

Virginia Association for Teachers of Family and Consumer Sciences

*WE ARE FCS EDUCATORS,
WHAT'S YOUR SUPERPOWER?*

VATFACS SUPERHEROES



An Extraordinary Team

2024 Professional Development Institute
Hotel Madison and Shenandoah Valley Conference Center
July 21-24, 2024

VATFACS, Inc. Board of Directors

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Family and Consumer Sciences Vision

Family and Consumer Sciences Education empowers individuals and families across the life span to manage the challenges of living and working in a diverse global society. Our unique focus is on families, work, and their interrelationships.

Family and Consumer Sciences Mission

The mission of Family and Consumer Sciences Education is to prepare students for family life, work life, and careers in Family and Consumer Sciences Education by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for:

- Strengthening the well-being of individuals and families across the life span.
- Becoming responsible citizens and leaders in family, community, and work settings.
- Promoting optimal nutrition and wellness across the life span.
- Managing resources to meet the material needs of individuals and families.
- Balancing personal, home, family, and work lives.
- Using critical and creative thinking skills to address problems in diverse family, community, and work environments.
- Successful life management, employment, and career development.
- Functioning effectively as providers and consumers of goods and services.
- Appreciating human worth and accepting responsibility for one’s actions and success in family and work life.



VATFACS, Inc. Professional Development Institute 2024

VATFACS, Inc. PDI Schedule 2024

Subject to Change

Saturday, July 20	
4:00 p.m. to 9:00 p.m.	Board of Directors Meeting & Dinner
Sunday, July 21	
2:00 p.m. to 6:00 p.m.	New Teachers' Orientation
3:00 p.m. to 6:00 p.m.	Registration & Boutique
6:00 p.m. to 6:30 p.m.	Institute Kick-Off
6:35 p.m. to 7:35 p.m.	Breakout Sessions
7:50 p.m. to 8:15 p.m.	Awards, Announcements & Recognition
Monday, July 22	
7:00 a.m. to 4:30 p.m.	Registration
7:00 a.m. to 8:00 a.m.	Boutique
7:45 a.m. to 8:45 a.m.	Breakfast and Career and Technical Student Organization (CTSO) Update
9:00 a.m. to 10:00 a.m.	Breakout Sessions
10:15 a.m. to 11:15 a.m.	Breakout Sessions
11:30 a.m. to 1:00 p.m.	Opening Luncheon with Keynote Melvin Adams
1:15 p.m. to 2:15 p.m.	Breakout Sessions
2:30 p.m. to 3:30 p.m.	Breakout Sessions
3:45 p.m. to 4:45 p.m.	Breakout Sessions
5:00 p.m. to 7:00 p.m.	Dinner on your own
7:00 p.m. to 8:00 p.m.	Games and Networking
Tuesday, July 23	
7:00 a.m. to 2:00 p.m.	Registration
7:00 a.m. to 8:00 a.m.	Boutique
7:45 a.m. to 8:45 a.m.	Breakfast and Virginia Department of Education (VDOE) Update
9:00 a.m. to 11:30 a.m.	Credentialing & Training Sessions (all teachers will be engaged in credentialing exams, licensure required training, or trauma informed practices professional development)
11:45 a.m. to 1:15 p.m.	Luncheon with Keynote Dr. Joshua Cole
1:30 p.m. to 2:30 p.m.	Breakout Sessions
2:45 p.m. to 3:45 p.m.	Breakout Sessions
2:45 p.m. to 3:45 p.m.	Mount Crawford Creamery (preregistration required/no fee – off site)
4:00 p.m. to 5:00 p.m.	Breakout Sessions
Wednesday, July 24	
7:00 a.m. to 12:00 p.m.	Registration
7:00 a.m. to 7:30 a.m.	Boutique
7:45 a.m. to 8:45 a.m.	Breakfast Session and VATFACS, Inc. Annual Business Meeting
9:00 a.m. to 11:00 a.m.	Best Practices with Teachers, Non-profits, and Exhibitors
11:15 a.m. to 12:15 p.m.	Awards, Scholarships & Exhibitors Luncheon
12:30 p.m. to 1:30 p.m.	Breakout Sessions
1:45 p.m. to 2:45 p.m.	Breakout Sessions
2:45 p.m. to 3:15 p.m.	Refreshment Break
3:00 p.m. to 3:30 p.m.	Exhibit Time with Exhibit Door Prize Drawing
3:30 p.m. to 4:00 p.m.	Distribution of Professional Development Certificates
4:30 p.m. to 7:00 p.m.	Board of Directors Meeting & Dinner

VATFACS, Inc. PDI Schedule 2024
Continued

Thursday, July 25	
7:30 a.m. to 8:15 a.m.	Virginia Teachers for Tomorrow Teacher Cadet Breakfast
8:00 a.m. to 5:00 p.m.	Virginia Teachers for Tomorrow Teacher Cadet Training, Part I
8:00 a.m. to 5:00 p.m.	ServSafe Training and Test
Friday, July 26	
7:30 a.m. to 8:15 a.m.	Virginia Teachers for Tomorrow Teacher Cadet Breakfast
8:00 a.m. to 5:00 p.m.	Virginia Teachers for Tomorrow Teacher Cadet Training, Part II

VATFACS

Professional Development Institute Website



Access the VATFACS PDI Conference Website and Session Resources at

www.vatfacs.net

Password: FCSsuperheroes!

Be sure to follow us on social media and please share out positive posts from the VATFACS Professional Development Institute by tagging @vatfacs and using the #PDI2024 hashtag.

Get Involved - Join a VATFACS Committee!

We need members for the 2024-2025 year.

Committees you can join include:

Scholarships
Exhibits
Finance

Nominations and Elections
Strategic Planning
Awards and Honors

History
Membership
Institute Program

Constitution
Public Information

Learn more about the different committees and volunteer here:

<https://www.vatfacs.net/get-involved>

VATFACS Boutique Hours

Located in the Conference Center Pre-Function Area

Cash, Checks, and Credit Cards Accepted

These are dedicated VATFACS Boutique Hours. The VATFACS Boutique will be open at other times when possible.

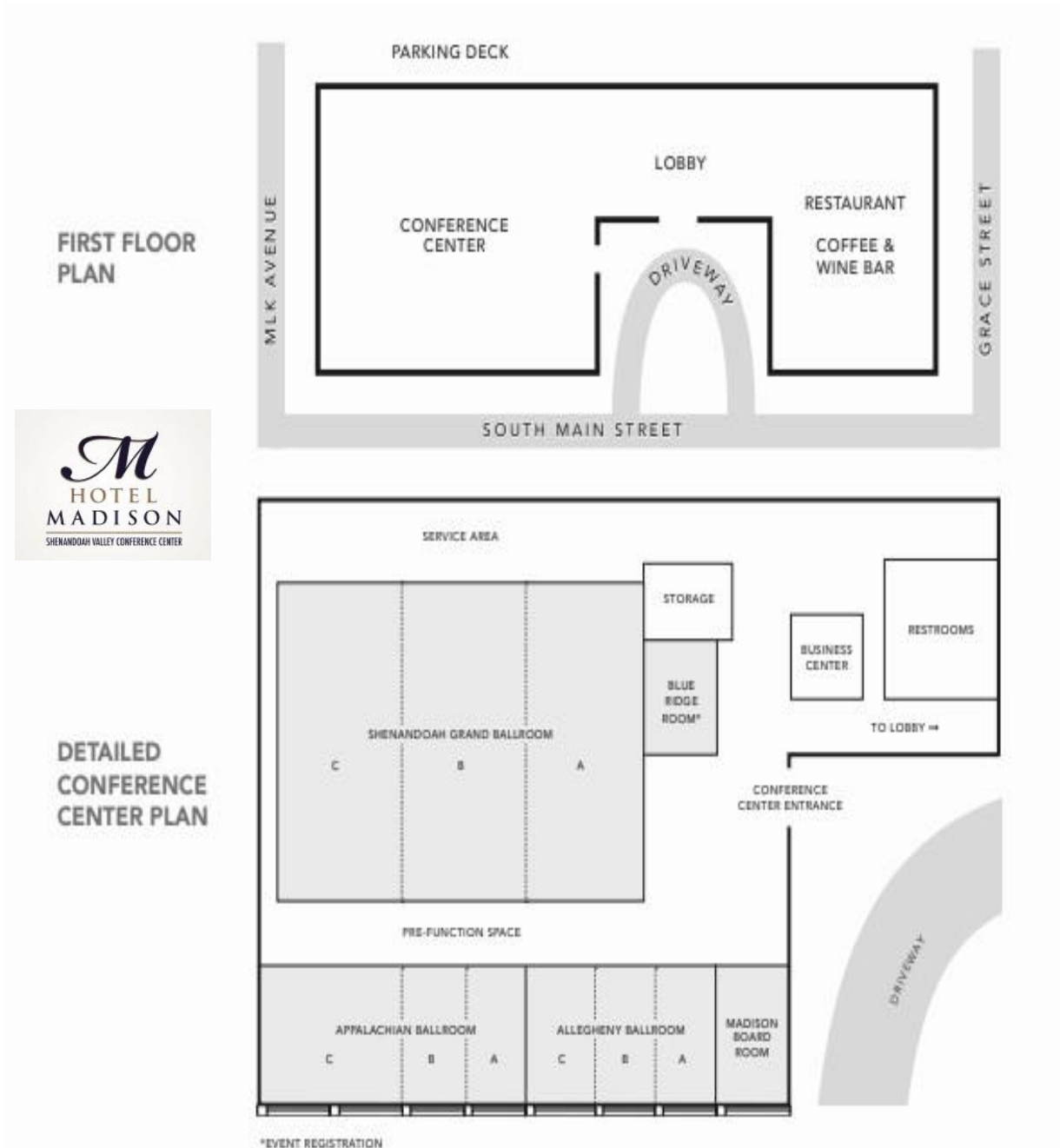
Sunday, July 21, 2024
3:00 p.m. to 6:00 p.m.

Monday, July 22, 2024
7:00 a.m. to 8:00 a.m.

Tuesday, July 23, 2024
7:00 a.m. to 8:00 a.m.

Wednesday, July 24, 2024
7:00 a.m. to 7:30 a.m.

