ability to be walnut trees, right? We are all walking different seasons of life while dealing with some of our harshest critics (yes, students). Personally, it can be really difficult for me to admit when I'm wrong. For example, the other day a student asked me why I was absent. I took a mental health day. It had been a particular draining and somber week, and I was exhausted. So I told him I took the day off to enjoy life, hang out with my daughter, and refocus. His response: "That's what you're using my dad's taxpayer dollars for?" As you can imagine, I was a smidge irate. My response? Not so nice. Oh, and to top it off I held a grudge for about three days (insert knowing feeling here vs. judgement here, please). Then (with some time to think and be rational), I apologized for my response, let him know that my boundaries were a little too porous and informed him from now on it's none of his business. And actually, this opened the doors for him to apologize for his comment.
5. Conflict is information. Conflict is inevitable. Eventually we're all going to face conflict in relationships, whether it's a relationship with our spouse, students, coworkers, or friends. If we can do a quick gut check, heart check, or brain scan, we can find clarity using this tool. Instead of judging the feelings of conflict, using them against someone, or manipulating people to feel differently, we can use this as an opportunity to gain some perspective. What's coming up for me? Why might someone else be upset? This can open doors to talk people without our egos and instead with some understanding and compassion.

The thing I love about the growth mindset is that we can take time to cultivate this practice in all aspects of my life. I can practice over the summer. I can revert back to bad habits, and then start over. This mindset takes practice, and as long as your committed to the work, you can't go wrong.

Windsor Is Inspiring CTE

by **Jessica Teal, President Elect**

Windsor High School is preparing to propel Career and Technical Education forward through the construction of the new Innovation Center housed on campus to open for school year 2018-2019. Hours of planning and careful implementation have led the space to become a place of creativity, collaboration, and inspiration for new ideas to be born while preparing students for industry careers. Staff tours were held last week and several CTE teachers were able to take part in this opportunity. Among the wide span of natural windows and open space in the cafeteria, the Innovation Center will house a new Welding Lab, Soft Lab (Industrial Tech and Interior Design), Business classrooms, Video Booth and access to 3D printers.

The collaboration within these walls are endless- one of the “dream big” ideas within the Family and Consumer Science realm is to collaborate with Business and Videography/Photography to have Fashion Design students market and merchandise their Design A Line Projects through a business plan, construct 3D printed patterns for their clothing items, construct their garments and have Videography and Photography construct digital advertisements for these lines of clothing to be marketed toward their ideal customer. With this collaboration, these design ideas can be further shared with the community and advisory committee members through the creation of a Design A Line Google Website and Youtube channel. In addition to this, discussions with Industrial Tech and Interior Design include collaboration with constructing 3D floor models using designs from Solidworks and CAD drafting programs.

Student involvement throughout this process has made this transition meaningful- the Interior Design class recently drafted proposal sketches for the Innovation Center wall to be displayed and viewed by the community. In addition, students have been presented these design ideas and have provided feedback for the design team through evaluation of the current Collaboration Space. Particularly, Kevin Copher and RLH Engineering visited the Interior Design class to communicate design decisions using material boards and the concept video to prompt further design discussions. When constructing floor plans, students were able to view realistic floor plans of the Innovation Center, Commons, Collaboration Spaces, etc. with support of Administration.

We look forward to sharing more pictures in action with CATFACS!

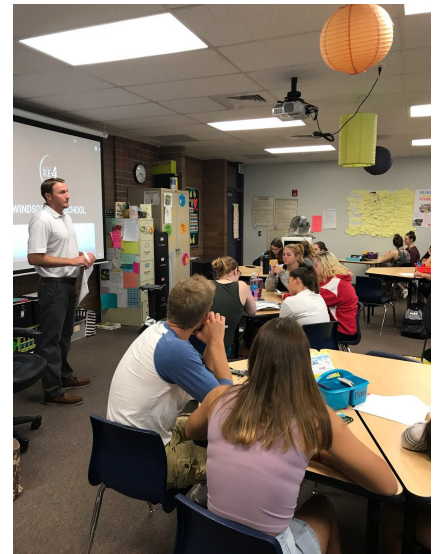
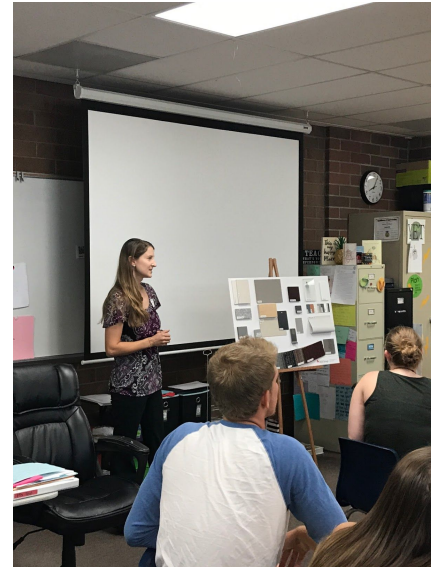


