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president's address

Dear New Jersey FCCLA Members, Advisers, and Alumni:

This is a time like no other, a time of great uncertainty. During this unprecedented year, I truly hope each and every one of you is staying safe and healthy in your homes. How the next couple of months will play out remains unknown, but I am sure that we will all get through it by remaining positive and hopeful for the future. As Marla Gibbs once said, "Things could always be better, but things could always be worse." As leaders, it's essential that we come together, stronger than we have ever before, and keep our heads high.

Though the 2020 State Leadership Conference in Cherry Hill could not take place, the NJ FCCLA State Executive Council worked hard to put on a Virtual State Leadership Conference over the span of two weeks. Our conference opened with a presentation from Campaign for Tobacco Free Kids. We heard from engaging workshop presenters such as Bill Plastine, former State and National Officer, and two current members of the National Executive Council, Caitlin Foster and Brisa Hernandez. Johnson & Wales University provided a fascinating cheese-making demonstration! Our Virtual Conference concluded with an inspiring keynote address from William Bradford Jr., who motivated us all to stay positive during these challenging times.

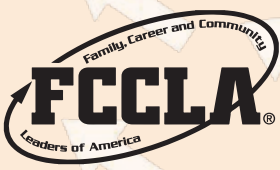
During our Virtual State Leadership Conference, we also had over 140 members participate in STAR Events. The State Executive Council is so proud of our members who stepped up to compete despite all of the obstacles they faced. Some members' projects were locked in school and had to start from scratch others worked tirelessly to reproduce garments. From those who attended workshops everyday to those who competed in STAR Events, we are so inspired by all of our members' dedication. Members of NJ FCCLA went above and beyond to take a front row seat in the meaningful experiences FCCLA provides.

This is a great opportunity to spend time with our families, learn new things, and reflect on the challenges we have already overcome. There's so many ways you can get involved in your community: for the fashion students, consider sewing masks for the healthcare workers on the frontline of this pandemic; write cards for senior citizens currently living in isolation in nursing homes; help combat hunger by answering questions on Freerice.com; or become an advocate by taking free courses on TakingDownTobacco.org. There's so much we can all do, and I strongly encourage you all to take advantage of these opportunities and continue Taking Action for a Better World.

This is a moment to be servant leaders. In this newsletter, you will find a variety of more ways to stay active in your community and FCCLA during social distancing. There will also be ways you can stay involved during the summer and at the start of the next year! Take advantage of the time you have by planning an unforgettable, amazing way to kickstart the next school year in FCCLA. We will all get through this, together. I look forward to seeing you all soon!

Sincerely,
Sophia Patel
State President

spring/summer 2020



FCCLA Week Recap

Samhitha Mupharaphu

2020-2021 First Vice President

This year, from February 10th-14th, was FCCLA Week! National FCCLA established a theme for each weekday, and this year NJ FCCLA added state themes for the weekend. This year, topics included Be a Valued Family Member, What's Your FCCLA Story?, Your Future Career Story, FCS Educators' Inspiring Stories, Celebrate Your Family's Story. NJ FCCLA added Leaders in Red and Be a Voice for FCS and FCCLA for February 15th-16th. Each of the themes were important and touched on a core aspect of FCCLA and how FCCLA inspires its members. Chapters across the state and across the country came together to celebrate FCCLA Week and to advocate for FCCLA. In addition, several NJ FCCLA State Officers used FCCLA Week as an opportunity to advocate for FCCLA and Family and Consumer Sciences (FCS) education and met with staff from Senator Diegnan's office. They discussed the importance of FCS education for students now and in the future. During this special week, FCCLA members in New Jersey participated more at home in order to demonstrate commitment to being a valued family member. On Monday, many FCCLA members took to Instagram to post about their FCCLA story and what they have accomplished in the organization. As the week went on, many chapters came together on Friday, February 14th to support the organization by wearing red to school and posting pictures of themselves wearing red blazers! Overall, FCCLA Week 2020 was an inspirational success!



Ellen Swallows Richards—the Beginning of FCS

Samantha Matson

2019-2020 VP of Communication

Have you heard the name, Ellen Swallows Richards, before? As members of FCCLA and students of Family and Consumer Sciences (FCS), we should learn and be grateful for her life's work, because she is the start of the FCS movement that brought us where we are today.

Education was a prominent focus in Richards' life, and her further education began when she attended Vassar College and was awarded an A.B. Next, she was the first woman to be accepted to the Massachusetts Institute of Technology in 1873. She continued to attend MIT for two more years of graduate education, but was unable to receive a Ph.D. because women were not allowed to receive them at that time. However, Ellen Swallows Richards did not just stop after receiving her own education—she paved the way for women in science for years to come. She worked alongside the Women's Education Association of Boston to develop a Women's Laboratory at MIT. Ellen Richards encouraged other women to pursue fields in science, which are still heavily male-dominated industries.



