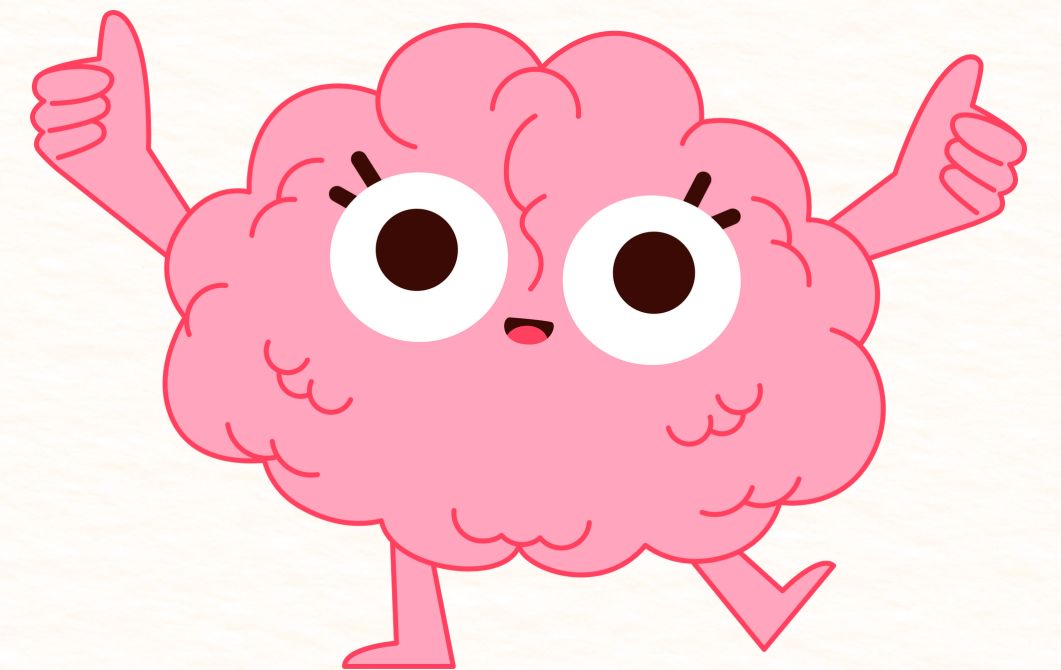
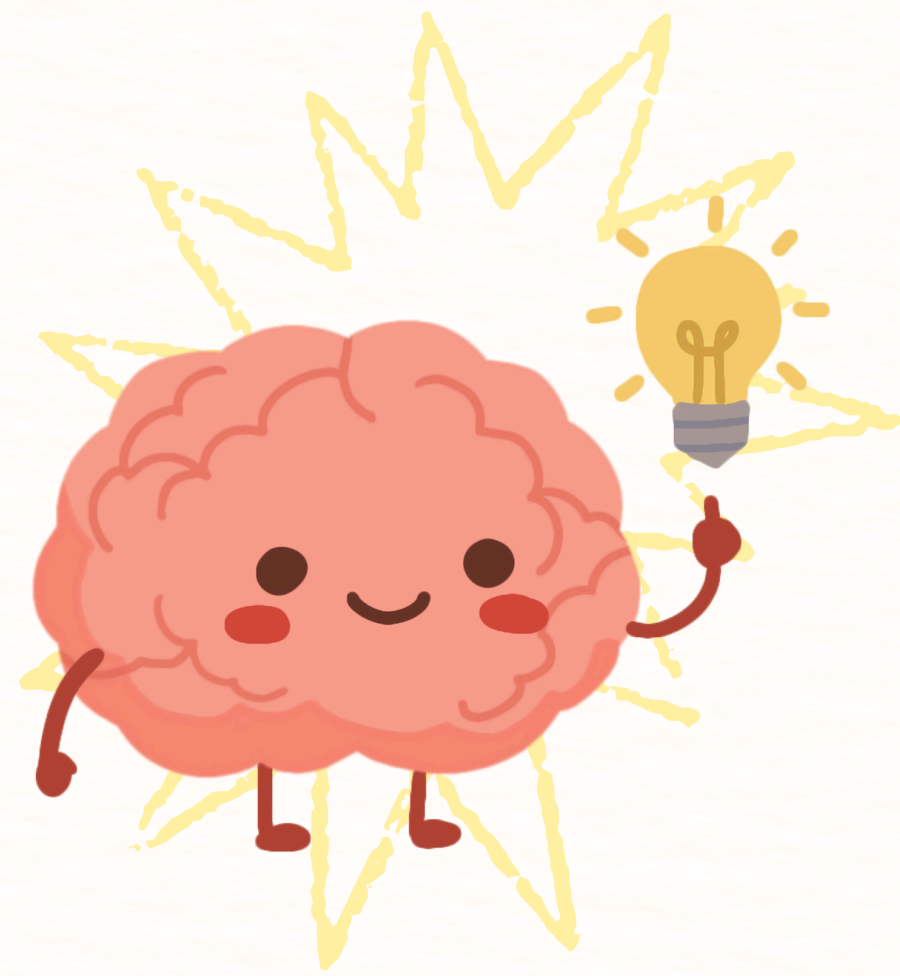


