



SPOTLIGHT ON MEGAN MURPHY

Ms. Murphy is well deserving of this nomination. We are a new chapter to FCCLA and getting into the swing of things, but she is always willing and determined to get things done. Since becoming a state officer she has been right by my side through it all offering all of her support. She wears many hats at my school as the K-12 librarian, guidance counselor, FCS teacher, FCCLA advisor, and mentoring me through my state officer year. She is one of the best and I can't thank her enough.

~Zoey Ator, VP of Parliamentary Law

IT'S ALMOST TIME FOR STATE LEADERSHIP CONFERENCE!



I can't believe it is that time of year! Montana FCCLA State Leadership Conference. The journey will surely be an amazing experience for all. The SEC can't wait to see what Montana FCCLA has to offer at this year's State Leadership Convention where everyone will Experience the Ultimate Journey. So pack your bags, and get ready to wear some red. We will see you March 14th and 15th in Bozeman!

~Maddie Schrecengost, Vice-President of Programs

CONNECT WITH US!



COMING UP!



Montana FCCLA Events:

February 10: State Leadership Conference registration closes

February 15: Deadline for all Montana FCCLA awards, scholarship applications and national officer candidate Forms

March 1: Outreach Program Award applications are due in the portal

March 8: Payment deadline for Montana FCCLA SLC

National FCCLA Events:

February 20: NLC Workshop Presenter Application

March 1: These items are due in the portal:

- Master Adviser and Adviser Mentor award application
- Rural Teen RSA
- Safe Rides Save Lives PSA Contest
- National Program Award Applications & Summary Forms
- Youth Scholarships Application
- National Chapter Public Relations Award

CULINARY CORNER:



COMPETENCIES FOR THE COA

Considering completing your Certificate of Achievement (COA) but feeling overwhelmed by the number of competencies you have to demonstrate? You are required to demonstrate that you can do 52 of the 75 competencies. I bet you already have quite a few of them down! Between your culinary program at school and the job you have, I'm sure you have learned many of these required skills. Some of the traits needed include: proper handwashing, showing up to work on time, measures ingredients accurately, can count change back correctly, and many other things. While there are some specific technical and culinary skills on the list, it is not as intimidating and advanced as you might think.

*Remember, hours working at the concession stand, catering, and at your job can all count towards your hours!

This IS an achievable certificate to earn, you've got this! It will benefit you in many ways if hospitality/culinary are in your future plans!

Talk with your advisor or reach out to me at jordan@mtfccla.org for more information.

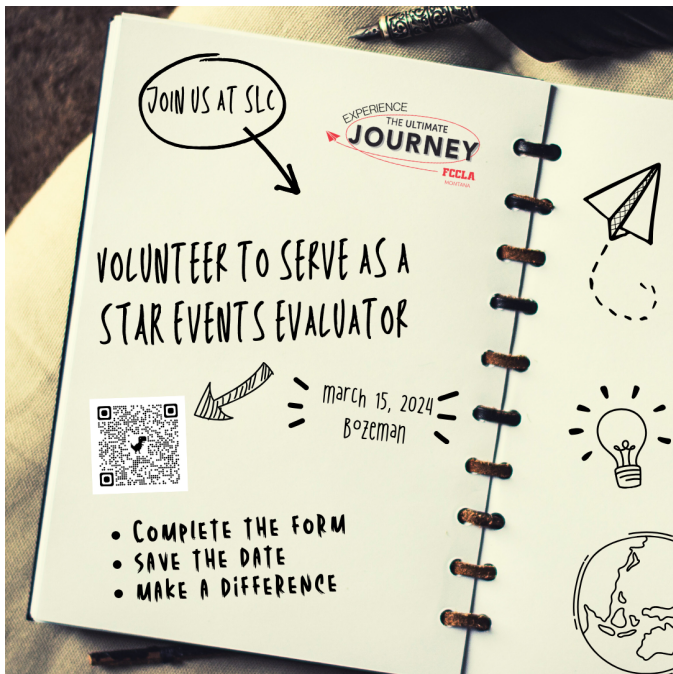
STATE LEADERSHIP CONFERENCE 2024

It's almost here! The 2024 State Leadership Conference happens March 14-15 on the MSU campus in Bozeman. Over 560 attendees are registered to Experience the Ultimate Journey! See you there!



FCCLA WEEK SCAVENGER HUNT CONTEST!

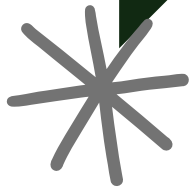
FCCLA Week is here! It's your chance to win a prize! How many times is the acronym "FCCLA" appear in this newsletter? The first person to email Tracey with the correct response is the winner! Her email is director@mtfccla.org. The winner will be announced in the next edition.



