



OKLAHOMA CareerTech

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

Contact Us

Mar 31, 2026

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Upcoming Events

STARTUP WARS



What if your students could experience running a startup, making real decisions, facing real consequences, and learning from their mistakes, all within your classroom?

Meet Startup Wars

A gamified business simulation platform that puts students in the driver's seat. They don't just learn about entrepreneurship -- they live it.

- Launch and run simulated businesses (T-shirt Shop, Food Truck, Mobile App, and more)
- Make strategic decisions on pricing, marketing, operations, and resource allocation
- Get immediate feedback on every choice -- they learn what works by doing, not reading

It fills the "experience gap" employers complain about, keeps students engaged, and it's built for busy educators.

[Schedule a Free Demo Now](#)

May Workshops - Registration Opens Soon!

Get those PO's in now! You won't want to miss these two great opportunities.
More information about registration is coming soon.



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOU COULD BE THE HELP SOMEONE NEEDS.

TUESDAY
MAY 19, 2026
8:30 A.M.-4 P.M.

STRENGTHENS YOUR TEACHING

- ENHANCES HOW YOU TEACH COMMUNICATION, EMPATHY, AND REAL-LIFE SKILLS
- PROVIDES A STRUCTURED MODEL YOU CAN TEACH AND

LOCATION

AT OKLAHOMA DEPARTMENT OF CAREER AND TECHNOLOGY EDUCATION, 1500 7TH ST. STILLWATER, OK. INCLUDES LUNCH.

CEHS APPROVED

- PRACTICE WITH STUDENTS
- HELPS YOU CONFIDENTLY NAVIGATE REAL CLASSROOM SITUATIONS
- ESPECIALLY VALUABLE FOR COUNSELING & MENTAL HEALTH COURSES
- APPLICABLE ACROSS ALL FCS CLASSROOMS

CEO'S APPROVED
 MENTAL HEALTH FIRST AID REVIEWS THE UNIQUE RISK FACTORS AND WARNING SIGNS OF MENTAL HEALTH ISSUES IN YOUTH. IT EMPHASIZES THE IMPORTANCE OF EARLY INTERVENTION.

**PRESENTED BY
 HOLLI WITHERINGTON
 AT EAST CENTRAL
 OKLAHOMA**

HOLRWIT@ECOK.EDU OR 580-559-5815

COST OF \$30

FOR QUESTIONS OR ASSISTANCE PLEASE CONTACT JESSICA MAKER AT JESSICA.MAKER@CAREERTECH.OK.GOV



DESIGNED SPECIFICALLY FOR EDUCATORS, THESE HANDS-ON WORKSHOPS PROVIDE PRACTICAL, CLASSROOM-READY SKILLS YOU CAN TAKE DIRECTLY BACK TO YOUR STUDENTS. LEARN TECHNIQUES, STRATEGIES, AND SCALABLE RECIPES THAT WORK IN REAL CLASSROOMS.

WORKSHOPS

- SOURDOUGH: BUILDING A CULTURE & BAKING A LOAF
- CHOCOLATE: FROM TEMPERING TO FINAL PRODUCT
- CHEESE: SIMPLE CRATIONS WITH WHAT YOU HAVE
- CHICKEN FABRICATION: MAXIMIZING THE WHOLE BIRD
- PASTA: FROM QUICK DOUGH TO FINAL PLATE

FRANCIS TUTTLE ROCKWELL CAMPUS | MAY 28TH 9 A.M. - 3:00 P.M.

Here's what's happening this month

2026
April

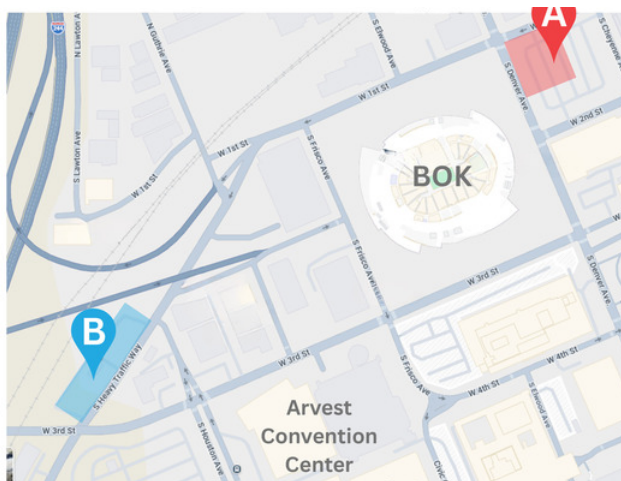
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 State Convention	3	4
5 Happy Easter	6	7	8	9	10	11
12	13	14 District Officer Application DEADLINE	15 N 1-PI Meeting	16 NLC STAR Event Intent to Complete DEADLINE	17	18
19	20	21	22	23	24 OK NLC Package Order DEADLINE OK NLC Voting Delegate Application DEADLINE	25
26	27 NE 1-PI S 2-PI	28 NE 5-PI S 1-PI DO Interviews N & SE Regions	29 NE 4-PI DO Interviews NE Region	30 N 3-PI SE 5-PI DO Interviews S Region		

FCCLA

State Convention - KNOW BEFORE YOU GO!

