

CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



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Director's Corner

As we close out our year long celebration of CASC turning 70, I could think of no better way to begin this month's newsletter than by asking our past Executive Directors to share with us their memories and well wishes for CASC.

Please tell the advisors who devote so much love and time to student leaders that they are the most important people in every school because they train student leaders who make a school a place in which everyone feels a sense of belonging .

Tell the student leaders that their voices are heard in the school, teachers' lounge, principal's office, superintendent's office and the BOE chambers. They may run into roadblocks, but tell them not to give up. At the end, youth must be served. Tell them that it is a huge responsibility but an opportunity to make a difference in each student's school experience.

In my 22 years as the Executive Director of CASC I have had an opportunity to meet and work with hundreds of student leaders and advisors. I still treasure the wonderful relationships and appreciate their work in individual schools as well as in the entire state. They have truly made a difference and I urge the new wave of young leaders and advisors to continue this important work.

*Ron Nedovich
CASC Executive Director - 1974-1998*

Congratulations to CAS-CASC Executive Director, Christopher Tomlin, and to the State Executive Board and member school leaders as CAS-CASC celebrates its 70th birthday. What a rich tradition! When I became active with state student leadership in 1970, we were known as the Connecticut Federation of Student Councils. Our CFSC Executive Board petitioned CAS principals for the name change some 30+ years ago. Student leadership is a vital and positive force within each of our Connecticut high schools. The sharing of ideas, strategies and activities is important in developing active and effective leaders. Making training available to students helps to keep leaders creative and relevant. Keep the CASC leadership tradition alive! All the best to our state and local leaders and advisors. Your leadership is making a difference.

Respectfully,

*Al "Chief" Cormier
CAS-CASC Executive Director - 1998-2002
Adviser-Member - CASC Executive Board - 1970-2002
Student Council Adviser - 1970-2010*

While my time as an active advisor with CASC and then its Executive Director seems like a lifetime ago, it also feels so close at this time of year when Facebook memories remind me of conferences past. I am so proud to have been a small part of the 70 year history of the organization and am so grateful for those who came before and have been active since.

*Best,
Sarah Jones
CASC Executive Director 2005-2012*

Thank you for providing students in Connecticut with opportunities for leadership, collaboration, service and innovation. Connecting student leaders across the state helps to strengthen organizations at the local level, where positive change happens. Students involved in Student Council and CASC are the future leaders of our nation and world; for 70 years, CASC has empowered them to make a difference. Thank you, CASC!

*Russ Crist
CASC Executive Director 2018-2019*

Thank you to everyone who was able to join us at our first LIVE Convention since before COVID. **"Lights, Camera, LEAD!"** had 147 delegates from 13 schools representing all parts of Connecticut in attendance. With this event we also bring to a close our year long celebration of CASC turning 70.

I would like to once again offer a special thank you to our retiring Executive Board. This dynamic group of students has brought an amazing level of energy to the Executive Board and their knowledge, experiences and perspectives will be missed.

Congratulations to our newly elected Executive Board! You will be able to read more about them in the Executive Board section of the newsletter.

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 our upcoming "Adventures in Leadership" held this year once again at Winding Trails in Farmington.

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 2018-Present*

Upcoming State Important Dates::

APRIL

April 17:: CASC's 71st Birthday

April 21:: CASC Staff Interviews *We have several positions still available, if you have an interested student please encourage them to run by submitting an application before April 21st!*

April 24-28:: National Student Leadership Week *"Ready, Set, Lead!" Celebrating student leaders is a powerful expression of gratitude and recognition for their unwavering dedication, passion, and drive in making a difference within our schools, communities, and the world. [Click HERE](#) to see lots of resources and submit/view the Student Leadership Map*

MAY

May 22 - CASC "Adventures in Leadership," (HS/MS) *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. Registration to follow!*

CASC Convention Report

May 23rd, 2022

ADVENTURES IN LEADERSHIP



CONSTITUTIONAL CONVENTION

October 19th, 2022



Held in Connecticut's Old State House, this was the first CASC Constitutional Convention since 1952.





