



NEWSLETTER

OUR MISSION

California Association of Directors of Activities was established in 1957. CADA is the largest statewide support network for Activities Directors in the nation. Our mission is to promote and support leadership development through student activities.



THE POWER OF SAYING "THANK YOU!"

While the world celebrates it annually and schools usually dedicate a month to it, the power of saying thank you is properly practiced when implemented into our everyday lives. Most elementary school curriculums will focus on the Thanksgiving holiday. They will explain how it came about and why it formed into a tradition. Today, families celebrate Thanksgiving by eating various foods and spending time with each other. Some may even go around the table and name exactly what

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PRESIDENT'S MESSAGE

EMPOWERING STUDENT IDEAS BY FOSTERING LEGACIES

At school, one of the aspects of my role that brings me immense joy is witnessing the creative ideas that sprout from the minds of our students. Being an ASB director is not just about managing events; it's about empowering our students to transform their ideas into impactful realities. The process of bringing their visions to life is not only gratifying but also serves as a powerful teaching tool, creating a lasting legacy within our programs.

An exemplary testament to the enduring impact of student initiatives is the Giving Tree initiative at SMHS. Seven years ago, a sophomore student conceived the idea of giving back by

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PRESIDENT'S MESSAGE

CONTINUED FROM PAGE 1

BONNIE BAGHERI

CADA President

bbagheri@cadaboard.org

partnering with the Boys and Girls Club to collect items for a family in need. The success of this endeavor marked the beginning of an annual tradition that has evolved and improved with each passing year, thanks to the invaluable suggestions from our students.

This year, another student has taken the reins by partnering with Camp Kesem, an organization supporting families grappling with cancer. This student not only inspired the football team to contribute but also laid the foundation for yet another enduring legacy within our ASB community. In this case, my role was not to dictate but to guide and encourage, allowing the student's vision to flourish.

Let me encourage all ASB directors and leaders to embrace the principle of letting students take the lead in shaping and bringing their ideas to life. Being that guiding light in their lives, fostering an atmosphere of vulnerability and kindness, allows for the emergence of impactful initiatives

that transcend the confines of our school walls. This new year, I challenge each member of our ASB community to take chances, venture into the unknown, and embrace ideas that may seem daunting. It's crucial to be kind to one another, for we never truly know the battles others may be fighting silently. Moreover, remember to take care of yourselves and allow time for much-needed breaks. Every individual in our community deserves it.

Let us embark on a new year with an unwavering commitment to fostering a culture where student ideas are not only welcomed but celebrated. By doing so, we not only create impactful legacies within our ASB programs but also empower the leaders of tomorrow to shine brightly and make a difference in the world around them. Together, we can make this year one filled with innovation, kindness, and enduring legacies that will shape our community for years to come.

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JOIN OUR BOARD

Secretary Position

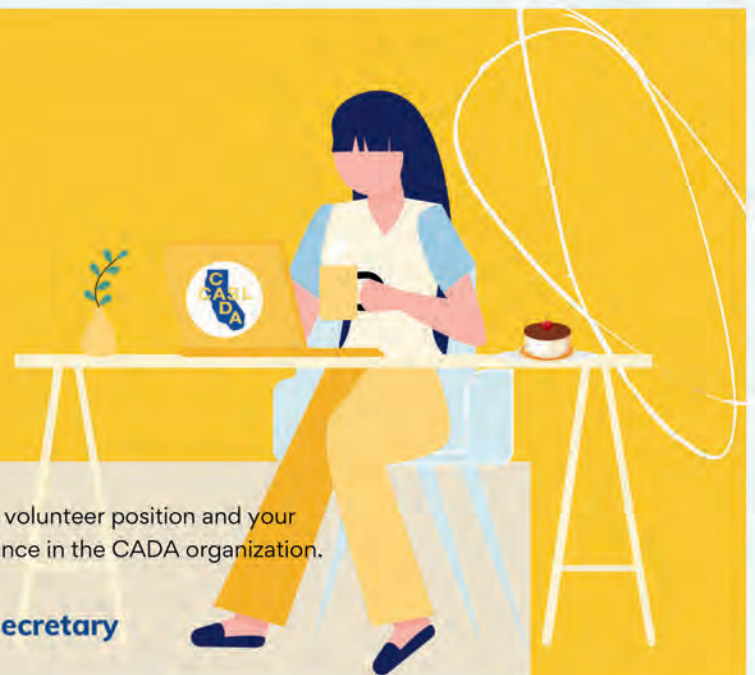
- Takes Meeting Minutes
- Chairs Awards Committee
- Oversees the CADA Bookstore
- Maintains Board Policies & Procedures

APPLY TODAY!

We are seeking applications for our board secretary. This is a volunteer position and your opportunity to join the CADA State Board and make a difference in the CADA organization.

APPLICATIONS DUE MARCH 13TH!

FOR MORE DETAILS VISIT: www.cada1.org/secretary





2024 CADA CONVENTION



JOE MCMAHON

CADA President-Elect

jmcmahon@cadaboard.org

CADA Spirit Games, where we celebrate the 60th Anniversary of the CADA Convention. Make sure to tune in to the CADA Spirit Games channel, when you join us in Reno 2024. At the games, you will have the opportunity to participate in the majestic energy of the Spirit Games that only comes along with the camaraderie of the CADA Convention. We will gather the greatest Spirit Games minds for learning, brainstorming, creativity, and tenacious competition from faraway lands such as Hawaii, Canada, and Hanford, California. Throughout the Convention, we will have competitions between the Areas and dress-up day points, in an effort to have attendees ascertain new ideas to use back at school. We will then recognize the Area with the most Spirit Game Points as the winner at the Friday night dinner. I look forward to learning with you from our impactful speakers Joe Beckman, Dr. Shree Walker, and Brandon Farbstein. I know that their words will move us all to continue to include, encourage, comfort, and embrace all of the students and staff members that we come in contact with on our campuses. Their messages filled with life lessons and experiences will inspire you to reach out to

those on your campus in need of acceptance and understanding.

The Convention planning committee has been working hard to find presenters for the workshops you have asked for and believe that will be of the most use to educators in our ever-changing world. My goal is to make every portion of the Spirit Games meaningful and resourceful to the membership. As always we will have an exhibit hall full of companies and organizations willing to help share the newest attractions, apparel designs, fundraisers, and entertainment experiences. The CADA Bookstore will be there to offer resources for all aspects of your student leadership program. My hope is that the inspiration you will receive from the convention will carry you through the school year to continue "Making a Difference Everyday" in your community.



CADA STATE CONVENTION REGISTER NOW!



6-9
March



Grand Sierra
Resort



Reno,
Nevada

2024 CADA STATE CONVENTION
CELEBRATING 60 YEARS!



EXERCISE YOUR RIGHT: VOTE, VOTE, VOTE



GENIEL MOON

CADA Immediate Past President
gmoon@cadaboard.org

Welcome to 2024! I hope the holiday season surrounded you with the people who bring smiles to your face and warmth to your heart. With the start of the new year comes a renewed commitment to exercise and improve our situations. Similarly, CADA is committed to adding new members to the CADA Board of Directors. As your Immediate Past President and Elections Officer, I have the privilege of introducing you to the following candidate for CADA Vice President: Melissa Edsall, currently serving as Area A Coordinator.

