



# STUDENT ACTIVITIES

ELEMENTARY | MIDDLE | HIGH SCHOOL

## 2022-2023

CAS Student Activities is pleased to present our line-up of programs for the 2022-2023 school year.

Our activity series is grounded in the research from 21st century skills that participation in co-curricular activities increases academic achievement, improves communication skills, and helps students make better life decisions.

Please review these offerings and select some quality activities to link your work with ours!

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10/24/22



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## SEPT 10 CHEER JUDGES SCORESHEET INFORMATIONAL SESSION

Cheer judges are encouraged to attend the judges' scoresheet informational session on September 10, 2022 at 10am (CAS Office - 30 Realty Drive, Cheshire, CT). Judges will become familiarized with the score sheet, review NFHS Spirit Rules, CT Cheer Competitions, CT Championship Guidelines, judging and scoring procedures. Register at <https://casci.ac/8245> by September 8, 2022.



Inquires to Sherrie Zembruski at [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net).

**SAVE THE DATE:  
CHEERLEADING CHAMPIONSHIP MAR. 4, 2023**

## SEPT-JUNE STATE STUDENT ADVISORY COUNCIL ON EDUCATION

In 1998, the CT State Legislature created the State Student Advisory Council on Education (SSACE) to give Connecticut students a voice in education planning and enable the state board of education, the commissioner of education, state department of education personnel, the governor, and state legislators to become familiar with high school students' perspectives on key issues. SSACE meets regularly with CAS director of student activities, the education commissioner, and on occasion with the Governor, to reflect student opinion on matters of concern to the state's high schools. The Council meets ten times per year. Members write position papers on important topics in education; conduct the statewide Challenge to Educational Citizenship Awards Program; and, through their discussions and activities, learn from each other about citizenship, leadership, and responsibility.

For the past 23 years, SSACE has dedicated monthly meetings to influencing legislation and adapting it to the changing needs of Connecticut students. It has conducted action research recommendations on critical topics such as reducing the achievement gap, reforming standardized testing, teacher diversity in schools, how to cultivate an interest in teaching in Connecticut, and instituting programs promoting health and wellness.

Applications are sent to principals for selections in May. For more information contact Cheresse Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## SEPT-MAY ESPORTS

Esports is the world of competitive, organized video gaming. Competitors from different teams face off in various games. Connecticut held the first Esports state championship ever at Maloney High School in Meriden, CT. We now have over 35 teams competing throughout Connecticut. Esports is a great way for students to build character, collaboration, community and respect, all while competing in fun and safe video games, monitored by coaches.

For more information on Esports please contact Cheresse Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org) or Zubair Painsa at [zubair.painsa@playvs.com](mailto:zubair.painsa@playvs.com), or follow this link: <https://casci.ac/8326>



The Championships are December 14, 2022 at Quinnipiac University.

## SEPT-MAY STUDENT EQUITY ADVISORY BOARD (SEAB)

CAS-CIAC is excited to continue the Student Equity Advisory Board this year. The SEAB helps bring awareness to inequity in Connecticut schools and collaborate on ways to enhance inclusion in schools for all students. Students will also develop and implement ideas and action plans to bring back to their respective leagues, schools, and communities. To view the SEAB Presentation video please follow this link: <https://youtu.be/g8dL4zgh9wM>.

Student Equity Advisory Board Meeting Dates: October 19, November 16 & December 14, 2022; January 25, February 22, March 8, April 5 & May 10, 2023. Inquiries to Cheresse Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org) or Henry Rondon at [hrondon@casciac.org](mailto:hrondon@casciac.org).

# OCT-TBA PRESIDENT'S SYMPOSIUM AND CASC CONSTITUTIONAL CONVENTION, OLD STATE HOUSE, HARTFORD

This year's President's Symposium will be held at the Old State House in Hartford where we will also be reviewing and voting on a new constitution and bylaws for CASC. All CT Student Councils are welcome to attend this event.

Please contact Christopher Tomlin at [ctomlin@casciac.org](mailto:ctomlin@casciac.org).



