

2020 KAFCE EDUCATION PROGRAM GUIDE “FCE-A New Decade; A Brighter Future”

KAFCE Educational Program Awards

EDUCATION: Emphasis will be given to the current NAFCE or KAFCE lessons presented as instruction to further learning in that topic, the number of people reached by the action/activity and the number of FCE members and others involved with the action/activity.

LEADERSHIP: Guiding a current KAFCE or NAFCE lesson from initial presentation to when the non-member learners become the leaders, as they present to others; using training methods that empower learners to teach others, and involving other groups. (Record initial presentation and record the presentation by non-members given to others.)

ACTION: This award is based on action/activities using current Kansas or National lessons which benefit the community. Educational program lesson Volunteer hours should be recorded in the FCE's or County Council's secretary minutes. Should include taking, preparing and reporting on educational programs and action. Refer to Volunteer Handout for further clarification.

Accomplishment Report: FCE / County Council / Independent

FCE Accomplishment Report: New to 2020, the unit may decide to:

- A. Compete for an award on one educational lesson, (develop a program, and record the goals, planning, actions, results, and evaluation and volunteer hours).
- B. Not compete, but tell about one or more lessons, a general summary of the year. Volunteer hours and data will still be recorded.

County Council Accomplishment Report: All the FCE's of a COUNTY develop an educational program of one educational program lesson and record the goals, planning, actions, and volunteer hours in the County FCE Council Secretary minutes. None of FCE's may use the same lesson on their FCE Accomplishment Report as the County Council.

Independent Accomplishment Report: New to 2020, an independent member may or may not compete for an award. They may still record educational program related volunteer hours and other data.

100% PARTICIPATION AWARD:

100% County-when all FCE's of that county submit completed FCE Accomplishment Report.
100% Area-when all counties of that area earned 100%.

COMMUNITY SERVICE PROJECT:

Recognize KAFCE members who through community service projects are changing the lives of others for the better. This service project is not under any educational program awards nor can be duplicated on any Accomplishment Report.

Due by December 1: FCE unit sends to CO. EPC. Independent member sends to State EPC.

Due by January 1: County EPC: Judge FCE reports in each category; Complete CO Council Accomplishment and Community Service Project, Summary of Award Winners Form. 100% reporting by County and send ALL forms to AREA EPC: (term expires May 31, 2021)

NE: Anita Felzke, 15765 W 199th Street, Spring Hill 66083. H (913)-558-2682. C (913)-592-3023

NW: Susan Gartrell, 415 6 Road, Stockton 67669. (785) 689-4820

SC: Beverly Nickel, 8710 SE 24th Street, Newton 67115. (316) 283-1113

SE: Carol Stephens, 217 W 2nd, Erie 66733. (620) 432-4028

SW: Ellie Elsen, 1301 6th Avenue, Dodge City 67804. (620) 255-9822

Due by February 1: Area EPC: judge FCE & County Council winners in each category.

Complete Summary of Award Winners Form & 100% Reporting by Area. Forwards ALL forms to: State EPC Chair (term expires December 31, 2021)

State EPC Chair: Linda Hess, 1222 Nickerson Street, Marion, KS 66861-1200

Due by March 1: State EPC chooses FCE, County Council and Independent winners in each category, reports winners to appropriate officers and submit reports to NAFCE.

KAFCE EDUCATIONAL PROGRAM LESSONS

ACWW: WE Fund By Judy Fullmer, KAFCE

The Associated Country Women of the World (ACWW) is the largest international organization for both rural and urban women. The Women Empowered (WE) Fund was launched in 2018 as ACWW's new funding initiative for projects. By supporting one of the six Focus Area, donators will be making a difference to communities around the world.

- **Educational Goals:** To learn what is the WE Fund. To educate people of how donations to one of six Focus Areas will improve rural women's communities.
- **Community Awareness Activity:** Informational booth/display/media. Fundraise to provide donations.

Antibiotics: History, Use & Abuse by Linda Hess, KAFCE.

Centuries ago, molds, plants and soil were used to treat wounds and infections. Through scientific research, the discovery of antibiotics has been a life-saving medicine. But antibiotic resistant bacteria pose a serious threat to human life. When are antibiotics to be used? How do they work? When does use become abuse? Is my illness treatable with antibiotics or is my illness from a virus?

- **Educational Goals:** Participants will gain understanding of antibiotics' history, development, improvement, preventing and fighting of diseases, and the use and misuse.
- **Community Awareness Activity:** Information booth at local health fair, and give lesson to local groups.

CHARACTER COUNTS!-Respect: Essay and Artwork Contest, and lesson. Leader's Guide written by Faye Spencer.

A Golden Rule of our society is to "Treat others as you would like to be treated". This is fundamental and important skill is a Character Counts! ethical trait of Respect. It is how a person positively thinks, behaves and treats themselves and others.

