

CADA



CALIFORNIA
ASSOCIATION
OF DIRECTORS
OF ACTIVITIES

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PROMOTING & SUPPORTING LEADERSHIP DEVELOPMENT THROUGH STUDENT ACTIVITIES

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A LEADERSHIP LESSON FROM CADA PRESIDENT

CONFIDENT COMMUNICATIONS >>> By Ron Ippolito | CADA President | rippolito@cadaboard.org

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Get Involved in **CADA!**



By Allison Gadeke
CADA Past President
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Most of us have made it through the most hectic events of the Fall -- and survived! We now have the holidays to look forward to, and we are getting closer and closer to the 2022 CADA Convention. As we think about CADA, I want to remind you that this may be the perfect time to join the CADA family of councils and boards. There are numerous ways you can get more involved and serve your colleagues.

CADA is always looking for motivated and enthusiastic leaders to move our organization into the future. I encourage you to get involved if you are interested in joining one of our media teams, your area council, or even running for a position on the CADA State Board.

There are many ways to get involved. First, you can reach out to your Area Coordinator to volunteer. This will give you a taste of what being part of your area council is like. Our current Area Coordinators are: Area A, Melissa Edsall; Area B, Laura Castro; Area C, Joe McMahon; Area D, Lisa Walters; Area E, Ruth Simonds; Area F, Ken Nedler; and Area G, Judy Zazvrskey. If you are ready to take the next step, I encourage you to reach out to these extraordinary leaders and learn about what a council position commitment looks like in your area.

Once a member has served on their area council for at least one full year, he/she/they are eligible to run for the Area Coordinator position. This year at the CADA Convention in March, Areas B, D, and F will be electing their Area Coordinators for a two-year term (Areas A, C, E, and G will elect their new Area Coordinators in 2023.) These two-year terms are staggered so that half of the areas elect their representatives every year. Area Coordinators are responsible for leading their areas in planning regional training events and conferences for students and advisors while representing their fellow educators on the CADA State Board. There are specific qualifications to run for the position of Area Coordinator:

Qualifications to run for Area Coordinator (taken from CADA Board Policy 6.2)

- After serving one full year on the area council, all council members (elected and appointed) are eligible to run for the position of Area Coordinator.
- Former area council members are eligible to run for Area Coordinator up to and including five years after leaving the council.
- The Immediate Past President is responsible for running the election process if the Area Coordinator is up for reelection.
- The intent to run form will be sent out by the Immediate Past President by December 1st and will be due to the Immediate Past President by January 1st.

If you have any questions, please reach out to me, Allison Gadeke, current Immediate Past President, at agadeke@cadaboard.org for more information.

Once a member has served on the CADA State Board for a full year, he/she/they become eligible to run for the position of CADA Vice President. When one runs for the office of Vice President, he/she/they are making a four-year commitment to the organization. The member will serve a year

as Vice President, a year as President-Elect, a year as President, and finally, a year as the Immediate Past President. Our CADA Board Policies outline this process as follows:

The deadline for candidacy for the office of vice president has passed for this year. The application for that position was due on November 1. I am pleased to announce we have 2 candidates for the Office of CADA Vice President 2022. You will hear more about this leading up to the convention via email, etc. I look forward to learning more about our candidates as it will allow us each to make an informed decision to elect the next leader, who will take CADA into the future.

I encourage you to reach out to me anytime if you have questions regarding specific responsibilities, your eligibility to run, or anything else related to these elections. You can get in touch with me at agadeke@cadaboard.org

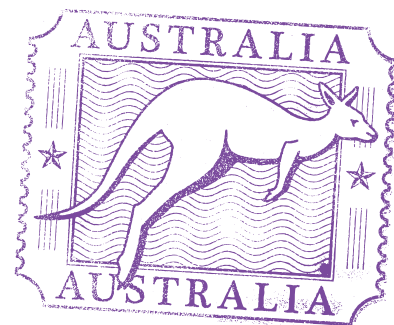
If you are ready to take your leadership to the next level and serve CADA in a greater capacity, I encourage you to get involved! As we move forward as an organization, topics of interest will include equity, diversity, inclusion, social justice, fostering connections, teaching in a post-pandemic world, and more. If you feel you can offer expertise in any of these areas, I highly recommend you share your knowledge with us by joining our incredible team!





GETTING READY FOR AN AMAZING

IN-PERSON CONVENTION



By Geniel Moon

CADA President Elect
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Grab your favorite suitcase and get ready to head to Reno, “The Biggest Little City in the World”. Famous for shining neon lights and casinos, but changing your luck is only one of the best things to do in Reno. The real big thing about Reno is the CADA Convention. Get ready to be inspired, meet new friends, learn from some experts, network with like-minded educators, and have some fun. The CADA Convention has always been the place to rejuvenate and get the energy you’ll need to finish your school year.

Being part of the CADA family has brought me so many things to be grateful for, the people, the shared knowledge, the opportunities, and the inspiration. So this year, as we travel to Reno to gather for the first time in two years, we all have so much to be grateful for. “Sometimes, the best way to appreciate something is to be without it for a while.”

We did learn many new ways of delivering content to our members over the past two years, and we’d like to continue this opportunity by offering three pre-cons the week before we gather in Reno. Check out the Tuesday offering of [Growing Leaders](#), learning to make real connections with your students and prepare them for real life. On Wednesday, get refreshed with [CASBO](#) and learn about best practices for school finance. Thursday brings [Erin Jones](#) to CADA to share her many talents and unique experiences to help stakeholders better serve a variety of cultures, inspiring people to become their best selves.

On Wednesday, our first day in Reno, will bring three more in-person pre-cons, MAA seminars, workshops, Newer to CADA sessions,

and our first general session with keynote speaker [Scott Backovich](#). Our three in-person pre-cons will feature: Houston Kraft, creating curriculum that develops more compassionate cultures in schools. Next, Aaron Davis, brought to us by a platinum sponsor, [Herff Jones](#), will share social emotional curriculum. Another pre-con, Learning Together, creates engaging and strength-affirming learning experiences for students by building on their strengths. Finally, we will offer three workshop sessions in the afternoon, newer to CADA, meet your travel guide and Pecha Kucha.

The evening will bring networking in the different CADA areas and an opportunity to reconnect with friends from around the state and North America.

Wake up early and get your fitness on by working out with some yoga, aerobics, zumba, or a walk along the riverbank. Thursday in Reno will be filled with many opportunities, more workshops, Exhibit Hall opening, Area meetings, CADA Slam, and our 2nd general session and keynote by [Dr. Laymon Hicks](#). We will hear from the State CIF Executive Director, Ron Nocetti, and you can join our exhibitors for an evening reception. [Herff Jones](#) will be hosting bowling, a piano bar, and dancing throughout the night.

Friday brings the early morning Scholarship run to raise money to help our students to





Oprah Winfrey says, "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never have enough."



attend the CASL State Conference and CADA Leadership Camps. If running/walking is not for you, get your blood flowing with some yoga or aerobics, start your day off with self-care. Meet the Pros will happen first thing in the morning, followed by workshops. We will be hosting our administrators with a panel discussion and then an invitation to attend workshops. Our 3rd general session will bring [Shannon McKain](#) to the main stage; she brings CADA relatable, energizing, and authentic messages.

See the exhibitors one last time and get ready for an evening of awards, dinner, and dancing. Friday evening gives us the chance to show our gratitude for some of our members and reunite with friends in a family reunion-style dinner.

Many of us return to travel on Saturday, but not before we attend our closing general session and experience a 30/30 presentation and brunch. Then, stick around for CADA Vice President-elect, Bonnie Bagheri, to announce the 2023 CADA Convention in beautiful San Diego.

There is so much to be grateful for this year. As a teacher, I'm so thankful for being back in the classroom with my students and giving them opportunities to make positive memories. For me, I've been blessed with thirty-five years in education, three wonderful children, and eight grandkids. Celebrate the many opportunities we all experience and show gratitude to those around you. There is always something to be thankful for!