COMPETITIVE EVENTS EVALUATORS NEEDED!

Who do you know that would make a great evaluator for our competitive events? Every year, we need over 150 individuals to serve as competitive events evaluators! Please share [this link](#) with adults in or near the Bozeman area who are available to volunteer on March 15.

FCCLA WEEK!



Hey Montana FCCLA! It is almost National FCCLA week and it is time to show your spirit! Each day has a planned theme and they are for February 12-16:

Monday: Member Monday

- Show your members how much you appreciate them!
Make treats or have a fun activity for them!

Tuesday: Service Day

- Have your chapter lead a community service project!
Clean up around your town, make cards for the elderly, or even help clean the school!

Wednesday: FCS Educator Day

- Thank all of your teachers! Do something extra nice for them today, they deserve it!

Thursday: Alumni Day

- Show your chapters alumni how much you appreciate them and do something kind for them or make a special tribute to them!

Friday: FCCLA Spirit Day

- Show your true FCCLA spirit and wear as much red as you can! Show Montana FCCLA your spirit!

~Emma Harrison

Vice-President of Competitive Events

WELCOME TO OUR NEWLY AFFILIATED CHAPTERS!



Congratulations and welcome to the following chapters who have affiliated for the 2023-24 membership year!

**Glacier
Rocky Boy**

**Polson
Browning**

**Ronan
Cut Bank**



NATIONAL PROGRAMS WITH LOCAL IMPACT *

National Programs get a lot of attention in FCCLA, but how many of us really understand them? Let's take a closer look at what they are and how they work. FCCLA offers eight educational programs to designed to be integrated into the FCS classroom to help reinforce lessons with opportunities for hands-on practice. National programs are:

- Peer to Peer--this means the programs support members sharing what they have learned about issues impacting daily life with others in their age group
- Designed to promote the development of real-world skills for life within Family and Consumer Sciences (FCS) education, which makes them a seamless integration into classwork
- An excellent way to begin a STAR Event project, as many of the events are closely linked to national programs
- Opportunities for your chapter to earn recognition (and prizes!) at the national (and often) state levels
- Projects a chapter can implement starting March 1. This offers an excellent option for projects in the last quarter of the school year, or even over the summer.

Some keys to success with the national programs include:

- Take a close look at the scoring rubric and application before launching your project. You may preview these items in the portal under National Programs. Be sure to choose the correct link for your national program and participant level.
- Ensure you are using some data to determine the need, as well as the success of the project. Review local news sources that can support the importance of your project.
- When writing your project goals, incorporate some of that data. For example, if your project is a food drive, consider a goal that specifies the number of participants you want to engage, the number of items you want to collect, and the specific dates of your project. When you finish your project, include the results for each of those areas in the evaluation process and results.
- Media is an important component of your project. To strengthen your efforts, include promotional materials you used to let others know about your project, as well as a media release you use to share your project's success at the end. Be sure to document media outlets that helped you spread the word, as well as the number of followers or subscribers reached. You'll be amazed at how many people your project impacted by the time you finish! All those numbers should be included in your final application.
- Take tons of photos! Those can be used to generate excitement with your participants and in your final media release
- Thank your partners. Be sure to include those who helped you in your final media release and send them thank-you cards
- Apply for recognition! National level applications are due on March 1 in the portal. State level awards are available this year for both FACTS and Financial Fitness and are due March 1 by applying at mtfccla.org. Your chapter could win cash prizes!

HOW WELL DO YOU KNOW THE NATIONAL PROGRAMS?



Are you a National Program Pro? Match the project examples to the corresponding National Program to check your National Program expertise!

1. Your chapter hosts a Virtual Career Fair, complete with experts from a local firm's Human Resources department discussing preparing for interviews, and breakout rooms with speakers from a variety of the career clusters.
2. Chapter members visit an elementary classroom to share a presentation about strengthening family communication, then work with the children to create conversation starter prompt cards they get to take home.
3. Chapter members hold a 100th Day of School Food Drive, determining high-need items from a local agency, with students from the whole school donating 100 items specific to each grade level.
4. Chapter members create public service announcements to reinforce the importance of reducing distracted driving and secure traffic safety speakers for a school assembly to help increase awareness of the topic.
5. Members research the cost of restaurant eating vs. preparing foods at home, creating a "Make It At Home" cookbook to distribute at local grocery stores and demonstrate recipes at the store for shoppers.
6. Chapter members create and share presentations for middle school students, offering fruit and vegetable snacks that offer more nutrition than typical convenience foods.
7. Your chapter initiates a "Stick Up" campaign, encouraging students to share positive comments with one another, leaving sticky notes full of kindness on each others' lockers.
8. Chapter members choose an area of self improvement, developing goals and plans to help them reach those goals.



