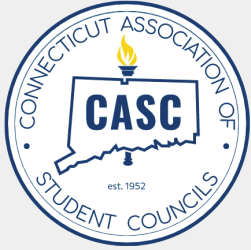


CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



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Director's Corner

I will keep my remarks short this month as it is already a long enough newsletter!

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. This past Saturday was their final regularly scheduled meeting with their terms coming to an end on May 1st.

I would also like to offer my congratulations to our newly appointed Executive Board Staff that were confirmed at this past Saturday's Board meeting. You will be able to read more about them in the Executive Board section of the newsletter.

Our association's next and final event of the 2024-25 school year is "***Adventures in Leadership***," which is held annually at Winding Trails in Farmington. This year we are returning to our traditional Low ropes course and our usual afternoon Boat Building activities. You can read more about this event in our Program Updates section below.

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::

APRIL

April 8 - Start and Spark (HS/MS)

End of year activities and summer ideas, VIRTUAL Meeting 7:00-7:40

April 17:: CASC's 73rd Birthday

April 21-25:: National Student Leadership Week

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.

From the Executive Board

State President

Hey Connecticut,

As I'm writing this letter, I reflect on this incredible journey as State President of the Connecticut Association of Student Councils. I am filled with gratitude and pride for all the association has accomplished and optimism for the future. It has been an honor to serve alongside such dedicated, passionate, and inspiring individuals who believe in the power of student leadership.

When I first took on this role, I knew that our time together would be defined by challenges, growth, and, most importantly, the impact we could make on our schools and communities. Over the past year, we have worked tirelessly to strengthen our program. Whether it be through releasing and revamping new awards, altering our applications for board positions, creating new events, or gaining new committee members, CASC has grown immensely this year, and we wouldn't have been able to without the support of each and every single one of you. This year, we have proven that young leaders are not just the future—we are the present.

None of this would have been possible without the unwavering support of our advisors, teachers, and mentors who have guided us every step of the way. To my fellow executive board members and student council representatives across Connecticut, I extend my deepest appreciation. Your hard work and dedication have inspired me beyond words, and I have no doubt that you will continue to elevate student leadership in ways we have yet to imagine. I would like to extend my gratitude to CASC Executive Director, Mr. Tomlin and the Woodland Regional Student Government. You guys have helped me grow into the person that I have become today and I would not have been able to achieve any of it without your support.

As my time as President comes to an end, I leave with a heart full of memories and a belief in the boundless potential of this organization. I urge you all to continue striving for excellence, to uplift one another, and to embrace the challenges that come with leadership. Remember, leadership is not about titles—it's about service, integrity, and the courage to stand up for what is right.

To the incoming Executive Board, I have complete confidence in your ability to take this organization to even greater heights. Lead with passion, listen with empathy, and never lose sight of the incredible responsibility you hold.

Though my term has come to an end, my commitment to student leadership remains unwavering. This is not a goodbye but a thank you—for the lessons, the friendships, and the shared commitment to making a difference.

With deepest gratitude and endless hope for the future, one last time,

Thank you

Kaltrina Ameti '25
Woodland Regional High School

Service Project Coordinator

Thank you to all who participated in the CASC Convention 2025 Service Project! It was truly appreciated and I am proud to announce that we donated over 600 items of pet food and dog toys to the Connecticut Humane Society!



Maia Simoes, WRHS

Program Updates

ADVENTURES IN LEADERSHIP!

Wednesday, May 22, 2024 9:00AM to 2:00 PM,
Winding Trails, Farmington.

(Check ctstuco.com for schedule and more details)

Please join us for a day of low ropes courses, team building, a raft building contest and other activities to prepare your student leaders for next year. Lunch included! **\$30.00 per person**

HIGH and LOW ROPES COURSE:

The program concentrates on group skill development that involves physical and emotional risk and the opportunity to succeed within a supportive group atmosphere. The Low Ropes Course is composed of over 30 different elements including a series of challenges using props such as: wooden platforms, boards, ropes and cables designed for group

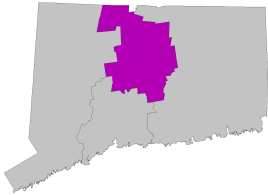
participation regardless of physical limitation and ability level. Participants develop skills in problem solving, communication, decision making, trust, as well as a strong sense of self-worth and accomplishment.

RAFT BUILDING CHALLENGE:

Try something new while testing your skills and buoyancy. This is a great group activity to work on communication and leadership. This challenge will break up into teams and attempt to build the perfect craft to carry your team out onto Dunning Lake and back.

REGISTRATION NOW OPEN ON [CTSTUCO.COM](https://ctstuco.com)!

