



Iowa Association
Family, Career and Community Leaders of America

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Our mission is to promote personal growth and leadership development through family and consumer sciences education.

FCCLA Activities and Ideas

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Community Service Ideas:

- Angel Tree, help Community Services place angels on trees at the local banks for gifts for the needy
- Volleyball and Cross Country Locker Signs (since they don't have cheerleaders—sometimes we send drinks and snacks for far away games and meets)
- Parent Teacher Conference—babysat for the children of teachers and parents—free will donations
- PTC—make subs or provide cookies and drinks for teachers that night
- Retirement Apartments—once we made a breakfast for all the people that live there and served it in their community room. We also washed their windows once—more than we bargained for. We make seasonal decorations for them, some from scratch, some from kits from Oriental Trading—the people there and the students like visiting the best.
- Women's Shelter—we got a laundry basket and filled it with all kinds of items that they use or need—got a list from the Domestic Abuse Shelter. We also made up packets of children's activities
- Breast Cancer Awareness—every October we sell pink ribbons (cut off about 5" from ribbon rolls you can buy at Wal-Mart for about 40 cents) attached with a small safety pin to a pink paper with a little saying. "If a little pink ribbon could save a life, wouldn't it be great?" for \$1 each—then we donated the proceeds to either Relay for Life or to a person dealing with breast cancer.
- Nursing Home—help play bingo, or sponsor a tea for one of their activities
- Community Action Program—Food Donations—we've done a lot of things here
 - Made a video of a child going to an empty cupboard asking for food, then used this to initiate a competition between grades, sometimes homerooms. We have had money wars between classes, as well as having them bring in canned goods and we figure percentage of canned goods by the number of students participating in each class. Sometimes we offer breakfast, or rolls to the class with the best response. We have offered gas certificates for the student who donated the most items. You do want to set guidelines, such as the canned food should be in good condition that packages should be "intact" for example toilet paper—each roll does not count as an item given.
 - One year we kind of did a money war, but the deal was the first period teacher couldn't start class until the teacher got the money donated counted---the more they brought the longer it would take to count. Then the class which donated the most, their teacher would be "kidnapped" on a day they agree on and students will have breakfast instead of class, of course the teacher is invited to come if they want.
 - Got this idea from Stanton. Our most fun was last year when we advertised in the paper that we would be going around town collecting food on a certain night and time. Then we divided the students by grades and the town into areas. We collected over \$1100 of food in about 1 hour. I drove the Freshmen in the school van the older students drove their cars—pick someone responsible—or ask for a parent volunteer or they could walk, but the night we did it was about the coldest one all winter. We ate pizza beforehand and the winning team got a little something.
- ITED'S—we gave out granola bars and bottles of water to the high school on the morning of one of the tests.

- Ronald McDonald House—we made Benjamin Smiles Pillowcases for the children and we made a meal for the people staying there as well besides helping collect pop tabs.
- Family Night—annual event at Columbus the first Wednesday of December we decorate an artificial tree every year and then raffle it off that night, usually we have a specific cause that we are raising money for, this helps sales, sometimes we don't
- Toys for Tots—sometimes with the money from the tree raffle we buy toys for tots, sometimes we use money out of the treasury and I send student to buy toys.

Community Service Continued:

- Red Ribbon Week—there are a number of things you can do for this
 - Make red bows for all the classroom doors
 - Make red bows for the doors of downtown businesses
 - Paint red ribbons in the parking lot
 - Have dress in red one day that week
 - Host mock funeral
 - Have each student put their name on a dye cut hand, then make banner
- Hands OFF Drugs
 - Have a car from a drunk driving accident displayed on campus
 - Host mock emergency rescue drill at a pretend accident
 - Have student spell out SAY NO with their bodies on the football field and have an picture taken from a small plane
- Comfort Caps for cancer patients. The local fabric store had patterns and donated material to make them
- Meals on Wheels, students can volunteer to help deliver meals
- Habitat for Humanity, students can volunteer to help with the project, as a class project we helped decorate two of the rooms and helped purchase items as well as made and hung curtains and blinds.
- Teacher Appreciation Breakfast—the students love this one because they like to eat afterwards. We do an annual National Education Week breakfast in November and a Teacher Appreciation Breakfast in May—students make and send invitations, plan the menu and help prepare, serve, and clean up.
- Senior's Last Day—since we sell chocolate chip cookies every year FCCLA gives each senior a chocolate chip cookie and a note "In the cookies of life, friends are the chips"
- Our FFA volunteer to rake yards in the fall, they put an ad in the paper and people call to sign up if they want their yards raked. Many give monetary donations.
- Shirt in a Bag—my clothing students have to make a collared shirt, with sleeves, buttons etc. so we provide the materials and pattern and they make for a toddler a shirt, shorts, and a small tote bag , then we donate them to either a Domestic Abuse Shelter or a group that helps pregnant teens and young mothers.
- Sack Sock—I got this idea from Marilyn, FCCLA Advisor from MN, we made sack socks in Clothing class as a review of sewing skills, then took them to the retirement village for Valentine's day. They thought they were special—the kids and the elderly recipients.
- Our FCCLA maintains extra curricular promotion poster displays in the student center. We pay to have yearbook group pictures enlarged and copied on to paper, the picture company writes us a permission letter to do this. We then have railings that 18"x24" poster frames fit in and put two 8"x11" pictures per frame and label the activity shown.
- We use to host a breakfast, sometimes pancakes and the works, sometimes just cinnamon rolls, during Career Tech Week for the advisory council, supporters and business of the career-tech programs. We have also given each high school student a cinnamon roll (the frozen, thaw, bake kind) during our Career Tech Week. as a promotional tool. We have also hosted an open house of our departments that week as well and had games etc. during the lunch hour for the students.
- Dating Violence Awareness Week—We hosted a dating violence awareness week. Using the Teen Dating Violence Awareness and Prevention Toolkit from American Bar Association's Teen Dating Violence Prevention Initiative and National Awareness Week Director, Moreen Murphy at 202-662-1675 we took the statistics and printed them on individual sheets of paper in different fonts and sizes and then we copied them on colored paper and posted them throughout the school. Students really took time to read them. We showed a DVD