## OCT 12 HIGH SCHOOL DANCE COACHES CLINIC

Dance coaches will meet via ZOOM to review NFHS Sprit rules, CT Dance Competitions, CT State Championship guidelines, judging and scoring procedures. Both new and veteran coaches will have a unique opportunity to have questions answered from the CAS Dance Committee which will prove to be invaluable. Register at <https://casciac.org/8247> by October 10, 2022.



**SAVE THE DATE:  
DANCE CHAMPIONSHIP FEB. 25, 2023**

Inquiries to Kathy Swillinger at [kscoach32@gmail.com](mailto:kscoach32@gmail.com) or Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## OCT-APR THE "LITTLE LEADER" CONFERENCES

Recognizing that young children in 2nd & 3rd grades show great potential for thinking abilities, these "Little Leader" mini-conferences showcase interactive lessons led by teachers, administrators, and high school students designed to introduce young students to finding the best way of developing their leadership skills. The conferences will take place at various elementary schools.



Inquiries to Cherese Miller at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## OCT-JUNE LOOK FOR THE GOOD PRESENTATIONS

The "Look For The Good Project" offers a two-week, school-wide gratitude campaign to help K-6 students and teachers express gratitude for themselves, each other, and the people who matter to them. These presentations will feature CEO and Founder, Anne Kubitsky, sharing the steps to implement the program which has generated over one million messages of gratitude. Presenters will have everything you'll need to implement your kick off assembly and plan your customized campaign which is totally run by students!



Inquiries with Anne at [info@lookforthegood.org](mailto:info@lookforthegood.org) or Cherese Miller at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## OCT-MAR HIGH SCHOOL DEBATE

The Connecticut Debate Association (CDA) is the premier high school debate league in Connecticut. CDA has sponsored a regular program of competition for over 30 years. Our debate format is cross-examination policy debate, but we change the resolution for each tournament and limit research so we have more in common with parliamentary debate at the high school and college level. The CDA season begins with a novice scrimmage in September to introduce new debaters to the format. We follow with tournaments one Saturday each month from October through March, followed by a state finals championship tournament. Debaters qualify for state finals by their performance at the monthly tournaments. With as many as 500 debaters participating in some months, we run tournaments at two or three schools on each date to provide space for all, and, with luck, reduce travel time. Each tournament has a varsity and novice division to accommodate different levels of skill and experience.

Inquiries to Everett Rutan, Executive Director at [ejrutan3@ctdebate.org](mailto:ejrutan3@ctdebate.org).

## OCT-JUNE STUDENT ATHLETIC ADVISORY BOARD MEETINGS

CAS-CIAC is excited to announce the fourth year of the Student Athletic Advisory Board. Class Act schools will continue to be able to have a statewide advisory board of students to promote good sportsmanship within their leagues and to address other issues regarding athletics. In addition, students will be able to share highlights within their leagues so that they can learn from each other and take great ideas back to their leagues. Students will continue to have a voice to educate and promote respect, teamwork, and character in all of our Class Act schools and beyond. Inquires and selections to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org) or Henry Rondon at [hrondon@casciac.org](mailto:hrondon@casciac.org).

**STUDENT ATHLETIC  
ADVISORY BOARD  
MEETING**



## OCT-APR MIDDLE SCHOOL DEBATE

The Connecticut Middle School Debate League (CTMSDL) is an organization that hosts competitive interscholastic Parliamentary Debate tournaments for middle school-aged students throughout Connecticut during the academic year. The year begins with a scrimmage in the early Fall and continues with three tournaments throughout the year at host schools. Middle School Debate is the fastest growing student activity in CT! The

CTMSDL follows the Middle School Public Debate Program (MSPDP) format begun in 2002 in Southern California. Motions to be debated are released weeks ahead of scrimmages and tournaments. On competition days, teams of three debate on both the proposition and opposition sides of the motion. High School debaters serve as judges whenever possible.

