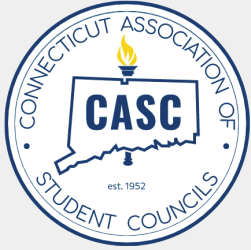


# CASC Advisors Planner

*Official Newsletter of the Connecticut Association of Student Councils*



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## Director's Corner

**Happy 32 days until the association's Convention!** We have added a new section called "Program Updates" so I will keep my section brief .

There are **17 days** left to register for Convention! You can register at [ctstuco.com](http://ctstuco.com). We have two special programs at Convention this year, the annual CASC General Assembly meeting which allows all member schools to give input on the association and the second is a presentation from the 4 Constitutional Officers of Connecticut. Read more about this below. *(To keep the newsletter as brief as possible I will send along the information on the General Assembly meeting in a separate email.)*

There are **10 days** left to apply for one of our CASC awards or to apply for a position on the CASC Executive Board, both are rewarding opportunities for you and your Student Council/ Government.

Be sure to check our website for our new 2024-25 calendar!

Be safe, and as always thank you for your continued support of CASC and its mission of building up student leadership in Connecticut. Remember to stay above the line!

Christopher Tomlin  
CASC Executive Director

### Upcoming State Important Dates::

#### **FEBRUARY**

**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>

**February 15:: NatStuCo Council of Excellence application award deadline. (HS/MS)**

#### **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.*

## From the Executive Board

### State President

Hello Connecticut!

I have been diligently collaborating with the Woodland Convention Committee and the CASC Board to facilitate a remarkable experience for the upcoming convention on March 8, 2024, at Woodland Regional High School. From meticulously planning foods to ensuring security and utilizing technology, every detail is being fine-tuned to guarantee an out-of-this-world leadership experience for all attending students. I urge all schools to promptly register for this event, as it promises to be an inspiring day filled with various speakers, including four Connecticut constitutional officers. Moreover, numerous interactive workshops are available for students to enhance their leadership skills.

Additionally, I encourage all student councils and governments to submit nominations for advisor, student, and organization awards, accessible on [ctstuco.com](http://ctstuco.com). These will be announced at Convention. Please don't hesitate to reach out to me at [presidentctstuco@gmail.com](mailto:presidentctstuco@gmail.com) with any questions. Let's make this convention an unforgettable celebration of leadership!

Warm regards,  
Yasmeen Galal '24  
Woodland Regional High School

### Student Workshop Coordinator

Facilitation 1 will be taking place on Monday February 5th! I am very excited for this first training session. These sessions will help create the very best workshops for convention!!

Jenaris Belgrave  
CIBA

### Service Project Coordinator

This year CASC is calling on high schools and middle schools across the state to host a boxed food drive at their local levels as part of a state-wide service project. All boxed items will go to local organizations that focus on combating hunger injustice. The overarching goal of the project is to help the Connecticut community grow through care. No human should have to go to bed with an empty stomach. CASC asks high schools from across the state to do their best to partake in the project as it will be reflected at the spring convention. It is your turn as high school and middle school student council members and community leaders to take direct action.

Please host a local/school boxed food drive.

Items to consider collecting may include (But are not limited to):

- Cereal boxes (preferred)
  - Pasta boxes
  - Whole grain boxes
- (Any dry/non-perishable food)

Schools should aim to collect as many boxes as possible. The School with the most boxed goods shall gain special recognition at our Spring Convention. Please bring all the boxed items to CASC's Spring Convention on March 8th, 2024. where we will be hosting a special activity with them. We look forward to your commitment to service.

Suprya Sarkar '25  
Sheehan High School  
[servicecasc@gmail.com](mailto:servicecasc@gmail.com)

## Program Updates

### CASC CONVENTION REGISTRATION

Friday, March 8, 2024 10:00AM to 5:00 PM,

Woodland Regional High School, 135 Back Rimmon Road, Beacon Falls, CT 06403

(Check [ctstuco.com](http://ctstuco.com) for schedule and more details)

