



volume 112
issue 2

CADA News

learning • leading • living

Season of giving

In this season of giving, consider engaging your students and student leaders in community service projects.

Community service is donated service or activity that is performed by someone or a group of people for the benefit of the public or its institutions.

Community-Based Activities

Adopt-a-highway clean-up day
Any activity that ultimately benefits outside groups such as Special Olympics, Habitat for Humanity, Local Food Bank, Ronald McDonald House, Seeing Eye Dogs, Pet Shelter, Homeless Shelter, Aids Center, Mission, Fire Department, Diabetes, Relay for Life, etc...

- Anything for the Red Cross
- Become Red Cross safety certified
- Bell ringer for Salvation Army
- Christmas caroling at a retirement home
- Coach Little League
- Collect and donate hygiene products
- Collect books
- Collect eyeglasses for Lions Club
- Count coins for hurricane relief
- Donate blood
- Participate in a March of Dimes activity
- Participate in a Relay for Life activity
- Plant trees—Arbor Day
- Public library volunteer
- Serve as a Big Brother/Big Sister
- Serve as a volunteer at the local hospital

- Serve as an EMT/volunteer fireman
- Telephone operator for MDA telethon
- Walk to Cure Diabetes
- Work as a blood drive
- volunteer with the Red Cross
- Bloodmobile

School Activities

- Assist with school orientation
- Assist with the school play/musical
- Collect recyclable materials
- Collect school supplies for local elementary schools
- Gather and sort items for a food drive
- Gift wrap for needy families
- Guide new student tours
- Lab assistant
- Open house
- volunteer
- Pit orchestra
- Read to elementary students on Dr. Seuss days
- Serve as volunteer assisting teachers with clerical-related activities (unpaid)
- Serving as a math, science, English, etc., tutor

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california
association of
directors
of activities

www.cada1.org

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The map to success

Ever wonder what the key steps are to improving the climate and culture at your school? Well, CADA has created a roadmap to help you on your journey.

Each of the stops on the road map is designed to help you to create a positive school climate and culture on your campus.

What's even better is that you can now use the resources page on the CADA website to find activities, lessons and ideas that correspond to each stop on

the road map.

So, get started on your journey to make your campus the best it can be for all students!

Monica Anderson
CADA President



First Stop

Train your student leaders (but first, train the leader of these leaders).

Your student leaders can be found across your campus doing a variety of things and wearing many different hats. Find these leaders and train them.

Second Stop

Provide your leaders a voice in their school.

This will create a connection, sense of ownership, commitment and investment. Your students will feel a part of your team; it will foster a feeling of US with no THEM.

Third Stop

Unite your campus by providing

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common experiences.

This will give your students a universal language whether it is a homecoming rally, motivational speaker or a program like Teen Truth – an all-school activity will help build community and improve your school's climate.

Fourth Stop Create pride and spirit.

You can accomplish this on your campus by providing activities for your students that are rich in tradition (even if they require a new, improved twist).

Fifth Stop Promote achievement.

Achievement of all kinds! Do this through your focus on the behaviors you want to have more of. Tangible rewards need to be part of your focus.

Sixth Stop Offer positive social opportunities.

These include dances, rallies and noontime activities. The idea of programs like Friday Night Live is to offer a replacement to partying, and in addition to safe, healthy alternatives, positive social activities will help you provide an opportunity for your students to grow and develop socially and emotionally. Education beyond the classroom creates well-rounded students who are connected to their school.

Seventh Stop Encourage a culture of service.

There is nothing better for self-esteem than doing something for someone else. And it could be argued that a student body with high self-esteem will be a student body with good attendance, behavior and grades. Besides that, we want our students to leave high school and continue to give to others – our communities are counting on us.

Eighth Stop Concentrate on character education.

School qualities that build character include such things as: connectedness, opportunities for students to reflect, debate, and collaborate, social skills training, the opportunity to engage in moral behavior (community service). All of these components are naturally embedded in a strong activities program. However character education itself is an important piece of the puzzle and it warrants mentioning as a component part of addressing climate and culture.

Ninth Stop Communicate clearly.

It is imperative that the administration provide a venue for activities directors to report to the staff – time at the staff meeting, bulletin space, all-school email capability... these can all work. Student leaders need to understand the importance of communication – both in the form of advertising as well as the unspoken messages they are giving their peers.

Tenth Stop Honor diversity on your campus.

It is our differences that make us more interesting and more powerful. Help your students to appreciate one another's cultures, abilities (and disabilities) hobbies and interests. Diversity goes well beyond cultural diversity.

Eleventh Stop Create connections.

Students who are connected to their school have higher grades and test scores, better attendance and fewer discipline problems. Connectedness is a protective factor for limiting high risk behaviors. Find a way to connect every student in your school and watch what happens to your climate and culture (and achievement and attendance!).



Oops!

CADA mistakenly left out Community Discount Cards from the CADA Directory. We would like to acknowledge them as a long standing CADA Affiliate member:

Community Discount Card

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714.761.4150

www.cdccard.com

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- AllStar Events and Venues
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- Bossgraphics Wall Murals
- Character Counts!
- Dave & Buster's
- Feet First Entertainment, LLC
- First Class Events
- Great American Opportunities, Inc.
- Larry Livermore/The Marker Man
- Level UP Entertainment
- Medieval Times
- My School Things
- Organized Sportswear
- Software 4 Schools
- The Event Group
- T.S. Outfitters, Inc.
- Wow! Special Events, Inc.

