



HERITAGE MIDDLE FAMILY CONSUMER SCIENCE NEWSLETTER

Volume 2, Issue 1

August 25, 2008

Inside this issue:

FCCLA 2

Rules and Expectations 2

Foods and Nutrition 3

Sewing 3

Website 3

Discipline Plan 4

Wish List 4

Miss Kate Tracy

tracy.kathryn@meridianschools.org

7th Grade Family Consumer Science

The definition of Family and Consumer Science (FCS) is as follows:

The science and art of career planning, job skills, resource management, time management, nutrition, food preparation, menu planning, parenting, substance abuse, child care and development, healthy living, clothing and textiles, consumer education, decision making, problem solving, human relationships, family development, and anything else that touches the home and heart.



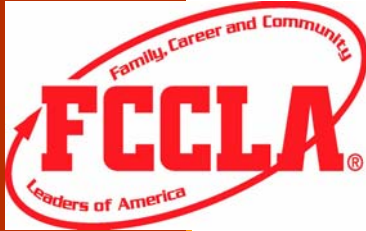
In 7th Grade FCS we will focus on nutrition, food preparation, healthy living, clothing and textiles, and problem solving.

What do you hope to learn in this class? OR What do you look forward to doing in this class? _____

Grades in FCS

Grades are based on many different activities in FCS. Activities, assignments, and projects can be accomplished by students during class time. Students will only have homework if they are wasting time during class and need time at home to accomplish a task. Cooking labs and projects make up most of the points in FCS. If a student is absent during a cooking lab they are expected to cook at home and complete a lab make-up form, which will be provided by Miss Tracy. Extra credit can be earned ONLY by students who have no missing work. An anytime extra credit project is to bring a note signed from home stating that the student cooked, what he/she cooked, AND that he/she CLEANED-UP after himself/herself.

FCCLA



In addition to the Meridian School District curriculum for FCS we will also be working on some Family, Career, and Community Leaders of America Projects. Heritage Middle Schools FCCLA club is intercurricular, meaning we have club meetings in class instead of before or after school. 6th grade students will be taking on leadership roles, using parliamentary procedures, and completing projects using the FCCLA planning process. We will elect six class officers during the second week of school which will include a class president, vice-president, treasurer, secretary, classroom assistant, and photographer.

*“Manage yourselves
or I will manage
you.”*

Rules and Expectations

I have one main expectation of my students and classes: manage yourself. My motto is “Manage yourselves or I will manage you.” This means that as an individual you need to be thinking about your actions before you act. It also means that if you need to assist someone in managing themselves you do so respectfully by reminding them to be quiet, showing them where work goes, etc.

Things I expect students to manage are:

- Be in class on time (you will be tardy if you’re not in your seat working when the bell rings)
- Be awake and alert during class
 - Turn in assignments complete and on time in the appropriate basket
 - Take responsibility for necessary make-up work
 - Bring all necessary materials to class each day
 - Have an open mind and willingness to learn
 - Keep the classroom and lab area clean
 - Follow lab rules and procedures during cooking labs and sewing labs (These will be reviewed and tested at a later date)



Foods and Nutrition



We will be covering many different topics of food and nutrition. Some of these include the following:

- Food Guide Pyramid: During 7th grade FCS we will spend some time learning about the food guide pyramid and making food group commercials
- Food labs: We will be completing many different labs this semester including how to make biscuits, baked spicy apples, macaroni and cheese, and many other foods.
- Gingerbread House Construction: During spring semester students will draft, design, bake, and construct gingerbread houses. This project includes lessons on drafting, measurements, and following a plan.
- Food Product Invention: Each of you will create a unique and new food product that you believe Americans would buy and eat. You will create labels, advertisements, and containers for your product.

Sewing

The Sewing Unit of 7th Grade FCS is spent learning how to use sewing machines to produce many different projects. Each student will make an aromatherapy bag, pillowcase, and quilted picture pillow. Most materials are provided, but students will need to purchase 1 yard of a main color fabric and 1/3 yard of a contrasting trim fabric for their pillowcase. More specifics about supplies and supply due dates will be sent home in a March newsletter.



Family Consumer Science Website & Weekly E-mail



Check out Miss Tracy's Family Consumer Science Website. It has recipes, sewing info, a calendar, and other FCS information. <http://misstracysweb.com>

If you would like to receive weekly e-mail updates about activities in FCS please send an e-mail stating your child's name, grade, and that you would like to be on my distribution list to tracy.kathryn@meridianschools.org

Miss Tracy's Discipline Plan

Step 1: Student is warned about inappropriate behavior. Student must pay 1 Tracy Dollar.

Step 2: Student is put on step 1 of the referral system and pays 1 Tracy Dollar.

Step 3: Student is put on step 2 of the referral system and given a discipline essay they must copy and have signed by a parent. Counselor is notified.

Step 4: Student leaves the room with discipline essay. Student is put on step 3 of the referral system. Discipline essay is to be signed and returned the next day. Vice Principal notified.

Step 5: Student is sent directly to the Vice Principal with a short form.

Step 6: Parent-teacher conference is scheduled to discuss student's behavior in Miss Tracy's room.

Note: At any time a step may be skipped due to the severity of a student's actions.

I expect students to follow the rules most other teachers have. I expect students to be respectful of each other and me. I also expect students to manage themselves (be on time, stay awake, turn in assignments, clean up after self, etc.) My classroom procedures are set up to require and encourage students to take responsibility of their own actions and work.

Supply Wish List



Family Consumer Science lab fees and district money are used to supply Family and Consumer Science students with consumable items during the semester that they participate in Family Consumer Science Class (i.e. food for labs, soap to clean dishes, thread they use for projects, needles, pins, etc.) There are some items that we use in FCS at a high rate as well as items that are not consumable that our program could greatly benefit from. If you are willing to help supply some of these items (new or gently used) we would be very grateful. Some of the items are needed for cooking labs, some are craft supplies needed for student projects, and some are sewing supplies that are consumed quickly. I would happily accept any kitchen equipment that is still usable that you no longer want (i.e. crock pots, electric woks, electric grills, bread makers, ice-cream makers, fryers, etc.), in addition to the ones we *need* listed below, they are always useful for demonstrations, earned extra labs, or during the 8th grade cultural restaurant project.

Wish List

- Cooking/Home Magazines
- Hand-sewing needles
- Straight Pins
- Sewing Shears
- Blender (4 needed)
- Juice Pitchers (4 needed)
- White kitchen towels or bar mops
- Cookbooks (any)
- Glass baking pans (8X8) and (9X13)
- Cookie sheets (8 needed)
- Pizza Stones (4 needed)
- Colored pencils
- Markers
- Yardage of cotton fabric for quilting
- Dish soap
- Ziploc bags (all sizes)
- Plastic Wrap and Foil
- Flax seed or rice for sewing projects