MOCK LEGISLATIVE SESSION

December 19th, 2022



March 10th, 2023

SPRING CONVENTION



Joel Barlow High School
Swift Middle School
Ridgefield High School
Derby High School
Waterbury Career Academy
Connecticut IB Academy
Thomaston High School
Conard
Norwich Free Academy
Notre Dame High School
Bethel High School
Wilbur Cross



Lights, Camera, Lead!

Meet the 2023-24 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 years 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 10 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.

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!

State Convention Chair - Open

CASC Secretary-Treasurer



Name::Jada-Marie Harris '24 (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.

Middle School Liaison (MS) - Open

The only requirement is that interested students must be members of their local Student Council/ Government.

Applications can be found [here](#). Please reach out to me if you have any questions.

The next round of Interviews are on April 21st.

CASC Southern District - Notre Dame, West Haven District Advisor



Name:: Mrs Casey LaMonaca

About:: I am an Administrator and teacher at Notre Dame. I oversee all student activities and extracurriculars as well as direct the school's theater productions.

Fun Fact:: My favorite vacation spot is Lake St. Catherine in Vermont.

District Vice President



Name:: Mickey Dowd '24

About:: I attend Notre Dame High School in West Haven, CT where I currently hold the position of Junior Class Vice President. I play hockey and lacrosse at Notre Dame. I am the youngest of three siblings. I would like to follow in the footsteps of my older brother and play a sport in college and major in business management.

Fun Fact:: My least favorite food is olives.

District Coordinator

Name:: Matthew Prato '24

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.

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 second year as a member of the Student Council. I am currently a Co-Chair of the Activity 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 am also an active member 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 competitive dance. I also enjoy cooking, baking, and spending time in nature.

Fun Fact:: I help organize a fishing derby with my family for people with disabilities.

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.

District Vice President



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 Abelon 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.

District Coordinator



Name::Thierry Ofori '25

About:: My name is Thierry Ofori and I am a sophomore at Connecticut IB Academy in East Hartford. Throughout my time as a student, I have valued student government/leadership, and have focused on it. Last year, I was the Freshman Class Representative, and currently, I am the Sophomore Class Representative where both positions enabled me to represent the interests of my class, as well as being someone they could come to. As your Northern District Coordinator, I plan to assist you, and your respective student governments, and help them thrive. Other extracurriculars of mine include Science Bio-Olympiad, programming, tennis, wrestling, and cross-country.

Fun Fact::You will never catch me wearing a matched pair of socks!

CASC Staff



Legislative Affairs Coordinator

Name:: Charli Hughes '24

School:: Woodland Regional High School

About:: Charli Hughes is thrilled to be returning for the 2023-2024 school year as CASC's Legislative Affairs Coordinator! She is also a member of her school's student government organization where she serves as Senior Board of Education Representative. She's looking forward to a great year and congratulates all the other Board members on their elections/appointments!

Fun Fact::I love to bake!

Mental Health Affairs Coordinator

Name:: Kaltrina Ameti '25

School:: Woodland Regional High School

About:: Kaltrina Ameti serves as the Mental Health Affairs Coordinator where she reports on students' mental health in public schools and finds ways to improve mental health in students mainly in public schools. "I look forward to building up the Mental Health department of CASC and getting more involved in spreading awareness and resources that can help kids with their mental health."



Parliamentarian (HS) - Open
Historian/Archivist (HS) - Open
Student Workshop Coordinator (HS) - Open
Service Project Coordinator (HS) - Open

Open Board Positions

The only requirement is that interested students must be members of their local Student Council/Government.

Each position involves not only working with the Executive Board but also working with a committee of like minded students to develop an activity focused on that area.

Applications can be found [here](#). Please reach out to me if you have any questions.

The next round of Interviews are on April 21st.

State Committees

CASC is proud to announce that in accordance with the newly drafted constitution and bylaws the creation of five new state wide committees that will work directly with the CASC Executive Board staff!

A **Service Committee** that will work with the CASC Service Project Coordinator to develop and implement state wide service projects and opportunities.

A **Legislative Affairs Committee** that will work with the CASC Legislative Affairs Coordinator to raise awareness of relevant legislation in the CGA as well as student advocacy.