Imagine... 2013 Convention

Picasso will be there, Da Vinci is coming, Michelangelo is dialed in... you won't want to miss this artistic happening. It's time to book your room, grab your paintbrush, and turn in your reservation for the 2013 CADA Convention, **Imagine: from Thought to Sketch to Masterpiece**. It is at the beautiful Town & Country Hotel in San Diego from February 28-March 2, 2013.

You will be awestruck by our three insightful keynote speakers. **Jason Hewlett** will entertain and inspire us with his one man show of music and comedy impressions. **David Garibaldi**, yes, the one from this past season's America's Got Talent, will share his story as he creates his artistic masterpieces. **Richard Parkhouse** will share his passion for changing lives and impacting futures.

Michelangelo once said, "I saw an angel in the marble then carved until I set him free."

As educators, we see the leadership potential in our students, then we teach, develop, nurture and encourage them to go out and make our campus a better place.

At **Imagine** there will be more than 90 workshop sessions with training for incorporating more of the student body into your school culture (including EL, special ed and at-risk students) with ideas for your entire educational team. There will be sessions on finance, anti-bullying, reaching out to include the invisible student, technology, classroom management, planning activities and so much more. There will be special workshops and events for new activities directors and seasoned ones.

Henri Matisse believed that creativity takes courage. So take that courageous step and check out what's new at Imagine.

CADA has developed its own version of "Ted Talks," and an exciting session

called Leadership Lessons where you will walk away with six new classroom lessons you can use tomorrow.

You will be totally entertained by a group from MTV's America's Best Dance Crew at the Happiness is Now presentation. You won't be able to take notes fast enough at the 60/60 session where you'll get 60 ideas in 60 minutes.

The Cyber Café will be open with tons of workshops on what's happening on the cutting edge of technology. Be sure to bring your iPad!

You will be surprised that some most interesting, informative and educational moments are not just spent in the sessions themselves but in the informal interactions with other activities directors, administrators, class advisors, spirit leader advisors, finance clerks, yes... people like you.

The unique, personal, and insightful conversations you have with other



IMAGINE
from thought to sketch
to masterpiece

Join us for the 2013 CADA Convention
February 27 - March 2, 2013 | Town & Country Resort | San Diego, CA



people can only happen when you attend **Imagine: From Thought to Sketch to Masterpiece.**

There will be time to socialize in our Area Suites, and paint the town red at the Friday night Herff Jones event. There will be a fabulous group of vendors to meet all your school needs.

Don't forget to dress to impress for our

Oversized timelines

Here is a planning idea that helps hold students responsible, gets tasks completed and keeps everyone in the loop.

Steps to the "perfect" oversized timeline:

1. List all tasks that need to be done for the activity to be successful. The more detailed your list, the better.
2. Rank tasks in order of which needs to be done first. Some tasks can be done at the same time, so put them together.
3. Set dates for when each task should be completed and also list person responsible for accomplishing the task. Make sure the person responsible for the task has agreed to do it and is aware of the date the task needs to be completed.
4. Transfer information on to a large sheet of butcher paper. --It must be highly visible and easy to read.
5. Post timeline in council room for all to see and review on a daily basis. The best part about these timelines is that they are highly visible and everyone can check the progress of the project or activity.
6. Check off those tasks that have been completed.
7. Remember to include "What ifs?" "What ifs?" are questions that should be answered before the activity? "What if it rains?" "What if the DJ is late?" "What if the needed supplies are not here?" If you take a proactive stance you can plan for the unexpected.

Saturday night Art Gala. The Gala will begin with a silent and live art action. You'll be able to bid on a signed Stan Lee (the creator of Spiderman); there are stone signed Picasso and Degas lithographs and one of David Garibaldi's paintings that he will create on our own stage.

Remember that all the proceeds from the art auction will be used for student scholarships. The scholarship application is available at www.cada1.org and is called Imagine 2013. The Gala will also include a sit down dinner, Jostens-sponsored dessert and we will dance the night away with DJ Pegleg.

It's time to get your creative juices flowing, it's time to put on your paint smock, it's time to grab your paintbrush; it's time to **Imagine!** Let's create our masterpieces – it can happen! Register for the CADA Convention today... **Imagine: From Thought to Sketch to Masterpiece.**

Janet Roberts
CADA President-Elect

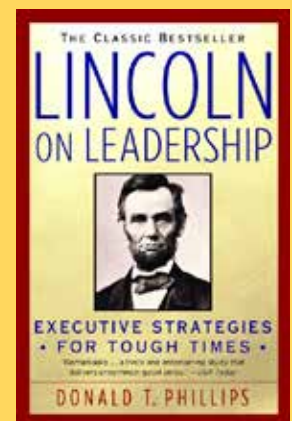
Book Review Lincoln on Leadership

Every ASB student across the state of California – and the nation for that matter – should read Lincoln on Leadership. President Lincoln had an amazing way of working with people and that way changed a country. Read Lincoln on Leadership and you might be able to change your campus. Here's a highlight from chapter one:

"All leaders must seek and require access to reliable and up-to-date information. And Lincoln was constantly seeking key intelligence so he could make quick, timely, and effective decisions. He needed accurate information, and the best way to obtain it was to go out and get it himself... future leaders can learn from Lincoln's example. One of the most effective ways to gain acceptance of a philosophy is to show it in your daily actions. In order to stage your leadership style, you must have an audience. By entering your subordinate's environment – by establishing frequent human contact – you create a sense of commitment, collaboration, and community. You also gain access to vital information necessary to make effective decisions. Many leaders in today's complex work settings would argue that they can't spend the amount of time Lincoln did with his subordinates. But, then again, they're not trying to win a war. Or are they?"

