

WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

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The mission of WAFCS is to provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

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2022 WAFCS Annual Conference

The Stoney Creek Hotel and Conference Center in Onalaska, WI

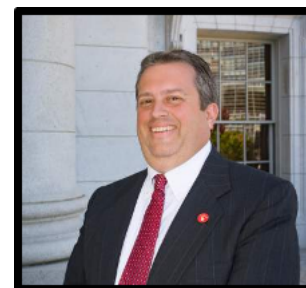


Who is getting excited to “Celebrate Wisconsin” and network with WAFCS members?

We have some great updates for you regarding the conference on **March 3-4**.

Keynote Speaker

We are pleased to announce one of our keynote speakers is Andrew Nussbaum, who is the Regional Tourism Specialist from the Wisconsin Department of Tourism. He will be speaking on March 4th. Andrew joined the Department of Tourism in 2012, after having spent his entire professional career in hospitality, marketing, and tourism. His focus with companies and organizations has always been to grow their customer service effectiveness, a passion that began with his first restaurant job in 1984. Andrew refers to this as “Northern Hospitality”. He loves traveling the state, meeting with folks, and helping them get the word out about all the great things there are to see and do in Wisconsin. Having worked with various regional and statewide collaboration efforts, Andrew enjoys bringing organizations together to share ideas and resources. Tourism is a large part of economic development in Wisconsin, and the visitor's experience here is paramount.



WISCONSIN
—DEPARTMENT OF TOURISM—

Pathway Palooza

Family and Consumer Sciences teachers and professionals want to support students and communities through high-quality Family and Consumer Sciences programs. Through these programs, FCS supports a variety of career clusters and pathways.

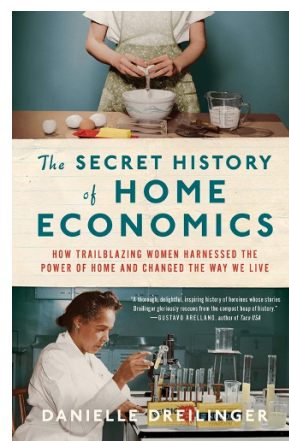
We will begin with an exciting start to the conference on March 3rd, 2022 exploring the various pathways within the Family and Consumer Sciences field. Each pathway will include a tour of a business in the industry and an engaging presentation to enhance the connection of what makes Wisconsin FCS so unique.

Some sneak peeks of the day include a tour of the respected hospital, Mayo Clinic and a tour and demo at Meringue Bakery. The palooza day will wrap up with a professionally orchestrated debriefing with retired UW Extension agent Chris Kniep.

Some pathways will have limited space available, so be sure to register for the conference early!

The Secret History of Home Economics Book Club

An engaging book club, led by Susan Turgeson, will take WAFCS members and conference attendees through great discussion and dialogue. **There will be two pre-conference book club sessions, occurring in January and February via Zoom.** The final book club session will be held at the WAFCS annual conference on **Friday, March 4th**. If you are interested in joining this book club, email Miranda Stroik at mstroik@dce.k12.wi.us by **December 15th**.



CFCS Study Group

*Are you interested in becoming Certified in Family and Consumer Sciences (CFCS) through AAFCS?
Keep reading to learn more!*

Benefits of Certification

Becoming certified is the most credible credential a family and consumer sciences professional can achieve. The AAFCS Certification Program provides the following exclusive benefits:

- Promotes continuing education and professional growth;
- Provides recognition to individuals, allows them to use the CFCS title and certified designation;
- Increases professional employment opportunities;
- Fosters excellence in the family and consumer sciences profession;
- Markets the profession;
- Assists employers in recruitment and selection of highly qualified individuals within the profession.

What We Are Offering To Our Members

This year the assessment-based certification exam is being offered at the 2022 WAFCS conference on **Friday, March 4th from 3:30-5:30 p.m.** Not only is the exam being offered, a study group has been established and will meet 2-3 times per month leading up to the exam on March 4th, 2022.

What You Need To Know!

