

CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



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THE PRESIDENT'S SYMPOSIUM

★ ★ ★

Director's Corner

Welcome back to a new school year! I hope this newsletter finds you refreshed and renewed and your families in good health. As always, the CASC Executive Board has been working hard all summer on several new initiatives, and we are excited to share them with you at this year's Symposium on September 23!

Speaking of which, our first statewide event, **The 8th Annual President's Symposium (HS/MS)**, is quickly approaching:

- **Date:** September 23
- **Location:** Old State House, Hartford (We are thrilled to return to an in-person event!)
- **Cost:** Free to all members
- **Who Can Attend:** Open to advisors and Student Council leadership team members (due to limited space in the old state house please limit groups to a maximum of 10 student council students per school).
- **What is it:** In addition to announcements about upcoming CASC initiatives and news, the event will feature a keynote panel presentation followed by a moderated Q&A.

Finally, a quick note on why we are returning to this newsletter format: sometimes we have to be honest with ourselves and acknowledge our limitations. As advisors and teachers we often have a hard time acknowledging that the laws of time and space apply to ourselves as well. After a year of testing a bi-weekly schedule, we are returning to our traditional monthly format with a renewed focus on keeping each edition dynamic, relevant, and helpful. Between newsletters, be sure to check our website at [ctstuco.com](https://www.ctstuco.com) and follow us on Instagram @ctstuco for the latest updates and opportunities.

Remember between newsletters to check our association website (<https://www.ctstuco.com/>) as well as our instagram feed @ctstuco to keep up with the latest news and opportunities CASC offers.

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::

SEPTEMBER

September 23:: President's Symposium, LIVE (HS/MS)

The President's Symposium serves as a launchpad for upcoming CASC activities and opportunities. This year's Symposium will be returning to a live format all advisors and student council/ government leadership team members are invited to attend.

Program Updates

THE PRESIDENT'S SYMPOSIUM

Wednesday, September 23, 2026 9:00AM to 1:00 PM,
Old State House, Hartford

Time & Location

Wednesday, September 23, 2024. 9AM-12PM Business Meeting, 12PM-1PM explore the Old State House (800 Main St, Hartford, CT 06103) and lunch on your own.

About Symposium

CASC Middle School and High School Advisors and Council/Government Leadership teams, you are cordially invited to register and attend this year's President's Symposium.

Kick start your school year by learning about this year's Convention theme, state wide service project, recognition opportunities, upcoming conferences, free resources, project ideas, and more!

REGISTRATION OPENS WEDNESDAY ON CTSTUCO.COM!

CASC WESTERN DISTRICT OPENING

We are still looking for a school interested in stepping in to fill a **one-year vacancy** for the 2026-27 school year as Western District leadership school.

To be eligible, an interested school needs to be able to provide one advisor and two students to step into the following roles:

- **Advisor:** Serves on one of our E-Board committees (Competition, Recognition, or Special) Works with students from across Connecticut.
- **Vice President (Student):** Serves on the Competition Committee ("fun" stuff) to help develop the Top Project Competition, CSV, and the Convention pep rally.
- **District Coordinator (Student):** Joins the Recognition Committee ("prestige" stuff) to oversee programs like the

Council of Excellence, Nedovich Award, Leadership Awards, and Unsung Hero awards.

Commitment:

- **Meetings:** It's a manageable but impactful commitment with five (5) Saturday meetings at CAS in Cheshire (9–1) throughout the year and quick 30 minute monthly virtual sync meetings once a month on Sunday night.(7pm)
- **Events:** Board members must attend: Convention, Presidents Symposium, District Conference (Virtual), Adventures in Leadership.
- **Committee Work (Competition or Recognition):** This is dependent on the committee itself and changes throughout the year.

If this is something that might interest you and your student leaders, or if you have any questions, please let me know. And thank you again for everything that you do for student leaders in Connecticut.

CASC COMMITTEES

Last Call!