On a scale of 1 to 10, this book is a 10+!

Kevin Fairman
Area F Coordinator



USA Student Travel

USA Student Travel recognized by the Disney Corporation – July 2012

While attending a Disney sponsored symposium, Tim Hill, Executive Director for Disney Youth Programs worldwide, presented WorldPass Travel Group and its four boutique divisions (USA Student Travel, Adventures America, Music America, Get Travel Sports & Events) with ten different awards for outstanding dedication, production, and support of Disney Youth Programs.

"This was the most we've ever awarded any one company at a single event," said Tim Hill.

One of the awards was a special recognition to USA Student Travel and Adventures America in helping Disneyland re-design and implement a

new Grad Nite program for High Schools.

"Our concern was that the cost of a Grad Nite travel package with transportation, meals, and admission was limiting a student's ability to afford to come. So we worked with Disney to offer a better value for Grad Nite which resulted in the Park Hopper Pass, and at a higher discount than ever before.

We were elated when the President of the Disneyland Resort George Kalogridis agreed to implement the new program," noted Bruce Bitnoff, President of USA Student Travel, after his lunch meeting with Mr. Kalogridis.

WorldPass Travel was also awarded Disney's highest award for an outside company. The recognition is entitled the Partners Award – for exemplary

leadership and achievement within the student travel industry, providing quality experiences and demonstrating business integrity, while embracing and promoting the magic of Disney.

"We were humbled by this surprise award and grateful for Disney's recognition and appreciation of our efforts for many years," noted Bruce Bitnoff.

For information on USA Student Travel, a CADA Medallion Platinum Sponsor, you can go to www.usastudenttravel.com.

(Note to CADA leadership advisors: since 2000, USA Student Travel has hosted a Disney Leadership Event at the Disneyland Resort for middle and high school leadership students. This year's event is on Friday February 1, 2013.)

Outstanding program award

All CADA/CASL member schools are eligible to apply for the CADA/CASL Outstanding Leadership Program Award. The deadline to apply is February 1, 2013.

The award will be presented at the CASL State Convention and recognized at the CADA State Convention. Recipients will be listed in the spring edition of the CADA Newsletter and on the CADA and CASL website.

A representative from your school must attend the applicable CASL State Conference in San Jose to be selected for the award. The middle school conference is April 11-13, and high school is April 13-15, 2013.

CASL's mission is to work to provide its student members with the skills necessary to develop, implement, and evaluate leadership programs on their own campuses. It is the intention of CASL to provide assistance to developing leaders with integrity and ethical decision-making skills, so they may be active participants at the local, state and national levels.

CASL and CADA work side by side in their commitment to training and providing opportunities for students to be effective leaders. To be considered for the CADA/CASL Outstanding Leadership Program Award, please submit the following items, in order, in a bound folder or binder:

1. Title page with following school information: school address, phone number, e-mail address, principal's name, leadership director's name and ASB president's name.
2. Your leadership goals for the current year.
3. Using the CADA/CASL road map to improve school climate and culture, describe, in no more than four total pages, how your leadership program supports each category (the road map appears on pages 2-3 of this newsletter)
4. In one page, describe how your leadership program supports the CASL mission statement, including your school's participation and

representation at the local, state, and national level.

5. A letter from your ASB president on school letterhead explaining how your leadership program serves the whole student body and school community.
6. A letter from your principal, on a school letterhead, addressing how the leadership program positively affects the school climate on your campus.
7. Additional items may be included but are not considered as a part of the evaluation.

Send your completed application – postmarked no later than February 1, 2013 – to:

CASL Outstanding Activities Program
16045 Oakley Road
Ramona, CA 92065

Please note, applications will not be returned.

Team Building

Cake Decorating

With any good team building activity, you are working your students so they can work better together. These tasks all have several things in common: time limit, specific objectives with few rules, and groups that may or may not know each other well. With that, I bring you team building with cake decorating.

This idea comes from **Stephanie Hjelmstad** of Manteca High School and **Anthony Chapman** of Sierra High School. The idea is simple: give students a cake, frosting, food coloring, sprinkles, chocolate chips (of any kind or varying kinds), and plastic knives for spreading.

They have 15 minutes to plan and then decorate their cake.

In our experiment, the planning was short, and work went fast; many groups finished early.

This is a good debrief as with the time allowed you can ask them: could they have done better with more planning? Did they use their resources well? How did they decide which design to use?

There are a lot of ways to go on the debrief, it all depends on the final outcome.

For prizes we gave an award to the most creative, most likely to get eaten (prettiest), and most outrageous. The students have fun, much was learned, and we got to have our cake and eat it, too!



Matt Soeth

CADA Technology Coordinator

Engage, Enlighten and Empower Tomorrow's Leaders.

Call or go online to register for our 3-Day Character Development Seminar.



- **Engage.** Learn to make a lasting impact by utilizing teachable moments to foster better decision-making.
- **Enlighten.** Our newly redesigned program features a full integration of character building activities and strategies for extra-curricular programs addressing today's issues.
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To register call 866-801-6188

or visit our website at CharacterCounts.org/seminars

Technology tip...

