



California Association
of Directors of Activities
Series 2022-2023
Vol. 122 ISSUE 3

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We Are Back!



Promoting
& supporting
leadership
development
through
student
activities



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President's Message

By Geniel Moon
CADA President
gmoon@cadaboard.org



Happy New Year and new beginnings for us all

What a ride we've all been on over the past three years - we attended CADA in Reno in 2020, then the world shut down, and then we all got the opportunity to learn new teaching skills. The following year we flipped the way we operated and CADA 2021 was held virtually. CADA members were so lucky to have Ron Ippolito spinning the music for that convention, as he led the way and kept smiling for us all. Thank you, Ron, for your expertise and vision to keep us going during these difficult times. We came back strong in 2022 and held our CADA Tours in Reno, which was such a blessing for all of us to be back together.

I have been so blessed with the opportunity to serve as your CADA State President for the 2022-2023 year. As I look back at my article and speech I gave to our organization, I realized that some of the projects I wanted to work on were interrupted by the pandemic. Serving locally was a goal of mine, and even though we went virtual for some of our events, we continued to persevere and do what was best for our students. This past fall we brought back all our Area conferences and it was amazing to see how excited the students and adults were to be together. I still believe that each one of you works at the best school, and you get to instruct these students to be strong leaders and teachers for their peers.

We unfortunately lost a few of our beloved partnerships, and trust that we are working diligently to bring back our quality

vendors to assist you with your needs at school. Please spend time with them when you go to San Diego and thank them for their loyalty to our organization, as we are stronger because of them. We have strengthened our partnership with CIF and we are now working together to bring Activity Directors to the table in making athletic contests a positive place for students and fans together. If you need help with sportsmanship at your contests, please go to the the State CIF webpage, www.cifstate.org, and click on sportsmanship- #BETHECHANGE for information and PSA downloads.

My final push was to encourage our membership to exercise the privilege of voting and in 2020 we had the largest turnout in voting for the CADA VP. Keep up the good work on this and vote this year at convention. We have two candidates willing to serve you. I encourage you to model what we teach our students and VOTE!!

In my final year of service on the board, I will continue listening to all members and support the organization. CADA has built such a strong community with so many programs such as: Area Conferences, Summer Camp, CASL conference, Leadership Development Days, Convention, Master Activity Advisor (MAA) certification, and the Outstanding Leadership Program Award. We are definitely stronger together and I look forward to seeing you in San Diego while we reconnect our passion for student Leadership and Activities.



By Ron Ippolito
CADA Immediate Past President
rippolito@cadaboard.org



YOUR VOICE, *your vote*

I hope you have all enjoyed a healthy and happy holiday season surrounded by the love of family and friends. As we enter 2023, it is now time to look to the future of our organization. As the Immediate Past President and Elections Officer on the CADA Board of Directors, it is both my honor to present to you two passionate and dedicated candidates for CADA Vice President—**Lisa Walters** and **Lindsey Charron**—who have declared their candidacy in accordance with our bylaws and board policies. Here is a timeline of what to expect in the coming weeks:

UPON OUR RETURN FROM WINTER BREAK - Following the January CADA Board meeting, candidates are now permitted to begin campaigning. This may involve the launch of a campaign website or a social media campaign. Candidates may also begin

reaching out to friends and colleagues to share their vision and goals.

IN THE TWO WEEKS LEADING UP TO CONVENTION - Expect two separate emails to arrive in your inbox (sent officially from CADA). Each candidate gets to prepare one campaign email message to share with members.

AT CONVENTION - Before you know it, we'll be together in San Diego enjoying CADA 2023: Ven a Mi Casa! Many members will get to meet the candidates in-person during registration. Candidates are given equal access to display and distribute campaign materials in common areas of the Convention space. At the Thursday morning General Session, each candidate gets five minutes on stage to speak directly to CADA members to earn their vote. The last bit of campaigning

happens at the Thursday afternoon Area Meetings where candidates hustle to each Area Meeting to make their final pitch to members before voting opens.

VOTING BEGINS - Once the voting window opens, an email will be sent with instructions for online voting, including your personalized login information code. If you have any questions, you are welcome to contact CADA Central, ask a board member for assistance, or stop by the Help Desk for more information. Voting closes Friday afternoon.

CAN'T JOIN US IN PERSON? - Even if you can't make it to Convention this year, as long as your membership is current, you can vote from home. All CADA regular and life members are eligible. Candidates' speeches will be posted online for you to consider.

AND THE WINNER IS . . . Once the voting window closes Friday afternoon, vote counts are verified by multiple witnesses, including representatives from each candidate's campaign. Our newly elected CADA Vice President will then be announced at the Dinner Dance on Friday evening.

Finally, you may be thinking, "I don't know these people well. Should I really vote in the election?" The answer is YES! As a CADA member, you belong to the nation's premier professional student leadership organization for school culture leaders. Our organization and the work we do impacts hundreds of schools and tens of thousands of students each year. The work we do is influenced by the leaders we choose. The only way your voice can be heard is for you to find the candidate you believe will represent your interests and values. I urge you to get to know your candidates and listen to their goals for the future of CADA.



Meet Your CADA Vice President Candidates



By Lisa Walters
Area D Coordinator
lwalters@cadaboard.org

Hello, my CADA friends!

I am Lisa Walters, and I would be honored to be your next Vice President. For the past five years, I have served as the Area D coordinator, and for more years than I can remember, I have been on the CADA camp staff. For 11 years, I have been the activity director at Pioneer Valley High School, and before that I was at Santa Maria High School for a few years. Now that is out of the way... WHY do I want to be your Vice President?

I believe in the power of an activity director to change their world. You are the creator of spirit and culture on your campus. You are on the campus so much that you know all of the night maintenance crew by first name... and their cell phone numbers, so there isn't another of those "setting off the alarm by accident" situations. You buy so much blue tape that you have the wholesaler as a task bar link. And... you support the young leaders who are changing their world. You give them a safe place to become the leader within them. You prepare them for their leadership journey. You, my friend...you change your world.

I believe in CADA, and I believe that with your help, we can make it better. We can learn together how to navigate a whole new world. We can create new ideas to support a post-COVID generation of young leaders. We can support one another as we face the challenges of where we are in our own leadership journey. I want to be your Vice President because I do believe that a small group of committed citizens can change the world. We, as activity directors, change our world every day, by supporting and believing in our students. I would like to help CADA support and believe in you.

Please vote for me for CADA Vice President. Thank you!



Lindsey Charron
Horace Ensign Intermediate School
lcharron@nmusd.us

"What we know matters, but who we are matters more."

If you are a Brené Brown fan, you know this quote. I am a huge fan thanks to a friend who gifted me one of her books at a time when I was feeling low. Three things you should know about me: I am a lifelong learner; I am passionate about elevating student voice; and I know that CADA helps elevate activity directors.

Hello, my name is Lindsey Charron, and I would be honored to serve as your CADA Vice President. If there is any group, I feel comfortable being vulnerable with, it is the members of this organization. That is because the heart of CADA is relationships. My first year as an activity director I learned about Leadership Development Days and arranged for a field trip. Wanting to help, I asked those who had organized the event if there was anything I could do. One of the advisors there said, "You should go to CADA." It is interesting how the smallest moments can often have the biggest impact on one's life, and little did I know how that sentence would shape the following years.

I have been an educator for 18 years, and I have worked as an activity director for fifteen of those years. I have trained with Ford's Theatre in Washington, D.C. as one of their Master Oratory Fellows. I have presented at numerous Area F advisor and student conferences and the CADA Convention itself. In addition, I have worked as a camp counselor at the CADA/CASL camp. I am proud to have served on the Area F Council for over seven years and our own CADA State Board as

Public Information Coordinator. Chances are that if you have attended a CADA Convention in the past ten years, you have seen me running around taking pictures, helping Area F, or out on the dance floor.

