

# New Directions

## NEWSLETTER

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## President's Address

Dear New Jersey FCCLA Members, Advisers, and Alumni:

Cheers to 2023! As we embrace this upcoming year, I challenge you to make the most of the numerous experiences and opportunities FCCLA offers. Consider the new year as a motivational start to new intentions, adventures, and possibilities, while working towards goals you have already set! I encourage you to take the time to reflect upon your habits and see what changes you can make to improve your own life. FCCLA's national program, Power of One, is a great resource to help you develop goals to make a personal, familial, and societal impact through its five units.

Last November, I had the pleasure of connecting with all of you at the 2022 Fall Leadership Connection! The State Executive Council and I were inspired by the exciting energy, enthusiasm, and passion members and advisers brought to every session. Our state association engaged in an unforgettable day full of workshops, community service, and competitive events. Congratulations to all competitive event participants on a job well done; the hard work and dedication of our New Jersey members never cease to amaze me!

New Jersey FCCLA has many leadership development opportunities coming soon! I was excited to see our members and advisers at Leadership Bootcamp, on January 7, 2023. This year's Leadership Bootcamp was virtual and hosted as "watch parties" within your chapters. This was a great way for members to develop leadership skills with fun activities and discussions! Be sure to also save the date for our upcoming State Leadership Conference, which will be held on March 23-24, 2023, in Cherry Hill, NJ! Competitive event guidelines and registration forms are now available on the state website. Participating in state and STAR events are a fantastic way to develop your career-readiness skills and grow in your FCCLA journey. Additionally, I hope you consider running for state office! I can confidently say that it is an incredible experience that will make a huge impact, both personally and professionally. Being a part of the State Executive Council is such a rewarding opportunity to serve New Jersey members and advisers, enhance your leadership skills, and make lifelong memories!

Time can pass by faster than we think, so let's make a strong impact in 2023! Remember to follow and tag us @njfccla on Instagram to stay-up-to-date with the happenings of our state association so we can see all of your wonderful initiatives and accomplishments! On behalf of the State Executive Council, I look forward to seeing you all at the 2023 State Leadership Conference. Until then, I am excited to see what you accomplish on your incredible journey!

Best regards,

*Amanda Chen*

NJ FCCLA State President





# Setting Effective Goals

By: Amanda Chen, State President



As we enter the new year, we are constantly thinking about ways to improve our well-being and lifestyle. After all, goals help us stay on track and guide us with a clear intention to reach the next step on our path. However, research shows that 80% of New Year's resolutions fail by February. From not being specific enough to having a lack of motivation, many of these goals unfortunately become forgotten. So, the key to setting successful and effective goals is to make them S.M.A.R.T!

S.M.A.R.T is an acronym for specific, measurable, achievable, relevant, and time-based. SMART goals are a simple way to implement an effective mindset to set our intentions and motivate us towards achieving them. Let's take a look at what makes a S.M.A.R.T goal as successful as it is:

## S- Specific

Many of our goals are too vague or large. Having more clarity and specific intentions will help you to define your goal in more detail and have definite direction as to what steps to take. Consider the 5 W's in your goal—who, what, where, why, and when?

## M- Measurable

Specify what evidence you can track to show your progress or reevaluate when needed.

## A- Achievable

Is this goal attainable? Ask yourself whether you can achieve your goal with the necessary resources, help, and skills you have. Great goals should challenge you, but still be realistic!

## R- Relevant

What is the big picture of your goal? When setting your goal, make sure it aligns with your plan for the future in the long-term.

## T- Time-bound

An important aspect of your goal should be the start and end target. What deadlines will help you meet your goal? You should have a time frame to work on your objective!

The first step of creating goals is to brainstorm it through and write it down; the rest is action and follow up! With thorough reflection, you will be able to take the step of setting effective goals. Having clear intentions in mind, stay accountable by following your goal measures and using resources to help you. Set smaller goals within your goal to take steps in the right direction and create "small wins." If you feel that you may lose motivation, find an accountability partner to help you succeed!

The Power of One is a national program and a wonderful way to practice making SMART goals and put them into action through its five units. Consider utilizing your New Year's resolutions to create effective outcomes, all while gaining recognition along the way! Best of luck on your goal-setting journey!

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New Year, new you! Taking your personal goals to the next level during this season has never been easier! Now with Power Of One, you can improve all aspects of your life. This may seem difficult, but Power of One is actually a wonderful tool to use when you're trying to make an improvement, especially with the new year! Power of One is the perfect program to get your year started off on the right foot. And... you can receive state and national recognition at the 2023 State Leadership Conference and National Leadership Conference! Yes, that's right: recognition and improvement.

But how? Follow the Power of One packet and get your goals approved by your chapter adviser before starting! It is important to create SMART (specific, measurable, achievable, realistic and timely) goals and follow the planning process sheet as a guide to help you reach your goal.

There are 5 units within Power of One. If you're up for the challenge, complete all 5 for state and National recognition!



## Unit 1- A Better You

This unit is all about improving yourself. By making small changes, you are capable of having a higher quality of life. Some ideas include cleaning your room daily, learning a new skill, fixing a bad habit, or working on money management.



## Unit 2: Family Ties

This unit is about how you can be a better/more active family member. Remember, "A family doesn't have to be perfect, it has to be united." And like Stitch (from Lilo and Stitch) said, "This is my family, it's little and broken but still good." In this area, you can try to focus on stopping negative talk, picking up more chores, making time for family, and improving your family relationships.



## Unit 3- Working on Working

This unit makes you think about possible careers in which you may be interested. It's a great way to do some research about future potential careers. Some project ideas include researching jobs or career paths, doing a job shadowing, getting a job, or applying for jobs.



## Unit 4: Take the Lead

It's important to use your current knowledge of leadership and reflect what aspect of leadership you would like to improve upon. Everybody is at a different point in their leadership journey, so pick something that works for you. Ideas include volunteering, active participation, competitive events, and leading a chapter project.



## Unit 5- Speak Out for FCCLA

At this point in the project, it's time to reflect on what FCCLA is to you and how you can share your experiences with others. Ideas include starting a chapter social media page, informing your school about FCCLA, or sharing your experiences with peers and family.



**Now that you know the basics, I have full confidence that you will rock this! Never give up, you can do it.**

## New Year's Resolutions for Leaders



By: Isabella Dabbenigno, VP of Leadership Development

### Happy New Year!

It's time to bring in the New Year! Even though new beginnings are exciting, it's important to reflect on the past year, good and bad. Take this time to evaluate what you have done as a leader that worked or didn't work. This should include leading yourself and leading others. A few things to keep in mind while creating a resolution are time, support, and progress.

Steps to create an effective resolution:

### 1. Time

Give yourself an appropriate amount of time to complete your goal in a timely manner. This can be each month you plan to complete an action that leads to the bigger picture, a certain number of hours each week, or minutes in a day!

### 2. Support

In order to make sure you are following up with your goal, pick one or two people who will hold you accountable. This will help you to stay on track.

### 3. Progress

How will you keep track of whether or not you are completing this goal? You can either track it in a journal, use a planner, or keep it on your phone.

If you are feeling a little stuck at where to start, take a look at the ideas below!

### 1. Improve Communication

### 2. Give Recognition

### 3. Celebrate the good

### 4. Become more open to other ideas

New beginnings call for new ideas and improvement in our lives. This calls for resolutions! When choosing a resolution to follow, it's important that you start off with a small goal. The main reason why people fall out of their New Year's resolutions so quickly is because they make an unrealistic or extremely difficult goal for themselves. So, plan your resolutions for success.

# Getting Ready for the State Leadership Conference

By: Amanda Chen, State President



As we quickly approach the upcoming State Leadership Conference, I am excited to announce that we are returning to a two-day conference experience! Whether this is your first time attending or your last, I encourage you to take advantage of all that New Jersey FCCLA has to offer as we prepare for an action-packed event. There's something for everyone!

Here are five know before you go tips to help you make the most of your experience:

## • Business Attire

At this conference business attire is required. Be sure to dress accordingly! Clothing such as a suit, blouse/button down, black dress pants/skirt, and heels/dress shoes are appropriate for this event. By wearing business attire, you are able to professionally present yourself as a member or adviser of New Jersey FCCLA. Wearing sneakers and jeans are not permitted during sessions and workshops.

## • Packing for an Overnight Stay

For the first time since the pandemic started, we will be returning to a two-day conference experience, which means that members and advisers will be having an overnight stay! Bringing a suitcase or carry-on size can help you pack everything you need for the conference. I suggest creating a packing list to not forget any essentials you need. It is likely that you will be rooming with multiple people, so coordinate between your roommates to decide what to bring (snacks, shampoos, etc.)! While you will be wearing business attire throughout the sessions and workshops, bring casual clothing for our planned Thursday night activities and to be comfortable as you return to your rooms for sleep.