Hotel Madison and Shenandoah Valley Conference Center Floor Plan, First Floor



Sunday, July 21, 2024 – Day-at-a-Glance https://www.surveymonkey.com/r/PDI_Session_Eval_24							
Conference Registration – Conference Center Pre-Function Area 3:00 p.m. to 6:00 p.m.							
Time	Shenandoah Ballroom	Appalachian Ballroom A	Appalachian Ballroom B	Appalachian Ballroom C	Allegheny Ballroom A	Allegheny Ballroom B	Allegheny Ballroom C
2:00 p.m. to 6:00 p.m.				New Teacher Orientation			
3:00 p.m. to 6:00 p.m.	Registration & Boutique						
6:00 p.m. to 6:30 p.m.	Institute Kick Off and Chicken Fabrication Challenge						
6:35 p.m. to 7:45 p.m.	Sharpening Knife Skills Sean Appleby Catrina Cheek Jay Cohen		How to Teach Financial Literacy in the Modern Age: Resources to Combine Gaming & Financial Literacy Education in One Sriyutha Morishetty	The Leadership Game Dr. Dwayne Whitehead	Early Childhood Education: Making Learning Fun! Allison Burns and Ritchie DeBruler	Super Charge Your Food Labs – Organization is the Key! Sarah Ummen	How to get a glimpse into your students within the first week - That's my Superpower! Patricia Alt
7:50 p.m. to 8:15 p.m.	Awards, Announcements & Recognition						

Evaluate Sessions & Log Attendance as You Go

At the conclusion of each session, your room facilitator will provide an attendance code.

This code is used to track your Professional Development Hours.

https://www.surveymonkey.com/r/PDI_Session_Eval_24



SUNDAY, JULY 21, 2024

Conference Registration

3:00 p.m. to 6:00 p.m.

Conference Center Pre-Function Area

Session #1

2:00 p.m. to 6:00 p.m.

Appalachian Ballroom C

Session Title: New Teacher Orientation

Session Description: As you embark on this exciting journey, we want to ensure you feel supported and inspired from day one. Come meet FCS Superhero teachers and build out your own “Stark Tower” with tools from Virginia “Pepper” Potts to help you organize for multiple preps, grade levels, and survive the first quarter of the school year and beyond.

Presenters: Dr. Amber Tiernan, *Patriot High School, Prince William County Public Schools* and Tammy Cassell, *Gate City High School, Scott County Public Schools*

Career Clusters
Represented:



Session #2

6:00 p.m. to 6:30 p.m.

Shenandoah Ballroom

Session Title: Institute Kick Off & Chicken Fabrication Challenge

Session Description: Meet the 2023-2024 VATFACS Officer team and cheer on your favorite chef during the Chicken Fabrication Challenge!

Presenter: Toshieba Ragland, *President, 2023-2024 VATFACS, Inc., Lake Braddock Secondary School, Fairfax County Public Schools*

Career Clusters
Represented:



SUNDAY, JULY 21, 2024, *continued*

Session #3

6:35 p.m. to 7:45 p.m.

Shenandoah Ballroom

Session Title: Sharpening Knife Skills

Session Description: Refresh and renew your chicken fabrications skills with this hands-on activity. Learn different methods of chicken fabrication and have fun breaking down fresh chickens and practicing your skills. Fabricated pieces will be donated to [Our Community Place](#) where meals are prepared for Harrisonburg residents.

Presenters: Sean Appleby, *George Marshall High School, Fairfax County Public Schools*, Catrina Cheek, *Department of Juvenile Justice / Division of Education*, and Jay Cohen, *Culpeper Technical Education Center, Culpeper County Public Schools*

Career Clusters
Represented:



Session #4

6:35 p.m. to 7:35 p.m.

Appalachian Ballroom B

Session Title: How to Teach Financial Literacy in the Modern Age: Resources to Combine Gaming and Financial Literacy Education in One

Session Description: This session will share two innovative games for students: one that teaches retirement planning and one that teaches financial planning as ways to connect learning and fun, even in an online environment.

Presenter: Sriyutha Morishetty, *Student, Maggie L. Walker Governor's School for Government and International Studies, Henrico County Public Schools*

Career Clusters
Represented:



Session #5

6:35 p.m. to 7:35 p.m.

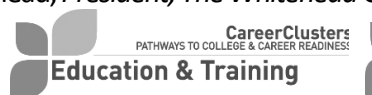
Appalachian Ballroom C

Session Title: The Leadership Game

Session Description: The Leadership Game is a fun, interactive, and edifying way to assess communication, address difficult topics, and identify strengths and weaknesses. Through thought provoking questions, individual reflection, and ideological debates, any group will understand one another more deeply in order to perform more effectively. This tool will help lead the conversation in ideas to perform better in any industry or environment.

Presenter: Dr. Dwayne Whitehead, *President, The Whitehead Group*

Career Clusters
Represented:



SUNDAY, JULY 21, 2024, *continued*

Session #6

6:35 p.m. to 7:35 p.m.

Allegheny Ballroom A

Session Title: Early Childhood Education: Making Learning Fun

Session Description: Participants will explore Early Childhood Education learning activities as they create “make and take” projects. All materials are provided for the projects.

Presenters: Allison Burns, *Susie G. Gibson Science and Technology Center, Bedford County Public Schools* and Ritchie DeBruler, *Hayfield Secondary School, Fairfax County Public Schools*

Career Clusters
Represented:



Session #7

6:35 p.m. to 7:35 p.m.

Allegheny Ballroom B

Session Title: Super Charge Your Food Labs – Organization is the Key!

Session Description: We will discuss how to organize a food lab, set up supplies, and create a routine for lab. You will come in for the session, just like the students, and make Trail Mix! This is designed for middle school FCS teachers, but all are welcome.

Presenter: Sarah Ummen, *Poe Middle School, Fairfax County Public Schools*

Career Clusters
Represented:



Session #8

6:35 p.m. to 7:35 p.m.

Allegheny Ballroom C

Session Title: How to Get a Glimpse into Your Students Within the First Week - That’s My Superpower!

Session Description: Come learn about two forms of personality testing used during the first week of class to determine students’ communication styles. These techniques are extremely effective for building rapport and classroom management for all levels of middle school. Any FCS teacher could use this “Superpower” to assess communication strengths and potential weaknesses.

Presenter: Patricia Alt, *Forest Glen Middle School, Suffolk Public Schools*

Career Clusters
Represented:



VATFACS, Inc. Professional Development Institute 2024

Monday, July 22, 2024 – Day-at-a-Glance							
Conference Registration – Conference Center Pre-Function Area from 7:00 a.m. to 4:30 p.m.							
Time	Shenandoah Ballroom	Appalachian Ballroom A	Appalachian Ballroom B	Appalachian Ballroom C	Allegheny Ballroom A	Allegheny Ballroom B	Allegheny Ballroom C
7:45 a.m. to 8:45 a.m.	Breakfast & CTSO Updates Shenandoah Ballroom						
9:00 a.m. to 10:00 a.m.		You're Next! An Overall Guide to National Board Certification Dr. Amber Tiernan	Concept Development in Early Childhood Education Dr. Donna Hoskins	Bringing Ethics into the Classroom Karen Roberts	Farm to School: Collaborations between FCS Classrooms & Non-Profit Farms Nichole Barrows & Natalie Heflin	Zwilling: Over 290 Years of Quality Cutlery Chef Dan Rothstadt	Empowering FCS Educators: Unleashing the Potential of AI, Part 1 Kathleen Vuono
10:15 a.m. to 11:15 a.m.		Memory Board Make-and-Take Elaine Lombardi	Step Up to Becoming the Super Adviser! Bobbi Comer	Unleash Your Superpower: Your Key to Unlocking Your Next Journey! Dr. Cynthia Tyler	Charcuterie, Butter, and Cheese Boards are All the Rage! Chef Tassie Pippert	Entrepreneurship Lessons & More to Mix Up Your Culinary Arts Teaching Toolkit Lynette Coles	Empowering FCS Educators: Unleashing the Potential of AI, Part 2 Kathleen Vuono
11:30 a.m. to 1:00 p.m.	Luncheon with Keynote: RESET: Get Unstuck, Regain Hope, and Redefine What's Possible with Melvin Adams Shenandoah Ballroom						
1:15 p.m. to 2:15 p.m.		Getting to know Your Multilingual Learners Beyond the Classroom Wynne Grob	Super PR with Branding of Champions Abigail Lee & Pascale Ghali	STOP what you're doing. DROP on in and listen. ROLL with me and learn about fire safety! Lt. Erin Stehle & Leslie Pullen	From Barn to BBQ: Igniting a Flame in Your Classroom & Community, Part 1 Chef Mike Erickson	Harvest the Best with Agriculture in the Classroom Lynn Black	Virginia Teachers for Tomorrow Update Diane Breining, Dr. Amber Tiernan & Kimberly Wilson
2:30 p.m. to 3:30 p.m.		AI Avengers: Unleashing the Power of Artificial Intelligence for FCS Educators Bobbi Comer & Heather Hiserman	Responsible Consumers: The Importance of Sustainable Fashion Courtne Ward	HERO: Embracing, Honor, Leadership, and Resilience Melvin Adams	From Barn to BBQ: Igniting a Flame in Your Classroom & Community, Part 2 (Part 3 will be outside) Chef Mike Erickson	Teen Cuisine: How Experiential Learning Can Equip Youth for Healthy Futures Matt Paysour	Using Credentialing Data to Enhance Your Superhero Powers! Helen Fuqua
3:45 p.m. to 4:45 p.m.			MS Food Lab Evaluations Kelly Earley	REBUILD: Crafting a Path to Personal Growth Melvin Adams		The Importance of Being Flexible During Rapid Change in Students, Administration, and Budgets Dr. Farrell Doss	Active Learning Tools to Save the World from Boring Lectures Lynnette Coles
3:45 p.m. to 5:00 p.m.	From Barn to BBQ, Part 3 with Chefs Mike Erickson & Dan Rothstadt Continuation of the earlier sessions will be held outside the Conference Center at the Zwilling Airstream						

Enjoy dinner on your own from 5:00 p.m. to 7:00 p.m. and then join the VATFACS Board of Directors for Games and Networking in the Shenandoah Ballroom from 7:00 p.m. to 8:00 p.m.