#### ABOUT CONVENTION

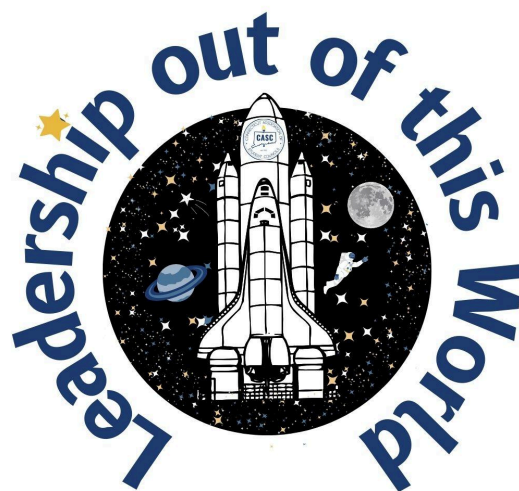
CASC member high school and middle school Student Councils/ Governments are sending delegations to convene at Woodland Regional High School on March 8th for their annual Spring Convention.

This full day event of motivational speeches, workshops, recognitions and elections—is a rewarding experience for all student leaders.

**WORKSHOPS::** In addition to the general sessions, Convention offers a wide array of 21st Century Skill specific workshops designed to strengthen student and advisor abilities. Delegates will participate in large and small group sessions which will look at topics on:: Citizenship, Training, Recognition, Inspiration, Service, Engagement and Spirit! All designed to help students and advisors learn to communicate clearly, collaborate with others across barriers and in diverse groups, and think creatively and work creatively with others. Each school attending Convention is strongly encouraged to present one workshop. By presenting a workshop, students can share their knowledge and experiences with other students and also improve their own leadership skills.

**RECOGNITION::** Councils, Students and Advisors are recognized for their outstanding work throughout the year.

**ELECTIONS::** The election and installation of new Executive Board officers will take place during the afternoon session.



### **OUR KEYNOTE:: LASADA PIPPEN**

Lasada Phippen is a former senior computer engineer turned keynote speaker. "I feel like waking up every day. I am excited when I awake each day for the opportunity to help others find their why. For me personally, it's much easier to wake up when you know why." Lasada inspires people to find their *why* so that what they do becomes more powerful and their how becomes easier. He engages and invests in leaders, educators, professionals, and students."

LP, as he is better known, is a top motivational speaker encouraging others to step into their why. At an event with LP, you will be energized, engaged, encouraged, equipped, & empowered. "My most important role and first assignment are striving to be a hero father to my two beautiful kids and likewise an excellent husband to my wife, Eliana.



**COMMUNITY SERVICE PROJECT::** Each year CASC sponsors a different service project at Convention, stay tuned for more details about this exciting project!

**SPECIAL PROGRAM::** CASC is excited to announce that the special program for this year's convention will be a 40 minute Q and A with the 4 constitutional officers of Connecticut. The session will allow students the opportunity to discuss the issues and ask the questions that matter most to them.



**Secretary of State  
Stephanie Thomas**



**Treasurer  
Erick Russell**



**Comptroller  
Sean Scanlon**



**Attorney General  
William Tong**

**REGISTRATION::** Each school's delegation is limited to a maximum of 12 delegates (adults and students combined). If more space becomes available we will notify schools closer to the convention date. 2024 Registration Rates: \$35.00 per person. Registration closes February 22, 2024 (No refunds after this date)

REGISTER [HERE](#) ...OR





## CASC SERVICE PROJECT

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(Any dry/non-parishable food)

Schools should aim to collect as many boxes as possible. The School with the most boxed goods shall gain special recognition at our Spring Convention.

Please bring all the boxed items to CASC's Spring Convention on March 8th, 2024. where we will be hosting a special activity with them.

We look forward to your dedication to service.

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## OFFICER APPLICATIONS NOW OPEN

Applications are now being accepted for students wanting to serve on the association's Executive Board. Applications must be submitted on our website <https://www.ctstuco.com> and received on or before midnight, February 15.

Contact the Executive Director with any questions [ctomlin@casciac.org](mailto:ctomlin@casciac.org)

The following positions are open on the board::

- President/Host convention school (1 year position)
- Secretary Treasurer (1 year position)
- Middle School Member at Large (1 year position)
- District Leadership::
  - Northern District (2 year school position)
  - Southern District (2 year school position)

Staff

- Parliamentarian (1 year position)
- Historian/Archivist (1 year position)
- Student Workshop Coordinator (1 year position)

- Legislative Affairs Coordinator (1 year position)
  - Service Coordinator (1 year position)
  - Mental Health Affairs Coordinator (1 year position)
- 

## CASC AWARD PROGRAM

Applications are now being accepted for all CASC Awards. If your Student Council/Government, or a member of it, has shown a commitment to *Citizenship, Recognition, Inspiration, Service, Engagement, and Spirit*, now is the time to celebrate their accomplishments and hard work by applying for one of CASC's awards.