## • Competitive Events

An exciting aspect of our State Leadership Conference are competitive events! Be sure to check the guidelines on our state website. If your project has an in-person aspect, make sure to bring all the materials you need to successfully present!

## • Money

While dinner will be provided on Thursday, be sure to bring money for breakfast and lunch! There will be areas to purchase food on the first floor. Make sure to notify your adviser of any allergies or dietary restrictions you may have prior to the conference!

## • Safety

The safety of our members, advisers, and guests are of utmost priority. Be sure to stay within the conference area at all times and make sure there is a form of communication between you and your chapter adviser(s). Use the buddy-system and do not wander around the hotel alone. When it is curfew, please remain in your rooms for your safety and to not disturb other guests. Attending this conference means you represent our state association, your chapter, and your school-make responsible decisions!

On behalf of the State Executive Council, I cannot wait to see you all at the 2023 State Leadership Conference! We are excited to have an incredible time learning, leading, and growing with everyone.



**2022 - 2023 NJ FCCLA PRESENTS RED ROSE CHAPTER AWARD**

**Why?** To recognize well-rounded chapters who contribute to the State Program of work who take part in member development, community service, conferences, leadership activities, national programs, and competitive events.

**How?** In order to be recognized, chapters must complete all of the required elements as well as 20 out of 40 points of the additional award options. The point value is in red text in the description below. The official application form (on the FCCLA.org website) must be filled out, saved as a PDF and submitted for proof of completion.

**When?** Applications are due to njfccla@gmail.com on February 20, 2023 and qualifying chapters will be recognized at the State Leadership Conference during the Registration Session where the chapter presidents receive the award.

**Requirements:**

- Increase Membership from 2021-2022
- Chapter participation in Fall Leadership Conference (statement of 8 members)
- Participated in Fall Competitive Events (in event entries minimum)
- Chapter attendance at Leadership Bootcamp (at least 8 members and 1 adviser)
- Chapter participation at the State Leadership Conference (minimum 10 members)
- Complete in competitive events at the SLCC (at least 4 entries)
- Complete Power of One (at least 1 member)
- Show participation and results of two service initiatives
- Chapter printed the Fall and winter newsletters and delivered to administration

**Additional Point Options: (must complete a minimum of 20 points)**

1. Submit an application for a State or National award for recognition
1. Participate in FCCLA Day (December 1st)
1. Chapter participation in FCCLA Global Table (Show presentation and proof of participation)
1. Send Chapter photos of activities, events or conferences to NJFCCLA
1. Chapter chapter website and update NJFCCLA social media accounts
1. Chapter participation in Leadership Training and Fall Program
1. Chapter participation in NJ Day for FCCLA or FCCLA State Day for FCCLA
1. Chapter participation in public Chapter Social Media Account and follow NJFCCLA accounts
1. Create an FCCLA bulletin board for the hallway of your school
1. Chapter attendance at the 2022 NJFCCLA Leadership Conference
1. Invite State Officers to present and participate in a chapter meeting
1. Sponsor a member fundraiser
1. Sponsor a Membership Drive, show participation
1. Complete an adviser award application
1. Submit leadership application
1. Participate in a collaborative effort with another CTSD or business/industry partner
1. Make a chapter website and email the link to njfccla@gmail.com
1. Complete a NJFCCLA State or SLCC interview (3 entries)
1. Participate in 3 of the FCCLA Week initiatives
1. Schedule a meeting with an appropriate member or member of your town's BOE
1. Submit a completed 2022 NJFCCLA application
1. Chapter participation in the "Take Action Save Lives" program
1. Participate in the "Aggression and Bullying" program
1. Complete a National Program (either the Power of One) and submit the application through the National FCCLA Portal
1. Apply for the Top 100 New Jersey Chapter Competition (2022-2023)
1. Write and submit a letter to the editor and have the published article in a local newspaper
1. Submit a chapter project to the Top 100 in the nation at 2022 NJFCCLA
1. Submitted a service project to the Top 100 in the nation at 2022 NJFCCLA
1. Member a new chapter (proof of at least 5 supportive initiatives)
1. Meet virtually with a member of the Legislature and discuss FCCLA and FCCLA
1. Be a chapter member for State Officer
1. Ask NJFCCLA to have a chapter adviser who is willing to sponsor a state leadership
1. Minimum of one (1) chapter member participate in the Franklin County Leadership Academy

## Red Rose Chapter Award

By: Adedoyin Ayeni, VP of Membership



NJ FCCLA wants to recognize our chapters and members who excel in their achievements in FCCLA. Our flower, the Red Rose, symbolizes how the organization gives joy and symbolizes the desire for beauty in our everyday lives. Each chapter is special and represents how FCCLA can change the lives of others. Our goal is to recognize the hard work and dedication of our chapters. The Red Rose Chapter Award is the most prestigious award in our state association.

All information can be found on the NJ FCCLA website, njfccla.org → Membership → Red Rose Membership. Complete the application by February 20, 2023 and send to njfccla@gmail.com for review. All chapters are encouraged to strive to become a 2023 the Red Rose Chapter Award Recipient and be recognized at the State Leadership Conference!



## **Preparing for Competitive Events**

**By: Diya Pottangadi, Vice President of Public Relations**

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As the State Leadership Conference is right around the corner, there is no better time to start your competitive event projects than the present. You can find the available competitive events on [njfccla.org](http://njfccla.org) → competitive events → spring competitive events. Ask your chapter adviser for the password to receive access to all available events and guidelines!

Choosing your competitive event can be a challenging. First, let's differentiate the 2 main categories. A STAR event is a national competition in which the top 2 state finalist winners could qualify to represent NJ at National Leadership Conference in Denver, Colorado this summer. The second category is the NJ FCCLA State Competitive Events. By participating in these events you compete at the State Leadership Conference in March. As you prepare for and compete in during the State Leadership Conference in March. You will prepare beforehand, compete in person, and receive your award at the recognition ceremony at SLC.

Looking at the event guidelines can be daunting and confusing but have no fear! The most important things to look out for as a competitor are the descriptions at the top of the first page, the procedures and regulations and the rubric on the last page. Following these guidelines will ensure a successful project!

Next, skip down to the "Procedures & Regulations" and/or "Specifications" to find out requirements, what you need to prepare, and other things to keep in mind before you start or do your project. This is a very important portion to read through. Last, look at the rubric and find out where your points are being distributed and what exactly you should focus on. Try your best to gain every point as every part of your project counts!

Keep in mind that every competitive event guideline looks a bit different, but don't let that stop you from picking that project. As you go through the document, look for specifics that relate to your project and create a checklist for yourself. If you need additional guidance figuring out how to navigate the guidelines, ask your chapter adviser!

Check in with your chapter advisers regularly and have them look over your project while you're working on it! Make sure to look over the event guidelines before submitting to make sure you accomplished everything. If you need additional help, reach out to alumni and other chapter members who have experiences with the competitive events.

The State Executive Council has full confidence in your abilities to succeed in your event, and we wish you the best of luck on your journey. The State Officers cannot wait to see these incredible projects in action during the State Leadership Conference in March!

## **Looking Forward to an IncREDible State Leadership Conference**

**By: Benita Kizhakkepuram, Vice President of Parliamentary Law**

The SEC is thrilled to see all of our NJ FCCLA members at our upcoming State Leadership Conference on March 23-24 in Cherry Hill. After undergoing significant steps from virtual to one-day in-person events, NJ FCCLA is back to two-day conferences!

Through this conference, members will be able to network with peers from across the state; we encourage you to foster connections and step beyond your comfort zone to make a new friend! Attendees will also get the opportunity to interact with engaging keynote speakers and attend various workshops with interesting presenters and demonstrations.

This state conference is the ultimate leadership opportunity to challenge your skills through competitive events! Take the knowledge you gained through Family and Consumer Sciences Classes and apply them in our state and STAR (Students Taking Action for Recognition) events. This is the best way for members to explore subjects relating to career, child development, education, fashion, interior design, culinary arts, and leadership. To top it off, participants that earn 1st or 2nd place in their STAR event at SLC will qualify to compete and represent New Jersey at the 2023 National Leadership Conference in Denver, Colorado! Chapter officers should encourage members to participate in competitive events to get the full FCCLA experience. Contact members who are participating in events you've completed in the past and help mentor them and keep them on track so that their project turns out amazing.

