

CASC Advisors Planner

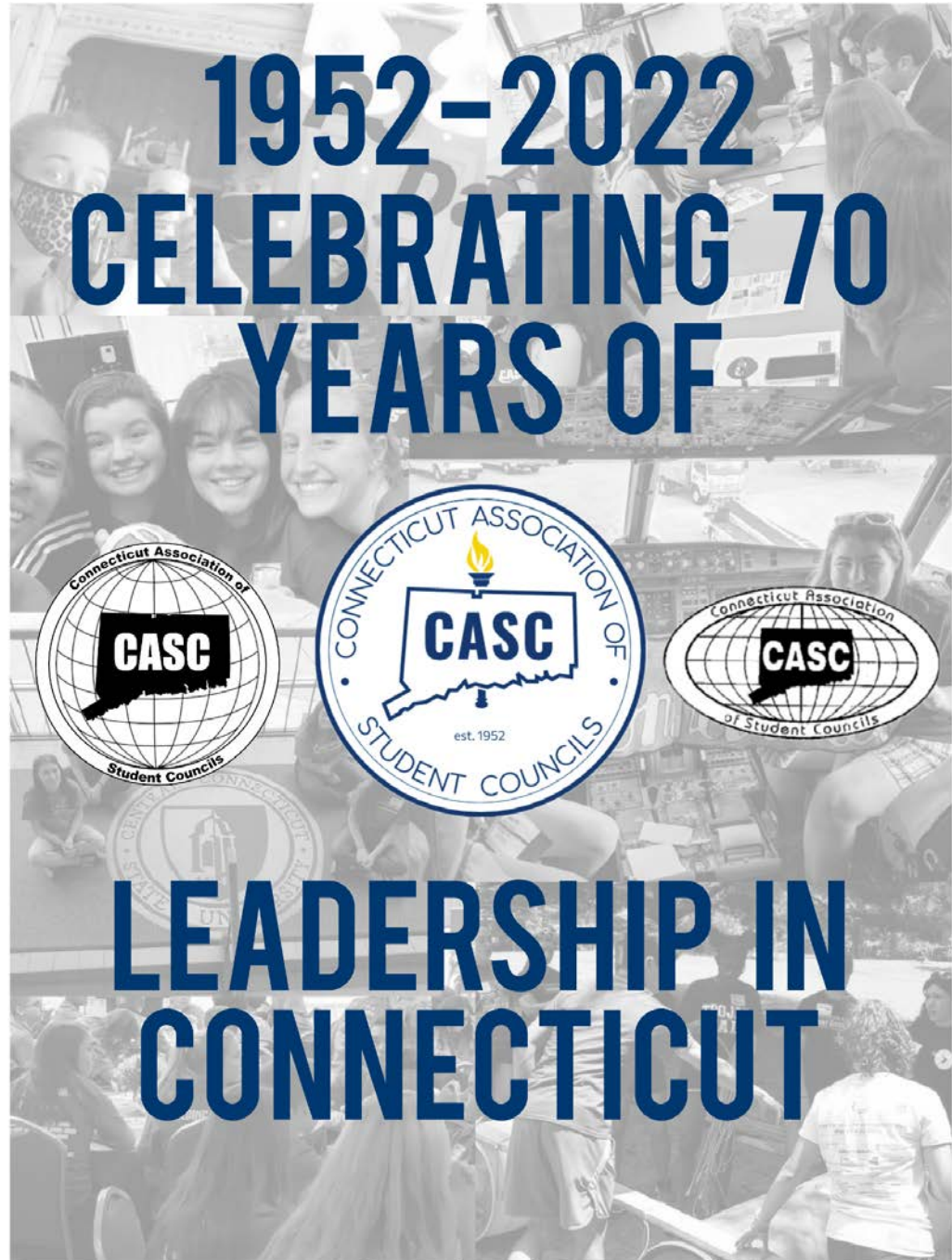
Official Newsletter of the Connecticut Association of Student Councils



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Director's Corner

Thank you to everyone who was able to join us at our virtual Spring Convention "Unlocking the Keys to Leadership." We had 200 delegates from 13 schools representing all parts of Connecticut making this the largest assembly of students since COVID began.