Those combined experiences have pushed me to think about how I can help serve this organization more. We all know that what we do as activity directors is more than just glitter, posters, and balloon arches. If selected to serve as your CADA VP, I would like to see through the following goals:

1. Prior to COVID, we began working on a recognition program for our student leaders. I would love to see this development through to fruition. A badging system would recognize their efforts to master the California Student Leadership Standards written by our organization.
2. There is no reason why student leaders at the high school level should not be awarded the State Seal of Civic Engagement from our state. I would like to develop a framework that could tie into what districts are already doing to help our student leaders earn this recognition, or provide a framework that districts could start implementing. This could allow students at the middle school level to earn a seal on their promotion certificates as well.
3. My third goal is simply to provide support. I know how overwhelming at times the work of activity directors can be, and mental health is important. I want to follow in the footsteps of past presidents and continue to elevate CADA, making sure that those involved in student leadership know it is a resource they can turn to.

John Adams, my favorite president, once stated, "Let us dare to read, think, speak, and write." I would be honored to continue to "dare greatly" with CADA as your Vice President in order to elevate student voice, inclusivity, and climate on your campus.

CADA

VEN A MI CASA

2023

2023 STATE CONVENTION

MARCH 1-4, 2023 | SAN DIEGO, CA

REGISTER TODAY

www.cada1.org/convention

Town & Country

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 monthly/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.
- Provide event coverage in the form of photos & interviews at Area student & advisor conferences

Area Coordinator Messages



We Can't Wait To See You At The 2023 CADA Convention!

Area A Coordinator

Melissa Edsall

medsall@cadaboard.org

Area A hosted two successful student conferences in Woodland Oct 3rd and 4th hosting over 1500 students and a successful in-person Advisor conference on November 5th for over 60 advisors. We enjoyed being together, learning from one another, and sharing our experiences. We are excited about the upcoming CADA Convention in San Diego, CA! We will represent our area with the theme "I found Mi Familia in Area A!" and celebrating all that we offer in Area A! We are looking forward to reuniting and filling our buckets with friendship, new knowledge, and inspiration.

Area B Coordinator

Monique Walton

mwalton@cadaboard.org

CADA Area B Student Conference was 🔥🔥🔥! We hosted over 1,000 middle and high school students from all over the Bay Area and from as far out as Patterson. It was the first in-person conference in 3 years. This year our Area theme is "Oye Como Va" Area B Leads! Our goal was to focus on the "How" we become courageous and engaging leaders within our communities.

What a Beautiful Day! Our extended CADA Family from Area C (Isaac Lopez, Erin Tobias, and Nestor Cerda) and Area F (Dr. Farah Ortega-Choate), our longtime supporters Keith Hawkins, Scott Bachovich, SOS Entertainment, and CASL Student Leaders traveled to coach up our students. We also had rock star Student Leaders (Gunn HS, Leland HS, Mills HS, Milpitas HS)

and Advisors (Mills HS, Monte Vista HS, Westmont HS) from our Area who shared their knowledge and experiences. A HUGE Shoutout to James Logan HS Leadership squad and Activities Director Quentin Fields for hosting a GREAT conference and for being model leaders throughout the process.

Area C Coordinator

Erin Tobias

etobias@cadaboard.org

Hello and Happy New Year!

Area C had a busy fall with almost 2200 students and advisors at our student conference at Hanford West HS and 80+ at our advisor conference in Clovis. If you attended either one, you know we had action packed days and they were full of energy! Thank you for being a part of it!

We are so excited to begin the countdown now to our State Convention and have been in full planning mode. Area C would like to invite you to our house as we come together once again and are excited to see Bonnie's theme of "Ven a mi casa" come to life. Here in Area C, we are all about the dress up days, so see below and start planning!

As always, we can't wait to "C" you!

Day	Tagline	Dress Up
Wednesday	Members of my House MI Casa Es C Casa <small>Members of my House</small>	Wear: Area C Shirt OR School Shirt
Thursday	It's all about you! ¡Cervezas we see... Area C! <small>Members of my House</small>	Wear: Letaria dress up
Friday	Así Soy Yo <small>This is me culture</small>	Wear: Anything that represents your culture
Friday-Night	Baile Conmigo <small>Dance With Me</small>	Quinceañera Attire

Area D Coordinator

Lisa Walters

lwalters@cadaboard.org

Hello, CADA friends! Happy 2023!!!

Area D was busy this fall, hosting our Northern Student Conference in Salinas and our Southern Student Conference in Ventura.

At the Northern Student Conference, students heard motivational presentations from Kate Garnes and Sarah Cronk from Herff Jones, after which they attended workshops on various topics. The highlight of the day was "Alternatives to 'Just A Dance'" - an interactive outdoor setup of inflatables, a 360 photo booth, a caricature artist, and outdoor games such as giant Jenga and cornhole. Advisors and students saw many activities to add to traditional dances for students who don't like to dance. Thank you to Margaret Noroian, former CADA President, for all of her help and support to make this event a great experience for everyone!

In the South, students learned more about the power of shared experiences from Scott Backovich. DJ Boogie Man shared ways to transform dances through interactive technology, and offered guidance for more inclusivity in campus events. Several workshops were offered at both the middle and high school levels, on topics such as parliamentary procedure, communication with staff and students, community service, and the CADA roadmap. Students shared ideas during a SWAP session, and afterward, danced and played games during an afternoon dance party. Thank you to Geniel Moon, CADA President, and Lauretta Eldridge, former CADA President, for attending and presenting to our Area D students!

Now, we are getting ready for Ven a Mi Casa - to share our Area D house with our friends from across California! From Fiesta

Mexicana in Santa Maria to Fiesta Days in Santa Barbara, and Salinas' El Grito Festival, Area D welcomes all into our house to share the celebration of culture and friendship!

Area E Coordinator

Ruth Simonds

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Area E hit the ground running with this new school year. The Council has been meeting regularly with live monthly meetings. So far this school year we have put on our Advisor's Conference and Student Conference. We are currently planning our S.T.A.R.S. Conference for February 7th.

Area E held our in-person Advisor Conference on August 27th at South Pasadena High School. It was a small gathering where a wealth of knowledge was shared. Thank you to the advisors who joined and the Council members who presented and helped put the event together. It was great to be with other advisors to start the new school year and share so many great ideas.

On October 11th we held our first in-person student conference at the Pasadena Convention Center in three years. This was a great day and it was so good to see the excitement of the kids. Most of the attendees had never been to a CADA event. The energy levels were amazing. The kids learned so much and I am sure brought back many great ideas to their schools.

We are now preparing for our S.T.A.R.S. Conference on February 7th at Kellogg West Conference Center at Cal Poly Pomona. This conference is for leaders who may be leading in the wrong direction and are ready to turn their life around and need a push in the right direction. We are also getting ready for San Diego and Ven a mi Casa. Area E will be trying to capture the uniqueness of Olvera Street in Los Angeles to share with all of CADA.

Have a wonderful start to the 2nd semester and I look forward to connecting with as many of our Area E members as possible in the coming months!

Area F Coordinator

Ken Nedler

knedler@cadaboard.org

¡Somos Familia! ¡Bienvenidos a la hermosa San Diego! From the ocean, to the mountains,

to the desert, Area F is excited to welcome you to beautiful San Diego for the 2023 CADA State Convention. We will be celebrating our past through Dia de los Muertos. We will be celebrating ourselves as we aprovecha el dia, seize the day. We will celebrate our futures through Dia de los Niños. Come dance and have fun with us as we journey through the convention, learning what our CADA hermanos y hermanas have to share with us. Area F is proud to be the largest contingent at the convention and your Area Council wants to meet everyone and include you as part of our familia and perhaps play some loteria with you along the way. This is your chance to recharge that battery as we get inspired by our peers sharing knowledge and networking with amigos y amigas throughout the state and beyond.

In addition to preparing for convention, your Area Council has been working diligently to produce both our Middle School and High School conferences. We took the opportunity to reset these two conferences. Changes were made in the conference format and we brought in more students and more advisors to share ideas. The results were record-setting attendance and schools leaving with knowledge and tools that they could use the next day, the next month and the next year. There were 23 schools and 1,038 attendees at the Middle School conference and 58 schools and 2,570 at the High School conference. Next year, we would love to have you and/or your emerging student leaders come and present.

In closing, let me say, "Ven a mi casa," welcome to our home.

Oh, and remember, it's Area F that puts the F in FUN, Fiesta, Food, Family and our Futures.

Area G Coordinator

Judy Zazvrskey

jzazvrskey@cadaboard.org

This year, Area G made the decision to host two separate Leadership Conferences for Middle and High School. The theme for both conferences is "Let's Rebuild . . . Responsibility, Respect, and Relationships!"