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FOSTERING COMMUNITY

By Shane Meadows-Yaw | justshanemeadows@aol.com

“Coming together is a beginning, staying together is progress,
and working together is a success.” - Henry Ford

My name is Shane Meadows-Yaw, and I am a freshman at Cal Poly studying Aerospace Engineering. I'm fortunate to have been asked to share my adventures in community service and how those experiences changed my life on a fundamental level.

I don't want to use this space to brag about things that I've been a part of; I'm only using these examples to demonstrate that there is, quite literally, endless opportunity to improve life for those around us. I am not solely responsible for any of the projects I've worked on; it truly takes a village to accomplish certain things, and I want to clarify that this was a team effort. I will be writing this from a leader's perspective, but all of this applies to the team as a whole.

Community service comes in many forms. It could be delivering meals to the elderly, training service animals, or building burrows for burrowing owls. It could also be more broad, like complimenting a stranger or having a compost bin. However, if we think about the net impact of our actions, we can see just how great of an impact we can have on our community as a whole. The key to community service is doing what you can, and that will always be enough. So when I say “something” in this article, it can be anything that you find important in your life. On that note, I want to break down the quote above under the lens of my personal experience with community service.



but in those cases, I joined the team, instead of starting it. Join as many groups as you can! And if it doesn't exist yet, see if you can create it. I'm especially fond of working in groups for community service projects because it allows more people to contribute to something good. I'm going to talk about one team today, one that I started back in 2019.

There is a charity event run by the American Cancer Society (ACS) called “Relay for Life,” of which I am a huge fan. In 2018, I participated

in a Relay with my soccer friends. I wanted to support one of our teammates who had been diagnosed with Leukemia. My grandmother is a Leukemia survivor and was going through treatment at that time, too. My grandfather is a prostate and skin cancer survivor. They are all still in my life today due to incredible science and technology, which is what ACS works to provide.

It would be hard to think about life without my grandparents or a lifelong friend. Unfortunately, a lot of people have to live that every day. It's a sad reality faced by families across the country, but at Relay for Life, we're working to change that.

I definitely don't have space to highlight how awesome Relay for Life is in this article, but I'll do my best. Relay is a 24-hour walkathon where teams compete to collect the most donations for ACS. It's filled with competitions, ceremonies, and memorials, all themed around the effects of cancer. If you ever have the opportunity to attend one, I

COMING TOGETHER

I am a big fan of teams. Addicted, even. Sure, there are advantages of flying solo, namely:

- There are fewer disagreements
- You're “your own boss”
- The rewards are yours and yours alone

But I will try to highlight some of the key downsides of this mindset. Such as:

- Disagreement is actually good. Problems are identified and resolved when we're forced to defend our ideas.
- You're on your own. You set the deadlines, analyze the results, and are ultimately the deciding factor on whether or not your project succeeds.
- It can be fun to achieve something together! Plus, it's harder to lose hope when you have people around you who are working just as hard.

I've been on many teams in my life, like my soccer or cross country team, (if any of you are reading this, I love you and miss you!),

would highly recommend it. Bring a lot of caffeine, tutus, decorations, and tissues. It's a rollercoaster day. The Relay community is full of the strongest, most dedicated, and caring people I know. Go to a Relay. It will change your life; it sure changed mine.

Our first year was fantastic, we raised about \$3,000, but I felt that we, the kids, could have done more. If I'm being honest, we just showed up for the fun part. I'll never forget my first Relay, but I had a gut feeling that we could take it further. Here was an opportunity to do something new.

The goal was to have an entirely youth-based team to empower young people to do their part in the fight against cancer. Pretty neat, but we would need an all-star lineup to pull it off. Luckily for me, I knew people like that. So I spent a lot of time talking, texting, and calling, seeing who I could get to come out to an introduction meeting.

I found myself in a literal "build it and they will come" situation. At our first meeting, I saw some of the most capable, hardworking, and truly inspirational kids who were just as, (and in many cases more), enthusiastic as me to foster change. After a few weeks of campaigning, we had over 30 members from elementary, middle, and high schools across Placer County.

That summer, our team, the "Angsty Teens," raised over \$8,500. We were unique, being the only team in Placer County to be entirely youth-organized, and I could tell we were on to something. You could feel this was special. The community was deeply supportive of us, and I'm so grateful for that. Other participants asked us if we'd be back next year, and the answer was a resounding "yes!"

STAYING TOGETHER

You may be able to identify an obstacle that we would encounter in the year 2020. The global pandemic manifested clear issues with door-to-door fundraising. Asking struggling local businesses for donations felt wrong. And the hardest part of all: knowing that the cancer patients who relied on our donations were more alone than ever. That hits hard. We held our event online, but it wasn't the same. Over a year later, we were given the green light to have an in-person event for 2021. I knew that the Angsty Teens were ready to start again. After our first in-person meeting of 2021, I cried. It's incredible how much you can miss something.

WORKING TOGETHER

It's 2021, and I'm on the Event Leadership



Team (ELT) for Placer County Relay (Yay!). We were in charge of organizing the entire Relay event, start to finish. Throughout the whole planning process, I felt entirely underqualified, which was reasonable, but my fellow ELT members constantly encouraged me to keep working (To Rachel, Caron, Izzy, and Troy, thank you for everything). They taught me something that will stay with me for the rest of my life:

Surround yourself with people who love what they do.

It seems obvious, but it's important! Passion is infectious, and it's what drives us to pursue our long-term goals. Have one conversation with any of them and you would know that they love Relay. On that same thought, find a cause that you care about just as much.

I put a lot of time into ELT, which opened up opportunities for others on the Angsty Teens. I became a Co-Captain with my sister Juliana (JJ, you did amazing, we all owe you so much). People began identifying ways to contribute: organizing costumes, pursuing sponsorships, or competing in competitions. Our returning members mentored the new recruits, making everyone feel involved. And the best part: no one was doing something they didn't want to. Surround yourself with people who love what they do.

This year, we were the top fundraising team in Placer County, raising \$17,553.

To no one's surprise, I cried again. I'm an emotional person. We did that, just a group of teenagers with the common desire to do good. I believed that we could do it, and we did. That was our message to the world; we are capable of tremendous things when we work together.

And now we come to today. I'm away at Cal Poly, away from my team. I know that the dynamic has permanently changed. And that's the best part and my next point:

Create something that doesn't end with you.

If you're able to inspire others to continue something you started, you've fostered an environment for new people to grow while keeping your mission alive. And it can be hard to step away, even a little, because you've watched that group grow since its beginning.

If I can leave you with one last thought about community service, it is this:

WHO IS IT FOR?

As in, who benefits from what you're doing? It could be someone close to you, or someone you'll never meet. Maybe you never see the fruits of your labor, but your kids might. Should you benefit from community service work, too? Absolutely. Community service gives us perspective into the lives of others, so that we may appreciate our gifts as they come to us. Don't do it alone. Get your loved ones involved, drag a friend out for the day. The best way to show gratitude for your gifts is to give to others.

Everyone gives in their own way. Some can give financially, while others invest their time. I like to give through mentorship so that others have the tools to succeed. Find what works best for you, and encourage others to do the same.

This is my story, it was stressful and scary at times, and I wouldn't trade it for the world. So go find a cause you care about and put your own unique spin on it. Make it yours.

CADA CAMP RECAP:

2021 Renovation Complete!

By Jeff Culver

CADA Professional
Development & Camp Coordinator
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As pandemic restrictions continued to guide us through decision-making, it became apparent early in the year that, as much as we had hoped to return to a “normal” summer, it was unlikely that our annual summer camp tradition was going to happen in person last summer. After a successful virtual camp-based training in 2020, the CADA Board of Directors decided to move forward with a second virtual camp in 2021.