Learn more about FCCLA's National Programs at <https://fcclainc.org/engage/national-programs>

PRESIDENTIAL TIPS FOR MANAGING STRESS



Hey, Montana FCCLA! February is a busy month for our organization. Between preparing for the State Leadership Conference, FCCLA Week, and your life outside of FCCLA, it can get pretty overwhelming at times. I want to share with you all my favorite tips and tricks to stress management:

1. Make a To-Do List: Lists are extremely helpful for me when I start gaining multiple tasks with similar deadlines. Having something visual to reference to while prioritizing tasks is super helpful.
2. Schedule "Me Time": When things get crazy, we sometimes forget to take care of ourselves. Schedule in some time for yourself to rewind and relax! My favorite activities include going for walks, reading, getting a sweet treat, etc.
3. Exercise: When I become stressed, one of the best things I can do is move my body. It helps release some of the pent up energy and allows you to focus better.

I hope that this helps you become stress-free this February, and I cannot wait to see you all March 14 and 15 at the State Leadership Conference! As always, do not hesitate to reach out to me via my email, lauren.president@mtfccla.org with any questions you may have, and make sure to follow the Montana FCCLA Instagram @fcclamontana to see what we're up to!

~Lauren Plagenz, State President



FCCLA'S ONLINE STORE

There is probably some room for a little more red in your wardrobe! Consider checking out the [FCCLA Store](#) online. Anyone ordering during FCCLA week will receive a free gift with purchase, and your purchases help Montana FCCLA with a small rebate.

THE PROS OF PROSTART



Did you know that there are currently lots of approved hospitality programs in Montana FCS classrooms, but not all of them are enjoying the benefits of becoming a Montana ProStart Confirmed Program?

Just a few of the perks that go along with ProStart programs are:

- Up-to-date, industry sponsored curriculum
- The opportunity to earn a Certificate of Achievement, offering industry-recognized credentials to students meeting the program requirements
- Mentoring from a professional in the industry
- Eligibility for participation in the Montana ProStart Invitational each spring and the opportunity to advance to the National ProStart Invitational
- Awards and scholarships at the state level, including the Montana ProStart Ultimate Leader award and the Montana ProStart Leadership and Service Scholarship
- National level scholarships
- Networking within the hospitality industry
- Professional development opportunities for educators that you will not find anywhere else!

A common misconception is that if a school is a confirmed ProStart school, then they are required to compete at the state competition---not true! As you can see, there are many other benefits to becoming a ProStart confirmed program. If your school offers a hospitality program, ask your teacher if you are a part of ProStart. If the answer is not yes, please email Jordan Collins, Montana ProStart Coordinator, to begin enjoying the benefits of the ProStart program today! jordan@mtfccla.org

NATIONAL OFFICER CANDIDATE OPPORTUNITY!

Are you an active FCCLA member who is ready to engage at the next level? Consider applying to be the next National FCCLA Officer! Full details and forms are on the [website](#). Apply by February 15.

FCCLA WEEK



How is your chapter celebrating FCCLA Week, February 12-16? Let's showcase all you do with a post-a-thon on social media! Share your photos and activities, and use #mtfccla to promote the organization!





MAKE A DIFFERENCE

VOLUNTEER IN THE SERVICE ROOM AT SLC AND SEE WHAT AN IMPACT FCCLA CAN MAKE ACROSS THE STATE.



CODY BYRNES

KEYNOTE SPEAKER & LEADERSHIP WORKSHOP PRESENTER
SLC 2024



How do you turn a tragedy into triumph? Cody knows how. And he's going to share the secret with Montana FCCLA.



HAVE SOME FUN WITH PERSONAL FINANCE

DAX SCHIEFFER, MONTANA COUNCIL FOR ECONOMICS EDUCATION, WILL SHOW YOU HOW



SLC 2024



TOBY O'ROURKE

SESSION PRESENTER
SLC 2024



She's a former MT FCCLA State President and the President and CEO of Kamgrounds of America (KOA). She's awesome, and she's coming to SLC

MONTANA FCCLA STATE LEADERSHIP CONFERENCE MARCH 14-15



EDUARDO GARCIA

SESSION SPEAKER
SLC 2024



Hear Eduardo's incredible story of food, family, and adventure.



THE ZWILLING AIRSTREAM

CHECK OUT THE CUTLERY AND SO MUCH MORE



SLC 2024

Industry IMMERSION TOUR

CAREER EXPLORATION IN DOWNTOWN BOZEMAN

Kimpton Armory Hotel

Hospitality is Montana's second largest industry! Learn about some of the potential careers in the world of hospitality.