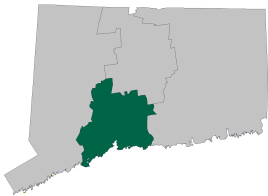
Districts in Action



Northern District - CIBA, East Hartford

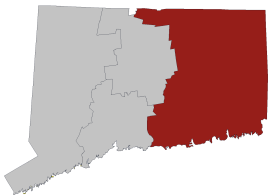
*Thierry Ofori '24, Vice President;
Buckle Buck '27, District Coordinator;
Rachel Buck, District Advisor*

DISTRICT UPDATE:: March marked a significant moment of growth for the Northern District! Student leaders from schools such as Bulkeley, East Hartford, and Conard demonstrated increased participation at the annual CASC Spring Convention. Their active engagement contributed to a more dynamic and productive District Meeting, where representatives exchanged ideas, discussed initiatives, and strengthened inter-school collaboration. This involvement not only enriched our dialogue, but also fostered a stronger sense of unity and shared purpose across the district, laying the groundwork for continued progress in future times ahead.



Southern District - WCA, Waterbury

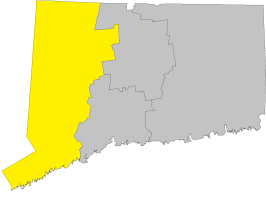
*Randy Ramdin '25, Vice President;
Ryan Cogovan '25, District Coordinator;
John O'Toole, District Advisor*



Eastern District - NFA, Norwich

*Elya Anor '25, Vice President;
Kinnick Campbell '26, District Coordinator;
Lorraine Dooley, Advisor*

DISTRICT UPDATE:: This month the Student Advisory Board planned and implemented a successful blood drive. We were able to collect 21 pints of blood from staff and students. This effort not only showcased our school's commitment to making a positive difference but also connected to the CT Rises goal of community service. We also sent 11 students to the CASC Convention and planned activities for the remainder of the year.



Western District - Thomaston High School, Thomaston

Alyssa O'Brien '26, Vice President;
Emily Morton '25, District Coordinator;
Terri Franzi, District Advisor

DISTRICT UPDATE:: Based on CTRISES, highlighting service and spirit from Thomaston High School (part of the Western District) we will be holding a Lock-In this March 28th-29th from 7pm-7am. This Lock-In is to pledge to raise money for every hour you are awake, in which half of the funds will be donated to Thomaston High School Student Council and the other half will be donated to the Connecticut Children's Medical Center. Our school recently had two small events which include "Say Something Week" (a spirit week based on inclusivity and the Sandy Hook Promise), as well as "Neurodiversity Week" (a spirit week to highlight down syndrome, ADHD, and so much more!). This concludes our big events for March 2025!

CTRISES:: Project Ideas

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.

Ideas for April

CITIZENSHIP

Elections

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

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

TRAINING

Leadership and Teamwork Workshops

Empower your newly elected student leaders with leadership and teamwork skills.

- **Team-building exercises** (e.g., trust falls, problem-solving challenges).
- **Leadership role-play scenarios** where students practice decision-making.

INSPIRATION

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

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

RECOGNITION

Administrative Professionals Day

Administrative Professionals Day is April 27. It's

SERVICE

Campus Cleanup

April 22 is Earth Day, many schools celebrate by sponsoring school wide campus cleanups. This

can be used as an opportunity for your SCG to come together and do some team building or Service learning. Invite your town Director of Parks to give a talk about service learning.

ENGAGEMENT

Secret Agents of Kindness Program for Schools

The idea behind Secret Kindness Agents is to change school culture by having students and teachers perform anonymous acts of kindness every day for a week. At the end of the week, they write reflections on how their kindness has affected them and those around them. They then

select new acts of kindness for the next week and begin the process again, thereby spreading kindness throughout the school community. Research shows numerous positive effects on the students, teachers and school climate.

SPIRIT

Movie Night

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

Ideas for May

CITIZENSHIP

Last Meeting

Begin with an agenda and consider adding these items::

- Consider farewell speeches for the Seniors.
- Provide an opportunity for Seniors to say goodbyes.
- Plan your summer meetings
- Reflect on the past year. Were the goals you set at the start of the year achieved?
- Discuss committees, should they be changed? reorganized?

RECOGNITION

Teacher Appreciation Week

Teacher Appreciation Week is May 2-6. It's fun to tell them how thankful we are for all that they do. Surprise them by leaving baskets on each of their desks. Things to include:: candy, mints, life savers, tissues, and punny inspirational messages!

INSPIRATION

Student Leadership Awards

With the year ending it is time to think about awards for your student leaders. Rookie of the Year, Outstanding Senior, etc.