As an award recipient, you will receive:

- An official certificate from CASC
- School name announced at Convention, as well as published in the advisors newsletter and on the CASC website.

Applications must be submitted on our website <https://www.ctstuco.com/recognition> and received on or before February 15.

Contact the Executive Director with any questions [ctomlin@casciac.org](mailto:ctomlin@casciac.org)

### Awards for SCG's::

- **CASC Council of Excellence Award.** Has been designated to recognize and reward the achievements of outstanding Student Councils or Student Governments in our state association. This award has been created as a way of providing encouragement and support to SCGs, as well as to provide standards of effective student leadership. To be eligible, your school must provide information related to your SCG operations, fundraising, communications, service learning, etc.
- **Top Projects Award.** Recognize Student Councils/Governments across Connecticut that have established a group project to better themselves, their community, or other communities. If your SCG is selected as a Top 10 Project, your SCG will be invited to present at our Spring Convention and receive recognition for your project. Submissions for this award will include a simple application, description of your project, and a 300 word essay about why your project should be considered for the award.

### Awards for Students::

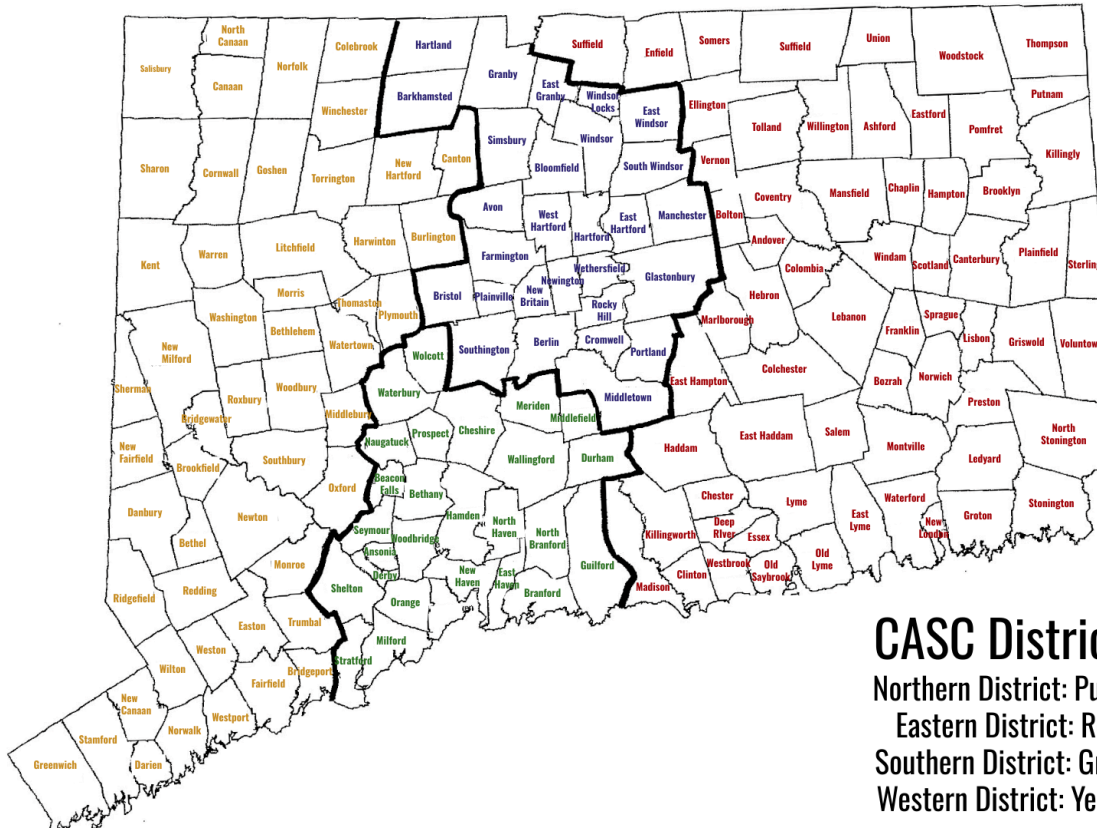
- **Dale Hawley Award** Individual student leadership contributions at the state level will be recognized this year through the Dale Hawley award. Dale Hawley's life was dedicated to youth, service and the development of student leaders, as a principal and director of the National Association of Student Councils. This award is given based on nominations. If you have a student leader who exemplifies these values be sure to nominate them for this award. Two students are recognized by this award, one to a high school student and one to a middle school student.

