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Prof.ª Rita Barreto Ramos
Subsecretaria Interina

EXHORTACIÓN A PARTICIPAR DEL DÍA NACIONAL DE COMER JUNTOS EN FAMILIA

La organización Líderes de las Familias, Carreras y Comunidades de América (FCCLA, por sus siglas en inglés) y el Programa de Ciencias de la Familia y el Consumidor, adscritos a la Secretaría Auxiliar de Educación Ocupacional y Técnica, en unión a Goya de Puerto Rico exhorta a toda la comunidad a participar del Día Nacional de Comer Juntos en Familia. Tanto en Estados Unidos como en Puerto Rico el cuarto lunes del mes de septiembre se celebra el Día de la Familia en la Mesa (Ley 269 en Puerto Rico).

Es importante seguir enfatizando el rescate de nuestros valores y continuar fomentando el sentarnos juntos a la mesa en familia. Al destacar la importancia de la unión familiar, ayudaremos a evitar que nuestros adolescentes sean menos propensos a fumar, abusar del alcohol y consumir drogas, según estudios realizados. Por eso es menester que, como pueblo, fomentemos que la familia convierta la cena en una actividad regular importante en sus vidas.

Exhortamos a todos a participar de esta gran iniciativa.
Comer Juntos en Familia

Por: Marta Michelle Colón, Sicologa

Una gran cantidad de estudios han demostrado que en los hogares que tienen la oportunidad de “Comer Juntos en Familia”, reducen significativamente que sus hijos fumen, ingieran alcohol, usen drogas, se depriman, desarrollan problemas alimentarios, consideren el suicidio, entre otras conductas negativas. Mejor aún, un estudio realizado en Columbia University estableció que los niños que comen juntos en familia tienen mejores notas en sus cursos escolares, aprenden a comer vegetarianamente, desarrollan un vocabulario amplio, buenos modales, al comer y destrezas sociales básicas, que según demuestra un estudio de Harvard University, son destrezas tan relevantes que se traducen en un 65% en el éxito de un ser humano.

¿Y cuáles son algunos beneficios de “Comer Juntos en Familia”? ¿Qué y cuánto logramos?

**Emparentar con honor**: podemos enseñar a nuestros niños a decir por favor, gracias, permiso, perdón y reforzar la importancia de comer saludable.

**Comer Juntos**: podemos enseñar a nuestros niños a socializar, a no interrumpir, tomar turnos, escuchar, compartir, conversar, y si somos pacientes, consistentes y positivos, los modales básicos al comer, incluyendo el masticar con la boca cerrada, el uso correcto de los cubiertos y la servilleta.

**Comer Juntos**: podemos practicar el contacto visual, conversar, brindar y aceptar cumplidos, respetar los sentimientos y la opinión de otros, la amabilidad y hasta la privacidad.

**Comer Juntos**: en la mesa se puede dilucidar sobre la importancia de las reglas, el comportamiento ideal en la casa y en lugares públicos, se puede observar el desarrollo de hábitos y conductas negativas y la promoción de respeto propio y hacia los demás.

**Goya** te invita a valorar tu vida y la de tu familia.
¡Valorar a tu familia!

¡Disfruta tus comidas juntos en familia!

¡Si es Goya ...tiene que ser bueno!

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FCCLA @ THE TABLE

STRONGER FAMILIES ONE MEAL AT A TIME

An initiative of Family, Career and Community Leaders of America

#FCCLAatTheTable

STUDENT BODY
Sharing meals together offers families a smorgasbord of healthy – and happy – benefits that last a lifetime

The leisurely family meal, a staple for countless generations of Americans, has been taken off the table by the cold realities of 21st Century lifestyles. Parents and guardians juggle long work days, daily commutes, their children’s after-school activities, and endless demands of running a household. There simply just isn’t time.

But, families that eat meals together reap long-term benefits that feed the body, mind, and spirit.

And that’s why Family, Career and Community Leaders of America (FCCLA) is launching a national campaign – FCCLA @the Table – by asking its 200,000 members to take a pledge to plan and prepare healthy meals for their families.

Children from families who eat together on a regular basis are more likely to have family support, positive peer influences, and positive adult role models.

Why this initiative? Why now?

Research about families sharing meals together is compelling:

- Regular family meals promote healthy eating habits.\(^1\)

- Eating dinner together improves academic performance in school: 52% of children are mostly “A/B” students when their families eat dinner together up to twice a week. The percentage jumps to 64% when they share five to seven meals weekly.\(^2\)

- Family ties, such as family dinners, create a bond between guardians and their children. Compared to teens in families with strong ties, teens in families with weak ties are four times more likely to have tried tobacco and marijuana, and almost three times likelier to have tried alcohol.\(^3\)
Stronger families, one meal at a time

The FCCLA @ the Table initiative is straightforward: FCCLA members, representing 6th to 12th Grades, will take a pledge to plan and prepare a meal for their families. It can be a one-time commitment or more. Members can pledge to create a meal one time, or on a regular — even monthly — basis over a year's time.

The culinary stakes needn't be high. You can prepare a simple dinner, like soup and sandwiches. Those comfortable in the kitchen can plan more elaborate meals. The most filling aspect of the evening will be a family sitting down together and enjoying a meal served with plenty of conversation and laughter.

The events can be spiced up with special themes: breakfast for dinner, international night, one-pot dinners, pasta with your choice of sauces, or a winter picnic in the living room. The choices are endless.

And the experience needn't end when the dishes are done. If time permits (and homework is done), the family can enjoy a walk around the neighborhood, a board game or a favorite film. By sharing the experience, parents and their children are building deeper bonds, cultivating a greater appreciation for each other, and creating memories of a life well lived.

In addition, the initiative will get young people preparing meals, an essential life skill no matter what their eventual profession. It also will give them a clear picture of what constitutes a balanced, healthy meal and challenges them to pull it off with time and budget constraints.

"After a good dinner one can forgive anybody, even one's own relations."

- Oscar Wilde, playwright

Sources
3. "The Importance of Family DinnersVI," The National Center on Addiction and Substance Abuse at Columbia University (September 2010, Page 8) #FCCLAatTheTable
Why is FCCLA at the head of the table?

Family, Career and Community Leaders of America is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work and societal issues through Family and Consumer Sciences education. FCCLA has nearly 200,000 members and 4,700 chapters from 49 state associations, Puerto Rico, and the Virgin Islands. The organization has involved more than 10-million youth since its founding in 1945.

Since its beginning nearly 70 years ago, FCCLA has focused on the multiple roles of family member, wage earner and community leader. Supporting strong, healthy, and happy families is one of FCCLA’s core values. Two of its national peer education programs — Families First and Student Body — provide teens with the skills to accomplish these goals while becoming leaders for today and tomorrow.

Let’s get cookin’!

FCCLA will provide the resources students need to make their FCCLA @ the Table pledge a reality. They include:

- A website featuring comprehensive ideas for dinners and “themes” that will appeal to an audience of varying tastes. The recipes will be easy to make and not involve extensive — or expensive — ingredients or preparation.
- Basic food safety information, so that the students can prepare meals with confidence and in good health.
- Cross-platform showcases – from Instagram to Pinterest – that share the students’ efforts and inspire others to “take the pledge.”

Families who ate dinner together every day consumed an average of 0.8 more servings of fruits and vegetables compared to families who did not eat dinner together. These families also had higher intakes of important nutrients, and they were less likely to eat unhealthy fried foods and drink soda.