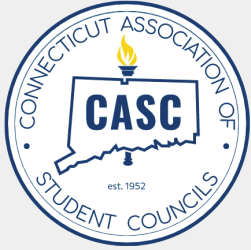


CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



Inside this Issue...

Director's Corner.....2

From the Executive Board... 4

CT RISES:: Ideas for June. 10

Tips and Tools..... 12

CASC Calendar..... 12



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Director's Corner

I hope everyone had a safe Halloween, and are surviving their Pumpkin Spice/ Autumn/ end of Quarter 1/Homecoming Dance/ Spirit Week/ almost end of Fall Sports/Election Day/ is it Thanksgiving yet!? Season. Remember to take time for yourself during the chaos. If COVID taught us anything it is that it is ok to pause and take care of yourself once and a while.

I would like to thank all of the schools who helped make this year's Mock Legislative Session Day (MLSD) the truly amazing event that it was! I would like to thank Charli Hughes '24, our Legislative Affairs Coordinator and Majority Leader, who worked with the CGA staff to put the event together; Yasmeen Galal our associations President who served as Speaker; Cierra O'Sullivan '24, Vice President for the Western District, who served as Minority Leader; and Evelyn Meade '24 who served as Clerk of the House. I would also like to thank all of the amazing students who attended, this was truly a hands on experience of student engagement as well as student agency.

The following member schools sent delegations.

- A.I. Prince Technical High School
- Daniel Hand High School
- Derby High School
- Thomaston High School
- Torrington High School
- Waterbury Career Academy
- Woodland Regional High School

If you haven't attended yet we encourage you to join us at next year's MLSD tentatively scheduled for early December 2024.

A couple of quick updates about some upcoming activities::

First, I was reminded that I haven't hosted an advisor zoom session in a while, so look forward to an invitation for one to be held around the beginning of December. For those of you who have never attended one before these are informal evening zoom sessions open to all advisors where we are able to connect and exchange resources, ideas for projects, and gripes.

Secondly, The association's Executive Board's next meeting is Saturday, November 11th. At that meeting the following proposed By-Law [amendments](#) will be considered. I have included several proposals for Constitutional amendments on this document as well, however these can only be considered at Convention when the CASC General Assembly meets. Here is a copy of the complete [Constitution and By-Laws](#) of the association.

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::

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/>

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Join CASC Eastern District leadership school NFA for a district organizational meeting. The meeting will include information about the district, breakout sessions, as well as a Q and A. Session topics:: What is the Student Council/Governments leadership role at your school? What challenges do student governments face? Share and exchange ideas. What are your accomplishments? What are your goals? How can CASC membership benefit students at each school?. Eastern District schools can register [here](#)

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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.

From the Executive Board

State President

Hello, Connecticut! Thank you for joining us at Mock Legislative Day. Serving as House Speaker was a true pleasure, and I was inspired by the insightful contributions from all participants. We witnessed several bills passing, and I encourage students to transform these ideas into action through our Legislative Affairs Committee. Moreover, we offer opportunities to engage in other committees like Mental Health, Service Project, Student Workshop, and Social Media, providing a low-commitment way to make a state-level impact.

This winter, we're excited to host district conferences, facilitating the exchange of ideas within your district. Reach out to your district leaders and get involved!

Don't miss out on the Leadership Out of This World convention, taking place at Woodland Regional High School on March 8th, 2024. Mark your calendars now for a day filled with leadership, learning, service, and networking.

Feel free to contact me at presidentCtStuCo@gmail.com if you have any questions. Best regards,

Yasmeen Galal '24
Woodland Regional High School

Legislative Affairs Coordinator

The Legislative Affairs Committee is thrilled to announce that our Second Annual Mock Legislative Day was a huge success! We hosted over 65 students in conjunction with the Connecticut State Capital and fielded an overwhelmingly positive response. Our new caucus structure was highly successful and our body amended and passed legislation for an increase in the number of excused mental health days afforded to students, a mandatory lab element in the curricula for science classes, and a bill implementing community service as a high school graduation requirement. Expect updates as the bills are evaluated by the Connecticut General Assembly, and look out for opportunities to lobby at the Capital!

The Legislative Affairs Committee is far from done for the year- we are in the process of planning a legislative information session in December to encourage participation in the Connecticut General Assembly's Legislative Session beginning in January. We're also in the process of planning for some very special guests at our spring Convention.

I am thrilled with the progress we have made thus far and look forward to a phenomenal year of promoting legislative advocacy in Connecticut students.

Charli Hughes '24
Woodland Regional High School
legaffairscommitteecasc@gmail.com

Service Project Coordinator

As of the month of November, the service committee is working towards creating flyers, posters, and climate based content for school students who will partake in a state-wide illustration competition. The illustrations will be featured in a book that will be self published under the CASC organization. The committee is also drafting a narrative for the book that will be geared towards climate issues in the modern world. The project is projected to work closely with public elementary school students as well as local student council members to help diversify the field of environmental justice/education. Our goal is to educate the youth of Connecticut and hopefully work towards a green future.