Inquiries to Jen Posner, Executive Director at [jen.posner@ctmsdebate.org](mailto:jen.posner@ctmsdebate.org).



## OCT 26 MEN OF COLOR IN LEADERSHIP CONFERENCE (IN PERSON)



The men of color leadership conference highlights men of color in professional leadership roles. Students will be inspired and motivated to further develop their own leadership skills and talents. This conference is intended for all middle and high school students and educators.

**Registration Link:** <https://casci.ac/8321>

For more information or to be on this year's panel, please contact Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org) or Henry Rondon at [hrondon@casciac.org](mailto:hrondon@casciac.org).

## DEC 2 HIGH SCHOOL LEADERSHIP CONFERENCE

High school student leaders and their advisers will convene at Southern Connecticut State University for an **in-person, full day** of intensive leadership training. This student organized conference will include sessions that center on collaboration, communication, diversity awareness, problem solving, and mental health awareness; all tailored to bring out the student's unique talents and leadership skills to the fullest.

Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

[> REGISTER NOW](#)

[HTTPS://CASCI.AC/8445](https://casci.ac/8445)



## DEC 15 CONNECTICUT ASSOCIATION OF NATIONAL HONOR SOCIETIES ADVISER CONFERENCE (CANHS)



The annual CANHS advisers conference, which will be held virtually, provides new NHS and NJHS advisers with support and guidance to navigate the challenges of overseeing a new or existing chapter at their school. The conference will review foundation information, selecting faculty advisors, student election process, community service hours, and hosting inductions, etc.

For more information please contact Dr. Nadine Mills at [nmills@casciac.org](mailto:nmills@casciac.org).

## JAN 13 MIDDLE LEVEL STUDENT LEADERSHIP CONFERENCES



### January 13: Naugatuck Community College

This annual conference will demonstrate the use of multiple-talented approaches to help middle level learners develop four important leadership skills – productive thinking, communication, creative problem solving and decision making. The breakout sessions will be led by top notch teachers, counselors, high school students and administrators.

Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## JAN 9 & 11 ELEMENTARY STUDENT LEADERSHIP CONFERENCES

### January 9: Asnuntuck Community College (1/10/23 Snow Date)

### January 11: Naugatuck Community College (1/12/23 Snow Date)

These annual conferences provide students in grades 4-6 with a unique opportunity to develop leadership skills. Participants will be engaged in hands-on activities designed to foster 21st century leadership skills – the four strands are: creative problem solving, communication, decision making, and productive thinking.



Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## JAN 20 THE BATTLE OF THE FANS SHORT VIDEO CONTEST

Does your high school's student section demonstrate the best mix of spirit, creativity, and sportsmanship? CAS Student Activities and CIAC invite you to produce a **TikTok Video or Instagram Reel**, which displays positive fan behavior, school spirit, and a "Class Act" overall approach to the value of education-based school athletic programs.



It's never too early to start collecting video footage from Fall sports to pep rallies to other service related initiatives leading up to and throughout the winter athletic season.

Please note: videos need to be submitted by **January 20, 2023**. The winner will be recognized at the C.I.A.C basketball state championships in March

Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org) or John Holt at [jholt@casciac.org](mailto:jholt@casciac.org).

## FEB MIDDLE LEVEL ARTHUR DIRECTOR LEADERSHIP AWARD APPLICATION

The Arthur Director Leadership Award Program is open to all schools participating in the Middle School Leadership Training Conference. This award, named for the founder of Connecticut Lighting Centers, Arthur Director, is presented to the school that shows superior application of the concepts learned at the leadership conference. To be considered for the award, schools need to submit an application with supporting documentation.



For more information please contact Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## MAR TBA CONNECTICUT ASSOCIATION OF STUDENT COUNCILS (CASC) ANNUAL CONVENTION



Join student leaders and advisors from across the state for a day of learning, inspiration, sharing, leadership and fun. During the day student leaders and advisors will have the opportunity to attend motivational speakers, large and small workshops, resolution sessions, as well as participate in a convention wide service project.