Our High School Conference was held on September 26 at Classical Academy High School, in Escondido, with 600 in attendance, and the Middle School Conference was held on January 20, 2023 at Calavera Hills Middle School, with our featured speaker, Torrance Hampton.

The featured speaker at our High School Conference was Johan Khalilian, who inspired and challenged the students in their personal growth as leaders. The day included a wide variety of workshops and the ever-popular SWAPS. Workshop topics aimed to Reset, Recharge, Reconnect, Rebuild, Reinvest, and Remobilize, Recognize, and Revolutionize student leadership on campus. It was both heart-warming and inspiring to have rooms full of excited and motivated students once again.

We look forward to welcoming our CADA Family to "our house", in San Diego, for The CADA State Convention, at The Town and Country Resort, in March for "Ven a Mi Casa"! The weekend will be filled with inspiring speakers and workshops, and lots of networking. Join us in Area G, as we highlight Dia de los Muertos, a traditional celebration in Latin America, especially in Mexico, but celebrated worldwide, a day to honor life, remembrance, and paying tribute.

Area H Lead

Denise van Doorn

dvandoorn@cadaboard.org

Area H members consist of all those who live outside of California. While we may live in all corners of the globe we always Bring Outsiders In! Our Area H motto will suitably represent the welcoming nature and hospitality and traditions of Latin countries. You will Come as strangers, leave as family 2023! Hand over heart, how may we serve you? Get ready to be invigorated, inspired and welcomed when you attend Ven a Mi Casa, 2023.

We will be sending Area H members a QR code to create a quick Flipgrid to share and create a mashup so we can all get to know each other better. Picture palm trees, bright colors, music, flowers, streamers and sunshine. We are HOSPitable to all! We expect approximately 250 people coming from all over to represent Area H. Our giveaways will be travel related and our registration table will have a fun interactive activity upon arrival. You will receive a detailed email prior to packing your bags, but for now, plan on being welcomed by our Hospitality of Area H. Come as strangers, leave as a family!

Area Conference Dates & LDDs in Area

Feb 1, 2023

LDD - Lawrence Middle School
- MS Delegates
Chatsworth, CA

Feb 3, 2023

LDD - Quartz Hill High School
- MS Delegates
Lancaster, CA

Feb 7, 2023

Area E S.T.A.R.S Conference
Pomona, CA

Feb 7, 2023

CADA Couch Chats
Virtual Event

Feb 10, 2023

LDD - Monument Peak School
Big River, CA

Feb 15, 2023

LDD - Sierra High School
- HS Delegates
Tollhouse, CA

Feb 16, 2023

9:00AM - 1:30PM El Dorado
High School - MS Delegates
PYLUSD Program - 7th-grade
AVID students - PRIVATE

Feb 23, 2023

9:00AM - 1:30PM El Dorado
High School - MS Delegates
PYLUSD Program - 8th-grade
AVID students - PRIVATE

Feb 23, 2023

9:00AM - 1:30PM Lincoln High
School - MS Delegates
PRIVATE

Mar 1-4, 2023

CADA State Convention
San Diego, CA

Mar 14, 2023

CADA Couch Chats
Virtual Event

Mar 20, 2023

LDD - Nogales High School
- HS Delegates
PRIVATE

Mar 21, 2023

LDD - Bethany Elementary
School
Hosting at Mountain House HS
- Lammersville MS Delegates
PRIVATE

Apr 7, 2023

LDD - Miller Middle School,
Cupertino USD
-MS Delegates
San Jose, CA

Apr 11, 2023

LDD - Cesar Chavez High School
- MS Delegates - PRIVATE
Stockton, CA

Apr 12, 2023

LDD - Franklin High School
- MS Delegates - PRIVATE
Stockton, CA

Apr 13- 15, 2023

CASL Middle/High School
Conference
Santa Clara, CA

Apr 15- 17, 2023

CASL High School
Conference
Santa Clara, CA

Apr 25, 2023

LDD - Edison High School
- MS Delegates - PRIVATE
Stockton, CA

April 25, 2023

CADA Couch Chats
Virtual Event

Apr 26, 2023

LDD - Stagg High School
- MS Delegates - PRIVATE
Stockton, CA

May 2, 2023

Area A Central Valley Student
Leadership Conference
Modesto, CA

May 16, 2023

LDD - San Marcos High School
- HS Delegates
San Marcos, CA

July 10-11, 2023

CADA/CASL Leadership Camp
- Camp 1
University of California Santa
Barbara

July 12-15, 2023

CADA/CASL Leadership Camp
- Camp 2
University of California Santa
Barbara

July 17-20, 2023

CADA/CASL Leadership Camp
- Camp 3
University of California Santa
Barbara

July 22-25, 2023

CADA/CASL Leadership Camp
- Camp 4
University of California Santa
Barbara



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CADA CENTRAL (831) 464-4891

Get to Know Your CADA Board



Jill Mortensen

Print Media Coordinator

CADA Board Experience: 1 year, Area A assistant coordinator and council member.

Education: 19 years, Activities Director, Social Science teacher and Independent Study Coordinator.

CADA Journey: began as a Sophomore class advisor 19 years ago. First impression was that ya'll are crazy. After becoming the activities director she realized that this crazy was beautiful. "I love this job and the people who believe in guiding student leaders to be the best version of themselves."

Personal: Wife, Mom, daughter, teacher, author, yogi. Finds simplicity in the present moment while sharing in gratitude with those who surround her. Love to read, learn, craft, garden, write, and promote taking care of your physical, mental and spiritual health.



Stephanie Munoz

Executive Director

CADA Board Experience: 15+ years on the board, 3 years as Executive Director.

Education: Bachelor's in Business with an emphasis in marketing. Certified Meeting Planner and Certified Exhibits Manager. 15+ years in association management.

CADA Journey: started at age of 15 doing volunteer work at CADA central, which turned into a part-time job. After college she returned to work for BTF, she purchased the company with Shiela and became the Executive Director of CADA.

Personal: Married with two kids, Jackson (7) and Houston (2), two stepsons, a dog and cat. Loves to cook, make homemade pasta, pizza, anything Italian or Mexican.



Ken Neder

Area F Coordinator

CADA Board Experience: 3 years as Area F Coordinator

Education: 42 years of coaching, teaching and administration, currently retired. 16 years as an Activities Director/Administrator.

CADA Journey: began 16 years ago when he became the Activities Director at Dana Hills HS. While working on his Masters degree to move over on the pay scale. His teacher asked him how many students lives he affects daily, he said 240. She then asked if he'd like to have the same impact on 3,000 students? She said to become an Activities Director and work with students all day and spread your impact to more people.

Personal: Married to Gail, 22 years, proud Fur parents to Halo(15), Ziggy & Mayley (2)



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Unifying the student body through a meaningful inclusive strategy



The Unified Champion Schools strategy is designed to be woven into the fabric of the school, enhancing current efforts and providing rich opportunities that lead to meaningful change in creating a socially inclusive school that supports and engages all learners.



The three component model offers a unique combination of effective activities that equip youth with tools and training to create sports, classroom and school climates of acceptance, and where students with disabilities feel welcome and are routinely included in, and feel a part of, all activities, opportunities and functions.

CASL STUDIO

DARE TO DISRUPT 2023 CASL STATE CONFERENCE

MS + HS: APRIL 13-15

HS ONLY: APRIL 15-17

WORKSHOPS

Maria Navarro	Humor is Key!	Learn how to use humor, allowing the team to reach its highest potential while working efficiently.
Gabby Torres	The Tug-of-War of Diplomacy	"Learn the ropes" of how to effectively collaborate and compromise within our leadership and school communities to take our events to another level!
Tanner Schinderle	Long Story Short	Join us as we discuss how to properly reflect on the lessons we learn from our experiences.
Eva Yassine	Shine Through the Darkness	Learn valuable skills to overcome critics, to shine as yourself, and to light up your entire campus.
Anna Toomey	Reworking the Growth Mindset	Redefine personal growth to enable us to better ourselves and achieve success.
Bella De Vita	Judge, Jury, and Expectations	When we make predictions about the success of our ideas, psychological biases can creep in and skew the accuracy of our judgments. Dive into the analysis of these biases to make our predictions more exact.
Lucy Goetz	Step Down to Lift Up	Discover how boundary setting can be a powerful and effective leadership tool.
Mihira Murthy	Lights, Camera, Criticism!	Learn how to be open-minded to constructive criticism.
Vanessa Sandoval	Goal-getters	Establish an action plan of how to go about achieving our goals and be proactive.
Ry Grady	Stepping Into Your Own Reality	Student leadership is often defined by being extroverted when in reality, it is much more diverse and complex.
Candice Li	Visionaries	It's time to bring a new perspective into our planning process. Let's learn together as we pave the way to becoming visionaries!

