

AGENDA

Family and Consumer Science Teacher In-Service

Thursday, April 20, 2023

The Emporium

127 E Clinton Street, Napoleon, OH 43545
"Managing our Resources well in a complex world!"

8:30 Registration (Coffee and Muffins)

8:50 Introductions

9:00 *Tax Policy, the Social Safety Net, and Household Budgets*

Lauren Jones, Associate Professor, Department of Human Sciences, The Ohio State University

Dr. Jones will speak to individual taxes, how tax policy is used to support low and middle-income households, and how COVID-era changes to the tax code affect household consumption. The talk will review important tax concepts like marginal tax rates, deductions and credits, and cover important policy debates at the federal and state level that have real impacts for Ohio's families.

10:00 Break

10:10 *Financial Literacy for Youth: an OSU Extension Approach*

Candace Heer, Margaret Jenkins, and Melissa J. Rupp, Ohio State Extension Educators, Family and Consumer Sciences. A summary of how the Real Money Real World curriculum and simulation is used in different settings to meet local financial literacy goals for Ohio high school students.

5-minute stretch break

10:45 Time to Talk: moderated discussion - Melissa J. Rupp

11:20 *Laughter Yoga*

Roseanne Scammahorn, PhD, and Susan Zies, Ohio State University Extension Educators, Family and Consumer Sciences. Laugh and Learn with Roseanne and Susan. This research-based program teaches the mental health benefits that laughter has across the lifespan.

12:10 LUNCH with Outlaw Smokehouse Catering – Napoleon, OH

12:45 *Mindful Movement*

Jewel Rollins, Central State University, Extension Agent, Family and Consumer Sciences. Follow Jewel through stretches and chair exercises to help you stay physically and mentally connected to your day.

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12:50 Targeted Topics from Extension

- *Creating and Using a Break Box for Your Space*, Jewel Rollins, CSU
- *Simplify Your Space: Introduction to a new curriculum*, Patrice Powers-Barker, OSU
- *Money and Food: Eating Best for Less*, Jennifer Little, OSU
- *Utilizing OSU Extension 4-H Resources*, Casey Bishop, OSU

2:15 FCS Teacher Sharing Time

What's working in your classroom? Share your ideas:

- Resources
- Bell Ringers
- Projects
- Themes

3:15 Evaluation, Door Prizes, and Adjourn

QR Code, Finish at your tables

3:30 Have a safe trip home!

Thank you for attending!

In-Service Planning Team:

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Extension Educators, Family and Consumer Sciences

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