Members and chapters can receive recognition at this conference through the Red Rose Chapter Award, SLC awards for advisers, and scholarships for active members! Make sure to support our community service initiatives which will be announced in early February. Let's work together to give back to the community that has given so much to us!

We hope to see you all for this incREDible conference!

# FLC Recap

By: Isabella Dabbenigno, VP of Leadership Development

Thank you so much to everyone that came out to New Jersey's State Fall Leadership Connection at the Pines Manor. It was great seeing everyone there. Without great leaders like you, this conference could not have been possible. We had a whopping 585 attendees. This has been the largest number of attendees in years! Within this crowd, we had a number of special guests. Chief Academic Officer, Ms. Gail Pawlikowski, Traffic Safety Region Supervisor Robert Gaydosh, and Motivational Speaker Melvin Adams joined us to talk about traffic safety and more!

There were also a number of workshops available for students. The Community Service and Fundraising Workshop was run by State Officers Gianna DeBruyn, Isabella Dabbenigno, and Diya Pottangadi with the help of Alumnus David Shah. The Leadership Session was run by State Officers Amanda Chen and Adedoyin Ayeni with the help of alumnus Catherine DiGioia-Weinfeld. The Community Service and Fundraising session provided chapter leaders with a variety of service and fundraising ideas to try in their chapters. The Leadership Session taught the basics of servant leadership and how to implement it into their own chapters. Another valuable session was the Career Panel from Johnson & Wales University, The Culinary Institute of America, and the Centenary University that talked about the different majors and other opportunities that their schools offer.

The State Officers would like to congratulate everyone who participated in the competitive events for their amazing accomplishments! Everyone loved seeing all of the Cupcakes, Dolls, and Banners! They looked awesome! Overall, there were 36 bronze medal projects, 90 silver medal projects, and 96 gold medal winners - that's what I call incredible! That hard work really paid off!

That wasn't all our conference had to offer. Our chapters collect soda tabs and donated nonperishable food. Since all of you pulled through, 40 pounds of pull tabs will go to the Ronald McDonald House. We also received about 1,500 food items to distribute across New Jersey to the Replenish Food Bank. On top of that, cupcakes made by our Cupcake Challenge participants were sold! With our participants' valuable and delicious efforts, \$1,000 dollars were raised for Puerto Rico hurricane relief.

None of this would have been possible without you, so thank you so much for participating in the 2022 FLC community service initiatives!

The State Officers are looking forward to seeing all of you at the State Leadership Conference!

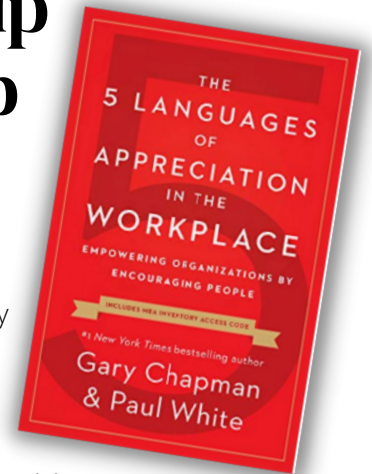


## Leadership Bootcamp

By: Amanda Chen,  
State President

On Saturday, January 7, 2023, New Jersey FCCLA members and advisers assembled at our 14th Annual Leadership Bootcamp! At

this dynamic conference, participants had the opportunity to engage in personal growth opportunities by receiving leadership training from professionals. All attendees also received a t-shirt and book in which the workshops were centered around.



This year, Leadership Bootcamp was held virtually, but in the format of a virtual watch party at schools! While members and advisers logged onto an online platform, the discussions were conducted within local chapters and allowed for the spread of communication between ideas and concepts. Being led by leadership trainers and alumni Catherine DiGioia-Weinfeld and Bill Plastine, New Jersey FCCLA had exciting activities planned for both members and advisers through an action-packed day of learning experiences!

Workshops for members were based on the lessons from the book, "5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People", by Gary Chapman and Paul White. Interactive questions and activities inspired members to think critically and collaborate as they developed in their leadership learning. Meanwhile, advisers also received training by learning about the upcoming State Leadership Conference and its networking opportunities, developing understanding through inclusion, equity, access, and diversity training, listening to state and national Family and Consumer Sciences updates, and more!

This conference was filled with opportunities to learn about motivation, teamwork, and making the world a better place. All attendees had an incredible time enhancing their skills in a comfortable environment and were motivated to take the messages learned back to their local chapters. Thank you everyone for making this event a success, and we hope to see you next year at the 2024 Leadership Bootcamp!



## Red Blazers on Capitol Hill

**By: Benita Kizhakkepuram,  
VP of Parliamentary Law**

New Jersey FCCLA State Officers advocated for Family and Consumer Sciences (FCS) education during the annual Capitol Leadership meeting from October 10-12, 2022.

State Officers Amanda Chen, Benita Kizhakkepuram, Nitya Angadala, Diya Pottangadi, Adedoyin Ayeni, Emma Larsen, and Isabella Dabbenigno



attended this first national conference. They joined with youth leaders to use their voices to promote the need for congressional support to fund Career and Technical Education and provide opportunities for direct post-secondary education to become Family and Consumer Sciences educators.

Our very own National Officer Gianna DeBruyn from Southern Regional High School met with the Secretary of Education Miguel Cardona in collaboration with the rest of the National Executive Council to advocate and explain the value of FCS education. Meanwhile, the NJ FCCLA State Executive Council had the opportunity to personally meet with staff of Representatives Andy Kim, Frank Pallone and Donald Payne Jr. and Senators Cory Booker and Robert Menendez to gain the support necessary to ensure all students have access to Family and Consumer Sciences education.

Overall, Capitol Leadership was an incredible experience for the SEC (State Executive Council) to foster connections with leaders across the country and develop public speaking and advocacy skills. The State Officers continue to be the voice for students pursuing Family and Consumer Science careers and continuing on that legacy with upcoming generations.

Members can also develop their advocacy skills and speak out for causes they support through FCCLA! The "Safe Rides Save Lives!" FCCLA PSA Contest. This opportunity encourages members to advocate for traffic safety through a PSA video.

This year's theme is Passenger Self Advocacy. FCCLA is also partnered with the Campaign for Tobacco-Free Kids for the Take Down Tobacco initiative. Members can register for a Take Down Tobacco account and complete the Core 4 courses (Messaging Matters, Mastering The Media, Informing Decision Makers, and Activities that Take Down Tobacco) offered on [takingdowntobacco.org](http://takingdowntobacco.org) to develop the advocacy skills necessary to take down tobacco at your schools!

## Stand Up and Run!

**By: Adedoyin Ayeni, VP of Membership**

This year, our state theme is Join the Incredible Journey. Now it's time for YOU to take the next step in your leadership journey and run for state office! New Jersey FCCLA invites you to further your leadership potential by running to become a State Officer for the 2023-2024 school year.

The yearly election process will open in February. Start by speaking to your advisers about this opportunity. To train and gain leadership experience firsthand. You will also gain experience making decisions for the state association. Becoming a state officer will help you develop essential leadership skills such as communication, time management, professionalism, and more. Most of all, the greatest benefits are the relationships you will create with your executive council and the unique experiences you will gain.

The process begins with your application, found on the NJ FCCLA website. Hover over the Leadership button and click on Run for State Office to find the form. After submitting the application to your chapter adviser, plan on attending the Candidates' Meeting on February 25th, where you will speak with current state officers and alumni and participate in an FCCLA knowledge exam and interactive activities. Afterwards, you will attend the State Leadership conference where you will speak with voting delegates and share your knowledge of FCCLA by answering one fact and one situational question. Once elected, the state officers-elect will be installed at the closing session of the conference.

Take the next step in your leadership journey! The State Executive Council encourages all interested members to talk to their advisers and challenge themselves to embark on an incREDible journey!





# Balancing School and Personal Time

By: Amanda Chen, State President

As students, life can be extremely busy! When we add on the responsibilities of schoolwork, volunteering, time spent with family and friends, and so much more, it can feel overwhelming with the limited hours of the day. Oftentimes, when we choose to make sacrifices with our time, our physical, mental, and emotional health becomes neglected. Staying up late and sleeping less to finish work can be a barrier to success. This behavior can have detrimental effects on our well-being and increase chances of health problems. As leaders, we must understand the importance of balancing work and personal time to avoid burnout. Your mental and physical health matters, so it is crucial to plan effectively and reserve moments every day to take care of yourself. By doing so, you will feel more refreshed and ready to take on your day!