Photo Credit: Weld RE-4 School District

News from CSU Family and Consumer Sciences

by Dawn Mallette, Professional Partner, FACS Program Coordinator at Colorado State University

Cooperating Teacher Recognition

Thank you to the following FACS teachers who sponsored a FCS teacher candidate in their classroom during the Spring Semester 2018:

FACS Teacher	School	Future FCS Teacher
Maureen Eldridge	East High School, Cheyenne, WY	Brittany Escamilla
Mandy Johnson	Poudre High School, Fort Collins, CO	Hannah Mansdorfer
Kim Cox and Lindsey Jaffe	Mountain Vista High School, Denver, CO	Taylor Phillips

Say YES to FCS Reception at State FCCLA

Thank you to those teachers/advisers who identified students to follow in their footsteps and attend the Say YES to FCS reception at state FCCLA. About 50+ students/state officers, teacher/advisers, CSU students, and CCCS administrators attended the reception. It was exciting to see the excitement for FCS in the room. Thank you to Robert VanDyke, Assistant Program Director and FCCLA State Advisor, for his continued support and organization of this event at state FCCLA conference!

**Say
Yes
to
FCS**

Family and Consumer Sciences Scholarship Selections



The Family and Consumer Sciences faculty selected the recipients for the 2018-19 College of Health and Human Sciences/Family and Consumer Sciences scholarships. Fourteen scholarships were awarded to Family and Consumer Sciences majors totaling approximately \$25,000. Many of our Family and Consumer Sciences students are doing what is necessary to be recognized; high GPA's and strong campus/volunteer participation. In addition, they are very competitive with the seven other academic units within the CHHS. This year we had two students earn Health and Human Sciences College scholarships; two students earn Interdepartmental scholarships, and 10 students earn Family and Consumer Sciences scholarships. We would like to thank the Colorado Association Teachers of Family and Consumer Sciences professional organization for their financial support for the Family and Consumer Sciences Professional Promise scholarship.

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Professional Promise Scholarship Recipient - Megan Sadar

Megan Sadar is the 2018-2019 recipient of the Professional Promise Scholarship sponsored by the Colorado Association Teachers of Family and Consumer Sciences. A native of Colorado, she is a student at Colorado State University currently studying Family and Consumer Science Education. Megan attended Rocky Mountain High School and fell in love with Family and Consumer Sciences when under the instruction of Denise Lawrence at age 14. After that first FACS class, she decided to take every other FACS class available at RMHS throughout her high school education. She bonded with the FACS teachers at RMHS (Denise Lawrence, Kelsey Mauch, Martha Moore, and Shannon Dreessen), serving as a Teacher Aide for all instructors at some point or another over a period of four years. Her senior year, she was enrolled in Teacher Cadet under Kelsey Mauch's instruction in the spring of 2017. During this course, it was solidified in Megan's mind that teaching is the correct course of action for the rest of her life. She was given the opportunity to work with Liz Broste at Webber Middle School for the field experience portion of Teacher Cadet. It was at Webber that Megan fell in love with teaching middle school. Megan was awarded the Family and Consumer Science Student of the Year award in May 2017.



Megan enrolled in CSU and began taking classes in the Fall of 2017. After two semesters, a job shadow at Kinard Middle School in Fort Collins, and a plan for the fall 2018 semester, she is quickly and excitedly making her way through her collegiate experience. She is hoping to teach FACS at the middle school level in Colorado, but would be happy at the high school level as well. The content areas Megan is most excited to teach will be culinary arts, fashion construction, human development, and relationships, but is happy to take on anything that is presented to her.

A Student Perspective

by Amanda Goodman, Social Chair & Student at Colorado State University

My junior year at Colorado State University as a FACS education major has been eye opening and has surpassed my expectations of intellectual concepts and curriculum. I had the pleasure of taking FACS 479- Colloquium with Dr. Carole Makela. This course is focused on current topics and issues related to professional roles, responsibilities, and opportunities in the FACS field. Below is a bill (HB18-1130) I researched for the course and found it important to Colorado FACS educators.