TOP 10 REASONS TO ATTEND

CASL STUDIO

DARE TO DISRUPT

MS & HS: APRIL 13-15 | HS: APRIL 15-17

1

Twenty-five student-led workshops created by CASL State Board Members who will guide your students through topics such as compassion, logistical planning, self-discovery, & much more.

2

Delegates get to enjoy listening to world-renowned speakers who will inspire them to make a lasting impact on campus.

3

Region Meetings where students learn leadership curriculum, share resources and make connections which meet needs specific for their communities.

4

Intrastate networking sessions where students from across the state meet to collaboratively develop solutions to the challenges they face on campus every day.

5

Meet The Pros is a hallmark for our CASL State Conference - delegates will have the opportunity to learn and bring back ideas on how to improve their campus and implement new ideas.

6

Collaborating with a well-known organization for the Service Learning Experience allows the student leaders to have the opportunity to walk the talk and be a part of an impactful act of service.

7

Talking, learning, and collaborating with other student leaders from other schools allows the leaders to gather so much valuable information that is shared with the rest of their school in the meetings they will have to exclusively reflect and implement everything they have learned so far.

8

Having the opportunity to introduce three rotations of phenomenal programs is given to you all throughout the year.

9

The 2023 CASL State Board will be elected by the delegates themselves, plus run for a position if they are interested! While learning healthy and supportive strategies they can host elections at their school that engages their entire school in the process, using our approval voting method.

10

Create amazing bonds and memories with student leaders at the Dinner Dance hosted by SOS Entertainment, and the off-site activity sponsored by WorldStrides.



Need leadership training for your students and need to have it ON YOUR CAMPUS?

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- High Schools for their entire campus
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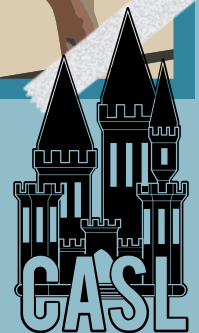
Also great for AVID!

- Middle Schools for surrounding Middle Schools
- Middle Schools for surround Elementary Schools
- Middle Schools for their District
- Middle Schools for their entire Campus
- First Day of school for everyone!



How about a Faculty Leadership Development Day?

For more information about the program, contact Sandra Kurland:
leadership@cada1.org



Thanks to all our 2022-2023 Leadership Development Day Hosts!

Area A

8/12/2022 Sierra MS
 9/29/2022 Douglass MS / MS delegates
10/25/2022 Summerville HS / MS+HS
1/26/2023 Heritage HS / MS delegates
 2/23/2023 Lincoln HS / MS delegates
3/21/2023 Foothill Ranch MS / MS delegates
 3/21/2023 Bethany Ele+Mountainhouse HS / Lammersville Unified
3/23/2023 Sutter Union HS / MS+HS delegates
 4/11/2023 Cesar Chavez HS / MS delegates
 4/12/2023 Franklin HS / MS delegates
 4/25/2023 Edison HS / MS delegates
 4/26/2023 Stagg HS / MS delegates

Area B

9/23/2022 Westmoor HS / HS delegates
 3/16/2023 Fremont HS / HS delegates
4/07/2023 Miller MS / MS delegates

Area C

9/27/2022 Dinuba HS / HS delegates
2/15/2023 Sierra HS / HS delegates

Area D

8/02/2022 La Reina MS/HS
 8/08/2022 Pajaro Valley HS / 9th Grade ONLY

Area H

10/20/2023-10/21/2023
BCASAA Conference / HS delegates

Area E

7/27/2022 Azusa HS
10/13/2022 Chaminade MS / MS delegates
 11/03/2022 El Roble Intermediate School / MS delegates
 11/10/2022 Lone Hill MS / Elementary delegates
 11/14/2022 Chapparal Elementary / Elementary delegates
1/30/2023 Paramount HS West Campus / HS delegates
2/01/2023 Lawrence MS / MS delegates
2/03/2023 Quartz Hill HS / MS delegates
 3/20/2023 Nogales HS / HS delegates

Area G

8/4/2022 Bernando Heights MS / MS delegates
 8/05/2022 Del Norte HS (PUSD) / Private Retreat
5/16/2023 San Marcos HS / HS delegates

Area F

7/31/2022 Murrieta Mesa HS
8/01/2022 Dorothy McElhinney MS / MS delegates
9/28/2022 Temescal Canyon HS / HS delegates
 11/02/2022 Poly HS / HS delegates
 11/08/2022 Rialto HS / HS delegates
12/13/2022 Kraemer MS / MS delegates
1/23/2023 Home Instead Innovation Academy / MS delegates
1/26/2023 CASL Regional Conference / MS delegates
2/10/2023 Monument Peak School / MS delegates
 2/16/2023 PYLUSD AVID 7th Grade (El Dorado HS)
 2/23/2023 PYLUSD AVID 8th Grade (El Dorado HS)



*Dates in bolded are open for registration, visit <http://caslboard.com/ldd>

For more information, contact Sandra Kurland at sandra.kurland@caslboard.com

Winter Homecoming, We Are Back!

By Deena Koral-Soto

Activities Director Summerville High School
dsoto@summbears.net

At Summerville High School, we have done many different things over the years for our "Winter Homecoming," and recently have not been able to do much, but this year, WE ARE BACK! While this is not as big of an event as our traditional Homecoming, the preparations have already begun.

For this week, the students choose to have theme days at our basketball and soccer games for that week, as well as dress-up days for school. In addition, we will have lunchtime activities and competitions between our houses on campus. This year is also the last day of the semester, so, we will try to have some mental health and wellness lessons and activities for the students on campus, as well as the more

standard lunchtime games. We will have shopping cart floats at the basketball game that we attend for the halftime Homecoming celebrations. We work with the local grocery store to have four shopping carts delivered to the school that each class will decorate and show at the basketball game. We only do Senior Class Royalty for this event, and they will be crowned at the rally on Friday before the dance. At the rally, there will be games, a crowning, and a dance-off between the classes. For this dance-off, we use teachers, administrators, and community members.

The ASB students are required to participate in some way, but they also ask others to join in from their class, attending all dance classes to make sure those students are aware of what is happening. We will also be advertising this year through our morning announcements and social media to get the word out. This year we will also combine this



event with our American Heart Association Challenge and involve students in the challenge through a presentation during the rally. All in all, we are looking forward to bringing this fun event back to our campus.

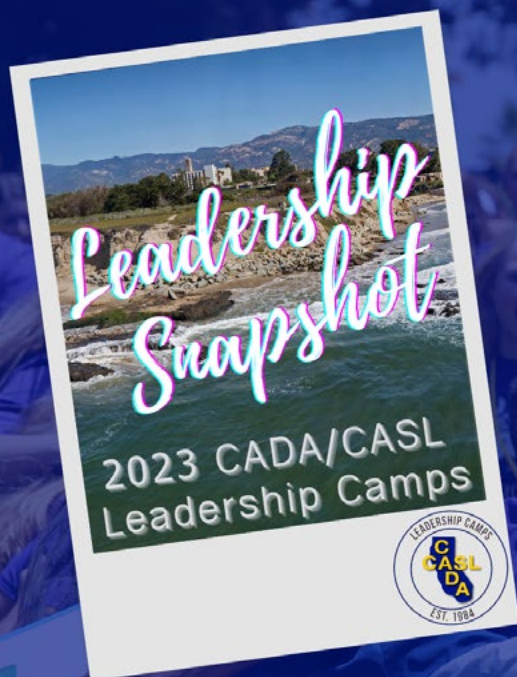
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Parliamentary Procedure:

*I MOVE,
You MOVE,
We ALL MOVE!*

By Mardel Runnels

Ceres High School Teacher & FFA Advisor
MRunnels@ceres.k12.ca.us

Have you ever wondered how to effectively run a meeting and ensure that all voices are heard equally? That is where Parliamentary Procedure comes in! So what is Parliamentary Procedure? Parliamentary Procedure uses a standardized way to effectively run a meeting by using motions, debates, and votes based on the items on the agenda floor, which leads me to my next point. How does this translate to high school students? Ensuring that voices are heard equally during a formal business meeting is a skill that all high school students should be taught and familiar with by graduation. As educators, our job is to help set our students up for success in the business world, and Parliamentary Procedure helps us do that.