MONDAY, JULY 22, 2024

Conference Registration
7:00 a.m. to 4:30 p.m.
Conference Center Pre-Function Area

Evaluate Sessions & Log Attendance as You Go

At the conclusion of each session, your room facilitator will provide an attendance code. This code is used to track your Professional Development Hours.

https://www.surveymonkey.com/r/PDI_Session_Eval_24



Session #10
7:45 a.m. to 8:45 a.m.
Shenandoah Ballroom
Session Title: Breakfast and Career and Technical Student Organization (CTSO) Updates

Session Description: A continental breakfast will be served from 7:45 a.m. to 8:15 a.m. Virginia Family, Career and Community Leaders of America (FCCLA) and Educators Rising CTSO Updates will begin at 8:15 a.m.

All institute attendees should attend this session for regulatory updates pertaining to the 2024-2025 school year.

Career Cluster
Represented:



Presenters: Toshieba Ragland, *President, 2023-2024 VATFACS, Inc., Instructor at Lake Braddock Secondary School, Fairfax County Public Schools*, Heather M. Jones, *FCS & Related Clusters Specialist, Virginia Department of Education*, Connie Rhoton, *Virginia FCCLA State Co-Adviser*, and Emily O'Connor, *Educators Rising Virginia Volunteer*

Session #11
9:00 a.m. to 10:00 a.m.
Appalachian Ballroom A
Session Title: You're next! An Overall Guide to National Board Certification

Session Description: This session will go over what National Board Certification is, the benefits to obtaining your NBCT, plus time for Q&A. If you have ever thought about being an NBCT, too scared to take it on, or other concerns, this session is for you!

Career Cluster
Represented:



Presenter: Dr. Amber Tiernan, *Patriot High School, Prince William County Public Schools*

MONDAY, JULY 22, 2024, *continued*

Session #14

9:00 a.m. to 10:00 a.m.

Allegheny Ballroom A

Session Title: Farm to School: Collaborations between FCS Classrooms and Nonprofit Farms

Session Description: Nonprofit farms in our communities are working to improve the health of young people by educating them about food and farming, making local produce more affordable and accessible, and transforming our local food systems. Learn how Project GROWS works with FCS Classrooms in Staunton City Schools and Waynesboro Public Schools to spark interest about healthy eating, gardening, and local food – both in class and out on the farm. Join the presenters for demonstrations of how to conduct simple, raw tastings of fresh, local veggies in your classroom and explore the benefits of Farm to School learning for your Introduction to Culinary Arts and Nutrition and Wellness classes!

Career Clusters
Represented:



Presenters: Nichole Barrows, *Director of Education, Project Grows* and Natalie Heflin, *Instructor, Thomas Harrison Middle School, Harrisonburg City Schools*

Session #15

9:00 a.m. to 10:00 a.m.

Allegheny Ballroom B

Session Title: Zwilling: Over 290 years of Quality Cutlery

Session Description: Come see over 290 years of quality knife making. Discover Zwilling’s rich history and see how we make our knives step by step. Learn about both German and Japanese knives and the best applications for both.

Career Clusters
Represented:



Presenter: Chef Dan Rothstadt, *Zwilling JA Henckels*

MONDAY, JULY 22, 2024, *continued*

Session #16

9:00 a.m. to 10:00 a.m.

Allegheny Ballroom C

Session Title: Empowering Family and Consumer Science Educators: Unleashing the Potential of Artificial Intelligence (AI), Part 1

Join us for an exciting session that will empower FCS teachers new to using AI with a suite of superpowers in the form of AI tools. Discover how AI can transform your teaching and enrich your students' learning experience. In this hands-on workshop, we'll explore practical applications of AI for FCS educators. From streamlining lesson planning to personalizing instruction, these AI tools will become your allies in the classroom. Don't miss this opportunity to level up your FCS teaching game with the superpower of AI. All participants will need to bring a web-enabled laptop/Chromebook to the session.

Career Cluster
Represented:



Presenter: Kathleen Vuono, *Coordinator, Office of Technical & Career Education, Virginia Beach City Public Schools*

Session #17

10:15 a.m. to 11:15 a.m.

Appalachian Ballroom A

Session Title: Memory Board Make-and-Take

Session Description: You may have heard "...she who dies with the most fabric wins." Prolong your life by getting rid of that stash! Join middle and high school FCS teachers in this no-sew make-and-take session to learn how to use up some of that stash of cotton fabric that's been collecting in your cabinets...your attic...your sewing room...your closets...the armoire in the garage, etc. Fabric and supplies will be provided for this session (for up to 20 people), but you are welcome to bring your own cotton if you have a special favorite print, minimum size 18x24.

Career Clusters
Represented:



Presenter: Elaine Lombardi, *Instructor, Renaissance Academy, Virginia Beach City Public Schools*

Session #18

10:15 a.m. to 11:15 a.m.

Appalachian Ballroom B

Session Title: Step Up to Becoming the Super Adviser

Session Description: Designed for new, less experienced, career switcher or any FCS teacher that is beginning the FCCLA advising journey to gain tips to enrich the classroom and chapter involvement.

Career Cluster
Represented:



Presenter: Bobbi Comer, *Retired Instructor, Page County High School and 2024 National FCCLA Adviser of the Year*

MONDAY, JULY 22, 2024, *continued*

Session #23 General Session

11:30 a.m. to 1:00 p.m.

Shenandoah Ballroom



Melvin Adams

Luncheon General Session & Keynote with Melvin Adams
RESET: Get Unstuck, Regain Hope,
and Redefine What’s Possible

Melvin Adams knows first-hand how to achieve great things despite difficult circumstances. Even though he is only 5’8”, he became a two-time NCAA All-American basketball player, professional basketball competitor, and a member of the World-Famous Harlem Globetrotters. In this dynamic presentation, Melvin delivers a timely message mixed with comedy, powerful stories that connect, and a practical message that sticks.

LEARNING OUTCOMES:

- R:** Remembering where we’ve come from
- E:** Expect and get excited about change
- S:** Start each day with the mindset to win and overcome
- E:** Every day is a new day to make a change
- T:** Time to take action on your goals

Career Clusters
Represented:



Session #24

1:15 p.m. to 2:15 p.m.

Appalachian Ballroom A

Session Title: Getting to Know Your Multilingual Learners Beyond the Classroom

Session Description: This session will be a discussion about how to work with multilingual learners who are joining your classroom. Are you faced with anxiety or are you concerned that you don’t have the strategies you need to make them successful learners in your classroom. Come join us and gain helpful insights into making your classroom a welcoming and scaffolded environment for multilingual learners to be successful.

Career Clusters
Represented:



Presenter: Wynne Grob, *ESOL Facilitator, Marion County School System, Florida and former Fairfax County Public Schools ESOL teacher for over 25 years.*

MONDAY, JULY 22, 2024, *continued*

Session #25

1:15 p.m. to 2:15 p.m.

Appalachian Ballroom B

Session Title: Super PR with Branding of the Champions

Session Description: Join national FCCLA staff to get the latest on using FCCLA branding guidelines for all FCCLA creations.

Career Cluster
Represented:



Facilitators: Connie Rhoton, Virginia FCCLA State Co-Adviser and Bobbi Comer, *Retired Instructor, Page County High School*
Presenters: Abigail Lee, *Partnership Manager, National FCCLA* and Pascale Ghali, *Communications Manager, National FCCLA*

Session #26

1:15 p.m. to 2:15 p.m.

Appalachian Ballroom C

Session Title: STOP what you're doing. DROP on in and listen. ROLL with me and learn about fire safety!

Session Description: Have you ever had a fire in one of your classroom kitchens while teaching? Or have you ever questioned if your students would know what to do in the event of a fire? Fire Safety 101 will encompass the importance of fire safety both in and out of the classroom, how to partner with local fire departments to teach lessons, explain why fire safety matters and will include an outdoor hands-on demonstration of how to use a fire extinguisher.

Career Clusters
Represented:



Presenters: Erin Stehle, *Lieutenant, Harrisonburg Fire Department* and Leslie Pullen, *Firefighter, Harrisonburg Fire Department*

MONDAY, JULY 22, 2024, *continued*

Session #27

1:15 p.m. to 2:15 p.m.

Allegheny Ballroom A

Session Title: From Barn to BBQ: Igniting a Flame in Your Classroom and Community, Part 1

Session Description: Join us for an exciting exploration into the world of Family and Consumer Science education, where we'll demonstrate how to turn your classroom into a dynamic hub of learning and community engagement. In "From Barn to Barbecue: Igniting the Flame in Your Classroom and Community," we will showcase the power of project-based learning in a Family Consumer Science classroom, focusing on the unique and versatile ingredient—Pork! This session will dive into the art and science of utilizing barbecue as a central theme to spark interest and enthusiasm among high school students. From understanding the agricultural aspects, butchery, to mastering the culinary techniques of barbecue, we'll guide educators through a lesson plan that seamlessly integrates these elements into a comprehensive learning experience. But it doesn't stop there! We'll explore how High School BBQ Team Competitions can be a game-changer for both students and educators. These competitions not only foster teamwork, leadership, and culinary skills but also create a platform for schools to showcase their talents while engaging with the local community.

Career Clusters
Represented:



Presenter: Chef Mike Erickson, *National High School BBQ Association*

Session #28

1:15 p.m. to 2:15 p.m.

Allegheny Ballroom B

Session Title: Harvest the Best with Agriculture in the Classroom

Session Description: Join Agriculture in the Classroom and explore our latest Harvest of the Month resources and lessons. Teachers will learn how Virginia agriculture can be used to teach nutrition, food science, food safety, and much more! Participants will enjoy hands-on lesson demonstrations and can register to receive AITC resource kits for their classrooms.

Career Clusters
Represented:



Presenters: Lynn Black, *Education Coordinator, Virginia Agriculture in the Classroom*

MONDAY, JULY 22, 2024, *continued*

Session #31

2:30 p.m. to 3:30 p.m.

Appalachian Ballroom B

Session Title: Responsible Consumers: The Importance of Sustainable Fashion

Session Description: This session identifies the growing sustainability issues and concerns within the fashion industry. Participants will be able to define sustainable textiles and fashion, compare fast fashion to slow fashion and gain knowledge on the unsustainable and sustainable practices and procedures in the fashion industry. Participants will also be able to teach the importance of being a responsible consumer to preserve and conserve the environment for generations to come.

Career Cluster
Represented:



Presenter: Courtnie Ward, *Swanson Middle School, Arlington County Public Schools*

Session #32

2:30 p.m. to 3:30 p.m.

