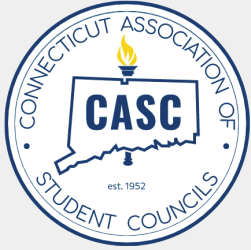


CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



ANNOUNCING 2024 CASC Convention March 8

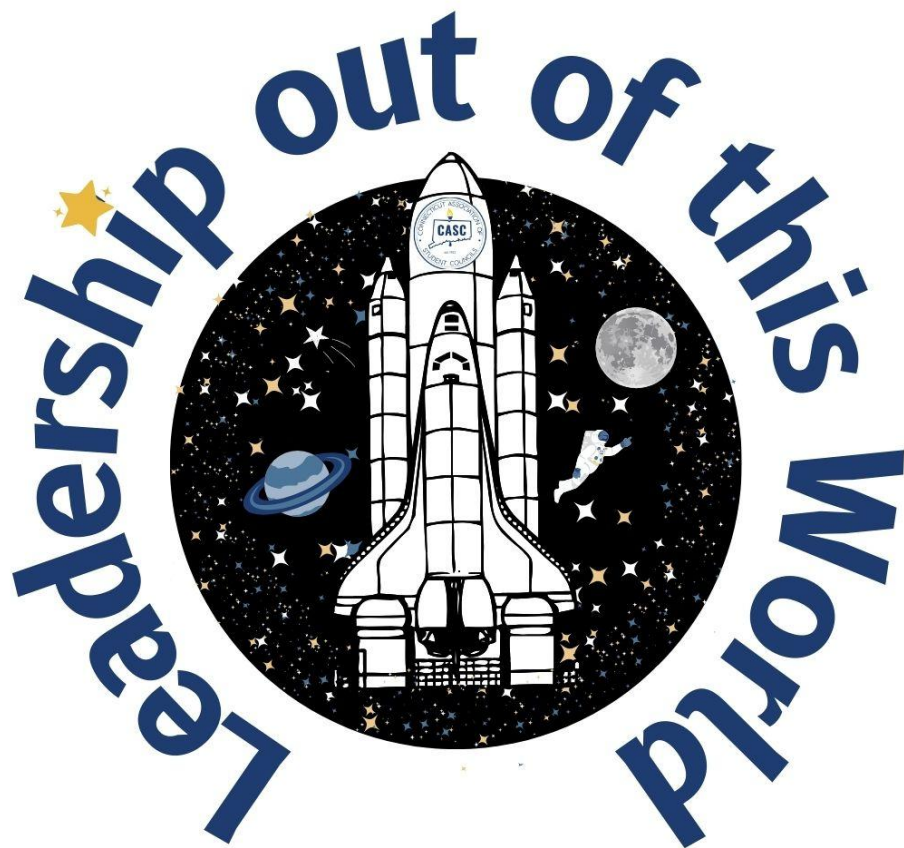
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30 Realty Drive, Cheshire,
CT 06410



**Woodland Regional High School
Beacon Falls**

Director's Corner

And with that, fall is here! Happy Pumpkin Spice/ Autumn/ almost the end of Quarter 1/Homecoming Season/end of Fall Sports. I hope that this newsletter finds you and your families in good health. It is usually around this time that my phone decides to create one of those 'Remember this day' picture albums made up exclusively of fun carefree summer photos. Where did the time go! Almost all of us have already held our fall elections, some of us are about to hold Homecoming dances! SO I will keep this short.

Presidential Symposium UPDATE Thank you to all of the schools who were able to join us at this year's virtual Presidential Symposium. The Associations Executive Board shared out a number of new initiatives for this year that I hope you share with your local SCG. More details can be found in the "FROM THE EXECUTIVE BOARD" Section.

CASC Convention 2023 UPDATE. This year's theme for Convention is *"Leadership out of this World."* The date for the Convention has been set for Friday, March 8th. More details will be provided after our November Executive Board meeting.