Parliamentary Procedure is built on a pyramid of motions in regards to how items are moved across an assembly floor. This pyramid of motions is based on Roberts' Rules of Order. Every order of business should begin with a main motion, which is stated, "I move...". Once a motion is moved onto the assembly floor, the motion is opened for debate by the president or chair. In order to allow equal opportunity for each member of the assembly to speak on the topic, each member can only speak twice on each motion. The chair or president should ensure that this is maintained throughout the meeting, and the secretary will keep track of the motions made and debates through their record keeping in their minutes document. Debate(s) can be limited or extended if motioned by a member of the assembly if the topic permits the discussion. As topics continue to be motioned and discussed, the chair or president must call for a vote. Motions that limit a member's right to speak require a two-thirds vote, and motions that do not limit a member's right to speak require a majority vote. The chair should always restate the vote or president with the affirmative side stated first. If a hand vote is in question, a Division of the Assembly can be called by a member, and a standing vote will be required.

Equability is such a huge topic in today's public school system that Parliamentary Procedure can help each member have an equal opportunity to voice their opinions on matters. Parliamentary Procedure can and should be used throughout high school campuses during club meetings, associated student body meetings, and staff meetings. Teachers and students can benefit from learning how to effectively handle agenda topics, move through business items, and hold healthy discussions from all points of view.

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Ripon Christian Knights:

Winter Homecoming Tradition

By Carie Molley

Ripon Christian Activities Director
cmolloy@rcschools.com

Winter Homecoming is a long-running tradition for the Ripon Christian Knights, one that began many years ago in 1960. At that time, the senior girls were nominated by the senior class, and the top 3 selected became the homecoming court. Each of the girls nominated participated in an interview with a panel of judges composed of the Mayor of Ripon, the Ripon Christian School Board President, and a local pastor. In addition, the girls selected were given the titles “hostess and attendants.”

The process continued to remain the same until, in 1967, the title was changed to “queen and princesses.” Then, in 1988, a new tradition was added. Not only would the girls participate in interviews, but they would also give a speech. Speeches were presented to the student body and judges (a pastor, a school board member, a school circle officer, and an administrator). This tradition continues today using the school theme and biblical verse as the topic.

In 2007, a new tradition evolved. For the first time, the school crowned both a male and female and was awarded the title “Knight and Lady.” This tradition continues today. The week is filled with many other fun activities as well. A spirit week filled with dress-up days, lunchtime activities, a pep rally on Friday afternoon with candidate dance routines,



class competitions, and lots of school spirit. The Homecoming festivities conclude on Friday night at the basketball game with the crowning of the Knight and Lady. The gym is packed with current students, alumni, and Ripon Christian supporters of all ages. For the high school students, the week finally concludes with the Winter Formal on Saturday evening. A fun night for the entire high school of dressing up, taking lots of pictures, having dinner, entertainment, dessert, and a parent-sponsored dance.



By Erin Tobias

Activities Director & Area C Coordinator
etobias@cadaboard.org

Our Winter Homecoming at Dinuba High School dates back many years, as I remember my sister running for basketball homecoming queen in 1999. This tradition started giving students another opportunity to get involved and make memories. Basketball HOCO is much like football, but instead of a parade of floats around the track, students put together a short skit to perform in the gym at our Homecoming rally. The entire week is filled with dress up days and lunchtime activities which go toward our candidate's final score. The winning King and Queen are the couple with the highest total score from voting, skit points, dress up days, and lunchtime competitions. We bring in judges for the skits, so the scoring is fair, and we judge their costumes daily. Many of our basketball athletes wait to run for basketball HOCO instead of football as it means more to them. Basketball HOCO is also less stressful as it doesn't involve the building of a float, so some prefer it for that reason, and/or some like the smaller crowd. We announce and crown our winners at the ½ time of our Varsity basketball game. (Some years it's boys, some years girls, depending on the schedule). Like football, each of our couples has to be sponsored by a class or club, and we take the first 12 couples to sign up. Anyone, male or female, grades 9-12, may run for the queen and king positions, but they must run as a couple. Persons may only run once a year, and if they win, they may never run again.

We have had much success with a winter homecoming, and it is something students look forward to each year.

Winter Homecoming at Dinuba High School



Master Activity Advisor (MAA) Program at Convention

By Jeff Culver

CADA Professional Development
Coordinator

jculver@cadaboard.org

The 2023 CADA State Convention is your chance to begin your course of study to earn the Master Activity Advisor (MAA) certificate. Program completion typically takes 2-3 years. Begin the program by registering for MAA 101: Foundations for Student Activities which will be held on Wednesday, March 2 from 1:00 p.m. -4:00 p.m. This seminar course, led by MAA graduates Corissa Stobing and Leah Darby will include three hours of activities, discussion and analysis highlighting the core areas of Student Activities: Finance & Law, Communications, Organization, Curriculum, Personal Leadership, and Culture & Climate. The \$100 pre-registration cost of the course includes materials. Onsite registration is \$130 and limited to space availability.

For those who have already begun the program in a previous year, you have the opportunity to take one or two 200-level courses. Seminars will be held Wednesday afternoon from 1:00 p.m. - 2:30 p.m. (202, 203, & 205) and 2:30 p.m. - 4:00 p.m. (204 & 208). The pre-registration cost is \$50 for each course. Onsite registration is \$65 and limited to space availability.

For our new or returning MAA participants, if you're planning to attend the Pre-Con Finance & Law session hosted by CASBO on Wednesday, March 1, you can

add-on the MAA course credit for 201: Finance & Law as part of that session. The additional cost is \$25 and pre-registration is required.

All courses, including pre-con add-ons require participants to complete an assignment throughout the Convention as well as a post-Convention follow-up. All participants are expected to attend all Convention sessions and events to receive credit for the courses in which they are enrolled.

Through our partnership with Fresno Pacific University, we will once again be offering optional college credit for the 101,

202, 203, 204, 205, and 208 courses. Information will be available on site to add-on the college unit(s).

CADA members completing their MAA course of study in 2023 will be recognized on stage at the beginning of the General Session on the afternoon of Friday, March 3.

For more information about the MAA Program, please visit cada1.org/certification. To register for courses, include them as part of your Convention registration, or if you've already registered for Convention, call CADA Central to add-on courses.



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Professional Development College Credit Available at Convention

By Jeff Culver

CADA Professional Development Coordinator

jculver@cadaboard.org

If you'll be attending the 2023 CADA State Convention in San Diego and are in need of college credits to continue your quest to move along that magnificent step and column chart in your school district, then read on! You have two options to obtain up to 2 units of graduate level college credit.

Option 1: Begin the Master Activity Advisor (MAA) program and add the Fresno Pacific University optional units with your MAA course.

Option 2: For members not enrolling in the MAA program, register for the Professional Development course from Fresno Pacific University as part of your Convention attendance!

Courses are graduate-level, professional development semester units of credit that are not part of a degree program, but are designed to meet specific staff development needs. Through our partnership with FPU, attendees at the 2023 CADA Convention have an opportunity to purchase up to two optional college credits. A grade of Credit/No Credit (CR or NC) will be issued for all coursework. Credit is equivalent to a B grade or better. Letter grades are not issued.

Courses are available for participants in the Master Activity Advisor (MAA) Program as well as attendees of the Convention not enrolled in the MAA Program. Members may register for no more than 2 units total. Registration information will be available at the Professional Development booth at the convention registration area on Wednesday, March 1. Payments for college units are made directly to FPU using their website. Additional information, including course titles and numbers will be available at cada1.org/fpu.



Mindful Moment with Morty

Be Unapologetically You!