from the toolkit, “Dating and Violence Should Never Be a Couple” throughout the whole high school during homeroom, and then had Vicki Crompton, author of “Saving Beauty from the Beast”, whose daughter was brutally stabbed to death, by her ex-boyfriend. This whole topic was well received by the student body.

FCCLA Activities:

- 8th grade orientation—invite 8th graders, have officers talk about FCCLA, play some games and have refreshments
- We have a high school registration, so I have a display and a power point of the previous year’s activities for students to see.
- Membership drive—gives students in class an invitation to an orientation meeting, have an activity and refreshments. Sometimes I give some type of reward for getting dues paid early, FCCLA t-shirt at discount, FCCLA socks, FCCLA silicone bracelet, discount on dues if paid by a certain time, coupon for money off a FCCLA activity for the future
- Banana Splits for learning FCCLA creed—for each sentence learned they get part of a banana split—if you want more nutritious could do tacos or maybe yogurt parfaits. It does encourage them to learn it.
- Our school holds a Fine Arts Assembly recognizing all other activities besides sports, our FCCLA tries to participate in a big way at that, doing a skit and playing a game with the student body—it’s run like a pep rally for sports and advisors and students show case their activities and accomplishments
- 5th Quarter, we do this after a home basketball game in the winter. We’ve done a number of things and I usually get another sponsor of an activity to do this with me—it divides the work and shares supervision responsibilities.

--We’ve done games in the gym—divide students evenly or by grade level

Put 5 or more twister games together and have a giant game of Twister

Basketball over under relay

Hula-hoop relay—pass the hula-hoop down the line of students with joined hands and you can’t let go of hands.

Clothes relay

Basketball shooting contest

Lifesaver Relay

Orange Relay

--We’ve done board games

I just had students bring games and I brought a lot of my children’s and

The students broke off into smaller groups and played games.

--We joined with FFA one year and had FACS and Ag games

Clothes Relay

Money Relay—put a quarter between their knees and hop to a pint where

They have to drop the quarter in a container w/o dropping it

Milk the Cow—had calf bottles with milk—someone had to hold the bottle and

another student had to milk into a liquid measuring cup

Sewing race (A personal favorite of mine) for each line of students you

Tie the end of a spool of thread on the handle of a spoon—then

students have to use the spoon as a needle and thread it through

their shirt and down their jeans then pass it to the next person

but without breaking the thread.

Oreo stacking contest.—can give them a time limit and a package of

Oreos and see which class can stack the most the highest and

fastest

Pie eating contest---we had a representative from each grade, three pudding pies to eat—

mistake! Better to have one pie each and see who can eat it the fastest

Orange Relay

Egg Race: use a hard cooked egg or plastic egg and do a relay

--We have had a dodge-ball tournament the past 2 years. I do this with FFA. 6 students per team, they pay a \$12 entry fee, \$2 each. Have them pay and get their parent permission forms in by a set deadline or you are waiting until the last minute for either or both items. Don't have it Don't play. The teams come up with names and sometimes "costumes" & t-shirts. The principal drew up a little injury release contract that must be signed by the parent before they can play. Then they make brackets, first year we had single eliminations, this year we had double elimination. We have referees/watch the lines. Rules vary, can't hit anyone in the head or the thrower is out, lines vary throughout the game. Sometimes we let them go back in up to two times if their teammate catches an opposing teams thrown ball. Last year we charge \$1 for people to watch. The first year we had more people there then for the ball game parents and students stayed until after 11 p.m. Our principal helped announce the game and supervised it

--This year we may have a Rock, Paper Scissors contest

--We sell root-beer floats for \$1 each prior to the 5th quarter; we use to give them away free to students after the games. We sell about 90

For Fun

- Video Party
- Make Over Party—Mary Kay consultant did makeovers, and have done manicures
- BBQ
- Softball game
- Bowling Party
- Pizza Party
- Sub Party—made sub sandwiches or can order from Subway
- Pool Party
- Game Night—just had all kinds of board games available for them to play