Time management is a key skill that leaders should practice daily, but it is easier said than done. There is much that we need and want to do, so it is all about the balance! Utilizing a planner is an effective way to write down all that you have to do and schedule your week accordingly. However, I encourage you to find a method that works best for you! For example, some like making a to-do list while others set reminders on their phone. Using a system that you know will help you stay accountable will be the most impactful in managing your time. But the key is prioritizing what is important and urgent to you, as it will help identify tasks that need your attention right away. Being able to see a holistic view of your day and week will assist you in making sure you do not overbook yourself. Therefore, know that it is okay to say “no” sometimes in order to say “yes” to activities that are important to you. You can also rely upon your support system; do not be afraid to ask for help! Self-advocacy is essential as a student and can make all the difference!

Being productive can feel extremely difficult, so taking the steps to avoid distractions can help us “be in the zone.” Do not be afraid to go unplugged and turn off any devices that may cause you to lose focus or set them on do not disturb mode! Setting time limits on apps that you know you will be distracted by can help limit procrastination. Be realistic with yourself by creating small daily goals to help accomplish tasks and appropriately take breaks. One common method is the pomodoro method, which is a time management technique where work is typically broken into 25-minute intervals with a 5-minute break in between. By addressing what is keeping you from staying motivated and finding the root of the problem, you will become better at managing your work and having more time to spend for fun!

Lastly, it is essential to reflect upon how you are feeling physically, mentally, and emotionally. While you strive towards your goals, remember to reserve time to take care of yourself. Self-care is often neglected and can be hard to fit into your schedule but is necessary to have a balanced well-being. Everyone has different ways to cope with stress, whether that is going on a walk or reading a book for fun, spending time on your hobbies or interests will help you feel much better. Take care of your essential needs by drinking enough water and sleeping, which will help your overall physical health as well as increase retention of information!

The ability to balance school, work, and personal time is an important skill that will most likely translate into adult-life. By practicing now, you will be able to feel more organized and improve your life!

## Juggling Senior Year

By: Adedoyin Ayeni, VP of Membership

As the school year progresses and schoolwork begins to pile up, it's important to prioritize time management in order to be fully successful in all your tasks. It is important to keep a balance between your schoolwork, college applications, and home-life. All three aspects are important but need to be balanced accordingly.

### Get Organized

Set a detailed plan for everything. Keeping a planner is essential to keeping organized. Putting together a high-quality college application takes time and effort. The same goes for managing your schoolwork and still finding time to spend with your family. Make a list of the tasks you need to complete each day and keep it on your desk or in a place where you will see it often as a reminder. It may be smart to invest in a calendar for your room.

### Make a Schedule

When you are done planning out all the tasks you need to complete, it is essential to map out how you will spend your time to achieve your goals. Your schedule could be on paper or online. Outline what you need to be doing at each hour of the day. It is important to stay true to your schedule while still being realistic. Map out activities, assignments, due dates, and family time. Everything is important!

### Remember to Relax

We all know the struggle of managing all our responsibilities. The expectation to complete everything often leads us to forget that self-care is important. It is essential that you take time occasionally to just relax and spend time with the people you love. Remember that college isn't everything and that test scores and numbers don't define who you are. Yes, it is important to work hard and strive for your achievements, but you can't succeed if you are burnt out.

“Your future is created by what you do today, not tomorrow.” Use your time wisely, while still finding time to do what you love. Senior year is hard, but at the end of the day, it is just one year of your life. There is more to come!





# Taking Your Chapter to the Next Level

**By: Isabella Dabbenigno,  
VP of Leadership Development**

If your chapter is feeling a little bland, you've come to the right place. It can be difficult coming up with ways to make your chapter life more fun and engaging, especially as the year goes on. Sometimes members can get a little discouraged and the excitement of a new school year disappears.

Don't worry, all hope is not lost! There are a couple things you can do such as planning your meetings ahead of time and making sure your advisers and your chapter's council are on the same page. Then, you can come up with fun and new ideas to spice up the rest of the school year.

As for options, ice breakers are always fun but they can get a little repetitive. What you can try instead is creating a poll for your members based on fun topics such as This or That? This is something fun and different you can do as a chapter to get everyone on the same page before a meeting. Something like creating a poll is a kahoot or a booklet, but make sure to make it fun! This will excite members before you talk business.

Once you get to the important part of the meeting, make sure you're engaging your members and asking them questions. It's very important to get their input on the topic at hand. This will make members feel more included in what goes on in the chapter.

Finally, to bring everyone together, try completing national programs that FCCLA offers or shooting for the Red Rose Chapter Award. This will allow you and your members to bond over a common cause and reach a goal. This can also be obtained by creating a community service project or a fundraising project. Now that you have a few more ideas of how you can up your "chapter game," it's time to implement them into your chapter!



## The Must-Haves for Running an Effective Chapter!

**By: Diya Pottangadi, VP of Public Relations**

Having a strong FCCLA chapter may be challenging but developing a strong community of passionate members is extremely rewarding. A strong chapter needs proper planning and execution as well as committed and dedicated members.

First, a dedicated set of chapter officers is crucial to setting the foundation for the initiatives to begin the school year. If you do not already have a strong officer team, consider selecting passionate and dedicated members to join the council! With this team, have consistent planning meetings to organize monthly/weekly community service initiatives to impact your school and local community, and fundraisers for your chapter's bank! Open brainstorming discussions to chapter members to gain unique and creative ideas and increase engagement. Creating committees for certain events and initiatives is also a great way for members to take charge, develop their leadership skills, and make a bigger impact on their chapter and community!

It is also important to have two monthly general meetings, if not more. At these meetings, share the plan for the month, including initiatives, fundraisers, successes, public relations, recent news, etc. Make sure these meetings are engaging for members by having fun initiatives or ice breakers and recognizing hard-working and active members. At these meetings, try to set weekly goals for your Chapter initiatives to keep members engaged and working towards a common purpose! These goals could include raising a certain amount of money from a fundraiser or accomplishing a certain task for a community service initiative by a certain date.

Lastly, it is incredibly necessary to cultivate a positive and welcoming inclusive environment for all members. Having a strong chapter means creating a strong community and safe place for members where they can feel comfortable expressing themselves!

Remembering people's names and greeting them in the hallways, recognizing good work, lifting people up, and being positive and sympathetic are great ways to build a fun community that will keep members coming back and feeling valued.

If you, as a member or chapter officer, need any guidance or advice for making your chapter more effective, reach out to @njfccla on Instagram! We are more than happy to help!



**Chapter Members from Camden County Technical School**



# Happy Lunar New Year!

By: Amanda Chen, State President



Family meals? Red envelopes? Lion dances? It must be time for the Lunar New Year! Lunar New Year is an exciting holiday that is celebrated by over 1.5 billion people globally and is filled with celebrations with family and loved ones. It marks the start of the new year based on the lunar calendar, which follows the monthly cycles of the moon phases. This year, Lunar New Year will be on January 22, 2023!

Lunar New Year shares many unique similarities and differences in various countries of the world. For example, Vietnam celebrates Tết, while China celebrates Chinese New Year. Across Asia, the importance of family is at the center of festivities. Families travel from far and near to be together, connecting multi-generational relationships through feasts and family gatherings. Lunar New Year meals are filled with delicious foods that are symbolic of luck and success. Dishes and desserts such as nian gao, fish, dumplings, longevity noodles, and tangerines are commonly found at the table. One treat, nian gao (a glutinous rice cake), is representative of good fortune. Nian gao is a homonym for "higher year" (nian translating to year, gao translating to high) and is considered a must-have staple!

While red represents strength, courage, and determination in FCCLA, red also has a large representation in Lunar New Year celebrations. Symbolizing prosperity, happiness, good fortune, and good luck, red is an empowering color that adorns the festivities of various cultural practices. Because of its meaning, you will often find homes decorated in red banners to ward off evil spirits and increase luck for the upcoming year. Many families also exchange red envelopes with close family and friends, which are filled with money as a representation for good wishes. Typically, grandparents and parents give these red envelopes to the children! The lion or dragon dance is a popular tradition that is usually performed at festivals, representing prosperity and warding off evil spirits. These talented performers captivate the audience and require teamwork between the dancers to coordinate the movement of the lion costume. The colorful lion costumes are traditionally seen in red for courage, gold for liveliness, or green for friendship. It is also common to watch the sight of fireworks and firecrackers dazzle in the sky to welcome the new year. In ancient legends, the use of fireworks could scare off evil spirits and monsters.

Additionally, 2023 is the year of the rabbit! The rabbit is a symbol for luck, prosperity, and longevity. The Chinese zodiac rotates on a twelve-year cycle, with each year being represented by an animal zodiac sign. According to an ancient legend, these animals competed in a race and won in the following order, which is why the twelve-year rotation is: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. Each zodiac symbol is meant to have various attributes that define them, and the year associated.