Be careful what you 'like'...

You have seen the pictures on Facebook many times, "Like this post if you remember this show" or "How about 2,500 likes for these soldiers?" Maybe it's a cute puppy, something antique that you and only a few other thousand people remember. The infamous Facebook like with popular images, who can say no to that? My personal favorite phrase is "If you think moms are great hit like, if you have no heart keep scrolling." With challenges to my manhood like that, how can I not hit the like button? I mean, I may not call my mom every day, but if I hit the like button on Facebook, she'll know, right?

Facebook marketing has changed drastically over the past year. In some cases, it is near hard or impossible to know the difference between a like or a promoted post. As a business or a non-profit, you can pay money to promote a post on Facebook. As such,

Facebook guarantees how many clicks you will get on that post. More money, more clicks. However, if you look at the photo, you will often see who originated the information - usually a company advertising on Facebook. Here's the rub - by clicking like on that photo, and knowing you also agreed to the terms in your 4,000+ word user agreement - that company whose photo you just liked now has access to your personal information. That's right, because you just liked a picture of Mama's Family on Facebook, that radio station can see who you are, find out what you like, and create and submit marketing materials based upon the interests on your page.

Before you go freaking out and taking a look at all of your posts, know that if you post something online chances are just about anyone could get that information if they want to. Right now Facebook is going through some legal battles as consumer rights groups are posing questions as to the legality of using

someone's information for marketing without he/she knowing about it. In the mean time, think about this: if the sole value of your call to action is your ability to hit a "like" button on Facebook, are you really engaging in social media or passively and collectively archiving your feelings for others to share? Sure, you can like a picture of a veteran, but are you doing anything in your community to support or say thank you to veterans? Social media is about action; it's about dialogue and having a bigger conversation. I like a lot of things, but me liking something never makes anything happen.

Matt Soeth

CADA Technology Coordinator

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Staff appreciation

The holidays are getting closer and everyone is getting restless... give your staff a little push to help them make it through to winter break. Type the following up on some nice paper and place it in staff boxes:

Whenever you need a lift, repeat these reminders:

- What I do makes a difference.
- Working with children is one of the most important jobs in the world.
- I take pride in doing my best each day.
- My wisdom, talent, and abilities enrich the lives of students.
- Every task has value and worth.
- My contributions to education shape the future of the world.
- I play a vital role in helping students learn and grow.
- All of my efforts are worthwhile and serve a noble purpose.
- I enjoy what I do and prove my caring and commitment every day.
- My hard work pays off in students' knowledge, character, and success!



Lauretta Eldridge
Area C Coordinator



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Conference
2013**

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State of our nation's youth

The Horatio Alger Association of Distinguished Americans recently released the 2012-2013 State of Our Nation's Youth survey results. This comprehensive, national study examines the perceptions and aspirations of 1,500 of today's young people ages 14 to 23. The report reflects the experiences of today's high school students and high school graduates and offers insights into how their responses characterize the state of our country.

The report explores the views of young Americans on politics, family, the economy, relationships, life goals, spirituality, education, and the transition from high school into college and careers. Among the findings:

- 76 percent of high school students participate in student groups once a month, 24 percent do not
- 97 percent of students aspire to further education after high school, up from 93 percent in 2008
- 96 percent of high school students and graduates agree that their own actions, rather than luck, shape their ability to succeed
- 24 percent of high school students reported online harassment, an increase from 16 percent in 2008
- 27 percent of high school females suffered hurtful online posts vs. 20 percent of males

For more details, visit: http://www.horatioalger.org/news_sony2012.cfm

Season of giving

Continued from page 1

- Technical team member
- Volunteer clerical activities
- Volunteer at a school-based sports tournament
- Work at a school-group concession stand
- Work at an elementary school fair or book fair
- Work at the school store (unpaid)

Miscellaneous Activities

- Assisted Living facilities—eat meal, serve meal, make pies, Valentines, Christmas cards, “senior” Prom, Game time, etc....
- Assisting senior citizens with painting house, cleaning yards, clearing snow
- Babysit for staff during staff parties
- Collect blankets, clothes, shoes, etc. and donate
- Collect cans of food a food bank
- Collect coins at local banks for a charitable organization
- Collect Toys for Tots
- Dog walker
- Letter drive – send holiday cards to military overseas
- Magazines – collect for local hospital, home or shelter
- Paint windows during holidays
- Pennies for Patients—donate to any charity
- Special Olympics
- Stuff envelopes for a school-based or community organization
- Thanksgiving Baskets
- Summer camp counselor
- Volunteer clerical activities
- Volunteer to work in an office

Websites for Volunteer Resources

Volunteer Match
www.volunteermatch.org

Future Leaders Institute
www.thefli.org

Volunteer Guide
www.volunteerguide.org

Cooperation for National and Community Service
www.nationalservice.gov

Youth Community Service
www.youthcommunityservice.org

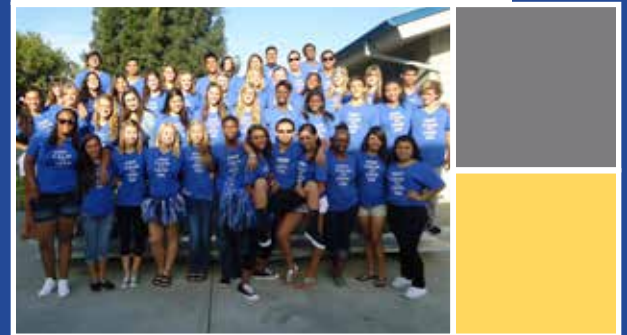
Family Career and Community Leaders of America
www.fcclainc.org/content/fccla/

Peace Corps Challenge
www.peacecorps.gov/kids/

Lauretta Eldridge
Area C Coordinator

Area Conferences

Advisors and students benefit



Bringing the conference home

As students return from leadership conferences it is important to debrief and discuss how to implement the ideas learned.