This convention is unique in that it offers opportunities to authentically explore leadership and the democratic principles of our American government through council/government sponsored workshops and resolutions.

For more information contact Christopher Tomlin at [ctomlin@casciac.org](mailto:ctomlin@casciac.org).

## MAR-APR CAS-CIAC ENDOWMENT GRANT PROGRAM

Through the generosity of our partners, the CAS-CIAC Endowment and Flanagan Grant Program is able to annually provide grants to new or existing projects that meet the endowment's and fund's requirements and would not otherwise be afforded by CAS member schools. In order to ensure the best use of funding, programs must be sustainable through future Board of Education budgets, have a broad and far-reaching impact, and address a need within the school, district, and/or athletic league. Awards made by the CAS-CIAC Endowment and Flanagan Grant Program may be used to expand existing programs in new and innovative ways, or develop other worthy projects or programs. Member schools may look for the annual RFP in late February for the highly competitive application process.



Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## MAR-JUNE KIDSMARATHON

KiDSMARATHON, an amazing life fitness program, features an 8-10 week nutrition and running regimen for students ages 5-12, running incremental distances which culminate in regional, final mile celebrations in May and June witnessed by hundreds of parents and fans modeled after the Olympic Marathon. CAS partners with the Rod Dixon Foundation for the 11th consecutive year as over 5,000 runners are expected to participate in the popular program. The mantra is ***“Finishing Is Winning – Winning Is Finishing”*** and complements the curriculum in PE/Health for our schools.



Inquiries to Cherese Miller-Odukwe at [cmillerc@sciac.org](mailto:cmillerc@sciac.org).

## APR 27 CAS NATIONAL HONOR SOCIETIES STATE CONFERENCE



This annual conference is an ideal opportunity for NHS student members, faculty council and advisers to come together to create enthusiasm for scholarship, stimulate a desire to render service locally, and enhance and promote leadership activities while focusing on student character building strategies.

Inquiries Dr. Nadine Mills at [mills@casciac.org](mailto:mills@casciac.org) or to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

## MAY-TBA HIGH SCHOOL ROBOTICS CHAMPIONSHIP

The annual CAS/NE FIRST Robotics State Championship is the ultimate “Sport of the Mind” where imagination and innovation come together as over 30 high schools will vie for the coveted state championship. By combining the excitement of sport with the rigors of science and technology, teams are challenged to design and build a robot to perform specific tasks against a field of competitors.

Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).





# MAY-TBA WOMEN IN LEADERSHIP CONFERENCE

This conference focuses on how dynamic individual leadership builds community and shared purpose and contributes to positive growth and change in our schools and communities. Students will be inspired and motivated to further develop their own leadership skills and talents.

This conference is intended for all middle and high school students and educators. Inquiries to Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).

Click the image to view the 2022 event on Youtube.