COOKING UP INCLUSION: THE JOURNEY TO A UNIFIED FAMILY AND CONSUMER SCIENCES PROGRAM

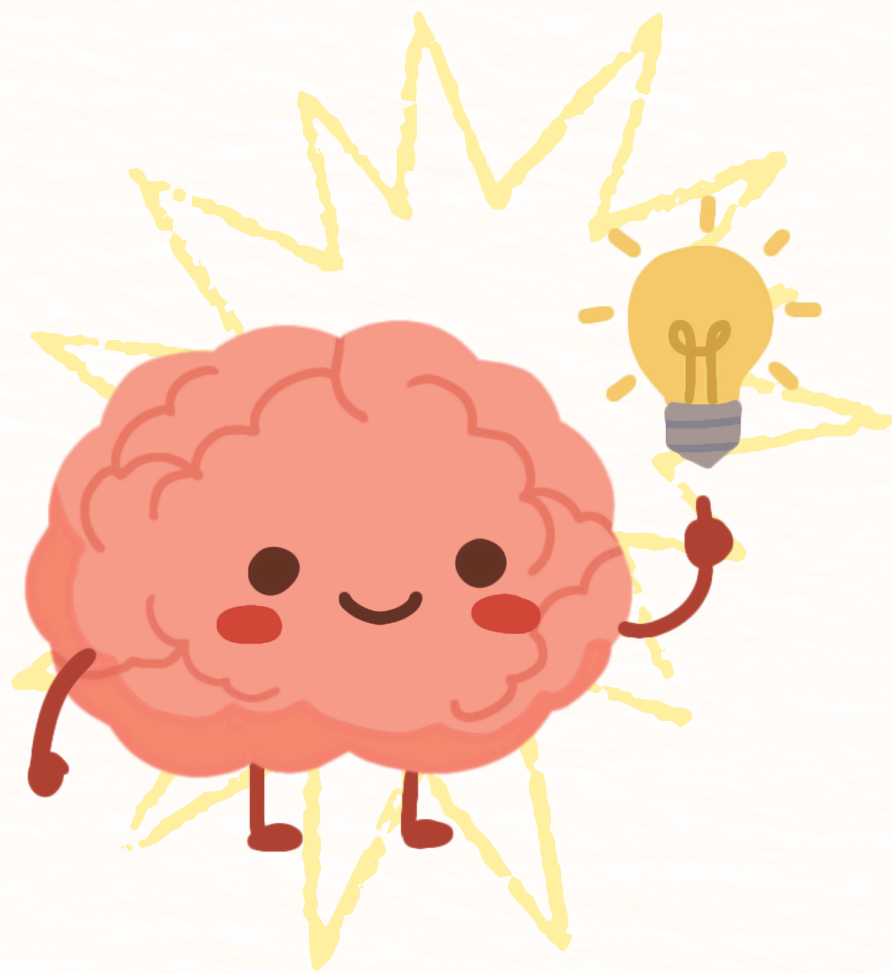
Abby Filbert
Kristin Vest
Lincoln Public Schools





TODAY'S OBJECTIVES:

- IDENTIFY RESOURCES AVAILABLE TO START A UNIFIED COURSE
- ENCOURAGE INCLUSIVE CLASSROOM AND SCHOOL CULTURES
- CONNECT AND COLLABORATE



LET'S CONNECT!

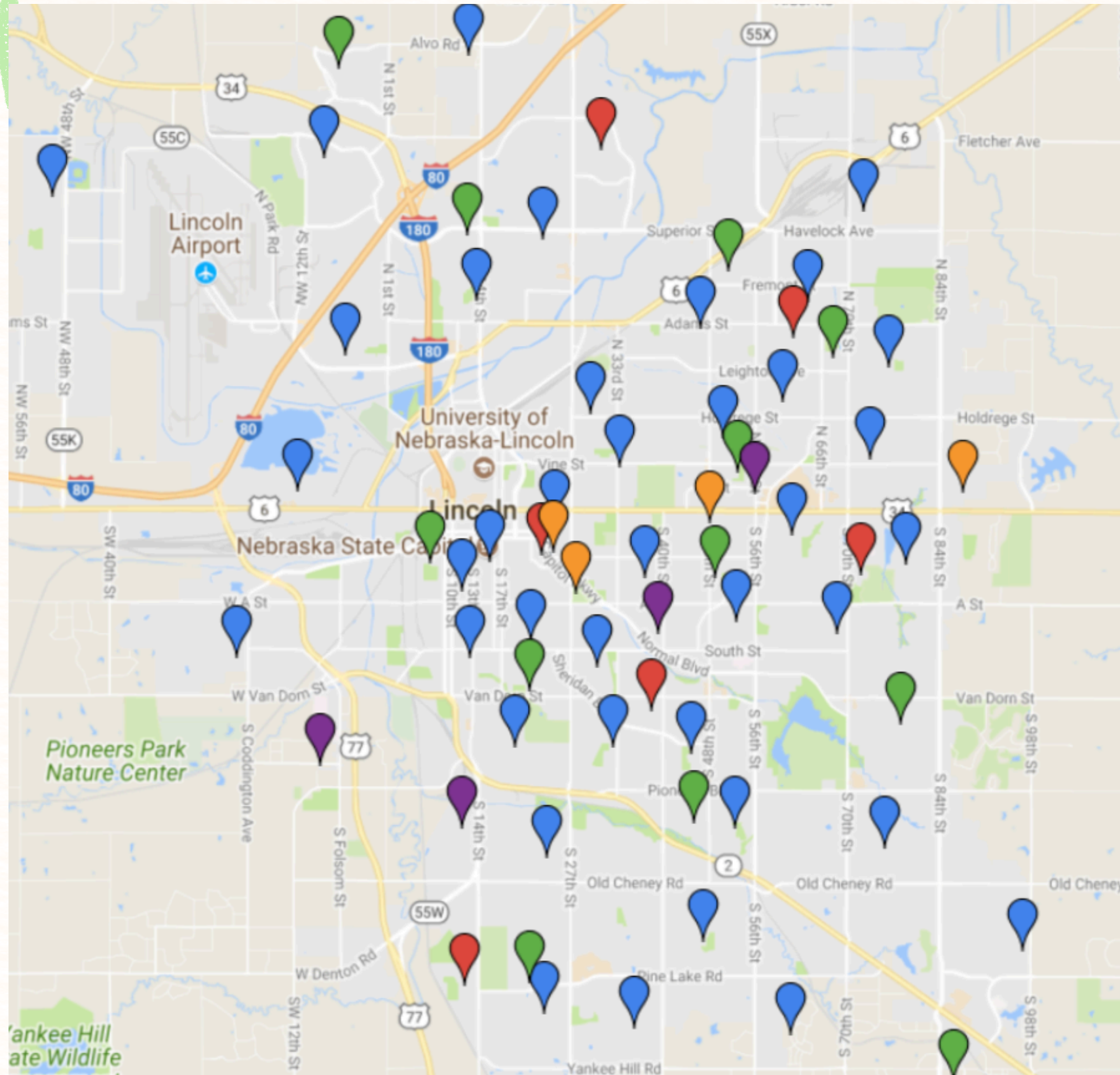
WHAT'S TAKING UP THE MOST
SPACE IN YOUR BRAIN TODAY
OR RECENTLY?