I had each one of my students take an index card and write their name on one side (of course they decorated that side). On the other side they listed new ideas that they want to share as well as something that inspired them personally. I asked them to make sure they listed at least five things. I put the index card on a ring and will be using them throughout the year. I will use them as a tool in the classroom as a starter to the class period, when we have a break in activities, and as a reminder of why we do what we do.

Debi Weiss
Area E Coordinator

Exceptional Leadership

Eight attributes of great leadership: what it takes to be an exceptional executive or administrator by Michael Josephson

A leader is anyone who uses authority, reason, fear, inspiration, charisma or personal example to influence the behavior or beliefs of others.

Effective leaders influence others to achieve their goals. Put another way, leadership is the ability to get others to want to do what the leader wants done.

Though we might despise their motives and methods, Attila the Hun, Vladimir Lenin, Mao Zedong and Adolf Hitler were exceptionally effective leaders, but so were George Washington, Susan B. Anthony, Mahatma Gandhi, Winston Churchill, Franklin Roosevelt, Martin Luther King, Jr, and Cesar Chavez.

The first group may have been good leaders but they were bad people because they were cruel and ruthless while the second group were, by most accounts both good leaders and good people.

Great leaders, the kind we praise, admire, and want more of are principled.

The eight critical attributes of great leaders:

1. Great leaders are principled; they are not merely effective, they are ethical. They adhere to moral principles in their objectives and methods. They engender trust and credibility because of their integrity and loyalty and because they care about their followers and treat them with respect.
2. Great leaders earn, exude and instill confidence without being arrogant. They also empower their followers with confidence and pride.
3. Great leaders are both idealistic and realistic. They have grand visions and great goals. They seek to close the gap between what is and what can be but they have no illusions that success is either certain or simple. They consider the past and evaluate the present so they can create the future.
4. Great leaders are teachers not tyrants. They help their followers see and understand more. They inspire them to become more and motivate them to do more.
5. Great leaders are lifetime learners. They turn every success, setback and failure into a lesson that will guide them in the future.
6. Great leaders don't repress or replace the values of their followers; they respect them and they enhance and energize those values focusing them toward the leader's vision.
7. Great leaders have an unusual bone structure. They have strong back bones and well-developed wish bones and funny bones.
8. Great leaders use their authority and power sparingly relying more on inspiration and persuasion than coercion or intimidation.



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Small school?

There's an app for that!

The school year begins and all the high schools around us are eagerly planning their fall events – leadership retreats, freshmen orientation, pep rallies, and of course, Homecoming.

But what if your school is one of the small independent schools (with no sports league to speak of) or worse, a charter school with no connection to a district at all?

How do you help students experience those high school traditions when there is an obvious lack of students to share it with?

As the advisors of a small charter school in Area G, we recognize that our students are eager to share in the experiences of the larger schools that surround us. They participate in the Area G student conference and come back with ideas for improving school climate and culture, for bringing the student body together, and for making their school an enjoyable place to be.

So while we don't have an app for your iPhone or iPad (sorry if you felt misled) we do have several "apps" that can be used by you and your students to enhance their high school experience through your ASB leaders.

After eight years of working at The Preuss School UCSD, we have come up with a list of activities and guidelines that, in our opinion, can help any advisor of a small school develop a quality student leadership program and will actually make your job easier. Here are some of our suggestions:

1. **Leadership Retreat** – recognizing that getting your students to become comfortable with each other before the school year begins, we established the ASB Retreat as THE EVENT of the year. Students elected and selected for the ASB class put this on their calendar in spring for the retreat in late summer.

Retreats don't have to be expensive and they don't have to be at a fancy location. We've done retreats as picnics at the beach, met for the day in a local park, had a camp

out on the school grounds (complete with tents – very fun!). The point is, get your students together in a place and time where they only have to think about each other. Blend games with planning.

Establish a culture of caring among your students first – then they will be more than ready to model that when the school year starts.

2. **Communication** – we got rid of the Historian Director position several years ago and created a Media Director.

Small schools are great for using social media. Our campus (and all the staff) use Edmodo and had a registration drive at the beginning of the year to get our students on the ASB Edmodo page. Now it's easy to get the message out for events, reminders for ticket sales, solicit ideas for dance themes, all in a safe environment.

Consider purchasing a high-quality video camera for your ASB class – use it to take video of your students at random times such as between classes, at lunch, or at dances or sporting events. Post them (on your Edmodo page) and ask students to find the student/s and say hi. It's a great way to get your kids to interact with each other.

3. **Use your middle school students** – whether you have them on your campus or you connect with your feeder schools, your middle school students are your future high school students – feed and nourish them and you'll get an amazing crop of high school leaders!