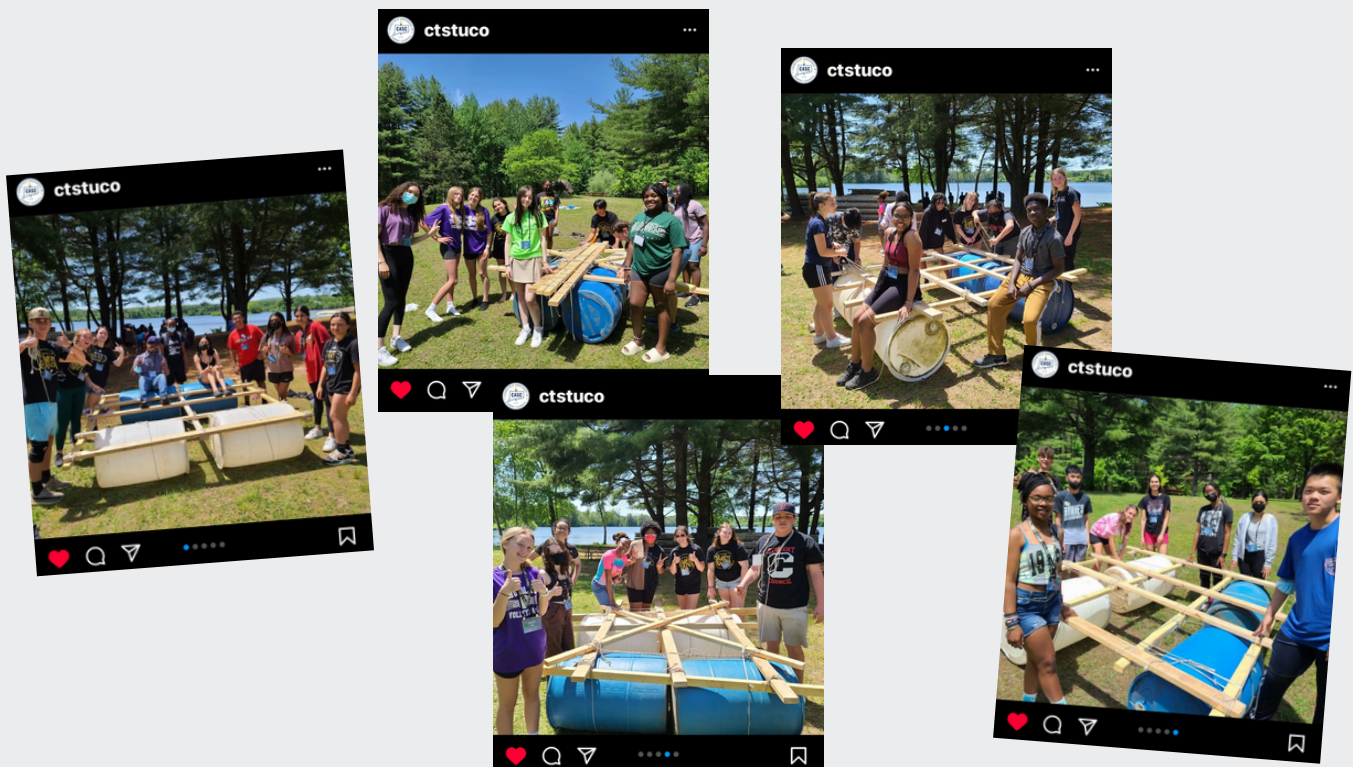
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# MAY-TBA STUDENT COUNCIL LEADERSHIP CONFERENCE

This annual conference is an ideal opportunity for Student Council student members and advisers to get together to build adventure and excitement for the CT Student Council, create community service action plans, and enhance and promote leadership activities while focusing on student character building strategies.

Inquiries to Christopher Tomlin [atctomlin@casciac.org](mailto:atctomlin@casciac.org) or Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).



# MAY 16 ARTS IN THE MIDDLE

"Arts In The Middle" is an all-day conference for outstanding art students. Connecticut middle schools are invited to send art students and an art teacher to the annual "Arts in the Middle" conference, sponsored by the University of Hartford School of Arts.

"The event features hands-on workshops taught by practicing artists from around the state. The goals of the program are to: give statewide visibility to the fine arts and promote the arts among middle level students, provide opportunities for art students from diverse backgrounds to work together, offer middle level art students a high caliber artistic challenge and give art teachers an opportunity to create their own works.

For more information please contact Chere Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).



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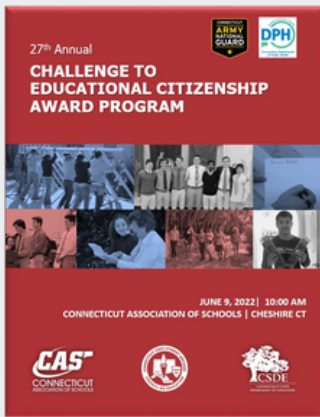