- **Educational Goals:** Learn what Respect means
- **Community Awareness Activity:** Present and encourage 4th graders to participate in Essay and Art contest. Encourage organizations to support and incorporate character building activities. Present storybook to the library hour or at school or church. Give a copy to each child. Use lesson in your group and other groups.

Do You Know Your Sleep A to Zz's? By Linda Leonard, KAFCE

Sleep is essential to our health and wellbeing. During sleep, our bodies heal, rest, repair, de-stress and bolster our immune systems. Sleep helps keep our emotions on a level plane and allows us to deal with stressful situations. A study showed that women who didn't get enough quality sleep had more signs of aging (lines and spots) and slower sun damage recovery than those with good sleep.

- **Educational Goals:** To educate the importance of sleep. Identify symptoms of sleep disorder, encourage frankness with health professionals about signs and symptoms related to sleep disorder.
- **Community Awareness Activity:** Booth, display, distribution of literature, news/media reporting on topic.

Where is the ‘Land Down Under’? By Faye Spencer, KAFCE.

“G’day, put some snags on the Barbie, mate. No worries, she’ll be right, mate. Top Tip.”
Welcome to Australia, a unique country in every way – in culture, population, climate, geography, and history. Amazing ecosystems with unique flora and fauna including pristine rainforests, ancient rock formations, beautiful beaches, and thousands of miles of arid land.

- **Educational Goals:** Participants will have an increased awareness of the uniqueness and diversity of Australia.
- **Community Awareness Activity:** Promote Australian cultural and cuisine by celebrating Australian holidays. Invite guest speaker. Plan and prepare meals or tea party.

K-STATE FAMILY CONSUMER SCIENCE LESSONS:

Bonding Thru Board Games - Elizabeth Brunscheen-Cartagena, Extension Agent, Sedgwick County...

A tool to strengthen family relationships using board games as the medium, board games foster the six major qualities strong families exhibit across cultures and in all family types. Vital skills for life success are also developed when families play board games on a regular basis. Games will be introduced to families inspiring them to create a family board game night of their own.

➤ **Educational Goals:**

- Understand the definition and purpose of Euro-style games.
- Develop the six major qualities of successful and strong families.
- Build shared memories through a common, enjoyable experience.
- Apply social-emotional and academic skills.

➤ **Community Activities**

- Mega Game Day – An extended period of time over the course of one day to play board games while connecting and communication with family members or game mates.
- Bi-Monthly Game Nights – Scheduled bi-monthly game nights for participants to come and play games.
- Parents/Family Night at Schools – Board games collection taken to schools for Parents or Family Night Events
- Community Event Celebrations – Board game collection taken to another community event.
- Holiday Event – Games incorporated into chosen holiday.
- Community Displays – Display(s) set up at community settings.
- Presentations to Community Groups – Presentations on the purpose and ways to conduct a family game night event.

Garden to Plate: Food Safety for School and Community Gardens- Update - *Londa Nwadike, Extension Specialist, Food Safety and Lisa Martin, Extension Agent, Shawnee County*

Kansas State University published its first FCS lesson on the topic of food safety for school and community gardens in 2014, but produce safety regulations and scientific knowledge has changed substantially since then. This lesson will update, and be useful for anyone organizing or assisting with gardens to ensure that they are utilizing good food safety practices. The updated version will cover many of the same topics including site and soil selection, personal hygiene, sanitation and tool safety, water and irrigation, compost and fertilizers, pest and animal management, and post-harvest handling.

➤ **Educational Goals**

- How to select and maintain safe soil
- How to practice personal hygiene in regards to gardening
- How to select and maintain safe water
- How to practice food safety procedures in harvest and post-harvest

➤ **Community Activities**

- Assist with a local school or community garden and share their knowledge of good food safety practices with others working in the garden and model good food safety practices
- Share information on good food safety practices in school and community gardens with people working in such gardens.
- Implement these good food safety practices in home gardens and share information on good food safety practices in gardening with others.

The Science of Family Meals - *Bradford Wiles, Extension Specialist, Extension Specialist, Early Childhood Development and Sandy Procter, Extension Specialist, Maternal and Childhood Health.*

This lesson will provide training on the science of family meal times as both nutritional and developmental protective factors against risk. It will focus on specific activities and general guidelines for families to use to leverage family meal times as important developmental contexts across the lifespan

➤ **Educational Goals**

- Participants will learn the science of nutrition and family and child development.
- Participants will have access to resources for teaching and learning about family meal time activities and scaffolding of children's development.
- Participants will learn about roles and responsibilities for family meal times.

➤ **Community Activities**

- Hold events emphasizing families preparing and eating meals together.
- Share recipes that have age-appropriate tasks for children to help prepare.
- Create a shared "family meal night" meal in your community that all families will prepare and eat at home