The candidate has officially declared her candidacy and meets the bylaws and board policy requirements. She has served at least one year on the CADA Board of Directors and is ready to make a four-year commitment to the organization. The elected member will serve one year each as Vice President, President-Elect, President, and Immediate Past President. Our candidate is enthusiastic, passionate, and committed to serving you and our organization as we progress in our mission of educating others and creating memorable experiences for our students.

WHAT TO LOOK FORWARD TO BEFORE THE CONVENTION:

Our candidate is permitted to start campaigning on January 8, 2024, immediately following our winter board meeting. This may involve launching campaign websites or social media campaigns, as well as reaching out to friends and colleagues to share their vision and goals.

In the two weeks leading up to the "CADA Spirit Games," you will receive an email from our candidate. The email will be officially sent out by CADA Central to the email on record.

At CADA Spirit Games, our candidate will personally connect with the membership during registration, social events, and between sessions. The candidate will have

access to display and distribute campaign materials in the common areas of the Grand Sierra Resort. During the Thursday General Session, our candidate will be given time to address the membership, outlining her goals and aspirations.

THE VOTING PROCESS:

This is your opportunity to exercise your right and privilege to vote. After the speech on Thursday, we will call for a vote of acclamation. The newly elected Vice President will be announced at the dinner dance on Friday evening.

We will also be electing Area Coordinators for Areas B, D, and F.

To be eligible to run for Area Coordinator, a member must have served one year on their area council and be willing to serve in this role for two years. Area Coordinators are responsible for leading their areas in planning regional training events and conferences for both students and adults while representing their members on the CADA State Board of Directors. Former area council members are eligible to run for Area Coordinator up to and including five years after leaving the council.

The voting window for Area Coordinators will open on Thursday after the general session, and members from Areas B, D, and F will be eligible to vote for their coordinator. All voting information will be sent to your CADA registered email. Voting will conclude on Friday, with votes verified by multiple witnesses, including a representative from each candidate's campaign. The newly elected Area Coordinator will be announced at the dinner dance.

If you have any questions, please don't hesitate to reach out to me at gmoon@cadaboard.org. Please exercise your right and privilege to vote, even if you are unfamiliar with the candidates. Setting an example for your students back at home and showing respect to the candidates for taking a chance is of great importance.



CADA VICE PRESIDENT CANDIDATE

MELISSA EDSALL

Area A Coordinator
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Hi! My name is Melissa Edsall and I would be honored to serve as your next CADA Vice President. I was lucky enough to be introduced to CADA at a young age! My Leadership teacher, Jack Ziegler, took me to CADA Camp the summer before 9th grade. I was hooked! I had the best experience, made lifelong memories, and really grew in my confidence as a leader. Fast forward to my first year

teaching, I ended up getting a job teaching math at the very middle school I went to, Douglass Middle School, the same school that really started my leadership journey. I quickly got involved on campus and started helping the current activities director. Luck struck again, my principal that year sent 4 people to the CADA Convention - I was lucky enough to be

“ I always come back to CADA, and our members, the friendships, mentorships, and connections I have made through the years. ”

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one of them. At the Convention, I reconnected with Jack Ziegler and he invited me to join the CADA Camp staff that summer. What a dream! Of course, I jumped right on board and joined the team. I have been part of the CADA Camp staff for the last 18 years, most recently taking on the Curriculum Director role. I also took over activities on my campus the year after my first year of teaching and have since grown the program to 3 classes! I am lucky enough to get to teach a WEB Leadership, 7th-grade leadership, and 8th-grade leadership class. I also joined the Area A Council soon after I started teaching the leadership class and became our Area A Coordinator 3 years ago.

I realize I just said luck or lucky a number of times, but that is how I truly feel. I couldn't imagine doing anything else and I am so lucky to have found CADA and my people. This job can be difficult at times and having a supportive group to turn to means everything! My coworkers are amazing and supportive but they don't fully understand how taxing an Activity Director's job can be. It can be a whole different level of tired beyond teacher tired - it's a lot of work to try to make the world a better place :). That is why I believe in the power of CADA and connections! The network of friends (who have become family) I have created in the past 18 years is invaluable.

Each year at the Convention I am reenergized by all of the ideas, camaraderie, and opportunities to learn. I have learned to hone in on one thing I really want to take back to my school - if I focus on one thing then I can make it happen.

Otherwise, the sheer wealth of knowledge and inspiration shared by our incredible peers can become overwhelming. Throughout my journey, I've continuously borrowed and implemented valuable lessons, ideas, and event concepts from fellow educators. This is where the true strength of CADA shines through. The unparalleled spirit of sharing and collaboration among our members sets our professional development apart from the rest. The ability to swiftly apply something I've witnessed, learned, or experienced at a conference or convention directly in my classroom the next day is the essence of what we stand for. CADA has a resource library full of lessons, events, ideas, etc. that we all need to access more as there is so much content available at our fingertips! I want to continue to create opportunities to support our membership with the many challenges we face every day.

CADA has my heart, and if selected to represent you as your next CADA Vice President I will do my best to support, listen and work with you to continue to make CADA the best it can be for all of our members, so that you can in turn bring that knowledge and support back to your schools and your students. That is where we will always feel the most impact from our lives. What can we do daily to make our campus, our world a little bit brighter? Where can we find the help we need to do this important work? CADA. I always come back to CADA, and our members, the friendships, mentorships, and connections I have made through the years. As your VP, I would hope to continue in this spirit of togetherness and opportunity as we forge into our next chapter as educators.

LA COUNTY
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Leadership Conference

**Friday
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March 6-9, 2024

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Email groupsales@fairplex.com for more info.

*With the booking of the 2025 Leadership Conference, available only to schools that have not attended in years prior

** Dates and times subject to change

AREA COORDINATOR MESSAGES

WE CAN'T WAIT TO SEE YOU AT THE 2024 CADA CONVENTION!



AREA A

AREA A COORDINATOR

Melissa Edsall
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www.cada1.org/areaA

Hello Area A!! Our Area hosted 3 successful conferences this year so far with our Woodland High School and Middle School conferences and our Advisor Conference at Monterey Trail High School in Elk Grove. We are looking forward to hosting our final student conference of the year on April 30th in Modesto - join us! Registration is open on the website. www.cada1.org/areaA

Our Area A Spirit Games convention theme is "Area A - We Came to Play!" We are excited for the many opportunities to show our Area A spirit during convention! Wednesday of convention show off your school spirit beginning the conference in your favorite school swag! Thursday we will be giving you an Area A shirt and hat and are encouraging you to bring and wear items and clothes in our Area A color - YELLOW!! :) Friday rep your favorite sport or team! We can't wait for all of the learning, camaraderie and fun coming up soon in Reno at the Spirit Games!

AREA B

AREA B COORDINATOR

Monique Walton
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www.cada1.org/areaB

Greetings from Area B!! We are coming off an amazing Area B Student Conference. Our theme this year for our conference was Beyond Boundaries & Beyond Games. We focused on ways that we can remain inclusive and always looking for ways to connect our school communities. Through interactive rally ideas, student led workshops that ranged from learning about how to support Culture Clubs on campus to ways to increase participation in student led events, we had a host of ideas for our leaders to take with them. The "Amazing" Tei Street gave our students the Street Talk they needed and Kim Karr taught and reminded students about how to be responsible digital leaders with her Digital4Good talk. A new addition to our conference was to provide some SEL activities and they took a journey of self-discovery through journaling and seeking for What's In Your Heart! Our leaders left refueled and stacked with new ideas to take back to their campus. A huge thanks to our Area B Council for their hard work pulling this together and we are super grateful to our Area C Fam (Isaac, Erin, and Benjamin) for an awesome rally experience, SOS Entertainment for the sounds, and can't forget our CASL Student Leaders who led awesome workshops for our middle school attendees. A huge thanks to CADA Central (Stephanie and Erica) for always showing love and grateful to Geniel for making the trip up north to spend some time with Area B.