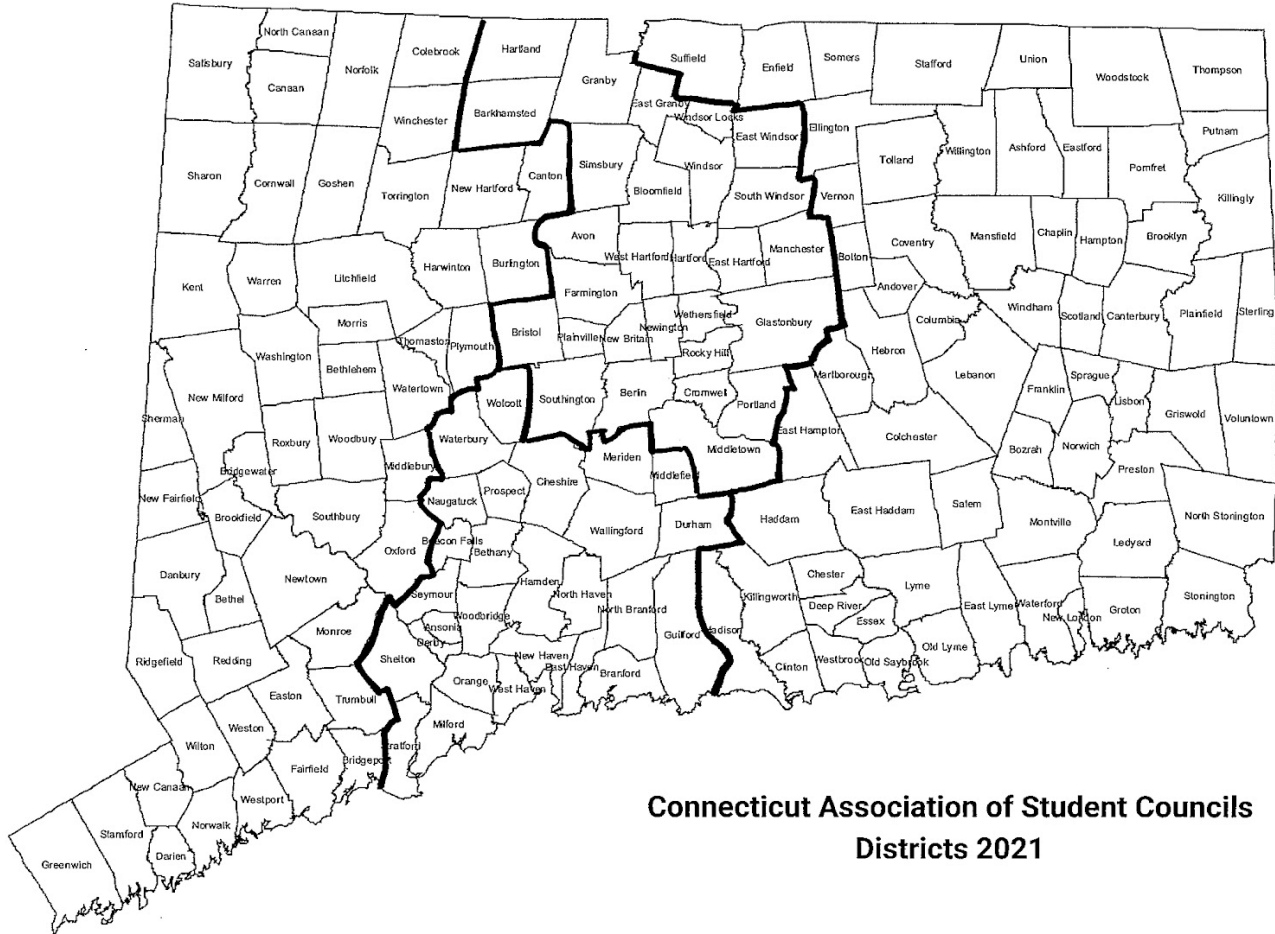
A **Student Workshops Committee** that will work with the CASC Student Workshop Coordinator to develop student workshop presenters and evaluations.

