

AAFCS American Association of Family & Consumer Sciences

LifeSkills! *bringing people together to improve the lives of individuals, families and communities*

BACK TO SCHOOL ELECTRONIC PRESS KIT: AUGUST, 2005

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About the Electronic Press Kit

As we begin the new school year, the members of the American Association of Family & Consumer Sciences (AAFCS) encourage the teaching of the 'whole' child.

"The importance of teaching LifeSkills becomes more important each year as we work to prepare our children for the challenges that face them in our complex society," according to Ann Anderson, CFCS, AAFCS 2005 National Teacher of the Year.

There is no better time than the beginning of the school year to: evaluate the eating habits of your children, get meal planning help, pick up some handy tips about involving your children in the selection and purchase of their new clothes and school items, learn about conflict resolution, plan for emergencies, and learn how to use technology and the Internet safely.

These handy and informative topics are presented by AAFCS, a national nonprofit organization of educators and businesses concerned with LifeSkills and lifelong well being.

In addition, AAFCS highlights the 2005 Teacher of the Year, Mrs. Ann Anderson, from Duncanville High School, Duncanville, TX, where she is currently an FCS teacher and chair of the Family and Consumer Sciences Department.

To support the significance of the Teacher of the Year story, AAFCS has produced a Video News Release and B-Roll footage in Betamax.

Please call or e-mail Steve Hines, AAFCS

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To book appearances, please contact **Steve Hines**.

Fighting Obesity: Beginning the New School Year With a Student Eating Plan

AAFCS suggests using the weeks just before the school year and the first month of the new school year as an opportunity to plan and implement a family eating plan which focuses on the dietary habits of the children in the family.

Here are 10 Tips from members of AAFCS:

1. Parents should be a positive role model.

- a. Limit portion sizes.
- b. Cook with less fat.

2. Get active.

- a. Plan family activities to get everyone moving.
- b. Encourage fun activities with friends.

3. Make eating an activity in itself.

- a. Don't eat while watching TV or riding in car.
- b. Sit down in the kitchen/dining room as a family.
- c. Involve kids in menu choices, prep, and clean up.

4. Don't use food as a reward or punishment.

- a. Spend quality time with kids.
- b. Celebrate by doing something fun together.
- c. Don't withhold food as punishment.

5. Watch what your kids drink too.

- a. Limit fruit juice to 12 oz. per day or less.
- b. Don't allow empty calories like sodas, even diet soda.
- c. Encourage drinking of low fat milk.

6. Don't be too restrictive.

- a. Limit, don't eliminate sweets.
- b. Don't put your kid on a diet unless recommended by a doctor.

7. Limit television, video and computer time.

- a. Reduce TV time to 2 hours per day.
- b. Don't put TV in your kids' bedrooms.

8. Focus on positive goals.

- a. For example: run laps with their classmates or bike for 20 minutes without getting tired

9. Take small steps as a family.

- a. Substitute fruit for dessert.
- b. Park your car farther away from the destination.
- c. Limit fast food.
- d. Take a family walk.

10. Follow Dietary Guidelines and consult professionals as needed.

Provided by Carol A. Watkins, CFCS, the AAFCS 2004 National Teacher of the Year, a family and consumer sciences teacher from Gilmer County High School, Ellijay, GA.

PLANNING AHEAD: The Key to Healthy Back-to-School Meals

Every parent has experienced the Back-to-School rush. Often this flurry of activity at the beginning of the school year means that providing healthy meals becomes a low priority. But, parents can still maintain control of their child's diet, even when homework, soccer practice, or after-school activities await, by taking a few minutes each weekend to plan meals for the following week.

With more reports of overweight, inactive children surfacing in the news, it is increasingly important for parents to resist the temptation to swing through the drive-thru for breakfast and dinner each weekday. By planning ahead, parents can avoid these temptations and provide their children with better food alternatives.