Looking forward to the Convention in Reno, we will remind all of CADA to "Always Bet on B" to bring the love and joy. We are looking for nominations for Bob Burton & Harry Bettencourt awards so check our social media accounts for opportunities to nominate people. We look forward to seeing you at the Convention. Happy holidays to you All!

AREA C

AREA C COORDINATOR

Nestor Cerda
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www.cada1.org/areaC

Area C had a busy fall with over 2,500 students and advisors at our student conference at Hanford West HS and 110+ 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 super 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 huddle as we come together once again and are excited to see Joe's theme of "CADA Spirit Games" 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!



AREA C

Dress-up Days

CADA SPIRIT GAMES
MARCH 6TH - 9TH

DAY	TAGLINE	DRESS-UP
WEDNESDAY	SCHOOL SPIRIT	WEAR YOUR SCHOOL GEAR BE LOUD & PROUD
THURSDAY	CLASH OF COLORS	WEAR YOUR BLUE AREA C SHIRT PROVIDED AT CONVENTION
FRIDAY	JERSEY DAY	WEAR A TEAM JERSEY GAME DAY FACES!!!
FRIDAY-NIGHT	THE CADYS	DRESS FORMAL OR TEAM/GROUP THEMED OUTFIT



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AREA D

AREA D COORDINATOR

Lisa Walters
areaD@cada1.org
www.cada1.org/areaD

Hello, CADA friends! Area D has been very busy, with conferences in Salinas, Santa Maria, and Oxnard! On November 2, the Area D North Student Conference was held at the Salinas Community Center. Keith Hawkins was our keynote speaker, and students attended workshops led by students, advisors, and council members. There was a lot of fun had by students as they played video games, interacted with inflatable stations, had their caricatures drawn, and took photos in the photo booth. Thank you to our President-Elect, Joe McMahon, for joining us! On November 7, our Area D Central Student Conference was held in Santa Maria, with Dee Hankins as our keynote speaker. The amazing team of Issac Lopez, Ben Cummings, and Erin Tobias brought the CADA Throwdown to Area D from Area C, and it was EPIC!!! Students also learned about exciting student sessions, using videos to raise school spirit, resources for helping students with mental health situations, and how to use publicity to bring students to your events. DJ Cody 1 from Groove Factor Entertainment shared a message of resilience, goal setting, and integrity with our students. On November 9, Oxnard High School and the wonderful Marsha Cordes hosted our Area D Southern Student Conference. Our keynote speaker, Abe Leaver, presented a message based on time management, planning, maintaining your voice, and making good choices. The workshops presented by our CASL board, middle and high school leaders, and advisors, were based on real-world knowledge needed for student leaders now and as they continue on their leadership journey. Thank you to Geniel Moon, our Past President, for her support in attending the conference! In these 3 conferences, 1589 Area D student leaders received information and resources to help them as they grow.

Now, Area D is preparing for our Advisor Conference, which will be held on January 29, 2024, at the Avila Beach Community Center. If you are interested in attending, please check out the CADA website. www.cada1.org/areaE

Area D would like to congratulate our President-Elect, Joe McMahon, as he prepares for his convention - CADA Spirit Games - March 6-9, in Reno. We can't wait to see all of you there, as we celebrate the CADA Spirit with our dear friend from Area C!



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AREA E

AREA E COORDINATOR

Ruth Simonds
areaE@cada1.org
www.cada1.org/areaE

The Council has been meeting regularly planning our Advisor, Student, and S.T.A.R.S. Conferences. We are also in the early stages of working on the Convention. We successfully put on the Advisor Conference in August and the Student Conference in October. We are currently planning our S.T.A.R.S. Conference for February 6th and our first-ever CADA Night with the L.A. Clippers on February 7th. Please check out the CADA website for the flyer and further details on this event.

AREA E held our Advisor Conference on August 26th at South Pasadena High School. It was a great start to the beginning of the year with 25 Advisors coming together to learn and share ideas. Thank you to the advisors who joined and the Council members who presented and helped put the event together. I believe we all walked away with something new, and ready to take on the school year.

On October 24th we held our student conference at the Pasadena Convention Center. We sold out having 2,000 students and advisors ready to listen and learn about school culture, leadership ideas, and many other exciting topics. This was a great day and it was so good to see the excitement of the student leaders who learned so much and I am sure brought back many great ideas to their schools. We were fortunate to have Scott Backovich and Kim Karr as our keynote speakers along with student presentations, and a host of other workshops.

We are now preparing for our S.T.A.R.S. Conference on February 6th at the Kellogg West Conference Center at Cal Poly Pomona. This conference is primarily for at-risk youth ready to make a change. We are also getting ready for Reno and the CADA Spirit Games. Area E will be showing off our best spirit, so get registered and be on the lookout for emails about what to expect this year. Our Area color is orange, so start thinking about what you can do to show your AREA E Excellence!

Lastly, we are looking to create an AREA E professional learning community to support folks new to the Activities Director world. The idea would be to meet once a month over Zoom and discuss specific topics and share best practices on how we all do this crazy job. The first meeting will hopefully take place in January.

Please feel free to reach out if you have any questions, comments, or concerns. Those of you on Facebook check out our Area E page - CADA AREA E Friends. 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
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www.cada1.org/areaF

We are now just months away from our State Convention in Reno. This year's theme revolves around Spirit Games, the very heart of activities. Your Area F theme is Fanning the Flames of Leadership. We are the Area that will be carrying the torch of leadership to ignite the Spirit Games cauldron. That torch needs a flame and that requires three things to create a fire: fuel, heat, and oxygen. Our emerging student leaders are that fuel. Once inspired, they will carry out the greatness that our campuses need. Heat, or a spark, is what we as the Activities Directors, and all educators, provide...that spark to ignite the fuel. But our spark can't light the fuel if it lacks oxygen. Oxygen is the opportunity that we provide our students to learn and to lead. We have to believe in the old adage, "We either succeed or we learn, there is no failure."

On behalf of your Area F Council, we look forward to seeing everyone again in Reno. We showed up in force last year in San Diego with 630 Area F members, and we'll be a force again in '24! If you haven't made your arrangements yet, now would be a great time to do so.

Speaking of record-setting attendance, Area F has been seeing it again at our conferences this year. We hosted 77 people at our Advisor Conference at Great Oak High School in September, another 742 attendees at the Middle School Conference at Orange Vista High School in October, and were ahead of last year's pace for our High School Conference at Disneyland held in November. Thank you to everyone attending and a special thank you to those schools that are stepping up to present at the conferences. Finally, I would also like to thank my Area F Council, the 40 people working diligently behind the scenes to create new and better ways to serve you, our members.



AREA G COORDINATOR

Judy Zazvrskey
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www.cada1.org/areaG

Area G is excited about the many opportunities available for leadership students and advisors this year. Our theme is "Go The Distance", as we seek to encourage and strengthen student leadership on campus throughout the year with "Grit and Grace."