LINCOLN PUBLIC SCHOOLS

Lincoln Public Schools is the second-largest public school district in Nebraska, located in the heart of the plains. The school district serves over 42,000 students in more than 60 schools and programs.

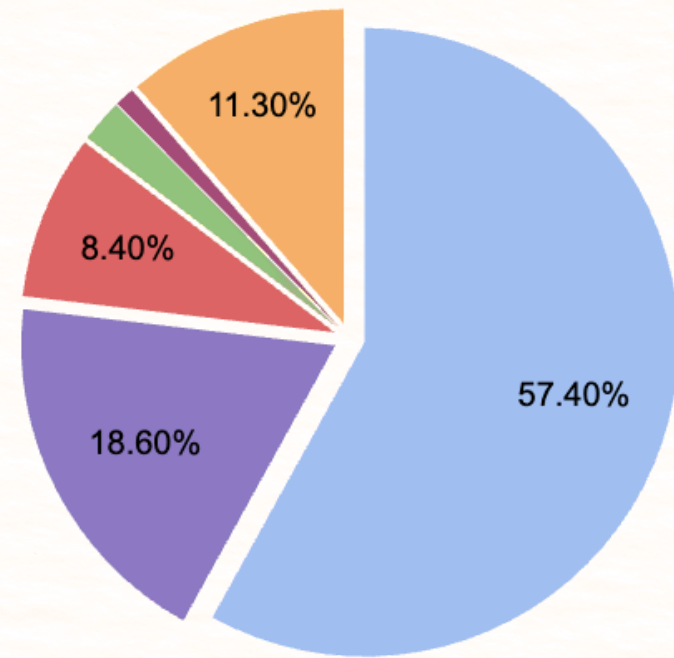


LINCOLN PUBLIC SCHOOLS



- 40 Elementary Schools
- 12 Middle Schools
- 8 High Schools
- 1 Career Academy
- 4 Standalone Focus Programs
 - The Bay
 - Arts and Humanities
 - Science Focus Program
 - Bryan Community Focus Program
- 3 In high school Focus Programs
 - Bryan College of Health Sciences
 - UNL College of Business
 - Aviation and Technical Education
- 3 Behavior Support Programs
- 1 Student Support Program
- 1 Graduation Pathways
- 1 Pathfinder Education Program @ Lancaster Youth Services Center

HOME OF THE FALCONS



- White
- Hispanic
- Black or African American
- Asian
- American Indian or Alaskan Native
- Two or More Races

Located in Lincoln, Nebraska
Opened in Fall 2022
Serves 9-12 Grade Students



THE BEGINNING

Year 1 Class Coverage
Began Unified FCS Conversation

LNW Administration had
experience with Unified courses
but not with Unified FCS!

THE PERFECT STORM!

A new school • A new program •
Add something else to the list of
all things new!





PERKINS V


Equitable Access for ALL Students:



Guarantee that special populations (including low-income students, students with disabilities and individuals preparing for non-traditional fields) have full, unobstructed access to high-quality CTE programs.



BRAIN DUMP:




WHAT UNIFIED
OPPORTUNITIES ARE
ALREADY AVAILABLE IN
YOUR BUILDING OR
DISTRICT?