Bubb City Soap

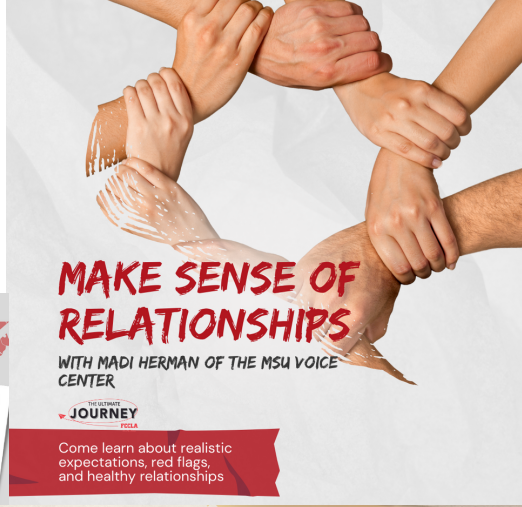
Feeling good helps in every aspect of life. Experience the impact fragrance can have on self-care and wellness and make your own mini bath bombs!

Cold Stone Creamery

Learn about careers in food service and enjoy a frozen treat!

REGISTRATION REQUIRED

- Register to attend with SLC registration. Space is limited!
- \$10 fee plus conference registration
- Transportation waiver is required
- Bus will depart MSU at 12:00 Friday, returning by 4:00

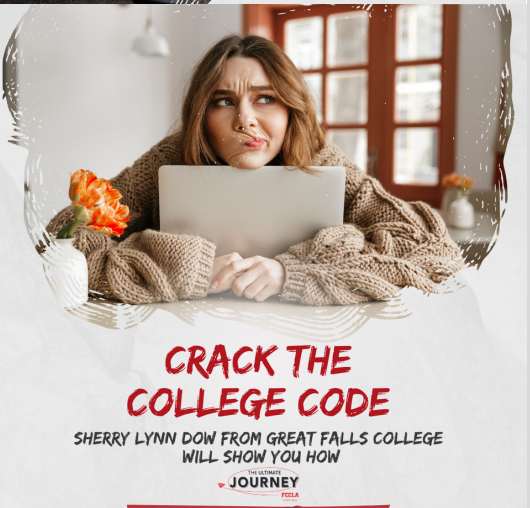


MAKE SENSE OF RELATIONSHIPS

WITH MADI HERMAN OF THE MSU VOICE CENTER



Come learn about realistic expectations, red flags, and healthy relationships



CRACK THE COLLEGE CODE

SHERRY LYNN DOW FROM GREAT FALLS COLLEGE WILL SHOW YOU HOW



SLC 2024



GET YOURSELF JOB READY

WITH MONTANA READY AT SESSIONS DESIGNED TO AMPLIFY YOUR INTERVIEWING SKILLS AND CAREER PREPARATION



SLC 2024



MONTANA FCCLA AWARDS

Chapter Awards Include:
Montana FCCLA STAR Chapter Award

Member Awards Include:

- Montana FCCLA Ultimate Leader Award
 - Montana FCCLA Leadership and Service Scholarships
 - Montana FCCLA Competitive Events Scholarships
 - Montana ProStart Leadership and Service Scholarships
 - Montana ProStart Ultimate Leader Award
-

Adult Awards Include:

- New Adviser of the Year
- Adviser of the Year
- Spirit of Advising
- ProStart Educator of Excellence

Full details can be found at mtfccla.org; all Montana awards are due February 15



QUESTIONS? DIRECTOR@MTCCLA.ORG



Montana FCCLA Youth Service Month Grants



Make a Difference--Statewide!

Montana FCCLA has partnered with Youth Service America (YSA) to offer chapter mini-grants for community outreach projects held in conjunction with Youth Service Month. All chapters are encouraged to participate and make a positive difference statewide!



Chapter Mini-Grant Project Requirements

- Chapter must be affiliated with Montana FCCLA
- Up to \$200 may be awarded to support supplies for a project addressing a need in the chapter's local community
- At least one component of the project must take place between April 12-May 12, Youth Service Month



Additional funds are available! Apply today!

Expand Your Participants

- Projects must be youth-led and:
- Engage middle and high-school aged students
 - Include non-members, students from low-income and diverse backgrounds, and students who are not usually asked to participate



All The Details

January 10-March 31: Applications accepted on our [website](#). Limited funding is available; apply soon!
April 5: Application results announced
May 1: Final report, photos, and receipts due.
Payments will be issued by late May.
Email director@mtfccla.org with any questions