The High School Conference was held on September 26, at Classical Academy High School. Throughout the day, students attended four different workshops, along with the opportunity to network with other ASB leaders. The day concluded with a mini-rally, where students and advisors were encouraged and inspired by our keynote speaker, Chris Collins from CoolSpeak.

Our Area Advisor Conference was held on November 9, at San Marcos High School. We spent the day sharing practical ideas for curriculum, events, and campus culture. The Middle School Conference will be held on January 26, 2024, at Calavera Hills Middle School. In addition to four workshops, students will be challenged and motivated by our keynote speaker, Scott Backovich, founder of ENVOLVE Schools.



AREA H LEAD

Denise van Doorn
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In the Spirit of Giving, Area H will give our attendees fresh ideas, warm inspiration and clever items to use back on campus after attending the convention this year. We will do that by Hying up Hometown Heroes and going all out in CADA SPIRIT! Be thinking of the people in your community who are your local heroes such as public safety personnel, police, fire, mental health, social worker, psychiatrist, an everyday person who makes a difference in the lives of students. Those are the people to shine the spotlight on, and at the convention during our Area H meeting, we plan on doing activities to promote that vibe. We will run our



meeting and demonstrate Hometown Heroes in creative ways so that you can bring that same spirit back to your own community. Afterall, Area H are the people who bring outsiders in! Let's bring that spirit and celebrate the Heroes from all around the world Area H!!!!

**PERSPECTIVE FROM
OUR YOUTH: OPPORTUNITY**

ABELLA MAYORGA

Tracy High School | Junior Class Secretary

Leadership and student government have given me the opportunity to contribute to my school and become an active leader of a positive and energetic campus. However, it hasn't always been this way. I didn't join leadership until my Junior year as I didn't know it had so much to offer, and now I can confidently say it is one of the best decisions I have ever made. Throughout my first two years in high school, I've always had an interest in being involved on campus and engaging in any way I could. Whether that be from going to after-school events, showing up to our school's student section, or joining a club; I knew I could take it a step further by applying for leadership Junior year. I wanted to play a bigger part on campus and have a beneficial impact on our school year while creating memories for others on campus just like the ones I have made myself. Events such as homecoming, back-to-school week, and spirit days have been the highlights of my teenage years that I will never forget. So I wanted to spread that to my classmates and make that a mutual feeling amongst our class.

After assuming my role as Junior Class Secretary, I was so excited for what was to come in this new chapter of my life, but there was a lot I still had to learn before the incoming school year in order to be the best possible student leader I could be. In July of 2023, I was fortunate to be able to attend CADA/CASL Summer Leadership Camp at UCSB. The time spent this summer at camp was honestly the best 5 days of my life!

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MENTAL HEALTH : MAKING T.I.M.E. IN THE MORNING

LINDSEY CHARRON

CADA VICE PRESIDENT
lcharron@cadaboard.org



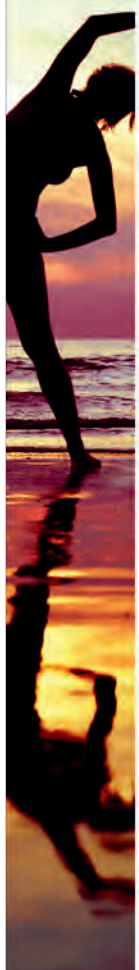
With activity directors, there are various levels of busyness. There is a homecoming level of busy, semi-busy, and just plain busy. Our positions are stressful and no one really understands the kind of busy that we can be. As someone who always tries to help others, I have often found that I put myself last. However, I realized what a detriment that is, not only to my students and my program but also to myself. We cannot help others if we don't take the time to take care of ourselves. And that is why the past few years I have really put an emphasis on my mornings.

As someone who would be rich if I was actually paid each time my name was said during the day, I discovered that mornings are the best place for me to focus on myself. There is a time when I do not need to worry about the needs or wants of others, but I can make time to set myself up for the best day possible. This has pushed me to wake up earlier, which you do not necessarily have to do. However, waking up earlier has given me that little extra cushion to do the activities that I know are best for me. These activities include focusing on gratitude, mindfulness, exercise, and learning.

Recently, I was delighted to discover that the activities that I was already trying to focus on in the morning are part of a routine that Jay Shetty also emphasizes in the book, Think Like a Monk. He wrote about how monks take the time to do this each morning to help place themselves in the right mindset. The acronym he used to describe this is T.I.M.E.: thankfulness, insights, mindfulness, and exercise. Shetty states that by making time to do each of these activities in the morning, not only do you create space to start your day

off on the right foot, but you also help yourself grow as a person. Each morning, I start by writing a note of gratitude to someone. I might post on someone's Facebook page, write an email to a student, or send someone a text. Focusing on gratitude actually changes your brain, and it helps me to stop going through my seemingly never-ending to-do list before my mind starts racing. I then try to read something that I think will either benefit myself or my profession. Sometimes if I have made more time it is a chapter from a book, other times it is just an article. I love learning, and this helps get my creativity flowing. Next, I will try to do some type of exercise; it is nothing long in the morning. For ten minutes I will go for a walk, do a yoga flow, or hop on the Peloton. I prefer to finish with meditation. Guided meditations are easier for me to focus on, so I will pick something from the Peloton app, or Headway that is five to ten minutes long. As someone who deals with anxiety and depression, this is the perfect way to end what I have come to refer to as my morning session.

Now, there are mornings where not all of these things happen. Sometimes, I am only able to write an email of gratitude, other mornings I only find time to read. No matter what, I try to make sure I perform at least one part of this morning routine because it helps me center myself. I encourage you to give it a try. And if not, please make sure you are carving out some time for yourself during the day to focus on something that you love and enjoy because you need to make sure you are a priority in your own life. And you deserve it.



LOOKING

FOR

TALENT

JOIN OUR BOARD

Print Media Coordinator

Do you love the CADA Newsletter? Now is your opportunity to become the newsletter editor. The CADA Board is seeking a new Print Media Coordinator.

This is a volunteer position and your opportunity to join the CADA State Board and make a difference in the CADA organization.

**APPLICATIONS DUE MARCH 13TH!
FOR MORE DETAILS VISIT: www.cada1.org/pmc**

apply at www.cada1.org/pmc



MINDFUL MOMENT WITH MORTY

THE ART OF BEING PRESENT AT WORK AND LETTING GO: BALANCING BOUNDARIES FOR A FULFILLING LIFE

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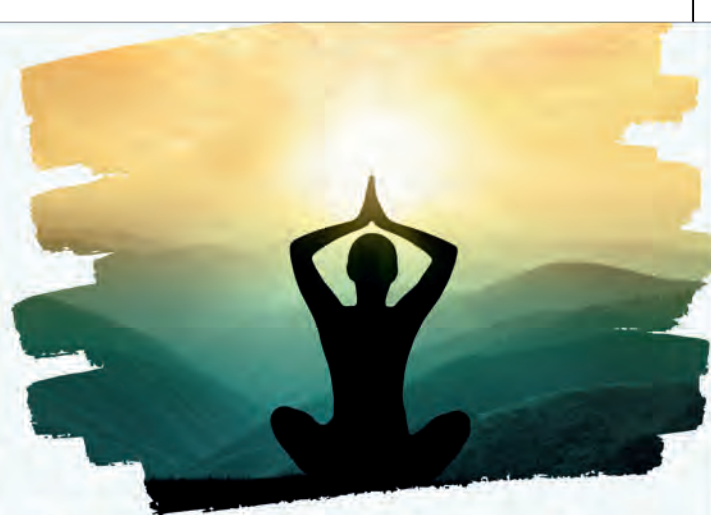
In today's fast-paced world, finding a balance between being fully present at work and maintaining personal boundaries is crucial for overall well-being. It's a delicate dance that involves embracing the importance of your job while also knowing when to let go at the end of each day. We all know that activities can take more of our time and when you look at the clock it is well past contracted hours. It's time to fully acknowledge the value and importance of your job, yet the vital role of taking care of yourself as well.

