

# 2021-2022 NATIONAL OUTREACH TEAM PROJECTS



This year the National Outreach Team has chosen to focus on the FCCLA National Programs to get members to carry out projects using the national programs. Here is the basic information sheet which explains how chapters can complete projects to earn points and be recognized at state meeting.

[https://docs.google.com/document/d/1PPwHuKTnKMA3kBhuzn5bW09\\_uERYfSQLghINhoCCamo/edit?usp=sharing](https://docs.google.com/document/d/1PPwHuKTnKMA3kBhuzn5bW09_uERYfSQLghINhoCCamo/edit?usp=sharing)

Our mission is to teach the youth about national programs, by teaching them through interactive activities and projects. Through these activities and projects, youth will develop social skills and gain confidence.

#### **Rules/Requirements**

- STAR Event presentations are acceptable as a project if it goes with the monthly focus. (can be state/regional level)
  - Please submit a project star event as a picture of you presenting/practicing to other people. The photo must contain others that you are presenting to.
- You can earn points by creating and following through with challenges
- Photo/video proof in the form
  - If evidence of project is not completed or provided no points will be awarded

#### **Scoring System:**

- Star event-1 point
- Creating and following through with a challenge, and/or creating a project-1 point

#### **Point system: (a point per project)**

- Projects need to be completed from November 1st 2021-April 1st 2022
- 75 points awarded/awards done- Summarize

## Basic Information Document

Focus Area: Highlighting on National Programs

Our mission: Our mission is to teach the youth about national programs, by teaching them through interactive activities and projects. Through these activities and projects, youth will develop social skills and gain confidence.

Rules/Requirements S...

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The focus for November is Student Body. Chapters are encouraged to complete projects and activities related to the Student Body National Program. Here are some examples and ideas of activities your chapter could do throughout the month.

<https://docs.google.com/document/d/1SRy4BtsffkuHx9ISOVCnpZ8lqkiDsfhjWnMHbUi855Y/edit?usp=sharing>

For this month the National Outreach Team is deciding to focus on the national program Student Body. The Student Body Program helps students make responsible choices for their physical and mental health. We chose to center this project on the fitness and healthy aspect of the program.

If you have not seen the instructions for this month I will briefly explain what we are doing.

-Each month we will be sending out examples to all chapters in South Dakota, so they can complete challenges. We encourage you to complete at least 5 challenges each month to be recognized at state. We will not have difficult challenges, they will be simple such as completing an exercise, fulfill a task outside your comfort zone, or taking time to care for yourself or even others around you. Therefore we gave examples that are realistic and easy. Please make sure that you fill out our google form that will be located on the SD FCCLA website, and please take pictures as proof. If you do not have pictures regarding the project or challenge you completed, it

## November project ideas

November: Student Body Projects National Outreach Team For this month the National Outreach Team is deciding to focus on the national program Student Body. The Student Body Program helps students make responsible choices for their physical and mental health. We chose to center this project on th...

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Here is the link for the google form that you will use to turn in any projects your chapter completes. Please fill out this form each time your chapter completes a project/activity.

[https://docs.google.com/forms/d/e/1FAIpQLSfTWBGZGrr17W2cU5CvEKDiYfayLdrUn9wo0Er\\_ZyHV9AUugQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfTWBGZGrr17W2cU5CvEKDiYfayLdrUn9wo0Er_ZyHV9AUugQ/viewform?usp=sf_link)

## Google Forms - create and analyze surveys, for free.

Create a new survey on your own or with others at the same time. Choose from a variety of survey types and analyze results in Google Forms. Free from Google.

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Please contact Megan Zinter with questions. The National Outreach Team looks forward to seeing the great projects SD FCCLA chapters carry out.

## Focus Area: Highlighting on National Programs

### Our mission:

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### Rules/Requirements

- STAR Event presentations are acceptable as a project if it goes with the monthly focus. (can be state/regional level)
  - Please submit a project/star event as a picture of you presenting/practicing to other people. The photo must contain others that you are presenting in.
- You can earn points by creating and following through with challenges
- Photo/video proof in the form
  - If evidence of project is not completed or provided no points will be awarded

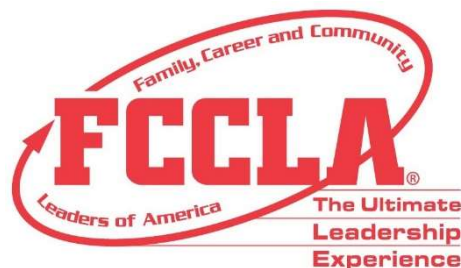
### Scoring System:

- Star event-**1 point**
- Creating and following through with a challenge, and or creating a project-**1 point**

### Point system: (a point per project)

Projects need to be completed from November 1st 2021-April 1st 2022

- 25 points awarded/projects done- **Superior**
- 15-24 points awarded- **Gold**
- 6-14 points awarded- **Silver**
- 1-5points awarded- **Bronze**



# November 2021: Student Body Projects

## *National Outreach Team*

For this month the National Outreach Team is deciding to focus on the national program Student Body. The Student Body Program helps students make responsible choices for their physical and mental health. We chose to center this project on the fitness and healthy aspect of the program.

If you have not seen the instructions for this month I will briefly explain what we are doing: ~Each month we will be sending out examples to all chapters in South Dakota, so they can complete challenges. We encourage you to complete up to 5 challenges each month to be recognized at state. We will not have difficult challenges, they will be simple such as completing an exercise, fulfill a task outside your comfort zone, or taking time to care for yourself or even others around you. Therefore we gave examples that are realistic and easy. Please make sure that you fill out our google form that will be located on the SD FCCLA website, and please take pictures as proof. If we do not have pictures regarding the project or challenge you completed, it will not count.

\*Note: These are examples of activities you could do, but feel free to come up with your own!\*

Study Body Program Challenge Examples:

- A stress free day for Real you
  - Take a day to do relaxing things throughout the day
  - Find ways to eliminate some stress whether it be in school, sports, or at home
- Fitness challenges for Fit You
  - Everyday at a certain time do 25 reps of a certain exercise
    - Jumping jacks
    - Push ups
    - Sit ups
    - Burpees
    - lunges
- Switch lunch tables
  - Sit with someone new everyday
  - Make new friends
  - Learn about the people in your school
- Zumba
  - Pick an hour where students can come in and do zumba
- Double dutch competition
  - Find an hour to hold a double dutch competition
  - The winner gets a healthy but fun snack

~If you have any questions feel free to contact us directly for clarification on anything involving the projects, new ideas, or any other concerns you may have.

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