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::

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/MS)

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). <https://lead.nassp.org/>

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.

From the Executive Board

State President

Hello, Connecticut! Thank you so much for attending President's Symposium. It was lovely to be able to share the numerous opportunities CASC offers with students across the state.

I hope to see you all at Mock Legislative Day on October 18th. This is a great event that we are hosting with the Connecticut General Assembly for the second year in a row. Students have the opportunity to engage in debate regarding bills impacting Connecticut teens.

I also looking forward to seeing students getting involved in our committees, a great low-commitment opportunity to get involved in state activities. Committee applications can be found at ctstuco.com.

Yasmeen Galal '24
Woodland Regional High School

Northern District

The CASC drive is opening up to student council presidents and advisors. There are various activities and tools that can be found in the "district resources" folder of the drive to be utilized as well as a google form for students to participate in CASC by sharing CTRISES project ideas.

Eastern District

The Eastern District's representatives were tasked with giving an overview of the four districts and the upcoming district conferences. CASC schools of each geographically based quarter of the state belong to their own district, providing a more localized and specialized environment for communication. These districts will each have a conference designed for just that district's member schools where discussions and collaboration will be used to further develop the goals of not only ones own district, but the goals of CASC as a whole. Further information will be on the way regarding district conference dates and activities.

Parliamentarian

I unveiled a comprehensive meeting script at the Presidents' Symposium. Crafted in alignment with Robert's Rules of Order, this script serves as a valuable guide for officers navigating the implementation of parliamentary procedure for the first time. Content of the script includes a suggested sequence for SC/G meetings, as well as basic motions and their executions. Those interested in bringing order, democracy, and efficiency to their meetings can access and benefit from the script [here](#).

Connor Cowan '24
Fairfield Ludlow High School

Historian/Archivist

The year's theme for the Social Media Committee is "The Year of Impact: Celebrating Social Change." The committee's goals include expanding CASC's outreach, raising awareness on state issues, increasing event attendance, and promoting inclusivity, empowerment, and social change through social media. The committee will create various content types, including videos, stories, Instaposts, and photos. Each month will focus on specific themes and initiatives, such as Breast Cancer Awareness, Gratitude & Community, Year in Review & Giving Back, New Beginnings & Goals, Black History Month, Women's History Month, Earth Month, Mental Health Awareness Month, and Pride Month. Committee members are expected to actively participate, commit to the mission, collaborate effectively, communicate clearly, maintain confidentiality when necessary, contribute knowledge and

expertise, and be accountable for their roles. To join a committee or learn more, visit www.ctstuco.com, and follow our social media accounts @Ctstuco.

Meralys Torres
East Hartford High School

Student Workshop Coordinator

The student workshops meeting will consist of two facilitator trainings. The first is a foundational, skill building training and the second is an application of those skills learned. This will help individuals become empathetic and engaging while running their own respective workshops in the future.

Jenaris Belgrave
CIBA

Legislative Affairs Coordinator

The Legislative Affairs Committee has seen some very exciting progress in the past year! We now have an established set of goals that we hope to fulfill within our committee each year, including the passage of at least two pieces of legislation into the Connecticut General Assembly, a cumulative report on the goings on in the Connecticut General Assembly as it pertains to youth, and at least two events per year for the beginning and end of the Connecticut General Assembly session, not including Mock Legislative Day.

Mock Legislative Day is coming up fast and we are making some very exciting changes this year! Now, instead of students being sorted into proponent and opposition sides, they will be sorted into caucuses based on their feelings on the legislation being put forward. This not only allows us to work through more pieces of legislation, but also gives students a voice and a chance to interact with like-minded peers to accomplish mutual goals and truly immerse them in the legislative process. In addition to this change, students will be given the opportunity to amend legislation and to tour the Capitol following their session.