By Jill Mortensen

CADA Print Media Coordinator

Ripon High School, Ripon CA

jmortensen@cadaboard.org

Although the academic calendar year starts July 1 and ends June 30th, it is a New Year - 2023!

It's time to bring about change, look back on cherished moments, and to be unapologetically you! It is time to create habits of self-care, develop boundaries between life at work and at home, and develop those relationships where you can confidently say, "those are my people and they get me!"

So, what does that look like for you as a busy activities director?

Here are some ideas to begin your New Year without apology.

1. Look at various planners and journals that are on the market. Find the one that fits you best, be it writing daily, creating a list of what needs to be done, a monthly layout to see what is ahead, or all of the above. We are all different and handle this job of being an activities director differently, so what works for

you is best. Be unapologetically you in finding the right organizational tool that is just made for YOU!

- 2. Habits form over time and it is time to set some boundaries.** Perhaps it is with family members, toxic friends, or the time given to your work. Look inward to realize all that you do. In order to be unapologetically you, a healthy version of you, boundaries are key to the balance of this AD life. If you need to leave at 4pm, then leave. If you need to take a day to get doctor appointments done, do it! If you take a moment on your prep to get a coffee just to get off campus for a moment, yes! Boundaries are key to being who you need to be in this life!
- 3. Find your people!** Often we believe groups form cliques to exclude people, but what if we look at it through a different lens. Perhaps we gravitate to like-minded people who get the unapologetic YOU. Create a group chat, have brunch together, make time each month to just check in on one another. Your people get you, support you, love you - the true authentic you. Cherish those in your circle.

Perspective From Our Youth:

What Leadership Means to Me

By Claire Michel,
8th Grade ASB Secretary
Bear Valley Middle School

If you asked me what Leadership means, it means the world to me because it's not just about putting on a dance or making posters: leadership means bringing people together and making new friends. I have been a student leader for a little over a year now. This year I am the ASB Secretary at Bear Valley Middle School. When I joined ASB, my 7th grade year at BVMS, we were just finishing our covid year. Every single person in our classroom had never put on a dance, made any flyers, or did anything that involved leading as a team. We got through that with the help of Mrs. Van Doorn, our ASB teacher. Mrs. Van Doorn has made me feel so comfortable. We all have a fantastic relationship with her, and she is the best teacher ever.

The following year I was an 8th grader. I got elected as ASB Secretary along with our excellent executive committee Janna Sampson-President, Audrey Hess-Vice President, Claire Michel-Secretary, Josephine Rogalski-Secretary, and Madelyn Rhoades-Treasurer. As the new ASB class of 2022-2023 came in, it was a lot less stressful because some of us had been in the class before, so

we could help teach our classmates what ASB is all about. I was the first person to design the ticket we are now using at our dances.

What Leadership means to me is not being afraid to put yourself out there and impact our community. A quote that means a lot to me is, "If your actions inspire others to dream more, learn more, do more, and become more, you are a leader." - John Quincy Adams.



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Perspective From Our Youth:

Leadership Has Become My Teacher



By Nadine Padrigon

Hanford West High School

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At the age of 9, I was placed in a leadership position, tasked to represent our little 4th-grade class. It made me feel seen. It made me feel like I had a purpose, a responsibility to uphold, knowing that my class was depending on me. They chose me to be their leader.

Since then, I've realized that leadership has become my teacher, cultivating me into the person I am today. It continued to be my guide, taking me on a path to understanding myself and traveling alongside me as I grow into a better person. However, leadership doesn't have one absolute meaning: that's the beauty of it. Everyone has different experiences to learn from and different stories to tell, allowing them to create their own definitions of leadership, and these are mine.

Leadership means being considerate and empathetic.

My mother is one of my biggest role models; she is my leader. When I became the class representative in 4th grade, she explained to me that a leader is altruistic; if I want to lead, those who follow have to feel understood and heard. They are willing to listen to others' feelings and opinions, allowing me to realize the importance of relationships with my peers in order to serve others.

Leadership means being a friend.

I love being of service to others; knowing that they depend on me gives me a sense of purpose. Even outside of ASB, you can find me explaining homework to one of my classmates, encouraging others to make tutus for the next football game, or telling athletes' good luck for their upcoming game. These actions are motivated by my concern for others, even knowing that nothing is expected in return - there is no cost to lift someone up.

Leadership means perceiving the "glass half full."

Sometimes when things go wrong, it's easy to feel discouraged. What's even more challenging is finding optimism in failed situations with ineffectual results. Despite this, we as leaders choose our mindsets every day, and while it is entirely valid to be disappointed, it is important to make sure not to dwell in that mindset. Those who know me can affirm that my energy is infectious. I choose to smile and laugh in an effort to create an environment of positivity and well-being for myself and others.

Leadership means being an older sibling.

As the oldest child, it's natural for my younger siblings to look up to me; it can be considered my first leadership role. This allowed me to step up, develop responsibility and accountability, and implement them in my

outside life. My siblings drive me to be a better person because I yearn to see their success in the future. Though it may be hard sometimes to keep up a strong image, I know it will all be worth it in the end when I see them grow up to be hard-working, kind people.

Leadership means taking that step.

I like to joke around and say that my personality is just leadership. But, of course, it wasn't always like this, and I owe it to the people around me for pushing me. I am indebted to the opportunities given to me that have gotten me to where I am today. However, I am most of all grateful for striving to make an impact and having the courage to get out there. Being a leader all starts with ourselves, and I owe it to myself for my eagerness to lead committees and events. To lead chants. To run for office. To gain from my failures and successes. To get involved.

Leadership means acting with intent.

As CADA and CASL promote, what is your intention? To me, my intention and goals are to influence, inspire others, and evoke change, whether it be in small or big ways. I remember one day, when one of my classmates was being interviewed and was asked the question, "Who do you look up to? Who inspires you," they responded with, "Nadine." That day, I realized then that I underestimated myself and my capabilities, and it seemed as if I had forgotten that people noticed my actions and my leadership ways. But, that day, my goal was fulfilled, and I knew that after all that I learned and all that I went through to get to that point as a leader was worth it because if I was able to inspire at least one person, then that means I genuinely lead.

Leadership continues to be a part of my life at school and home. As a sophomore in high school, it has become one of my alarm clocks in the morning, a motivation knowing that I work with people I grew to trust and love to help create a better school environment and community. Remember that leadership begins with you as it began with me and that it will mold into your life as it creates its own unique meaning in your journey. Because in my journey, leadership is my passion.



Mental Health

Why Mental Health Resources are Necessary

By Ash Franco-Carreno

Ripon High School Senior
& Work2BeWell Ambassador
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Mental health is a state of well-being that often goes overlooked in our world. There's a stigma around those who struggle with themselves and mental illness, which makes you unable to function in society as we know it. So many people believe that those with a mental illness are incapable or less than everyone else. In reality, people with these illnesses may not have the proper chemical balances in their brains, or they might not have the resources to express themselves as well as others. Many people become too encompassed in their own heads, and we often do not realize that not all of our thoughts are unique to us. People share feelings of mental "instability," much like people can share symptoms of a physical illness. Feelings of unwellness often portray themselves as stress and a sense of being overwhelmed. One of the most common places I see these feelings displayed on people's faces is in high school.

As a high school student, I see many overwhelmed teenagers and teachers running around, trying to organize themselves while focusing on accomplishing whatever they need for that day. I do that myself. School combined with extracurriculars makes me feel like I am being pulled in a hundred different directions, deteriorating my mental health little by little. I've always tried to be involved in everything at school, ever since I was little, and it almost forced me to push away my own well-being for the sake of getting something done. This is a struggle that I see a lot of my peers suffer from, and yet nobody has ever come out and offered resources to



try and help us. Life demands a unique set of responsibilities for every person each and every day, and every person handles it differently. Why are we looked down upon if we can't handle it by ourselves? Why is it so hard to reach out for help or to find someone to get us that help in the first place?

I became a mental health advocate after struggling alone for many years, with nobody around me to offer those resources. I had my first panic attack at 11 years old, at school, without an adult around to help. I had a friend who gave me a technique to help me breathe through the attack because she already knew how to handle it from having them herself. I remember being terrified, and still, I am so grateful to that friend for sticking by me through it all. I don't think anyone should ever have to struggle as I did or as she did, and nobody should ever have to struggle alone. I grew up wanting to help people like me.

