



# OKLAHOMA CareerTech

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**FCS** Family and Consumer Sciences  
FCCLA - Family, Career and Community Leaders of America

## Contact Us

August 15, 2024

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## Lasagna Love

### Lasagna Love

Lasagna Love is a global nonprofit whose mission is simple: feed families, spread kindness, and strengthen communities. Have your chapter sign up to provide lasagna for families in need near you!

You can decide how many lasagnas you want to donate, how far you're willing to drive to take the lasagnas, and much more. This is a GREAT way to incorporate FCCLA into your classroom by having the class cost out the recipe (Financial Fitness National Program) work together to make the lasagna (Student Body National Program - making healthy recipe choices), and utilize their FCS culinary skills.



# LASAGNA LOVE



WANT TO HELP A NEIGHBOR IN YOUR COMMUNITY? WE'VE MADE IT EASY!



1

To volunteer, scan the QR code or sign up: [lasagnalove.org](http://lasagnalove.org)



2

Get matched with families that live near you



3

Cook a lasagna (or two, or three!)



4

Make a contactless dropoff to your family



5

Celebrate that you helped your community!

*Feed families, spread kindness, strengthen communities.*



@wearelasagnalove



@wearelasagnalove



[www.lasagnalove.org](http://www.lasagnalove.org)

## Lead Conference Registration

Lead Conference is THE event for FCCLA Chapter Leaders! Lead Conference is a one-day training for chapter officers to prepare them to lead their local chapters. Chapters attend the Lead Conference assigned to their region. When registering, chapter leaders will be assigned to leadership tracks in order to gain specific training for their office. Cost is \$15 per officer, free for advisers. **Deadline to register is August 31, 2024**

North Region Lead Conference - **September 11**, Enid, OK

South Region Lead Conference - **September 12**, Duncan, OK

Northeast Region Lead Conference - **September 17**, Glenpool, OK

Southeast Region Lead Conference - **September 18**, McAlester, OK

Lead Conference

Meat Cooking Competition

## FCCLA Meat Cooking Competition at the State Fair of Oklahoma

FCCLA chefs are being challenged to cook and present their best dish at the Meat Cooking Competition at the **Oklahoma City State Fair September 20-21, 2024**. Participants will need to create a dinner entree that has cube steak as the protein. Competitors and their adviser will each receive free admission to the fair. Recipe submissions to be chosen to cook are due August 30, 2024.

# OATFCS

## OATFCS WINTER CONFERENCE & LEGISLATIVE NEEDS

USE THIS QR CODE OR LINK TO GIVE SUGGESTIONS ABOUT OUR  
WINTER CONFERENCE & TO LET US KNOW HOW WE CAN  
ADVOCATE FOR CHANGE IN FCS PROGRAMS ACROSS THE STATE.



<https://forms.gle/hu5KwoAGbDRdudp18>

## MEMBER MINUTE

USE THIS QR CODE OR LINK TO NOMINATE A  
FRIEND FOR OUR MEMBER MINUTE.



<https://forms.gle/WFu1v6VRDpFLoz9A6>

## THANK YOU!!

## FCCLA in the FCS Classroom:

Medford FCCLA recently held a local officer chapter training. They first listened to the Podcast "The Second of Strength Podcast - 5 Ingredients for Personal Growth - Episode 63". The 5 Ingredients include:

1. Plant a seed - DREAMS
2. Give it fertile soil—people & places
3. Give it space to grow—outside our comfort zone
4. Give it light—energy
5. Give it water- personal physical & mental care

Then, FCCLA officers each planted a succulent and wrote a reminder, on a plant marker, of the area (seed) of their leadership they wanted to grow. Officers also made gifts for the faculty of Starburst, Hershey kisses, gold fish, and chocolate chip minis. This is a great way to incorporate FCCLA into your classroom through leadership development and community outreach. Thank you, Julie Halcomb, Medford FCCLA adviser, for sharing!