First I would like to once again offer a special thank you to our retiring Executive Board. This dynamic group has at its core students who have been with CASC since the Executive Board was reconstituted 3 years ago. All of these students believed in the idea of empowering student leadership through CASC enough to take the plunge to join the Board. For this I will always be in their debt.

Congratulations to our newly elected Executive Board! We are excited by the diversity of experience and locations around Connecticut represented on this board. You will be able to read more about them in the Executive Board section of the newsletter. We are still looking for an Eastern District school, if you are interested please reach out to me.

This upcoming year is special as we officially launched our 70th birthday celebration. On April 7, 1952 a tentative Constitution was drawn up at a meeting at the Hartford High School, and then April 17th students, advisors and principals from across Connecticut gathered again at the Hartford High School for a convention to ratify the Constitution. It is this date, April 17th that we honor as our founding. On September 16, 2022 CASC will once again be calling a Constitutional Convention, this time at the Old State House in Hartford. We look forward to seeing delegations from all of our Student Councils/ Governments in Connecticut on this special day.

With Spring upon us (it is Connecticut afterall, 60 degrees today, minus 10 tomorrow...) we look forward to continued growth of our association and additional exciting opportunities for growth in student leadership, including a return to "Adventures in Leadership" at the Farmington Rope Course.

Be safe, and as always thank you for your continued support of Student Leadership in Connecticut and remember to stay above the line.

Christopher Tomlin
CASC Executive Director

Upcoming State Important Dates::

APRIL

April 17:: CASC's 70th Birthday

MAY

May 23:: CASC "Adventures in Leadership."

From the Student Executive Board Meet the 2022-23 Executive Board

CASC Executive Director



Name:: Christopher Tomlin '97

About:: Christopher is the Executive Director of the Connecticut Association of Student Councils. He has over 20 year experience in the classroom teaching a variety of History courses with a focus in World History. Since 2005 he has served as the advisor to the Woodland Regional Student Government, which has been recognized as a NatStuCo NGCOE for the past 8 years. Christopher has a Bachelor's degree from SCSU in History with certification and a Masters of Education from American Intercontinental University in Instructional Technology. In his spare time Christopher is a TEAM Mentor, helped found his schools DECA chapter and has coached Volleyball for the past 19 years.

Fun Fact:: I have been restoring old tools and old furniture since high school.

Goal for CASC this year:: Continued growth of the Association.

CASC President



Name:: Yasmeen Galal '24

School:: Woodland Regional High School, Beacon Falls

About:: My name is Yasmeen Galal, and I'm a sophomore at Woodland Regional High School. I'm an experienced leader, as I've been an involved member of Student Government since sixth grade, and am currently a senator for my class and an elected debate leader in our senate. I serve as Legislative Affair Coordinator for CASC, meaning I advocate for or against laws that affect us and give YOU the opportunity to do the same! Outside of Student Government, I serve as Math Team President and love robotics and baking!

CASC Secretary-Treasurer



Name::Jada-Marie Harris (they/them)

School:: Connecticut IB Academy, East Hartford

About:: My name is Jada-Marie Harris and I am currently a sophomore at the Connecticut IB Academy.. This is my second year as a member of the Student Advisory Board. I am also a member of the Biomedical Olympiad Club, Future Problem Solvers, Interact Club and the Abelon Committee (non-profit organization for pancreatic cancer). I am an Interact Class Director and a Chair of the Abelon Committee. I am very active in my school community and have participated in many school events such as the annual Making Strides Against Breast Cancer Car Wash and the Annual Abelon Walk to raise awareness and funds for pancreatic cancer research. A few hobbies I enjoy are reading and photography. I am extremely open to learning and trying new things. Lastly, I hope to lead a career in the medical field, specifically as a general surgeon.

Fun Fact:: My favorite animals are bioluminescent jellyfish and the polyphemus moth.

Goal for CASC this year:: To gain the attention of more students and encourage them to strive to be leaders.

