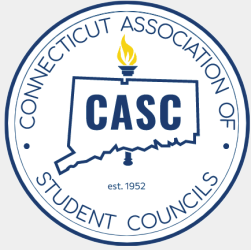


CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



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Director's Corner

Happy Fall/ Pumpkin Spice/ Autumn/ almost the end of Quarter 1/Homecoming Season/Spirit Week/end of Fall Sports season!

I hope that this newsletter finds you and your families in good health. We have a bunch of new and exciting programs as well as two upcoming events that I already sent invites out about: District Conference, and our 3rd annual CASC/CGA Mock Legislative Session Day. So here goes...

President's Symposium UPDATE Thank you to all of the schools who were able to join us at this year's live President's Symposium held at the Old State House in Hartford. The Associations Executive Board shared out a number of new initiatives for this year that I hope you share with your local SC/G. More details can be found in the "FROM THE EXECUTIVE BOARD" Section.

Revamped awards and Competition Your Executive Board spent the summer revamping all of our awards, please take a moment to read about them on our website. We are also introducing a new award this year, "The Unsung Hero Award."

Competitions and CSV We are very excited to launch a new competition program that allows our student leaders to put their leadership learning to the test. We have two events this year, Top Project and CSV. Top Project is a team event that showcases the best of your SC/G program to our board of judges. "Connecticut Student Voice" (CSV) is our individual event designed to give student leaders the opportunity to present mini keynotes in a powerful presentation style on the main stage of Convention and beyond.

CASC Convention 2025 UPDATE. This year's theme for Convention is "**MISSION: Leadership**" The date for the Convention has been set for Friday, March 7th at the President' school. More details are available on our website.

Website revamp The associations website is being updated to reflect these new initiatives as well as others, be sure to check it regularly.

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::

OCTOBER

October 2:: Start and Spark (HS/MS)

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

October 27:: Student Workshop Presenter Training (HS)

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

From the Executive Board

State President

Hey Connecticut!

This past Wednesday, September 25, CASC hosted our 6th Annual President's Symposium at the Old State House in Hartford with the Secretary of State as our Keynote Speaker! At Symposium, we announced this year's Spring Convention theme, Mission: Leadership! My next event is for Student Council President's, Mission: Meetup! Mission: Meetup is our brand new President's Forum program in which Student Council President's will be trained in CTRISES, specialized leadership training, NASC and CASC Council of Excellence Application requirements, and much more! President's will receive information on ways their student council's can be involved at the state level, also. In addition, I will host an open forum at the end of each meeting where President's can share what they've been doing at their school as president that is effective, share concerns they have and how we could fix them, share project ideas, and come to me with ideas for the state board or initiatives they're student government would like to see at the state level. These meetings will be held virtually on November 1, at 7 PM, January 3 at 6PM, February 7 at 6 PM, and live at CASC's Spring Convention in March! If anyone has any questions, please feel free to reach out to me at kaltrina.ameti10@gmail.com!

Kaltrina Ameti '25
Woodland Regional High School

Program Updates

CASC COMMITTEES

Extended to District Conference!

STUDENTS OF CONNECTICUT! Are you interested in making an impact in Connecticut but not sure you have the time for a large commitment? Are there certain projects, events or activities that you are passionate about? Join a Committee! Led by the student staff members of the Executive Board, Committees are a great way for students to get involved. All while learning more about CASC and its mission of empowering the student leaders of Connecticut.

Committees meet twice a year in person (June and December) and meet via zoom as necessary.

If you have any students that are interested in learning more about serving on any of these committees please have them visit ctstuco.com/committees

Current CASC Committees listed in alphabetical order:

Legislative Affairs Committee - 2 members, both must be HS.

The Legislative Affairs Committee is an excellent opportunity for students trying to get involved in our state's legislative process. Alongside CASC's Legislative Affairs Coordinator, this committee will work to boost civic engagement in high schools across Connecticut, spread awareness about youth-related issues and legislation,

and encourage and inspire students to become more involved in local and state level government. Students involved in this committee will have the opportunity to work directly with like-minded peers, discussing current legislative issues for teens, and developing statements on teen-related legislation on behalf of CASC.