1. All study sessions will be held virtually, through Zoom.
2. You do not need to attend every session for the study group, this is an extra support provided to you for free.
3. Our goals and objectives are:
 - a. Study and review different content areas to pass the test.
 - b. Familiarize group members with test format.
 - c. Review 8 standards from which the test is comprised.
 - d. Provide a space and time for FCS professionals to prepare for test material.
 - e. Encourage accountability within our study group.
 - f. Supply resources and test prep materials to study group participants.
 - g. Sign Up Deadline:
 - h. [Complete this google form](#) by **Friday, November 12th** to become a member of the study group. Then you will be sent a full calendar with Zoom links.
 - i. Questions? Contact study group coordinators, Julie Anderson, julie.anderson@ngsd.k12.wi.us or WAFCS President Emily Larson, larsone@amerysd.k12.wi.us

Calendar

Find the calendar below for study group meeting dates and times.

Please note- Additional dates and times may be added and the focus area is subject to change

Month	Specific Meeting Dates	Focus Area
November	a. Tuesday, November 16th, 6:30-7:30 p.m. b. Monday, November 22nd, 4:00-5:00 p.m.	a. Review Exam Details b. Review Content Area Specifics
December	a. Tuesday, December 7th, 7:30-8:30 p.m. b. Wednesday, December 22nd, 5:30-6:30 p.m.	a. Integration of Foundations b. Family Studies and Human Services
January	a. Thursday, January 6th, 7:00- 8:00 p.m. b. Wednesday, January 12th, 4:00-5:00 p.m. c. Tuesday, January 18th, 5:00-6:00 p.m.	a. Human Development Education & Services b. Nutrition Wellness and Food Sciences c. Food Lodging Hospitality
February	a. Monday, February 7th, 6:00- 7:00 p.m. b. Wednesday, February 16th, 4:30- 5:30 p.m. c. Tuesday, February 22nd, 6:30-7:30 p.m.	a. Consumer and Resource Management b. Textiles and Apparel c. Environmental Design
March	a. Friday, March 4th, 3:30-5:30 p.m.	a. Exam Day- WAFCS Conference

Be sure to check out next month's newsletter because all conference information will be released by December 1! This will include the conference at a glance and registration information.



#FCSBFF



This year our conference goal is to reach as many Family and Consumer Sciences professionals as possible and we are asking for your help. Do you have a friend or colleague who hasn't attended a WAFCS conference in a while or maybe has never attended? We are asking you to personally reach out and invite them to be your FCS BFF (best friend forever) and encourage them to attend our annual conference on March 3rd and 4th in Onalaska WI. We will be rolling out the new hashtag #FCSBFF at our conference and will have #FCSBFF themed activities and prizes for those who participate. You could even win a special gift if you bring a first time attendee! Let's continue to grow our fantastic community of professionals. **Who will be your #FCSBFF?**



From your President..

The school year is flying by, and October was a busy month for me personally and as your WAFCS president. At the AAFCS Fall Leadership workshop, held at the beginning of October, I was able to present with three other states on "Embracing Disruptions That are Impacting Membership." Wisconsin was selected because of its strong membership throughout the years. In fact, after looking at affiliation numbers, our membership has grown in the last three years by 23%. Karen Goebel welcomed everyone to the leadership conference and spoke about the Goebel-Young Leadership Fund. I am always proud to be a WAFCS member, but I was smiling extra this day hearing Karen speak.



UW-Stout asked me to present to college students about a day in the life of a Family and Consumer Sciences teacher. Of all the presentations and lessons I have taught in my eighteen years as an FCS educator, this was one of my favorite presentations to give. The professor shared some of the students' comments in their reflection, which brought a few tears to my eyes. Of course, they were happy tears thinking of these future students one day becoming FCS instructors, and they wrote the sweetest comments. I was delighted to help with questions about the FCS profession. One question regarding balancing life and work, let me share a story about my eight-year-old son Toby. Last month, Toby's teacher asked her students to talk about one of their favorite places to go. Toby told his classmates it was "his mother's FCS classroom." Of course, some of the students teased him a bit because what kid wants to hang out at school in their free time. Toby then proceeded to tell his class about what an FCS teacher does and all the fun items I have in my room. He might have stressed a few times that I have a brick fire pizza oven in my classroom. Also, for the record, my students do not eat pizza and drink coffee every day.