Appalachian Ballroom C

Session Title: HERO: Embracing Honor, Leadership, and Resilience

Session Description: In this engaging workshop, Melvin delves into the concept of honor, the essence of being extraordinary in leadership roles, the trustworthiness that makes heroes reliable, and the resilience needed to conquer life's toughest challenges. Drawing from personal experiences and stories of individuals who have demonstrated heroism, this presentation will leave you inspired and motivated to embrace these qualities in your own life.

Learning Outcomes:

- **Honor:** Explore the significance of honor in character and actions, and how it defines the path to becoming a hero in everyday life.
- **Extraordinary Leadership:** Learn the attributes and practices that differentiate extraordinary leaders, empowering you to lead with impact and influence.
- **Reliability:** Discover the importance of reliability in fostering trust and respect, crucial components of heroism in personal and professional realms.
- **Overcoming Challenges:** Gain strategies and insights into developing resilience and fortitude when faced with life's inevitable challenges, enabling you to emerge stronger.

Prepare to be inspired and equipped with the principles that shape true heroes, fostering a mindset of honor, leadership, reliability, and resilience in your journey toward personal and collective greatness.

Career Clusters
Represented:



Presenter: Melvin Adams, *Keynote Speaker*

MONDAY, JULY 22, 2024, *continued*

Session #33

2:30 p.m. to 3:30 p.m.

Allegheny Ballroom A

Session Title: From Barn to BBQ: Igniting a Flame in Your Classroom and Community, Part 2

Session Description: Join us in this continues session From Barn to BBQ. Imagine the thrill of turning your classroom into a BBQ haven where students don their aprons and proudly present their culinary creations to your campus. Our tagline, "COME EAT OUR HOMEWORK!" captures the essence of this innovative approach to learning. Discover how these hands-on experiences can transform the traditional classroom dynamic and inspire a love for learning. Moreover, we will delve into how such initiatives can become powerful fundraisers for schools, providing a sustainable way to support educational programs while strengthening community bonds.

Career Clusters
Represented:



Presenter: Chef Mike Erickson, *National High School BBQ Association*

Session #34

2:30 p.m. to 3:30 p.m.

Allegheny Ballroom B

Session Title: Teen Cuisine: How Experiential Learning Can Equip Youth for Healthy Futures

Session Description: The Experiential Learning Model (ELM) used in Virginia Cooperative Extension nutrition education programs is a learner-centered educational approach where, through facilitated activities, students discover new information more independently. In this session, FCS educators working with 6th-12th graders will learn the core principles of experiential learning. Through hands-on demonstrations, educators will also learn how principles are implemented so youth leave the classroom with practical knowledge on nutrition and wellness FCS competencies. Session attendees will have an opportunity to connect with their local Cooperative Extension office to obtain no-cost cooking and nutrition education curricula for use in the fall.

Career Clusters
Represented:



Presenter: Matt Paysour, *SNAP-Ed Extension Agent, Virginia Cooperative Extension*

MONDAY, JULY 22, 2024, *continued*

Session #35

2:30 p.m. to 3:30 p.m.

Allegheny Ballroom C

Session Title: Using Credentialing Data to Enhance Your Superhero Powers!

Session Description: Using the data provided through the credentialing assessments offers FCS teachers the opportunity to tailor instruction to meet the needs of their students. The student performance data indicates where students are excelling and areas where more instruction is needed. Teachers and students can set goals and track progress, personalize instruction, and achieve increased student credentialing outcomes.

Career Clusters

Represented:



Presenter: Helen Fuqua, *AAFCS, Associate Director, Credentialing Programs - American Association for Family and Consumer Sciences*

Session #36

3:45 p.m. to 4:45 p.m.

Appalachian Ballroom B

Session Title: Middle School Kitchen Lab Evaluations

Session Description: This session is focused on evaluating kitchen labs with middle school students. This is geared towards a middle school lab but can be adapted for high school labs. In this session you will learn how to let students take the wheel in the evaluation process. Students list the ingredients, equipment and steps executed for a desired recipe. This process allows you as the teacher to be fully present during a lab. In the end, students get the choice in deciding what will be cooked next. We will also have time to discuss how you run your kitchen labs and the make-up lab process. I will also provide lab recipes that I have found successful.

Career Clusters

Represented:



Presenter: Kelly Earley, *President-New York State Association of Family and Consumer Sciences (NYS AFCSE)*

MONDAY, JULY 22, 2024, *continued*

Session #37

3:45 p.m. to 4:45 p.m.

Appalachian Ballroom C

Session Title: REBUILD: Crafting a Path to Personal Growth

Session Description: Embark on a transformative workshop experience with Melvin's REBUILD session, designed to empower individuals seeking personal development. Each letter in REBUILD represents a pivotal step towards self-improvement, guiding participants through a journey of introspection, growth, and empowerment.

In this immersive workshop, participants will delve into the REBUILD framework:

- **Realize Where You Are:** Gain clarity by assessing your current situation and understanding your starting point.
- **Excuses:** Embrace accountability and take ownership of your actions without making excuses.
- **Be Better:** Cultivate a mindset of continuous improvement and strive for personal growth in all aspects of life.
- **Understand My WHY:** Discover and align with your purpose, unraveling the motivations that drive your actions.
- **Integrity:** Explore the importance of integrity in shaping character and fostering trust in personal and professional interactions.
- **Love:** Cultivate a mindset of gratitude, appreciation, and passion for both personal relationships and professional endeavors.
- **Let's Do It:** Empowerment through action – translating insights gained into tangible steps toward progress and success.

Career Clusters
Represented:



Presenter: Melvin Adams, *Keynote Speaker*

Session #38

3:45 p.m. to 4:45 p.m.

Allegheny Ballroom B

Session Title: The Importance of Being Flexible During Rapid Change in Students, Administration, and Budgets

Session Description: This session will highlight how Radford University's Fashion program has pivoted to meet ever-changing requirements from multiple constituents to keep the program viable. This information will be helpful for FCS teachers who are facing similar challenges in the workplace. Hopefully, participants will gain tools to facilitate change in the classroom.

Career Clusters
Represented:



Presenters: Farrell Doss, *Professor, Radford University* and Tammy Robinson, *Associate Professor, Radford University*

MONDAY, JULY 22, 2024, *continued*

Session #39

3:45 p.m. to 4:45 p.m.

Allegheny Ballroom C

Session Title: Active Learning Tools to Save the World from Boring Lectures

Session Description: As FCS/CTE Teaching Superheroes, you know the value of hands-on learning. Now is a great time to explore even more ways to get kids up and moving, retaining more knowledge, and working cooperatively. Join Take Charge Today as we reveal some of our popular Active Learning Tools to use in your classroom with “Low Tech” or “No Tech” approaches like Hexagon Connections Game, Companies We Love Card Game, Quiz Me Cards with Emojis, Bonus Basketball, Tic Tac Toe Review and more!

Career Clusters
Represented:



Presenter: Lynnette Coles, *Take Charge Today, The Center for the Philosophy of Freedom of the University of Arizona*

Session #40

3:45 p.m. to 5:00 p.m.

Front Circle Outside the Conference Center at the Zwilling Airstream

Session Title: From Barn to BBQ, Barbecuing Pork with Henckel, Part 3

Session Description: Continuation of the earlier sessions will be held outside the Conference Center at the Zwilling Airstream.

Career Clusters
Represented:



Presenters: Chef Dan Rothstadt, *Zwilling JA Henckels* and Chef Mike Erikson, *National High School BBQ Association*

Session #41

7:00 p.m. to 8:00 p.m.

Appalachian Ballroom C

Session Title: Games and Networking

Session Description: This session is focused on games, networking, and conversation with fellow superheroes. Come unwind and show your superhero competitive edge.

Career Clusters
Represented:



Presenter: Toshieba Ragland, *President, 2023-2024 VATFACS, Inc., Lake Braddock Secondary School, Fairfax County Public Schools*

Tuesday, July 23, 2024 – Day-at-a-Glance

Conference Registration – Conference Center Pre-Function Area from 7:00 a.m. to 12:00 p.m.							
Time	Shenandoah Ballroom	Appalachian Ballroom A	Appalachian Ballroom B	Appalachian Ballroom C	Allegheny Ballroom A	Allegheny Ballroom B	Allegheny Ballroom C
7:45 a.m. to 8:45 a.m.	Breakfast & VDOE Update Shenandoah Ballroom						
9:00 a.m. to 11:30 a.m.		<p><i>NOTE: This session lasts from 8:30-11:30 a.m.</i></p> <p>CPR/First Aid/AED Training</p> <p>Brad Neher</p>	<p>SUPER-SESSION <i>Required for those not sitting for a credentialing exam</i></p> <p>Nurturing Healthy Resilience: Understanding Adverse Childhood Experiences to Create Trauma-Informed Learning Opportunities and Discover Your Self-Care Superpower!</p> <p>Juliann Tripp & Keith Cartwright</p>		<p><i>NOTE: Testing begins at 9:00 a.m.</i></p> <p>AAFCS Broad Field Exam</p> <p>Helen Fuqua and Kevin Cabbage</p>	<p><i>NOTE: Testing begins at 9:00 a.m.</i></p> <p>ServSafe Food Protection Manager Renewal Exam</p> <p>Becky Gartner</p>	<p><i>NOTE: Testing begins at 9:00 a.m.</i></p> <p>WISE Teacher Credential Exam</p>
11:45 a.m. to 1:15 p.m.	Luncheon with Keynote: It's Time to Power Up! with Dr. Joshua Cole Shenandoah Ballroom						
1:30 p.m. to 2:30 p.m.		<p>FCCLA Super Update</p> <p>Connie Rhoton</p>	<p>Be Red Cross Ready - American Red Cross</p> <p>Danielle Englund & Chad Main</p>	<p>Engaging your students with iCEV!</p> <p>Amy Lamb</p>	<p>Beyond Basic Beef, Part 1 (Part 2 will be outside)</p> <p>Chef Tanya Cauthen & Stephanie Weiss</p>	<p>Be the Hero of Your Culinary Classroom with Interactive Kits</p> <p>Laura Brawley</p>	<p>A Dozen Reasons to Include Eggs and Become an Eggs-pert</p> <p>Mary Rapoport</p>
2:45 p.m. to 3:45 p.m.	Mount Crawford Creamery Tour Preregistration Required – No Fee, Off Site						
2:45 p.m. to 3:45 p.m.		<p>Teachers for Tomorrow Supporting Growing Your Own</p> <p>Denny Keffer</p>	<p>How to Prove You're Improving Student's Career Readiness - By Letting Them Play Games</p> <p>Franny Lee</p>	<p>Character Education Comes to Life</p> <p>Dr. Joshua Cole</p>		<p>Virginia ACTE Leadership Fellowship: Growing Virginia's CTE Leaders</p> <p>Laura Smith</p>	<p>Success for All: Effectively Serving Students with Significant Disabilities in CTE Programs</p> <p>Kendel St. John</p>
4:00 p.m. to 5:00 p.m.		<p>Grow Your Own with Educators Rising</p> <p>Marthe Gullede</p>	<p>Create an Epic Child Care Training Experience with Realityworks' Newest Simulation</p> <p>Laura Brawley</p>	<p>Character Education Comes to Life</p> <p>Dr. Joshua Cole</p>	<p>FCS in Quilting</p> <p>Roy Mitchell</p>	<p>Supporting New CTE Teachers by Sending Out an SOS - Support Options for Success</p> <p>Laura Smith</p>	<p>Dress to Reflect, Lead & Succeed: Empowering Through Professional Image</p> <p>Kelli Stenhouse</p>
4:00 p.m. to 5:00 p.m.	Beyond Basic Beef, Part 3 with Chefs Tanya Cauthen, Stephanie Weiss & Dan Rothstadt Continuation of the earlier sessions will be held outside the Conference Center at the Zwilling Airstream						