CASC Eastern District - Open

District Advisor - Open

District Vice President - Open

District Coordinator - Open

CASC Southern District - Notre Dame, West Haven District Advisor

Name:: Mrs Casey LaMonaca



About:: Mrs. LaMonaca is the Associate Vice President for Student Success at ND West Haven, having previously taught Religion and History. She advises the Student Government Association, directs the theater program, and keeps the scorebook for the basketball program. This is her sixteenth year at ND.

Fun Fact:: Mrs. LaMonaca loves the Cincinnati Zoo, home to world famous Fiona the Hippo.

Goal for CASC this year:: Her goal is to get more Southern District schools involved in CASC.

District Vice President

Name:: Cayden Drost



About:: Junior

- Serving in School Government for 3 years
- First-year on CASC board
- Sports: Indoor/Outdoor track
- Fun Fact: Can solve a Rubix cube in under 30 seconds.

District Coordinator



Name:: Erik Kuselias

About:: My name is Erik Kuselias and I am a junior at Notre Dame high school and West Haven Connecticut. Serving and helping others through deeds and example has been my focus and goal of my time at ND. I'm involved in athletics, and was honored to be chosen the cross country captain. Musically, I play drums, bass, piano and guitar; and recently performed at school. Also, I'm the Chief Operating Officer at Notre Dame, which allows me to be there for my fellow students. I take pride knowing students feel comfortable approaching me when they have problems or issues, and they know I'll do my best to guide them to a more satisfactory place.

CASC Western District - Thomaston HS District Advisor

Name:: Mrs Terri Franzi

About: I have been teaching social studies since 1997. I have been the advisor of THS Student Council since 2016. I live in Harwinton with my husband and we have two children (high school junior and a college junior) and a black lab. I have lots of hobbies including gardening, baking, sewing and any sort of craft or needle work. I also enjoy outdoor activities like hiking and biking.

District Vice President



Name::Cierra O'Sullivan '24 (she/her)

About:: My name is Cierra O'Sullivan and I'm a sophomore at Thomaston High School. I have been a part of student government for two years and am an active member of my school's Fundraising Committee. In addition to that, I am the president of an environmental club (SAGE) and the treasurer of the Women in STEM club. I have organized events such as the Women in STEM volleyball tournament, a talent show to raise money for substance abuse, a debate for the town's first selectman candidates,

and a school strike against single-use plastic. I play field hockey, run track, and have been a dancer for 13 years. In my free time, I love to read and go hiking.

Fun Fact::

Goal for CASC this year:: My goal for CASC this year is to promote student advocacy and use Student Council as a bridge to help students achieve the change they wish to see

District Coordinator



Name::Emily Morton '25

About:: My name is Emily Morton and I am a part of the Class of 2025 at Thomaston High School. This is my first year as a member of the Student Council and the Fundraising Committee. I am also the Vice President of my Class Council. Besides Student Council, I am an active member in my school's community. For many years I have always been interested in leadership, and I am delighted to finally get many different leadership opportunities. I also am active members of Interact Club and Women in STEM at THS. Besides academics, I stay active in my community by participating in extracurricular activities such as field hockey, softball, and dance. I also enjoy cooking, baking, and spending time in nature.

Fun Fact:: I have rewatched the entire series of Grey's Anatomy almost three times.

Goal for CASC this year:: My goal for CASC this year is to allow more students from my school and surrounding schools to have a stronger voice in CASC. I can do this by reaching out to other schools and just taking the information they give me and using my voice as theirs.

CASC Northern District - Connecticut IB Academy District Advisor

Name:: Mrs Rachel Buck (she/her)



About:: In her 17 years as the Student Advisory Board advisor at the Connecticut IB Academy, Rachel Buck has worked with students to organize and plan more events than she can count. Just when she thought she had it figured out, COVID struck and made Student Councils everywhere reevaluate their events, their effectiveness, and how they could encourage engagement in the school community in multiple ways. She is passionate about working with student leaders and creating events that support a positive school climate and engage all members of the school community. In addition to her work with the Student Advisory Board, she has also advised the CIBA Interact club for 13 years and the Abelon Committee for 16 years and taught math at CIBA for the past 20 years.