Following a similar format to the prior year, we ran the Leadership Renovation from July 12-16, 2021. This five-day program was facilitated by the CADA Leadership Camp staff and CASL State Board. With registration totaling 772 students and 90 advisors from nearly 90 schools, we were able to explore the idea of re-building our student leadership and activities programs this year. Through keynote messages, curriculum lessons focused on dreaming, planning, and building council projects to help students implement activities back on their campus, and specialized training, students and advisors started the year with a basic foundation to build their renovated programs.

Thanks to the 2021 CADA Camp Curriculum Team, led by Douglas Middle School's Melissa Edsall, with support from Karen Lamb (Douglas High School), Farrah Rigo-Witt (Don Lugo High School), and Paul Chylinski (Loara High School). This group met multiple times throughout the year developing the curriculum lessons and then presenting them during camp.

Our director's team was integral behind the scenes. Ron Ippolito managed our platform needs, Monica Anderson coordinated our adult advisor content, Paul



Chylinski assisted with much of the logistical planning and implementation, and our Camp Directors, Bryan Speed and Melissa Edsall, helped steer our students through the camp experience.

This year's single camp included not only students and advisors from across California, but some friends from Florida, Georgia, and Illinois!

As we built the foundation and framing for a return to full in-person school in the new year, our keynote speakers provided thoughtful words and encouragement. On Monday, we welcomed Kenneth Allen Thomas from New Jersey, followed by Florida's Kate Garnes on Tuesday, Erin Jones from Washington on Wednesday, and on Thursday, we launched the CADA Camp Youth Speaker Search, which included seven students providing their thoughts and insights about life in 2021. Thanks to Kate Garnes for returning on Thursday to facilitate the Youth Speaker Search session.

Student campers enrolled in the premium level training could participate in our classic

CADA Camp Councils, where they created and implemented virtual projects throughout the week. In addition, this group was also provided officer-specific leadership training, a special session with Scott Backovich focused on returning to campus successfully, and mindfulness training from Jill Mortensen.

Our afternoon programming welcomed students from both the premium level training and standard level training. This block included the keynote speakers, camp curriculum lessons, reveals of the council projects, a SWAP session to share ideas, and a slate of 27 workshops, each focused on a specific topic. Plus, we were able to welcome [Pegleg Entertainment](#) back to camp on Wednesday night for a bonus virtual dance party!

CADA/CASL Leadership Camps are an intensive experience in which students are divided into councils where they have the opportunity to meet other students from around the state to share ideas, network, and work on a camp project. Students come out of camp with a solid foundation to start the school year with goals in mind for them-



Scan the QR code to check out the Camp Recap Videos Playlist for a glimpse into the Camp program.

historically contribute products and services during our in-person camps: All-Star Events, Audio Dynamix, Kustom Imprints, Lifetouch, PMMNp, SOS Entertainment, Spirit Sox USA, and T-Graphics West.

Save the Date

We are so excited to return to the U.C. Santa Barbara campus in summer 2022! Preparations are already underway to move into the San Miguel and San Nicolas residence halls, dine at the De La Guerra Dining Commons, and join together in campus facilities and grassy knolls to celebrate student leadership, network, and prepare for the 2022-23 school year.

selves and their school's leadership/activity program. Catch-up on all of the posts from this summer's CADA Camps program by searching #CADACamps on Twitter, Instagram and Facebook. Follow @CADACamps on those social media sites, and view this year's camp videos on the @CADACamps YouTube channel.

Special thanks to the CADA Medallion Sponsors whose products and services helped make this year's virtual camp program a success: [Pegleg Entertainment](#), [Spirit Sox USA](#), [All Action Awards](#), [#ICANHELP](#), and [ENVOLVE Schools/Scott Backovich](#)! We look forward to working with many of our other medallion sponsors again next year who

We will have three high school camps: July 7-10, 12-15, and 18-21 and one middle school camp: July 18-20. Registration will open late fall. Schools wanting to attend should register early to secure their school spot, with names of campers not needed until late May. Watch cada1.org/leadershipcamps for more information.

SAVE THE DATE 2022 SUMMER CAMPS @ U.C. SANTA BARBARA

High School 1: July 7-10
High School 2: July 12-15
High School 3: July 18-21
Middle School: July 18-20

We are so excited to be back!



REGISTRATION OPENS LATE FALL

cada1.org/leadershipcamps



WHY MEMBERSHIP MATTERS WITH CADA

By Ken Nedler | Area F Coordinator | knedler@cadaboard.org

Maybe you're an Activities Director because you thought it would be fun. Perhaps you just were hired this year, a first-year teacher, and your principal needed an Activities Director with the job contingent upon those terms. Maybe, like myself, you thought you had a pretty good perspective on what the job would entail and had altruistic ideas. My twist was that I wanted to make it more student-driven and driven by principles grounded in democratic education. I had plans to make changes in my new school's culture. Then again, Mike Tyson once said, "Everyone has a plan until they get punched in the nose." It took about seven weeks, and I got that first punch.

As each day became a new challenge, a few district colleagues told me that I needed to join CADA. CADA would introduce me to people who have experienced my growing pains and provide a fresh perspective and ideas that could help me along. My first CADA convention was CADAFARI in 2007, and the experience was more than I ever expected. The people I met gave me new ideas to utilize with my students and the perspective and wisdom that only veterans can provide.

If you have read this far, you must be at least somewhat interested in why you should become a CADA member. For those who like to cut to the bottom line, here it is: CADA offers its members a state convention, regional one-day conferences for advisors and students alike. CADA offers Monday night monthly webinars, links to our past virtual events, a resource library of activity ideas, and help with school finances through CASBO/

FCMAT. That alone would be worth the \$125 membership dues. The dues are also an allowable ASB expense, and your ASB can pay for the membership.

If you want to know more about the experience of being a CADA member than just beyond the basic offerings, again, allow me to indulge in a bit of storytelling. By my third year, I had built up the courage to become a presenter at the

of those changes I made was going from an elitist student government to an egalitarian leadership class. I began with 31 high-profile students and moved to a multi-layered leadership program for 145 students of all backgrounds.

Being the Activities Director is a lonely job. We are often the only ones on our campus and meet sparingly with others in our position. In the beginning, my teaching

colleagues saw me as an event planner who oversaw kids making posters. When I retired in 2020, I had left a legacy that saw the beginnings of school-wide changes; changes predicated on the ideas that CADA shares.

You see, being a CADA member wasn't just about access to conventions, conferences, and

databases. CADA is your work family and support system that makes sure you are successful in the job you wanted to do when you signed up...impacting student lives beyond those enrolled in your immediate classroom. It's what lured me into this world. My advisor for my Master's degree asked how many students I had on my rosters. Being a head coach, I told her 220. She told me I had an impact on 220 kids, but how would I like to impact over 3,000? I had no desire to be a principal, but she shared that Activities Directors could have that impact.

I hope my story not only inspires you to join or even re-join, but maybe it opens your eyes to bring teachers and administrators with you on this ride as well. Perhaps you'll make that leap to joining your area council too. You have hundreds, if not thousands, of young lives that depend on your success.



state convention. After my presentation, I met several members of my area council who encouraged me to apply for council membership. By year four, I was the newbie on Area F Council and wide-eyed from listening to those around me. As my dad told me, "Son, if you ever find yourself in a room of smart people, shut up and listen, you might learn something." Learn I did. One of the first lessons I learned was that I needed allies if I was to be successful on my campus. Teachers and administrators needed to be on board with my ideas, or I would get stuck in the mud. So I began enlisting two teachers every year to join me at the CADA Convention. Soon I was bringing along one administrator each year as well. When it was time to make resounding changes on our campus, I had almost every teacher and the entire administration behind me. One

JOIN THE CREW!

We are searching for charismatic, energetic, and driven advisors throughout the state and beyond to share their words with the CADA membership. Join the crew and write for the quarterly CADA newsletter. You can contribute and help other Activity Directors statewide. **Your voice matters! Let's do this!**



We Need You!