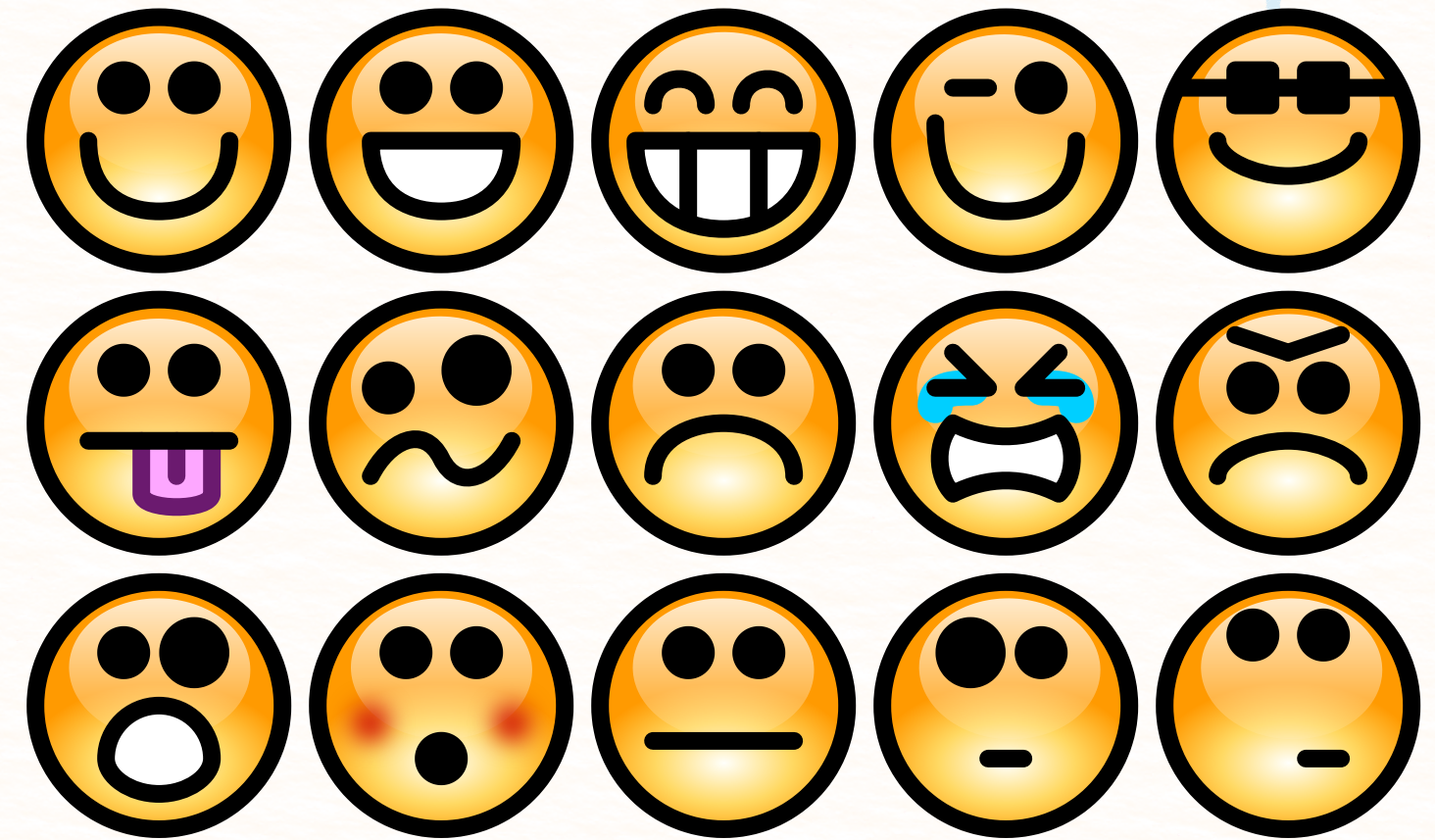
BRAIN DUMP:



HOW COULD A UNIFIED 
PROGRAM SUPPORT YOUR
EXISTING CTE/FCS
PROGRAMS?

BRAIN DUMP:

IF YOU WERE
ASKED TODAY TO
START A UNIFIED
PROGRAM, WHAT IS
YOUR REACTION?





SERVING ALL STUDENTS



PARTNER SHARE!



IDENTIFY STRATEGIES
THAT YOU USE CURRENTLY
TO SERVE AND SUPPORT
ALL STUDENTS!

 **SERVING ALL STUDENTS** 



ALL MEANS ALL.



THE VISION



UNIFIED COURSES
TAKE PLACE IN P.E.,
S.T.S., AND MUSIC.
WHAT ABOUT FCS?

ACROSS LPS HIGH SCHOOLS

166 STUDENTS IN LIFE SKILLS

27 UNIFIED PROGRAMS

1 UNIFIED FCS



THE VISION



PROMOTING INCLUSION AND BELONGING 

INTRODUCING SKILLS AND CURRICULUM

PREPARING FOR THE FUTURE

ALL MEANS ALL.

A UNIFIED FCS STORY

MEET NYANCHIEW!

Constant verbal and physical outbursts

Sensitive to sensory stimuli

1:1 with Para

No peer/student interactions (ALE)

