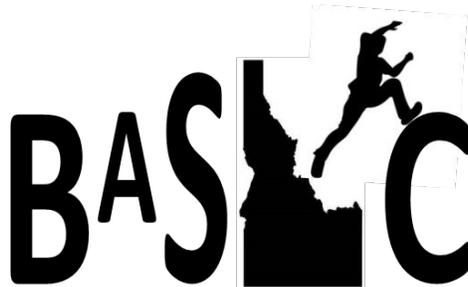


# FCCLA Speaks

September 2018



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## Building & Achieving Success in Idaho Chapters

BASIC is a great networking and leadership enhancing opportunity for chapter officers. This year BASIC will be held at four different locations, which include; Pocatello, Twin Falls, Nampa, and Lewiston.

This training is offered for 1.5 days in each location. To allow for more opportunity for our chapter officers, there will be two packages available. BASIC will include team building and CTSO networking beginning Sunday night. Though some may not be able to attend the Sunday night activity we are also offering a full day leadership training on Monday. This will include adviser and chapter officers sessions in the morning, and then individual breakouts with the FCCLA State Officers after lunch.

Early registration is due on **9/7/2018** and late registration ends on **9/14/2018** (Some locations closing dates may vary).

For registration information please go to:

<https://cte.idaho.gov/students/student-organizations/basic-training-registration/>

# State Outreach Projects

## Suicide Awareness Project

As National Suicide Awareness Month is celebrated during the month of September. It is important to remember our ongoing outreach project focusing on suicide prevention and mental health. During this month, remember to reach out to someone you might think is struggling. You never know the impact of one “Hello”, or a smile may have on someone. Let those around you know they are not alone, and you create a support system for not only yourself but for others, in your school and community.

Throw  
Kindness  
Around  
Like  
confetti

## Idaho School Breakfast Challenge

In an effort to increase school breakfast around Idaho, we have partnered with the Idaho Hunger Relief Task Force. During October, Idaho FCCLA chapters will have the opportunity to partner with their school to increase school breakfast in October.

Chapters who partner with their school to bring this program into the school, and report a rise in student breakfast participation, will be entered to win one of **eight \$500** grant prizes sponsored by the Idaho Hunger Relief Task Force. This outreach project also coincides with the national program Student Body.

For more information on this project, and how to be involved please contact Theresa Goils at [theresa.goils@cte.idaho.gov](mailto:theresa.goils@cte.idaho.gov).



Check the resource page at [www.idahofccla.org](http://www.idahofccla.org) for more information, and your email on 9/5/18.

# What's Your Game Plan?

## Gaining New Members for a New Year

When it comes to finding new members, you can find yourself overwhelmed by the task. By coming up with a game plan can help reduce stress and reach your membership goals.

**What's your goal.** Whether your goal is to gain one member or 20 it is important to lay out a specific goal. Remember SMARTS goals? Well they may be helpful in this situation. Laying out a timeline for your goal, and being specific about what you want to achieve can help keep everyone moving in the same direction accomplish your goal.

**Trust the team.** In today's world some may wonder why join FCCLA? As members and advisors we know FCCLA creates a great pathway for future careers, and gives students experiences they need to be successful in the future. Presenting FCCLA out as a team only reinforces what FCCLA is all about, ;earning and bettering ourselves, together. Showing students some of the benefits of FCCLA may persuade them to join your chapter.

**Don't forget those Cheerleaders.** In FCCLA we are all family and cheer each other on, so from us to you; YOU CAN DO THIS! Getting the word out can be a lot of work, but it will pay off. The first step to gaining new members is making sure people know about your organization. So put up those flyers! Create that awesome bulletin board and get the word out!