Ellen Swallows Richards is credited with the founding of Family and Consumer Sciences (Domestic Science at the time). She was passionate about the sciences, and wanted to apply those concepts to the home. Her work focused on sanitation, nutrition, physical fitness, and more. The goal behind her work to connect the home with scientific efficiency was to allow for women to have more time to pursue careers and interests of their own outside of the home. Richards' advocacy led to the formation of the American Home Economics Association (AHEA) in 1908, and she was its first president. AHEA eventually grew into becoming the American Association of Family and Consumer Sciences, which many FCCLA advisers and other FCS teachers in our own schools are a part of now.

Ellen Swallows Richards was the beginning of the home economics movement that quickly developed into the FCS classes that we take, and she opened the door for the possibility to have organizations like FCCLA. Without her, who knows when or if students would have these opportunities that we have now?

Ellen Swallows Richards broke barriers and stereotypes of what women were supposed to be, and carved a path for generations to come—in science and in Family and Consumer Sciences education. All of us, not just women, can be inspired by her boldness, passion, and dedication toward the pursuit of her goals.

Senior Check-Ins

Samantha Matson - 2019-2020 VP of Communication

Senior year does not mean the end of our involvement with FCCLA—joining Alumni and Associates along with NJ Friends of FCCLA is the perfect way to stay connected with this organization after high school!

To celebrate national FCCLA's 75th anniversary, graduating seniors can become members of Alumni and Associates for life for only \$75. Alumni and Associates (A&A) provides many benefits for its members including serving on the A&A council, participating in its mentorship program, receiving monthly "Beyond the Red" newsletters, and getting to reconnect with your FCCLA peers. The organization is composed of former members, current and former Family and Consumer Sciences educators, business and company leaders who support FCCLA, administrators, and parents. Join to show your continued support of the Ultimate Leadership Experience. The \$75 lifetime membership ends on July 31.

NJ also has its own alumni organization, NJ Friends of FCCLA. Members can judge events at state and national leadership conferences, present workshops and roundtables, receive alumni newsletters, and more! For seniors, the membership costs \$20 for 4 years. The application can be found on the NJ Friends of FCCLA tab under About Us. We hope that you choose to stay involved in NJ FCCLA after your senior year!

Attending college, trade school, joining the military, or any form of postsecondary education or training is something we have been looking forward to for much of our lives, and for seniors—it's here. Currently, there is an uncertain feeling about the future and what it will bring, but we cannot let that dampen our excitement for the journeys ahead of all of us. Seniors, even though our senior year might not look exactly the way we imagined it, we still can embrace all it has to offer us. FCCLA has taught us problem solving, and how to stay positive, even in difficult situations. We will all get through this challenge together, as long as we stay hopeful toward what is to come for all of us.

Seniors, stay positive, and stay involved with FCCLA!



Be Resilient

Samhitha Mupharaph 2020-2021 First Vice President & **Adedoyin Ayeni** 2019-2020 Committee Chair

As we all learn how to function during this difficult time of social distancing, it is important to remember to look at the bright side of things and continue to “be resilient!” It might be hard to not be able to leave your home and see the people you usually interact with everyday, but remember there are ways to get around this obstacle. To start, there are a number of apps that you can use to stay in touch, including Facetime, Houseparty, Zoom, and Google Hangouts. In addition to using these methods, there are also many activities for you to do inside your home with your extra time. Here are just a couple fun ideas:

1. **Make a list of things for which you are grateful:** This activity will help you remember how many things in your life you still have. Looking on the bright side of the situation will help you appreciate the silver lining!
2. **Start a Journal:** Use a journal as a way to express your feelings. You don't have to write each day, but do something that feels productive and expressive. For example, you can even make a video diary or draw/paint.
3. **Use Duolingo to learn a New Language:** If you have a country on your bucket list that you plan to visit one day, what better way to spend your time than to learn the foreign language! If you don't have a top place to travel, take up this challenge for fun with your family and turn it into a little friendly competition.
4. **Have a Movie Night with your Family:** You can do this with your family, or you can use different streaming services in order to have a virtual movie night with friends! One streaming platform that is currently offering this service is Netflix through Netflix Party.
5. **Clean out your Closet:** Cleaning out your closet and donating the clothes still in good condition that you don't wear anymore is a great thing to do right now. It'll make you feel good about yourself and it will help out your community!
6. **Cook a new recipe:** The extra time at home that we have now gives you time to learn how to cook. Cooking also has many benefits. For one it rewards you at the end. After you cook, you have something to show for it. You have a creation that you will be able to admire and enjoy. Cooking is also better for your health. When you cook, you know every ingredient that is being put into your meal. This leads you to focus more on what you are eating more. Cooking can also be done with your family and can help you bond.
7. **Meditate:** Meditation is where you use a technique such as mindfulness to train yourself to pay more attention to your surroundings. Meditation is a great way to be productive because it is calming. It reduces stress and helps you enhance your self-awareness. Meditation could be great not only to do by yourself but also with a friend over a video call or with a family member. It also doesn't need many supplies. Websites like <https://www.headspace.com/> are perfect to learn how to meditate properly.
8. **Do an at-home workout:** Staying healthy while staying at home is extremely important. A great way to stay healthy is to work out at home. Doing exercises like yoga and Zumba are great ways to get your heart pumping. Sitting too long increases your risk of many diseases such as heart disease and diabetes but by exercising a little every day you can lower your risk.
9. **Write a letter to your future self:** Write a letter to your future self about the experiences you have been through up to now. You can write about social distancing or anything else. Ask yourself questions about who you are. Then when you are done writing, put the letter in an envelope and keep it somewhere safe. You can open it after the amount of time you want to allow yourself to achieve your goals.
10. **Visit a virtual museum:** You may not be able to visit the museum in person but can still access art collections online. Many institutions are offering virtual tours. Also, the Google Gallery of Art gives you the ability to look at many different museums right at the click of a button.

How Fashion is Being Changed by Social Distancing

Adedoyin Ayeni - 2019-2020 Committee Chair

Many people look forward to dressing up each morning, whether it be for school or just to the park with friends. Dressing up has become a daily part of everyone's lives. Unfortunately, due to quarantine, many struggle with a routine; thus, many end up wearing pajamas all day. This often promotes laziness or lack of excitement. Fortunately, as fashion is a part of our daily lives, we have deemed it important to explore the new fashion statements for being at home. Here are 3 ways to dress during social distancing while staying comfortable.

First, outfits from the 70's, 80's, and 90's have come back into style. For example, maxi dresses and flared bottom jeans have become more popular. All if these styles are comfortable enough for home wear while still sophisticated enough for a meeting on Zoom or Google Meet. Another example is puffed sleeves, which was a fashion statement from the 1970's. Puffed sleeved had already started showing up on red carpets and celebrity outfits. If you want to incorporate puffed sleeves into your at home outfit try starting with a puffed-sleeved sweater.

"Sweat suits" are another trend that has become more popular in light of recent events. No matter the style, whether it be oversized, monochromatic, or even floral patterned, sweat suits are an easy way to stay comfy and stylish and the same time. They are comfortable and easy to put on in the morning. The comfy look of the sweat suit promotes style and comfort in order to elevate your outfit.

Statement tops are another way to dress during social distancing. Considering that while in class all most can see is your upper body, it's important that you accentuate collars and details on your top. Details like prints, graphic designs, sequins, and lace can help to accentuate the style. A top with a fancy neckline or simple details is a great way addition to your at-home classroom wardrobe.



School During Social Distancing

Samhitha Mupharaphu

2020-2021 First Vice President

School is closed for the summer and we don't know what school will look like in the Fall due to the COVID-19. We all learned some lessons about time management and staying on top of our school-work during the last marking period. In a virtual setting, teachers still expect students to hand in assignments and work to their potential. Working from home has many distractions, which makes it hard to focus. It is also much easier to procrastinate because we lose our sense of time. Here are a couple helpful tips to stay working with remote learning:

1

Set up a routine:

Having a routine to go by everyday gives you assurance that there is a time and place for everything that needs to get done.

2

Organize your workspace:

Having an organized workspace can make getting work done much easier because it feels less cluttered.

3

Get some exercise:

Exercise is an amazing way to become more productive. Staying active at home is very important for our physical well-being. It will make you feel much more energized and get more oxygen to the rest of your body.

4

Eliminate as many distractions to improve productivity:

When working, put away your cell phone or other device and turn the TV off. If you share a desk or table with other members of your family, make an agreement for what work time looks like or create a schedule to use the space one at a time.

5

Eat healthy:

Eating healthy can make you feel much better and energized. Planning out your meal and snacks ahead of time can help your schedule and prevent you from snacking throughout the day!



