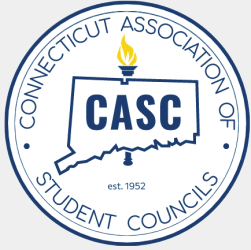


# CASC Advisors Planner

Official Newsletter of the Connecticut Association of Student Councils



## Inside this Issue...

- Director's Corner..... 2
- From the Executive Board.  
2
- Program Updates..... 3
- Districts in Action..... 6
- CTRISES:: Project Ideas..7
- Tips and Tools..... 10
- Upcoming Events..... 12

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## Director's Corner

As we reflect on the first four months of school, it's clear that you've made the most of every opportunity. From Homecoming Dances to Spirit Weeks, service activities to state events, you've truly immersed yourself in school life. It's no wonder you're looking forward to what's ahead—because break, er...the start of a new year is always exciting!

With the calendar turning and the new year just around the corner, there's a sense of fresh beginnings. It's a moment to leave behind what didn't serve us and embrace what's to come. It's a time to set new goals, whether big or small, and fuel our drive with enthusiasm. Those New Year resolutions? They're not just promises; they're opportunities to grow, to challenge ourselves, and to embark on new journeys, full of potential and possibility. It's a time to reflect on what we've achieved and to dream about the endless opportunities the next six months hold.

In the coming days Executive Board applications and awards applications will be going live on the website, please encourage your students to take advantage of these opportunities!.

I hope you have a relaxing few weeks until break, and that you and your families have a relaxing winter break!

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::

#### **DECEMBER**

##### **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.*

## Program Updates



### **MOCK LEGISLATIVE SESSION DAY**

**December 17, 2024**

*Capitol Building, Hartford*

**REGISTRATION CLOSED**

### **MISSION: Meetup!**

**Wednesday, December 18, 2024 | Virtual Meeting | 7:00-7:40 pm**

*Virtual*

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

#### **About the event**

Mission Meetup is our President's Forum program in which Student Council President's will be trained in CTRISES, specialized leadership training -such as the Tuckman's Stages of Group Development, The 7 C's of Leadership, and the 5 Keys of Leadership- as well as, NASC and CASC Council of Excellence Application requirements, and much more! President's will also receive information on ways their student council's can be involved at the state level. In addition, we 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.

## **START AND SPARK**

**Wednesday, January 8, 2025 | 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.*

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## **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.

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## **SERVICE PROJECT LAUNCH!**

**January 22, 2025**  
*Virtual*

*(Check ctstuco.com for schedule and more details)*

Get excited! For the upcoming Connecticut Humane Society virtual conference launching this year's service project. There will be a keynote speaker talking about the importance of adopting pets from animal shelters, and information about the Connecticut Humane Society organization.

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## **Executive Board Officer Applications Now Open!**

**February 15, 2025**

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.

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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

- Eastern District (2 year school position)
- Western District (2 year school position) - *the incumbent school, Thomaston High School, after serving the maximum number of years, is required to cycle off the board this year.*

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)

## **Award and Competition Applications Now Open!**

**February 15, 2025**

Applications are now being accepted for all CASC Awards and Competitions. 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)

**Competitions::**

- Top Projects Award.
- CSV

**Awards for SCG's::**

- CASC Council of Excellence Award. (HS)

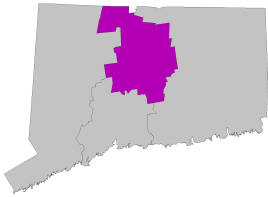
**Awards for Students::**

- Student Leadership Award (HS)
- Unsung Hero Award (MS/HS)