At The Preuss School we have middle and high school students on the same campus so it's easy for us to pair them up with mentors. If you don't have them on your campus, consider inviting some middle schoolers over for lunch one day and show them what high school is all about.

If you're a middle school consider reaching out to your feeder elementary schools and doing the

same – invite them to lunch on your campus or to a special event.

Our high school ASB students help the middle school leadership class plan their first dance in December. Then they provide support as the middle school students plan their own for the spring.

By June, the middle school students do it completely on their own. You can do the same with elementary students – have your middle school students demonstrate the planning of an event then help the younger ones plan one for their campus.

4. **Shadow another high school** – just because you're small doesn't mean you can't do some of the things the big schools do.

Homecoming? No problem! We don't have a football team but we do homecoming with our basketball team in the winter.

Attend a high school pep rally in your area.

Network with other schools and find out who their vendors are and use CADA vendors whenever possible. Many of the CADA vendors are more than happy to work with small schools in appreciation for CADA support.

Working at a small school has its advantages. You really get to know your kids – we never have any ID questions at dances. There is a strong sense of family among our students and our ASB uses that to their benefit. The best activities are the ones that include ALL the students – don't be afraid to make your leaders learn the names of all the students. Make it a competition between grade levels. The more students know about each other, the more they will participate in your programs.

Anne Artz

Area G Coordinator

TJ Carr

The Preuss School

Summer camp

Our four camps for 2012 were, again, quite successful as we welcomed a large number of students and advisors to the beautiful UC Santa Barbara campus.

The line-up of terrific speakers inspired, motivated and instructed the entire camp group.

A tip of the hat to Mike Smith, Stu Shaffer, Harriet Turk and Matt McFadyen for giving us a much needed boost for the year.

Our dedicated camp staff (including the CASL Interns) worked long hours to ensure the camp experience was challenging and rewarding for all involved.

This year the caliber of student leaders and advisors assured us that the future is in good hands.

The CADA Leadership Camps Steering Committee and staff would like to thank all of the participants in the 2012 camp program. We do hope that you enjoyed your time in Santa Barbara and will put

CADA Camp on your schedule for 2013.

Please enjoy a successful year at your school and practice those skills you learned at camp to improve the climate of your school and to help lead your student body to attain their goals. Be sure to check out the camp videos and slide shows at www.youtube.com/cadacamps.

Be sure to mark these dates on your calendar for our CADA Leadership Camps for 2013, **To CADA and Beyond; an intergalactic adventure in leadership:**

MS Camp – July 8-10
HS Camp I – July 13-16
HS Camp II – July 18-21
HS Camp III – July 23-26

Best wishes for a wonderful school year.



Jack Ziegler

CADA Camp Coordinator

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CADA/CASL LEADERSHIP CAMPS



CAMP DATES FOR 2013

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HIGH SCHOOL
JULY 13-16

U.C. SANTA BARBARA II
HIGH SCHOOL
JULY 18-21

U.C. SANTA BARBARA III
HIGH SCHOOL
JULY 23-26

We will again be offering the Early Arrival option the night before each camp. This year we will have a limited number of beds for this option.

CHECK US OUT
www.youtube.com/cadacamps



FOR MORE INFORMATION CONTACT JACK ZIEGLER...

PHONE: (530) 383-3500
E-MAIL: jjiggie@aol.com

www.cadaleadershipcamps.org



Get Social

On your social media pages, what are you posting: text, pictures, video, quotes or surveys? Engaging students can be a challenge, if you are on Facebook engaging parents is the bigger key. Most high school students are departing Facebook in favor of services like Tumblr, Twitter and Instagram. So, here is a quick guide on what to post where.

100, 120 and 180: you can increase engagement on Facebook by posting photo albums, photos and videos from 100% to 120% to 180% respectively. Snap a picture of the scoreboard at the game instead of just posting the score. Shoot a video of kids doing face paint at lunch instead of sending an invite.

Twitter is good, cell phones are better. I love Twitter, since I started using Twitter I have a large following of my students looking for information, but I don't have everyone. Plus, there is a stigma attached to social media/Twitter. If people don't know how to use fast follow, they will tend to not use Twitter as it means signing up for another social media account, and that takes effort. I've used fast follow for a few years, until this year, when I started using Remind 101.

Remind 101 is by far the best way to reach students and parents. It's a text, I schedule it, and it shows up on their phones. Whether in my class or in my school, I can reach over half the student population with one text (check out my blog for more on that, soberandsaucy.wordpress.com)

80% of kids have cell phones on campus and over half of those phones are smart phones.

Choose your medium to publish, I use them all as people work and communicate in all of those mediums. Differentiate what you share on each social network site, it should be a little different. Last, know that communicating with parents and communicating with students is very different, even online.

Matt Soeth

CADA Technology Coordinator

Managing stress

by Stanley Popovich

How To Deal With Your Stresses In Student Government

Stress and anxiety are very common in student government. As a result, here is a list of techniques that a person in student government can use to help manage their daily stresses and anxieties.

Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.

When facing a current or upcoming task at your job that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

Talk with the people you work with on a regular basis. Find out what is on their minds. Ask for any suggestions on how to improve productivity. Communicating with your workers and customers will help prevent future problems and conflicts.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, you are at your place of work and you miss a deadline. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

In dealing with your anxieties at your job, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. Get all of the facts of the situation and use them to your advantage. The more control you have over your stresses and anxieties, the better off you will be in the long run.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your stresses and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problems. By talking to somebody, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future.