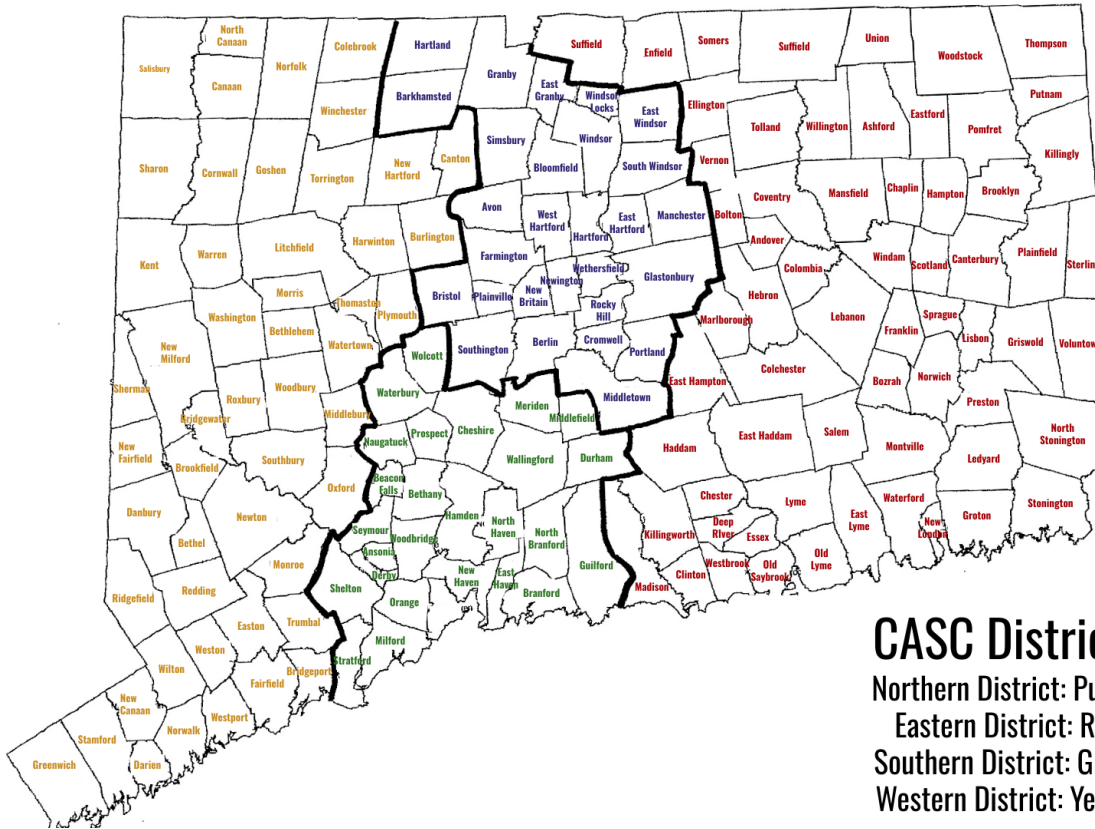
Suprya Sarkar '25
Sheehan High School
servicecasc@gmail.com

Mental Health Affairs Coordinator

The Mental Health Committee is working on all aspects of the Mental Health/Self Care Night currently. We will soon begin working on the Mental Health Handbook.

Kaltrina Ameti '25
Woodland Regional High School
cascmh@gmail.com

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

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

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, Coginchau, 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 November and December

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

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

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.

CT RISES:: Ideas for December

CITIZENSHIP

Local Government Visit

Towns that recently elected new mayors or town councils have their inaugurations this month. It is a great opportunity to see your local government in action.

RECOGNITION

Faculty Breakfast

Surprise the Faculty, Staff and Administration with breakfast.

INSPIRATION

Last Meeting of the Year

This is a great opportunity to evaluate your progress as a council. Have you achieved the goals you set out for yourselves in September? Were your goals too ambitious? Not ambitious enough? Is everything working the way it should? Do members need to be moved to new positions? Have you run all of the projects that

you set out to run? What do you have planned in the second half of the year?

Be sure to celebrate yourselves as well! At our annual party we play a number of governmental themed holiday games from holding debates over what is the most overrated holiday movie, to who can read the holiday songs in as epic a way as possible, to converting swag into epic holiday attire. All while wearing our ugliest of ugly sweaters!

SERVICE

Week of Giving

*Submitted by:: Wells Road Intermediate School
Collect items to take care of those in our immediate and extended community*

Week long collection event with a different theme each day.