TURNED TO

2:1 with Para and Peer Partner

Completing daily tasks in Unified FCS

Designing, cooking, etc. at own desk



THE PRE-WORK

1

RELATIONSHIPS WITH
SPECIAL EDUCATION
TEACHERS AND STAFF

2

CREATING A SHARED
VISION FOR THE
COURSE WORK

3

CREATING A
STREAMLINED PEER
APPLICATION PROCESS

4

IDENTIFYING TIMES AND
CLASSROOMS IN ORDER
TO RUN THE COURSE

5

MAPPING OUT THE
CURRICULUM AND
COURSE OUTLINE

SCHEDULING

①

LEADERSHIP
SUPPORT MATTERS

③

SPECIAL EDUCATION
TEAMS AND CO-
TEACHERS

②

9-WEEK ROTATIONS
TO ALLEVIATE
SCHEDULING
CONFLICTS

TODAY'S HANDOUTS

THEME OF THE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Date: August 11 NO SCHOOL Teacher Work Day	Date: August 12 Freshman First Day	Date: August 13 First Day of School LNW has activities planned Summer break recap Puzzle races? SE Teacher pull peers!	Date: August 14 About Board g
Date: August 18 About Me peer interviews Day 1 Create groups Find answers Start slides, if time	Date: August 19 About Me peer interviews Day 2 Complete slides	Date: August 20 About Me peer interviews Day 3 Finish slides and present Note of gratitude to group member(s)	Date: August 21 Making playdough Practice knife skills w/ playdough
Date: August 25 Practice measuring dry and wet ingredients Go Germ / Handwashing	Date: August 26 Kitchen equipment scavenger hunt	Date: August 27 Smoothies Fruits and vegetable up worksheet	Date: August 28 NO SCHOOL Teacher Work Day
Date: September 1 NO SCHOOL	Date: September 2 NO SCHOOL Teacher Work Day	Date: September 3 Grocery budget Plan a meal	Date: September 4 Cr
Date: September 8 6 main nutrients introduction Healthy snack partner creation day 1 as a class / in partners -- apple dip an energy balls	Date: September 9 Healthy snack partner creation day 2 in groups Partners record "how to" make video for 1 item Upload to Google Classroom Snack nutrients worksheet	Date: September 10 Plan your best day ever Emotions and regulation worksheet - activity	Date: September 11 Cr
Date: September 15 Magazine with paper or online collage -- what makes you happy / what describes you?	Date: September 16 Plan your best day ever Emotions and regulation worksheet - activity	Date: September 17 Cr	Date: September 18 Cr
Date: September 22 Introduce and complete a color wheel Scavenger hunt with color wheel examples around the school	Date: September 23 Edible color wheel with frosting, food coloring and wafers	Date: September 24 Cr	Date: September 25 Cr
Date: September 29 Create a circuit keychain Create design on canvas + upload to Google Classroom -- first name + two other items <i>libert will make on circuit and cut in PM</i>	Date: September 30 Continue circuit key Wired design with and use transfer place on key	Date: October 1 Cr	Date: October 2 Cr
Date: October 6 surprise self prompting lab --> Waffles	Date: October 7 Final lab --> fruit pizza Day 1 Sugar cookie crust for fruit pizza + cut up fruit	Date: October 8 Day 2 Make fruit pizza	Date: October 9 Cr

UNIFIED FCS "MUST-HAVES"

PEER APPLICATION

WET AND DRY MEASURING EQUIPMENT

NYLON KNIFE SET

CUTTING BOARDS 8.5 X 11"

COLOR WHEEL LEARNING GUIDES



PEERS

APPLICATIONS

LNW Unified Student Partner Application

Thank you for your interest in partnering with our program at LNW.

* Indicates required question

Email *

The goal of Unified Courses and Activities is to provide students with the same quality of education and are grounded in Nebraska Education Standards. Unified Courses and Activities provide adaptations and require a minimum of 15 hours of participation in the course. **Students who are interested in Unified Courses and Activities should have a desire to participate and assist in a supportive environment.** These Courses and Activities are offered at the Champion School where all participants will be given the opportunity to learn from and with their peers.

Things to note:

- There is limited space available for partners. The number of students who are interested and desire to participate.
- Candidates must be in good academic standing.

Short Answer Questions

Please answer the following questions with detail and to the best of your ability.

Why are you interested in being a partner in a Unified Course / Activity / Sport? *

Your answer _____

What do you think your role will look like as a partner in a Unified Course / Activity / Sport? *

Your answer _____

Have you had the opportunity to work with peers in the Special Education / Life Skills Department before? If yes, in what capacity? *

Your answer _____

What do you hope to learn as a partner in a Unified Course / Activity / Sport? *

Your answer _____

What questions or concerns do you have about being a partner in a Unified Course / Activity / Sport?

Your answer _____

RECOMMENDATIONS

Please rate the following traits on a scale of 1 to 5.
Your honesty is important!

	1	2	3	4	5
ability to work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
patience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
leadership potential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hard working	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to work without supervision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
takes initiative in our class/on our team/in our activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to accept feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ability to work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

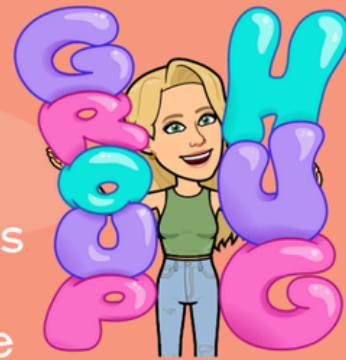
FIND GOOD PEERS,
MOLD THEM INTO LEADERS!

PEERS



WHY ARE WE DOING THIS?

- ❑ This is a peer based mentorship opportunity for interactions between mentors and friends with special needs
- ❑ Research presented by the University of Nebraska from the Nebraska Autism Spectrum Disorders Network shows that peer based mentorship, or peer mediated intervention, can help:
 - ❑ Increase the quality of social interactions for children with disabilities
 - ❑ Prevent bullying
 - ❑ Develop empathy and caring in peers
 - ❑ Give group facilitators confidence in teaching social skills
 - ❑ Support parents in their quest to meet their children's social needs
 - ❑ Decrease office behavioral referrals
 - ❑ Increase academic classroom participation



THINGS TO BE MINDFUL OF WITH PEERS

- ❑ You as the GE student are allowed to have boundaries!
 - ❑ Personal space
 - ❑ Topics you do / do not want to talk about
- ❑ Keep in mind behavior / safety of students while working in Unified classes (ISP Students, especially)
 - ❑ Some behaviors need a “hold” to take place in the classroom – **it is not your job to do this!**
 - ❑ Protocol for evacuating the classroom

PEERS

APPROPRIATE BEHAVIOR WITH STUDENTS

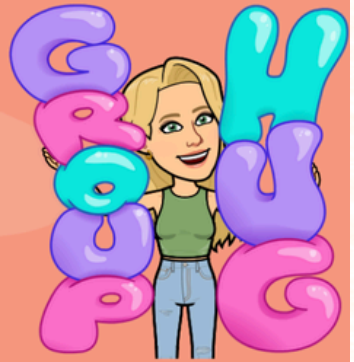
There are times when *our peers* do not follow social norms that we deem acceptable. It is important to remember to address some things with kindness, and some things are not our job as mentors to address.