SERVICE

Town Wide Cleanup

May is a great time to cleanup your local green

space or your schools campus. Look to involve the local Town Parks and Recreation department.

ENGAGEMENT

Grim Reaper Day

This program was developed by SADD. Every 33 minutes, a gong will sound over the PA system and the grim reaper will enter a classroom and pull a selected student from the class. Each victim's face will be painted white and have one teardrop outlined on his/her face. The victims will be "dead" for the rest of the day and cannot speak to anyone.

SPIRIT

Sidewalk Chalk

Use chalk on the sidewalks of all entryways of your school to say goodbye and good luck to the seniors. If possible write it in areas that the seniors will walk on while heading to graduation.

Sunset/End of School Activities

Does your council have any end of school activities for the student body? If not consider these::

- Decorate the school on the last day of school with banners and streamers in your school colors.
- Put cutouts on the lockers of the seniors for their post high school plans (college logo, military branch, or if undecided put a diploma.).

- Leave treats for teachers in their mailboxes.
- Have your student council members and the school band outside to Say goodbye to the busses on the last day of school.

- Holding "Minute To Win It" competitions during lunch waves.
- A pre exam pep rally.

***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

Housekeeping Challenges for the Student Council/Government

Reprint from FOCUS... April, 1987

The end of the school year presents real challenges for the SC/G. Many SC/Gs hold elections near the end of the second semester. Many are involved in convocations, retreats, and one-day workshops. It's a busy time, but some end-of-the-year activities include "housekeeping." Others are to wrap up the year's work. Don't underestimate the importance of these activities. Having a good SC/G in a school is important, and strong end-of-the-year efforts are crucial to keeping it solid. Here are some specific activities to consider:

Evaluate the year's work

Responses from those affected by the SC/G's work-students, teachers, administrators-should be sought. How did we do? What might the new SC/G learn from our experience? Evaluation is an ongoing activity, and is not just for the end of the year...but it is important to evaluate at the completion of the year.

Hints

Don't ask people to fill out extensive questionnaires. Make them brief and have them carefully proofread! Use Google forms or another program for easy data compilation.

Using the money

Your SC/G may not have problems with money-expenses if you don't have any funds left at the year's end. But if your SC/G is responsible for the

expenditure of a certain amount of money, take time to design a sensible way of doing it. If students are attending workshops, or a retreat in the summer, or if you're sending out several mailings, having activities connected with orientation, or welcoming teachers, you'll decide on expenditures before the SC/G disbands for the year. By doing this, you'll help the new SC/G begin its work and you'll prevent putting the principal or yourself into the uncomfortable situation of paying expenditures without SC/G discussion.

Preplan

It may sound funny to talk about pre planning as a part of year end activities, but preplanning can make or break a student activity. By providing the time, place, incentive, and refreshments for a planning session near the end of the year, the current SC/G can help next year's SC/G a great deal. (I have never understood how to do this in schools which do not hold elections until the fall.)

Send thank you's

We become so busy those last hectic weeks that sometimes we skip the niceties of working with people. To prevent this the SC/G needs to plan and assign tasks for getting the thank-you notes written, cakes baked, calls made, or whatever, to people who have helped the SC/G over the year. Don't forget the secretaries and custodians! And don't leave this entire task to the SC/G secretary. The whole SC/G should

be involved in giving the thanks due. It's another part of learning how to work with people.

Files

Before the year is over, a group of SC/G members should work on the records and files. Minutes of meetings are important, but so are project reports. Are they labeled and filed? Is there a good summary of action taken, postponed, or disapproved? Are copies of proposals to the administration available for study?

Don't leave SC/G files and records in a mess, even if that's the way you found them! If you learned about suppliers, printers, dance bands, caterers, projects, buildings, or workshops, put it in the records. Don't make the next SC/G repeat all of the same mistakes; let them invent their own!

Elections

Doing "something" about elections late in the year can get complicated because of the SC/G's Constitution. Consider this case: A SC/G held elections three weeks before the end of the school year. They were a disaster. (Turnout was small. Cliques were

represented and large groups of students were not. The whole vote hinged on three minute speeches, nervously delivered at one assembly.) Something had to be done.

Start the process of designing a good election procedure as soon as possible. Don't let it go, leaving it for next year's SC/G to do. They will get caught in the same trap. You may not be able to revise the entire plan and have it approved because of the time required, but at least write strong recommendations for the next SC/G.

We all get a little overwhelmed with tests, papers, and projects at the end of the school year. But if you feel the SC/G has been of value to you, show it! Finish the year and the SC/G's work with class!

Upcoming Events

Be sure to check the CASC Website (CTStuco.com) for a full calendar of our program and more information!

APRIL

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