When I first found Work2BeWell, it stood out to me as something that was aimed to help students that had similar experiences. I first heard about it through a blurry screenshot sent to me by a friend, who got that screenshot from Mrs. Mortensen. My friend told me that it sounded like



something I would be interested in, since I already went around promoting kindness and self-care to everyone around me. I thanked him and looked into it, not really knowing what I was going to find, or how important it would come to be. I found the application for Work2BeWell's National Student Advisory Council (NSAC), which consisted of a group of selected students nationwide that would work under Work2BeWell to promote mental health. They shared resources for teens, parents, and educators about how to take care of ourselves and how to help others while working to destigmatize the conversation around mental health. I applied and waited, not thinking too much of it at the time. Something else that will look good on college applications, right?

Then I got accepted. It was a happy day, and I was anxious to be part of something this big. I looked forward to making an impact and using my voice. Throughout the year, I got to know our NSAC adult leaders as well as the student leaders that were in charge of our teams. I had fun working with my partner Kianna on social media posts to go on the Work2BeWell Instagram and she became one of my very good friends despite being across the country. I participated in multiple Talk2BeWells, a podcast that Work2BeWell runs that brings a student perspective into current issues surrounding mental health. I have always been a loud person at heart, but never had the place to share it anywhere. Everyone I worked with on this council held a special place in my heart by the end of the year, and I developed friendships that I will never let go of.

When applications reopened, of course I was going to apply again. I was so excited to have an opportunity to be a part of this council for another year, and work with more people who shared the same passion for

mental health as I did. This year, I was one of two people picked to replace my former leader Leina, whom I still talk to, to be a Co-Lead alongside my friend Molly. I am so excited to have a leadership role in Work2BeWell - to work closely with my friends who are also team leads and to have the chance to get to know the adult advisers even better. My favorite part of Work2BeWell are the people that I get to work with, and it is one of the best environments I have been surrounded by. We are taught how to promote mental health to others through all of our work, but we are also constantly reminded that we are loved, cared for, and need to take care of ourselves as well.

To be a part of something that has such a significant impact on people means so much to me, especially knowing that the resources I put out in this community can help to prevent some of the things I had to go through. Nobody deserves to be alone and everyone deserves to know that it's okay to ask for help. I recently participated in a webinar under the National Association of Secondary School Principals, which aimed to help spread resources and destigmatize the conversation around those needing help. My friend Mohammad and I taught hundreds of people how they can help aid someone in an emotional crisis and I am so grateful for that opportunity. Mental health resources should be available to everyone and everyone deserves to have a community that they feel safe in. Work2BeWell is more than just an organization, more than a leadership role, and more than something a student can put on college applications. It is a safe space, it is a community, and it is a family.

I would like to mention one thing to whoever is reading this. I chose to share my story and passion for mental health a long time ago and that is why I am writing this article today. Mental health advocacy has always been important to me and the opportunity to share that passion with others by working together is an experience that I wouldn't trade for the world. As a society, we must realize that there are so many other stories like mine. You know my story because I chose to share it, but we cannot assume that others do or do not have a similar one. Be kind, because you never know what someone is going through.

Perspective From Our Youth:

My Backpack

By **Janna Gillyn Samson,**
President
Bear Valley Middle School



Leadership is like a backpack. You keep many things in a backpack that you need and don't need. I want to share what journey my backpack has gone through and the changes I have made.

I started my leadership journey near the end of sixth grade. I walked in with a rolling backpack, was shy, and didn't feel comfortable carrying a backpack. I didn't have a clue about leadership at this point; nothing was in my backpack. It was empty, with nothing yet to make it unique. Slowly, I added things to my backpack, turning it into something important and useful. The only two things I did have in my backpack at this point was a blank book waiting for ink to stain the white surfaces. Over time, I used the notebook to keep memories, tips, tricks, and experiences, which of course, was written with my pen. During this short period of time, there was nothing else to add. Though, this period of time eventually transitioned into seventh grade.

At the beginning of seventh grade, I still had my rolling backpack. I decided to pursue leadership again with the same two items. The course of seventh grade was very enriching. I added more things to my backpack, such as a binder, and replaced the notebook. The binder allowed me to add more than I could in my notebook. This time though, I was able to add more details and knowledge gained and add different tabs for valuable leadership lessons.

Leadership doesn't just have one definition to me. To define leadership is different for many people; to me, leadership is to have a purpose and pursue said purpose. I intend to help as many people as I can. To serve my community, if you will. For instance, I would go around during ASB, looking for opportunities to lighten people's workloads, and I became someone to whom individuals can speak about their problems.

As my time continued, my backpack housed a tape dispenser, a foundation to

hold essential things together. Whether that would be people, an event, or maybe even myself. An example of this would be my first-ever school dance. Since it was a bit after COVID limitations were lifted, my ASB class and I had yet to learn how to do anything. Again, though, we persevered and stuck together. An essential virtue in leadership is to handle things and put them together, thus a tape dispenser is a great item that is essential to leadership.

The last item I added to my backpack was a highlighter. Highlighters are good at catching attention, but most importantly, it emphasizes crucial information. This highlighter would help give direction, lead, and organize the information I need. My inspiration for this would be my whole class at that point. Only some people had prominent positions like president or secretary. Still, when they ran events, they would know exactly what needed to be done and assign different tasks to different people. They would plan, organize, and navigate. So I learned that I needed to know how to do that too. So my class inspired me to add that highlighter to that backpack of mine.

Adding items and taking items out isn't the only thing that has happened to my backpack. I transitioned from a rolling backpack into a bag I carry on my back. I stopped rolling it around, and I finally decided to keep it close to me. I decided to start carrying it, which means I started embracing this leadership skill. I took on the weight of it all, expressing my genuine commitment.

An example of this would be election week. I was going to run for president against a pretty popular guy. I didn't know anyone, so I was not confident about winning. Although, what made me push through and gain confidence, was my ASB class. They told me I would make a good president and win, boosting my esteem. My biggest supporter, though, was the president of the ASB at the time. I always worked closely with her, and she always pushed me to be the best I could be. Beating all odds, I had won the election: I eased into carrying my backpack.

For the remaining duration of seventh grade, I kept the same backpack and items. They even carry on now as I write this. In eighth grade, I kept the same backpack and the same tools. They are essential to my day-to-day as a student leader.

Enlightenment From a Veteran:

My Why, My Joy



By Janet “JR” Roberts
Retired Activities Director
Happy, Fulfilled Person
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I was asked to share the “why” of my involvement in student activities, and I wish I could say it is an easy question to answer, but how can you share why your heart is so full after 38 years in education and student activities? So I will find the right words to share this story with you all. As I’m writing this, I am smiling right now, crying right now, and feeling so extremely blessed.

So here goes... I know you’ve probably heard this over and over, but today, more than ever, our students, our campuses, yes, our schools need us. I LOVED being needed. It gave me a reason; it gave me a passion. It gave me drive. I was blessed with the opportunity to change and mold students’ lives. I got to witness lives change for the good. I was blessed to watch young people grow into productive young adults. Somedays, there would be small things that I got to witness, and other days there would be significant things. Somedays, there were setbacks, and other days there were triumphs. Somedays, I’d drive home and be so upset over something that happened at school, then toss and turn in bed all night, wondering how I could improve that situation. Then, over a cup of coffee in the morning, I’d remind myself that “JR...today is another day to go to your passion and make it better.” On other days I’d drive home so excited to share with my family what success happened

that day at school. Then, I’d go to bed thinking, “how can I keep this going?”

Here’s some of the things I did (and still do) each day to help me live my why.

1. I always start and end each day with a smile. I feel like if I can smile and laugh at myself, I can share joy so much easier with others. Over the years, I’ve learned that many of our students have no joy at home. I could be the one to give them a little bit of that joy. It starts with a smile.

2. Every day, I try to say “hello” to the people I pass. Sometimes the “hello” is just a simple head nod or a wave. It’s funny over the years how many wonderful and interesting people I’ve met by just starting the conversation with a “hello.” My wonderful father taught me to do this. He was in education his entire career. He made me realize that meeting people and making new friends and connections makes you wealthy. As a retired educator, I am on a fixed income, but I am genuinely the wealthiest woman in the world. Thank you to all of you who have said “hello” back. You have made me smile. You have made my cup very full. “Hello” is the easiest way to start a conversation. I can remember many times, over the years, when a student would run into my office and share a story about someone new they had just met. Their excitement about creating a new friend was my “why.”