Phrases to remember may include:

- ❑ *That is not appropriate language for Unified FCS / school, could we choose a different word?*
- ❑ *That is not an appropriate topic for Unified FCS / school, let's talk about ___ instead!*
- ❑ *Let's be inclusive of all our friends who want to play this game with us!*

PERSON FIRST LANGUAGE

- ❑ It is important to remember that a person's ability or disability is not their entire identity
 - ❑ The way that we utilize language can be indicative, intentionally or unintentionally, or our respect and love directed towards that person
- ❑ Person-First Language recognizes that our friends are people, students, artists, athletes, etc. before they are a person with disabilities
- ❑ Person-First Language also recognizes that a student with disabilities' entire identity is not their disability
- ❑ The importance of Person-First Language is to recognize that their disability is something a person has, not something that they are



COURSE DESIGN

Course Description

This course offers an exploratory experience for students in Family and Consumer Sciences. Students will explore a variety of basic kitchen skills and concepts, gain confidence in planning and preparing nourishing meals, and learn methods for safely handling food through basic safety and sanitation skills. Students will also gain a base knowledge of design and textiles as they explore basic sewing equipment and implement learned knowledge of design skills and techniques. Students will gain an understanding of human development as they explore the development of children through the lens of caregiving. Students will engage in a variety of hands-on, independent and collaborative learning experiences.

Course Objectives

- Students will identify and apply the elements of meal planning, meal preparations, and meal service.
- Students will demonstrate safe and efficient practices in the preparation of foods.
- Students will demonstrate foundational food preparation techniques.
- Students will apply skills for knife use and measuring through the development and creation of various meals.
- Students will learn and understand the basics of caregiving.
- Demonstrate basic apparel construction and interior design skills.
- Generate textiles, fashion, and apparel design products using a variety of equipment, tools and supplies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THEME OF THE WEEK
Date: August 11 NO SCHOOL Teacher Work Day	Date: August 12 Freshman First Day	Date: August 13 First Day of School LNW has activities planned ----- Summer break recap Puzzle races? SE Teacher pull peers!	Date: August 14 About Me slides Board games, if time, in groups	Date: August 15 Share About Me slides with the class 'A Slice of Me' activity + hang outside classroom on wall End of week reflection	Introduction to the class / peers!
Date: August 18 About Me peer interviews Day 1: Create groups Find answers Start slides, if time	Date: August 19 About Me peer interviews Day 2: Complete slides	Date: August 20 About Me peer interviews Day 3: Finish slides and present Note of gratitude to group member(s)	Date: August 21 Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: August 22 Falcon Food Factory! Selling / deliveries End of week reflection	Meet our classmates
Date: August 25 Practice measuring dry and wet ingredients Glo Germ / Handwashing	Date: August 26 Kitchen equipment scavenger hunt	Date: August 27 Making playdough Practice knife skills w/ playdough	Date: August 28 Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: August 29 Falcon Food Factory! Selling / deliveries End of week reflection	Kitchen introduction
Date: September 1 NO SCHOOL	Date: September 2 NO SCHOOL Teacher Work Day	Date: September 3 Smoothies Fruits and vegetable match up worksheet	Date: September 4 Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: September 5 Falcon Food Factory! Selling / deliveries End of week reflection	Kitchen planning
Date: September 8 6 main nutrients introduction Healthy snack partner creation day 1 as a class / in partners -- apple clip an energy balls	Date: September 9 Healthy snack partner creation day 2 in groups Partners record "how to" make video for 1 item Upload to Google Classroom Snack nutrients worksheet	Date: September 10 Grocery budgeting / activity Plan a meal with a budget	Date: September 11 Stovetop popcorn ----- Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: September 12 Falcon Food Factory! Selling / deliveries End of week reflection	Nutrients, budgeting and planning
Date: September 15 Magazine with paper or online collage -- what makes you happy / what describes you?	Date: September 16 Plan your best day ever Emotions and regulation worksheet + activity	Date: September 17 Kindness posters Create on paper / online Hang in school hallways	Date: September 18 Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: September 19 Falcon Food Factory! Selling / deliveries End of week reflection	Care and kindness
Date: September 22 Introduce and complete a color wheel Scavenger hunt with color wheel examples around the school	Date: September 23 Edible color wheel with frosting, food coloring and wafers	Date: September 24 Cleaning surfaces based on color wheel 2A - preschool / classroom 2B - preschool / classroom	Date: September 25 Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: September 26 Falcon Food Factory! Selling / deliveries End of week reflection	Cleaning, life skills, and design
Date: September 29 Create a cricut keychain Design on canva + upload to Google Classroom --> first name + last name items	Date: September 30 Continue cricut keychain Weed design with partner and use transfer tape to place on keychain	Date: October 1 Finish cricut keychain Use acrylic paint to paint back of keychain if wanted Let dry and pick up from SE teacher after school / tomorrow	Date: October 2 Falcon Food Factory! Package snacks Label snacks / deliveries Create thank you notes	Date: October 3 Falcon Food Factory! Selling / deliveries End of week reflection	Design
Date: October 7 Final lab >> fruit pizza prompting lab w/ slides	Date: October 8 Final lab >> fruit pizza Day 1: Sugar cookie crust for fruit pizza + cut up fruit Day 2: Make fruit pizza	Date: October 9 Finals Partner quiz Quarter reflection Final lab -- dirt cups	Date: October 10 Finals		Finals

WEEKLY CURRICULUM THEMES

EQUIPMENT



LOTS OF
SPECIFIC
ITEMS CAME
FROM LPS'
OT's!



ASSISTIVE TECHNOLOGY PARTNERSHIP



- ▶ Kearney (308) 440-8000
- ▶ Omaha (402) 979-0142
- ▶ Lincoln (531) 207-2226



<https://atp.nebraska.gov>

<https://education.at4all.com/item?category=Daily%20Living>

COURSE DESIGN



MEASURING

Using the picture below, or your nutrient notes, describe the snack you created using the 6 major nutrients!