2026 State Convetion - Bus Parking

Oklahoma FCCLA is **NOT** reserving spots or taking payments prior to arriving. You will need to go see the kiosks on site to pay with cash or credit card **ONLY** (No POs or checks will not be accepted)



A ***NW CORNER ONLY*** of 1st & Denver Lot
 295 W 2nd St, Tulsa, OK 74103
\$50.00/day - 20 school bus spots available

B **Gravel Lot** on north side of 1st & heavy traffic way
 212 S Heavy Trafficway, Tulsa, OK 74103
\$45.00/day - Large bus
\$30.00/day - Small bus
\$15.00/day - Regular Vehicle

The map shows two lots that are for bus parking. They are cash or credit only - no reservations, first come first served. **The FCS office is NOT overseeing/handling bus parking.**

- **Limited parking** (\$12/day): Civic Centre Parkade (550 W. 3rd, Tulsa, OK) – Cars & SUVs only!

Dress Code – Look Sharp!

- **Students on stage** (STAR Event session or chapter awards): Official dress or chef uniform.
 - **All other students:** official dress OR solid red, black, or white polo/button-up with black dress pants/skirt. (No jeans, please!)
 - **Advisers, chaperones, parents, bus drivers:** Business professional.
- 💡 **Pro tip:** Use your remaining 412 funding to grab last-minute dress code essentials!

Courtesy Corps

Assignments are attached! All volunteers must be in official dress and will check in at guest registration (outside Pepsi Hall BC) to receive their Courtesy Corps armband and assignments. If someone has a conflict, please let me know ASAP. We rely greatly on these volunteers, so please make sure your volunteers show up!

Early Bird Registration Pickup

- **April 1 | 5:00 – 6:00 p.m.** | Pepsi Hall A
- **Regular registration:** April 2 | 8:00 – 9:00 a.m. | Pepsi Hall A
- **Find your table:** Registration is organized by FCCLA region.

Convention Program

- Each chapter gets **two printed copies**.
 - Name badges have a **QR code** linked to the digital version.
 - **Lunch/Workshop Rotations:** Check attendees' badges for their Fairytale Group (1, 2, or 3). **STAR Event Top 3 Finalists should eat in the first rotation (11:00 – 11:40 a.m.).**
- List of adventure groups:** <https://drive.google.com/file/d/1M2SFIS1SYwoM9SERHGP1Z6wiR51J4DFP/view>

Convention Seating – First Come, First Seated!

- **Gold Chapters of Excellence:** Reserved seating. Courtesy Corps and Jessi Beebe will assist you in finding your seats
- **STAR Event Recognition Session:** Seating is reserved for competitors but open for others during Opening Session.
- **Latecomers:** No guaranteed front-row spots—arrive early or anticipate sitting in the back/splitting up!

STAR Event Recognition Session

- **Top 3 Finalists:** Be in your designated event chairs **by 11:50 a.m.**
- Audience seating is open except for **SEC special guests**.

Food & Concessions

- **Food trucks:** Outside on the East side of the convention center.
- **Food court concessions:** Inside Pepsi Hall A. **All food is cashless.**
- **Heads up:** If attendees choose to wait in line for food trucks instead of attending workshops, that's their choice—but no convention registration refunds will be issued!

👉 Pin & Bracelet Trading – Let's Have Some Fun!

I've been asked if we can trade again this year, so why not! Inspired by **National Leadership Conference pin trading** and **Taylor Swift friendship bracelets**—why not bring some to swap and make new friends? Totally optional, but a great way to connect!

🦁 Zoo Night – Extra Tickets Available!

- Purchase at the **Oklahoma FCCLA Alumni & Associates booth** (Pepsi Hall A).
- Event Time: **5:00 – 9:00 p.m.**
- Attendees will receive **wristbands** for entry. Pre-purchased wristbands will be in chapter registration packets.

👉 State Convention T-Shirts

- Pick up pre-ordered shirts at the **OAA exhibit in Pepsi Hall A.**
- **Limited extras** will be available for purchase.

🗳️ Voting Session – Know Before You Go!