Lunar New Year is an incredible way to spend time with family and loved ones as we welcome the new year. 新年快樂, or Happy New Year, everyone!

## Different Cultural Celebrations for the New Year!

By: Emma Larsen, VP of Communication

Happy 2023! This new year reach beyond the familiar and consider participating in different cultural traditions! Although it is equally important to stick to the basics like resolutions and giving back to the community, as leaders, it is vital to recognize different cultures and step out of your comfort zone.

Around the world, people come together and celebrate the new year with their valued traditions. Even if you don't live in the same country, you can still join friends from all over the globe in their celebration!

Las Doce Uvas De La Suerte! In Spain, to kick off the new year, people eat 12 grapes! Each grape symbolizes each strike of the clock. The goal of this tradition is to finish eating all 12 grapes before the clock strikes midnight. If successful, it will definitely be a lucky new year and evil will be warded off.

It's summertime! Join Brazilians in the summer wave! After the clock strikes 12, the tradition is to jump in seven waves while making seven wishes; this is rooted in paying homage to Yemanjá, the goddess of water.

Double the celebration! Along with the new year, Haitians celebrate their Independence Day. Soup joumou, a pumpkin soup, was a dish that slaves were not allowed to enjoy.

In Denmark, chucking plates is not a sign of anger but of love. The more broken kitchenware on your doorstep, the better! Throwing a plate at your loved ones' front door symbolizes the love and appreciation that you have for them.

Although you may not want to eat this vegetable on a first date, it is best on New Year's Day! In Greece, hanging an onion outside the door will bring good luck and represents fertility and growth.

A Colombian tradition by the name of Agüero calls for three potatoes; one peeled, one not, and one partially peeled. Each family member will have these three potatoes placed under their bed. When the clock strikes 12, each member will blindly choose a potato. Depending on the potato, you will have a year of good fortune, financial struggle, or a mix of both.

May 2023 be a year of good fortune and happiness. And don't forget to make those New Year's resolutions (see the Power of One article by Isabella Dabbenigno). Cheers to another year!

# FCCLA Week & How You Can Join the Fun!

By Diya Pottangadi, VP of Public Relations

FCCLA Week is the best time to celebrate FCCLA, Family and Consumer Sciences, and Career and Technical Education! In New Jersey, we extend FCCLA week from 5 days to 7 days to encompass even more important aspects and focuses of FCCLA.

FCCLA Week is part of CTE month and takes place in the second full week of February. This year, that is February 12th to 18th. Have your chapter join in on the fun and celebration and follow themed activities every day of the week to acknowledge all that FCCLA, FCS, and CTE has given us!

FEB  
12

## Sunday, February 12: IncREDible Family!

- Eat a traditional meal with your family, share stories, and be in the moment and cherish them!
- Schedule family night: play a game, watch a movie, or do some self-care together. Don't forget the delicious snacks!
- Have a gratitude circle with your family and have everyone share something they love or appreciate about a family member! This is a great time to express your appreciation of your family's support for your involvement in FCCLA.

FEB  
13

## Monday, February 13: IncREDible Members!

- Host a recognition dinner or social for your hard-working members!
- Spotlight some of your newer members and their contributions.
- Take creative measures to recognize your most active and hardworking members!

FEB  
14

## Tuesday, February 14: IncREDible Service!

- Hold a strong community service initiative (see Community Service Ideas for the Winter article)
- Working with the guidance department, take some time to tutor some struggling students.
- Help your neighbors by shoveling snow, taking out the trash or other small but helpful jobs.

FEB  
15

## Wednesday, February 15: IncREDible Educators!

- Make posters or cards for your favorite FCS teachers!
- Make a goodie-bag or a snack bag with notes inside for your FCCLA Advisers!
- Take an afternoon and help an FCCLA Adviser straighten up their classroom!
- Write an article about your FCCLA adviser for the school newspaper.

FEB  
16

## Thursday, February 16: IncREDible Skills!

- Have a mini cooking show where members can show off their amazing FCCLA/FCS culinary skills.
- Help a new member with their Competitive Event.
- Use the day as a chapter project workday where everyone can come in and work on their competitive events for the upcoming State Leadership Conference.
- Set up a showcase to display your school's Fashion projects

FEB  
17

## Friday, February 17: IncREDible FCCLA!

- Put together a newsletter about your chapter and share with chapter members and your school and your parents!
- Speak with your school administrators about your involvement in FCCLA and how FCCLA has impacted you and your school!
- Send a letter to a legislator about the value of FCS Courses and FCCLA.

FEB  
18

## Saturday, February 19: IncREDible Legacy!

- Use Social media to share how you have grown as a person from FCCLA and encourage your peers to join the incredible journey!

Use FCCLA week as an opportunity to bond with your members and brainstorm some more perfect ideas for your chapter! We would love for you to post pictures on social media and tag @njfccla on Instagram so we could feature you on our page!

## Schedule a Chapter Visit Today!

### Bring in State Officers to:

- Help Run Fun Ice Breakers
- Create Effective Meetings
- Organize Chapter
- Provide State Updates
- Discuss Competitive Events
- Share Community Service Ideas



Request [www.njfccla.org](http://www.njfccla.org)



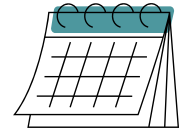
Email [njfccla@gmail.com](mailto:njfccla@gmail.com)





## Career and Technical Education Month

By: Benita Kizhakkepuram, VP of Parliamentary Law



Career and Technical Education (CTE) Month will take place in February to celebrate the “incREDible” accomplishments and impact CTE has on its community members. As a national Career and Technical Student Organization (CTSO) for students in Family and Consumer Sciences (FCS) education, FCCLA members should join in to spread awareness about CTE and increase involvement at the chapter and state level.

Being an active member of FCCLA helps students be ready for the workforce with critical thinking and interpersonal skills. Members can explore FCCLA’s four career pathways: human services, hospitality and tourism, education and training, and visual arts and design. Competitive events also provide members with the opportunities to develop and refine skills for career success in these Career Pathways and beyond.

During the month of February, share your FCCLA and CTE experience with the rest of your peers through social media. The State Executive Council also encourages you to meet with your school officials by speaking at Board of Education Meetings to gain further support for Career and Technical Education. This is the time to advocate! The more students who learn about and have access to CTE opportunities, the more prepared they will be for post-secondary education and their future careers.

**FAMILY &  
CONSUMER  
SCIENCES**



*Creating Healthy & Sustainable Families*

## The Importance of FCS Education

By: Diya Pottangadi, VP of Public Relations

Family and Consumer Science (FCS) is the foundation for FCCLA, as these classes include 21st century life skills that can also be translated into the 4 career pathways: human services, hospitality and tourism, training and education, and visual arts and designs.

You may be familiar with FCS in your school. Some FCS classes include child growth and development, interior design, fashion, foods and nutrition, and more! These classes are extremely important as they teach life skills that will most certainly be applied in your future personal life and can save you so much money. After all, knowing how to budget and cook healthy but delicious meals for yourself will save you from countless nights of eating out and ordering in, while saving your physical health. Learning how to fix and create garments for yourself through your fashion textiles classes can save you in a dressing room emergency or from buying low quality/expensive pieces.

Not only does FCS teach valuable life skills, but they also apply other critical subjects such as math, science, and English. FCS addresses economics, sustainability, interpersonal communication, conflict resolution, and so much more. FCS classes allow students to not only explore the world, hands-on, in a classroom setting, but also discover passions and discover what they’re truly interested in. These classes are genuinely interesting, enjoyable and allow students to grow personally and professionally.

The curriculum and subject matter in FCS classes are designed to help students to make informative decisions that will increase their quality of life and make an impact on the community. As mentioned earlier, these classes are hands-on, so this gives students experience with making realistic plans and problem-solving, thus developing their critical thinking skills. These educational scenarios are applicable to the real world, like how learning about and teaching preschoolers in Child Growth and Development can be translated to parenting skills or professionally working with young children.

Personally, many of my friends and I take FCS classes, and not a single person I know regrets it. Everyone finds FCS classes extremely enjoyable and the students who take them are proud to show off their developed skills through things they may have made, such as dresses, pillows, and baked goods, or experiences they’ve had from teaching preschoolers or designing a living space.

With this, we hope that you consider taking a Family and Consumer Science class as an elective next year! The things you learn are knowledge that you can carry with you for the rest of your life and are priceless 21st century skills.