### Awards for Advisors::

- **The Ron Nedovich Advisor of the Year Award** This award is given in memory of the former Executive Director of Connecticut Association of Student Councils. Mr. Nedovich recognized the importance of leadership education,

and development for all students. This award is to be given to one outstanding advisor, and will recognize the many contributions that advisors have made all over the state.

## 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*

CIBA's Student Advisory Board (SAB) organized the lively Mid-Winters Festival, featuring engaging activities like games, karaoke, cookie decorating, and crafting marshmallow snowpeople. SAB also hosted an alumni reception, celebrating the hard work of those who contributed to the school's legacy with mocktails and an ice cream sundae

bar.

### Eastern District - NFA

*Elya Anor, Vice President;  
Kinnick Campbell, District Coordinator;  
Lorraine Dooley, Advisor*

The Student Advisory Board at NFA is hosting a Voter Registration Drive on February 29. We also have a winter spirit week from February 12-16 and are currently planning a blood drive and a diversity event to be held later this year.



## CT RISES:: Project Ideas

### Ideas for February

Remember to be focusing on your **C**(itizenship), **T**(training), **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**

##### **Attendance at local town meetings**

*Attend a meeting of your town council or of your Board of Education. Check the agenda ahead of time and see if there is a topic of interest that you think would benefit the student body.*

#### **RECOGNITION**

##### **Apply for Awards**

*CASC as well as NatStuCo offer a number of awards to recognize both individuals as well as Student Councils/Governments. Be sure you are taking advantage of these opportunities! Visit [ctstuco.com](http://ctstuco.com) or [natstuco.org](http://natstuco.org) for more details.*

#### **INSPIRATION**

##### **CASC Convention**

*Be the inspiration for change by signing up to present a workshop session at Convention to share the amazing work that your Council/Government does.*

#### **SERVICE**

##### **Valentines Day Activities**

*Get together and make Valentines for the elderly. Then go deliver them to your local senior centers. Consider selling Valentines and delivering them to students with carnation flowers*

#### **ENGAGEMENT**

##### **Raise Money for Local Family in Need**

*February is the depth of winter and when people need the most help with heating bills and snow removal.*

#### **SPIRIT**

##### **Basketball/Volleyball Tournament**

*Some schools host yearly "Three on Three Tournaments." Others host "Teacher vs Student games." Encourage teams to sign up and consider including awards for Teams with the most original name and best jersey. You can use these games as fundraisers or as Charitable games.*

##### **Coffee House With Open Mic/Poetry Reading**

*This is a great way to reach out to the diverse groups within your school to increase school participation. Set up a mic and some stools, try to get couches or comfortable seating for the audience. Consider having relaxing background music playing during the night. Don't forget the food and refreshments!*

## Ideas for March

### **CITIZENSHIP**

#### **Start planning your SC/G Elections**

*It is never too early to begin planning your elections. Consider forming your elections committee now to begin to review your last election and what they would like to see done differently this time.*

### **RECOGNITION**

#### **Wall of Honor**

*Acknowledge the amazing things that your students do by creating a wall of honor. Consider highlighting students with a photo of them and their story. Likewise you could recognize your staff in the same way or any group within your community.*

### **INSPIRATION**

#### **Attend CASC Convention!**

### **SERVICE**

#### **Character Meet and Greet**

*Submitted by:: Lewis Mills HS*

*Type:: Service to the School and Community*

*Students dress up as favorite Disney characters, princesses, superheros and interact with little kids.*

### **ENGAGEMENT**

#### **Ban the "R" Word**

*Practice inclusion by raising awareness about the "R" Word. Develop programs of inclusion and consider supporting the Winter games of the Special Olympics in Connecticut.*

### **SPIRIT**

#### **Talent or Music Fest**

*Submitted by:: Woodland Regional High School*

*Showcase the talented Students in your school by hosting a musical talent show. Have teachers serve as judges and give prizes to the top talent in different categories. Hold the show during the day to highlight students to the entire student body, or after school to bring the community into your school.*

*\*\*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

### **Burnout - is it real? You bet!**

Adopted from "Focus" January 1988

Doing too much, moving too fast, feeling too much pressure, no spare time, no real time to stop, pushing to deadlines, personal responsibility, no self time, doing, being, rushing, working, working, WORKING - BURNOUT!