**Awards for Advisors::**

- The Ron Nedovich Advisor of the Year Award (HS/MS)
- Friend of the Association

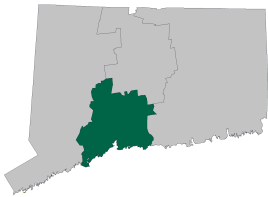
## Districts in Action



### Northern District - CIBA, East Hartford

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

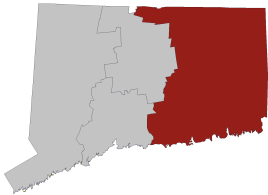
**DISTRICT UPDATE::** October has been a significant month at CIBA, highlighted by the Inauguration ceremonies for students entering the Middle Years Programme (MYP) and the Diploma Programme (DP). These ceremonies celebrated the commitment of both freshmen and juniors as they embark on key phases of their academic journeys. Remarks delivered by prominent members of the Student Advisory Board (SAB) inspired the respective classes to approach their studies with determination and optimism. In the coming weeks, the Annual Harvest Festival will provide students with an opportunity to connect and unwind through activities such as board games, karaoke, clay modeling, Kahoot competitions, bingo scavenger hunts, and more, fostering a sense of community and enjoyment throughout the school.



### Southern District - WCA, Waterbury

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

**DISTRICT UPDATE::** After a successful trunk or treat and having elections for officers, we are now moving on to plan for selling class t-shirts for school SPIRIT, and in December we plan to sell candy apples at a Santa's workshop that our school holds yearly in December; this event would also fall under SPIRIT.



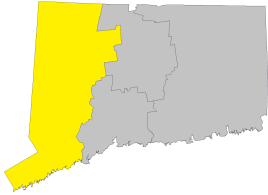
### Eastern District - NFA, Norwich

*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 month with the CASC District Conference led by Kinnick Campbell and Elya Anor. We also focused on the CT Rises goal of service throughout the month. On November 7 we held a blood drive and were able to collect 19 pints of blood. The SAB members created a video to encourage the students and adults to donate blood, helped to check in people during the event, and assisted the American Red Cross for the day.

At our monthly meeting, SAB members brought non perishable items to be donated to the local food pantry.

November 21 was the Parent/Guardian conferences and many students assisted with that event. Finally, the SAB officers held their monthly meeting with the administrative team to communicate student concerns and suggestions. It was a busy month of service for our student government members.



## Western District - Thomaston High School, Thomaston

*Alyssa O'Brien '26, Vice President;*

*Emily Morton '25, District Coordinator;*

*Terri Franzi, District Advisor*

**DISTRICT UPDATE::** At the beginning of November, Thomaston High School participated in a school-wide Day of Service. Students were able to clean local parks and school grounds, make care packages for active service members, and participate in the CASC Service Project. Thomaston was able to make over fifty dog toys for the service project! As we still have materials left, more toys will continue to be made.

## 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 December

#### **CITIZENSHIP**

##### **Local Government Visit**

*Towns that recently elected new mayors or town councils have their inaugurations this month. It is a great opportunity to see your local government in action.*

#### **TRAINING**

##### **Event Planning and Management Training**

*Help students develop organizational and time-management skills. A hands-on project where students plan and execute an event (e.g., a fundraiser or a talent show). Workshops on budgeting, scheduling, and promoting events. Assign students specific roles (e.g., logistics coordinator, marketing lead) to learn how different parts of event planning work together.*

#### **RECOGNITION**

##### **Faculty Breakfast**

*Surprise the Faculty, Staff and Administration with breakfast.*

#### **INSPIRATION**

##### **Last Meeting of the Year**

*This is a great opportunity to evaluate your progress as a council. Have you achieved the goals you set out for yourselves in September? Were your goals too ambitious? Not ambitious enough? Is everything working the way it should? Do members need to be moved to new positions? Have you run all of the projects that you set out to run? What do you have planned in the second half of the year?*

*Be sure to celebrate yourselves as well! At our*

annual party we play a number of governmental themed holiday games from holding debates over what is the most overrated holiday movie, to who can read the holiday songs in as epic a way as possible, to converting swag into epic holiday attire. All while wearing our ugliest of ugly sweaters!

## **SERVICE**

### **Week of Giving**

Submitted by:: Wells Road Intermediate School  
Collect items to take care of those in our immediate and extended community

Week long collection event with a different theme each day.