We are also planning a very exciting pair of events prior to and following the Connecticut legislative session. In December, the Legislative Affairs Committee is proud to be hosting a Legislative Information Session, where students can attend various workshops including on how to research legislation and how to draft legislation. This exciting event will be followed by another event hosted within Convention, at which students will come together and display the application of the knowledge they gained by discussing legislation important to them. At both of these events we will have the opportunity to meet some very exciting guests!

Please feel free to reach out to legaffairscommitteecasc@gmail.com for any further questions and please stay tuned for more information!

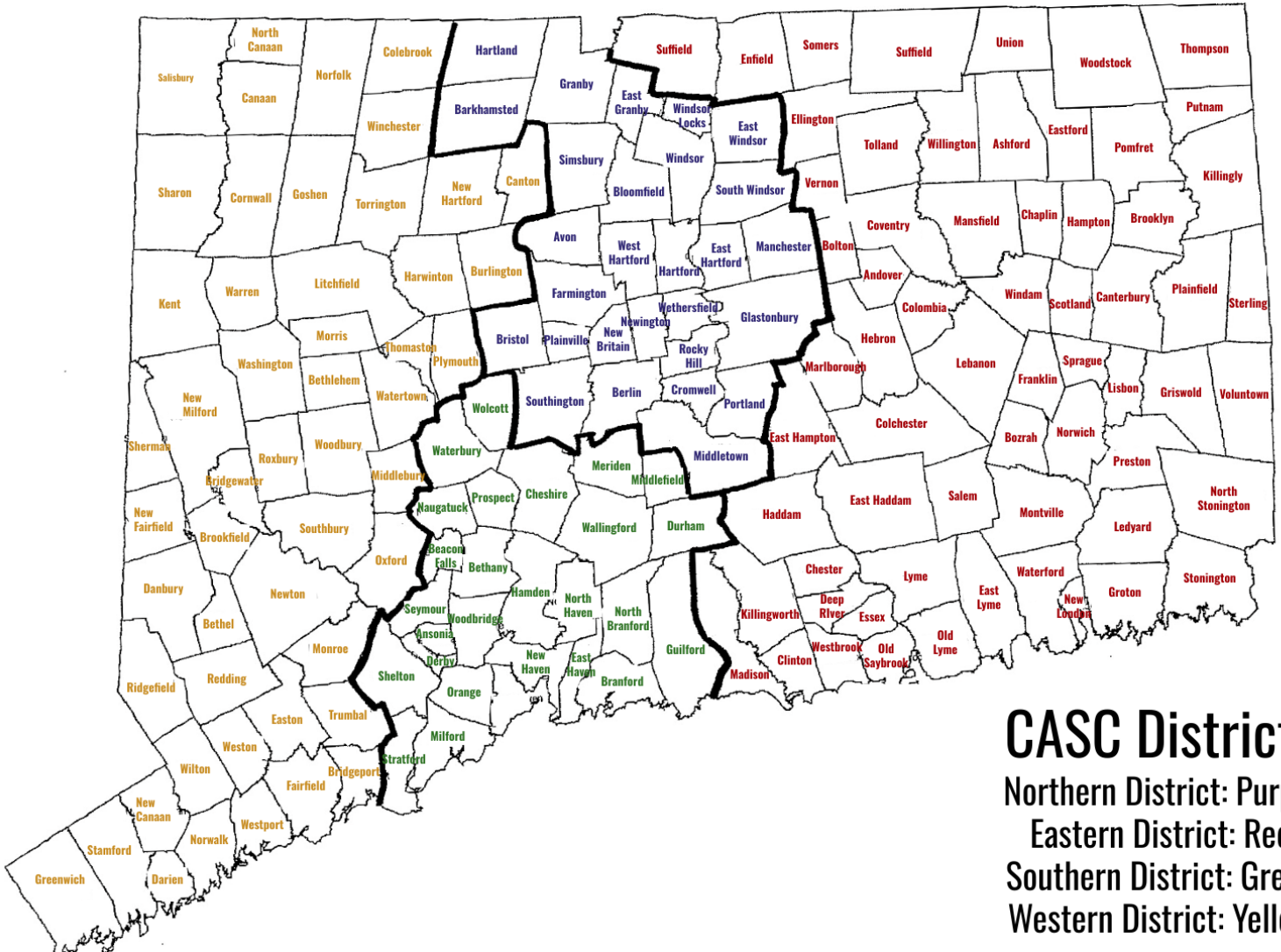
Charli Hughes '24
Woodland Regional High School