- Each chapter's **Voting Delegate** count is based on March 1 membership (see link in email).
- Delegates **MUST** be in **official dress** with a **Voting Delegate ribbon** to vote.
- **One vote per delegate**—no doubling up! If your chapter gets 10 votes, **all 10 delegates must be present.**
- **Officer elections:** 1 President, 2 National Officer Candidates, 6 At-Large Officers.
- **STAR Event Finalists:** Not recommended as Voting Delegates (voting, lunch, and stage arrival all happen at the same time!).

🔗 **Candidate info & videos:** [Oklahoma FCCLA SEC Elections](#)

🎧 Silent Disco – April 1, 2026

Get ready to dance like no one's listening—literally! 🎧

- **Time:** 6:00 – 9:00 p.m. | **Location:** Pepsi Hall A
- **Dress Code:** FCCLA Casual (chapter t-shirts + school-appropriate bottoms).
- **FREE snacks:** Sodas, water, popcorn, cookies, brownies, Chex mix!
- **Heads up:** Registration is closed—all headphones are spoken for. Only chapters that pre-registered may attend.

✅ Final Reminders – Set Yourself Up for Success!

Before you leave for Tulsa, make sure you've:

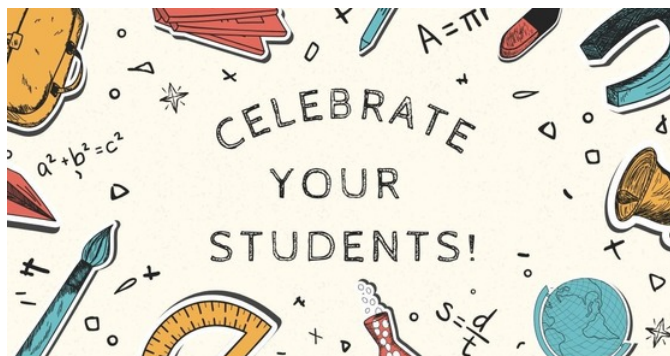
- ✓ Scheduled a substitute & left lesson plans
- ✓ Secured your school vehicle & completed POs
- ✓ Submitted an **absent student roster** to your attendance secretary. Also, check eligibility!
- ✓ **Checked dress code NOW** (no leggings/t-shirts surprises on April 2!)
- ✓ Contacted your hotel & confirmed reservations
- ✓ Packed **permission slips & medical release forms** for all attendees

26-27 District Officer Applications are live

Do you have a student that would excel leading their district leadership conference, assisting with district STAR Events, and visiting chapters to promote FCCLA? If so, consider having them apply for a 2026-2027 District Officer position! This leadership program helps our members enhance their leadership skills and serve Oklahoma FCCLA. Applications are **due April 14**, and interviews will take place during the week of April 28-30, 2026. District Officers are required to attend District Officer Training June 10-12, 2026 in Wagoner, OK at Camp Tulakogee. For more a step-by-step guide, application, and signature forms, please visit:

OK FCCLA

FCS in the NEWS!



Share what's happening in your school

Want to brag about your students??? Share exciting news with your program specialist so we can share the exciting news with FCS leaders across the state. We want to hear how they are impacting their schools and community.

FCS Resources

Next Report Due - May 31

Family & Consumer Sciences Reporting Deadlines	
CTIMS REPORT:	DUE DATE:
Salary & Teaching Report	9/30/25
CESI Report Initial submission	10/31/25
CESI - Follow Up Report	11/30/25
CESI - Additional Students	01/31/26
CESI - Final Reports	05/31/26

FCS Reporting Deadlines

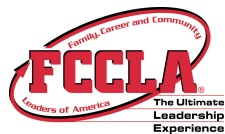
A look at ahead...

2026
May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SIS Registration DEADLINE	2
3	4 N 5-PI NE 3-PI S 5-PI SE 2-PI	5 N 2-PI NE 2-PI S 4-PI SE 1-PI	6 N 4-PI S 3-PI SE 3-PI	7 Champ Camp Registration DEADLINE	8	9
10	11	12	13 Champ Camp NIC Qualifiers ONLY Department of CareerTech	14	15	16
17	18	19 Mental Health First Aid May Workshop	20	21	22	23
24	25 Agency Closed	26	27 FCCLA CareerTech University (CTU Camp) SEC Only	28 Culinary May Workshop	29 FCCLA	30
31						



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From: OKCareerTech <OKCareerTech@public.govdelivery.com>
Subject: FCS/FCCLA Weekly Newsletter - Mar 31, 2026

See you at State Convention on Thursday!

Logo of Oklahoma CareerTech FCS - Family and Consumer Sciences; FCCLA - Family, Career and Community Leaders of America

*Contact Us [<https://oklahoma.gov/careertech/educators/family-and-consumer-sciences-education/staff-contacts.html?>