

CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



Inside this Issue...

Director's Corner	1
From the Student Executive Board	2
Districts in Action	2
CT RISES:: Ideas for this month	3
Tips and Tools	4
Upcoming Leadership Opportunities for you and your Students	4

© 2021 Connecticut Association of Student Council's
CAS-CIAC
30 Realty Drive, Cheshire, CT 06410

Save the Date

2021

Citizenship
Recognition | Inspiration
Service | Engagement | Spirit

CASC PRESIDENTIAL SYMPOSIUM

SEPTEMBER 23, 2021 | 9-11:00AM | STATEWIDE

A Virtual Conference for Advisors and
Student Council/Government Officers

Director's Corner

Greetings, and welcome back to a new school year! I hope that this newsletter finds you and your families in good health. I'm sure that you are all as excited as I am to be able to return to working with our amazing student leaders in person.

The CASC Student Executive Board has been working all summer on a number of initiatives that we are excited to share with the state, from #CTRISES to recognition opportunities, to a handbook for local councils/governments. Look to see these initiatives rolled out beginning with the Presidential Symposium being held on September 23.

Presidential Symposium We revamped the Presidential Luncheon and are relaunching it as the Presidential Symposium. This year's Symposium will be free and open to advisors and all Student council/government leadership team members, in addition to announcements about upcoming initiatives and related CASC news we will be featuring a keynote. The keynote will include a speech/presentation with a moderated Q and A. This year's keynote is Ms Bayan Galal, President of the Yale College Council.

Agenda::

- Opening activities,
- CASC Mission Statement,
- State Service Project Announcement,
- CASC SMART goals,
- #CTRISES,
- State Awards Program Introductions,
- CASC Social Media/Logo Competition,
- Legislative Awareness,
- Round table discussion,
- Keynote Speaker Address/Presentation 30 followed by Q and A 15.

This is a great way to start the year and connect with councils throughout the state.

Advisors Forum thank you for using our forum, in addition to the forum I will be hosting several virtual advisors meetings this year including an advisors day working with NAWD.

Be safe, and as always thank you for your continued support of Student Leadership in Connecticut.

Christopher Tomlin
CASC Executive Director

Upcoming State Important Dates::

September 23:: 3rd Annual CASC Presidential Symposium - Virtual

We will be hosting a newly revamped Presidential Symposium this month that will serve as a launchpad for upcoming CASC activities and opportunities. This year's Symposium will be free and open to advisors and all Student council/government leadership team members.

From the Student Executive Board

The CASC board met on Tuesday, August 18 to discuss and plan our upcoming September Symposium, which will be taking place on September 23 virtually. It will be open to all student council/governments across the state. It will be two hours long and introduce you to CASC and how you can get involved with our organization. At that meeting, we also decided our mascot is the bouncing pickle is symbolic of CASC and other student leaders bouncing back this school year after the pandemic ruined plans last year. The origin story of the mascot is that Connecticut has a silly law that pickles must bounce. Additionally, our theme this year is CT RISES, which stands for Citizenship, Recognition, Inspiration, Service, Engagement, and Spirit. Our state initiative is mental health awareness. We have a lot of great ideas on how to encourage involvement and service to our state and communities. For instance, our service project coordinator, Abby Messina, has some initiatives in mind for giving back to our community. Not only that, but our board will be proposing legislation to state government agencies on reforming the health curriculum as well as increasing the minimum required time for lunch. If you have any questions about what we are doing or how to get involved, feel free to email me at emily.laput28@gmail.com or email the advisor, Mr. Tomlin, at ctomlin@casciac.org.

Emily Laput '22
Woodland Regional High School
President, Connecticut Association of Student Councils

The Connecticut General Assembly runs part-time from January to June in odd-numbered years, and from February to May in even-numbered years. Despite not currently being in session, CASC will continue working towards our legislative goals, including increasing minimum lunch time at schools. Many students find their lunches to be quick, leaving them with minimal time to socialize and take a break throughout their school day. We are currently working on legislation to bring forward to the state to potentially get this changed!

Yasmeen Galal'24
Woodland Regional High School
Legislative Affairs Coordinator, Connecticut Association of Student Councils

Districts in Action

The District schools have worked all summer to develop plans for increased communication between the student councils/governments in their district whether this communication is virtual or in person.