Boosting Member Involvement Through Social Media

Ayush Jasnani - 2020-2021 VP of Membership

As COVID-19 continues to change our lives in ways we could not have possibly imagined, chapter involvement can be difficult to maintain. One tool that can be used to actively engage with chapter members is social media! Social media is something that most teenagers use on a daily basis. This can be used to promote FCCLA and keep members engaged through their virtual learning experience. Chapter officers can use platforms like Facebook, Instagram, Snapchat, and Twitter, to engage with members. Social media is versatile and can be a vehicle to have fun and display members' involvement in activities that show leadership and service. By using social media to boost member involvement, the possibilities are unlimited! Whether it includes a group chat, an Instagram challenge, a Snapchat bingo board, or a Facebook live stream, all of these opportunities encourage member involvement. Some specific examples include:

Snapchat

Snapchat has many similar features to Instagram. One cool thing that FCCLA has made is FCCLA bingo! These interactive bingo boards gave members the chance to acknowledge how involved they have been in FCCLA and be to be proud of their accomplishments. Members can tag other members to fill out these bingo boards, as well. Be sure to make a bingo board that is specific to your own chapter to make it interesting! New Jersey FCCLA jumped on this opportunity in March! General reminders, schedules, and new information can be posted on Snapchat stories to keep members informed.

Instagram

Almost every teenager living in the twenty-first century has an Instagram account. This is one of the main reasons why it is a great way to get members to take part in FCCLA activities and keep them involved with the chapter. An example of an Instagram post that can be used to keep members involved is a challenge post. Chapter officers can use their personal accounts as well as their chapter accounts to challenge members to post a picture that demonstrates a service initiative. Although the theme doesn't just have to be service; It can be a topic that you chose - anything that represents the main focuses of FCCLA. Instagram is also a great place for chapters to give recognition to chapter members and chapter advisers for all the hard work that they have done throughout the year. This includes events held at school, competitive events at either past Spring Leadership Conferences or Fall Leadership Connections and even participation in Leadership Bootcamp. Be sure to use hashtags such as #SLC, #FLC, or #LeadershipBootcamp! Happy Instagramming!



FCCLA BINGO

| | | | | |
|---------------------------------------------------------|------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|-------------------------------------------|
| ATTENDED ANY CONFERENCE (FLC, SLC, LEADERSHIP BOOTCAMP) | COMPETED IN A STAR EVENT | STAYED AFTER SCHOOL FOR FCCLA 2 OR MORE TIMES IN A WEEK | SERVED AS A CHAPTER OFFICER | KNOW THE CREED BY HEART |
| COMPLETED A NATIONAL PROGRAM (EX: POWER OF 1) | RAN FOR STATE OFFICE | BEEN A VOTING DELEGATE AT SLC OR NLC | LEARNED WHAT AN ASCOT WAS | STAYED UP PAST TWELVE MEMORIZING SPEECHES |
| FOLLOWED @NJFCCLA | ROCKED A RED BLAZER | Free | PROCRA SINATED A COMPETITIVE EVENT | HAD EXTREME NOSTALGIA AFTER A CONFERENCE |
| TAKEN ACTION FOR A BETTER WORLD | BEEN TO 5+ GENERAL MEETINGS | PRESENTED A ROUNDTABLE | SPOKEN UP OR BEEN PUT ON THE SPOT AT A GENERAL MEETING | BOUGHT A LOT OF CUPCAKES AT FLC |
| EXPERIENCED AN EARTHQUAKE AT NLC 2019 | LEFT THEIR PROJECT/ ROUNDTABLE AT SCHOOL | HAVE BEEN IN FCCLA FOR 2+ YEARS | TAKEN AN FCS CLASS | HAS FCCLA FRIENDS FROM ANOTHER STATE |



Virtual Chapter Meetings!

Sophia Patel - 2020-2021 State Co-President

“Keep calm and carry on.” During these uncertain times, many schools, students, and families are facing the reality of the COVID-19 pandemic. It is important that we all continue social distancing and remain safe in our homes. However, this is also a great opportunity to spread positivity and reconnect with our friends through virtual chapter meetings! Through platforms such as Zoom, Google Meet, and Hangouts, it is easier than ever to host a virtual FCCLA chapter meeting. Here are some tips on how to have an exciting and interactive chapter meeting!

