



# Hey FCCLA, Start Your Chain Reaction TODAY

Attention Minnesota FCCLA Chapters!

FCCLA Week has arrived! I hope all of you have something wonderful planned to promote it, and I also hope that you have Rachel's Challenge on your mind as well. We have partnered with Rachel's Challenge for a bullying prevention, STOP the Violence program focus for State Conference, spreading kindness and compassion.

Rachel Scott once wrote, **"I have this theory, that if one person would go out of their way to show kindness and compassion, it could start a chain reaction of the same."**

If your chapter did not attend November Summit:- You can start NOW!

If you did attend November Summit: I know were touched by Rachel's story and came back to their schools inspired to continue on with the Rachel's Challenge trainings. Even if you did not attend, your school can still participate everyday in spreading random acts of kindness.

Here is what I expect from you at the State Conference:

**I. Goal:** Each chapter is to contribute paper chains to showcase the "chain reaction effect" that Rachel's Challenge has had on our organization this year. **(This is a chapter involvement activity for State Meeting)** These chains will be hung in the grand ballroom for all to see during the presentation by Craig Scott. We would like to show our support to Rachel's Challenge and spread messages of kindness everywhere we go.

How big are the chain links? 11 inch by one inch strips (11 X 1 inch) on colorful construction paper.

What goes on the chains? Get your chapter together to write messages on the chains. These can be things like:

- Inspirational Quotes
- Rachel Scott Quotes
- Anti-bullying/Rachel's Challenge projects your chapter has done
- Random acts of kindness you have received
- Something that made you smile today
- Someone who has gone out of their way to make your day
- (Get Creative!)

How do we transport our chains to State Meeting? My recommendation for you is that you assemble the chains when you have arrive at State Conference. Assign chapter members a job as soon as you arrive. If you can find an easy way to put them together

and transport them to the conference, great. Either way, have your assembled chains to the **Peer Education/Rachel's Challenge table (next to the Fitness Fever table) in the grand ballroom foyer NO LATER than 4:30p.m. Thursday evening!!!** (There will be an opportunity for chapter members to create additional chain links at the Peer Ed table throughout the conference.) BRING YOUR SUPPLIES- MESSAGES ON PAPER FOR THE CHAINS, STAPLERS, TAPE, ETC,

**\*KEEP COUNT OF THE NUMBER OF LINKS YOU HAVE ON YOUR CHAINS!!!\*** The chapter spreading tons of kindness with the most links on their chain will choose a chapter representative to come forward on stage during Friday night's award session to receive a special FCCLA Rachel's Challenge award.

**II PHOTOS:** On a side note: PLEASE SEND ME PHOTOS OF ALL RACHEL'S CHALLENGE ACTIVITIES! (Especially pictures for Hands of Rachel.) I will be creating a slideshow of all the kindness the Minnesota chapters have spread this year and would like to highlight the "hand" piece of the activities.

**III. HandsOfRachel:** Don't forget about **HandsOfRachel!**

(Rachel Scott drew her hands on the back of an old dresser and a few years after her death, after Rachel's Challenge had already been established, her family found this drawing and inside the hands read, "These hands belong to Rachel Joy Scott and will someday touch millions of people's hearts." Her story had already done just that.)

**Encourage your chapter members to draw or write messages on their hands, take a photo, and upload it to the HandsOfRachel Facebook page OR Tweet the picture with the hashtags #HandsOfRachel and #RachelsChallenge.** The goal with this project is to spread kindness across the Internet to counteract cyber-bullying.

What to draw on the hands? The same suggestions as the chain links, but remember to also get creative with your kindness!

I know this has been a lot of instructions, but it has been incredible for me to see the passion that has sparked in each and every Minnesota member to promote kind words, to stop bullying, and to share Rachel's story. For me, Rachel's Challenge started off as a dream of mine to bring to our State Conference. I'm thrilled that it has become a reality and that all of you have done something positive in your schools and communities because of it. These activities are a chance for your chapter to showcase what they've done and to keep the chain reaction of kindness and compassion going.

Good luck with your additional State Conference preparations everyone!

Sincerely,

Olivia Wicklund

2012-2013 Minnesota State President