Mental Health Affairs Coordinator

At the 2023 CASC President's Symposium, the Mental Health Affairs Committee presented their yearly projects. The Mental Health Affairs Committee plans to host a Mental Health Awareness or Self Care Night either in late December or early January. The Mental Health Awareness Night will include a keynote speaker and multiple breakout sessions teaching student leaders how to implement self care and mental health initiatives in their personal lives and at school. Later at the 2024 March convention, the Mental Health Committee plans to launch a Mental Health handbook with mental health awareness events to run during May, Mental Health Awareness month. We look forward to running these events! More information will be available soon at ctstuco.com

Kaltrina Ameti '25
Woodland Regional High School

Districts in Action



CASC Districts
Northern District: Purple
Eastern District: Red
Southern District: Green
Western District: Yellow

Highlighting the work of local SC/Gs

Northern District - CIBA

Naya Chae '24, Vice President;
Thierry Ofori '25, District Coordinator;
Rachel Buck, Advisor

CT IB Academy - Northern District
First Week of School (Spirit)!

Building community is one of the most important things we can do to start the school year. At CIBA, we accomplished this by facilitating a days worth of activities to strengthen and motivate our student body and create new relationships. Student-leaders

facilitated mixed grade level groups of mixed grades playing games that allowed peers to collaborate and work together as well as get to know each other. Our student-leaders remained dedicated to keep the day exciting and build a foundation of school spirit in new students for the new year as well as strengthening the spirit within our returning students.

Introductions focused on individuals' names, lives, and characteristics; with games such as "Two Lies and a Truth" and "You, Me, Left, or Right". As the day progressed we got more competitive, putting teams

and class groups against one another encouraging participation in games like the "School Wide Scavenger Hunt". As a finale we brought multiple groups together to play a large game of "Giants, Wizards, Elves", a full-body twist on "Rock, Paper, Scissors!" In reflecting on the day of activities, students were engaged and energetic and these activities helped to strengthen the school environment as well as relationships within the student body.

Written by Jada Marie

Eastern District - NFA

Elya Anor, Vice President;

Kinnick Campbell, District Coordinator;

Lorraine Dooley, Advisor

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

Mickey Dowd '24, Vice President;

Matthew Prato '24, District Coordinator;

Casey LaMonaca, Advisor

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

Cierra O'Sullivan '24, Vice President;

Emily Morton '25, District Coordinator;

Terri Franzi, Advisor

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 September and October

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.

October

CITIZENSHIP

Get out the Vote activities

Inspiring young leaders to participate in the democratic system of our country is at the very heart of why Student Councils were first founded in the 1800's. Contact your local registrars to try and hold a voter registration day for your seniors. Pass out information about local ballot questions, candidates and the major issues. (The important part is to be unbiased in all of your materials.)

RECOGNITION

Custodian Recognition

October 2 is National Custodian Day, show your appreciation to the custodians who clean the school through either food, baskets, or student made cards of appreciation. Encourage students to take ownership of the cleanliness of their school.

INSPIRATION

Community leader guest speaker

October is a great month to bring in a speaker to keep your SCG's excitement up.

SERVICE

Trick or Treat for Canned Goods

*Submitted by:: Bolton High School
Highland Park market donated 500 paper bags, StuCo members deliver bags with a note saying they will pick up the weekend of Halloween. Students then pick up bags, we go through them*

to remove expired items, then deliver to local food shelters.