This year's Committee project is to:

- 2 pieces of legislation to present to the Connecticut General Assembly via our Mock Legislative Day event.
- A report containing feedback on the pieces of legislation generated during Mock Legislative day as well as 2 additional pieces of legislation from the Connecticut General Assembly and their performance in the aforementioned body. This report will then be presented to both the CASC and Connecticut General Assemblies.
- Hold open sessions at the beginning and end of the CT general assembly term for students from CASC membership schools. The first will be to establish the structure of Connecticut General Assembly and legislative process, and another at the end summarizing what took place throughout the CT General Assembly session.

Mental Health Committee - 3-4 members, minimum 1 must be HS.

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 - 4-6 members, minimum 1 must be HS.

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

This year's Committee project:

- Convention Service Project
- Year Long Service Project

Social Media Committee - 2 members, both must be HS.

Works with the CASC Historian/Archivist to develop and expand our social media presence. Interested members MUST be able to attend all CASC events/functions.

This year's Committee project is to:

- Social Media Takeover

Student Workshop Committee - 4 members, minimum, 1 from each district, 2 must be HS.

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:

- Have three training sessions in one year; one open to all members in the fall, and two training sessions for convention
- Certify at least 5 new CASC Workshop Presenters that will be given a certificate during convention
- Gather the materials needed to start or create a facilitator guide handbook.



DISTRICT CONFERENCE

November 5, 2024

Virtual

REGISTRATION NOW OPEN on ctstuco.com

Why Attend Conference

CASC member high school and middle school Student Councils/ Governments, join your CASC District Leadership School for a virtual district organizational meeting. The meeting will include information about the district, breakout sessions, as well as a Q and A.

- *Build leadership skills*
- *Networking*
- *Get inspired*
- *Share ideas*
- *Improve your Student Council/Government*

What to Expect

DISTRICT MEETINGS:: Meet with your District Leadership Schools to learn more about what is going on in the schools in your district.

CSV Competition:: Help select your district's CSV champion!

COMMUNITY SERVICE PROJECT:: Learn more about the CASC Service project and how your SC/G can support it this year.

Our Keynote:: KENDRICK MOORE

Kendrick Moore is an empathetic leader who is motivated to help others achieve their dreams. With decades of experience in coaching, training, motivational speaking, and life coaching, MBC promises to deliver a pure, honest, and uplifting customer experience. Each area of service is a testament to his dedication to empowering YOU to become your very best!

Conference Schedule::

9:00-10:00 A.M. Opening Plenary Session - Welcome, Keynote Speaker.

10:00-12:00 District Breakouts - Each district meets in separate breakout rooms

START AND SPARK

Tuesday, November 12, 2024 7:00PM to 7:40 PM,

Virtual

(Check ctstuco.com for schedule and more details)

Please join us for our Welcome back virtual advisors meeting.

Come for the information, stay for the connections, conversations, and commiserations. This is an opportunity for advisors to come together and share success stories, challenges, resources, and what we can do to support each other to grow. All member advisors are invited to attend these events through google meets included on the calendar invite sent out by the CASC Executive Director.



MOCK LEGISLATIVE SESSION DAY

December 17, 2024

Capitol Building, Hartford

REGISTRATION NOW OPEN on ctstuco.com

Why Attend:

CASC, in partnership with Connecticut General Assembly, is proud to announce its Second Annual Mock Legislative Session Day in the Capitol Building on **Tuesday, December 17, 2024 from 9AM-4PM.**

Mock Legislative Session Day is a hands on 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 bill analysis, fiscal analysis, and the process of putting a bills intentions into legal language, in preparation for Mock Session.

On Mock Legislative Session Day students will be broken into "Majority" and "Minority" caucuses which will be led by fellow student leadership. These groups will then work with CGA staff to decide if they support or oppose bills and how to prepare for them before getting to the house floor 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.

- This educational experience is \$15.00 for students from CASC Schools and includes lunch and all necessary supplies.
- Students will be discussing, debating and amending 7 student driven topics of local or state concern.
- Students should be interested in entering a public service profession or seeking public office in the future.
- The program includes 1 mandatory zoom orientation meeting before the live event in Hartford.