Eastern District - Bacon Academy

Matthew Kranc Vice President; Laney Barrett, District Coordinator; Thomas Frickman, Advisor

DISTRICT UPDATE::

Bacon Academy, Bolton, Coventry, East Hampton, East Lyme, Ellington, Ellis Tech, Enfield, EO Smith, Fitch, Grasso Tech, Griswold, Haddam-Killingworth, Interdistrict School for Arts and Communication, Killingly, Ledyard, Lyman Memorial, Montville, Morgan, Nathan Hale Ray, New London, NFA, Norwich Tech, Old Lyme, Old Saybrook, Parish Hill, Plainfield, Public Safety Academy, Putnam, RHAM, Rockville, Somers, St. Bernard, Stafford, Stonington, Suffield, Tolland, Tortellotte, Valley Regional, Waterford, Westbrook, Wheeler, Windham, Windham Tech, Woodstock Academy

Career Magnet, Hillhouse, Holy Cross, John F. Kennedy High School, Jonathan Law, Kaynor Tech, Luralton Hall, Lyman Hall, Manchester, Mercy, Metro Learning Center, Metropolitan Business Academy, Middletown, Naugatuck, New Haven Academy Magnet, Newington, North Branford, North Haven, Northwest Catholic, Northwestern Regional, Notre Dame-West Haven, Parker Farms School, Platt Tech, Portland, Prince Tech, Riverside Academy, Rocky Hill, Sacred Heart, Sacred Heart Academy, Seymour, Sheehan, SMSA, Sound School, South Windsor, Southington, St. Paul Catholic, Stratford, University, Vinal Tech, Waterbury Career Arts Magnet School, West Haven, Wethersfield, Whitney Tech, Wilbur Cross, Wilby, Windsor Locks, Woodland Regional High School, Xavier.

Central District - Northwest Catholic High School

Anna Callendrillo, Vice President; Lauren Armstrong, District Coordinator; Lorraine DeCrescenzo, Advisor

Achievement First, Aerospace & Engineering, Amity, Ansonia, Berlin, Bloomfield, Branford, Bristol Central, Bristol Eastern, Bulkeley, Bunnell, Career Magnet, Cheney Tech, Classical Magnet, Coginchaug, Conard, Connecticut IB Academy, Cooperative Arts and Humanities, Cromwell, Crosby, Daniel Hand, Derby, East Catholic, East Granby, East Hartford, East Haven, East Windsor, Emmet O'Brien Tech, Engineering & Science University Magnet, Foran, Gateway To College, Gilbert, Glastonbury, Granby Memorial, Guilford, Hamden, Hartford Magnet Trinity College Academy, Hartford Public, High School in the Community, Hill Regional

Western District - Thomaston High School

Mel Shkrepi, Vice President; Hannah Lawlor, District Coordinator; Terri Franzi, Advisor

Abbott Tech, Avon, Bethel, Bridgeport Central, Brien McMahon, Brookfield, Bullard Havens Tech, Canton, Cheshire, Danbury, Darien, Fairfield Ludlowe, Fairfield Prep, Fairfield Warde, Farmington, Goodwin Tech, Greenwich, Housatonic Regional, Immaculate, Joel Barlow, Kolbe Cathedral, Lewis Mills, Litchfield, Maloney, Masuk, New Britain, New Canaan, New Fairfield, New Milford, Newtown, Nonnewaug, Norwalk, Notre Dame-Fairfield, Oxford, Plainville, Platt, Pomperaug, Ridgefield, Science & Innovation, Shelton, Shepaug Valley, Simsbury, St. Joseph's, Stamford, Staples, Sunnyside, Terryville, Thomaston, Torrington, Trinity Catholic, Trumbull, Wamogo, Watertown, Westhill, Weston, Wilcox Tech, Wilton, Wolcott, Wolcott Tech.

CT RISES:: Ideas for this month

Remember to be focusing on your CT(citizenship), R(recognition), I(inspiration), S(service), E(engagement), S(spirit). Looking for a new project to run this month in your student council/government? Think about incorporating some of these suggestions into your calendar.

Elections

Submitted by:: Woodland Regional High School

Type:: Citizenship

Organize the election for the new freshman students. Use this as a way to prepare for elections throughout the year. Try out new methods of voting.

Welcome Back activities

Type:: Recognition

You may also want to use this opportunity to plan any first day of school activities to welcome back the students, faculty and staff.

First Meeting

Type:: Inspiration

Begin with an agenda and consider adding these items::

- *Consider beginning with ice breakers, it has been a long summer.*
- *Remind everyone of their roles and responsibilities.*
- *If you don't meet over the summer the first meeting is also a great opportunity to set goals for your council.*
- *While setting SMART goals and establishing your calendar dont forget to discuss if you need to revisit your Constitution or by-laws.*
- *Set your calendar for the year, be sure to include meetings and your big projects.*
- *Discuss committees, which ones should you have, how should they be structured.*

Leadership Opportunities

Type:: Inspiration

A number of conferences have switched to online formats. It is never too early or too late to start thinking about leadership. Consider setting aside one meeting a month for leadership training. Determine a list of skill sets that your council needs to work on and make a checklist to track student growth. Are there any conferences will you want to attend?