Step 1: Embrace Mindful Presence at Work

In the hustle and bustle of a busy workday, it's easy to become overwhelmed with tasks and deadlines. To counter this, start your day with a few minutes of mindfulness. Whether through meditation, deep breathing exercises, or simply taking a moment to appreciate your surroundings, these practices can ground you in the present moment. Throughout the day, try to focus on one task at a time, giving it your full attention. This not only enhances productivity but also allows you to savor the sense of accomplishment as you complete each task.

Step 2: Cultivate Gratitude for Your Job

It's natural to have days when work feels like a grind, but finding gratitude in what you do can make a world of difference. Take time to reflect on the positive aspects of your job. Consider the skills you're acquiring, the colleagues you're



working with, and the impact you're making. Recognizing these aspects can instill a sense of purpose and motivation. Expressing gratitude, whether through a journal or by simply acknowledging it mentally, can boost job satisfaction and enhance your overall experience at work.

Step 3: Set Boundaries and Let Go

As important as it is to be present at work, it's equally crucial to set boundaries and detach at the end of the day. Establish a cut-off time for work-related tasks and stick to it as closely as possible. Once that time arrives, consciously shift your focus to self-care, spending quality time with family, pursuing hobbies, or simply unwinding. This separation between work and personal life is vital for mental and emotional well-being. It allows you to recharge, reduce stress, and return to work the next day refreshed and more focused.

Balancing being present at work and letting go at the end of the day is a skill that can lead to a more fulfilling and well-rounded life. By practicing mindful presence, cultivating gratitude for your job, and setting clear boundaries, you can enhance your professional experience and create space for personal growth and happiness. Remember that finding this balance is an ongoing process, and it may require adjustments along the way. But with dedication and self-awareness, you can achieve harmony in both your career and personal life, leading to a more rewarding and balanced existence.

PERSPECTIVE FROM OUR YOUTH: CONTINUED FROM PAGE 8

Going to CADA Camp has played a huge contribution to why I am the student leader I am today, and I have carried so much wisdom that I learned there in my everyday life.

From understanding the importance of structure and organization in ASB to appreciating the diversity on my school campus; summer camp allowed us as leaders to engage with other student bodies to share ideas, resonate with similar struggles, and build a support group that I still connect with weekly! Along with the educational values of summer camp, it also helped me become an even more social person than I was before previously attending, which in return has helped me so much this school year. With so many opportunities to make friends and branch out, it's almost impossible not to become a social butterfly. You never have to be embarrassed or nervous at CADA because nobody is there to judge, and we are all just there with the common interest of improving our school. Without CADA/CASL, I think I would've gone into junior year feeling completely blind, but thanks to this experience I felt prepared and ready to spread the "CADA magic" around campus.

If anyone were to ask me about getting involved in leadership on their campus, I would tell this person who was once nervous like me that you have the power to make an impact on your campus and community which can make a difference in someone's life as it has mine. Seeing your class genuinely having fun at events and helping your community is the most fulfilling and rewarding feeling there is.

As my CADA/CASL Camp counselor Janet Roberts (JR) once told me, "Be the ripple effect on your campus!" s/o Council 6 (Camp 4).



THE IMPACT! FROM AN ALUMNI: WHEN ASB IS YOUR SPORT: A STUDENT'S PERSPECTIVE

MATTHEW THOMPSON

Newport Harbor High School, Class of 2025

My name is Matthew Thompson, I'm a junior at Newport Harbor High School in Newport Beach, CA. I'm embarking on my sixth year of student leadership and it all started as my juvenile 7th grade self. I first got involved with student leadership in grade school and was later accepted into Ensign Intermediate School's ASB. In my 7th grade year, I served as a Communications Commissioner and was later elected as ASB President my 8th grade year. This was where my love and passion for leadership sparked. I had finally found an outlet where I felt skilled and confident with my work. At this time, I had tried just about every sport and extracurricular you could think of. Yes, even golf. But now my search was over, ASB became like my sport. I was comfortable in my role at Ensign; I knew all my classmates well, had a great relationship with my activities director and teachers, and was familiar with how things were run. After my two years of leadership at Ensign, I felt compelled to bring my skill set to outside organizations in which I was able to grow and improve. Meeting new people and starting fresh experiences was nothing new to me, but the transition from middle school ASB to high school ASB was different. It was the first time in a while I was forced out of my comfort zone. I knew only three out of forty plus classmates and wasn't familiar with the general lingo of things. I felt vulnerable and intimidated. Although the transition was scary and new at times, it reminded me of why I'm a leader. I get the opportunity



to inspire new people, make changes in environments I'm not used to, and network with other leaders. I currently serve as a communications commissioner (again) and have plans to stay in ASB throughout my senior year. Having the same position again almost feels like I've come full circle. As for my advice to other students making the transition, embrace leaving your comfort zone. Remember that it serves as a good lesson and will happen to you countless times throughout your life.

SANTA CRUZ BEACH BOARDWALK

GRAD PARTIES

MAY 31, JUNE 6, JUNE 7, 2024
10PM-2AM

PACKAGE INCLUDES:

- Exclusive Rides
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- Fright Walk, Mini Golf & Laser Tag
- DJ Dance Party & Karaoke
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- Airbrush Tattoos
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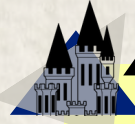


beachboardwalk.com/grad-parties

MESSAGES

FROM

CASL'S COMMITTEES TO YOU!



Dear Advisors,

As esteemed mentors and guides, your role in nurturing student leadership is essential. The Elections Committee is excited to share the opportunity to influence the future of the California Association Of Student Leaders (CASL). We invite you to support and encourage your students to apply for our CASL State Board.

Why should your students apply? Here's why:

1. Developing the Best Leaders: By endorsing and guiding students in the application process, you're actively contributing to the development of their leadership skills. Your student will bring fresh ideas and creative solutions to improve your leadership program, campus, and local community.
2. Help your program go from good to great: Being on the CASL State Board offers an extraordinary platform for students to work collaboratively, enhancing their public-speaking and communication skills while presenting across the state of California.

Here's how you can help:

Share Information: All Applications are now out! Take some time to go over each guidebook and position with your students, anyone can apply!

Support Their Journey: Be there to provide encouragement and support as they take the next step to advance their leadership.

With your initiative, your students can become inspiring leaders and enact positive change within California. Let's Embrace the Potential of our leaders!