Fun Fact:: I have more cats than children.

Goal for CASC this year:: My goal for CASC this year is to encourage all schools to create a welcoming environment where all students are empowered to be leaders.

District Vice President

Name:: Faiza Nadeem '23 (they/he/she)



About:: Faiza is currently a junior at the Connecticut IB Academy and has been involved with the Student Advisory Board for two years. This year, they took on the leadership role of planning and running Community Building Day for their CAS (Creativity, Activity, and Service) project. They are also involved in many other clubs: Bio-Medical Olympiad, Gender-Sexuality Alliance, CIBA for Social Justice, National Honor Society and the Abelon Committee. Some hobbies they have are baking and doing nails. They're very determined to make our school a better and more accepting place for high school students.

Fun Fact:: I can solve a rubik's cube in under a minute.

Goal for CASC this year:: Goal for CASC this year: I would like for students to take more of a leadership role within their schools to make schools a more accepting place.

Especially regarding mental health and gender acceptance.

District Coordinator



Name::Naya Chae '24 (she/her)

About:: Naya is currently a sophomore at CIBA. She has been a member of CIBA's Student Advisory Board for the past two years. This year she was the team leader for our Making Strides Against Breast Cancer Team and our community raised \$1500. She is also a member of the CIBA Society for the Arts and serves as the Historian for the Interact Club and a Chair of the Abelson Committee. She's passionate about utilizing her position and resources to give back to her community and do her part to help better the world to the best of her ability. Some of her hobbies include reading, painting/drawing, playing instruments and playing soccer.

Fun Fact::Earlier this year, I taught myself how to sew and designed and made a completely up-cycled, 6-piece clothing collection to advocate for the environment and up-cycling.

Goal for CASC this year:: Better my skills as a leader and contribute to the success and

growth of CASC

CASC Staff

Parliamentarian



Name:: Brian O'Connell '23

School:: Woodland Regional High School, Beacon Falls

About:: Brian O'Connell is a student at Woodland Regional High School and is a member of their Student Government in the position of parliamentarian. Along with his role in the WRSG, Brian is a member of the math team, quiz bowl, the World Language, Science, Math, and National Honor societies, the timber team, and the varsity tennis team. Outside of school, Brian is a part of the fire department as the Captain of the Junior Corps. And Brian is also an Eagle Scout and active member of Troop 258.

Historian/Archivist



Name:: Kayleigh Budnick '23

School:: Woodland Regional High School, Beacon Falls

About:: Kayleigh Budnick has been a part of the Woodland Regional Student Government since 2019. She is currently serving as the Student Board of Education Representative for her sophomore and junior years. In addition, Kayleigh manages Woodland's volleyball team, and she is the executive video director for Hawk Headlines Journalism. She has a strong passion for activism and filmmaking, and plans to make a career out of these aspirations.

Student Workshop Coordinator



Name: Jeff Rosborg '23

School: Conard High School, West Hartford

About: I am a Senior at Conard High School who prioritizes the betterment of my school, my peers, and my community. I am involved with many clubs and activities, serving as the President of the Conard Student Council, the Math Club, Science Olympiad, DECA/Business Club, and am on the executive board of the Environmental Club. I also swim varsity for my school, play in the jazz band, and am bilingual, speaking both English and Spanish fluently. As a member of CASC, I strive for proficiency in all my work in order to bring only the best to the table.

Legislative Affairs Coordinator - Open

Service Project Coordinator



Name:: Sade Morales '23 (they/she)

School:: Connecticut IB Academy, East Hartford

About:: Sade is a Junior at the Connecticut IB Academy. They have been in CIBA's Student Advisory Board for two years. In addition, they have been a member of numerous clubs since their freshman year, such as Human Rights Club, Yearbook Club, Interact, Chinese Club, National Chinese Honor Society, and Abelon Committee. She is currently one of two Junior class Representatives, and is the Chinese Club Vice President. They use They/She pronouns. She is excited to work with CASC and they will make sure to put their best foot forward.