CADA is looking for passionate and involved members statewide to be a part of the digital and print media teams. Love technology? Join the Digital Media Team! Love sharing your words of events and fun on your campus? Join the Print Media Team! Sign up today at the following link: www.bit.ly/cadamedia

Digital Media Team Member Responsibilities

- Attend monthly Digital Media Team meetings
- Assist in creating content for the CADA digital media platforms
- Provide media coverage (photo, video, interviews) at Area student & advisor conferences
- Reach out to members in your Area for event tips, tricks, and ideas to be shared via the CADA digital media platforms
- Assist with outreach to highlight different activities advisors and programs in your Area

Print Media Team Member Responsibilities

- Attend bimonthly Print Media Team meetings
- Assist in developing the newsletter's theme & purpose quarterly, contribute by writing for the newsletter, and reach out to members in your area to write for the newsletter.
- Provide photos for the newsletter.

PERSPECTIVE

From Our Youth

By **Jessica Fernandez**
Glen Edwards Middle School
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An aspect of school that I am more than thankful for is the ability to play sports. The sport that I chose to play is volleyball. I am grateful for sports because it gives me something to do, rather than sit at home doing nothing, which I have been doing since the Coronavirus began. Getting to play sports makes me feel more connected with the people I play with, and it is good exercise. I am glad that we have sports because I know that if I didn't do sports, I would be sad, and I would feel like there's nothing in my life to look forward to. Although my volleyball season is over, I am still thankful for my teammates and all that I have learned so far. I am happy that school sports have made my life so much better and healthier.

**-Lilith McDougal, 8th grade,
ASB President**

After growing up being around everyone and being very social, quarantine hit me hard and made me a lot less bold. I am grateful that we are finally back at school and have a bit of normalcy in our lives again. I am thankful that most of my teachers try to make returning to school a positive experience rather than a negative one. I am glad that my friends support each other and that I surround myself with people that can positively affect my mental health. I would consider my 7th-grade year and my current 8th-grade year to be successful and valuable. There are different types of students in every school, and I am lucky enough to go to a school with positive,



productive, and professional students. Many of my peers take other kid's thoughts into consideration before doing anything that might affect them. The students at this school are quick to show gratitude and care towards anyone who needs it. A few teachers I would show appreciation to are Mrs. Fernandez, my leadership teacher, and Mrs. Hamasaki, my language arts teacher. Both of these teachers make me and other students feel welcome whenever I walk into their classrooms. I look forward to seeing both of these teachers every day when I come to school.

**-Marley Perez, 8th grade,
ASB Vice President**

I think that school is an essential component of life and education. School has done an abundance of amazing things for me. Not to mention all the teachers are so helpful and inspiring. Helping your peers is such a great thing to do and being generous is just a great life skill in general. Gratitude is a crucial

component in school, and I think you need to show gratitude towards your teachers. It is helpful to be on the "good side" with your teachers because if you don't like them or get along with them, it makes it harder to cooperate and get help.

An aspect of school that is very important to me is communication. I have always been a person with a lot of questions, so communication is no new story! Communication can be challenging for a variety of people for a variety of reasons. Some may have a disability, and some may have fear. Whatever it may be, I try to see if there is a way to help them overcome whatever the roadblock is to communicate and advocate for themselves.

Back to the topic of gratitude! The definition of gratitude is "the quality of being thankful; readiness to show appreciation for, and to return kindness." I am grateful for all my excellent teachers who have guided me on this journey. Mrs. Fernandez is my leadership and math teacher. She is always there for me and so helpful towards my needs. I am grateful for all my friends here at GEMS. This pandemic has hit me hard, and my friends were always there for me. Unfortunately, when the pandemic hit, I couldn't see my friends anymore, so school allowed me to make that contact and interaction again, which I am so grateful.

I hope you can share your gratitude with others! Have a great day!

-Alex Monk, 6th grade Leadership



GRATITUDE FOUND *in a Legacy*

By Jill Mortensen

CADA Print Media Coordinator
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When you think of the word Legacy, what comes to mind? Time, impact, support, integrity, grit? Absolutely!

Have you ever wondered if you will leave a legacy behind in this career that brings forth many struggles and rewards? Without a doubt, you will!

Better yet, think back in your own life and reflect on the individuals that made an impact. Would you consider them a Legacy? Would you take the time to show Gratitude toward that individual(s)?

When I look back on my education and career, I think of the many teachers who influenced me positively and negatively: my 3rd-grade teacher taught me how to balance a checkbook, my 5th-grade teacher and her loving hugs, the 7th-grade teacher gave me my first detention because I went to my locker to put my books away, my college professor yelled at me in front of the whole class when I was a freshman stating I wouldn't amount to anything in my life because I didn't answer his question correctly, and my high school Activities Director would influence and create a lasting impact where four of his leadership students would someday become Activity Directors themselves.

As I write this article and think of Gratitude in my own heart, I never in my

wildest dreams thought that I would follow the path of my leadership teacher, Mr. Steve Southard. Each year when we see one another at CADA, we laugh and reflect on my journey these past 18 years in education. Who knew, sitting in that leadership class so many years ago, that I would head down a path of teaching and influencing leadership students of my own?

Zach Abernathy graduated from Sonora High School in 1996 and is now the Activities Director at our Alma Mater, where Mr. Southard worked and dedicated his career. According to Zach, "Is there ever enough Gratitude that can be shown for the role model whose attitude is the epitome of Gratitude? In tough times or with tough people, there was grace and understanding and always a lesson to better oneself regardless of circumstance. The gift he possessed was forth sightedness to teach the lesson at the perfect moment."

Lindsey Bannwarth, a graduate of Sonora High in 2003 and Activities Director with Deena Koral-Soto at Summerville High School, believes "A teacher plants their seeds of knowledge, sprinkles them with love and patiently nurtures their growth to produce tomorrow's dreams."

The youngest of us all, Cameron Chitwood, graduated from Sonora High in 2011. Cameron recalls, "As a student, Mr. Southard provided guidance and inspiration to be the best possible version of myself every day, but also for others and my community. He coached me through some challenging life problems, all the while

But what impresses me most about our students is that Winters Warriors are incredibly charitable. We host our three-week, campus-wide food drive in the weeks leading up to Thanksgiving break and frequently collect enough nonperishable food to fill the bed of a large truck. The WHS staff and community are always impressed with our students' efforts. But what doesn't get reported, or talked about, or bragged about on social media is an ASB secret. Each year, a small group of ASB officers purchases and provides a full Thanksgiving meal for three Warrior families in need. Turkey, potatoes, salads, cranberry, stuffing, green beans, rolls, sparkling apple cider, and pies - all delivered to high school families who otherwise may not have



providing a shoulder to lean on. But most importantly, he challenged me to keep pushing forward! An important phrase of his that has never left me: 'Talk is Cheap.' As a colleague, Steve has continued to provide mentorship far beyond the scope I could have imagined back in high school. Between his words, wisdom, and passion, his Legacy as my former leadership teacher and Activities Director has transformed from inspiring his students and vicariously through myself with generations of students who don't even know his name! In addition, his devotion to service and community as an ASB advisor has shown me the actual change that one can make in the role as an ASB advisor. This has allowed me to grow into my position helping a new generation of students as they work to make their school and local communities better than the day before!"

As a 1998 graduate of Sonora High and now an Activities Director myself, I look to the Legacy of Mr. Southard. With his passion for teaching, kind demeanor, fabulous stories, epic events, and loving hugs, he planted the seed in us all. As we continue our careers in the activities world, we hope to plant the seeds in future generations creating our Legacy and perhaps influencing our students to become Activity Directors, but more importantly, to follow their dreams.

had a Thanksgiving meal over the holiday. Every time I drive these students to the doors of those in need, they remark that this activity, this small act of kindness, is their favorite event of the school year. After making our rounds, one student, an ASB Secretary, cried in the car after having seen the happy faces of some of her school peers. "Nobody knows we do this, do they?" she asked. Then, without a moment's hesitation, she added, "this is the most meaningful thing we do all year - not Homecoming, or the rallies, or Senior trip." Providing meals to families in need is incredibly rewarding for my ASB students. By giving, students experience joy, an opportunity to give thanks, and acknowledge their blessings during the holiday season.