A **Mental Health Committee** that will work with the CASC Mental Health Coordinator to develop awareness of mental health concerns, issues and remedies.

A **Social Media Committee** that will work with the CASC Historian/Archivist to develop our social media presence.

If you have any students that are interested in learning more about serving on any of these committees please have them complete [this form](#).

Districts in Action



**Connecticut Association of Student Councils
Districts 2021**

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 - NFA

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

Remember to be focusing on your **CT**(citizenship), **R**(recognition), **I**(inspiration), **S**(service), **E**(engagement), **S**(spirit).

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

THE ADVISOR:: Now You're in the Middle

Adopted from the Student Activity Adviser's Conference Manual. 1985

The position of student council/ government adviser was carefully designed to guarantee that the person filling it would receive the maximum amount of flak from the maximum number of people over the maximum number of issues. An advisor at a large school was asked what talent he thought was important to being a successful adviser. "Knowing how to duck," he said simply.

There is no doubt that the student council/ government advisers will find themselves in some aggravating crossfires. Students will be critical when you "preach the administration line." Administrators will be critical when you "defend those irresponsible kids," and faculty members will be critical in general. Your job is clearly that of a mediator. Welcome aboard - now you're in the middle!

Many advisors find conflicts in loyalties in their jobs: do you side with the students, or the administrators, or the faculty? The answer is quite simple: as an advisor you have a lot of loyalty to the school - and its goal of producing creative, well-functioning students. Your responsibilities might best be described as follows:

Guiding Students. The student council/ government adviser is responsible for guiding both the student activities program in general and the student council/ government in particular. The role is one of providing information and possibilities and alternatives and allowing students to make their own decisions and conduct their own activities. The adviser's responsibility is to ensure that students practice the process they have been taught.

Perhaps one of the most difficult responsibilities of an adviser is to give so much of the responsibility away. Students have the ability to take on great amounts of responsibility, encourage them to take it. Let them take ownership for their projects and ideas. Sometimes as an advisor you will be a witness to failure. Help students evaluate their performance and help them to understand how important the learning that can come from failure can be to future successes.

It is important not to give them all the answers. Ask questions of them that will help them to answer their own questions or that will lead them to ask the right people.

Remember that students will need more structure at the beginning of the year and will be more capable of doing things on their own as the year progresses. Most importantly, believe in students ability to lead, to take responsibility and to positively impact their school and community.

Informing the Administration. The adviser is in a sense an "agent" for the administration. As such, the adviser needs to know the attitudes of the school administrators, the school and district codes, and school law. This information must be conveyed to the student council/ government and studied carefully by its members. At the same time, the adviser needs to make sure the administration is provided with information on the ideas and activities of the student council/ government. After each student council/ government meeting, preferably after the minutes of the meeting have been typed and delivered, the adviser and the

student council/ government officers should meet with the principal to explain actions taken. This meeting can be short, but it should occur on a regular basis. If called upon to explain student council/ government actions, the adviser need not champion student views as their own. It is the advisers responsibility, however, to explain or represent those views as honestly as possible, so that they are seriously and adequately considered.

The student council/ government has everything to gain by involving the principal in its program. Before the student council/ government votes on the handbook, for example, it would be a good idea to get the principal's views. If invited to participate in planning, the principal is more apt to be a staunch supporter. If they kill a project in its early stages, then it simply saves the time and effort which might have gone into perfecting a plan that would have ultimately been vetoed. By increased contact with the principal, students are less apt to think of their person as someone "in there" who doesn't understand their problems, and the principal is less apt to feel threatened by the new students' proposals suddenly thrown up for approval or disapproval.

Educating the Faculty. I have seen few schools in which the majority of the teachers knew the value, in theory or in practice, of the activities program and the student council/ government. The activities program is seen as a hindrance, play-time, sandbox government, nothing important. An advisor will often be confronted with teachers who are upset because the student council/ government officers missed 10 minutes of class time - or even the whole period. "We can never have a good class, because Jim gets up in the middle of it and gives me a pass and walks out." Most faculties will also eye you

with suspicion because you may not carry the same course load. "You've got all that free time, while the rest of us are hard at work teaching."