- ❖ **Ice Breakers!** At first, you might expect the meeting to be somewhat awkward. This is new territory for everyone, and connecting online is much different than talking face-to-face. Ice breakers are the perfect solution! Ice breakers can be mini games such as two truths and a lie or never have I ever. They can also be sharing the silliest thing you’ve done during quarantine or the best thing you ate that week.
- ❖ **Have a Plan!** Typically at general meetings, your chapter executive council may deliver their reports verbally only. However, virtually, it is important to have supplemental materials with which your members can follow along. A great idea is to create a slideshow covering everything you’re talking about and share your screen so members know exactly what you’re talking about. Use an online template from Slides Carnival to bring an aesthetic aspect to your meeting!
- ❖ **Get Pumped Up!** In person, body language is a great indicator of your enthusiasm. However, virtually this comes from your voice and facial expressions. Show enthusiasm by energizing your voice and knowing your material. Be confident in the material you are presenting instead of reading it off a paper.
- ❖ **Show Etiquette!** Respect goes a long way, even virtually! Make sure you are sitting in a quiet area with a nice background. And even though you are at home, dress to impress! When it comes to discussion, respect for each other’s ideas and contributions. This means not interrupting someone when they’re speaking and staying away from your distractors so you can comment on what they said.
- ❖ **Be Interactive, Share the Mic!** The best way to retain your members’ attention is to acknowledge everyone’s attendance. Asking questions, sharing personal stories, or referencing a certain member are all great ways to personalize your meeting and potentially get other people talking.

All About CTSOs

Sophia Patel - 2020-2021 State President

Wouldn't it be great if you had the opportunity to join an organization that gave you hands-on experience before you were even out of high school? Well, that's exactly what a CTSO is. With over two million members, CTSOs, or Career and Technical Student Organizations, are known for preparing students for their future occupations by teaching them 21st century life skills and allowing them to demonstrate their leadership and serve their community. Keep reading to learn more about CTSOs and receive answers to your most pressing questions!

What is CTE?

CTE stands for Career and Technical Education. It is about teaching students grades 6 through 12 employability skills and 21st century life skills that will better prepare them for their career. CTE is made up of 16 career clusters ranging from Health Sciences to Agriculture to the Arts. There's a place for everybody no matter your various interests!

How many CTSOs are there?

There are eight Career and Technical Student Organizations in the country. They include the Business Professionals of America, DECA - Distributive Education Clubs of America, the Future Business Leaders of America, National FFA Organization, HOSA - Future Health Professionals, SkillsUSA, Technology Student Association, and of course, the Family, Career and Community Leaders of America.

What do all CTSOs have in common?

Career and Technical Student Organizations are all known for enhancing the classroom by incorporating learning from their respective industry. They build student leaders and promote creative thinking and career preparation. From an early age, CTSOs can give you the chance to explore a variety of fields you could potentially pursue in the future. They promote friendly competition and networking through conferences, programs, and competitive events.

What separates the CTSOs?

Each CTSO is focused on one or more of the sixteen career clusters of career and technical education. Each organization gives students different opportunities and careers to explore with some overlaps. For example, the Future Business Leaders of America (FBLA) is overwhelmingly focused on business management; HOSA - Future Health Professionals focuses on healthcare; while the Family, Career and Community Leaders of America is related to four career clusters: Human Services, Hospitality, Education and Training, and Art and Design. All CTSOs provide something unique and beneficial to all its members.



Summer Cleaning

Sophia Patel - 2020-2021 State President

Yes, it's that time of the year again! Waves are crashing, the sun is bright, and the sand is squishing between your toes. It's my favorite time of the year, and that also means it's time for Summer cleaning!

Summer cleaning doesn't necessarily have to be a bad thing. It's refreshing your closet, organizing your space, clearing your mind, and starting fresh. Here are some tips to enhance your Summer cleaning and make it an enjoyable experience!

1

Prioritize! There's so many things you need to get to: your closet, your desk, your bathroom, and your living room. Make a checklist, or schedule, of when you will get everything done to make sure you don't overwhelm yourself. I found it extremely helpful to tackle each thing one-by-one.



2

Think Green! When cleaning, keep in mind recycling, reusing, upcycling, or donating your unused things. Especially in your closet, don't just throw away all your old clothes! Be strategic: for your old clothes in good condition, consider donating them or selling them on eBay, Etsy, or a for-profit second-hand store. If you're feeling crafty, go online and search up tutorials on how to upcycle your clothes. Just last week I repurposed an old tie dye t-shirt into a drawstring bag. Currently, I am repurposing an old pair of jeans into a tote bag! There are so many things you can create with your unused fabric, so get your creative juices flowing and gather your supplies.



3

Think outside the box. Summer cleaning is a time to start fresh, so maybe move your furniture around and renovate. Paint your walls a fresh color or hang up some new paintings. Looking at a brand-new room is sure to set a positive tone for the rest of the season and boost your confidence.