Fun Fact:: Sade is learning Chinese, and plans to study abroad in the future.

Mental Health Affairs Coordinator - Open

Districts in Action

Please check the district lists below as some schools were moved in the recent realignment of the state.

Northern District - CIBA

District Members:

Achievement First, Aerospace & Engineering, Avon, Berlin, Bloomfield, Bristol Central, Bristol Eastern, Bulkeley, Cheney Tech, Classical Magnet, Conard, Connecticut IB Academy, Cromwell, East Catholic, East Granby, East Hartford, East Windsor, Farmington, Glastonbury, Goodwin Tech, Granby Memorial, Hall, Hartford Magnet, Trinity College Academy, Hartford Public, Manchester, Mercy, Metropolitan Learning Center, Middletown, New Britain, Newington, Northwest Catholic, Plainville, Portland, Prince Tech, Rocky Hill, Science & Innovation, Simsbury, SMSA, South Windsor, Southington, St. Paul Catholic, University, Vinal Tech, Wethersfield, Windsor, Windsor Locks, Xavier

Eastern District - OPEN

District Members:

Academy of the Holy Family, Bacon Academy, Bolton, Coventry, Daniel Hand, East Hampton, East Lyme, Ellington, Ellis Tech, Enfield, EO Smith, Griswold, Grosso Tech, Haddam-Killingworth, 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, Robert E. Fitch, Rockville, Somers, St. Bernard, Stafford, Stonington, Suffield, Tolland, Tourtellotte Memorial, Valley Regional, Waterford, Westbrook, Wheeler, Windham, Windham Tech, Woodstock Academy

Southern District - Notre Dame High School, West Haven

District Members:

Amity, Ansonia, Branford, Bunnell, Cheshire, Coginchaug, Cooperative Arts And Humanities, Crosby, Derby, East Haven, Eli Whitney Tech, Emmet O'Brien Tech, Engineering and Science University Magnet, Foran, Guilford, Hamden, High School In The Community, Hill Regional Career Magnet, Hillhouse, Holy Cross, John F. Kennedy, Jonathan Law, Kaynor Tech, Luralton Hall, Lyman Hall, Maloney, Mark T. Sheehan, Metropolitan Business Academy, Naugatuck, New Haven Academy Magnet, North Branford, North Haven, Notre Dame-West Haven, Orville H. Platt, Platt Tech, Riverside Academy, Sacred Heart Academy, Seymour, Shelton, Sound School, Stratford, Waterbury Career, West Haven, Wilbur Cross, Wilby, Wilcox Tech, Wolcott, Woodland Regional

Western District - Thomaston High School

District Members:

Bethel, Bridgeport Central, Brien McMahon, Brookfield, Bullard Havens Tech, Canton, Danbury, Darien, Fairfield College Preparatory School, Fairfield Ludlowe, Fairfield Warde, Gilbert, Greenwich, Henry Abbott Tech, Housatonic Regional, Immaculate, Joel Barlow, Kolbe Cathedral, Lewis Mills, Litchfield, Masuk, New Canaan, New Fairfield, New Milford, Newtown, Nonnewaug, Northwestern Regional, Norwalk, Notre Dame-Fairfield, Oxford, Pomperaug, Ridgefield, Shepaug Valley, St. Joseph's, Stamford, Staples, Terryville, Thomaston, Torrington, Trinity Catholic, Trumbull, Wamogo, Watertown, Westhill, Weston, Wilton, Wolcott Tech

CT RISES:: Ideas for April

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.

CITIZENSHIP

Elections

Organize the election for next year's SCG members and Officers. Be sure to include elements found in real elections including:: written election rules and/or campaign procedures; a written process for ballot counting; voter registration; designated election places; campaign activities; and voting stickers.

RECOGNITION

Administrative Professionals Day

Administrative Professionals Day is April 27. It's fun to tell them how thankful we are for all that they do. Surprise them by leaving baskets on each of their desks. Things to include:: candy, mints, life savers, tissues, and punny inspirational messages!