TUESDAY, JULY 23, 2024


Registration
7:00 a.m. to 12:00 p.m.
Conference Center
Pre-Function Area

Session #42
7:45 a.m. to 8:45 a.m.
Shenandoah Ballroom
Session Title: Breakfast and VDOE Updates

Evaluate Sessions & Log Attendance as You Go

At the conclusion of each session, your room facilitator will provide an attendance code. This code is used to track your Professional Development Hours.

https://www.surveymonkey.com/r/PDI_Session_Eval_24



Session Description: A continental breakfast will be served from 7:45 a.m. to 8:15 a.m. VDOE Updates will begin at 8:15 a.m. ***All institute attendees should attend this session for regulatory updates pertaining to the 2024-2025 school year.***

Career Cluster Represented:



Presenters: *Toshieba Ragland, President, 2023-2024 VATFACS, Inc., Lake Braddock Secondary School, Fairfax County Public Schools and Heather M. Jones, FCS & Related Clusters Specialist, Virginia Department of Education*

TUESDAY, JULY 23, 2024, *continued*

Session #43

8:30 a.m. to 11:30 a.m.

Appalachian Ballroom A

Session Title: Standard CPR /First Aid /AED Training

Pre-registration and an additional fee are required for this exam.

Session Description: CPR / First Aid /AED is an in-person course that will meet OSHA, the Department of Education, and the Department of Social Services requirements for CPR/AED and First Aid Certification for a two-year period.

Career Clusters
Represented:



Presenter: Brad Neher, *Instructor, Emergency Prep CPR, Bridgewater, Virginia*

Session #44

9:00 a.m. to 10:10 am.

Allegheny Ballroom A

9:00 a.m. to 11:

Session Title: AAFCS Broad Field FCS Exam for Virginia FCS Educators Part 1

Pre-registration and an additional fee are required for this exam.

Session Description: AAFCS Family and Consumer Sciences (FCS) credentials are comprehensive assessments of the knowledge and skills in the Family and Consumer Sciences content areas and are central to career areas involving human service; consumer services, protection, and advising; education and training; and social and community services. The Broad Field FCS credential is a Virginia Board of Education-approved industry recognized credential for teachers with an FCS endorsement who need to meet the industry credentialing licensure requirement. Pre-registration for the exams is required.

Teachers should note that if they miss their scheduled test, they do forfeit their testing fee and would be required to pay another testing fee to secure another registration/administration opportunity in the summer of 2025 during VATFACS PDI. Note: Testing session is limited to 10 participants.

Career Clusters
Represented:



Presenters: Helen G. Fuqua, *Associate Director, Credentialing Programs, American Association for Family and Consumer Sciences* and Kevin Cabbage, *District Area Information Technologist, Virginia Cooperative Extension, Northern District*

TUESDAY, JULY 23, 2024, *continued*

Session #45

9:00 a.m. to 11:30 a.m.

Allegheny Ballroom B

Session Title: ServSafe Food Protection Manager Exam – Renewal

Pre-registration and an additional fee are required for this exam.

Session Description: Conference attendees who need to renew their ServSafe Food Protection Manager credential will have the opportunity to take the ServSafe Food Protection Manager Exam during the Tuesday morning credentialing block. The test will be provided in a paper, in-person format. Prepayment and preregistration with Virginia Cooperative Extension is required.

Career Clusters
Represented:



Presenter: Becky Gartner, *Extension Agent, Family and Consumer Sciences, Virginia Cooperative Extension*

Session #46

9:00 a.m. to 11:30 a.m.

Allegheny Ballroom C

Session Title: WISE Credentialing Exam

Pre-registration and an additional fee are required for this exam.

Session Description: Virginia teachers may take the WISE test. This is one of the Virginia Board of Education-approved credentials for family and consumer sciences teachers in Virginia. *Note: Testing session is limited to 10 participants.*

Career Clusters
Represented:



Presenter: Working in Support of Education (WISE)

TUESDAY, JULY 23, 2024, *continued*



Juliann Tripp



Keith Cartwright

Session #47 SUPER SESSION

9:00 a.m. to 11:30 a.m.

Appalachian Ballroom B and C

Session Title: Nurturing Healthy Resilience: Understanding Adverse Childhood Experiences to Create Trauma-Informed Learning Opportunities and Discover Your Self-Care Superpower!

Note: Required for those not sitting for a credentialing exam

Session Description: In recent years, the concept of adverse childhood experiences (ACEs) has gained significant attention due to its profound impact on health and well-being. ACEs encompass a range of stressful or traumatic events during childhood, including abuse, neglect, and household dysfunction. Understanding the implications of ACEs is crucial for educators, caregivers, and communities aiming to foster resilience in children and youth. By recognizing the signs of trauma and implementing trauma-informed practices, we can create supportive environments and teach self-care practices that mitigate the negative effects of ACEs and promote learning, healing, and growth.

During this session, participants will learn about trauma-informed practices that prioritize safety, trustworthiness, and empowerment. It is essential to build strong, positive relationships with students, as these connections can serve as a foundation for resilience. Additionally, integrating social-emotional learning (SEL) into the curriculum helps children develop essential skills like emotional regulation, empathy, and problem-solving. By acknowledging the impact of trauma and intentionally designing nurturing learning experiences, we can help children and youth build the resilience they need to thrive despite their challenges.

Parallel to fostering resilience in students, discovering and embracing one's own self-care superpower is a vital component for educators. Self-care is not a luxury but a necessity. Identifying what rejuvenates and sustains you enables you to maintain your well-being and effectiveness in your role. By modeling self-care, adults can also teach children the importance of taking care of themselves. Ultimately, a holistic approach that combines trauma-informed practices with robust self-care strategies can create an environment where everyone can thrive.

Career Clusters
Represented:



Presenters:

Juliann Tripp, MSW, *Director of Workforce Initiatives at the Virginia Department of Behavioral Health and Developmental Services*

Keith Cartwright, *Adverse Childhood Experiences Coordinator for the Virginia Department of Behavioral Health and Developmental Services.*

TUESDAY, JULY 23, 2024, *continued*

Session #48 General Session
11:45 a.m. to 1:15 p.m.
Shenandoah Ballroom



Dr. Joshua Cole

Luncheon General Session & Keynote with Dr. Joshua Cole
It's Time to Power Up!

Turn your obstacles into opportunities for outcomes by becoming the best version of yourself! Educators will learn to achieve the results they desire through the development of the following: but not limited to the superpowers of, interpersonal respect, actions of fairness, and an unwavering loyalty to those they serve. During this keynote address, educators will be inspired by six lessons to "power up" their own superpowers. The lessons include: being ready to put in the work, having a calm outlook on work and life, making time for yourself and family, building relationships with anyone and everyone, displaying a humble confidence, and living a life of integrity.

Career Clusters
Represented:



Session #49
1:30 p.m. to 2:30 p.m.
Appalachian Ballroom A
Session Title: FCCLA Super Update

Session Description: As a super adviser or adviser to be, get the latest and best information to have your chapter become the SUPER CHAPTER related to national programs, opportunities, recognitions, conferences and SO MUCH MORE!

Career Cluster
Represented:



Presenters: Connie Rhoton, *Virginia FCCLA State Staff* and 2024-2025 FCCLA State Executive Council Members

TUESDAY, JULY 23, 2024, *continued*

Session #54

1:30 p.m. to 2:30 p.m.

Allegheny Ballroom C

Session Title: A Dozen Reasons to Include Eggs and Become an Eggs-pert

Session Description: Come join this old-school type of presentation that shows how to wake up an audience of students with the importance of eggs in our diet and tips for preparation. The beauty of FCS is teachers don't always need to do a PowerPoint presentation to get our message across - which can get old and boring, class after class. This presentation will demonstrate how to do a presentation in a clever, informative, and memorable way and is bound to "egg-cite"!

Career Clusters
Represented:



Presenter: Mary Rapoport, *Consumer Affairs, Educational Director, Virginia Egg Council*

Session #55

2:45 p.m. to 3:45 p.m.

Outside Hotel Madison circle at the Zwilling Airstream Trailer

Session Title: Beyond Basic Beef: Learn how to Breakdown a Beef Primal into Retail Cuts, Part 2

Session Description: Dive into an immersive workshop focusing on beef quality and carcass breakdown. Learn basic carcass butchery while exploring the primals, subprimals, and retail cuts during this beef-cutting demonstration. Engage in dynamic discussions on carcass quality and cut variations. This interactive session will encourage questions, promising an enriching experience. Enjoy samples cooked on site in the Zwilling Airstream and gain valuable skills to translate to your students in the classroom.

Career Clusters
Represented:



Presenters: Chef Tanya Cauthen, *Owner, Belmont Butchery*, Stephanie Weiss, *Executive Director, Virginia Beef Council*, and Chef Dan Rothstadt, *Zwilling JA Henckels*

TUESDAY, JULY 23, 2024, *continued*

Session #56

2:45 p.m. to 3:45 p.m.