To help parents prepare for the first week of school, Debbie Nelson, CFCS, a family and consumer sciences teacher at Alameda High School in Lakewood, Colorado, and Vice President of Program for the American Association of Family & Consumer Sciences, developed a sample Back-to-School meal plan for an elementary school-aged child.

Debbie's meal plan can be used for Back-to-School week--or any other week of the school year--and provides breakfast, lunch, dinner, and a healthy snack. Many realistic family-friendly options are included. This sample meal plan is balanced according to the new USDA and US Department of Health and Human Services MyPyramid plan.

Having a plan is a parent's best tool in ensuring their child enjoys a well-balanced diet when life becomes hectic. Now is the perfect time to start the school year on a positive note by making the pledge to plan ahead for meal times. PLAN AHEAD and you will always have an answer to the question "What's for dinner?"

Suggested Meal Plans for Back-to-School Week with an Elementary School-Aged Child

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Whole wheat	Oatmeal Blueberry	Whole wheat	Whole grain cereal	Whole grain	Whole grain	Omelet w/

	pancakes w/syrup Banana Nonfat milk	muffin Frozen grapes Non fat milk	bagel with raisins Fruit smoothie	Raspberries Whole wheat toast Nonfat milk	English muffin Vanilla yogurt w/ fresh blueberries Non fat milk	cereal Cantaloupe pieces Oatmeal muffin Non fat milk	veggies Whole wheat toast Grapefruit half Nonfat milk
Lunch	Pot roast w/ veggies Tossed salad w/ dark greens Whole wheat roll Nonfat milk Angel food cake w/ strawberries	Turkey sandwich on whole grain bread Cucumber sticks Mixed fruit cup Nonfat milk	Leftover vegetable pizza Orange Nonfat milk	Tuna salad in pita bread Red/yellow/green pepper sticks Apple Nonfat milk	Leftover chili Carrot/celery sticks Cherries Nonfat milk	Peanut butter & jam sandwich on whole grain bread Broccoli & cauliflower Plum Nonfat milk	Macaroni & cheese Green beans Pear Nonfat milk
Dinner	Chicken noodle soup Crackers Broccoli & cauliflower w/ dip Nonfat milk	Vegetable pizza Tossed salad Nonfat milk	Baked fish Couscous Stir fried vegetables Fresh peach slices Non fat milk	Vegetarian chili Fresh spinach salad Cornbread Nonfat milk Chocolate pudding	Spaghetti w/ meatballs Tossed salad Italian bread Nonfat milk	Chinese take out w/ brown rice Tea	Grilled turkey burgers w/ all the fixings Potato salad Baked beans Nonfat milk Home-made peach ice cream
Snacks	Popcorn Carrot stick	Mixed nuts cauliflower	Crackers Squash sticks	Trail mix w/ dried fruits	Hard cooked egg slices Snap peas	Yogurt Fruit juice	Rice cakes Raisins

Resources Used in Creating This Meal Plan:

"Mypyramid.gov" – USDA AND US Dept. of Health & Human Services

Food for Today, Glencoe, 2006

Guide to Good Food, Goodheart/Willcox, 2002

Created by:

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Back-to-School Shopping List for Parents and Kids: 10 Things You Need to Know as Students Prepare for to Return to School...

AAFCS presents 10 Tips for parents, which can help them prepare, plan, and shop wisely for 'Back to School.' In addition, this activity creates a strong teaching moment for parents and kids. By involving their children in the planning, budgeting, selecting, and purchasing of clothes and school items, parents have a rare opportunity to teach time management, budgeting, financial literacy, and, good decision making in a practical setting.

Here are the 10 AAFCS Tips for shopping and teaching:

1. Meet with your child to discuss the coming school year and what their new year will require in terms of supplies, books, and clothes.
2. Check with your school to obtain a list of required or recommended supplies and books year.
3. Ask your child or children to develop a 'wish list.'
4. Discuss the budget available for supplies, books, and clothes with your children.
5. Help them set priorities for the items on the 'wish list.'
6. Use available resources to learn about products.
7. Use hands-on research.
8. Look for coupons, incentives, or Back-to-School specials from your local merchants.
9. Plan a shopping day with your children.
10. Discuss with your child what was learned.