4

Have Fun! Don't think of Summer cleaning as a chore, but instead an opportunity to be productive and have time to yourself. Put your favorite playlist on Spotify and go room by room. Don't feel the need to finish everything in one day. Schedule well-deserved breaks with some fresh lemonade and snacks to motivate yourself to finish every task. I hope you all enjoy Summer cleaning just as much as I did.



Taking Action for a Better World in the Summer!

Melanie Mendonca - 2020-2021 National Officer

Summer 2020 has never sounded better after weeks of social distancing and quarantine. So many things to do and so many new opportunities are now present. Here are some ways that you can take action for a better world in the summer while still having fun!

Volunteer!

Visit veterans' homes or nursing homes

- ❖ Talk to the people in your community who were hit hard by self-isolation. COVID-19 brought about difficult times for many people. The best thing we could do for the community is to show we care. These visits can make a positive difference in their lives.

Help at your local food pantry

- ❖ COVID-19 left many food banks depleted. Many people lost jobs and are financially insecure due to the virus. These are the people that need our help the most. Monetary donations, food donations, and your time can make all the difference.

Spend time with your friends while practicing social distancing

With the advent of warmer, better days, nothing beats spending a day making meaningful memories with people you haven't seen since what might seem like forever. Spending time with your bestie can not only help both of you bond, but help bring things back to normal after months of quarantine.

- ❖ Spend time outdoors with your friends. There is so much to talk about after quarantine and so many new memories you can make.
 - ❖ Go to beaches or parks and hold a clean-up!
- ❖ Spending time doing community service with your friends can not only help our environment but also your mental health.
 - ❖ Volunteer with your friends!

Learn something new/find a hobby!

There's nothing like learning something fun and new that can help alleviate some of the stress after quarantine.

Opportunities await you:

- ❖ Learn American Sign Language
 - ❖ Sew face masks to donate
 - ❖ Read new books
 - ❖ Make new meals
 - ❖ Practice guitar

Take a class!

Discover your passion while learning something new.

- ❖ There are many free/online classes that you can take.
- ❖ Take it a step further and teach someone else what you learned! Maybe your passion is cooking, so you can virtually hold a class to teach others how to make a certain food/meal!

In Person or Virtual School: Which is Superior?

We asked the state officers whether they preferred learning at home or going to a school building to learn and why. It was interesting to see their responses.

We encourage you to ask yourself this question as well and reflect on your answer.

Samantha Matson

I prefer in-person school much better than online school, because it allows for students to interact with teachers and peers, do more collaborative work, and makes it easier to stay focused. It also gives us time to spend with our friends and to build stronger connections with other people.

Samhitha Mupharaphu

I would rather learn at a school building because I love seeing people and being able to talk to all my friends and teachers face-to-face. I also feel like actually going to school requires more physical movement as opposed to sitting in front of my Macbook all day at home.

Melanie Mendonca

I would rather learn at a school building because of the people there. At school, I'm put in an environment with a community of learners and people who want to achieve the same goals as me. Being in an environment with several people that want to learn and grow is what motivates me to go on and continue learning.

Sophia Patel

I prefer learning in person! I'm more of a hands-on learner. I learn better face-to-face and when I have the opportunity to interact and discuss ideas with others. However, online learning isn't the worst, and I love that we are all making the best of the situation and connecting with each other via social media platforms and video messaging.

Adedoyin Ayeni

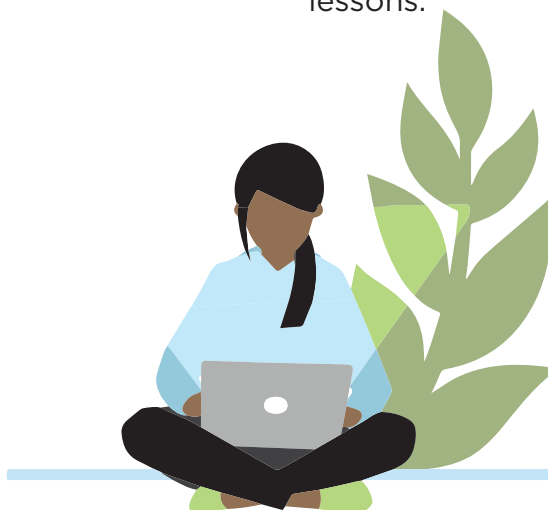
I prefer learning in-person more than learning online. The main reason being that I learn better face-to-face with someone there to help teach me the material. I like to interact and socialize with others as well which contributes to the fact that I would rather go to school. I like to be able to discuss a topic with others and hear other people's opinions. There is also more of a connection face to face rather than just through a computer. Being surrounded by other people motivates me and it is one of the main reasons I love going to school every day.