Offsite Activity (Preregistration Required – No Fee)

Session Title: Mount Crawford Creamery Tour

Session Description: Arrive in time to learn about and assist feeding the calves at 2:45. Move into the milking area starting at 3:00 p.m. where attendees will be able to "get down in the ditches". Finish up with a tour of the milk production building & observe the actual production process using a substitute liquid...water. Take time and make a purchase to keep in your hotel fridge. Perhaps a stop at Smiley's Ice Cream can be added...it's made from the ice cream blend produced by Mt. Crawford Creamery.

Career Cluster
Represented:



Presenters: Frank Will and Kenny Will, *Mount Crawford Creamery*

Session #57

2:45 p.m. to 3:45 p.m.

Appalachian Ballroom A

Session Title: Teachers for Tomorrow supporting Growing Your Own

Session Description: Loudoun County Public Schools (LCPS) has a "grow your own" attitude when it comes to solving the challenge of staffing schools. Join this session to learn more about the successful partnership LCPS has with Shenandoah University (SU), and the strategies they use to capture the interests of potential teachers. Students are exposed to a world-class curriculum and hands-on experiences that focus on teaching while earning up to six (6) dual enrollment credits.

Career Clusters
Represented:



Presenter: Denny Keffer, *Shenandoah University, Director of Extended and Distance Education*

Session #58

2:45 p.m. to 3:45 p.m.

Appalachian Ballroom B

Session Title: How to Prove You're Improving Students' Career Readiness - by Letting Them Play Games

Session Description: This session shares exclusive career-readiness data surveyed from thousands of students across the US. Learn how Worktour's innovative data analytics tools are tightly tied into fun, innovative virtual workplace tours and games, to help schools showcase their impact on students' career-readiness and prove how many careers they've helped students discover.

Career Clusters
Represented:



Presenter: Franny Lee, *Worktour*

TUESDAY, JULY 23, 2024, *continued*

Session #59

2:45 p.m. to 3:45 p.m.

Appalachian Ballroom C

Session Title: Character Education Comes to Life

Session Description: Learn specific strategies for teaching character traits to students through social emotional learning competencies. Developing a growth mindset in students is doable with a focus on teaching self-control, gratitude, curiosity, social intelligence, optimism, and grit in your classroom and school. Relationship building is at the core of creating an equitable learning environment that encompasses character education to meet the needs of all students. Walk into your classroom and set your school up for success with tools for integrating character traits into the curriculum. You will come out teaching your students to be better learners and leaders.

Career Cluster
Represented:



Presenter: Joshua Cole, *Educator, Author, Keynote Speaker*

Session #60

2:45 p.m. to 3:45 p.m.

Allegheny Ballroom B

Session Title: Virginia ACTE Leadership Fellowship - Growing Virginia's CTE Leaders

Session Description: The CTE Professional Organizations are an integral part of support for CTE professionals. Networking and learning from one another allows us to learn and grow together! Virginia ACTE is launching a Leadership Fellowship program to promote professional development, leadership, advocacy, and mentorship for all CTE professionals across the Commonwealth. This program will help support and grow Virginia's CTE Leaders.

Career Clusters
Represented:



Presenter: Laura Smith, *Drafting/CAD Instructor - Washington County Public Schools and Virginia ACTE Vice President for Membership*

TUESDAY, JULY 23, 2024, *continued*

Session #61

2:45 p.m. to 3:45 p.m.

Allegheny Ballroom C

Session Title: Success for All: Effectively Serving Students with Significant Disabilities in CTE Programs

Session Description: Did you know the number of students with disabilities enrolled in CTE coursework increased by 73% between 2008 and 2018? Along with this general increase in students with disabilities, CTE programs served more students with significant disabilities. This presentation seeks to provide FACS teachers with strategies and tools to work with students with significant disabilities through successful collaborative partnerships with special educators. Participants will learn how to effectively collaborate with special education case managers, provide accommodations and modifications that address student needs and support the learning environment, and share vital information as part of the IEP team. Teachers will leave this session with ideas and innovations to expand their toolbox.

Career Clusters
Represented:



Presenter: Kendel St. John, *Center on Transition Innovations, Virginia Commonwealth University*

Session #62

4:00 p.m. to 5:00 p.m.

Appalachian Ballroom A

Session Title: Grow Your Own with Educators Rising

Session Description: Educator shortages impact many districts, yet we know that 60% of teachers return to teach within 20 miles of where they attended high school. Start recruiting from within by implementing an Educators Rising program in your district to ensure your future educators will reflect the community in which they serve. This session provides participants with resources, exemplars, and strategies to implement a Grow Your Own model in your community.

Career Clusters
Represented:



Presenter: Marthe Gulledge, *PDK International/Educators Rising Outreach Coordinator*

TUESDAY, JULY 23, 2024, *continued*

Session #63

4:00 p.m. to 5:00 p.m.

Appalachian Ballroom B

Session Title: Create an Epic Child Care Training Experience With Realityworks' Newest Simulation

Session Description: Brace yourself for the dawn of a new era in childcare simulation. During this free presentation, you'll meet Realityworks' brand-new Child Care Experience™ program, a complete childcare teaching solution. You'll learn how it uses simulation, software, occupational tools of the trade and curriculum to give students true-to-life, in-class experience caring for multiple infants simultaneously.

Career Clusters
Represented:



Presenters: Laura Brawley, Realityworks, Inc.

Session #64

4:00 p.m. to 5:00 p.m.

Appalachian Ballroom C

Session Title: Character Education Comes to Life

Session Description: Learn specific strategies for teaching character traits to students through social emotional learning competencies. Developing a growth mindset in students is doable with a focus on teaching self-control, gratitude, curiosity, social intelligence, optimism, and grit in your classroom and school. Relationship building is at the core of creating an equitable learning environment that encompasses character education to meet the needs of all students. Walk into your classroom and set your school up for success with tools for integrating character traits into the curriculum. You will come out teaching your students to be better learners and leaders.

Career Clusters
Represented:



Presenter: Dr. Joshua Cole, *Educator, Author, Keynote Speaker*

TUESDAY, JULY 23, 2024, *continued*

Session #65

4:00 p.m. to 5:00 p.m.

Allegheny Ballroom A

Session Title: FCS in Quilting

Session Description: To improve a continuous active learning process through hands-on application. With reflecting, learning, and action to further a teacher’s knowledge and skills. These attributes will benefit the enhancement of teaching practices that positively impact students' learning. These skills are obtained through entrepreneurial opportunities. This session will introduce therapeutic practices that will grow students’ SEL. Students will acquire skills that can be applied to real-world situations.

Career Clusters
Represented:



Presenter: Roy Mitchell, *Master Quilter / Yvonne B. Miller High School & Post-Secondary Programs*

Session #66

4:00 p.m. to 5:00 p.m.

Allegheny Ballroom B

Session Title: Supporting New CTE Teachers by Sending out an S.O.S. - Support Options for Success

Session Description: Many new CTE teachers have come to the classroom direct from industry without prior teaching experience or training. The CTE Teacher S.O.S. - Support Options for Success - program was created with the career-switcher teacher in mind. The program was piloted during the 2023-2024 school year through a series of in-person and virtual training options. In this session we will look at the program's beginning, results from the first year, and where we go from here.

Career Cluster
Represented:



Presenter: Laura Smith, *Drafting/CAD Instructor, Washington County Public Schools and Virginia ACTE Vice President for Membership*

TUESDAY, JULY 23, 2024, *continued*

Session #67

4:00 p.m. to 5:00 p.m.

Allegheny Ballroom C

Session Title: Dress to Reflect, Lead, and Succeed: Empowering Educators Through Professional Image

Session Description: In the dynamic landscape of education, how we present ourselves significantly influences how we are perceived and respected. This workshop aims to empower educators by exploring the correlation between professional attire and the attainment of respect, influence, and success in the classroom and beyond. Join Kelli for an engaging and insightful workshop designed to elevate your professional image as an educator. In this interactive session, we'll delve into the power of dressing to reflect the respect you deserve and the impact it has on achieving your professional goals.

Career Cluster
Represented:



Presenter: Kelli Stenhouse, *Prince William County Public Schools Organization Development Specialist*

Do you need resources to explain FCS Education to different audiences in your community?

Visit <http://www.fcsed.net>

Wednesday, July 24, 2024 – Day-at-a-Glance							
Conference Registration – Conference Center Pre-Function Area from 7:00 a.m. to 12:00 p.m.							
Time	Shenandoah Ballroom	Appalachian Ballroom A	Appalachian Ballroom B	Appalachian Ballroom C	Allegheny Ballroom A	Allegheny Ballroom B	Allegheny Ballroom C
7:45 a.m. to 8:45 a.m.	Breakfast & VATFACS, Inc. Annual Business Meeting Shenandoah Ballroom						
9:00 a.m. to 3:30 p.m.	Exhibitor Showcase – Conference Center Pre-Function Area						
9:00 a.m. to 11:00 a.m.		Best Practices Roundtables	Best Practices Roundtables	Best Practices Roundtables			
11:15 a.m. to 12:15 p.m.	Awards, Scholarship & Exhibitor Luncheon Shenandoah Ballroom						
12:30 p.m. to 1:30 p.m.		Floral Design Meets Fashion Chelsea Milks and Kim Cashman	Aligning Resources and Requirements: Utilizing Virginia State Resources to Meet the CDA Training Requirements Kim Thomason	Words Matter! Healthy Messaging Around Food and Nutrition Trends Kathryn Strong	European Cookware: The Best in Enameled Cast Iron and Stainless Cookware Chef Dan Rothstadt	Cookie Cutter Curriculum: Using Eddie and 3D Printing for Cross-Disciplinary Learning Chef Frances Burnett	Removing Subjectivity from Creative Assignments Lisa Campbell
1:45 p.m. to 2:45 p.m.		New FCS Teacher's Guide Rachel Van Pelt & Kristi Kraft	Empowering Students as CDA Candidates: Portfolio Review, Observation Insight and Dialogue Preparation Kim Thomason	LifeSmarts... The Ultimate Consumer Challenge Kimberly Edmonds	Peanuts: A Super Food with Superpowers Leslie Wagner	NASA HUNCH Program Yolanda Watford Simmons	Find Your Framework: Tips from the CTE Resource Center Kevin Reilly
2:45 p.m. to 3:00 p.m.	Refreshment Break with Exhibitors – Conference Center Pre-Function Area						
3:00 p.m. to 3:30 p.m.	Exhibitor Door Prizes – Conference Center Pre-Function Area <i>Institute Certificates will be presented immediately after Exhibitor Door Prizes are drawn in the Conference Center Pre-Function Area</i>						

WEDNESDAY, JULY 24, 2024

Registration
7:00 a.m. to 12:00 p.m.
Conference Center
Pre-Function Area

Session #68 General Session
Shenandoah Ballroom
7:45 a.m. to 8:45 a.m.
Session Title: VATFACS, Inc., Annual Business Meeting

Evaluate Sessions & Log Attendance as You Go

At the conclusion of each session, your room facilitator will provide an attendance code. This code is used to track your Professional Development Hours.

https://www.surveymonkey.com/r/PDI_Session_Eval_24



A continental breakfast will be served from 7:45 a.m. to 8:10 a.m. The VATFACS, Inc. Annual Business Meeting will begin at 8:10 a.m.