Created by: Carol Watkins, the AAFCS 2004 Teacher of the Year.

Stock-up for Back-to-School and Household Emergencies

*Cathy Falcon Bowen, PhD, CFCS
Associate Professor, Consumer Issues
The Pennsylvania State University*

Preparation is the key to successfully navigating through many life events. The more prepared we are with personal skills and pre-planning, the easier it is for us to handle many situations, especially the unexpected or emergencies. After you stock up on traditional Back-to-School essentials (clothes, school supplies, and tricks to ease first day jitters), use this yearly event as a reminder to stock up on the supplies needed to ride out or handle a household emergency. Regardless of where you live in the country, a weather event (e.g. a flood, hurricane, snowstorm, ice storm, or extreme heat) could confine you to your home for two or more days. Can your household survive a 2-3 day disruption of public services or confinement without making a trip to the store? For a quick and easy-to-read guide with tips to prepare for a household emergency or to check your current preparedness level download, Preparing for *Emergencies: A Consumer's Guide*: <http://pubs.cas.psu.edu/FreePubs/pdfs/ui361.pdf>

Using Technology and the Internet Safely

*Annette Hays
Acorn High School FCS Instructor and FCCLA Advisor*

Technology is one of the wonderful components of today's society that can quickly become the proverbial "double edged sword." If properly researched and managed, the use of various types of technology can enhance lives, broaden education, make work easier, and even offer entertainment. If carelessly used, technology can cause many problems, ranging from excessive time consumption to life endangerment. As teachers, parents, employers and other mentors learn responsible use of technology, they must include that information in curriculum and instruction they provide to students, children, and colleagues. This is especially challenging when one considers that most of today's students have never lived without technology at their fingertips, and they often operate with more savvy than those providing guidance to them.

The Internet offers many opportunities for research and development of academic and life skills. According to a recent survey by **iSafe**, <http://www.isafe.org/>, 48 million youth ages 5-17 regularly use the Internet. One in 33 kids and teens who use the Internet regularly has received an aggressive solicitation to meet a "cyberfriend" in person. The perils of misuse can be addressed and avoided with education and awareness training. Last year, Acorn FCCLA students developed a peer education program directed at elementary and middle school students, using PowerPoint© and pamphlets they had designed. Since the program was so well received, two of the FCCLA members decided to report on the project as their FCCLA STAR Event, which won a gold rating at state competition. Some of the safety points they shared with participants include:

- Proactively educate children about acceptable websites. Use firewalls and blocking software to protect students from unsolicited information or accessing unacceptable sites.
- Supervise children using the Internet. Consider keeping home computers in public areas of the house rather than in bedrooms. Check the history of sites visited regularly.
- Teach Netiquette to children using the Internet, while raising awareness of the existence of pornography, cyber bullying and online predators.
- Involve students, parents and the community in the development of Acceptable Use Policies. Educate parents and students about their existence and enforcement.
- Teach cyber citizenship through developing respect for privacy and intellectual property. Be sure students recognize plagiarism and understand the consequences.
- Beware that cyber relationships can be risky. Understand and avoid related issues such as predators "grooming" victims for face to face meetings. Though Blogs (web journals or diaries) can be beneficial in nurturing social skills, they are also quite dangerous if personal information is shared or school gossip is spread

Successful Strategies for Reducing Conflict

*Carol A. Watkins, CFCS
AAFCS 2004 National Teacher of the Year
Gilmer County High School FCS Instructor and FCCLA Advisor*

Any time people get together there is a potential for conflict. Why? Because sometimes people expect something from us that we think is unnecessary. In the simplest terms, conflict is a disagreement between two or more people. Those with whom we experience conflict include our family members, teachers, and classmates. Conflict can be helpful or even exciting. It can help us shape new ideas, build relationships, and grow as individuals – if we know how to work through it positively. When not handled properly, conflict can cause angry reactions and hot tempers. At its worst it can result in violence. It's important for young people to adopt the attitude that fighting is not an acceptable way to solve problems. Then, they need the know-how and skills for nonviolent conflict resolution. We can help young people learn and put into practice these skills:

- Step back from the situation and "cool off." (Anger Management)
- Decide how the conflict started. (Communication Skills)
- Try to understand each person's point of view. (I-messages and Empathy)
- Listen to what others are saying. (Active Listening)
- Consider possible solutions to the conflict. (Brainstorming)
- Choose the solution that is a win/win for both parties. (Creative Thinking & Problem Solving)
- Commit to upholding the solution.