***We are always looking for new and exciting projects or events to highlight, if your council has a project that you would like to see highlighted in a newsletter please submit it [here](#).*

Tips and Tools

CT RISES:: PLANNING FOR THE YEAR

by Christopher Tomlin

CASC is proud to launch a new initiative for the 2021-2022 school year:: CT RISES. The acronym stands for Citizenship, Recognition, Inspiration, Service, Engagement, and Spirit. Each council/government is encouraged to use CT RISES as they plan their projects towards building a successful year.

Step 1:: Make your Goals SMART

The Initiative begins with your council/government setting goals for the school year. These goals should be SMART – Specific, Measurable, Achievable, Relevant and Timely.

Specific - Clearly state the task you are working toward
Measureable - Track your progress to see results as you work

Achievable - Set a goal that is within a reachable level

Relevant - Make the goal your own. Meet your own needs and desires for success

Timely - Use a tangible time frame to keep you on task

Think of goals as:

- What do we want to accomplish this year
- How do we want to leave our mark on the school
- Who will we influence and make a difference for this year

After brainstorming your goals for the year:

- Be sure to write the goals down – the most successful people/groups in the world are those who have written goals
- Share the goals with everyone – administrators, staff, student body
 - This will hold your group accountable
- Keep track of how you are doing with your goals
- Check off your list and CELEBRATE your accomplishments
- Evaluate

Step 2:: CTRISES – Creating Projects to support your Goals

Once your goals are written you will need projects to help you achieve them. Many times student councils get ahead of themselves and create project ideas first – don't do that! Write your goals – so you know what you want to accomplish for the school year. For example:

- Our student council will increase school spirit and pride by having more students attend homecoming dance and participate in dress up days.
- Our student council will raise 100 more dollars for the Special Olympics this year than we did last year.

Both of these goals meet the SMART guidelines on the page before. However, they do not tell HOW these goals will be accomplished. This is the job of PROJECTS (events)!

This is where the CTRISES categories come into play:

Citizenship:: Projects that promote student voice in the school and community.

Examples of Projects:: *Election with elements found in US Elections, Get out the vote campaign, School forums*

Recognition:: Projects that recognize students and staff.

Examples of Projects:: *Teacher Appreciation baskets, Teacher of the month, Support Staff of the Year*

Inspiration:: Projects that teach and promote student leadership.

Examples of Projects:: *Council/Government Retreats, Leadership days, Community leader guest speaker*

Service:: Projects that serve the needs of the school and or community.

Examples of Projects:: *Cards for Hospitalized Children/nursing homes, Blankets for Babies, Blood Drive*

Engagement:: Projects that teach students and make the school a better place.

Examples of Projects:: *Anti-Bullying Program, Mock car crash, Ban the "R" word*

Spirit:: Projects that improve school climate.

Examples of Projects:: *Movie night, Freshmen Welcome, Pep Rally*

Try to consider doing one great, well-done and specific project per month. Planning a project takes many hours of meetings and commitment on the part of your executive board, advisor and council. And remember we are always looking for new and exciting projects or events to highlight in the newsletter, if your council has a project that you would like to see highlighted in a newsletter please submit it [here](#).

Upcoming Leadership Opportunities for you and your Students

September 23:: CASC Presidential Symposium

We will be hosting a newly revamped Presidential Symposium this month that will serve as a launchpad for upcoming CASC activities and opportunities. This is a great way for your council leadership to meet and connect with councils throughout the state.

October TBD:: CASC/NAWD Advisors Workshop

This will be a 2 hour evening clinic geared towards providing an opportunity for advisors to connect and trade best practises. More details to follow.

November TBD:: CASC District Conferences

We are proud to introduce our first annual District Conferences. Each of Connecticut's 3 districts will hold its own conference that will allow for local students and advisors to connect, build relationships and share ideas. More details to follow.

December 3-5:: NAWD Annual National Conference on Student Activities, Boston, MA.

A live conference at the Westin Waterfront Hotel in Boston on December 3-5, 2021. Check www.nawd.com for more details as we get closer to this event.

March TBD:: Annual CASC Spring Convention

This year being hosted by Woodland Regional High School in Beacon Falls. More details to follow.

May TBD:: CASC "Adventures in Leadership," Held at Winding Trails in Farmington, CT

We return to a live Ropes course designed to allow your newly elected leaders an opportunity to come together and begin to work as a team, while meeting leaders from across the state. More details to follow.