INSPIRATION

Participate in National Student Leadership Week

National Student Leadership Week (NSLW) 2022 will occur April 24–30 and celebrate this year's theme, "Trailblazing Leadership."

Visit www.studentleadershipweek.org for special activity ideas, suggested social media posts, and resources to help you continue to honor student leadership. Check #NSLW2022 on social media for more ideas and inspiration.

SERVICE

***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](#).*

Campus Cleanup

April 22 is Earth Day, many schools celebrate by sponsoring school wide campus cleanups. This can be used as an opportunity for your SCG to come together and do some team building or Service learning. Invite your town Director of Parks to give a talk about service learning.

ENGAGEMENT

Secret Agents of Kindness Program for Schools

The idea behind Secret Kindness Agents is to change school culture by having students and teachers perform anonymous acts of kindness every day for a week. At the end of the week, they write reflections on how their kindness has affected them and those around them. They then select new acts of kindness for the next week and begin the process again, thereby spreading kindness throughout the school community. Research shows numerous positive effects on the students, teachers and school climate.

SPIRIT

Movie Night

Hold an all school movie night with a theme. For example, watch a football movie on the football field or watch "Jaws" in the swimming pool.

Tips and Tools

Election Day

"ALTHOUGH the basic ideas and principles of democratic government are centuries old, our American application is of comparatively recent origin and, despite the beliefs of the average man, our form of government is still on trial. At the present time it faces two kinds of enemies — external and internal, and the latter are as vicious and destructive as the former and much more difficult to fight because they are insidious. One type of these internal enemies is well known and widely recognized, gangsterism — political, industrial, commercial, and moral. A less well known and less widely recognized group is composed of such elements as fear, doubt, prejudice, smugness, cynicism, indifference to personal social responsibility, lack of civic consciousness, and a childish faith in human "saviors." A government which is "of the people, by the politicians, and for the pressure groups" is a diseased government. Armies and navies can crush external foes, but they cannot vanquish internal enemies. These must be conquered by education." Harry C. McKown wrote these words in 1944 at the height of WWII as the opening to his book "[The Student Council](#)," it is amazing how much of this still rings true today. (If you have not read this book I would encourage you to look through it.) To this end there is nothing more important that we do than running fair, transparent and effective elections; showcasing what our form of government is supposed to be.

We all have our own election procedures and traditions that we have developed over the years, and they are all of the utmost quality. So I have avoided the obvious need for applications and such, and included instead some key activities found in civic elections that will serve to foster good citizenship amongst our student bodies::

- [Utilize written rules](#) that are published for the entire school to see, a couple years ago we launched our own website and included Election Day as part of the website. We are also a schoology school so we push them out to the entire building as well.
- Including a [process to count and report the votes](#). We have a triple check system where each voting machine is checked and verified by 3 different people. We then run these numbers against the number of students who signed in for voting.
- Use [voting machines or online voting](#). We were fortunate to get 4 of the old voting machines that we use for all of the school wide votes.
- Have students [register to vote](#), we go around every year and run our "voter registration days," much like when they turn 18, once students register they are registered for the remainder of their high school careers. If students are not registered we don't let them vote. We also work with the local registrar to register students for the US elections.
- [Designated polling places](#), whenever we vote we always set up the machines in the same spot, this way students always know where to vote. For us, it is the vestibule outside our cafeteria. On Election Day in April we run it from 7:30AM to 2:05PM. With students working all day.
- [Campaign platforms](#). A couple years ago we introduced candidate videos. This was our attempt to move past popularity. Everyone running for any position in Student Council/government has to submit a one minute video. These videos are then posted online (our website again) and pushed out to the entire school for all school read days. Presidential candidates also have to put forward a year long

platform including a guiding theme and several projects/events.

CASC Calendar

APRIL

April 17:: CASC's 70th Birthday

MAY

May 23:: CASC "Adventures in Leadership."

Held at Winding Trails in Farmington, this day is 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.

SEPTEMBER

September 16:: President's Symposium and CASC Constitutional Convention

We will be holding next years President's Symposium at the Old State House in Hartford where we will also be reviewing and voting on a new Constitution And Bylaws for CASC