3. My mentor and dear friend, Dale Favier (the first Activities Director at Diamond Bar High), used to say to his leadership students all the time that “Good Enough Never Is.” That quote soon became

my mantra too. Not just at school but in life. I always want to be proud of what I’ve done. I often ask myself, “Did I complete the task just to complete it”? or “Isn’t it more fun to think of ways to complete the task and make my world better?” My family teases me because even today, I have the Thanksgiving table set a week before Thanksgiving. I find great joy in the “little” things. I used to make my student leaders finish everything needed to put on a pep rally, dance, lunchtime activity, or any event, a week in advance. That way, they had time, yes time, to enjoy the event themselves. You know that considerable joy you get in your heart when your students are truly proud of what they’ve done? Yes, it’s pretty darn special. That’s a big part of my “why.” When you realize that your students know that “good enough never is” and get excited to make their campus a better place. I often remember when debriefing a really successful event with my student leaders, we’d share all the amazing things that made it such a success. But the best part was when I’d ask them the question, “If we did this event again next year, what are some things, we could do to make it better?” Listening to their excited answers was indeed my “why.” Yep, big time. (Good enough never is!)

4. I try to remember to say “thank you” all the time. It’s easy to say “thank you” to someone when things go well. But it becomes harder to say and think “thank you” when things did not go well. Each “thank you” is a learning experience. I remember days sitting in my administrator’s office hearing, “JR... please don’t do that again.” Or “Really, what were you thinking?” I can remember coming up with what I thought might be a reasonable response, then knowing a simple “thank you” could have been better. Ugg! But I always learned from each “thank you.” How can I be more creative next time? What should I have done, and what can I do to make my administrator one of my team players again? I say “thank you” to my family and friends daily now. “Thank you” is a huge part of my “why.”

Over my teaching career, I’ve taught at three different high schools: Walnut, Diamond Bar, and Chino Hills. I so appreciate each school for “needing” me. I never really went to work each day; I was blessed to go to my passion. I got to smile, meet such wonderful people, continue to improve and be totally fulfilled. Right now, I am enjoying retirement and need to take a minute to say “thank you” to YOU, yes, each of YOU. Your schools need YOU. YOU are making a difference. YOU are so lucky! Go out and fill your cup with your “why.”

The Impact! From an Alumni: You Don't Need a Title to Serve

By Hannah Tudor

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For the longest time, I have wanted to lead and serve others. I was always the leader who worked hard for the opportunity to lead but always fell short of having the title. The best advice I received was, "a leader does not need a title to serve." Nevertheless, I persisted in developing my leadership skills through numerous activities while attending Murrieta Valley High School. Most notably, I participated in link crew, ran a #ICANHELP club, planned homecoming, red ribbon week rallies, represented at school board and city council meetings, attended PTSA and school site council meetings, and organized a school-wide walk-up rally in response to Stoneman Douglas School Shooting. Every activity I did helped me become a better leader in my community. In my three years of serving in student leadership, I was a candidate in two elections, and both times I lost. However, I always remembered I didn't need a title to inspire others to develop school culture. Being a student leader meant serving for good and creating an environment where students wanted to be.

Student leadership has helped me see the value of leadership and the science behind developing leaders. When I first heard about the California Association of Student Leaders (CASL), I was amazed to hear of a conference about developing student leaders. Luckily, I had the privilege of having Geniel Moon, CADA President, as a mentor and advisor for my time in school. I am forever grateful for every opportunity she gave me to learn how to be a better leader. Teachers can inspire students to have confidence in themselves and to make a difference in the world. In addition, Ms. Moon gave me the opportunity in 2017 to attend "The Heart of Leadership" CADA Camp. There I connected with numerous speakers and advisors who have now

become mentors. After camp, I went home with the confidence to continue to be a leader in my community and share the knowledge I have gained with others.

Fast forward to CASL State Conference 2018, I ran and was elected as a Southern Director on the CASL State Board for 2018-2019. For the first time, I ran for something and was given the opportunity to serve by my peers. At that moment, I reaffirmed to myself that I was on the right path and that others saw the leader I was. As the year progressed, I attended numerous area conferences, leadership development days, board meetings and planned CASL Rapids, the 2019 CASL State Conference. CASL has been the most impactful experience in my life because of the community and knowledge I had the privilege to experience. I learned how to speak in front of thousands, develop transformational workshops, hold conferences, and establish credible leadership skills. Serving on CASL was my most transformational leadership experience, and I am proud to be a part of the CADA/CASL Family. As senior year ended, I knew I wanted to continue developing my leadership skills and be the change I wanted to see in the world.

Four years later, I graduated in the Spring 2023 with a Bachelor of Arts in Public Relations and a Double Minor in Communication Studies and Leadership Studies from California Baptist University. As a PR practitioner, I am passionate about building mutually beneficial relationships for an organization and its public through effective communication. I have continued to study leadership and gain jobs to help me put my skills into practice. I interact with students through Senior Photography and stay involved in CADA/CASL to inspire youth to become leaders. I hope to work in government or non-profit communications and organizational leadership development. Through my work, I hope to build a better future for society and use my experiences to inspire others to lead.



The Impact! From an Alumni: Life Long Learning

By **Neo Romero**

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Alumni Riverside Preparatory High School

in Oro Grande

There is a lot of information on what it takes to be a successful leader. However, one significant attribute I've covered in educational media and experiences is that leaders are learners - moreover, to be a great leader is to be a lifelong learner.

The Dictionary defines lifelong learning as - "the provision or use of both formal and informal learning opportunities throughout people's lives to foster the continuous development and improvement of the knowledge and skills needed for employment and personal fulfillment."

Formal learning opportunities can occur in classrooms, online classes, and seminars/workshops. Informal learning exists in broader environments, including peer-to-peer interactions and subscription services. In any new atmosphere I encounter, I envision

myself as a metaphorical sponge absorbing essential knowledge and skills from a more experienced peer or manager. I'm shadowing because sooner than later, I'll maybe be that person mentoring peers and subordinates.

Lifelong learning is about growth. This mindset - a growth mindset - is about prospering through adversity and viewing failure as advancement. As a leader, you should be inviting challenges, not avoiding them, because only through these scenarios can you grow and learn, much of which is done through making mistakes. On the other hand, a growth mindset's antithesis is a fixed mindset. This mindset is where one limits their capabilities to a predetermined level where there is no room for improvement. Growth is significant for building upon ourselves as we're growing every day in the capacity of personal development.

Learning is continuous. As aforementioned, learning opportunities exist in formal and informal environments, and we grow from the life experiences we come to pass. I don't think it's ever too late to actively seek learning opportunities in classes, extracurriculars, and relationships. I waited



until my senior year of high school to join ASB, but my leadership snowball continued. President of the fraternity community in college, with several leadership positions at my college campus and a supervisor at my part-time job. Now my career as a management trainee at a Fortune 500 company. I pushed myself to ask the questions people were afraid to ask, taking more responsibilities and roles that would help build my character and resume and letting my curiosity take the reins here and there.

If you had to take something from this - "Every experience is an opportunity for personal growth driven by one's mindset and further enhanced through repetition."



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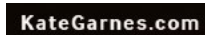
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MARCH 1-4, 2023:	<i>CADA State Convention</i>	San Diego, CA
APR 13 - 15, 2023	<i>CASL Middle/High School Conference</i>	Santa Clara, CA
APR 15 - 17, 2023	<i>CASL High School Conference</i>	Santa Clara, CA
MAY 2, 2023	<i>Area A Student Conference</i>	Modesto, CA
JULY 7 - 10, 2023:	<i>CADA/CASL Leadership Camp - Camp 1</i>	University of California Santa Barbara
JULY 12 - 15, 2023	<i>CADA/CASL Leadership Camp - Camp 2</i>	University of California Santa Barbara
JULY 17-20, 2023	<i>CADA/CASL Leadership Camp - Camp 3</i>	University of California Santa Barbara
JULY 22-25, 2023	<i>CADA/CASL Leadership Camp - Camp 4</i>	University of California Santa Barbara



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