Leaf Raking

*Submitted by:: Bolton High School
Student Council rakes leaves, does yard work for those in the town who need the service.*

Pink October

*Submitted by:: Woodland Regional High School
October is Breast Cancer Awareness month. Consider running fundraising charitable projects. They can be as simple as selling pink ribbons, or more complex school wide pink spirit days. Try reading facts and figures at the morning announcements every Wednesday. You may want to work with your sports teams and advertise their 'Pink' games or cosponsor "Pink Outs"*

ENGAGEMENT

National Bullying Prevention Month

October is World Bullying Prevention Month! During this month students, schools, and communities all over the world go BLUE together against bullying.

SPIRIT

Homecoming Dance

Many high schools host their Homecoming Dance and Spirit Dress Up days this month

November

CITIZENSHIP

Get out the Vote activities

Hold mock elections the day before Election Day. This is also a great opportunity to look at how your Council holds elections. Do your elections include::

- Written election rules and/or campaign procedures
- A written process for ballot counting and announcing election results
- Use of voting machines or online voting, voter registration, voting precincts, or other characteristics of local/state elections

RECOGNITION

Teacher Appreciation Baskets

It's fun to tell teachers how thankful we are for them. November is a great time to put together baskets to leave in Teacher Centers or Teacher Lounges. Things to include:: hot chocolate mix, mints, life savers, tissues, and punny inspirational messages!

INSPIRATION

Thanksgiving Meeting Party:

Plan a thanksgiving party for the last day of school before break, have each member bring a food item that they eat on Thanksgiving. While everyone is eating, have them share what they are thankful for. This is a great morale booster after homecoming season and allows the chance to reward your group's commitment with treats while they focus on what's ahead.

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](#).*

Visit Elderly

This is a great time of year to schedule some time to visit nursing homes to visit and interact with them. You can also host a "senior" prom complete with period music and food. You may want to try and get your school band to perform some of the standards.

ENGAGEMENT

Kindness Day

World Kindness Day is November 13, it is a day that promotes the importance of being kind to each other, to yourself, and to the world. Look for opportunities while you go through your day to infuse kindness into someone's day:

- Write positive messages on post-it notes and leave them for people to find
- Pick up trash you see on the ground outside and throw it in a garbage can
- Pay for a stranger's coffee or meal
- Compliment someone
- Send a positive or encouraging text to five people in your contacts
- Talk to someone new
- Practice gratitude

SPIRIT

Flag Football

Whether it is Powder Puff or another name, the November weather allows for one last outdoor activity of the year. In many schools this means a PowderPuff game with Junior and Seniors boys and girls. Some towns even compete against each other on these days.

Tips and Tools

The 5 P's of Productive Meetings

Adopted from various sources

Meetings get a bad rap, people love to hate them. At some point we have all sat through a meeting and thought it was a gigantic waste of time. However, we have also sat through amazing meetings where we knew it was worth every minute spent there. As advisors, our job is to help students realize that properly run meetings actually help you to be more productive, not less! And that meetings can actually save you time instead of wasting it. These 5 P's of productive meetings should apply to all of the meetings you hold. If a meeting goes wrong, or a committee becomes less effective you now have a place to begin your conversation with the chair.

1. Purpose.

Every productive meeting must have a clear purpose. Participants should know what the meeting is for. The purpose should be worth pulling people away from other opportunities. Ask yourself:

- Why are we meeting?
- Can the same thing be accomplished by an email?
- What do we need to accomplish?
- What are the meeting's goals and objectives?
- What are the meeting deliverables?
- What will be different for us as a result of our meeting?

2. Preparation.

Preparation is key to productive meetings. Projects and Tasks need to be updated to reflect the current reality. Every attendee should come prepared to share their perspectives in order to achieve the purpose.

For example, preparation could require that anyone whose goals or tasks are falling behind needs to arrive prepared to discuss what is happening and to provide recommendations for how to move things forward.

