

Family and Consumer Sciences (FACS) Implementation in Arlington Public Schools

**A Curriculum Helping Students Improve
Their Lives Now and Preparing Them for
the Challenges of Tomorrow**

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In FACS Classes

Students learn skills and obtain information that assists “individuals, families, and communities to make informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.”

Mission Statement from the American Association of Family and Consumer Sciences, www.aafcs.org



The FACS Umbrella



Content areas, defined by The American Association of Family and Consumer Sciences National Standards for FACS:

Career, Community and Family Connections

Consumer and Family Resources, Financial Education, and Consumer Services

Education, Early Childhood, and Parenting Human Development

Family and Interpersonal Relationships

Family and Community Services

Food Production, Services, Food Science, Dietetics, Nutrition, and Wellness

Hospitality, Tourism, and Recreation

Housing and Interior Design

Textiles, Fashion, and Apparel

Facilities Management and Maintenance

FACS Teaches Students About

- The connection between good decision making, goal setting, planning, implementing learned skills, and positive quality of life.
- Independence, self-reliance, and resiliency
- Hands-on, self-directed and personalized learning
- Expressing creativity
- Student collaboration
- Making connections between core academic classes and different aspects of their personal lives.
- To practice career skills and the correlation between school, home and work expectations.
- Practicing “real world” skills, through labs, scenarios, and simulations.
- STEAM as it relates to multiple facets in life and career paths.
- Career Exploration
- Practical experiences and internships - high school level

Driven by National and State Standards

- Massachusetts Comprehensive Health Standards
- National Health Standards
- National Family and Consumer Sciences Standards
- National Personal Finance Standards
- Massachusetts Vocational Technical Standards in Early Education and Care, Culinary Arts, and Hospitality
- Massachusetts Career Development Education Benchmarks
- Massachusetts Standards for the Arts
- Other Massachusetts and National Standards



Facts About FACS in Arlington

- **Faculty**

- OMS – 2.6 FTE
- AHS – 2.4 FTE
- All Faculty are FACS and Health Certified

- **OMS**

- Students participate in FACS Classes for 1 Quarter
 - 6th Grade – 1 Quarter
 - 7th and 8th Grade- 1 Quarter – switch rooms and teachers at mid-term due to lack of facilities (one foods lab)
 - Covers a range of **Social, Emotional and Practical Life Skills**

- **AHS**

- FACS offers **Elective opportunities** – Full and Semester
- One course meeting the **Fine Arts Requirement**
- One course offering content and contact hours to receive certification with the **Massachusetts Office for Early Childcare and Development.**
- **District and Community partnerships.**
 - Menotomy Preschool, district elementary classrooms, and Whole Foods Market.
- **Practical experiences and Internships**

6th Grade Curriculum One Quarter

Great Body Shop Curriculum (Middle School, Level 1)

- Becoming a Life-long Learner
- **Decision Making and Goal Setting and Planning**
- Fitness and Nutrition
- The Cycle of Life - Including Maturation unit
- **Social and Emotional Health**
 - **Prevention, Recognizing, and Managing Stress**
 - **Resiliency Skills**
- Disease and Illness Prevention
- Safety, Injury, and Violence Prevention
 - Bullying Prevention
- **Substance Abuse Prevention**
- Refusal Skills
- Importance of Sleep
- Communication Skills
- School and Community Resources

Grade 7 Curriculum

One Split Quarter

Units: Nutrition and Media Literacy

½ Quarter

- Kitchen Safety
- Food Safety
- Measuring Skills
- Following Recipes
- Food and Nutrition
- Healthy Food Preparation
- Food Diversity: global perspective.

½ Quarter

- Marketing
- Advertising
- Comparison Shopping
- Consumer Skills

Grade 8 Curriculum

One Split Quater

Units: Nutrition, Financial Literacy and Career Exploration

½ Quarter

- Kitchen Safety
- Food Safety
- Healthy Food Preparation Techniques
- Food and Nutrition
- Eating Disorders and Healthy Eating



½ Quarter

- Banking
- Money Management
- Being Financially Responsible
- Personal Finance Scenarios and Simulations
- Career Exploration and Planning

FACS at Arlington High School

3 Main FACS Content Areas at AHS

- Early Childhood Education
- Interior and Fashion Design
- Culinary Arts and Hospitality