Small School, Big Hearts

By Courtney Casavecchia

CADA Area A Council
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Winters High School has a student population of just over 450 students, many of whom are socioeconomically disadvantaged. Its ASB works with a small budget of just a few thousand dollars a year.

State to State Perspective: A Passion for Student Leadership

By Penny Moffett | Franklin High School, Franklin, NC | penny.moffitt@macon.k12.nc.us



A big “hello” to this beautiful audience of student leadership-minded folks! I am so excited to write my first article, sharing my why and journey to bring a Student Leadership class to our high school.

About Me: My name is Penny Moffitt, and I am in my 15th year of teaching at the high school that I graduated from in 1999, Franklin High School in Franklin, NC. I graduated college with a Business/Marketing degree and went on to get my Business Education degree a few years later. I've coached and taught several CTE courses throughout my years of teaching. In 2013, my assistant principal contacted me over the summer to ask if I would consider taking over the yearbook program. This moment was significant because I'm not sure I would have discovered the Student Leadership world otherwise. Being a yearbook advisor led me to a collective group of very motivated students. This group

of students brainstormed together, shared ideas, made important decisions together, and essentially worked on a yearlong group project together. At this moment, I witnessed students giving to their school and being proud of their accomplishments.

About four years into advising our yearbook program, I was introduced to a school philosophy where I found an immediate connection. It's called Renaissance and hosted by Jostens. This philosophy can be applied to any school, anywhere. I found myself diving right into leadership podcasts, Facebook groups, websites, networking with other schools all over the country; I couldn't get enough and still can't. After a couple of years of research on my own, we began by introducing a few student-driven events that have turned into yearly traditions at FHS. There isn't anything better than watching your students lead the way and grow as young adults just by giving them an opportunity.

In 2018, I showed my yearbook staff a video of a high school that hosted a yearly event in which students buddied up with their special needs class to practice and work toward a basketball game known as UNIFY March Madness. My yearbook editorial board fell in love with this idea, and we immediately created a plan of action to make this happen at our school. This event lit a spark that led to planning a few other events, such as a county-wide Honorary Diploma & Grad Walk for our graduating seniors, as well as a huge Senior Celebration and picnic event. School spirit, along with student and faculty morale, seemed to be boosted substantially.

The leaders among my yearbook staff were the students that I knew best and the group that I had access to work with each day. After a couple of years of having my yearbook staff lead these events, other students began to seek me out to ask how they

could be a part of something so great. I had known for a while that our school needed a dedicated group of students to carry out these tasks and continue to grow a student leadership program. We have many clubs that give students similar opportunities to engage with our school, but the way our schedule is set up, these clubs only meet outside of school, where time can be limited. Every school has students who want to make an impact. They just need to be given the opportunity.

I began to reach out to other schools all over the country that had student leadership classes to get advice on how we could do the same at FHS. I went to leadership workshops/events and visited other schools to pitch the same ideas to my administration.

When I first began navigating how to bring this program to our school, I thought it could be rolled out in one year. I had spent so much time thinking and researching that I thought I had it all figured out. If there is anything that I've learned, this is a process. A process that takes time, positive energy and will look entirely different for every school. I now believe that you never truly arrive. The process will continually evolve to fit the new student body or the needs of your school during any given year. I believe that our impact should not be mediocre but strive to be rockstar educators day in and day out.

My Why?

There are many days that I feel that I've got the best job in the world. Building relationships with my students and staff is such a blessing in my life. I'm overwhelmed with joy when I see my students navigate, show progress, and grow through our student leadership program. I am right where I am supposed to be, and I'm loving every second of this journey of bringing student leadership to Franklin High School in western, NC.

I believe every student should feel connected to their school in some way. I want all of our students to leave FHS with an "experience." The experience of feeling welcomed, seen, heard, and loved. I have a strong desire to see our students positively impact the climate and culture of FHS. We are currently making that happen through the growth of a student leadership class. My goal is for this program to grow and transition into teaching leadership classes full time with an upperclassmen leadership course and a freshman leadership academy.

This community of leadership educators is fantastic, one that I value and where I feel gratitude. In my efforts to network with other leadership teachers, I've always been met with a tremendous heart to help others succeed. I'm so thankful for the friendships and relationships built within this community. I'm ready to pay it forward for any educator who is ready to bring student leadership to your school.



After many meetings with my administration, in the fall of 2019 I asked if I could teach a piloted student leadership class during my planning period the following semester. I wanted my administration, faculty, and students to see the value this could bring to our school. My administration agreed, and I quickly recruited nine students who were available to move around their schedule to accommodate this course.

We began by developing our mission, and I shared the philosophy of this course. Then, we completed a few leadership lessons and hosted a school-wide Spirit Rally before school was closed due to the pandemic. Fast forward through a rough year, with a hybrid schedule, and we are happy to be running on all cylinders with 21 students in our first actual student leadership course.



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ENLIGHTENMENT FROM A VETERAN: *Are you Pooped out? How to have Positive Perseverance*

By Denise Van Doorn

CADA Area H Lead

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Wouldn't it be great if activity directors could maintain their passion and enthusiasm for their work for 30 plus years? Would you like to BE that activity director? Why not? You took this position to make a positive impact with purpose so you can have a lasting impact on your campus. RIGHT? Even if that's not precisely true, keeping that fire humming along for decades is a true gift to yourself and those around you. But how do you keep an upbeat pace when there are so many obstacles in your way?

I wondered those same questions recently when I was rummaging through my old lessons, calendars, binders, and books and asked myself, "Why haven't you done THAT activity in a while?" Feeling somewhat shameful, I paused...." I know why! It's because I keep things fresh! I am always trying new things and learning new ideas along the way. I try to keep up with what it's like to be a kid through every chapter of my career. In the first chapter, I started out as the young teacher or big sister, then I was auntie and now mom... and to some grandma! I went from teaching them the Macarena to them teaching me how to TikTok! I started to recognize these chapters in my career as having their own gifts and challenges. So why have I stayed with it all these years?

How does a veteran ASB advisor continue to thrive and be highly engaged? Where do they find the balance and not get overwhelmed? There is some research out there that explains this phenomenon pretty well. The work of Timothy D. Kanold says, "Achieving balance is crucial. He explains how finding time for yourself and engaging in quiet reflection will allow you to reach higher levels of success and fulfillment." He uses a graphic of the shape of a box with four quadrants. He calls this the Energy State Grid. It is all

negative energy on the left of the box, and on the right, it is positive energy. The top half is high energy while the lower half is low energy.

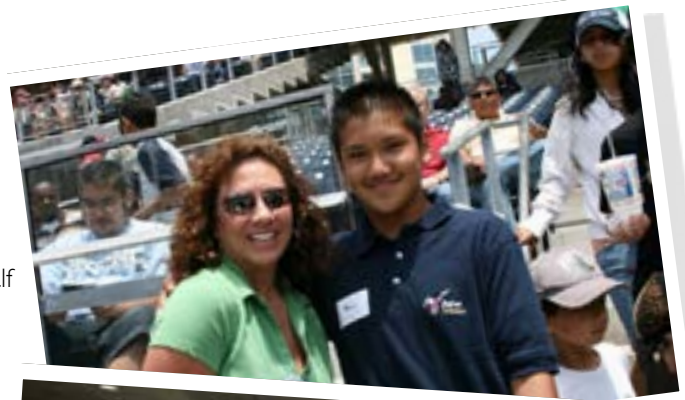
Energy State Grid

His theory is that one can't live all the time in Quadrant I, High Energy and High Positivity because they will burn out. If one is always helping others, being joyful, confident, and upbeat, they don't have time to reflect and grow. He explains that one must include time in Quadrant II which is Low Positive Energy like exercising, relaxing, and reflecting.