- Monday: Students make holiday cards for veterans
- Tuesday: Donate items to CCMC's wish list. Items include Lego kits, infant/toddler toys, action figures and Crayola supplies
- Wednesday: Bring a NEW pair of PJ's to donate to a child in need
- Thursday: Food drive to benefit Granby Food Bank
- Friday: PJ's for a Buck – donate \$1 to CCMC and wear your PJ's to school

A fantastic event that allowed people to give how and when they were able. Plus, the cards for vets could be done by everyone.

### **Cards for Kids**

Submitted by:: Woodland Regional High School  
A tradition at some schools is to make holiday cards for children who will be spending the season in hospitals rather than at home. It is a simple but meaningful way to make an impact in your community. Be careful to monitor what the cards say and to keep them positive. Use phrases such as:: Stay Strong, You are awesome, Never forget how amazing YOU are, You rock!, Be Brave, I hope you have a great day today!, You inspire me, I believe in YOU.

There are also organizations that can help you distribute the cards nationally if you don't have a

local connection to a hospital.

## **ENGAGEMENT**

### **Universal Human Rights Month**

December is a time to honor the Universal Declaration of Human Rights, an international document stating the basic rights and fundamental freedoms to which all human beings are entitled. These rights include freedom from discrimination, the right to equality, and the right to be considered innocent until proven guilty.

Use #UniversalHumanRights, #HumanRights, and #StandUp4HumanRights to post on social media. The Dignity & Respect Campaign says the best way we can celebrate Universal Human Rights Month is by working to find common ground with those around us who may not have the same background as we do. This month, you can also:

- Read a book about the Declaration of Human rights, or about human rights in general
- Spread the word on social media
- Go out of your way to treat everyone with respect, kindness, and equality
- Teach others about why human rights for everyone are so important

## **SPIRIT**

### **International Day**

Submitted by:: Kennedy High School  
Celebrate the diversity in our school and community.

Students in the school work in groups to represent countries all over the world. They make a poster with information and photos about the country, cook food from that country, dress in traditional clothing, and perform dances to music from the country for the whole school to enjoy.

The students look forward to representing their different ethnic backgrounds and learning about others every year.



## Ideas for January

### **CITIZENSHIP**

#### **RSVP (Raising Student Voice & Participation)**

*National Student Council (NatStuCo) promotes student voice on high school and middle level campuses as an essential responsibility of student council leaders—but what is student voice, and what does it look like?*

*Student voice is the sharing of suggestions, ideas, and opinions of the student body, and the Raising Student Voice & Participation (RSVP) program provides the opportunity to take that collective voice and effect real change in schools and the community.*

*<https://www.natstuco.org/leadership-development/raising-student-voice-participation/>*

### **TRAINING**

#### **Marketing and Social Media Management**

*Equip students with modern marketing and digital communication skills. Workshops on creating engaging social media posts, understanding algorithms, and promoting events. Group projects where students create a social media campaign for their club or a school event. Training on ethical use of social media and how to maintain a positive online presence.*

### **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**

#### **Council/Government Retreats**

*If you didn't do anything in December to bring your group together to reconnect, January is a great time. Consider trips to the bowling alley,*

*arcade, laser tag, or other indoor activities where your members can laugh and reconnect.*

### **SERVICE**

#### **Class Council Volunteer Commitment**

*Submitted by: Farmington HS*

*For each class to establish a strong connection with a local charity by committing to fundraising and volunteering at the same charity for all four years of high school.*

*Each class chooses a charity during their freshmen year and works with the charity by providing hours of volunteer work and monetary donations from dedicated fundraisers each year.*

*We have had amazing results with this policy, as it has made a difference in the lives of both our students and community members. Our senior class has adopted the Farmington Services for the Elderly and the class has provided funds and volunteer hours for three plus years now. The community members look forward to their visits and truly appreciate the money donated through the multiple fundraisers dedicated to the charity.*