Gianna Debruyn

I would rather learn at home for many reasons. Though virtual learning has had its issues, I have had a very good experience with it. This way of learning lets me complete my work on my own time and has brought down my stress. There are no students disrupting the class to distract me from my work, there is no bell schedule that limits my time, and I can eat nutritionally whenever I choose. One problem I always had in school was not eating enough or not eating healthy. Now that I am home, I can eat on my own time and not worry about having enough time to eat. Overall, the remote learning situation has worked very well for me.

Ayush Jasnani

I would rather learn at school because I am most receptive to teaching when my teacher is present and in front of me. I think that teaching should be done in a school so that teachers can see their students and realize if they need help or if they aren't paying attention. I also think that testing at home is ineffective because a majority of students would not take assessments seriously. I feel that if I am being tested it should be in a school environment so that it would encourage me to do my best. I also think that learning in school with your peers is an experience that will last you a lifetime. The high school experience can only be done through a school environment not an online classroom. The interactions with teachers, friends, and administration will teach you important life lessons.



50th Anniversary of Earth Day

Ayush Jasnani - 2020-2021 VP of Membership

This year Earth Day was on Wednesday, April 22nd, and it gave us even more of a reason to take care of our planet. Earth Day is a celebration that is meant for us to show our appreciation for the Earth and what we can do to take care of it. The celebration actually dates back to the first modern environmental movement in 1970. This came about from the ineffective machinery which emerged from the “industrial revolutions” of both the 18th and 19th centuries. As weapons, automobiles, and factories were emitting dangerously high levels of smoke and toxins, a wave of environmentalists started this movement to preserve and protect mother nature.

This past April 22nd marks the 50th anniversary of the celebration. Earth Day should be every day and we should all do our part in cleaning up and protecting mother nature. There are many ways that you can make a difference from the comfort of your own home. One of the first things that you can do is in your neighborhood. As it is not a good idea to organize a large social gathering right now, you and your family can go outside and clean up your street. Keeping your neighborhood clean by reducing pollution is one of the best ways that we can be kind to the Earth. Another way that you can reduce pollution in your own house is by stopping the use of plastic! Replace plastic water bottles with reusable ones. This would save plastic as well as reduce the amount of space that landfills and garbage dumps take up in our world.

Energy consumption is also one way that we can do our part to help preserve the Earth. By turning off lights and appliances when they are not needed, you are saving energy which in turn reduces fossil fuel emissions into the atmosphere. Conserving water is also a good way to help out. By saving water in your house, it saves water for other people, as well as yourself at a later date. Saving a couple of drops of water for only several seconds while you are brushing your teeth can add up to many gallons at the end of the month. Lastly, an important environmental action you can take is located in your kitchen. Instead of throwing away kitchen scraps such as bushy greens and vegetable skins, make a compost! Composting turns garbage into nutrient-rich soil and it can reduce landfill waste as well. Even by doing a couple of these simple things at home, you can help make our world a better place in which to live.



Spring into Action

Melanie Mendonca

2020-2021 National Officer

Just because school isn't in session doesn't mean FCCLA has to stop. In addition to having virtual chapter meetings, there is still so much that your chapter can do! Community service opportunities are everywhere, with the growing adversities of the coronavirus. Below are some ways that you and your chapter can help!

❖ **Donate masks** - Medical masks are in extreme demand during this difficult time. Assemble a team of students to make masks from home! Involve the students in fashion classes by speaking with your FCCLA adviser, fashion teacher, and your school administration. Engaging in these service opportunities can not only strengthen your community at a time of need but also bring the members of your school together by working on a common goal.

❖ **Social Media Posts** - NJ FCCLA has been constantly posting on Instagram messages of positivity and things to do during the quarantine. Follow us on Instagram (@nj_fccla) and tag us on any new posts on your chapter's account. Make posts to engage your chapter and check in on members in isolation.

❖ **Send Cards** - Make cards for people who are social distancing and all alone. Veterans homes, nursing homes, and rehab centers have people who are all alone and are great places to send cards to!

❖ **Free Rice** - Bored during quarantine? Create a Freerice group for your chapter and start a competition! Freerice is a website that donates 10 grains of rice for every question answered correctly. See who can donate the most grains for charity!

❖ **Chains of positivity** - Start a positivity chain message. Whether on email, text, Instagram, GroupMe, or Snapchat, text a member something positive and tell them to pass the message on!

Family Activities & Games to Play at Home!

