D E K A L B
HIGH SCHOOL FHA
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One recent activity our school did was a public display at the

Texarkana Fours States Fair. This is a major fair and livestock show that has an attendance of over 150,000 visitors in a 10 day period.

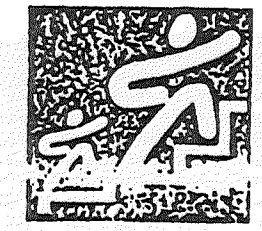
Our FHA chapter combined with four other FHA chapters in our county and made a display with brochures.
Our display area was approximately 7 feet tall and four feet wide.
We took a children's clown costume, stuffed it with papers, added a head and wig. For hands and feet we stuffed socks.
The clown was placed on a stool.

We took five colored mylar balloons (with no writing or design on them, and using wide markers, we wrote the five families first units. Families Today, You-Me-Us, Meet the Challenge, Balancing Family and Career, and Parent Practice.
We did not inflate the balloons, but arranged them so all could be easily read and them stapled them to the backdrop. We added ribbons, to resemble balloon strings and put the end of the strings in the clown's hand.

We had developed five pamphlets, one for each Families First Unit. The pamphlets gave suggestions that a family could do to
1. Understand and Celebrate Families - Families Today
2. Strengthen Family Relationships - You-Me-Us
3. Overcome Obstacles Together - Meet the Challenge
4. Manage Multiple Responsibilities (especially to reduce stress)- Balancing Family and Career
5. Learn to nurture Children - Parent Practice

Each pamphlet was color coded to match the color of the balloon for that Families First Unit. We made approximately 500 of each pamphlet.....all we gone within a few days.
The money that the FHA Chapters won for their display was donated to the Abused Women's Shelter.

Another similar activity at our local school was at Christmas. We decorated a tree with all white lights and red ribbons. Five Large packages were placed under the tree, but on each package was a very large tag....each with a Families First Unit and activity on it.



MEET THE CHALLENGE

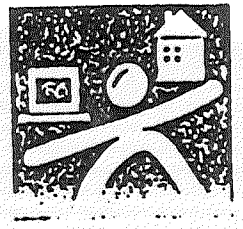
(Overcome Obstacles Together)

1. Invite a speaker from a domestic violence shelter, or other community agency to discuss family violence. Find out ways to deal with anger and stress. Develop a flyer from information.

2. Find out about dangers and difficulties of runaways. Make a poster or video and share with your class.

3. Find ways to help with holiday stress - collect and donate food toys, etc. to the needy; decorate a tree or hang lights for grandparents, elderly neighbors, handicapped; offer to shop and/or wrap packages for others.

4. Plan and carry out a Family Fitness program for better health.



BALANCING FAMILY AND CAREER

(MANAGE MULTIPLE RESPONSIBILITIES)

1. Publish a family scheduling calendar to note family member's significant upcoming events and to schedule family time and activities together.

2. Survey local employers to discover the skills, abilities and attitudes they consider most important for young workers. Make a list of the top 5, then develop ideas for how those skills are also used in the family. Develop a skit to demonstrate a skill.

3. Survey families for suggestions of ways to make the most of "time" they create through better management. Publish a list to distribute.

4. Investigate a career that relates to family.

5. Be more responsible for carrying out duties/chores within your family.

6. Help create a family budget.

" FAMILIES FIRST"

These projects were completed in a semester by Family and Consumer Sciences classes and Future Homemakers members.

GOALS:

To become a strong member of the family

Learn to manage time and money

Focus attention on the need for community service projects

Help others to learn to put **"Families First"**

HIGHLIGHTS OF SOME OF THE PROJECTS CARRIED OUT:

Future Homemakers of America members hosted a family night to honor all parents and other family members. Guest speaker spoke on good communication skills and positive attention to help create harmony in the future. She talked about the "12 Alternatives to Lashing out at your child".

Students researched cost of having a baby in their community(including prenatal care, clothing, supplies,etc). This project also calculated the cost of raising a child through college age.

Foods classes gave demonstrations to grade school children on the importance of eating nutritious food, plus provided snacks for them. They also talked about turning off the TV and talking during meal time. Students ate lunch with the children in cafeteria.

Community Service projects members completed during this time were: Drug Education week projects were completed at high school, grade school and in the community. Another project the members worked on was wrapping gifts for community needy children and delivering them before Christmas.

During the "Week of the Child" members were assigned a younger child at the grade school- they read books to them and spent time talking to them. This was coordinated with the Elementary Librarian and classroom teachers.

SUMMARY OF PROJECTS

These projects were a part of the chapter members emphasis on **"Families First"**. The members had a wide range of activities to help them feel good about what they learned and how to help others.

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