This makes me think of a quote I heard by Maya Angelou. She said, "people will forget what you said, people will forget what you did, but people will never forget how you made them feel." While I hope my students remember what I teach them, the saying rings true in many ways as a mother, teacher, and WAFCS member. I might not remember everything I learned from all the WAFCS conferences I have attended throughout the years. However, I can tell you they rejuvenate me, get me excited to share new teaching strategies with my students, and make me feel blessed just by being around my WAFCS friends. This upcoming conference in March is sure to be an amazing one, so mark your calendars because I predict it will be the best one yet.

Your president,
Emily Larson

How is your year going? With a year and a half of COVID behind us, life appears to be getting back to somewhat normal functioning, but is it really? The following is a letter from WAFCS President-elect Char Kelley. Char is a 2021 AAFCS Teacher of the Year merit finalist.

A Letter to My Colleagues,

As I write this, I am going into the 9th week of the 2021-2022 school year. The 25% mark of my 23rd year. I have been through some good and tough times. Nothing prepared me for this year. When I started back with a few days of professional development, our goal was to reduce the number of D's and F's; a noble cause that all teachers can get behind.

My first thought was I could easily do this. In the 22 years I have taught, I have a toolbox filled with strategies that involve literacy, retake policies, and social and emotional learning. But that is in a typical year. What my toolbox is not filled with is how to manage a class of 9th graders that have not had a normal school year since the 6th grade. Educationally, they are behind. But behaviorally and emotionally they are void. This week a colleague compared the behaviors in the lunchroom to what is typical behavior in May. The pandemic is now considered a tick against the Adverse Childhood Experience or ACES score for this entire generation of kids. And pediatric groups have now declared children's mental health a national emergency. There is nothing in my toolbox for any of this. At times I feel completely defeated because it's easy to focus on this negativity.



It is incredibly easy to forget how much we matter to our students. Have you ever wondered if students take culinary classes as a means of obtaining some extra food? I know some of my students have brought home their lab group's extra muffins, pieces of cake, and stir fry to "show" their parents and this may be the only food home that night. I handed a kid a gallon bag on extra fettuccine noodles

this week under the guise of, “hey can you take these off my hands? We won’t use these at all, and I don’t want them to go bad.” I hoped it helped ease the food insecurity burden.

This week my students worked on knife skills. They were excited to try all the cuts. I was terrified to give them a chef’s knife, but it all worked out. And in those amazing moments of accomplishment as students held up their julienne cuts with pride, we all forgot about the pandemic negativity that blankets us wherever we go. Cooking food is such great therapy. We are working on their communication skills as they launch into teams and decide who is washing dishes and who is in charge that day. They work on reading recipes and following instructions. And we all know how difficult this is for them. But for a moment, they forget their cell phone exists. How many other classes in our schools can boast this? People, we matter so much right now!

We, as family and consumer sciences educators, are the light for many of our students. We provide them with these little moments in the kitchen or at the sewing machine that they need more than ever. What I have learned over these first 45 days of the school year is that taking care of my students is a more important goal than reducing D’s and F’s. The problem is so much bigger than teaching and assessment. We are in the business of people, not grades.

If you are struggling, give yourself some grace. This is so hard. What are you doing to help yourself get through this time? Talk to your students about it. Get something positive on your calendar you look forward to each month. I have a sink full of gross dishes from yesterday and my house is a disaster because I chose to sleep over chores. Never feel guilty about choosing to take care of yourself. We all need extra self-care. Only YOU know what your best self-care looks like. Self-care is fluid. Ask yourself, what do I really need. And then ask yourself again tomorrow. There are times I am left in tears because I truly don’t know what I need in that moment. But it’s the only way we can get answers. You matter. Your profession matters. It is in these troubling times we could find opportunities to shine, but we must take care of ourselves.

Yours in FCS,
Char Kelley
ckelley@ecasd.us

from AAFCS..

Mark your calendar for Family and Consumer Sciences Day! See the [aafcs.org](https://www.aafcs.org) website for more information.

<https://www.aafcs.org/aafcs-events/all-events/fcsday>



FOOD - FASHION - FURNISHINGS - FAMILY and MUCH MORE!

FCS truly does tie them all together -

Join us for a birthday celebration, regardless of the weather!

It's FCS Friday on December 3rd Twenty Twenty-One -

We're going to use the apron to "tie" in a little fun!

In previous years, AAFCS encouraged you to dine -

*But, this year, it's time for Family and Consumer Sciences to really **shine!***

(from [aafcs.org](https://www.aafcs.org))