NUTRIENTS AND BUDGETING

GROCERY BUDGET

\$40.00

<u>FRUIT:</u>	<u>VEGETABLE:</u>
_____	_____
_____	_____
<u>CARBOHYDRATE:</u>	

<u>PROTEIN:</u>	<u>DAIRY:</u>
_____	_____
_____	_____

CULINARY SKILLS



HEALTHY SNACKS

COURSE DESIGN

DESIGN
SKILLS



COLOR WHEEL






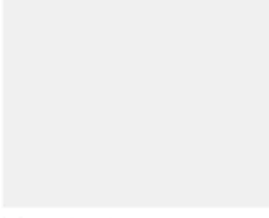






CRICUT KEYCHAINS


FALCON FOOD FACTORY




What item(s) are you ordering? *


 Bloom Energy - Multiple flavors -- \$2.00	 <input type="checkbox"/> Diet Coke -- \$1.00
 <input type="checkbox"/> Diet Dr. Pepper -- \$1.00	 <input type="checkbox"/> Diet Mountain Dew -- \$1.00
 <input type="checkbox"/> Cheez its -- \$1.00	 <input type="checkbox"/> Pringles -- \$1.00
 <input type="checkbox"/> Skinny Pop Flavors or Pirates Booty -- depends on availability! -- \$1.00	 <input type="checkbox"/> Slim Jim (mild) - 2 for \$1.00
 <input type="checkbox"/> Perfect Peanuts	 <input type="checkbox"/> Made Good Granola bites (flavor depends on availability) -- \$1.00


RETAIL AND INVENTORY SKILLS



Hello!



How are you today?


I am...


happy



sad



tired



excited



okay


Have you paid yet?



it costs (75¢, 1\$, or \$2)



Is your order correct?


yes


no


Thank you!


You're welcome


Goodbye!
Have a nice day.

FALCON FOOD FACTORY

LOT'S OF LEARNING!

EVERYONE DESERVES TO SEE THEY HAVE A PLACE IN OUR SCHOOL

IT'S NOT ALWAYS EASY

IT TAKES AN ENTIRE TEAM AND REALLY GREAT PEERS

ALLOWING PEERS TO WORK INDEPENDENTLY WITH STUDENTS IN

LIFE SKILLS AS SUPPORT IS BENEIFICIAL FOR ALL STUDENTS

EVERY DAY, EVERY PROJECT BRINGS SOMETHING NEW

IT'S SO, SO WORTH IT!

ALL MEANS ALL.

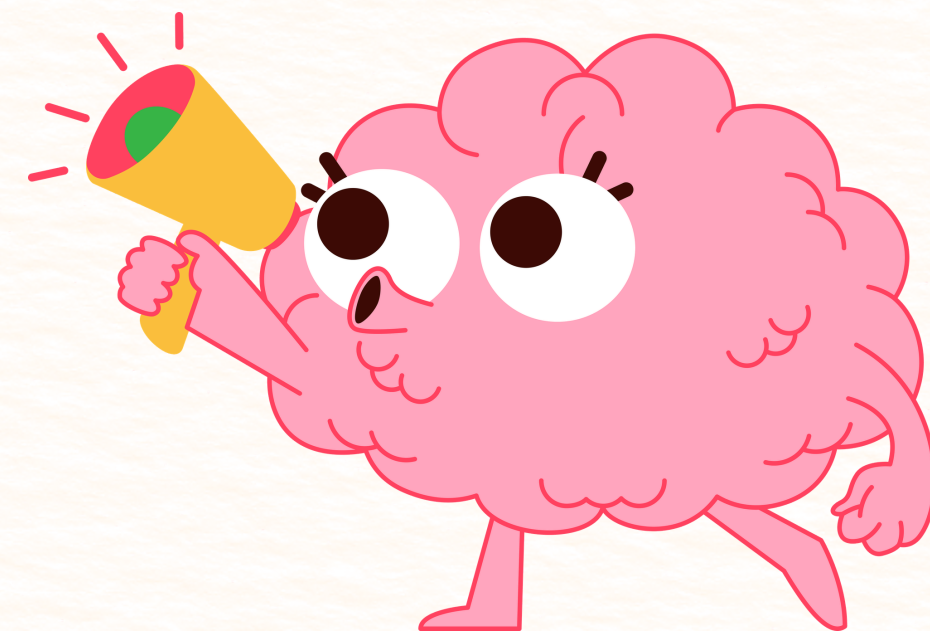
LET'S RECONNECT!

PARTNER A

SHARE ONE THING
YOU COULD DO TO
SUPPORT UNIFIED
LEARNING IN YOUR
SETTING RIGHT NOW!

PARTNER B

SHARE ONE STRATEGY
YOU COULD
IMPLEMENT RIGHT
NOW TO SUPPORT ALL
STUDENTS!