# Recruit **RETAIN** Recognize

## 3 R's of Leadership: Retain

By: Adedoyin Ayeni, VP of Membership

As we settle into the school year and we continue to gain members, it is essential that we keep our existing members engaged and interested. Go For the Red, FCCLA's national membership campaign, empowers students to Recruit, Retain, and Recognize members. These 3 R's are essential to membership growth. In this edition, we will focus on the second R: Retain. Retaining members will keep your chapter running smoothly and give you a base of knowledgeable members.

One way to keep members engaged is to give them leadership opportunities. FCCLA has countless opportunities for experienced members. For example, create committees of members dedicated to planning fundraisers and community service initiatives. Giving members the opportunity to learn and grow first-hand is one way to keep them engaged. In my chapter, we are implementing a system where our officers for the next year will be chosen in January to give them the opportunity to shadow the current officers and learn from them.

Additionally, ask members for what they want to see and do in the chapter. Getting their input can help keep the organization flowing smoothly while also valuing your members' opinions. Oftentimes, members want to be heard, so reach out to them personally to see what they have to offer. Each member has unique ideas, so do your best to make sure they all feel heard. If a member wants the opportunity to run for chapter office, try your best to guide them through the process so they succeed.

Most of all, recognize your members for their achievements. Setting up a member of the month initiative or holding a recognition dinner at the end of the year will keep members engaged and wanting to strive for more. Retaining members is about showing members that they matter to the organization and that they make an impact on FCCLA every day. Help them along their incREDible journey!

**Use what you have:**  
**National FCCLA is here to help!**  
By: Emma Larsen, VP of Communication

**fcclainc.org**



Having a chapter meeting can be intimidating, but have no fear! FCCLA provides all the tools that you need to have an effective chapter.

At the beginning of the year, the Membership Madness Toolkit, located on the national website (fcclainc.org), was used to recruit new members! In this toolkit, you will find a handcrafted guide to recruiting new members and other activities to ensure you have an incredible kickoff to the new school year.

Some recruitment activities provided in this toolkit are locker tags that can be used to show off FCCLA throughout your school's halls. The Membership Madness Championship is another recruitment effort that will bring a friendly competition, and many open house resources to reach prospective members and parents. FCCLA also offers social media templates to reach members online and bulletin board materials to reach members with eye-catching advertisements.

In addition to the toolkit, FCCLA provides eight peer-to-peer educational programs to help students develop real-world skills within Family and Consumer Sciences education. These National Programs provide great opportunities to engage your members and participate in FCCLA at the national level. To find more information, go to fcclainc.org → engage → national programs, and explore the different programs! Have a chapter meeting and encourage your members to partake in these programs. As a leader, guide your chapter to reach for recognition. These programs can earn your chapter both recognition at conferences and cash awards!

Use these helpful resources in your chapter and spread the wealth that is provided to you!



# Community Service Ideas for the Winter

By: Nitya Angadala, VP of Community Service



The winter season is not only a fun time but also a great time to give back to your community! The best way to enjoy the winter is by giving back and making resolutions for how you are going to make an impact in your communities. Set goals and create a plan for yourself and your chapter for service initiatives that you would like to participate in and the problems in your community you would like to help with. Some ideas include:

1. **Coat Drive:** Winter is certainly a chilly season, especially if you don't have anything to keep you warm. For many low-income families, coats are simply too expensive to fit in the budget. If you want to give back and help people in your community keep warm this year, volunteer to host a coat drive for individuals to donate their new or gently used coats to those in need.
2. **Knit scarves, hats, blankets and mittens:** If you know how to knit or take a fashion class, you certainly could apply what you have learned to help give back to the community! Try knitting a few scarves, blankets, hats and mittens to donate to people in need. You could also donate gently used scarves, hats, blankets, and mittens as well.
3. **Write and send cards:** For some, the cold season with short days and long nights is often the loneliest season. Help brighten someone's day by writing and sending a greeting card. Write cards for those in a local shelter, the veterans, hospitalized children, or other people in need.
4. **Donate food to shelters:** The winter season can put a strain on community shelters, as people in need rush indoors to try and stay warm. This often results in a lack of available resources. Get involved by bringing food for the shelter to give away. Check a list online to see what food they need most or contact your local shelter to see what you can donate to help.



## Fun Winter Activities for Family and Friends

By: Nitya Angadala, VP of Community Service



During the winter season, there are many ways to enjoy the weather with family and friends! You can participate in multiple indoor and outdoor activities during your break. From ice skating and building snowmen, you can have a great time while hanging out with family! Go outside and play in the snow, build a snowman or have a snowball fight! You can even go ice skating, skiing, and snow tubing! A fun indoor activity to indulge in is baking!

Make sure to make the most out of your winter free time and cherish those around you with the following activities!

- **Play in the snow:** Luckily, we live in a state where we can enjoy some snow! Go out with your family and make a snowman, go sledding, or have a snowball fight. Make sure to do something fun in the snow with your family.
- **Go ice skating as a family:** Ice-skating can keep your whole family active and engaged, more so than other winter sports. Fairly inexpensive and open to all levels, you and your family or friends can skate in one place without the skill separation other activities may create.
- **Have a family movie day:** Instead of having a movie night with your family, you can have an entire movie day! When it's super cold outside and you are finished playing, find a movie series you and your family love! Then you can spend hours watching movies and enjoying your family's company.
- **Make food together:** To go with your movie day, a good way to bond with your family is making delicious foods. Warm comfort food is perfect for a cold snow day. Yummy comfort foods can include macaroni and cheese, mash potatoes, or chicken noodle soup. Baking is a great way to enjoy the company of family while making delicious treats! Some group things you can make are delicious breads, baked sweet cookies and brownies, and creamy hot chocolate! Make hot chocolate as a family and stay warm during the cold winters.
- **Play games:** There are so many types of games you can play with your family! You and your family could spend hours playing all sorts of board games, card games, or video games. If you want, you could even have a tournament for a little friendly family competition.

# Productive Ways to Spend a Snow Day

By: Nitya Angadala, VP of Community Service

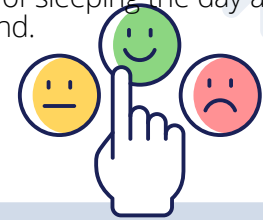
DO YOU WANT TO  
BUILD A SNOWMAN?

Who doesn't appreciate and love a snow day? It allows everyone to get a free day from their busy lives with the unplanned day off. With this free time, take advantage of it and do something productive that you might have not been able to accomplish on a regular day.

- **Get organized:** Spend time sorting through the clutter and mess that may be on your desk or your room. Take some time to organize your space.
- **Catch up on your reading:** If you were not able to finish a book because of your busy days, now is the time to pick up your book and continue reading! If you were excited to start a new book, go ahead and start reading!
- **Learn a new skill:** Maybe you always wanted to pick up on a new hobby or learn something new. Utilize the snow day! Examples include learning a new language, knitting, trying a new recipe, trying a new makeup technique, and more.
- **Help Out:** You can help shovel out your driveway, help out with chores, help shovel out your neighbor's driveway, or ask your family members how you can help them!
- **Exercise:** This is the time to workout! It might have been a while, but there is no better day to start than the present. Make this a far from lazy day inside.
- **Pamper yourself:** Take care of yourself! Take a long bath, give yourself a mani-pedi at home, or even try an all-natural facial mask.
- **Yoga/meditate:** Sometimes the thing you put off most is simply relaxing. Instead of sleeping the day away, try yoga or meditation to find your Zen before returning to the chaos of the daily grind.

## Dealing with Seasonal Depression

By: Isabella Dabbenigno, VP of Leadership Development



Seasonal affective disorder (SAD) is a type of depression caused by the change in seasons. It is also called the "winter blues." The cause of this sudden lack of motivation/energy and the increase in sadness is often due to less sunlight and being stuck inside. It is common to face these difficulties but it's important to try and keep your head up. Everyone gets down once and a while and it's completely normal to feel this way. Remember, nothing lasts forever, and these short, cold, cloudy days will pass.

There are many causes to this sudden feeling and many of them have to do with the time change and less exposure to sunlight. Sunlight actually helps our brains regulate serotonin: therefore, there is a decrease in happiness and joy. There is also the possibility of producing too much melatonin, causing you to feel sluggish. Since there is a lack of sunlight, your brain may go into sleep mode and produce excess amounts.

Even with these difficult feelings, the world must go on. There are plenty of ways that you can battle the change in seasons. One of them includes going outside, even if it's cloudy. It can be difficult to find the time to go outside because of school and bad weather, but it will make a difference. It's also important that you are keeping up with your physical health during this time as well. It's very important that you are eating a balanced diet as this will help you stay energized and less sluggish. Getting at least 30 minutes of exercise three times a week could also improve your mood. Exercise can reduce your stress and anxiety. Spending time with friends and staying social is also good for your mood and mental well-being. It provides comfort and support. You may also consider talking to a professional or seeking other professional advice.