FCCLA Week Activities

What ever the students can come up with, here are some ideas

- Breakfast for members
- You're worth a Mint—note with a Andes Mint
- You're a Life savor—note with a big lifesaver
- Secret Pals, the week before students that want to participate draw names and then give their secret pals little things during the week and at the breakfast at then end of the week the secret pal is revealed.
- Locker Signs for members
- Chapter Exchange with a chapter in our district, we exchange Valentine's and treats
- Carnations, another clubs sells them, but I have them delivered to each member
- FCCLA tattoos, a former student took the logo and printed them on paper that is called-- Invent it! Body Sticker Tattoos: Step 1: Design Your Tattoo Images and Print them on the opposite side of this sheet. Step 2: Apply Printed tattoo sheet face down onto Double-sided adhesive film. Step 3: Cut out tattoos and apply to non-sensitive skin surfaces, Step 4: Remove the release liner on the tattoo paper by wetting with a sponge or cloth. He may have gotten it at Staples or a computer store.
- Have a page in the local paper about FCCLA activities and pictures
- Sometimes in the past we have given all the students a cinnamon roll or chocolate chip cookie to recognize Career Tech Education Week
- Have the students wear red and white one day
- We've had pizza for lunch in the FACS room

Fieldtrip Ideas: We are an economically disadvantaged school, so are fieldtrips are more "cultural outings" or "experiences". Students have to earn or pay their way. Some of the places we've been:

Maquoketa: Squires Manor, Art Gallery, Maquoketa Caves, Banowetz Antique Mall 319-652-2359 (ate lunch at Squires Manor

Cedar Rapids: Bruce Moore Mansion, Science Center

Iowa City: Art Museum Toured the Old Capital, Ronald McDonald House, Olive Garden—eat and tour, we've taken a tour of the University Hospital's Kitchen and of the HyVee Store; we have also gone to China Buffet and New Pioneer Coop all very good.

Kalona: We have gone on the Historical tours and then toured some stores, the museum and eat at a Mennonite home—delicious! These fieldtrip students always want to repeat. Kalona Historical Society 319-656-2519 they will arrange tours, make arrangements to eat in a home, and tour their museum. Last time we went it was over \$25/person., but we were there from 9:30 a.m.-2:00 p.m.

Amanas/Old Creamery Theater—went on a tour, ate at the Ox Yoke Inn and then saw a play at the Old Creamery Theater. We used Colony Visits. . . Heritage Destinations, P.O. Box 99, Amana, IA 52203, Voice Mail 319-622-6178 and they will send you a packet of prices and options.

Des Moines: ate and toured Centro, then toured Terrace Hill, we had a politically active student, who made connections with Christie Vilsack, so we ended up having tea with her in the private quarters on third floor—all 40 students.—That one was memorable.

Quad Cities: We went to the TV station there, we were on the Paula Sands Live Show, back when they had live audiences. You can still tour the station.

I've always wanted to go to Pella for the Christmas tour, but my contact didn't encourage taking a bus as parking is hard to come by.

Resources:

I subscribe to the magazine Family Fun; this has a lot of ideas for child development class as well as ideas for crafts that the retirement members enjoy.

Saving Beauty from the Beast, Vicki Crompton and Ellen Zelda Kessner, Little Brown and Company, 2003 pp; 259 ISBN 0-316-73552-3 \$13.95 --A book about how to protect your daughter from an unhealthy relationship.

Your school may likely be a member of The National Association of Secondary School Principals (NASSP) for National Honor Society and Student Council—they have a monthly magazine that has a lot of good articles and good ideas.

NASSAP, P.O. Box 3250, Reston, VA 20195-9864 or you could email www.nasc.us for a catalog of titles of resources available. See below some that I ordered from them this spring:

Fundraising: Not Just a Cakewalk Anymore, Martin E. Fortin Jr. NASSP, 2004, 44 pp. \$10.00 Step by step how to fundraise, includes state laws, planning and organizing, kicking off the sale, managing the money etc. (It has a lot of rules and regulations, that might scare you away from fundraising. Some one told me once it is better to ask for forgiveness than permission.)

101 Nifty Ideas for High School, Bill Reid ISBN 0-9632112-8-5 ESP "Wise" Publications 202 pp.\$12.00 Ideas to improve school climate that are readily implemented in high schools.

Leadership Processes, The Toolbox with Mike Smith, Difference Makers, 2004 DVD and CD with resource materials \$42—very good about running a meeting etc.—There are other videos each \$42: Communication: One on One, Communication: The Vitality of an Organization, Leadership: Planning Your Workshop, Capture The Spirit!

Combinations, Opening the Door to Student Leadership, Ed Gerety , 2003 ISBN 0-9725938-3-7 www.whalebackpublishing.com \$14.95

The Right Moment: A Collection of Quotations for Living an Inspired Life by William E. Hyche ISBN 0-9709196-0-3 Common Good Press, 2003, 175 pp. \$12.95 Lot of inspiring quotes.

Energize Your Audience! Quick activities that get them started and keep them going, Lorraine L. Ukens, 2000 www.pfeiffer.com, ISBN 0-7879-4530-7 \$36.