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Policy Brief

Bill No.: HB18-1130

Intro Date: 1/19/18

Status: Law (Signed Act 3/29/18)

Title: School District-Authorized Instructors

Subject: Education & School Finance (Pre & K-12)

Introduction

The bill was first introduced on January 19th, 2018 with the intention of having qualified personnel teach in public schools. This bill was created based on the concerning number of schools/districts that have a shortage in teachers. If a district is struggling to obtain a licensed teacher in a “unique” or “critical” subject area. An individual can be employed by the district if they have a bachelor’s degree in the subject area they will be teaching. Also, they will be required to submit a background and fingerprint criminal history check. The school can employ the individual for up to five years and obtain the same salary and benefits as a licensed teacher. However, the instructor must have proof of their significant experience in the subject to be make a similar income as a licensed and experienced teacher. One important piece of information presented in the bill indicated that the school cannot replace an unlicensed teacher with a regularly licensed teacher.

Revised

A revision was done in March 2018 to increase availability of qualified personnel who are licensed in another state to teach in public schools. The department of education will issue a teacher license or special services license to an individual who has obtained a license in another state. However, there are some guidelines and restrictions to this bill. An applicant must have at least three years’ experience in an elementary or secondary school and provide documentation of their experience. The revised bill first stated that the three years’ experience as a teacher needed to be continuous. It was later revised a second time and changed to three years of experience within the previous seven years. Still unclear of what “special services” teacher is pertaining to and will require further research.

Signed Act

The bill was signed by the governor and was made a law on March 29th, 2018. Teachers or special service teachers must have a licensed issued from another state and provide documentation of their experience in elementary or secondary schools. This takes effect August 8th, 2018. A related bill to teacher shortage concerns would include; Programs Addressing Educator Shortages, HB18-1309. This bill allows for a “partnership” between school districts and a University that have education programs/concentrations. University students in their final year and are student teaching will receive payment from the district that they are student teaching at. However, the University student must work in the same district for three years after graduation or they must repay the district. Colorado will create a grant program to assist district with tuition costs.

FCCLA State Leadership Conference

by **Robert Van Dyke, President & Professional Partner, FCCLA State Adviser, Assistant FACS Program Director**

Over 1,200 students, advisers and guests experienced the “Everlasting Tale” at the 2018 FCCLA State Leadership Conference at Marriott DTC Hotel April 5-7. SLC was full of many new and exciting opportunities for members to enjoy. Attendees imagined a tale in youth sessions and the World's Expo, lived your tale through competitive events, and furthered a tale in the friendships you made. This conference celebrated the tale that Colorado FCCLA wrote this year.

Colorado FCCLA would like to thank Michelle Dennis, Cynthia Hoepfner, Bailee Gardunio, Kayelani Kirschbaum, Lettha Plecker, Victoria Connor, Tara Bell, Jen Girvin, Metropolitan State University of Denver, JC Penney, RTD Denver, all the event consultants and judges, state officer team advisers, and everyone who contributed to making our conference a success! Congratulations to the following members for being elected to the State Executive Council.

2018-2019 State Executive Council.

President	Alyssa Mackey	Cheraw High School
1st Vice President	Cheyenne McGuire	Akron High School
2nd Vice President	Sarah Shelton	Cherry Creek High School
Secretary	Julia Jakuboski	Chaparral High School
VP of Events	Ariel Bowden	Miami Yoder High School
VP of Finance	Toby Cockreham	Briggsdale Lake High School
VP of Membership	Brooklyn Pustari	Ponderosa High School
VP of Peer Education	Lionel Bustillos	Platte Valley High School
VP of Programs	Aimee Sanchez	Pomona High School
VP of Public Relations	Elizavet Carranza	Platte Valley High School
VP of Publications	Rylea Baumberger	Coronado High School
VP of Recognition	Matt Kopala	Northglenn High School
National Officer Candidate	Emily Gutierrez	Roosevelt High School
National Officer Candidate	Gabe Martinez	Northridge High School

National STAR Event Qualifiers

Congratulations to the chapters that have National STAR Event qualifiers and will represent us at the National Leadership Conference in Atlanta this summer! Bollman Tech, Boulder, Briggsdale, Centauri, Chaparral, Cheraw, Cherry Creek, Columbine, Coronado, Douglas County, Eaton, Fort Collins, Fort Morgan, Fossil Ridge, Frederick, Fruita Monument, Golden, Highlands Ranch, Holmes, Holyoke, Legacy, Loveland, Mead, Meeker, Merino, Mountain View, Mountain Vista, North Arvada, Northglenn, Platte Valley, Pomona, Ponderosa, Rocky

Mountain, Roosevelt, Roy J. Wasson, Sanford, Smoky Hill, Springfield, Trinidad, Warren Tech, Windsor, and Wray.