CASL Board Applications are open here: <https://caslfan.com/elections/>

Application Deadline: February 9th, 2024 3:15 PM

Finalists List: March 12th, 2024 4:00 PM

With Boundless Excitement, CASL Elections
CASLElections@caslboard.com



The Service Committee is dedicating their heart and soul to creating an immersive experience for all delegates at this year's CASL State Conference. Our mission is to encourage and uplift service-oriented leaders throughout the state, provide resources, and create opportunities for all of our delegates. Each and every one of us brings something different to the table, and it is crucial that we embrace all of our different perspectives and ideas. CASL's Excellence in Service Award (EISA) was initiated with the intention to spotlight and celebrate student leaders who have given back to the community by fulfilling local, group, and statewide needs. If you would like to share your service project with the state, make sure to take a look at our EISA application! We would love some new insight and ideas on how we can all embody servant leadership in our own campuses and communities! More information can be found on www.caslboard.com/EISA and our Instagram, @caslfan!



The Visualizations team on the CASL State Board is focused on the creation of the visual aspect for the state conference. As many of you may know, our theme this year is CASL's Closet. The Visualizations committee wants to immerse our delegates and conference attendees in the world of fashion. We hope that you and your students can come along with us as we explore the idea of trust and embrace the potential through the concept of fashion! Currently, the Visualizations team is picking out the giveaways the delegates will receive at the conference and is putting together all the conference aesthetics. We are so excited for you to see our work at the conference, and we hope to see you in Ontario!

EMBRACE THE POTENTIAL.

WHEN I FIRST DIPPED MY TOES INTO THE WORLD OF LEADERSHIP IN SEVENTH GRADE, I WAS BUZZING WITH EXCITEMENT ON HOW TO CREATE A BETTER CULTURE FOR MY CAMPUS. LEARNING HOW TO PLAN EVENTS, DELEGATE TASKS, AND OF COURSE, CREATE POSTERS, WAS ALL NEW TO ME. I TOOK ON ANYTHING I COULD, EAGER TO SUPPORT MY PEERS AND CREATE A WELCOMING ATMOSPHERE.

AS LEADERSHIP BECAME MY DRIVE, I KNEW I WANTED TO RUN FOR ASB PRESIDENT. HOWEVER, I WAS AFRAID TO EMBRACE THE POTENTIAL, FEARFUL OF THE OUTCOME. RIGHT BEFORE SCHOOL ELECTIONS, I HAD THE PRIVILEGE OF ATTENDING THE 2019 CASL CONFERENCE, WHERE I WAS ENDLESSLY INSPIRED BY OTHER STUDENT LEADERS MY AGE. I KNEW I WANTED TO BRING BACK THE IDEAS AND LESSONS WE LEARNED TO MY OWN CAMPUS. THROUGH CASL, I BECAME MORE CONFIDENT AND WILLING TO EMBARK ON A JOURNEY OF UNKNOWNNS.

NOW, MORE THAN FIVE YEARS LATER, AS CASL STATE PRESIDENT, I'M ELATED TO WELCOME STUDENT LEADERS ACROSS CALIFORNIA TO OUR CONFERENCE--STRIVING TO CREATE THE SAME BELONGING AND JOY I FELT AS A DELEGATE.

AT CASL'S CLOSET, WE SEEK OUT HIDDEN POTENTIAL, EMBRACING THE EXCITEMENT OF LEADERSHIP. STUDENTS WILL HAVE THE OPPORTUNITY TO MEET OTHER LEADERS THEIR AGE, LEARN NEW CURRICULUM, ATTEND OUR SERVICE LEARNING EXPERIENCE, AND SO MUCH MORE.

WE WELCOME YOU WITH WARM ARMS TO CASL'S CLOSET AND INVITE YOU ALL TO EMBRACE THE POTENTIAL WITH US. SEE YOU ON APRIL 11-13 FOR MS AND APRIL 13-15 FOR HS AT THE ONTARIO CONVENTION CENTER!

HERE'S A SNEAK PEEK AS TO WHAT OUR COMMITTEES, SERVICE, VIZ, CURRICULUM, AND ELECTIONS HAVE BEEN WORKING ON FOR THE CONFERENCE!

**WITH MUCH CASLOVE,
DIANE KIM
2023-24 CASL STATE PRESIDENT**



WORKSHOPS BY CASL

PRESENTER WORKSHOP

DESCRIPTION

Aarush Gupta	The Productivity Playlist	Let's uproot the tips and tricks that we've normalized as time management. Instead, listen to the songs of focus, prioritization, and the philosophy of time as we craft our own productivity playlists.
Angela Rico	1-2-3, Count on Me!	Authentic and dependable leaders have one thing in common: accountability! Let's learn how to break our habits together in order to become accountable for ourselves and others.
Audrey Peterson	Edify Energy	Change doesn't happen unless we're willing to have open minds. Join us as we discuss the importance of taking a step back, remembering our "why," and reflecting on the energy that surrounds us daily.
Bella De Vita	Purposefully Present	As student leaders, we seem to always have our eye on the future. Let's explore the culture of future time orientation and analyze the role of mindfulness.
Daniel Choi	Develop Your Spidey-Sense	Can we actually have a spidey sense? Let's explore this as we learn how to heighten our senses and effectively lead with a new perspective.
Desiree Diaz	Be the Bridge	Connection plays an integral role in effectively serving our communities. Let's gain new tools to build bridges of unity, strengthening our campus culture.
Diane Kim	Newsflash!	Let's shift the understanding of what a leader is and challenge the phrase "it's lonely at the top." Learn how we can guide others to join us, not shut them out. Discover the power of humility, together.
Donovan Rudish	The Social Struggle	Awkward social situations and stale conversations are uncomfortable. Let's explore the tools we can use to solve these problems and overcome the struggle.
Esi Otoo	Who Tells Your Story?	To leave a legacy is to make an impact that lasts in your absence. Let's discuss how we can ensure our work will be remembered and our legacy will last.
Giana Bove	Oh Hey There!	Meeting new people usually starts with surface level conversations, but that's boring! Let's practice the art of meeting someone new in a different way and learn how to deepen the discussion.
Katarina Dragasevic	The Road to Failure	Oftentimes, failure can seem like the end of the road. Buckle up as we challenge this narrative, exploring how failure can instead serve as a catalyst for growth.
Kaylie McMillen	The Building Blocks of Culture	Let's explore the composition of our campus culture. We will engage in intentional discussion and collaboration, learning how to encourage participation and create a positive culture.
Nadine Mae Padrigon	Do You Have a Minute?	Whenever we acknowledge our unique experiences, we feel the innate desire to be understood. Let's explore how to establish comfort in vulnerability and practice emotional validation through effective communication, starting with finding the courage to ask someone, "Do you have a minute?"
Natalia Ochoa	Unpacking Privilege	We serve students from a diverse variety of backgrounds and perspectives. Join us as we learn how to create an accessible and enjoyable environment for all students on our campus.
Noa Berry	Keeping Mindfulness in Mind	What goes on in the mind of a leader? Through intentional discussion, we will reflect on what it means to cultivate curiosity through mindfulness.
Omar Alvarez	Mirror, Mirror	Perception is a driving force of progressive change, both individual and collective. Join us as we analyze the role of perspective and learn how to optimize personal growth.
Sara Miller	Curiosity Unleashed	We often form opinions without all the facts. However, it's essential to cultivate a mindset of curiosity - not judgment. Explore the power of curiosity to transform our perspective.
Shivansh Kelkar	Refuel	What gives us the energy to persist when our engine is empty? Let's explore this as we discuss how to move past obstacles and when we need to make a pit stop.
Rohitha Tammineedi	The Optimist's Guide to Risk Taking	Join us on an exciting adventure as we explore the concept of optimism. On our path to positivity, we will discover the art of taking risks and embracing new perspectives.
ZyZy Ray	Oh No!	What do we do when everything that goes wrong, does? Together, let's tackle strategies on how to improve our situation when our plans are uprooted.