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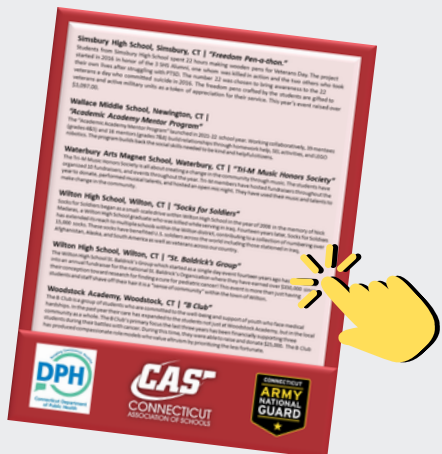


# JUNE 9 CHALLENGE TO EDUCATIONAL CITIZENSHIP AWARD



The State Student Advisory Council on Education (SSACE) is pleased to offer schools throughout CT, the opportunity to apply for recognition in the annual Challenge to Educational Citizenship Award program. This program was the "brain child" of the 1996 edition of SSACE as a way of promoting citizenship through co-curricular programs. The recipients embody the spirit of citizenship and commitment to serving others, as well as altruism. Submitted projects are judged by the high school student members of the council. The submissions are evaluated on the basis of the depth, breadth, and quality of impact on others in the school community. Applications will be sent out to school principals at the end of February.

**Click on any image to view the 2022 event on Youtube.**



For more information, please contact Chere Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).



# JULY-TBA NEW ENGLAND STUDENT LEADERSHIP CONFERENCE

Each summer, student-athletes and school activities participants from CAS-CIAC member schools have the unique opportunity to network with students from Massachusetts, Maine, New Hampshire, Rhode Island and Vermont at the annual New England Student Leadership Conference at Worcester State University. Incredible attention is being paid to high school athletics and activities programs today. Participants in these programs are looked up to as leaders because of their position on the team or club. The impact that these young people have on the climate and culture of their schools, fellow students and community is tremendous. In fact, studies show that more than one-half of high school students participate in some form of school activity or athletic program. The involvement of these students in the success of a high school is paramount and critical.

For more information please contact Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).



# JULY-TBA NATIONAL STUDENT LEADERSHIP SUMMIT INDIANAPOLIS, INDIANA

Each year CAS-CIAC offers a very unique opportunity for students within our membership groups to apply to go on an all expense paid leadership trip to the NSLS in Indiana. This 3 day intensive student leadership initiative, the National Student Leadership Summit (NSLS) is one of the most unique opportunities a student could experience. The NSLS will focus on relevant and contemporary issues. Students will hone their leadership skills and realize the privilege and power of their influence in their school, community and state.

For more information please contact Cherese Miller-Odukwe at [cmiller@casciac.org](mailto:cmiller@casciac.org).



# THANK YOU CT STUDENT ACTIVITIES CONFERENCE BOARD MEMBERS FOR YOUR HARD WORK, DEDICATION AND INSPIRATION!

KRISTIN BERNIER - THOMASTON CENTER SCHOOL - CHAIR

MICHAEL BARILE - VALLEY REGIONAL HIGH SCHOOL, DEEP RIVER

ANABELLE DIAZ-SANTIAGO - MOSER SCHOOL, ROCKY HILL

DAVIS FRIEDMAN - W.F. KAYNOR TECHNICAL HIGH SCHOOL, WATERBURY

ROBERT GARRY - HATTON ELEMENTARY SCHOOL, SOUTHTON

CHERYL GONZALEZ - STRONG MIDDLE SCHOOL, DURHAM

JAMAHL HINES - CONARD HIGH SCHOOL, WEST HARTFORD

MATTHEW PEEL - BACON ACADEMY, COLCHESTER

DEBRA PONTE - HOPEVILLE ELEMENTARY SCHOOL, WATERBURY

BO RYAN - GREATER HARTFORD ACADEMY OF THE ARTS MAGNET SCHOOL, BLOOMFIELD

KIMBERLY WOOD - JOHN F. KENNEDY ELEMENTARY SCHOOL, MILFORD

# THANK YOU TO OUR CORPORATE PARTNERS FOR HELPING TO MAKE THESE GREAT PROGRAMS AVAILABLE TO OUR STUDENTS!