State Award Winners

The 2017-2018 State Executive Council would like to recognize all of the following individuals who received state awards.

North Arvada Middle School and Mesa Ridge High School won the Go for the Red Membership Award for having the largest percent member increase.

Mountain Vista High School FCCLA winning the Go for the Red Membership for having the largest numerical member increase.

Outstanding Junior Member Award
Outstanding Senior Member Award
Outstanding Occupational Member Award
Leadership Scholarship
Promise Award
Spirit Stick of Service
District of Excellence Award
Outstanding New Adviser Award
Outstanding Adviser Award
Outstanding District Consultant
Spirit of Advising Award
Honorary Membership Award
Outstanding Administrative Support
Ultimate Image Award
Mentor Adviser Award
Master Adviser Award

Cheyenne Cisse, Overland High School
Harley Gentry, Merino High School
Ami Tat, Legacy High School
Sarah Wiebers, Merino High School
Harley Gentry, Merino High School
Rocky Mountain High School
Northern District
Zack Kirschbaum, Merino High School
Dianna Hall, Northridge High School
Jeanine Pope, Northeastern Plains
Denise Sciacca, Trinidad High School
Lynn Zemanek
Sohne Van Selus, North Arvada Middle School
Gateway High School
Kelly Gauck and Kimberly Baldwin
Arielle Bergmann, Kelsey Mauch, Andrea Aragon,
Andrea Freisema

Colorado National Program Awards

Community Service National Program Award	Platte Valley High School
FACTS National Program Award	North Arvada Middle School
Families First National Program Award	Holmes Middle School
Student National Program Award	Wray High School

Colorado FCCLA thanks all advisers



for your hard work making the
2018 State Conference a success!

2018 CATFACS Award Winners

by **Dalene Bricker, Awards and Hall of Fame Chair**



Teacher of the Year

Christina Runyan received the 2018 CATFACS Teacher of the Year. Ms. Runyan was nominated by Arielle Bergmann. Christina is a get it done type of teacher. She constantly expands her content knowledge. She has attended Visions ACTE Conference and ProStart Nationals. She is always willing to contribute to the FACS profession. She currently teaches CTE in the Cherry Creek School District. She has stepped up to volunteer her time to managing the social media for the high school. She helps facilitate community and industry meetings to ensure this new CTE building will be just what the community and industries need. Ms. Runyan maintains a FCCLA Chapter which gives students many opportunities. She spends endless efforts to promote and grow Colorado FACS and Career and Technical Education. Congratulations!

Outstanding New FACS Professional

Kelsey Mauch nominated and presented the Outstanding New FACS Professional Award to Jenny Skillman. Ms. Skillman currently works as the FACS Teacher at Rocky Mountain High School. She is a member of CATFACS, CACTE and ACTE. She has received the Award of Excellence, started the Unified Basketball Team, coaches, and organizes a Fashion Design Club. She is truly passionate about her career and really cares about the learning of her students. She goes above and beyond to demonstrate leadership, responsibility and commitment to her community through her work. We are proud to have new professionals.





Outstanding Administrator

Amy Chinn, High School Principal from Meeker High School. Ms. Chin was nominated by Brenda Mullins-Hummel. Ms. Chinn has made positive changes to the Family and Consumer Sciences Program at Meeker High School. She supports funding for the CTE programs as well as community support. She allows an open open door policy with creates a great relationship between small business and the CTE programs. She inspires students and instructors to continue to strive for excellence and real life experiences. Her kindness and compassion make her a wonderful asset as an administrator. Congratulations.

congratulations!

Please Start Nominating for the 2019 CATFACS Awards!

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. The awards are as follows:

Teacher of the Year
Distinguished Service by a Member or Friend
Outstanding New FACS Professional
Outstanding Administrator

[Nominate Here](#)