CIF REPORT: IT'S BIGGER THAN SPORTS

GENIEL MOON

CADA Past President
gmoon@cadaboard.org



Why is it essential for us to have a seat at the CIF table, both at the state and local levels? We find ourselves navigating the complex world of education, striving to make our schools the best they can be by fostering positive campus cultures and active participation. While our presence on the Federated Council over the past seven years has granted CADA a seat at the table, our mission extends to representing all 10 sections. Numerous decisions are made that directly impact student activities, finances, and the overall student experience. We must remember that athletics, like leadership, are education-based experiences. It is imperative that we continue to collaborate for the betterment of our students and communities.

Last year, the State Executive Committee, Federated Council, and the 10 section Commissioners came together to craft a new CIF mission statement:

To quote Dr. Ron Nocetti, Executive Director, CIF State Office: "Our school communities are a place for everyone, our actions need to match that. The CIF and our member schools are committed to providing opportunities for all students. We consistently hear that our students want to have fun, be with friends, and enjoy being part of a community where they feel they belong. Let's keep those ideas at the forefront of all that we do."

We need to remember it's not about YOU or ME, it's about WE.

What we permit, we promote. Not allowing poor sportsmanship and fan behavior will set a culture for positive educational opportunities."

One of the most remarkable transformations in recent years has been the return of students to the stands at athletic events. Witnessing students support each other in the name of their

school has led to a resurgence of school spirit and pride. This transformation has been primarily driven by student leadership and activities. Providing student leaders with a platform to inspire one another by promoting their school is paramount. However, we must impart the distinction that we are not part of professional or collegiate athletics; instead, we stand for Educational-Based Athletics. Your school should wholeheartedly support YOUR School. There is no place for disparaging other schools in cheers, posters, or actions. Let's endorse what is right; students must learn this. A recent conversation at a women's volleyball match with a colleague from a neighboring school underscores this point. While many posters celebrated their school positively, some demeaned their visiting opponent. I inquired about their perception of this behavior as pursuing victory with honor. Their response highlighted that they had observed this behavior at other schools, leading them to believe it was the norm. It falls upon adults to educate that this is not the

“ CIF MISSION

It's bigger than sports. The CIF provides students with the opportunity to belong, connect, and compete in education-based experiences. Every student in California has the unique opportunity to participate and experience being a part of a school team or student organization. The CIF and our school communities support our students' journeys by developing impactful relationships through transformational educators and coaches who provide a healthy environment for growth and development. It is essential to have families and community supporters who display positive behavior which will allow our students to create their own experiences.



standard in high school athletics. I posed a simple question: "What legacy do you want your school to have? A welcoming place that embraces opponents or a hostile institution that denigrates them?" The posters came down, marking a valuable teaching moment.

CIF is presenting a grant opportunity for all leagues and conferences that opt to provide in-person Sportsmanship and Fan Behavior Workshops for

their member schools. For more details, please visit: CIF Sportsmanship Grant. If you wish to contact your local CIF section, kindly refer to the provided chart for the respective section office.

CADA and CIF share a common mission—creating positive experiences for our students. The dedication of CADA members to improving their schools is commendable. My fervent hope for each of you is to persist in your noble efforts, infusing every endeavor with positive intentions.

FEDERATED COUNCIL MEMBERS

Officers

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Marty Bitter, AD Madera U.S.D.

CIF President-Elect

John Becker, Sup, Roseville Joint U.H.S.D.

CIF Past President

Monica Colunga, Principal, Irvine H.S.

CIF State Office Staff

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Brian Seymour, Associate ED

Bobbi Madsen, Director

Cici Robinson, Director

William Chavarin, Director

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Rebecca Brutlag, Director of Media

Christina Shannon, Asst to the ED

Diane Marshall-Freeman, General

Counsel

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SOUTHERN

Mike West
562.493.9500 | www.cifss.org

CIF BOARD, STAFF & SECTIONS

CADA CAMPS WRAP-UP 2023 LEADERSHIP SNAPSHOT

JEFF CULVER

CADA Camp Coordinator
jculver@cadaboard.org

The terms selfie, group photo, and panorama were applied to the idea of leadership as part of our 2023 CADA Camps curriculum last summer. The "Leadership Snapshot" allowed students and advisors to take a look at their individual leadership strengths (selfie), how those strengths contribute and combine with others' strengths (group photo), and how we can take those combined strengths and positively impact our school culture (panorama).

Thanks to the 2023 CADA Camp curriculum team, led by Douglas Middle School's Melissa Edsall, with support from Jessica Banchieri (Heritage HS), Dinah Green (Orange Vista HS), and Monica Anderson (Paulding MS). This group met virtually multiple times throughout the year to plan the series of integrated lessons centered around our camp theme of Leadership Snapshot.

The camp curriculum was taught to students by credentialed CADA members, called council leaders. Nearly 70 CADA members worked throughout the summer (anywhere from one camp to all four sessions) as council leaders side-by-side with the student campers, guiding, encouraging, and helping them to create a memorable, educational, and enjoyable camp experience. The passionate and dedicated camp staff return year after year because they believe so strongly in the camp program.

To help keep things running smoothly behind the scenes was a team of directors: Paul Chylinski (logistics), Todd Arrowsmith (operations), Ron Ippolito (media/technology), and Monica Anderson (adults). This year's Camp Directors/Large Group Leaders, helping to steer the students and staff through the #CADACamps experiences were Bryan Speed (camps 1-3), Christina Hillman (camp 1), Farrah Rigo-Witt (camp 2), Corissa Stobing (camp 3), Ron Ippolito (camp 4), and Melissa Edsall (camp 4).

And finally, thanks to the CASL State Board, Sandi Kurland, and their adult advisors for their involvement with Camp 4. Board members worked as interns with the camp councils, while also presenting a Meet the Pros topic.

This year's four camps trained 1,530 student leaders accompanied by 226 advisors from 163 schools across the state of California, plus some long-time friends from Georgia, Illinois, Kansas, Nevada, and Canada. Once again, we enjoyed working with our long-time educational partner, UC Santa Barbara, right next to the Pacific Ocean.

Supporting our theme and mission to inspire student leaders, our keynote speakers provided thoughtful words and encouragement for their leadership journey. Gratitude goes to Lilyan Prado-Carrillo, Kate Games, and Donovan Beck for sharing their hearts and stories with our campers. Plus, thanks to Isaac Lopez and Benjamin Cummings for hosting the CADA Camps Throwdown event for the second summer. This high-energy session provided campers a glimpse into a way to encourage student body involvement in a fast-paced, fun whole group session.

In addition to our keynote speakers, students also had an opportunity to attend Rotations focused on fundamental skills necessary for leadership students to successfully navigate the school year. This year's rotations focused on communication, personal leadership, and improving campus culture.