Session Description: The purpose of this session is to conduct the annual meeting for the Virginia Association for Teachers of Family & Consumer Sciences, Inc. (VATFACS).

Presenter: Toshieba Ragland, *President, 2023-2024 VATFACS, Inc., Lake Braddock Secondary School, Fairfax County Public Schools*

VATFACS, Inc.
2024-2025 Proposed Strategic Plan

“FCS Empowers Innovation”

We are Bold, Revolutionary & Trailblazing

Transform community partnerships that embody economic evolution by identifying trailblazing global occupations that support Family Consumer Science curricula.

Goal	Objective	Action
1. Professional Development	A. Develop an inclusive partnership among the workforce to ensure teachers are connecting to the Family and Consumer Sciences curricula. B. Collaborate with local trade schools, colleges, and universities to create holistic growth awareness for the Family and Consumer Sciences curricula.	A. Collect ideas for learning opportunities via the VATFACS Board for content-specific on-demand learning opportunities. B. Secure sponsorship for all courses to be free or reduce costs for VATFACS members.

VATFACS, Inc.
2024-2025 Proposed Strategic Plan, continued

Goal	Objective	Action
2. Teacher Pipeline Shortage	C. Identify deficient subject areas to support workforce demand. D. Solicit avenues that Family and Consumer Sciences curricula is addable to multiple competencies and standards.	C1. Coordinate FCS Day, FCS Educator Day, and FCCLA Day to enhance networking capabilities. C2. Collaborate with local business to identify their needs and utilize communication plate form to highlight the concerns. E. Collaborate with multiple-dispensary content to identify resources for cross-curriculum opportunities.
3. Leadership Development	F. Promote Family and Consumer Science achievements by identifying leadership characteristics. G. Create a mentor program for career switchers or novice teachers.	A. Ask FCCLA and Educators Rising to disseminate information via their Advisor Newsletters. B. Identify teachers with years of experience of integrating Family and Consumer Science curricula.



Join a
VATFACS Committee*
 today!



Committees you can join include:

Scholarships
 Exhibits
 Finance

Nominations and Elections
 Strategic Planning
 Awards and Honors

History
 Membership
 Institute Program

Constitution
 Public Information

Learn more about the different committees and volunteer here:

<https://www.vatfacs.net/get-involved>

**You must be a dues-paying member of VATFACS to serve.*

WEDNESDAY, JULY 24, 2024, *continued*

Session #71 General Session Luncheon

11:15 a.m. to 12:15 p.m.

Shenandoah Ballroom

Session Title: VATFACS, Inc. Awards, Scholarships & Exhibitor Luncheon

Session Description: VATFACS will recognize the award and scholarship winners during the luncheon.

Career Clusters
Represented:



Presenters: VATFACS, Inc. Board of Directors, Virginia FCCLA State Executive Council Members, and VATFACS Sponsors

Sponsors:



Virginia Association of Teachers of Family and Consumer Sciences Teacher of the Year

Eligibility: Applicant must be currently employed as a full-time family and consumer sciences classroom teacher other than at the baccalaureate level. Candidate must be a member of VATFACS, Inc. To advance to the regional and national levels, candidates must meet the criteria below and demonstrate active involvement with the Career and Technical Student Organization (CTSO), FCCLA.

For advancement to regional and national levels:

- Candidate is a classroom teacher.
- Contributions and achievements on which the nomination is based should be made within the past 10 years.
- Involved in Association for Career and Technical Education activities at the regional and/or national level.
- A member of ACTE and Virginia ACTE for the past five consecutive years.
- Recognition by persons outside of family and consumer sciences will make the candidates more competitive at the regional and national level.
- Contributions to education outside of family and consumer sciences on state and national levels will be highly competitive on the national level.
- Contribution to civic and philanthropic causes may also provide a competitive edge on the national level competition.

WEDNESDAY, JULY 24, 2024, *continued*

Session #72

12:30 p.m. to 1:30 p.m.

Appalachian Ballroom A

Session Title: Floral Design Meets Fashion

Session Description: In this workshop, you will identify techniques related to floral and fashion design, explore trends in florals and fashion, and integrate hands-on learning in your classroom! You will create a floral headband using fresh florals.

Career Clusters
Represented:



Presenters: Chelsea Milks and Kim Cashman, *Liberty University, Family and Consumer Sciences Department*

Session #73

12:30 p.m. to 1:30 p.m.

Appalachian Ballroom B

Session Title: Aligning Resources and Requirements: Utilizing Virginia State Resources to Meet the CDA Training Requirements

Session Description: This 60-minute session aims to explore and connect professional opportunities offered by various organizations with the training requirements outlined in the Child Development Associate (CDA) certification.

Career Cluster
Represented:



Presenters: Kim Thomason, *Early Childhood Education Initiative Program Manager at Virginia Tech*

Session #74

12:30 p.m. to 1:30 p.m.

Appalachian Ballroom C

Session Title: Words Matter! Healthy Messaging around Food and Nutrition Trends

Session Description: Teens are inundated with messages from social media, advertising, family and community. Make your classroom a safe and respectful space to learn about foods, health and body weight. Join Virginia Cooperative Extension for an interactive discussion about current food and diet trends and squaring them with appropriate child development. And learn about VCE's nutrition and health education materials that are free to teachers!

Career Cluster
Represented:



Presenter: Kathryn Strong, *Virginia Cooperative Extension*

WEDNESDAY, JULY 24, 2024, *continued*

Session #75

12:30 p.m. to 1:30 p.m.

Allegheny Ballroom A

Session Title: European cookware: the best in Enameled Cast iron and Stainless Steel

Session Description: Come see and celebrate 50 years of Staub French enameled cast iron cookware. See how we make our amazing pots and pans. Then we take a trip across the border to Belgium to learn and see how we make our Demeyere stainless steel cookware, the choice of all Michelin Starred Restaurants in Europe.

Career Clusters

Represented:



Presenter: Chef Dan Rothstadt, *Zwilling JA Henckels*

Session #76

12:30 p.m. to 1:30 p.m.

Allegheny Ballroom B

Session Title: Cookie Cutter Curriculum: Using Eddie and 3D Printing for Cross-Disciplinary Learning

Session Description: A dynamic session designed for FCS educators looking to harness their superpower by integrating cutting-edge technology into their curricula. Discover how Eddie and 3D printing can bridge various educational pathways—from agriculture to IT—enhancing student engagement and interdisciplinary collaboration. Participants will learn practical strategies for implementing these technologies to foster creativity, entrepreneurial thinking, and real-world skills. Leave empowered to transform your classroom into an innovation hub that prepares students for the future.

Career Clusters

Represented:



Presenters : Chef Frances Burnett, *Johnson & Wales University*

Session #77

12:30 p.m. to 1:30 p.m.

Allegheny Ballroom C

Session Title: Removing Subjectivity from Creative Assignments

Session Description: Grading creative projects can be tough! This interactive presentation provides strategies on how to remove subjective elements from the grading rubric while encouraging students to use their imagination. Geared for teachers who have creative/artistic assignments in their curriculum, attendees will come away with strategies on writing effective grading rubrics and assignments that encourage artistic expression while meeting the goals of the course curriculum.

Career Cluster

Represented:



Presenter: Lisa Campbell, *Interior Design Program Director, Liberty University*

WEDNESDAY, JULY 24, 2024, *continued*

Session #78

1:45 p.m. to 2:45 p.m.

Appalachian Ballroom A

Session Title: New FCS Teacher's Guide

Session Description: You've said 'Yes to FCS'... now what? All new (or new-ish) FCS teachers are invited to this session! Learn tips and techniques from experienced FCS teachers to make your first few years a success. You will leave this session with resources to help you get your year started, how to plan lessons and prepare your learning environment, tips for lab management, and much more.

Career Clusters
Represented:



Presenters: Rachel Van Pelt, *Madison HS, Fairfax County Public Schools* and Kristi Kraft, *Herndon HS, Fairfax County Public Schools*

Session #79

1:45 p.m. to 2:45 p.m.

Appalachian Ballroom B

Session Title: Empowering Students as CDA Candidates: Portfolio Review, Observation Insight and Dialogue Preparation

Session Description: This 60-minute session is designed to enhance the success of high school CDA candidates in their Verification Visit. This session, presented by a CDA Professional Development Specialist, will dive into portfolio criteria, understanding the observation process, and preparation for reflective dialogue.

Career Clusters
Represented:



Presenters: Kim Thomason, *Early Childhood Education Initiative Program Manager at Virginia Tech*

Session #80

1:45 p.m. to 2:45 p.m.

Appalachian Ballroom C

Session Title: LifeSmarts...The Ultimate Consumer Challenge

Session Description: LifeSmarts is the nation's premier consumer program, providing real-world education to students who learn about core consumer topics and develop critical thinking skills and leadership opportunities. LifeSmarts is a comprehensive consumer education program that is free to middle and high school students and educators. Learn more about the quiz style competition which tests the knowledge in five topic areas: personal finance, technology, the environment, consumer rights and responsibilities and health and safety. This workshop will include a hands-on demonstration of the competition, information on online teaching resources, ideas for incorporating into your classroom and incentives for FBLA and FCCLA teams.

Career Cluster
Represented:



Presenter: Kimberly Edmonds, *Virginia Cooperative Extension, Henrico County*

WEDNESDAY, JULY 24, 2024, *continued*

Session #81

1:45 p.m. to 2:45 p.m.

Allegheny Ballroom A

Session Title: Peanuts: A Super Food with Superpowers

Session Description: Virginia grows peanuts, but did you know that peanuts are a super food with superpowers? Hear the latest in nutrition research; how peanuts are sustainable both environmentally and nutritionally; how to use peanuts in your culinary program; best practices to manage food allergens in a school setting; the latest on food allergy including how to prevent peanut allergy with early introduction at 4–6 months; and the available free curriculum and materials for culinary and food & nutrition sciences.