**"Remember, every storm eventually runs out of rain. Where you're at in life now is only a season, not a life sentence" - Unknown.**

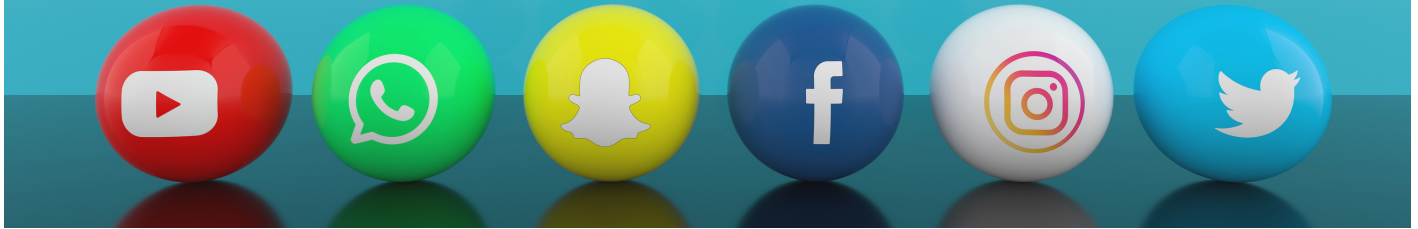
If you or anyone you know is thinking about harming yourself/themselves, tell someone who can help right away: Call 911 for emergency services.

Go to the nearest hospital emergency room.

Call or text 988 to connect with the 988 Suicide & Crisis Lifeline. The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress.

# How to Reach an Audience Outside of Your Chapter Members

By: Emma Larsen, VP of Communication



Whether you're a new chapter or are trying to secure members, it can be tough to get the word out. Here are some ways to reach more members:

- **Social Media**

It is likely that most of the students in your school use social media. Establish a page for your chapter on Instagram and tag @njfccla in your posts. Have your members repost your stories and posts so that your media is being shared with people outside of your members. If you set up a social media page, you must handle it correctly:

Try to post consistently: it can be hard with a busy schedule but make your posts prior to the time you want to put them out. Also, keep your content light and entertaining while still staying with the theme of FCCLA. It is important to not only show the fun side of your chapter, but also the true meaning of FCCLA.

- **Loudspeaker or School News**

Contact your school's activities coordinator and request to be announced on your school's communication system. Remember, keep the announcements short, but enticing!

- **Posters**

Although posters may seem like an obvious solution to bringing more members, it is not that simple. Create simple but eye-catching posters. Complex and detailed designs can be ignored by students during passing time, especially with too many words or graphics. Remember, less is more.

If you decide to use posters, hang them strategically. Ask to place your poster on the door of a populated place at your school, like the cafeteria or library. You need to find somewhere that is both a high-traffic area but not already overrun with advertisements. Get creative!

- **Fairs and Fundraisers**

Stay updated with your school's fair dates. This time is vital to bring more members to your chapters, especially since the students there want to be a part of something! If you set up a table at one of these events, make it catch the eye. Maybe even have an activity or treat to encourage students to sign up!

A fundraiser is another great way to bring in new members. Many students want to be involved in initiatives, but don't know where to start. Make your chapter an inviting place for these students.

- **School Publications**

See your chapter's success and activities in print. Designate a committee of student- wordsmiths who can put your chapter's success and activities in print!

Many students would be a perfect fit for FCCLA, but just haven't heard about it yet! Promote FCCLA at your school and help students join the Incredible Journey!

## Follow New Jersey FCCLA today!

 @New Jersey FCCLA  @NJFCCLA  @NJ\_FCCLA





Dear Edna,

*My chapter is starting to pick their competitive events for the State Leadership Conference, but I have no idea where to start! My fellow chapter members have all decided what they want to compete in, but I don't know which one my interests would align with. How should I pick a competitive event?*

*Sincerely,  
A Stressed Chapter Member*



**By: Gianna DeBruyn,  
National VP of Competitive Events**

Dear Chapter Member,

Thank you for reaching out. Choosing a competitive event can be very overwhelming.

Luckily, FCCLA offers a plethora of resources to make sure you chose the right one! First, you will want to decide to participate in a State or STAR Event. While both require much time and effort, the main difference is that if you win 1st or 2nd place in a STAR Event, you will have the opportunity to attend and compete at the National Leadership Conference. If you chose to compete in a STAR event, I first recommend visiting the FCCLA website, [FCCLAinc.org](http://FCCLAinc.org), and take the "Which STAR Event is for you?" quiz. You can locate this quiz by clicking on Compete, then STAR Events. Another way you can narrow down your search is by viewing the State and STAR Event guidelines on the NJ FCCLA website ([njfccla.org](http://njfccla.org) → Competitive Events → Spring Competitive Events)! You can explore events that fit your interests and their respective requirements. If you still cannot decide on a competitive event after the quiz and reviewing the guidelines, go speak to your chapter adviser! Our advisers are always there to aid us in any decision-making process. If you are enrolled in an FCS class, find an event that can be integrated into your classroom experience. You can also speak with some experienced members, or chapter officers who have competed in the past, to hear their experiences with certain events. I wish you luck on your competitive event journey and I know you will succeed!

Sincerely,

*Edna P. Amidon*



## Getting Recognition for a National Program Project

**Nitya Angadala, VP of Community Service**

FCCLA offers eight peer-to-peer educational programs to help students develop real-world skills for life within Family and Consumer Sciences (FCS) education. Each National Program is designed to be integrated into the FCS classroom to help reinforce lessons with opportunities for hands-on practice.

1. **Career Connection**
2. **Community Service**
3. **FACTS**
4. **Families First**
5. **Financial Fitness**
6. **Power of One**
7. **Stand Up**
8. **Student Body**



FCCLA offers national recognition to chapters and individual members who complete projects for National Programs. Chapters can be awarded up to \$1,000 and get special recognition at the National Leadership Conference or even on the FCCLA social media accounts!

- High School Award - \$1,000
- Middle School Award - \$1,000
- Runner-Up Award - \$500
- FACTS State Level Awards - The top FACTS project in each state will earn \$500 and make a difference through partnerships with Ford Driving Skills for Life and the Governors Highway Safety Association (GHSA)
- Power of One - FCCLA offers national recognition to members who complete all five units of Power of One. Completing the five units of Power of One and submitting it to your chapter adviser will allow you to gain special recognition on the FCCLA website and at the National Leadership Conference!
- Safe Rides Save Lives PSA Contest - Supported by the FACTS national program, members are to create a video that advocates for their peers to make safe choices on the road

First Place: \$3,500 cash prize and their video will be used in national PSA outreach opportunities

Second Place: \$1,000

Third Place: \$500

Take advantage of these opportunities and complete a national program project to gain national recognition! It is a great learning experience and an incredible way to take your leadership to the next level!



# Driving Safety & Safely

By: Emma Larsen, VP of Communication

After the Fall Leadership Conference, those of you who attended should especially value the importance of driving safely. Knowing the causes and statistics of collisions is also extremely important to increase your awareness of driving realities. As teens, we are more susceptible to motor vehicle crashes; it is statistically proven that the leading cause of death for US teens is due to motor vehicle crashes. In fact, about 8 teens a day, between the ages of 13-19, lost their lives in car crashes in 2020.

Be aware of the most common causes for these crashes:

1. Driver inexperience
2. Driving with a teen or young adult passengers
3. Nighttime driving
4. Not using seat belts
5. Distracted driving
6. Drowsy driving
7. Reckless driving
8. Impaired driving



You can help drop this statistic by following these simple steps that can save lives.

- First and foremost, buckle your seat belt! Even if you are not the driver, it is your job as a passenger to contribute to a safe vehicle. According to the CDC, seat belts reduce the risk of death and serious injuries by about half.
- Look out for your friends! Make sure that the driver is not under the influence. Never drink alcohol or use drugs before getting behind the wheel. This is even more important for young and inexperienced drivers.
- Make sure that you are following New Jersey's safety laws.
- Distractions are one of the most common causes of death in teen driving.
- Never text or use your phone and drive. Turn your phone off and put it away! If you need to use the navigation system, set it up in your car beforehand.
- As a passenger, ensure that you are not talking too loudly or turning up the music to a high volume. Although it may be tempting to roll the windows down and sing along to your favorite artist, it can be distracting to new drivers.

As a new driver, it is extremely important to recognize not only your behavior but others' too. Make sure you are focused and always following the law.