- *Monday: Students make holiday cards for*

veterans

- *Tuesday: Donate items to CCMC's wish list. Items include Lego kits, infant/toddler toys, action figures and Crayola supplies*
- *Wednesday: Bring a NEW pair of PJ's to donate to a child in need*
- *Thursday: Food drive to benefit Granby Food Bank*
- *Friday: PJ's for a Buck – donate \$1 to CCMC and wear your PJ's to school*

A fantastic event that allowed people to give how and when they were able. Plus, the cards for vets could be done by everyone.

Cards for Kids

Submitted by:: Woodland Regional High School
A tradition at some schools is to make holiday cards for children who will be spending the season in hospitals rather than at home. It is a simple but meaningful way to make an impact in your community. Be careful to monitor what the cards say and to keep them positive.

Use phrases such as:: Stay Strong, You are awesome, Never forget how amazing YOU are, You rock!, Be Brave, I hope you have a great day today!, You inspire me, I believe in YOU.

There are also organizations that can help you distribute the cards nationally if you don't have a local connection to a hospital.

ENGAGEMENT

Universal Human Rights Month

December is a time to honor the Universal Declaration of Human Rights, an international document stating the basic rights and fundamental freedoms to which all human beings are entitled. These rights include freedom from discrimination, the right to

equality, and the right to be considered innocent until proven guilty.

Use #UniversalHumanRights, #HumanRights, and #StandUp4HumanRights to post on social media. The Dignity & Respect Campaign says the best way we can celebrate Universal Human Rights Month is by working to find common ground with those around us who may not have the same background as we do. This month, you can also:

- *Read a book about the Declaration of Human rights, or about human rights in general*
- *Spread the word on social media*
- *Go out of your way to treat everyone with respect, kindness, and equality*
- *Teach others about why human rights for everyone are so important*

SPIRIT

International Day

Submitted by:: Kennedy High School
Celebrate the diversity in our school and community.

Students in the school work in groups to represent countries all over the world. They make a poster with information and photos about the country, cook food from that country, dress in traditional clothing, and perform dances to music from the country for the whole school to enjoy.

The students look forward to representing their different ethnic backgrounds and learning about others every year.

***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 Budget Committee, Philosophy, Purpose.

Adopted from "Challenge" November 1990

Student activities have regularly sought to support themselves by student involvement in money-making activities which provide an operating budget for various activities to sustain themselves without utilizing of tax resources. That philosophy indicates that if students believe an activity is important enough to keep within a school framework, students should be willing to support it actively by developing a budget through student resources without having the burden of financial support rest with the tax base.

Student Councils spend entirely too much time and energy raising money. Many clubs and organizations make the same mistake. However, the basic philosophy that students should support their own activities has been a sustaining philosophy-not that student activities are apart from the curriculum, but rather that money-making activities might be a part of the curriculum of student activities.

PHILOSOPHY

A budget and finance committee might indicate to the Student Council the kind of money available for the Council to operate so that its program will be controlled to remain within that financial framework. Basic philosophy demands that:

1. A realistic approach to available funds be understood by all members of Council.
2. A thorough consideration of various money-making activities might be given before a specific way for raising money is selected.
3. Administration of this student money be carefully controlled-that no student funds be misused or misunderstood, that all go directly to the school treasurer and be recognized as the official funds of the school system and the individual school.
4. A careful budgeting and auditing procedure be made of student monies to assure that they be protected in the interest of the democratic society they represent.

DUTIES

The budget committee should meet with the school treasurer (or person responsible for school money) to discuss the basic philosophy regarding student funds. All monies gathered in the name of Student Council are official school funds and may not be spent in any way except that approved by Student Council and the school administration. (Connecticut State Statute, Sec. 10-237) If Saturday functions provide money for Student Council, this still is official Student Council school money.

A thorough discussion should be held concerning procedures of the particular school in regard to the handling and spending of monies, the use of receipts, purchase orders, and other money procedures.

A careful study of the previous year's budget will give students a realistic approach to finances and budgets in student activities accounts.

The budget committee should thoroughly discuss various ways of making money, and the appropriation of these monies before presenting a proposed budget for the year to the principal, the treasurer, and the Student Council advisor as well as the executive committee of Student Council before presenting this to Student Council itself and the student body as a whole.

This area of student funds is greatly misunderstood and can become a sore point for the student body which misunderstand the making and spending of student monies in the name of the school. The school treasurer might be the chairperson of the budget and finance committee which meets weekly to discuss student monies, the appropriation of these funds, and the application of these to the general purpose of Student Council.

This committee requires official supervision and can provide one of the finest communication channels of the administration to Student Council when it understands that its duties are involved with the maintenance and protection of student monies for

welfare of the student body that Student Council might function in the best educational regard for the student body.

CASC Calendar

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

NOVEMBER

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

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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/>