Before I learned this theory, I used to call it THINK and DO periods in my life. Sometimes I would be just go-go-go and then I would need that serene time to refuel myself and stop doing. I just need to be peaceful so that I can be confident, hopeful, connected, and ready to go again.

Look at where you are on your Energy State Grid. Are you spending the right amount of time in Quadrant I and II? It's important to know that in order to keep going strong, you need to find quiet, reflective time doing something you love so that you can be that one person on campus that people can count on to lift their spirits and inspire them to be the best they can.

While my 34 years doing student activities has given me incredibly positive experiences and wisdom, it has also put in obstacles and failures for which I have earned my wrinkles and flabby arms. How do I go on? I've chosen to live on the positive side and continue to learn every single day!



How does a veteran ASB advisor continue to thrive and be highly engaged? Where do they find the balance and not get overwhelmed?

CADA AREA EVENTS

AREA A

Coordinator | Melissa Edsall | medsall@cadaboard.org
Jan 7, 2022

LDD - Lincoln High School
 HS Delegates, PRIVATE
 Stockton, CA

Jan 12, 2022

LDD - Arden Middle
 School - MS Delegates
 Sacramento, CA

Jan 21, 2022

LDD - Lee Middle School
 MS Delegates, PRIVATE
 Woodland, CA

May 3, 2022

Area A Student Conference
 Modesto, CA

AREA B

Coordinator | Laura Castro | lcastro@cadaboard.org

No events at this time - check back at www.cada1.org/areab

AREA C

Coordinator | Joe McMahon | jmcmahon@cadaboard.org

Dec 7, 2021

Area C Advisor Conference
 Clovis, CA

Nov 10, 2021

LDD - Golden Valley HS
 HS Delegates PRIVATE
 Merced, CA

AREA D

Coordinator | Lisa Walters | lwalters@cadaboard.org

Nov 16, 2021

Area D Student Conference
 Ventura, CA

Nov 18, 2021

Area D Student Conference
 Salinas, CA

AREA E

Coordinator | Ruth Simonds | rsimonds@cadaboard.org

Nov 17, 2021

LDD - Quartz Hill HS
 District MS ONLY
 Lancaster, CA

Dec 3, 2021

LDD - Lone Hill MS
 Elementary Delegates
 San Dimas, CA

Dec 8, 2021

LDD - SAGE Magnet
 Academy - Palmdale
 SD MS Delegates ONLY
 Palmdale, CA

AREA F

Coordinator | Ken Nedler | knedler@cadaboard.org

Nov 3, 2021

Canyon Springs HS
 LDD HS Delegates-PRIVATE
 Moreno Valley, CA

Jan 13, 2022

Yorba Linda MS
 LDD MS Delegates
 Yorba Linda, CA

Feb 9, 2022

Valley View HS
 LDD HS Delegates
 Moreno Valley, CA

Feb 16, 2022

Valencia HS - 7th Grade
 LDD AVID Delegates
 Placentia, CA

Feb 23, 2022

Valencia HS - 8th Grade
 LDD AVID Delegates
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MINDFUL MOMENT WITH MORTY

By Jill Mortensen

CADA Print Media Coordinator
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jmortensen@cadaboard.org



Mindfulness is gaining strength in our country, with knowledge and awareness shared by Shamans, Yogis, and scientific experts. The effect of a positive mindset is bringing healthy attention to mind, body, and spirit. One such area is Gratitude and, in its purest form, brings inner peace and joy.

Gratitude can be practiced in multiple ways. Here are some tools that can be completed by you as an individual or perhaps with your students.

Keep a journal reflecting and finding Gratitude in the present moment. It can be as simple as having your family together for dinner, getting a text message from a dear friend, or going to the gym. Releasing your thoughts on paper allows one to bring awareness to their mental fluctuations and let go of them. As you write your various forms of Gratitude, you end your day with a positive mindset, which can remove negative thoughts that have crept into your day. A resource available to you is Vertellis, a company out of the UK, that creates

Gratitude Journals. Or stop by TJMaxx and pick one up for under \$10. Better yet, find some binder paper in your classroom and use that to jot down your ideas and thoughts.

Acts of Service bring forth a beautiful sense of giving to others without expectation. Whether working at a soup kitchen, collecting donations for a relief project, or sending military cards of thankfulness, service brings joy to all involved. See our articles of kindness and Gratitude in this quarterly newsletter by CADA.

Express Gratitude in multiple ways: send an email to a colleague once a week expressing your appreciation for the work they are doing, handwrite a thank you card to a friend and send it in the mail, or make friendship bracelets to give to someone you don't know. One company, out of Sedona, Arizona, developed an idea to make gemstone bracelets and send them to friends and family. You have the choice to be known as the sender or remain anonymous. Check out their Gratitude Gifted website at <https://gratitudegifted.com>.



THE NEWBIE GUIDE TO ACTIVITIES: *Gratitude Found in Newness*

By Kerry Sherer

Atascadero High School
kerrysherer@atasusd.org

I am the proud Activities Director at Atascadero High School on the beautiful central coast of California. I started in January of 2020, after 24 years as an elementary teacher. The jump to high school was exactly what I needed to reignite my passion for teaching. Making that leap from my “professional home” of over two decades was monumental for this lady who craves stability and structure. It is the best decision I've made for myself in a very long time, and I am grateful for the opportunity and patience of the many people it took to make my move possible.

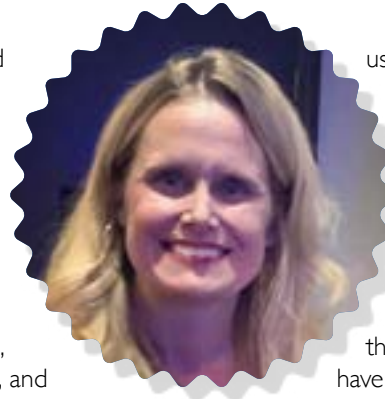
Now, just for a bit of perspective, I leapt to the high school that I attended, my husband attended, and our children attended. I was not a stranger to the staff, system, or students. I found familiarity in this environment as many of my leadership students were my former 4th graders. I had a positive relationship with enough students that my transition felt comfortable. Yet, I was still swimming in the deep end without a floatie. I was their third teacher within the year, the class structure was non-existent, and I had a matter of weeks to pull together winter formal, mock rock, and an academic awards ceremony. Through perseverance, amazingly dedicated student leaders, and a fairy godmother in the form of a professional event planner who gave us free rein of her supply barn, we pulled everything off.

During this whirlwind, I was introduced to CADA. I was able to convince my principal to send me to the March Convention in Reno. I went with three goals: learn about events to build back up school spirit, research ways to structure the leadership class being more than an event planner, and find a mentor. I left with all of those things and so much more.

The first session I went to was Scott Backovich, and it was like all the lights went on in my head. Everything he said was what I needed at Atascadero High School.

I became a crazed, obsessed fan and am glad to say Scott is our official Leadership Trainer at AHS. His guidance has helped me meet all three of my goals. From that first session, I was a sponge absorbing all CADA had to offer; rally ideas, grading structure, engagement, fiscal discipline, and so much more.

When I got home, the world shut down. I sat in my home office and sobbed on the first day of online teaching. I contemplated how I would meet my goals for AHS when we couldn't even go to campus? What activities can we do when we are not allowed to be together? I was inconsolable. Finally, I realized what my students needed, focus on leadership. They knew how to plan an event, but they had never been given the opportunity to explore how that made them leaders. We turned our focus to building up our school community using our Instagram platform. We posted profiles of Greyhounds across our school community. We had photo challenges and asked silly questions, and for the first time in a long time, students started engaging with



us. We took the shutdown as an opportunity to evaluate our program and critically questioned what we do, who we serve, and how we can be better.