High School and middle schoolers, are you interested in working with other motivated students from across Connecticut? Do you want to energize your year with new projects fulfilling causes you're passionate about? Or are you looking to get involved with CASC? Applications for students to serve on one of the CACS committees are open until October 1st. (<https://www.ctstuco.com/committees>)

Student Workshops Committee

We support people wanting to present workshops by training them and certifying them to become more empathetic leaders. Our program will help develop a presenter training that will teach students how to effectively run a workshop.

This year's Committee project is to:

- Our training will consist of two training sessions a year.
- At least 10 new Certified CASC Workshop Presenters. They will be given diplomas at the convention.

Mental Health Committee

The Mental Health Committee seeks to spread awareness about the importance of mental health as well as advocate for people struggling with their Mental Health. The Mental Health Committee aspires to provide resources to people in need.

This year's Committee project is to:

- Host a Mental Health Night
- Create a list of resources as well as a handbook available on ctstuco.com

Service Committee

Works with the CASC Service Project Coordinator to develop and implement state wide service projects and

opportunities.

Social Media Committee

Works with the CASC Historian/Archivist to develop effective social media campaigns about all of CASC's activities.

If you have any students that are interested in learning more about serving on any of these committees please have them complete [this form](https://www.ctstuco.com/committees). (<https://www.ctstuco.com/committees>)

CTRISES:: Project Ideas

Remember to be focusing on your **C**(citizenship), **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.

Ideas for September

CITIZENSHIP

Elections

Submitted by:: Woodland Regional High School
Organize the election for the new freshman students. Use this as a way to prepare for elections throughout the year. Try out new methods of voting.

TRAINING

Leadership and Teamwork Workshops

- **Focus:** Empower students with leadership and teamwork skills.
- **Activities:**
 - **Team-building exercises** (e.g., trust falls, problem-solving challenges).
 - **Leadership role-play scenarios** where students practice decision-making.
 - Invite guest speakers, such as community leaders or alumni, to talk about leadership.

- **Goal:** Equip students with practical skills they can apply in their clubs and beyond.

RECOGNITION

Welcome Back activities

You may also want to use this opportunity to plan any first day of school activities to welcome back the students, faculty and staff.

INSPIRATION

First Meeting

Begin with an agenda and consider adding these items::

- *Consider beginning with ice breakers, it has been a long summer.*
- *Remind everyone of their roles and responsibilities.*
- *If you don't meet over the summer the first*

meeting is also a great opportunity to set goals for your council.

- *While setting SMART goals and establishing your calendar don't forget to discuss if you need to revisit your Constitution or by-laws.*
- *Set your calendar for the year, be sure to include meetings and your big projects.*
- *Discuss committees, which ones should you have, how should they be structured.*

Leadership Opportunities

A number of conferences have switched to online formats. It is never too early or too late to start thinking about leadership. Consider setting aside one meeting a month for leadership training.

Determine a list of skill sets that your council needs to work on and make a checklist to track student growth. Are there any conferences you want to attend?

SERVICE

Beautify Your School's Campus

A free and fun way to help students ease their way back into the swing of school this August is to organize a campus beautification project.

Gather volunteers to pick up trash or clean up weeds/debris around your school so it is ready to go when the first day rolls around! Consider other ways to help like contacting the administration to paint murals, helping teachers move/set up classrooms, or creating encouraging school-pride banners to hang up.

ENGAGEMENT

Kindness Campaign

Start the year right with a kindness campaign.

Start school culture the right way by having students and teachers perform anonymous acts of kindness every day for a week.

SPIRIT

Back to School Pep Rally

Why wait until October? Begin the school year with a pep rally once all sports teams have been selected. Or make it an academic pep rally and introduce all of the AP students! Some schools make it district wide and include a bounce house, food truck, raffles, ice-cream truck, face painting, lawn games, etc.

Ideas for 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.)