# Building Blocks for Better Relationships Curriculum Training

**OKLAHOMA FAMILY AND CONSUMER SCIENCES**  
**BUILDING BLOCKS FOR BETTER RELATIONSHIPS**

IN PARTNERSHIP WITH THE  
DIBBLE INSTITUTE

The Dibble Institute has received a contract through the Oklahoma Department of Human Services to equip OK FCS teachers with a program designed for Oklahoma FCS entitled Building Blocks for Better Relationships (BBBR). The Building Blocks program builds resiliency and better communication skills that will enhance stronger future relationships.

**REIMBURSEMENT**

- Lodging: \$125 per night, two nights of hotel
- Parking: \$25 per day, up to \$50
- Per Diem: \$59 per day LESS meal provided
- Mileage: rate of .56 per mile, up to 200 miles
- \$200 for attending training
- \$100 for pre-assessment completion
- \$100 for post-assessment completion

**REQUIREMENTS**

- Incorporate the BBBR curriculum (12 lessons) into class during 24/25 school year
- Teacher and student pre-assessment
- Teacher and student post-assessment

**QUESTIONS?**  
CONTACT BRITTAN PHILLIPS  
BRITTAN.PHILLIPS@CAREERTECH.OK.GOV  
405.743.5467

## Building Blocks for Better Relationships Curriculum Training

If you are teaching FCS Basics, Human Growth and Development, Interpersonal Studies, Counseling and Mental Health and you'd like to receive FREE curriculum AND a stipend for attending a fantastic, hands-on training, apply today for the Building Blocks for Better Relationships Curriculum Training! The training is being held **Monday, September 23** at ODCTE, 7:30 a.m. - 4:00 p.m.

**Deadline to apply is Friday, August 16th.**

Attendees receive:

Teacher Edition

Student workbooks

Hotel compensation

Per Diem

Mileage (personal vehicles only)

\$200 for attending the training

\$100 for completing teacher/student pre-assessment

\$100 for completing teacher/student post-assessment

[Link to Apply](#)

**RIVERSPORT**

RIVERSPORT Day is **September 21, 2024!** Join FCCLA members from across the state for a day of fun at OKC RIVERSPORT! From white water rafting to surfing and more, chapters can let loose and have fun in this state of the art water and recreational space. RIVERSPORT day is a great way to bond as a chapter and enjoy seeing downtown Oklahoma City.

**It is truly just a fun day for them to come and play! Link to register:**

<https://oklahomafccla.org/riversport-day>

Cost is \$35 per person. Deadline to register is **September 12, 2024.**

[Register Here](#)

## ChefWorks FCCLA Culinary Arts Uniforms

Outfit your culinary arts students in style with ChefWorks! Coats, pants, hats, and aprons can all be branded with the FCCLA Logo. 412 funding can be used to purchase these items. View the flyer to see all options available. Click on button below to view and get additional information. You may need to login to ctYou to view.

[ChefWorks](#)

## FCCLA Unit in CTYOU

Visit [www.ctyou.org](http://www.ctyou.org) and choose FCS - FCCLA - FCCLA Unit and enroll in this course to access the updated unit. The enrollment code is OKfccla2024! (the ! is included). Please do not share this with other educators outside of Oklahoma as we are working to sell the digital copies to provide funding for Oklahoma FCCLA chapters. If you have feedback or other ideas to share to enhance this unit, please let us know!

## Dates and Deadlines

**August 16** - Deadline to apply for BBBR Training

**September 11** - North Region Lead Conference - Enid, OK

**September 12** - South Region Lead Conference - Duncan, OK

**September 17** - Northeast Region Lead Conference - Glenpool, OK

**September 18** - Southeast Region Lead Conference - McAlester, OK

**September 20-21** - FCCLA Meat Cooking Competition - Oklahoma City State Fair

**September 21** - RIVERSPORT Day



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