So, I am now 21 months into the 2nd chapter of my career. And it has been the craziest way to start. I have grown more than I knew I needed. I finally have structures in place which means my students can focus on how leadership and activities intertwine. I have immense gratitude for the two mentors I found through CADA. I would love to shout out not only Scott Backovich but also Jill Mortensen from Ripon High. Without them, I may still be sobbing in the corner. Their support has reminded me of my role here at AHS. I am here to guide, to offer advice, to inspire, to console, and to encourage my students to do hard things. If you are new and reading this, you have found CADA, so you are on the right track because now you have a support system and the most incredible group of activities directors in your corner. It made all the difference for me.

Now, who has some great outdoor pep rally ideas for this newbie?



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
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The Excellence in Service Award is a new way in which CASL is recognizing servant leaders across the state of California. Created by the CASL Service Committee, its intention is to acknowledge and celebrate students who go above and beyond in their acts of service. Whether it's an individual or group giving back to their campus or beyond, we aim to spotlight student leaders' ability to be compassionate and true listeners of their community on a local, regional, or state level.

We at CASL recognize student leadership is more than putting on traditional spirit activities. Our intention with this award is to prompt students to re-evaluate and establish what it means to be a servant leader. Therefore, this award is not intended only to recognize students who are part of their Associated Student Body or designated leadership organization. Instead, this award is for everyone and anyone who is interested and passionate about serving their community. Servant leaders and servant leadership groups come in all forms, and this award aims to recognize all of them.

Learn more about this award and nomination process at:

<http://caslboard.com/eisa>





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DANNY IS A YOUTH SPEAKER, HUMAN POTENTIAL COACH, AND HAPPINESS CREATOR FOR THE HAPPINESS IS NOW EXPERIENCE. AS A FORMER HIGH SCHOOL TEACHER AND DANCE CHOREOGRAPHER (FOR THE NBA & LOS ANGELES LAKER GIRLS), HE USES THE SKILLS LEARNED IN THE CLASSROOM AND DANCE STUDIO TO FOSTER A SAFE AND POSITIVE ENVIRONMENT WHERE STUDENTS CAN EXPLORE, THINK INDEPENDENTLY, AND CONNECT SOCIALLY WITH OTHERS. THROUGH CREATIVE STORYTELLING, KINDNESS AND EMPATHY, AND JAW-DROPPING DANCE MOVES, DANNY CREATES POSITIVE ENERGY, INCLUSIVITY, AND HAPPINESS EVERYWHERE; INSPIRING EVERYONE TO LIVE HAPPY NOW :)

JACKLYN UWEH



JACKLYN SERVED ON THE CASL STATE BOARD AS A SENIOR IN HS IN 2009-2010. TODAY, SHE IS A STOCKTON-BRED PERFORMER, WRITER, AND DIRECTOR. SHE RECEIVED HER B.A. IN FILM AND THEATER AT UC IRVINE. SHE'S CONTINUED TO HONE HER SKILLS AT THE SECOND CITY, UCB, AND GROUNDINGS. MOST RECENTLY, SHE TOURED WITH THE SECOND CITY, SUCCESSFULLY MOUNTED HER ONE-WOMAN SHOW, AND APPEARED IN THE 2020 CBS SHOWCASE. SHE ALSO TEACHES IMPROV TO STUDENTS AND MC'D THE 2020 CADA CONVENTION





2021-2022 LEADERSHIP DEVELOPMENT DAYS

FUTURE LDD DATES:

07/23/2021 A LINCOLN HS PRIVATE
08/05/2021 D PAJARO VALLEY HS/9TH GRADE HS DELEGATES
08/05/2021 D PAJARO VALLEY HS/10TH GRADE HS DELEGATES
08/05/2021 G POWAY UNIFIED SD HS DELEGATES
08/10/2021 B SAN RAFAEL HS HS DELEGATES
08/11/2021 B SAN RAFAEL HS HS DELEGATES
08/26/2021 B EDWARD A HALL MS MS DELEGATES
10/27/2021 F KRAEMER MS MS DELEGATES
11/03/2021 F CANYON SPRINGS HS HS DELEGATES
11/10/2021 C GOLDEN VALLEY HS HS DELEGATES
11/17/2021 E QUARTZ HILL HS MS DELEGATES
11/30/2021 D PIONEER VALLEY HS HS DELEGATES
12/03/2021 E LONE HILL MS ELEMENTARY DELEGATES
12/08/2021 E SAGE MS DELEGATES
01/07/2022 A LINCOLN HS PRIVATE
01/12/2022 A ARDEN MS MS DELEGATES
01/13/2022 F YORBA LINDA MS MS DELEGATES
02/09/2022 F VALLEY VIEW HS HS DELEGATES
02/16/2022 F PYLUSD AVID (7TH GRADE) MS DELEGATES
02/23/2022 F PYLUSD AVID (8TH GRADE) MS DELEGATES

**WE SCHEDULE LEADERSHIP DEVELOPMENT DAYS
ALL YEAR LONG, SO PLEASE VISIT THE WEBSITE
FOR THE MOST CURRENT LIST, OR HOST ONE
YOURSELF!**

CADA1.ORG/LDD





FOR UPDATES & CONFERENCE
INFORMATION VISIT US AT:
WWW.CADA1.ORG



2021-2022 **CALENDAR OF EVENTS**

DEC 7, 2021	Area C Advisor Conference	Clovis, CA
MAR 2-5, 2022	CADA State Convention	Reno, NV
MAR 31 - APRIL 2, 2022	CASL Middle School Student Conference	Ontario, CA
APR 2 - 4, 2022	CASL High School Student Conference	Ontario, CA
MAY 3, 2022	Area A Student Conference	Modesto, CA
JULY 7-10, 2022	CADA/CASL Leadership Camp - HS 1	UC Santa Barbara, CA
JULY 12-15, 2022	CADA/CASL Leadership Camp - HS 2	UC Santa Barbara, CA
JULY 18-21, 2022	CADA/CASL Leadership Camp - HS 3	UC Santa Barbara, CA
JULY 18-20, 2022	CADA/CASL Leadership Camp - MS	UC Santa Barbara, CA

LEADERSHIP DEVELOPMENT DAYS ARE HOSTED THROUGHOUT THE YEAR
VISIT WWW.CADA1.ORG/LDD TO SEE IF THERE IS ONE NEAR YOU!

CADA www.cada1.org
CASL www.casl1.org
CAMP www.cada1.org/leadershipcamps

@CASLFAN @CADALEADERS @CADACAMPS



CADA CENTRAL (831) 464-4891



ONTARIO CONVENTION
CENTER

MS : MARCH 31 - APRIL 2
HS : APRIL 2-4

Registration for the 2022 CASL State Conference is now open!
Head over to tinyurl.com/downtowncasl for more information

Outstanding Leadership Program Award

The Outstanding Leadership Program Award (OLPA) is a distinguished honor presented to schools whose student leadership programs are proven spaces where student leaders grow as ethical, responsible, and servant-minded architects of change. All CADA/CASL member schools are invited to apply for the award by preparing a self-study using the guidelines on the application. Applicant schools must attend the CASL State Conference or CADA Camps in order to display statewide engagement and complete their eligibility for the award.

The mission of the California Association of Student Leaders (CASL) as a student-led, not-for-profit organization is to provide a statewide network that facilitates the development of ethical, responsible, and servant leaders. CASL's initiative is to equip and empower students to be effective future leaders of the world through local, regional, and statewide conferences. This year, CASL is offering more multimedia options in the application. You will now be able to submit images, graphics, videos, and PowerPoints for different parts of the project.

In addition there are now suggested due dates for each part of the project. These suggested due dates are not required and are designed to help schools spread the OLPA application out over the school year as we highlight and share your accomplishments for others to view, enjoy and learn.