Focus

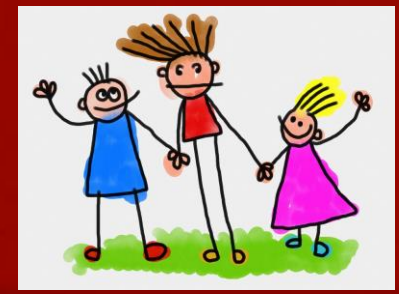
- Career Information and Skills
- Practicing Interpersonal, Team, and Communication Skills
- Healthy Living Skills for a Better Quality of Life
- Exploring Art, STEAM Design Process, and Creativity through Housing, Fashion, and Culinary
- Transition from School to Independent Living
- Understanding Human Development
- Early Childhood Education Curriculum Planning and Teaching Skills



Early Childhood Education Program (ECE Program)

- 4 year program
- Completed = required content and contact hours to apply for certification with the Massachusetts Department of Early Childhood and Care.
- Includes observation and hands-on experience
 - Menotomy Daycare and Preschool
 - Cooperating Teachers in the APS Elementary Schools
- Content/Theory includes text, student research, and opportunities to explore community resources related to ECE.
- **Variety of Assessment Strategies**, journal reflection, projects, simulations/scenarios typically encountered by parents and ECE educators.
- Students have many opportunities to **personalize their learning** in ECE, such as having project choices and selecting cooperating classrooms.

ECE Program, cont.



- **ECE I - Full Year 5 credits**
 - Introduction to Child Development and observation and assisting in Menotomy Preschool.
- **ECE II -- Full Year - 5 Credits**
 - Introduction to Program Planning and Classroom Management in ECE Classrooms. Increased time in Menotomy Preschool and Daycare.
- **ECE III - Practicum -- Full Year - 5 Credits**
 - Increase in contact hours at Menotomy Preschool and Daycare
 - More of an assistant role
- **ECE IV - Internship -- Full Year -- 5 or 10 credits**
 - Intern with an APS elementary teacher
 - Credit hours depend on number of blocks spent in the classroom.
- **ECE Practicum/Internship -- Full Year -- 5 or 10 credits**
 - Hybrid of Practicum and Internship
 - Aimed at students who were not able to fit Practicum in their schedule
 - Credit hours depend on number of blocks working in classroom/content
 - Students will not be eligible for certification with MA

Interior and Fashion Design Program



- Fulfills Fine Arts **graduation requirement**
- 2 Levels -- Interior and Fashion Design I & II
 - Second Level more personalized for interest of students. For example, many of them are researching school entry requirements and planning their portfolios
- Explore the **elements of design and STEAM design process** as it relates to interior and fashion.
- Majority of time is spent in **hands-on, personalized learning projects.**
- **Guest Speakers** regarding careers and programs of study at local **colleges and universities.**
- Fashion Design Club **sponsored by the Fashion Institute of Design and Merchandising (FIDM).**

Culinary Arts and Hospitality

- Full Year Course Offerings - 5 Credits - Elective
 - Culinary Arts and Hospitality I, II, and III
- Semester Offerings - 2.5 credits - Elective
 - Bake Shop 101
 - Culinary Arts 101
- Courses:
 - Explore the connection between **science, STEAM, and food**.
 - Aim at assisting students transition from living at home to living on their own, as well as basic **career skills**.
 - **Healthy meal planning** and preparation.
 - Explore community resources.
 - Practice meeting a food budget while keeping meals healthy.
 - Explore careers and a variety of hospitality topics.
- **Upper Level** courses have more of a **career and global focus** than Culinary I.



FACS Going Forward:

Vision for a Program Fostering Student Resilience and Life Preparedness

- Recently collaborated with Ivy Laplante, Director of the Arlington Youth Health and Safety Coalition and Julie Dunn to apply for the **Attorney General's Opioid Prevention Grant to purchase and provide training in the Botvin LifeSkills Training Curriculum -- Grades 6-8**
- **Increase** simulations in all courses.
- **Increase** the number of semester FACS classes at the high school level.
 - To **expand culinary and interior and fashion classes.**
 - Would like to **include classes such as College Survival Skills: One Step Ahead**, utilizing free **web tools for life management**
 - Plan to conduct student interest surveys
- Continue to address district, school, and student needs
- Continue to **build community connections and partnerships.**
- **Incorporate more professional culinary skills**, for example ServSafe training.
- Continue to collaborate with the Young Adult Living seminar and other programs at AHS and OMS