Is it real? You bet!

How do you know you have it? Here are some symptoms:

- Depression
- Difficulty in feeling a sense of control
- Increased need for sleep
- Feelings of anxiety

- Not sleeping well or not sleeping at all
- Lack of interest in usually interesting subjects/activities
- Illness - colds, flu, generally not feeling “good”

It is an interesting thing...humans can literally overdose on too much of a good thing! Overdose, in this sense, is just as dangerous as any drug or alcohol toxicity. It can rob us of our sense of control and balance in our lives. It is an ailment that has mental beginnings but can result in physical finalities.

### **What usually starts burnout?**

Most of the time it is something that we truly like - a person, a sport, an activity, an experience. We find this positive thing in our life and it becomes the focus of our attention. We begin devoting time, effort and energy to this new discovery and for a time, it feels energizing, stimulating and good to us. Little by little, other things take “a back seat” to our new interest...things begin to slide: we forget to take care of business. Symptoms can include being late to schedule meetings, not taking time to exercise or eat right, not taking time to be by yourself or with the one you love, feeling like the only thing you can do is what you are doing.

### **What can be done?**

Like all illnesses (yes, burnout can actually make you sick), it can be prevented. It is your choice.

*Prevention.* This method takes a little forethought on your part. You have to learn to say NO to the forward sweep of the burnout pattern. Ask yourself “why am I doing this to myself?” Listen to your answer...if you can, slow down the process by making yourself take breaks from the situation. Commit to another person that you are going to do something other than work, for example, and make a deal with your friend that if you talk about or return to work that day, they will remind you of your promise and keep you in line.

Notice the signs before they become symptoms. Put energy into prevention - it is much easier than hitting full “burnout” and then trying to recover.

*Treating Burnout.* Like all illnesses, burnout can be mild or severe. It is important, no matter how much a case you feel you have, to talk about it to someone: your family, your coworker, your best friend. Acknowledging the problem is halfway to the solution and telling another person is the most effective way to “own” the problem. Next, formulate a “proactive” plan to change the pattern that put you on the wrong side of your behavior. Reschedule your day to allow for time out periods - just for yourself. Allow time for good eating, good exercise. Learn to have fun in ways other than what you do that craters the “burnout.” expand your view of life.

Sleep if you need to. Sometimes, just being able to take a day off to rest will cure the desperate feelings you have because it gives you a sense of power.

Make lists, write down those commitments you cannot “let slide” and set goals for their completion. Take them one at a time! Until these goals are methodically reached, do not allow yourself to take on any more responsibility. Learn to say NO.

Explain to those who are around you that you are changing your patterns and that you need their understanding in the matter. If you cannot get the support you need by asking, build separate support groups outside your work or school to give you the help you need. Take one day at a time.

True burnout shows up after months of high pressure. It cannot be cured overnight. Allow yourself time to rebuild. Be open about your feelings and try to keep the pressure off yourself. Try not to get bogged down in desperate self pity that will make you feel worse. Be fair. YOU LET YOURSELF IN FOR THE BURNOUT-ONLY YOU CAN GET YOURSELF OUT. avoid blaming others(you make the choices to get involved). Learn to be proactive and solution orientated. Burnout comes from feeling powerless-so, to cure it, invest in your own positive power of change...YOU CAN DO IT!

## CASC Calendar

*Be sure to check the CASC Website (CTStuco.com) for more information including our newly approved 2024-25 calendar!*

### **FEBRUARY**

**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.*

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**February 15:: NatStuCo Council of Excellence application award deadline. (HS/MS)**

### **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 10:: Start and Spark Session #3 (HS/MS)**

*This is the third and last in our virtual advisor get together event series. We will be focusing on end of year ideas and summer activities.*

**April 17:: CASC's 72nd Birthday**

### **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. More details to follow.*

### **JUNE**

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

<https://stucovisionconference.org/>