TRAINING

Public Speaking and Presentation Training

- *Focus: Improve communication skills for both individual and group presentations.*
- *Activities:*
 - *Speech contests on various topics.*
 - *Workshops on crafting powerful speeches, using visual aids, and managing stage fright.*
 - *Practice sessions where students present to their peers for feedback.*
- *Goal: Help students feel confident in public speaking and strengthen their ability to articulate ideas.*

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.

Digital Citizenship week

This #DigCitWeek, support students' mental health and digital well-being. Growing up has always had its challenges.<https://www.commonsense.org/education/digital-citizenship-week>

SPIRIT

Homecoming Dance

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

***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

1955 History of CASC

Reaching a 75th anniversary is more than just marking a date on the calendar, it is a celebration of decades of dedication, growth, and community. As we prepare for this major milestone in April, I wanted to anchor this newsletter in the story of how it all started and I thought that there was no better "Tips and Tools article," than the story of how all of this started. Below is a reprint of the earliest known history of our association, written three short years after our story began.

THE CONNECTICUT FEDERATION OF STUDENT COUNCILS **(Originally printed in the CASS SUPPLEMENT FEBRUARY, 1955)**

When other agencies which were not connected with the public schools began to sponsor activities for Student Councils, it became evident to the secondary school administrators that there was a need for a state-wide student council organization which would conduct and control its own program. As it has been the policy for the Connecticut Association of Secondary Schools to establish a board of control for each interscholastic activity, a board was selected to give assistance and encouragement to the student councils so that they might organize themselves. Since there already was a small group of high schools that met annually, this group, called the Eastern Connecticut Federation of Student Councils, was identified as the nucleus of a state-wide organization. This group acted as a "pilot" group and assisted in developing the constitution under which the C. F. S. C. functions.

As a result of the cooperation of the high school administrators, this organization was able to sponsor its first all-day state-wide student council meeting. It was held on March 22, 1954, at the University of Connecticut. Because of the success of this meeting, it will undoubtedly be an annual activity under the continued approval of the Connecticut Association of Secondary Schools.

Additional support has been given to the C. F. S. C. in the form of an appropriation of \$500.00 from the funds of the CASS. This has been done so that the financial burden of operation shall not be on the students who participate. This has made it possible to provide money for meetings and expenses for a delegate and advisor to attend the National Convention of Student Councils.

It is the intent of the C. F. S. C. to have four regional meetings and one state meeting each year. The plans for these meetings are drawn up by the executive committee, which consists of four student officers: president William Lang, Windham High School, vice-president John Langenbach, Seymour High School, secretary Jeannette Stevens, Bacon Academy, Colchester, and assistant secretary Malcolm Greenaway, Jr., New London High School. Faculty sponsors on the executive committee include: Mr. Joseph J. Feher, of Seymour, Executive-secretary; Mr. Richard Snape, New London High School and Miss Martha L. Hanf of Hartford Public High School. Principals Arthur W. Kairott, Glastonbury High School, Samuel Crockett, Windsor High School, and Aram Damarjian, Bacon Academy, Colchester, are members of the Student Council Board of Control. Mr. Harold A.

Swafield, Fairfield, Executive Consultant of the CASS, attends executive committee meetings, also.

During the 1954-55 school year regional meetings were held in the months of October and November. The Southeastern region met at New London High School and had fifteen schools and seventy-five students participating. Mr. Robert C. Weller, Jr., President of Mitchell College, New London, Conn., was guest speaker.

The Northwestern region conducted its meeting with twenty-six high schools represented, with one hundred and thirty delegates. Mr. James F. Looby, Editor of the Parade of Youth, Hartford Courant, spoke to the student council body.

Windham High School acted as hosts for the Northeastern region, which met during the third week in October. This region, which is the smallest of the four, had about twenty-five delegates present.

The last regional meeting to take place was the Southwestern at Norwalk High School. Fifteen schools with seventy-five delegates were represented at this session, held the third week in November.

Five students, including the student council president and four additional delegates from each school, are eligible to attend their respective regional meetings. Each meeting is conducted in basically the same way. It can be divided into categories of registration, lunch, general assembly, discussion groups, and the closing session which generally consists of discussion group reports, business, and a guest speaker.