Career Cluster
Represented:



Presenter: Leslie Wagner, *Southern Peanut Growers*

Session #82

1:45 p.m. to 2:45 p.m.

Allegheny Ballroom B

Session Title: NASA HUNCH Program

Session Description: Join the discussion for how to empower and inspire students through a Project Based Learning program where students learn 21st century skills and can launch their careers through participating in the design and fabrication of real-world valued products for NASA and the International Space Station (ISS.) HUNCH is an innovative school-based program that partners NASA Centers with high schools, elementary, middle and post-secondary students nationwide. The partnership involves students fabricating real-world products for NASA and astronauts aboard the International Space Station (ISS) as they apply their science, technology, engineering, and mathematics (STEM) skills while learning to work in teams and think creatively. HUNCH reaches students across the nation with diverse interests and brings them into the ISS program, creating various products to improve the lives of the Space Station crew. Receiving input directly from astronauts to enhance crew life on the ISS provides multiple avenues within and beyond the STEM field while including students as part of the global effort to research space. NASA HUNCH brings high school students new educational experiences with NASA projects in the following areas: Design & Prototyping, Culinary, Health & Biomedical Science, Video & Media, Software, Hardware, and Sewn Flight Articles.

Career Cluster
Represented:



Presenters: Yolanda Watford Simmons, *Program Manager/ NASA Langley Research Center*

WEDNESDAY, JULY 24, 2024, *continued*

Session #83

1:45 p.m. to 2:45 p.m.

Allegheny Ballroom C

Session Title: Find Your Framework: Tips from the CTE Resource Center

Session Description: The CTE Resource Center, your source for Virginia's public school CTE curriculum, will show how to access your curriculum from the Center's new website and through Canvas/Virtual Virginia, and show different ways to integrate your current lessons and resources with the curriculum.

Career Cluster
Represented:



Presenter: Kevin Reilly, *Virginia's CTE Resource Center, Henrico County*

Session #84

2:45 p.m. to 3:30 p.m.

Conference Center Pre-Function Area

Session Title: Refreshments Break with Exhibitors and Exhibit Door Prizes

Session Description: Join us for another opportunity to visit with exhibitors and enjoy refreshments before heading home. Be present for exhibitor door prize drawings, complete your conference evaluation before heading home. Professional Development Institute Certificates will be presented individually after the Exhibitor Door Prizes drawings.

Presenters: VATFACS, Inc. Board Members

Professional Development Certificates

Evaluate the overall conference using the online conference evaluation using the URL - https://www.surveymonkey.com/r/PDI_Eval_24 or access the evaluation with a QR Code Reader.



VATFACS PDI attendees will receive their professional development documentation at the close of the Institute once your conference evaluation is received by VATFACS Board Members.

Professional Development Institute Certificates can be picked up at the Registration Tables at the conclusion of the Exhibitor Door Prize Drawings.



Have a wonderful 2025 School Year!

To receive updates about all things Virginia FCS Education, Emily O'Connor, emilyjoconnor@gmail.com to be added to the VATFACS / FCS Listserv.

Post-Institute Days-At-A-Glance			
Day and Time	Appalachian Ballroom A	Appalachian Ballroom B	Appalachian Ballroom C
Thursday, July 25, 2024 8:00 a.m. to 4:30 p.m.	ServSafe Training and Test Becky Gartner 8:00 a.m. to 5:00 p.m.	Teacher Cadet Breakfast 7:30 a.m. to 8:00 a.m. Teacher Cadet Lunch 11:45 a.m. to 12:15 p.m.	Teacher Cadet Training Emily O'Connor, Diane Breinig, Dr. Amber Tiernan & Kimberly Wilson
Friday, July 26, 2024 8:00 a.m. to 4:30 p.m.		Teacher Cadet Breakfast 7:30 a.m. to 8:00 a.m. Teacher Cadet Lunch 11:45 a.m. to 12:15 p.m.	Teacher Cadet Training Emily O'Connor, Diane Breinig, Dr. Amber Tiernan & Kimberly Wilson

Post-Institute Session #1

8 a.m. to 4:30 p.m.

Appalachian Ballroom A

Session Title: **ServSafe Food Protection Manager Training and Testing**

Pre-registration and additional fee required

Session Description: Teachers will participate in the one-day ServSafe Food Protection Manager training and complete the assessment to earn the ServSafe Food Protection Manager certification. Those attending the training will have an opportunity for an on-your-own lunch break.

Career Clusters

Represented:



Presenter: Becky Gartner, *Extension Agent, Family and Consumer Sciences, Virginia Cooperative Extension*

POST-INSTITUTE SESSIONS, *continued*

Institute Sessions #2 and #3

8 a.m. to 4:30 p.m. each day

Appalachian Ballroom C

Session Title: *Teacher Cadet Curriculum Training, Part I and Part II*

Pre-registration and additional fee required

Provider: CERRA, Winthrop University, 525 Eden Terrace, Rock Hill, SC 29733

Session Description: The *Teacher Cadet Curriculum* is a national model for pre-collegiate recruitment programs. *Teacher Cadet* is an innovative, curriculum-based college level course designed to introduce secondary students to the education profession. A teacher must receive training from a certified trainer to obtain and use the *Teacher Cadet Curriculum*. Benefits of using the *Teacher Cadet Curriculum* include:

- Instructional resources and lesson plans to support the *Virginia Teachers for Tomorrow* course competencies (e.g. A copy of *Experiencing Education*, training materials, and a one-year subscription to current curriculum resources through the online *Teacher Cadet Hub*.)
- Rigorous college level curriculum for dual enrollment.

Presenters: Dr. Amber Tiernan, *Prince William County Public Schools*; Emily O'Connor, *Retired, Prince William County Public Schools and Self-Employed*; Kimberly Wilson, *Alexandria City Public Schools*

Career Cluster
Represented:



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Thank you to sponsors for assisting us with providing professional development, scholarships, and awards for FCS teachers and students Virginia.

We are grateful for your support!

2024 VATFACS PDI Exhibitors

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Babylon Micro-Farms

CTE Resource Center

Elizabeth Paige Candles

Goodheart-Willcox Publisher

iCEV

Johnson & Wales University

Liberty University

National High School BBQ Association

PDK International/Educators Rising

Realityworks, Inc.

Virginia Egg Council

Virginia Family, Career and Community Leaders of America Association

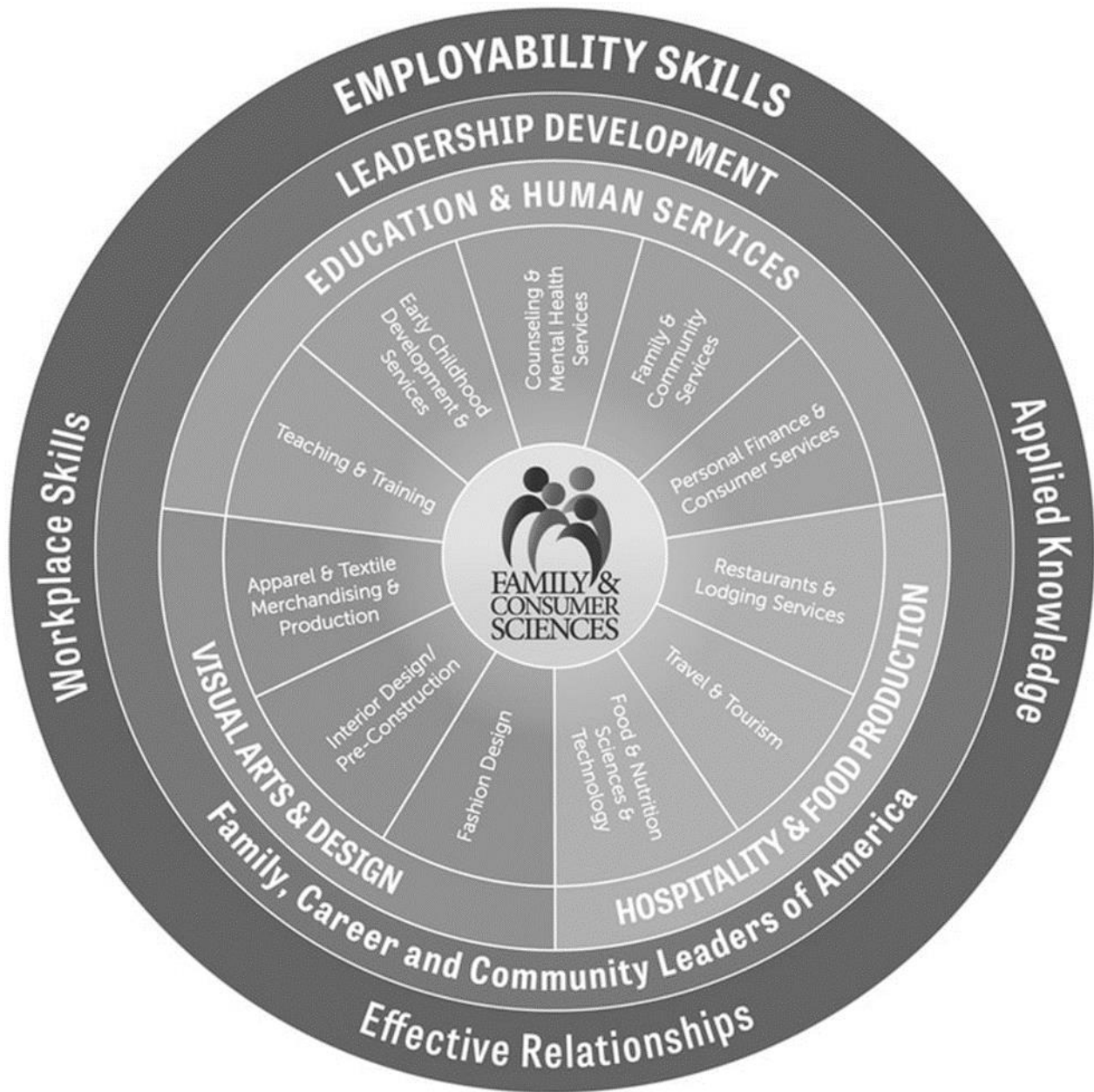
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for their support of FCS education in Virginia!**

Framework for Family & Consumer Sciences in CTE



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Save the Date!

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Wyndham Virginia Beach Oceanfront
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