

SAM HOUSTON HIGH SCHOOL FAMILY & CONSUMER SCIENCE

VOLUME 1, No. 1, FEBRUARY 2015

FACS (A.K.A. HOME EC) — In the fall, students learned to sew pillows and aprons in class, along with sewing a service project. They transformed old pillowcases into little dresses for children in Africa for the “Little Dresses for Africa” foundation. You can find out more about this project by going to www.littledressesforafrica.org.

In the spring students started cooking in the kitchen during the third 9 weeks. They will learn career development skills along with a glimpse of parenting skills & responsibilities during the fourth 9 weeks.



ADULT RESPONSIBILITIES / PARENTHOOD EDUCATION

— In the fall, students learned about and discussed life events, created a wedding budget project, and participated in a class mock wedding. In the spring, they are learning the importance of financial literacy and parenting skills with life-size mechanical babies.



NUTRITION AND FOODS — These classes participated in the Southwest Louisiana’s 17th annual Rice Cook-off Competition against all the other schools in the parish. **Victoria P.** won *1st place* in our school division and won *first prize* overall in the region with her Cowboy Gumbo! Congrats! N&F classes made gingerbread houses from scratch before Christmas break, and the winner kitchen groups were in 3rd hour— Chelbie M., Abi W., Arial S., and Gabby R. (pictured below); and in 5th hour— Grace M., Katlin S., Sara O. and Zach S. (pictured on right).



HOSPITALITY TEAM — The Hospitality Team is Big Sam’s catering club sponsored by FCCLA. This year the students have decorated, served, and hosted the Back to School Senior Citizen Breakfast, the Homecoming Court Mother/Daughter Luncheon and Class Reunion Dinner, the faculty Thanksgiving Lunch and Christmas treats, and the hospital-ity room at the basketball tournament. In the spring semester, the Hospitality Team will cater the Beta banquet, the Student Council banquet, and the regional CTE breakfast. (See photos on page 2.)



Mrs. Andrea Bourgeois,
Teacher and FCCLA Adviser, is
pictured with Victoria P. after
Victoria won the Rice Cook-off
Competition!



ADVANCED NUTRITION AND FOOD —

This class is dual enrolled at SOWELA and eligible for the ServSafe Certification. If you are interested in waiting tables in high school and/or college to pay for school and bills, ServSafe Certification will help you make more money an hour and aid in management positions for your future.

BAKING AND PASTRIES I AND II — Coming to Sam Houston in the 2016-17 school year will be two new exciting FACS classes—Baking and Pastries I and II! Prerequisites for taking these classes will be Nutrition and Food, and Advanced Nutrition and Food. The Baking and Pastries classes will be dual-enrolled with Sowela Technical Community College.



THIS YEAR'S FCCLA OFFICERS —

Adrienne B., Angel B., Kylie F., Torie G., Annette L., Kaitlyn O. and Kailey W.— Thanks for all the hard work!



UPCOMING PROJECTS —

⇒ FCCLA will host a scavenger hunt for all SHHS students.



⇒ Members will sew Cool-Ties for the troops overseas to keep them cool in the summer months. Cool-Ties are strips of fabric sewn together with beads inside that absorb water.

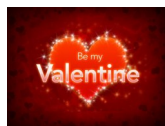
⇒ Members will compete at State Conference in the following events:

Adrienne B.— Advocacy; Makayla G. and Sydnei G.—Power of One; Rainee H. and Kaitlyn O.—Environmental Ambassadors; Mason S.—Sports Nutrition; Angel B.—Fashion Construction.



COMMUNITY PROJECTS — FCCLA members crocheted scarves for the troops overseas as part of *Operation Gratitude*. Members donated toys for children through *Operation Christmas Child*. The *Angel Tree* program was another program that our members participated in by bringing clothes and toys for a little boy who lives in our community. FCCLA celebrated Thanksgiving and Christmas with special needs students by doing arts and crafts with them, and we spread the Christmas spirit to our elders in the community by Christmas caroling at a local nursing home.

CURRENT PROJECTS — FCCLA members are selling Candy Grams February 2—12 during RTI and lunch. See Mrs. Bourgeois or an FCCLA member to purchase a Candy Gram.



MEMBERS OF THE MONTH —

September—Sarah O.; October—Annette L.; November—BreAnn W.; December—Jillian L.; January—Maddison G.

This school does not discriminate on the basis of age, race, sex, religion, qualified handicap or disability.