Managing The Stresses Of Making Decisions In Student Government

It can be stressful when you have to make important business decisions in student government. We all want to make the right decisions and this can create a lot of anxiety. As a result, here are some suggestions on how to manage the stresses of making the right decisions.

First, get all of the facts and necessary information to make the right decision. Find out the necessary facts of the situation and study all relevant information. This is important because you do not want to miss critical information that could make a difference in your decision.

Continued on page 18



Bringing leadership
out of the ASB Room

In partnership with the National Association of Student Councils (NASC), and the National Association of Secondary School Principals (NASSP), CADA/CASL is offering ASBs, administrative teams, and community leaders in California the opportunity to join forces with student leaders across campus that work outside of the leadership classroom to recognize and solve the issues most important to their schools and communities creating a positive school climate and culture for all.

What is RSVP?

The goal of RSVP is to provide leadership opportunities to the entire student body, so they can take the initiative to make changes at their school. The novel thing about the RSVP program is that it extends outside of ASB groups and to the entire student population. No student is left without a voice in the RSVP program.

How does it work?

When a school decides to start using the RSVP process on their campus, the first step is for the ASB and administration to select a team of diverse students who have a positive impact on the school's climate (athletes, actors, club members, and other influential students). This leadership team will train student facilitators who go to "homeroom" classes—or any class which every student will take, like an English class—and lead discussion "summits" which make up the four steps of the RSVP process. The process works by running through a timeline in a recurring way. Once one student desire has been met, the summit process begins again. RSVP is a continual work that allows the ever-changing needs of the student to always be met.

Who is involved?

For the RSVP Process to be the best it can be, you'll need the participation of everyone who has a stake in fostering an intellectually curious, welcoming, and participatory campus culture. While this means different things for different schools, it generally includes people and groups like:

- Principals and Assistant Principals
- Advisors, Coaches, and Teachers
- School Psychologists and Guidance Counselors
- Members of Local Government
- School Safety Officers
- ASBs
- Athletes, Actors, Club Members
- Other Influential Students

**"Before RSVP, I did not realize that I was allowed to make a difference."
 —Student participant**

Need more info?

Contact Sandra Kurland
 Leadership Development Coordinator
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sandra.kurland@caslboard.com

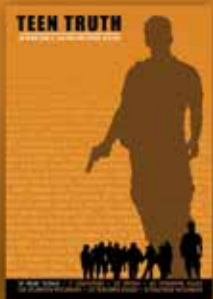


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 APRIL 13-15, 2013

**KNOW THE STORY,
 KNOW THE PERSON**

CASL Conference

What if every student on campus felt connected and recognized; invisible students did not exist and bullies were eliminated? One of our greatest hopes as leaders centers on reaching out, connecting students, and creating an environment where everyone belongs. This is the goal of this year's CASL Conference.

The theme of this year's CASL State Conference is **Once Upon a CASL: Know the Story, Know the Person**. Too often as students we judge a book by its cover, make premature judgments, and decide whether or not we will accept someone before even learning their name. This creates divisions on campus and a school climate heavy with cliques and animosity. If we took a moment to learn the story behind the person things would be so much different; we are not all that different after all.

The goal of this year's conference is to empower students to look past stereotypes and differences and focus on what makes us the same. By knowing other's stories before making judgments we have the ability to make once invisible kids belong, eliminate bullies, and break through social barriers on campus. Delegates will leave with a new perspective and the desire to reach out and connect their campus back home. Our message is simple; know their story, know

the person. After all, it is impossible to hate someone whose story you know.

I encourage you to join us for this year's CASL State Conference because it will ignite a passion in students to break out of their comfort zone, connect with students from different demographics, and create a positive campus culture where everyone belongs!

Nicole Nordstrom
 CASL President

Service Learning Component

CASL is so excited to announce partnership with the Canadian-based organization, Me to We, for the service learning project to take place at the CASL State Conference in April.

Me to We is a special organization housed by the Canadian-based Free the Children, and focuses on allowing students to take global issues and act on a local level.

Their programs educate, engage, and empower hundreds of thousands of youth in North America, the United Kingdom, and around the entire world.

Their international projects have brought more than 650 schools and school rooms to youth and have also provided clean water, health care, and sanitation to one million people around the world.

Literacy is a big focus of the organization, so for our project we will be creating handmade storybooks for children who spend most of their lives in hospitals.

Often these are the children most in need of telling their story, so this provides student leaders an opportunity to reach out.

Since the conference theme is "Know the Story, Know the Person," we will also have the opportunity to learn more about Craig Kielburger, co-founder of Me to We, and Molly Burke, our general session speakers.

We are so excited to provide this incredible opportunity for CASL delegates to learn more about the world around us as we think globally and act locally.

Top Ten Things CASL Offers

1. **General Sessions** – Motivational speakers that inspire students to be a leader on your campus and make a real impact.
2. **Intrastate Meetings** – students interact

with fellow student leaders across the entire state. They share ideas and break down barriers. As a whole, the group is challenged to find solutions to problems schools face statewide, such as planning specific events that target integrating all students on campuses in school related activities.