Ariana Sapoznik

Manalapan High School FCCLA Member

Do a puzzle
Play Hide and Seek
Family Bingo
Family Movie Night
Paint a picture
Color/ Draw a Picture
Card playing Tournament
Board Games
Play sports outside such as
basketball, hopscotch, and catch
Clean out a closet and donate unwanted items
Take a Family Walk Outside
Try a new recipe
Exercise
Have a family dance party
Rearrange your bedroom
Read a story or do a craft with a younger
sibling
Spread optimism by writing messages using
chalk on your driveway
Plant a garden



Books: Coping with Change

Melanie Mendonca - 2020-2021 National Officer

COVID-19 hit New Jersey hard and changed our lives forever. During this difficult and unprecedented time, reading some of these books can help change our outlook on life and help you. Change is hard, and nothing explains how to make the most of things better than some of these best-sellers.

The Happiness Advantage by Shawn Achor

This book was featured at Leadership Bootcamp this year! The book outlines the cycle of how being happy can make you more successful. It also discusses why the working hard, becoming successful and then becoming happy formula is broken. As an advocate for positive psychology, Steve Achor, uses original research to describe his strategies for happiness: the Tetris Effect, Social Investment, and the Ripple Effect.

The 7 Habits of Highly Effective Teens by Sean Covey

Based on the New York Times bestseller, "The 7 habits of Highly Effective People," Sean Covey dives into various techniques for living a successful life. These habits are: Be Proactive; Begin with the End in Mind; Put First Things First; Think Win-Win; Seek to Understand, Then to be understood; Synergize; and Sharpen the Saw. Covey entertains and relates to teens through real-life examples, all while teaching them essential life-skills.

Who Moved My Cheese? by Spencer Johnson

Best selling author, Dr. Spencer Johnson, highlights the emotional journey of four characters - Sniff, Scurry, Hem, and Haw - as they experience various changes. Focusing on how people deal with change, Johnson explores the positives and negatives of it, and why it is overly a positive thing.

Freakonomics by Steven D. Levitt

Economist Steven D. Levitt and New York Times journalist Stephen J. Dubner address various uncanny concepts while explaining how to make better decisions. Levitt centers his chapters about a certain idea while elaborating on the overarching concepts of the differences between causation vs correlation and how life is dominated by incentives.

The Power of Positive Thinking by Norman Vincent Peale

Motivational Speaker Norman Vincent Peale hones in on the power of positive psychology - thinking positively in particular. Through the power of believing in yourself, reducing worrying, and taking control of your thoughts, Peale describes how your life can be transformed.



State Officers & Candidates Respond

“If you had a magic wand and could change anything about the world, what would be the number one change you would make and why?”

Ariana Sapoznik The number one problem people experience today is food hunger. If I could change anything about the world it would be to make sure that everyone has enough food on their table, as well as the necessities they need to survive. Data shows that one in every five families question whether they will have a meal that day. People take for granted how lucky they are to not stress about sustaining their families needs and I wish that everyone would not have to worry so greatly on whether their paycheck will be sufficient to care for their loved ones.

Samhitha Mupharaphu If I had the ability to change anything in the world, I would change the education systems in order to give everyone the opportunity to have an excellent education. I think that having a good education is very important and can change the lives of students. Today, a lot of children are denied the opportunity due to money, living conditions, or other obligations. Anything I can do to try and help ease the gap between the education that people receive is something I want to do.

Melanie Mendonca If I had a magic wand and could change anything about the world the number one change I would make is to educate girls everywhere. I believe that by educating yourself and possessing knowledge, it can set you free. Currently, not educating girls is costing our economy trillions! Through educating women everywhere, we can lower the poverty rate and make the world a better place.

Samantha Matson One of the most limiting parts of the world is people's judgments and prejudices towards one another. I would want to change this because it can help everyone experience people and the world with an open, growth mindset, which can help us work toward solving global problems together.

Adedoyin Ayeni If I could change anything about the world I would improve climate change; specifically, I would change the way people view climate change. I feel as though many people don't take climate change as seriously as they should. Many people outright just ignore it, and others are not aware of the effects we as humans have on the world. It is important as youth leaders we take action to make our world healthy and sustainable.

Sophia Patel If I could change one thing about the world, it would be to replace all disease and suffering with hope and positivity. In a time of uncertainty like this, it is extremely important that we all remain hopeful for the future. A positive mindset is the number one driver that will get through this time.

Ayush Jasnani If I had a magic wand and could change anything about the world I think I would eliminate world hunger. Not only is food an essential for all human beings but it brings people together. It brings joy to people's faces and happiness to their hearts. Food is probably the number one way that my family and I bond and become closer. Every night we all eat dinner together at the dining table and it is something that I would never want to lose. I believe that food is something that all human beings are entitled to.