

CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



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CTStuco.com
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CAS-CIAC
30 Realty Drive, Cheshire,
CT 06410

ADVENTURES IN LEADERSHIP



Wednesday May 22 | 9:00-2:00

Winding Trails, Farmington

\$25.00 per student, (lunch included)

Ropes Course and Raft Building Challenge

visit ctstuco.com to register

Director's Corner

Congratulations! You did it, you made it to May. All you have left is Elections, Prom, Senior Activities, Inaugurations, Farewell to your seniors, car washes, final fundraisers, end of year reports, the three weeks of lessons you suddenly realized that you are behind on, and don't forget that stack of papers you are hoping magically grade themselves. Don't worry, the weather is getting warmer and the students are more attentive than ever.

Seriously though, congrats. But it isn't over yet. Begin exit interviews with your outgoing leadership teams and your incoming team. Talk about what went right, wrong, or slipped through the cracks. We use Rose, Bud, Thorn but anything can really work.

- Rose = A highlight, success, small win, or something positive that happened.
- Thorn = A challenge they experienced or something they can use more support with.
- Bud = New ideas that have blossomed or something they are looking forward to knowing more about or experiencing.

We look forward to seeing you all at our last event of the year "*Adventures in Leadership.*" You should have received an email already from me with information, please contact me if you have any questions. It is an amazing day of leadership, memories and student growth. Please contact me if you have any questions.

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::

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.

From the Executive Board

State President

Good Morning Connecticut!

The CASC Executive Board met last on Saturday, May 4 where we began planning some of next year's events...including convention! I've been working closely with Woodland's convention chair to begin the planning aspects of convention at the local level.

The Executive board has chosen a theme for the 2025 Spring Convention which will be announced at President's Symposium. President's Symposium is to be held this year on September 25 at the Old State House in Hartford! Upcoming on May 22, CASC will be hosting Adventures in Leadership, a ropes course guide to working in group settings and how to find your inner leader in the outdoors.

If you have any questions or would like to connect, please do not hesitate to reach me at presidentctstuco@gmail.com

Kaltrina Ameti '25
Woodland Regional High School

Middle School Liaison

I'm thrilled to serve as your Middle School Liaison for the CAS Executive Board for the upcoming school year, 2024-2025! The goal is to increase the number of middle school and junior high students participating in CAS Student Council events. We are going to make the school year unforgettable! Throughout the year, I'll be sharing tips and tricks in each newsletter to help you get involved and make the most out of your Student Council experience. I'll personally assist schools in increasing enrollment to ensure that every student has the opportunity to be part of our community. Stay tuned for upcoming events and ways to get involved. Together, we can build a stronger Middle School Student Council Community!

Neilly Dean Erlandson

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! \$25.00 per person

HIGH and LOW ROPES COURSE:

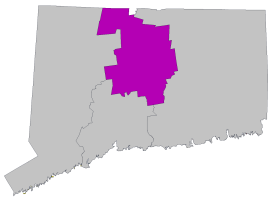
The program concentrates on group skill development that involves physical and emotional risk and the opportunity to succeed within a supportive group atmosphere. The Low Ropes Course is composed of over 30 different elements including a series of challenges using props such as: wooden platforms, boards, 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 CLOSES ON MAY 12, REGISTER ON CTSTUCO.COM

Districts in Action



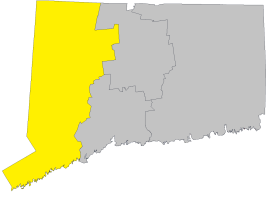
Northern District - CIBA, East Hartford

Thierry Ofori '24, Vice President;

Buckle Buck '27, District Coordinator;

Rachel Buck, District Advisor

DISTRICT UPDATE:: During April CIBA's SAB planned a Crafternoon bringing out the creative side in our students through coloring, jewelry making, and other arts and crafts. SAB is excited to express gratitude to our teachers with superhero-themed candy bars for Teacher Appreciation Week. Our last event for the year is our annual Coffee House, a talent show this year featuring a Bake-Off, promising an evening filled with talent and treats! Lastly, we extend congratulations to our newly elected Executive Board, ushering in a new era of leadership for our Student Advisory Board!



Western District - Thomaston High School, Thomaston

Alyssa O'Brien '26, Vice President;

Emily Morton '25, District Coordinator;

Terri Franzi, District Advisor

DISTRICT UPDATE:: We are in the midst of our elections at Thomaston, Elections are Friday, May 10th. We have introduced a new event in Thomaston, "FriYay for YOU." This is an idea we got from the NatStuCo bulletin in late winter. It is an opportunity to celebrate students just for the fun of it. Six student names (one from each grade 7-12) will be drawn live during Friday announcements and each will be given a crown and a cookie (baked by catering club).