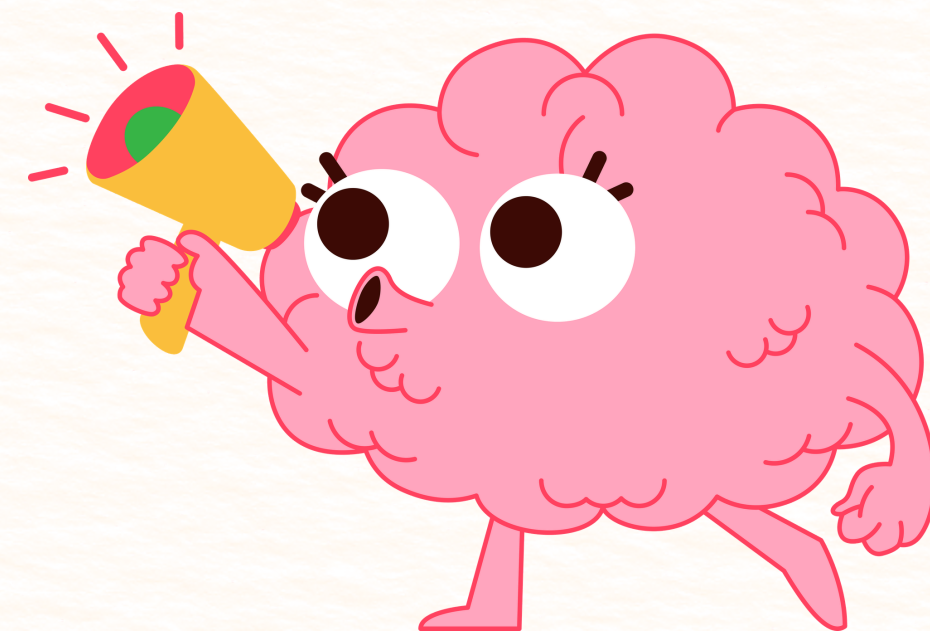
LET'S RECONNECT!

PARTNER A

SHARE ONE STRATEGY
YOU COULD
IMPLEMENT RIGHT
NOW TO SUPPORT ALL
STUDENTS!

PARTNER B

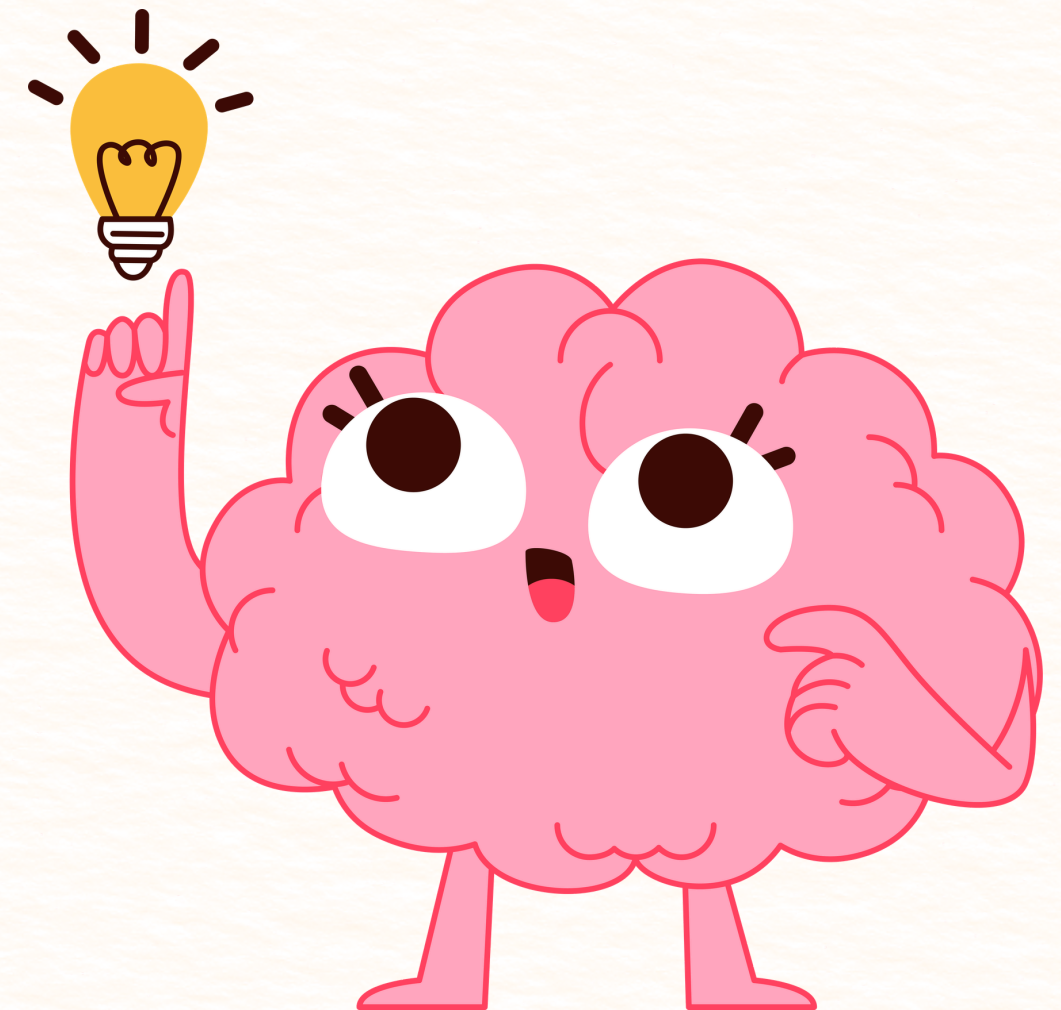
SHARE ONE THING
YOU COULD DO TO
SUPPORT UNIFIED
LEARNING IN YOUR
SETTING RIGHT NOW!



CONNECT FOUR!

WRITE YOUR BIGGEST TAKEAWAY OR
SOMETHING YOU WANT TO
REMEMBER ON A STICKY NOTE!

CONNECT WITH THREE OTHER
INDIVIDUALS WHO HAVE THE
SAME TAKEAWAY OR A
SIMILAR THEME AS YOU!



RESOURCES

TODAY'S SLIDES
TODAY'S HANDOUTS
AND MORE!





QUESTIONS?

Kristin Vest, FCS & Health Science Curriculum
Coordinator - kvest2@lps.org

Abby Filbert, Lincoln Northwest FCS Teacher

afilber2@lps.org



THANKS!