A great resource for middle and high schools is the STOP the Violence program from FCCLA (Family, Career and Community Leaders of America). STOP the Violence – Students Taking on Prevention – is a peer-to-peer outreach initiative that empowers young people to recognize, report, and reduce the potential for youth violence. Check it out at <http://www.fcclainc.org/>

Teacher of the Year Biography

Ann Anderson

**American Association of Family & Consumer Sciences (AAFCS)
2005 National Teacher of the Year (T.O.Y.)**

Ann Anderson has dedicated 29 years to teaching family and consumer sciences (FCS) at the secondary school level. In 1967, Ann earned a bachelor's degree in home economics education from North Texas State University and in 1991, a master's degree in secondary education from the University of North Texas. From 1967 to 1971, Ann taught FCS classes in the Carrollton-Farmers Branch Independent School District. Since 1980, she has been working at Duncanville High School and is currently an FCS teacher and chair of the Family and Consumer Sciences Department.

To stay on the cutting-edge of her field and provide the highest quality education to her students, Ann has continued to advance her professional development. Last year, she completed a 40-hour course taught by the Intel Corporation on integrating technology into the classroom. Ann has also completed the workshops necessary so that her students can earn Tech Prep and Articulation credit in Texas. Additionally, she has completed the hours and passed the exam to be a Serv Safe Instructor.

In addition to Ann's membership with AAFCS, she is an active member of related organizations. She has been a member of the Hospitality Educators Association of Texas (HEAT) for eight years; member of the Association for Career and Technical Education (ACTE) and National Association of Teachers of Family and Consumer Sciences (NATFACS) for 24 years; and member of Family, Career and Community Leaders of America (FCCLA) and the Family and Consumer Sciences Teacher Association of Texas (FCSTAT) for 29 years.

For FCCLA, Ann is a chapter advisor and coordinates the six FCCLA chapters at her high school. She has chaired and co-chaired FCCLA regional and state STAR (Students Taking Action with Recognition) events. Ann's students have competed in the Community Service, Culinary Arts, and Job Interview STAR events and some have moved on to compete at the state and national levels.

Giving back to the community is an important aspect of Ann's curriculum and her life. Her students have prepared and served food for the Stewpot, an organization that assists homeless people in Dallas; visited senior citizens in nursing homes; assembled Easter baskets for the Children's Advocacy Center in Dallas; and participated in the Relay for Life at her high school to raise funds for breast cancer research and increase awareness about the disease. Ann personally contributes to the Duncanville Education Foundation, which gives grants to deserving programs in her school district and gives gift certificates to needy students at her high school.

ABOUT AAFCS

Founded in 1909, AAFCS is the only not-for-profit 501 (c)(3) organization dedicated to bringing people together to improve the lives of individuals, families, and communities. AAFCS' 9,000 members are elementary, secondary, and post-secondary educators, researchers, and administrators; cooperative extension educators; and other professionals in business and industry, not-for-profit organizations, and government.

These professionals develop, integrate, and provide practical knowledge about LifeSkills- dietetics and nutrition; financial literacy; child care and parenting; conflict resolution; consumer education; housing and environment; and apparel and textiles.

This Electronic Press Kit is sent as a courtesy of the American Association of Family & Consumer Sciences (AAFCS). If you would like to be removed from our mailing list, please email Steve Hines at steve@stevehines.com. For more information about AAFCS, visit <http://www.aafcs.org/>

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