Timeline

- December 10: Registration Deadline.
- TBD (7PM-8:00PM): Mandatory Zoom prep session with Non-Partisan Staff

2nd MENTAL HEALTH NIGHT

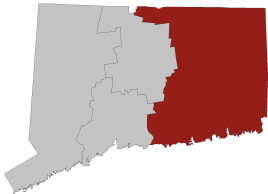
January 9, 2025

Virtual

(Check ctstuco.com for schedule and more details)

In the upcoming year the plans for the mental health affairs committee consist of Mental Health Night, Mental Health Monday, and the Mental Health Handbook. Mental Health Night will take place on Jan 9th, 2025 at 6:00 PM! Along with that, Mental Health Monday's will be posted on the 1st of every month.

Districts in Action



Eastern District - NFA, Norwich

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

DISTRICT UPDATE:: The Student Advisory Board at Norwich Free Academy started the year with the election of 50 new members from grades 9-12. Students volunteered at the Open House for families as well as assisted with the ninth grade transition day and opening pep rally. The SAB officers worked on the budget and calendar of activities for the year and held the first monthly meeting. Upcoming events include Spirit Week and Homecoming, a leadership conference for all members, and a blood drive. The SAB officers also made a video for the whole school to explain the new Community Meetings that will be held throughout the year.

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 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.)

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 SC/G'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.common sense.org/education/digital-citizenship-week>

SPIRIT

Homecoming Dance

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

Ideas for November

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

***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](#).*

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.

Tips and Tools

How to get meetings moving!

By Christopher Tomlin, WRHS

We've all been there, a meeting that is going horribly wrong. There's got to be a better way we think. Try Parli Pro, someone says, but you were never good at it, or someone else tells you that it gets in the way of creativity. Or worse, it will drive the students away!

Have no fear, here is the shortest, simplest way to begin your journey

1. **CALL TO ORDER** - The meeting is called to order by the President, who rises and says, "The meeting will please come to order."
2. **MINUTES** - The minutes (record) of the last meeting are read. Example of the wording could be: The President says, "The secretary will read the minutes of the last meeting." After the reading, the president asks, "Are there any corrections or additions to these minutes?" "If not, they stand approved as read." If there are corrections, the chair informally directs corrections be made. "The minutes are approved as corrected." The secretary then signs the minutes.
3. **REPOTS OF OFFICERS** - The President makes announcements by reading the president's report. The secretary informs the group of any letters which have been received by the group. Each communication should be handled by a main motion before another is read. The treasurer reports on receipts and expenses paid.
4. **REPORTS OF COMMITTEES** - The report of committees are called for by the president. A. Standing Committees; B. Special Committees (Temporary/Ad-hoc) Procedure: In each case the president calls upon the chairperson of the committee to make the report. The report is read. After this has been done, the president says: "This report will be filed." Any action required on this report will be taken care of under the proper order of business (Unfinished/new)
5. **UNFINISHED BUSINESS** - This is any business postponed from a previous meeting.
6. **NEW BUSINESS** - Thai includes any ideas not presented previously. It is moved and discussed by members. The president says "We are now ready for the new business of the meeting." A member makes a motion, a second has to "Second it" which is then followed by discussion moderated by the president. When it seems that discussion is dying down, the president says "Are you ready for the question?" (ready to vote.) Then they vote.
7. **PROGRAM** - This is where you might have a guest speaker or a presentation.
8. **ADJOURNMENT** - Thai happens when there is a motion to adjourn, or all of the business has been finished. The president then declares the meeting adjourned.

Upcoming Events

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

OCTOBER

October 2:: Start and Spark (HS/MS)

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

October 27:: Student Workshop Presenter Training (HS)

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

NOVEMBER

November 5:: 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.

November 12 - Start and Spark (HS/MS)

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

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 17:: 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 8 - Start and Spark (HS/MS)

Convention discussion, VIRTUAL Meeting 7:00-7:40

January 9:: Mental Health Night (HS/MS)

Mental Health Night will take place on Jan 9th, 2025 at 6:00 PM! Along with that, Mental Health Monday's will be posted on the 1st of every month.

January 31-Feb 2 - NASC National Conference, Chicago, IL. (HS/MS)

The National Student Council Conference will bring together students and advisers from National Student Council for two days of immersive learning from nationally acclaimed speakers, tailored leadership training, and diverse peer-to-peer connections. <https://www.natstuco.org/events/nasc-national-student-council-conference/>

FEBRUARY

February 8:: Student Workshop Presenter Training (HS)

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

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

February 15:: CASC Student Executive Board applications due. (HS/MS)

February 15:: 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 7:: 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 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 21 - 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.