- 3. Workshops** – we offer 25 workshops with a wide range of choices from Technology, Creating Connections to End Bullying, Taking Leadership to New Heights, Winning with the Right Reaction to Spotlighting your Campus Community.
- 4. Region Meetings** – Students come together from the same regions to discuss local leadership issues at their school and create action plans to go back to their campus and implement the ideas.
- 5. Service Project Learning** – This year we are happy to announce we have created a service project with ME TO WE. We will take a journey and understand what it is like to know someone's story and create an action plan to make our communities a better place for all.

- 6. Meet the Pros** – We will be offering over 50 great presentations on specific ideas which the student leaders can immediately take back to their schools to implement, such as Community Service, Organization, Teambuilding, Random Acts of Kindness, Spirit Ideas and much more! YOU can even apply to present!
- 7. Elections** – YOU elect the State Board Leaders for the following year. This process is also a learning experience as to see different ways to conduct elections and election rallies at your school by actually doing it for our State Board. You are the voice for your school as you review the candidates, hear their platforms, and make the decision as to whom you would like to represent YOU, the student leader, the next year.
- 8. School Meetings** – Times is given with your school delegates for immediate reflection and review each night to see what has been learned, and what you can take back to your school.
- 9. Rotations** – this is a forum in which we present different programs you can take back to your school.

10. Night time activities include...time to relax and network with all the student leaders from across the state, including a Dinner/Dance with SOS Entertainment as well as an offsite event – Santa Cruz Beach Boardwalk!

Need Funding Ideas?

There are numerous community clubs that want to help students become impactful leaders. Have your students write letters explaining this opportunity and asking for financial contributions

- Chamber of Commerce
- City Youth Councils
- Community Foundations
- Kiwanis Club
- Lion's/Lioness' Club
- Optimist/ Soroptimist Club
- PTSAS
- Rotary
- Young Republican/ Democrats Clubs

Sandi Kurland

**CADA Leadership Development
Coordinator**

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Think about what you want and consider the possible outcomes of your decision. Each decision will lead to new opportunities. Consider the possible opportunities and go from there. Spend some time just thinking about what is it that you want.

Get advice from your employees. It is important to consider other viewpoints other than your own. Ask your workers on what they think that you should do. These people know you and they can give you additional insights that you may be overlooking.

Take a deep breath to help relax in making your decisions. If you still feel stressed, then get some fresh air or do something fun to help relax. You will feel better and gain a fresh perspective on your current situation. This will make it easier to make the right decision.

Remember that you make decisions all the time. You can always re-evaluate your situation and do something different. Do not put a lot of pressure on just one decision. You will have other opportunities to correct the situation.

Remember that making a business decision is not a life or death situation. If you make the wrong decision then the next step is to learn from your mistakes and go from there. Learn what you did right and learn what you did wrong. The key is not get so worked up that you do not know what to do. Be patient and eventually you will be able to make the right

business decision. Do not let your fears get the best of you.

The decision making process does not have to be stressful. Consider all of the facts and your interest when making a business decision. This should help reduce your anxieties in making those important choices.



About the author

Stan Popovich is the author of *A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: www.managingfear.com.*



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Leader training

CADA and CASL present Leadership Development Days held at volunteer school sites throughout the year in all regions of the state. The training takes place at a host site facility (MS or HS) and is delivered in a unique style while working in small groups of student leaders, utilizing experiential activities and the related applications to teach specific skills and enrich group dynamics.

The curriculum centers on skills related to teambuilding, communicating, prioritizing, risk taking, learning through experience and evaluation, challenges to include more students in the leadership base, discovering individual's strengths, and determining how to change the culture and climate of your campus in a positive way.

If you are interested in hosting or attending a Leadership Development Day in the 2012-13 school year, contact our Leadership Development Coordinator, Sandi Kurland at leadership@cada1.org or visit www.casl1.org. Current LDDs scheduled for this year are listed below. To register, visit www.casl1.org.

"The Leadership Development Day really inspired me because it proved you can get a lot of people involved at your school with the right environment and role models and you CAN get other students to connect with others without being scared," shared Nikki from Bear Valley MS.

2012-13 Leadership Development Days

DATE	AREA	HOST SCHOOL
December 5	E	Quartz Hill HS (MS delegates only)
December 6	F	Las Flores MS
January 15	E	CHUHSD (in district only)
January 22	C	Buhach Colony HS
January 24	D	North Salinas HS
January 31	F	CASL Regional MS Conference
February 6	A	Holmes Junior High
February 7	A	Ygnacio Valley HS
February 8	G	Bernardo Heights MS (MS delegates only)
February 12	E	Chino Hills HS (MS delegates only)
February 15	B	Ida Price (MS delegates only)

CADA Memorial Scholarships Available

Students from CADA member schools are eligible to apply for a scholarship to attend CADA/CASL programming. Scholarships are awarded annually and are for the CASL Conference in the spring of 2013, or CADA Leadership Camp in the summer of 2013. Applications for the CADA Memorial Scholarships can be downloaded from www.cada1.org. Follow the instructions on the application and send in to:

CADA Central
Attn: Scholarship Committee
3540 Soquel Avenue, Suite A
Santa Cruz, CA 95062

Deadlines

**CASL Scholarship
Application Deadline**
December 14, 2012

**CADA Leadership Camp Scholarship
Application Deadline**
February 15, 2013

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Calendar of Events 2012-2013

Registration materials are available online for all Area Conferences and the State Convention at:

www.cada1.org

For the CASL Conference:

www.casl1.org

For Leadership Camps:
cadaleadershipcamps.org