### **ENGAGEMENT**

#### **Schoolwide Mental Health Activity**

*Consider hosting school wide Mental Health Activities in preparation for Exams. Put positive affirmation cards notes on student's lockers, play soothing music between exams, set up a zen room for students to use between exam periods to study or decompress.*

### **SPIRIT**

#### **Restaurant Percentage Nights**

*Have a restaurant pass out special school coupons that immediately donates a percentage of that profit to the 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

### Experience...It's hardly enough.

Reprint from FOCUS... May, 1987

**Experience.** Experience alone is hardly enough to make one a successful leader. Experience without constructive and creative imagination will be more of a handicap than an asset. It can become a mental straitjacket if you are only capable of reporting what you first learned. A leader cannot afford to be burdened with concluding built-in blinders that prevent you from seeing anything but restricted horizons. A leader must be able to see broad horizons.

**Creativity.** A leader must have foresight and must be able to anticipate what is needed in the future. The obvious conclusion then is that the solution for past things will not suffice for tomorrow. A leader must be imaginative and creative to cause development of action that will take care of tomorrow's needs.

**Abilities.** A leader takes a personal inventory of his capabilities every now and then. He, or she, must be completely honest with himself, or herself, and must know his, or her, own and strengths, weaknesses limitations. At all times the leader will try to strengthen strong areas, reduce or eliminate weaknesses, and constantly try to diminish restrictive limits. A leader is ever-learning. improving and growing.

Basic cornerstones of a personal inventory are:

1. Know yourself, your limits, your capabilities.
2. Know your job-and its relationship to the operation of your organization.
3. Know how your organization related to any other group with which it has relations.

4. Know your personnel. Take a genuine and sincere interest in their being and welfare. Be concerned for them.

5. Know your equals. You must know and understand their jobs. Get to know their personalities, their attitudes, their style, their peculiarities, their outlooks.

6. Know your superiors. Know their job. Brown-nosing will not help in the long run! But you must know their personalities and characteristics; their customs, policies, likes and dislikes.

**Broad background.** A leader needs a vast background. Being a specialist is great for a specialist, but not for a leader. A leader must be capable of anticipating and grasping the scope of future situations. A leader solves, or prevents problems. A leader does not create problems!

**Desire.** A leader has the intense desire to lead-to run the show. A leader cannot envision being a supporting player.

They are honest and genuine in their relationships but interact in a way that demonstrates concern and respect for the opinions of others even when they disagree with these ideas.

Their behavior and expressed feelings are congruent. They know themselves.

They are open and sensitive to their own inner reactions and feelings, the reactions and feelings of others, as well as the objective world.

They neither dedicate their lives to a concept of what "they imagine they should be nor live out the expectations. of others. They accept and trust them-

selves for all that they are and so do not waste energy putting on facades, maintaining pretenses, and trying to appear faultless. Such behavior is counter-productive.

They interact in a way that allows others to be open and candid and feel good about themselves without fear of being judged, ridiculed, or condemned.

They have learned to express their true feelings and opinions and do so in positive, constructive ways without feeling the need to put down others and build up themselves. Since they deal consistently with their real feelings, they are able to value a person positively.

They realize that being pessimistic, over critical, unemotional, cold, calculating, and "objective like machine," turns people off and blocks communication. Being genuine and positive facilitates communication.

Deep relationships are positively valued. To achieve a close, intimate, real, fully communicative relationship

with another person facilitates growth and learning about oneself and others.

They accept their own uniqueness and appreciate the uniqueness of others.

They have found a purpose in life and a plan for realizing that purpose.

They are willing to take the risks necessary to learn about themselves, to find out how others see them, and to grow while becoming more effective.

To contribute significantly to the universe in a meaningful way - "will it matter that I was/" That is the question!

## Upcoming Events

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

### **DECEMBER**

**December 1-3:: NA4SA (NAWD) Annual National Conference on Student Activities (HS/MS)**

Check [www.nawd.com](http://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.*