The discussion group topics are selected by the executive committee and are uniform for all regions. The group subjects for this year's past regional meetings consisted of a group for presidents centering around interpretations of proposed and ratified amendments of the C. F. S. C. constitution.

The second group discussed the possibilities of having more active regional meetings through better organization; a third group talked about the relationship between the student council and school and community relations in such things as civil defense. The fourth group discussed ideas on a commendable yearly student council program for high schools. The last group spoke about the participation of student councils in the distribution of awards and scholarships.

1955 STATE MEETING

Plans have been made by the executive committee to have the state meeting at Teachers College of Connecticut, at New Britain, on Tuesday, March 22, 1955. Like last year this meeting will be an all day session. Registration will commence at 9:15 A. M. and last until 10:00 A. M. Directly after the registration period will be the opening session, followed by group discussions until noon. Lunch will be served by the college cafeteria staff; an hour will be given for the meal. At 1:00 P. M., directly after lunch, the guest speaker will be heard. The business session, which includes group reports and election of officers, begins at 2:00 P. M.

Briefly, the discussion group topics for the state meeting will consist of a presidents' group, a group for the exchange of assembly ideas, suggestions concerning the orientation of new students, outstanding projects in local councils, and an evaluation of the school student councils.

The regional and the state meetings are planned by the executive committee. In order to plan the program for these meetings and to carry on other C. F. S. C. business the executive committee has held a number of meetings during the school year. The first meeting was held at Bacon Academy on May 13, 1954, two months after the election of this year's officers. Work was begun on plans for the regional meetings and

was continued at the next meet-ing September 16, 1954, also in Colchester. This session completed the decisions of the com-mittee in regards to the regional meeting.

The same day that New London High School was host to the Southeast regional meeting the executive committee met at that high school. Thus, on October 14, 1954, plans were started for the state meeting, and the possibilities of having Connecticut represented at the National Conference of Student Councils to be held June 13 to 16, 1955 in the Lower Merion Senior High School, Ardmore, Pennsylvania, were discussed.

The next two meetings of the executive committee held on December 7, 1954, at Glastonbury High School, and January 11, 1955, at Hartford Public High School, respectively, were devoted to the completion of the plans for the C. F. S. C. state meeting.

Thus, the mechanics of the Connecticut Federation of Student Councils have been explained in some detail,

with the hope that member schools will have a better understanding of the state organization.

JEANNETTE STEVENS, *Secretary*
Bacon Academy, Colchester.

Upcoming Events

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

SEPTEMBER

September 23:: President's Symposium, LIVE (HS/MS)

The President's Symposium serves as a launchpad for upcoming CASC activities and opportunities. This year's Symposium will be returning to a live format all advisors and student council/ government leadership team members are invited to attend.

OCTOBER

October TBD:: Student Workshop Presenter Training (HS)

CASC is proud to provide this new certified training program for student presenters.

October TBD:: Start and Spark (HS/MS Advisors)

Welcome back virtual advisors meeting., VIRTUAL Meeting 7:00-7:40

NOVEMBER

November 18:: 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 4-6:: NA4SA (NAWD) Annual National Conference on Student Activities (HS/MS)

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

December TBD:: 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.

JANUARY

January TBD:: Mental Health Summit (HS)

FEBRUARY

February 12:: NatStuCo Council of Excellence application award deadline. (HS/MS)

February 12:: CASC Student Executive Board applications due. (HS/MS)

February 12:: CASC Award applications due. (HS/MS)

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

MARCH

March 5:: Convention, WOODLAND Regional High School

March 12:: CASC Staff Applications Due

March 20:: CASC Staff interviews at @CAS, Cheshire

APRIL

April TBD:: Advocacy Day Hartford

April 17:: CASC's 75th Birthday

April TBD:: National Student Leadership Week

MAY

May 1:: New Officers Term Begins

May 19:: "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.