3. Process.

Productive meetings have a clear process, which is defined by an agenda. Your agenda should describe

specifically what topics will be discussed and in what order so that participants know what to expect and how to prepare appropriately. Ideally, you should have a standard agenda for every recurring meeting.

Ground rules are also required. Ground rules spell out the rules of the road for how to behave and interact in your meeting. Ground rules clearly articulate and encourage the desired behaviors and discourage the undesired behaviors that derail meetings. Properly communicated and enforced ground rules will take care of 99% of dysfunctional meeting behavior. Ground rules give you and other participants the "permission" to redirect derailing behavior. Ground rules need to be clearly articulated and agreed upon at the start of the meeting. Make sure that participants know that it is EVERYBODY'S JOB to enforce the ground rules.

Examples of Rules

Here is a small subset of rules to incorporate into your meetings, they work with or in place of Parliamentary Procedure(Robert's Rules of Order, TSC, etc.)::

- The meeting starts exactly on time.
- Phones must be turned face down and set to silent. Be in the moment, not multitasking with people or distractions who aren't there.
- Name the ultimate decision-maker in the room, and explain how decisions are made (voting, decree, etc).
- Only 1 person is allowed to speak at a time.
- Off-topic items will be "pinned or parked" and a follow-up task assigned to one of the participants to start the research process post-meeting.
- Passionate debate is encouraged. But you must listen with respect. Hear the other person out without interruption before replying.
- Disagree then commit. You are allowed to disagree during the debates, but everyone must commit to the final decision the group makes.
- Unified front. No undermining or criticizing of decisions after the meeting will be tolerated.

- A Task is a promise. You are expected to keep your promises.
- Due dates are "commits" not "hopes". Don't give a date by which you "hope" to get the task done, commit to a realistic date that others can count on.
- Between now and the due date, it's OK to ask for help if you get stuck, or renegotiate your commitment if something happens outside of your control.
- However, it is totally unacceptable to show up with an excuse on the due date with the task not done.

4. Participation.

Productive meetings are characterized by the participation of everyone who has been invited. The Chair should make sure everyone present is given the opportunity to speak and be asked to share their opinion, and not just let the louder, more extroverted members dominate the discussion. The Chair should always talk last in discussions and vote last. (Also it is a good practice that if there is a tie vote before the chair votes, that they vote in such a way as to preserve the status quo.)

5. Progress.

In a productive meeting, everyone should make progress. They should leave the meeting better off

than when they entered. Decisions need to be made and documented. Everyone should leave with clarity about what needs to be done next, by whom and when, to move the Goals forward.

One of the biggest blunders people make when leading meetings is failing to record, recap, and follow-up on action items and next steps as meeting outcomes. Because most meetings create work and action items for the participants, it is the responsibility of the Chair to ensure all action items are actionable and understood. Simply put, every action item needs to be articulated, recorded, and confirmed. Every action item needs three things: 1) Clear deliverable; 2) Owner; and 3) Due date.

Any progress achieved since the last meeting needs to be praised and acknowledged! Progress has been proven by research to be a key driver of member motivation. When people can see that they are making incremental progress, and receive acknowledgment for it, they are much more likely to feel motivated and engaged.

CASC Calendar

Be sure to check the CASC Website (CTStuco.com) for more information

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. Register here::

<https://www.casciac.org/scripts/registerwpcas.cgi?confid=CASCMOCKLEGDAY23&preview=1>

NOVEMBER

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

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). <https://lead.nassp.org/>

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 1-3:: 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/MS)

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). <https://lead.nassp.org/>

FEBRUARY

February 15:: 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.

<https://www.ctstuco.com/recognition>

MARCH

March 8:: 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

April 17:: CASC's 72nd Birthday

MAY

May TBD - 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. More details to follow.

JUNE

June 21-23 - 2024 VISION National Student Leadership Conference (HS/MS)

<https://stucovisionconference.org/>