**Game point.** After all of your hard work networking with students and persuading them to join, dont forget a little appreciation. Our members are our organization, and having a little treat for them after they affiliate may be just the right touch for them to encourage all of their friends to join as well

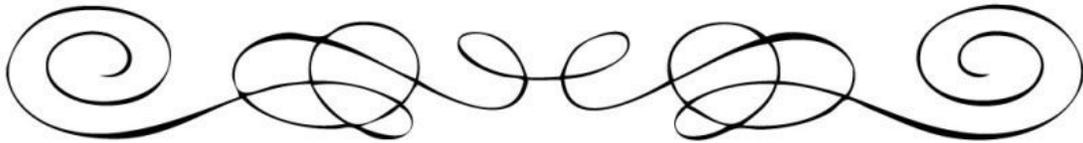
**Don't forget to share your membership journey with us using the hashtag #idfcla2018 and #JoinFCCLA**

# 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	<a href="mailto:president@idahofccla.org">president@idahofccla.org</a>
Abby Davis	District 3	<a href="mailto:secretary@idahofccla.org">secretary@idahofccla.org</a>
Charlotte Brockman	District 4	<a href="mailto:vpvr@idahofccla.org">vpvr@idahofccla.org</a>
Christina Wilson	District 6	<a href="mailto:vpstarevents@idahofccla.org">vpstarevents@idahofccla.org</a>
Lindsey Stachofsky	District 2	<a href="mailto:membership@idahofccla.org">membership@idahofccla.org</a>
Jamie Garcia	District 4	<a href="mailto:vpprograms@idahofccla.org">vpprograms@idahofccla.org</a>
Taryn Packer	District 3	<a href="mailto:d3director@idahofccla.org">d3director@idahofccla.org</a>
MayLee Edwards	District 6	<a href="mailto:d6director@idahofccla.org">d6director@idahofccla.org</a>

# Officer Tips and Tricks

## Staying Organized

By Abby Davis, Secretary

Going back to school is an extremely busy time for students and teachers. If you are not organized and on top of things then it is easy to fall behind.

Getting organized for school is all about developing good habits and a system that works well for you. Here are some tips for staying organized during the school year.

- **Develop a routine.** Consistency is the key to success. Create a routine that includes when you will complete your homework, when you'll study, and other things that are important to complete daily.
- **Use a planner.** Make a habit of writing down all of your events, meetings, ideas, and other important things that you need to complete in a notebook or planner. When you write things down, you will be less anxious because you won't have to rely on your memory for important deadlines. Make sure to look at this planner often to remind yourself of what you need to do.
- **Do not procrastinate.** Create your own deadlines (before the actual deadline) and write them down in your notebook or planner. Having your own deadline will reduce stress and makes you more likely to complete your assignments on time.
- **Declutter once a week.** At the end of each week, look through the notes, assignments, papers, and anything else that you have accumulated. Recycle or throw out anything that you don't need and put everything else in a specific place. Decluttering helps you stay organized and focused.

# It's Never Too Early To Start

By Christina Wilson, VP of Competitive Events

When it comes to competitive events FCCLA has more than a few to choose from. With a wide variety of STAR Events, and Idaho Events it can be challenging to choose which project is right for you. After competing with a STAR Event project for five years, more than one time have I been stuck at the same threshold of inspiration trying to pick the project I want to work towards for the coming year. The upside to the multitude of options is the creative freedom and ability to create a project that is the perfect fit for you. Options include working with a team, creating community activities, or learning parliamentary skills as well as so any other. Any fans of personality quizzes out there? There is a quiz on the national FCCLA website that can help you find the perfect competitive event. Don't forget one of the most important resource available to every FCCLA member, your advisors can always guide and help you through the process of choosing and completing a competitive event. Remember that the most important choice is the choice to start, I look forward to seeing the projects that are brought to competition this year. We all wish each of you the best of luck.



# Upcoming Dates

## September

7 Early Registration for BASIC closes

14 Late Registration for BASIC closes

16-17 Pocatello BASIC

23-24 Twin Falls BASIC

28-29 UI AG Days

30-1 Treasure Valley BASIC

## October

14-15 Lewiston BASIC

17 Hunger Summit

18-19 Executive Council

TBD Fall Conferences, check [idahofccla.org](http://idahofccla.org) for updates

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

**Include us in your journey - #IDFCCLA**