The problem is very simple yet very difficult: to educate the faculty members. As quietly and efficiently as possible, you should begin to do just that. In the teachers dining room, at PTA meetings, at faculty meetings, whenever you can, defend the concept of students in action. In many cases, just being a sincere believer and having the nerve to stand up and be counted will make the point. Many faculties have never heard activities either explained or defended.

Best of all, work to involve more teachers in the activities program itself. Find the teachers with special hobby interests who might become good club advisors. Have students explain student council/ government programs at faculty meetings and PTA meetings, and encourage dialogue between students and teachers. Set up student-faculty committees on curriculum, or some other phase of school life. The more teachers who can watch and work with students outside of the classrooms, the better chance you have of gaining support for the activities program.

The list of personal qualities that a student council/ government adviser should have is usually pages long. Actually, you need three things::

1. A belief in the ability of students to be creative and responsible.
2. A belief in the activities program as a complement to the academic curriculum.
3. An understanding of the administrative process in your school.

Other qualities such as patience and nerve, are also recommended.

CASC Calendar

APRIL

April 17:: CASC's 71st Birthday

April 24-28:: National Student Leadership Week (HS/MS) *"Ready, Set, Lead!" Celebrating student leaders is a powerful expression of gratitude and recognition for their unwavering dedication, passion, and drive in making a difference within our schools, communities, and the world. [Click HERE](#) to see lots of resources and submit/view the Student Leadership Map*

MAY

May 22 - CASC "Adventures in Leadership," (HS/MS)

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. Registration to follow!

JUNE

June 10:: Committee Meeting, CAS, Cheshire (HS/MS)

This first live meeting at CAS in Cheshire is designed to get the committee setup and layout their task for the year.

JULY

July 28-31:: NFHS National Student Leadership Summit, Indianapolis, Indiana.

The 2023 NSLS will focus on relevant and contemporary issues facing high school students who are participating in interscholastic athletics and activities.

AUGUST

August 10 - National Connecticut Day

SEPTEMBER

September 17:: President's Symposium, Virtual (HS/MS)

The President's Symposium serves as a launchpad for upcoming CASC activities and opportunities. This year's Symposium will be a free virtual event and open to advisors and all student council/ government leadership team members.

OCTOBER

October 18:: Mock Legislative Session Day (HS)

Mock Legislative Session Day is an opportunity for student council/government members from across Connecticut to work with the Connecticut General Assembly staff and legislators to learn how a bill becomes a law. Students will experience the committee and public hearing process, bill analysis, fiscal analysis, and the process of putting a bills intentions into legal language, in preparation for Mock Session where students will debate their mock legislation on the House Floor.

This is an incredible educational experience giving student council/government members the opportunity to gain a better understanding of the legislative process in a hands-on way.

NOVEMBER

November 10-12:: NatStuCo LEAD Conference, Washington D.C.(HS)

Leadership, Experience, And Development for students and advisers—that's what LEAD conferences are all about. The premier national conference for student leaders and the educators who support them, LEAD is a program of the National Association of Secondary School Principals (NASSP).

November TBD:: CASC District Conference, Virtual (HS/MS)

Each of Connecticut's 4 districts holds its own conference that will allow for local students and advisors to connect, build relationships and share ideas. More details to follow.

DECEMBER

December TBD:: NA4SA (NAWD) Annual National Conference on Student Activities (HS/MS)

Check www.nawd.com for more details as we get closer to this event.

JANUARY

January 25-28:: NatStuCo LEAD Conference, Washington D.C.(HS)

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FEBRUARY

February TBD:: NatStuCo Council of Excellence application award deadline. (HS/MS)

February 15:: CASC Student Executive Board applications due. CASC Award applications due. (HS/MS)

Council of Excellence, Top Ten Project, Dale Hawley Award, The Ron Nedovich Advisor of the Year Award.

MARCH

March TBD:: CASC Convention (HS/MS)

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

APRIL

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MAY

May TBD - CASC "Adventures in Leadership," (HS/MS)

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