Excellence in Service Award

The Excellence in Service Award (EISA) is a new way in which CASL is recognizing servant leaders across the state of California. Created by the CASL Service Committee, its intention is to celebrate students who go above and beyond in their acts of service. Whether an individual or a group is giving back to their campus or community, we aim to spotlight student leaders' ability to be authentic listeners of their community on a local, regional, or state level. Our intention is to prompt students to re-establish what it means to be a servant leader. This award is not intended only to recognize students who are part of their Associated Student Body or designated leadership organization, but for everyone and anyone who is interested and passionate about serving their community. Servant leaders and servant leadership groups come in all forms, and this award aims to recognize all of them.

Learn more at <http://caslboard.com/eisa/>

CASL Voice - Committee Updates

Elections

Hey CADA! The Elections Committee has continuously worked on all things related to the next CASL State Board. On November 9th, we released applications for current 8-11 graders interested in being a part of the 2022-2023 CASL State Board. If you have a student who would make an excellent Board Member, go to www.caslboard.com/elections for more information.

Visualizations

The Visualizations Committee has been hard at work creating all the design elements of our 2022 CASL State Conference! From our conference shirts to bags to stage design to conference decor and so much more, we're in charge of all things visual at the conference. We're so excited for you to see what we've been working on. We also have launched our Conference Merch Contest! Encourage your artist students to enter & possibly have their design showcased and sold at the 2022 CASL State Conference! Hope to see you this year at Downtown CASL. For more info head to caslboard.com/merchcontest

Curriculum

The CASL Curriculum Team has been working on curating curriculum about foundational leadership for our trip to Downtown CASL in Spring 2022! In the meantime, check out our archived free resources at www.caslboard.com/curriculum!



Media/CMAT

Are you interested in learning more about digital content creation? Come join the CASL Media Ambassadors Team (CMAT)! Every month, CMAT meets to discuss how leaders can serve their communities from a distance in a media capacity by learning to create flyers, film videos, and uncover the backends of graphic design softwares from Media Directors on the CASL State Board. If you are interested in joining, visit www.caslboard.com/cmatt for more information!

Service Learning

The Service Committee is currently preparing for our state conference by reaching out to organizations that best represent our message. A project we recently just launched is our Excellence in Service Award, a way to recognize and award service projects and servant leaders across California. Anyone can apply and get a chance to win and receive the title at our state conference! For more information visit caslboard.com/service-learning



Student-Led Workshops

Every student has faced challenges in their leadership careers, and those who haven't yet will face them eventually. At the CASL State Conference, your student leaders can learn from students just like them, who have faced difficulties and discovered strategies for success. Elected and appointed members of the CASL State Board, who have been professionally trained in presentation skills, will teach 30-minute workshops on topics ranging from event publicity and personal time management to staying motivated and dedicated in the most trying times. To provide a more well-rounded and relatable conference curriculum for all, professionals from outside organizations will also join the CASL State Conference team of presenters to contribute their knowledge and experiences for the students.

Below are a few examples of what the CASL State Board are working on to share with all of you:

Break the Chain

Elizabeth Fujiwara - Media Director

So many people choose to settle. They convince themselves they can't achieve more than what their family has accomplished before. As a result many, in various aspects of their lives, don't tend to start new traditions or choose different pathways. This workshop will inspire people to see more for themselves.

Creating Your Leadership Utopia

Gabby Torres - Southern Director

Student leaders will not only discover their motivation and drive behind their tenacious passion for leadership and serving others, but will also strengthen it by learning how to create the imperfectly perfect school campus every student body member deserves.

Questioning Our Intent

Vito Clarizio -

Southern Freshman Director

"Why am I doing this?" This is a question many people don't stop to ask themselves. Is there a reason behind your actions? A lot of us do things just to do them, because it's something we're told to do or it's tradition. This workshop will teach you what it means to be intentional about your actions and events.

Through the Looking Glass

Tanner Schinderle - Northern Director

Who are you? Who do you want to become? These questions often overpower our minds as teens creating a sense of lost identity. This workshop will explore our identities and how we share that with those around us.

Lighting Up Leadership!

Nicole Hou -

Northern Freshman Director

Lighting Up Leadership! is a workshop where fun is added to facts! Leaders will learn how a leadership setting is composed of many different personalities, and how each character trait can be used to their fullest potential.

Be-You-Tiful

Giana Bove - Southern Director

Being brave and outspoken can be daunting, possibly scary. Maybe you will always feel butterflies when putting your ideas out there, but the key is to always persevere and beat the fear! In this workshop, you will learn ways to overcome the fear of being unapologetically you!

Balance Rocks

Paige Runyan - Southern Director

Worried about time management and how to balance your workload this school year? In "Balance Rocks!", you will learn all about prioritization and how to manage stress as we transition from a virtual to an in-person school year.

Clicking into Communication

Sophie White - Southern Director

Leadership in any capacity relies on communication to move our ideas into tangible action. It is the cornerstone of all we accomplish as student leaders. From the way we communicate with others to the platform of which we spread our message, good communication allows for great leadership! Come click into your communication skills to see how you can upgrade to maximize your effective leadership!

The Power Of Interactions

Jonathan Franco - Southern Director

Throughout our daily lives, oftentimes we forget whom and what we interact with along the way. By doing so, the interactions we intentionally make are cast aside. Within this workshop we will explore the intention and meaning behind interactions, why we should value them, and how we actually constitute or build ourselves from such valuable moments.

Reshaping Relations - Angled to Arched

Addison Alvarez - Southern Director

Reshaping Relations-Angled to Arched Learn how to be aware of campus hierarchies and reshape your campus.

Unpacking Memories

Bella De Vita - Media Director

"Remember when we all belted out the Fifty Nifty United States song after that kickball game in 6th grade?" Cultivating these memories with our events is crucial. Yet as student leaders, we often narrow our focus to the short-term details of our events and the process of carrying them out. So, let's take a bit to zoom out! Gain knowledge about memory psychology and we can use it in our events to create these moments.

Emotional Intelligence: Beyond Words

Maria Navarro - Media Director

Have you ever looked at someone and wondered what they're thinking? People with a high emotional intelligence (EQ) are better at reading facial expressions, body language, creating long-lasting relationships, listening, communicating, and even tend to be happier. It has also been shown emotionally intelligent people oftentimes perform better in leadership positions than people with a higher IQ but lower EQ. In this workshop we will use a growth mindset to discover ways to increase our EQ.

"Are You Sure?"

Nick Nyein - Southern Director

We make countless decisions regularly. However, despite this, the best way to make a decision eludes even the most decisive, thus making us all susceptible to the regret of a bad decision. So what is the best way to make a decision? Join my workshop where we will explore the phenomenon of decision-making, so together, we can confidently confront the question, "Are you sure?"

i am enough.

*Andrew Santana -
Director of Operations*

Busy schedules, non-stop checklists, and so much more! As student leaders, we are often some of the busiest people on campus and it can become hard to truly take the time for ourselves. Join me as we discover how to tangibly create self-compassion within our own lives!

The World of Media

Candice Li - Media Director

Welcome to my world. It is time to learn how to utilize our everyday tools to effectively communicate our needs through visual techniques such as graphic design, web design, and videography. Immerse yourself into my world of media where everyday sees a new creative path.

Putting the Pieces Together

Mason Garner - Northern Director

We're all a myriad of traits, trying to form one person. In this workshop we will be dissecting each piece of ourselves and figuring out how they come together to create...us! At the end of our time together, you will walk out with a new perspective of who you are today & who you will be.

Longing for Belonging

*Bilyana Kostadinova -
Southern Freshman Director*

As humans, we all long for a sense of belonging. Yet, so many of us feel like we don't belong. Join me as we learn to cultivate a sense of belonging for ourselves and other people.

B(re)aking Through Barriers

Anna Hun - Media Director

Oftentimes, we like to stick to what we know because we're wired to expect the worst. When you get comfortable with being uncomfortable, you'll be able to grow as a leader and create change within your school and community. Come learn how to break through barriers and step out of our comfort zones!



Join us on all social media platforms!

@caslfan



For more information visit :

www.caslboard.com