CTRISES:: Project Ideas

Ideas for May

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.

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 clean up your local green space or your school's 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 buses 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

GOAL SETTING...A way to get things done.

Adopted from "Focus" May 1989

Goal setting is a way to get things done, to change one's self, to become the person I truly want to be. It works like this:

- You list all the things you want to do, to be, to have, to gain, a "dream list."
- You prioritize this "dream list" and put the most important goals at the top.
- You select the most important goals you want to reach.
- You list all of the alternate ways of reaching your goals.
- You choose the best path to get there.
- You act to achieve your goals and follow through to your other goals.
- You experience the satisfaction of completing personal objectives.
- Thai enforces the process and encourages you to set another (and higher) goal.

- You complete the process again - achieving one goal then moving on to an even higher success.

And the cycle continues upward to a greater degree of satisfaction and fulfillment-higher, further faster, better, but built on each progressive success.

Doesn't it sound simple? Don't we truly know that it is really hard to do unless you commit to the process of achieving? We call it goal setting.

Guidelines for setting goals

Your guidelines should be SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound). If SMART goals aren't your thing then make sure your goals are at least:

- Conceivable - Capable of being put into words from thoughts.

- Believable - Acceptable and appropriate for me. I believe=ve I am worthy and can do it.
- Achievable - Can be accomplished with my present skills. I think I can do it.
- Controllable - Does not depend upon a specific response from another person in order to achieve it. It depends on my efforts and talent.
- Measurable - I can observe it; I can count it; I can weigh it.
- Desirable - Something I really want to do!
- Stated with no alternatives - Not optional, achieved one step at a time.
- Facilitating - It doesn't hurt anyone and it helps me. It might even make the world a better place if it is achieved. I shall do this thing!

Goal Setting

Here is the complete secret of goal setting and achieving:

- I must decide what it is that I want to do, to possess, to share, to contribute, to personally become, to be!
- I must set both: Short term objectives: (for this week, today, this minute). Long term objectives: (for this month, quarter, year, next five years, etc.)
- I must list both short and long term goals in each arena of my life: socially? Financially? Culturally? Hobby? Family? Professionally? Educationally? Intellectually? Skills I need? Physically? Spiritually? And begin to choose a TOTAL LIFE PATTERN of goals!
- I must write out all of these goals. I will list each of these in priority order (characterized a, b, c,d), then I will list them in their order of importance (1, 2, 3, 4, 5). This is not an easy job-but I must write out this stuff in my own way - on my own paper- and believe in what I have decided.

- It helps if I carry this paper with me!
- In addition to all of this, I must choose activities which achieve these objectives. I must consciously choose to do what relates to my most important goals!
- Now, I will list the advantages and disadvantages of each goal, of each activity. I must write out what I must give up to achieve each objective. What does this cost me in life, in money, in time, in exchange for watching televised football...etc?
- Now, final priorities can be set. (Written deadlines will help.)
- Now I am focused on one goal and one activity at a time, in priority, which guides my every decision about what I will do right now with each present minute, hour, day, week-to attain my destiny-to fulfill my life.
- I suddenly became a ship's captain: I have listed what I will do with every present moment in order to sail into the harbor which I have chosen!
- This is the secret process in attaining great wealth - for becoming President of the United States- for achieving anything of significance!
- Goal setting: Begin now. Make a dream list; prioritize items; choose activities; prioritize these in relation to goals; to do the activities; achieve the goals; set new, higher goals; prioritize them; choose activities; achieve; succeed; and continue.
- SUCCESS is the progressive realization of a personally selected, pre-determined, worthy goal!

"Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon... must inevitably come to pass!" Paul J. Meyer

Upcoming Events

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

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. Register on <https://ctstuco.com>

JUNE

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

<https://stucovisionconference.org/>

2024-25 SCHOOL YEAR

SEPTEMBER

September 25:: 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. More details to follow!

OCTOBER

October TBD:: Student Workshop Presenter Training (HS)

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

October 1:: Start and Spark (HS/MS)

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

NOVEMBER

November TBD:: 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 12 - Start and Spark (HS/MS)

Dances and Spirit, VIRTUAL Meeting 7:00-7:40

November 13 -17:: 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.

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.