Families Acting for Community Traffic Safety (FACTS) is an FCCLA National Program. that gives members the information and incentives they need to build an understanding of what it means to drive safely. Through their projects, members work to educate adults and peers about traffic safety and support enforcement of local rules and regulations.

Submit an application in the FCCLA portal to earn State and National Recognition for your Chapter!

Applications are Due March 1st.

# Looking Forward to NLC

By: Gianna DeBruyn, National VP of Competitive Events

# incredible

While we all experience the cold winter months and dream of the sunny weather, we can all agree that we miss summer. There's no better way to kick off your summer than with FCCLA! Get ready for a life-changing experience this summer with thousands of members from around the country. This year's National Leadership Conference will be held in Denver, Colorado from July 2 to July 6, 2023! With a conference so huge, there will be plenty to do. Members have the opportunity to participate in many activities that interest them, such as...

## General Sessions

Don't miss out on the amazing general sessions planned for you! General sessions are where members will hear updates from the National Executive Council, listen to keynote speakers, and receive recognition awards. Make sure to bring your FCCLA spirit to these sessions, because we will be cheering so that NJ FCCLA will be heard.

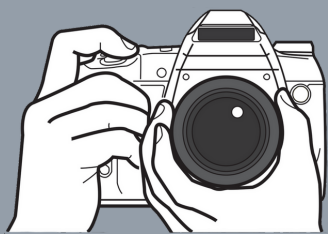
## We Help Two Service Project

Our national fundraising partner, We Help Two, is here to make your NLC experience one full of giving. With this year's theme being Access to Clean Water, you sure can make a difference by purchasing a pack of funky socks! This initiative is a great way to give back, so buy a pair, a 3-pack, or a dozen!

## Expo

The expo event at NLC is full of skilled representatives from colleges, organizations, and businesses! With over 40 presenters at last year's conference, you are sure to find a booth that fits you! At the expo, you can explore fundraising opportunities for your chapter, colleges, and universities that may fit your liking, the FCCLA Store, and the We Help Two sock sale booth! You can also stop by any workshops presenting during the expo! Don't miss out on this amazing networking opportunity.

More details regarding NLC will be posted on the FCCLA website, [FCCLAinc.org](http://FCCLAinc.org) or on social media! Make sure to follow @nationalfccla, @fcclanec, @njfccla on Instagram for more updates!



## NJ FCCLA Chapter Spotlight

Share the incREDible success of  
your chapter with NJ FCCLA!

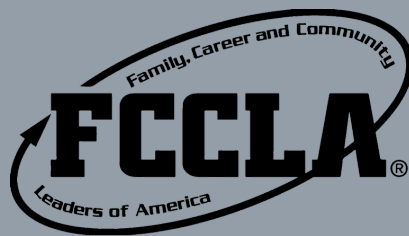
### Make Sure to Include:

Video recorded in landscape

Highlight one great chapter event!

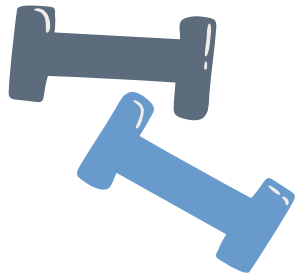
Make sure the video is 15-30 seconds

Submit video by email to [njfccla@gmail.com](mailto:njfccla@gmail.com) by January 20



**"Success is best when it is shared" – Howard Schultz**





# Staying "The Fit You" in the Winter Season

By: Emma Larsen, VP of Communications



The Student Body national peer education program helps members learn to make informed, responsible choices for their physical and mental health while also providing opportunities to teach others. The teen years are an ideal time to establish healthy attitudes and habits to last a lifetime, which is why Student Body gives members the facts and incentives they need to build a healthy body.

One of the units, The Fit You, empowers teens to take charge of their health and their level of fitness. The winter season poses a particular threat that the warm weather does not. It can be challenging to stay active, especially when you can't just walk outside.

The State Executive Council is here to help! Hear from our state officers and see what they do to stay fit in the winter!

**Amanda:** In the winter season, I challenge myself to get a minimum of 8,000 steps a day. I try to reach my milestone daily, especially by going on walks! I also like to set up competitions amongst my family members to see who is able to get the most amount of steps a week!

**Adedoyin:** Just Dance is my favorite way to stay fit during the winter! It is a fun, yet engaging activity that you can enjoy with friends and family to stay the fit you in the winter season.

**Emma:** To stay fit in the winter season, I bundle up and go on walks with my dog! It is a great way to stay active and accessible to everyone! I recommend going on a new route every day and challenging yourself; try bringing weights or walking to a local park to do a workout routine.

**Nitya:** While I clean my house I make sure to make the most of it! When I vacuum I make sure to do a few extra strides to get in an arm workout, or when I clean the stairs I make sure to go up and down a few extra times!

**Benita:** Set up an exercise or accountability partner! You and your friend can motivate each other to exercise over the winter and even go to the gym or engage in winter sports together!

**Isabella:** I use household items to work out during the winter; with the cold weather it's hard to leave the house to exercise, so I improvise! I use textbooks as weights, I walk up and down my stairs, I do wall sits, and more. Use what you have to stay the fit you!

**Diya:** Personally, I go to the YMCA and strength-train, cardio, or swim! Many gyms have fun and engaging programs you can partake in as well if you're looking for accountability and community. If you don't have a gym membership, there are tons of youtube videos online to look into!

After looking into possible activities that you can partake in, take inspiration from the State Executive Council!





# Fashionably Warm

By: Gianna DeBruyn, National VP of Competitive Events

With the cold months upon us, warm fashion is one of the easiest ways to express yourself! Winter has always been my favorite fashion season. This year is speeding by, and the fashion world and its ever-evolving trends are following at an equally fast pace. Let's look into this year's winter fashion trends!

## Oversized Outerwear

From leather trench coats to puffer vests and aviator jackets, the most recent fashion month has made one thing abundantly clear: Oversized silhouettes are most definitely in style. You will most likely see these oversized jackets in brown neutrals, dark greens, and cool dark blues.

## Textured Vests

Whether it's a minimalist knit sweater vest layered over a neutral turtleneck or button up, or an open zippered design, the vest is a major winter fashion trend. The key to this trend is its versatility. A vest can be dressed up or down for any occasion, and it adds a certain effortless chicness to any outfit it accompanies.

## Faux Leather Pants

Yes! The 90's are back! When it comes to bottoms, straight leg leather pants are a staple. While faux leather is traditionally black, we are seeing many other colors such as browns, blues, and even neon!



**National Leadership Conference**  
**Denver, Colorado**

**incredible**  
**FCCLA**



Sitting down to enjoy a family meal with the realities of 21st Century lifestyles is a challenge. Yet, there are many benefits of gathering around the dinner table to enjoy a meal with your family. FCCLA's initiative, FCCLA @ The Table, encourages members to plan, prepare, and share healthy meals with their families. The goal is to engage students in planning and preparing healthy meals for their family and to increase the consistency of family meals nationwide. Here are a few winter comfort foods to prepare for your family this winter:

### BROCCOLI CHEDDAR SOUP

#### Ingredients:

- ½ cup butter
- 1 onion, chopped
- 1 (16 ounce) package frozen chopped broccoli
- 4 (14.5 ounce) cans chicken broth
- 1 pound cheddar cheese, cubed
- 2 cups milk
- 1 teaspoon garlic powder (or to taste)
- ⅔ cup cornstarch
- 1 cup water



#### Directions:

1. Melt butter in a stockpot over medium heat. Add onion and cook, stirring occasionally until softened. Stir in broccoli. Add broth and simmer until broccoli is tender - 10 to 15 minutes.
2. Reduce heat; add cheese cubes and stir until melted. Stir in milk and garlic powder.
3. Stir cornstarch and water together in a small bowl until smooth. Stir into soup; cook, stirring frequently, until thick.

### LOADED MASHED POTATO CASSEROLE

#### Ingredients

- 5 pounds potatoes, peeled and cubed
- ¾ cup sour cream
- ½ cup milk
- 3 tablespoons butter
- Salt and pepper to taste
- 3 cups shredded cheddar cheese blend, divided
- ½ pound sliced bacon, cooked and crumbled
- 3 green onions, sliced



#### Directions:

1. Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until tender. Drain and place in a large bowl. Add the sour cream, milk, butter, salt, and pepper. Beat on medium-low speed until light and fluffy. Stir in 2 cups of cheese and the bacon and onions.
2. Transfer to a greased 3-qt. baking dish. Top with remaining cheese. Bake, uncovered, at 350° for 30 minutes or until heated through and the cheese is melted.