CADA/CASL Leadership Camps are an intensive 4-day experience in which students are divided into councils where they have the opportunity to meet others from around the state to share ideas, network and work on a camp project together. Students come out of camp with a solid foundation to start the school year with goals in mind for themselves and their school's activity program. Catch up on all of the posts from last summer's CADA Camps program by following @CADACamps on social media and viewing this year's camp videos on the @CADACamps YouTube channel.

Special thanks to the CADA Medallion Sponsors whose products and services helped make this year's camp program a success: All Action Awards, All-Star Events, Audio Dynamix, California Canopy, CoolSpeak, Kate Games, Kustom Imprints, Pegleg Entertainment, SOS Entertainment, and Spirit Sox USA.

Mark Your Calendar! Join us in summer 2024 during one of our four 4-day camps at UC Santa Barbara in the month of July. Camp sessions will run July 7-10, 12-15, 17-20, and 22-25. Registration will open in January so you can reserve your school's spots. Student names are not needed until the end of May after your elections and class selection have concluded. In an effort to provide training to more schools, this summer we will be limiting school delegations to no more than 20 students.

cada leadership camps

July 2024 | UC Santa Barbara

Registration opens February 1
cada1.org/leadershipcamps

- July 7-10
 - July 12-15
 - July 17-20
 - July 22-25
- experiential learning through council projects
 - keynote speakers
 - networking
 - leadership training

Camp Scholarship Opportunity
Visit cada1.org/scholarships
Due Date: April 30



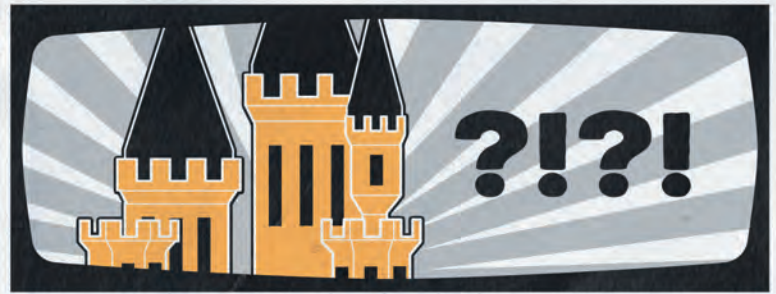
@CADACamps



CASL

" CALIFORNIA ASSOCIATION OF STUDENT LEADERS "
@CASLFAN @ J O

*Do You Want
Leadership
Training on
Your Own
Campus?*



WHAT ARE LDDs

LDD LEADERSHIP DEVELOPMENT DAYS!

Led by facilitators with more than 10,000 hours of leadership training experience, Leadership Development Days provide opportunities for elementary, middle, and high school students to become inspired and contribute to the betterment of their campus and communities.

connecting to others, individualism vs. collectivism, expanding the leadership base, perseverance, and courage to help students become the best version of themselves.

\$30 per student is all it takes to bring this day-long, research-based, interactive leadership conference to your student leaders and their peers at your local schools, or you can call for special pricing to host one for your own school only!

The day-long event utilizes experiential learning activities to unite students and develop lifelong skills. The curriculum is centered around learning effective communication, cultural competencies,



ALLISON PRICE

a self-professed theatre nerd, Allison has fostered a lifelong passion for education with a deep appreciation for creative thinking and community building. Originally from a small town just outside of Toronto, Canada, Allison is now an actor, writer and improviser based in Los Angeles.



EDGAR BLACKMON

Edgar couldn't be more excited to be entering his first full year of being a Leadership Coach! Edgar is a father of two. As a result, he has seen first hand just how important principles like integrity, initiative, and compassion can be to a young person's development. A writer, actor and improviser originally from the Chicago suburbs, Edgar and his family now live in Los Angeles.

Edgar couldn't be more excited to be entering his first full year of being a Leadership Coach! Edgar is a father of

MEET THE LEADERSHIP COACHES!

THANKS FOR HOSTING L D W D S



AREA A

8/11/2023 Sierra MS / MS Delegates
9/12/2023 Sutter Union HS / HS & MS Delegates
9/20/2023 Douglass MS / MS Delegates
9/26/2023 Franklin HS / MS Delegates
10/3/2023 Stagg HS / MS Delegates
10/4/2023 Edison HS / MS Delegates
10/6/2023 Foothill Ranch MS / MS Delegates
10/11/2023 Bidwell JHS / MS Delegates
10/17/2023 Summerville HS / HS & MS Delegates
11/7/2023 Ripon HS / HS & MS Delegates

11/13/2023 Washington Unified / HS & MS Delegates
11/14/2023 Chavez HS / MS Delegates
11/15/2023 Health Careers Academy HS / MS Delegates
11/16/2023 Merlo HS / MS Delegates
12/5/2023 Pacific Law Academy & Jane Frederick HS / MS Delegates
12/7/2023 Edison HS / MS Delegates
3/1/2024 Lincoln HS / MS Delegates

AREA C

8/14/2023 Hanford West HS / HS Delegates
2/8/2024 Caruthers HS / HS Delegates

AREA F

7/31/2023 Warm Springs MS / MS Delegates
9/7/2023 Riverside Prep MS / MS Delegates
10/13/2023 Raymond Cree MS / MS Delegates
10/27/2023 Kraemer MS / MS Delegates
11/9/2023 Desert Mirage HS / HS Delegates
11/14/2023 Liberty HS / HS Delegates
2/1/2024 CASL Regional Conference / MS Delegates
2/15/2024 PYLUSD AVID 7th grade (El Dorado HS)
2/22/2024 PYLUSD AVID 8th grade (El Dorado HS)

AREA D

9/26/2023 Rio Vista MS / MS Delegates
10/24/2023 Pioneer Valley HS / AVID

AREA E

8/9/2023 Long Beach Unified / Faculty
8/31/2023 Chino HS / HS Delegates
10/11/2023 Chaminade MS / MS Delegates
11/3/2023 Lone Hill MS / Elementary Delegates
11/28/2023 Palmdale Aerospace Academy / HS & MS Delegates
1/24/2024 Chino Hills HS / HS Delegates
1/30/2024 Shadow Hills Magnet Academy / District

AREA H

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

AREA G

8/7/2023 Bernardo Heights MS / MS Delegates
8/23/2023 Grossmont HS / HS Delegates
9/20/2023 Madison MS / MS Delegates
9/21/2023 San Marcos MS / MS Delegates
4/23/2024 San Marcos HS / HS Delegates

CONTACT
SANDRA
KURLAND
FOR MORE INFO:
leadership@cada1.org



MANY WAYS TO HOST!

High Schools for surrounding High Schools!
 High Schools for nearby Middle Schools!
 High Schools for their entire campus!
 High Schools for their School District!
 First Day of School for all students!
 High Schools for their Leagues!

IT'S ALSO GREAT FOR AVID!

Middle Schools for surrounding Middle Schools!
 Middle Schools for their entire Campus!
 First Day of School for everyone!
 Middle Schools for their School District!
 Middle Schools for nearby Elementary Schools!

LEADERSHIP DEVELOPMENT DAYS

THE POWER OF SAYING "THANK YOU!"

Continued from the front cover

ALIZEH ALI

Ripon High School
ASB Executive Board Member
Class of 2024



Thank
you! :)

they are thankful for. The beauty of this holiday comes from the fact that it is not associated with receiving and giving gifts but rather with the recognition of gratitude and the practice of saying thank you.

Coming from a family that moves a lot, I have attended a fair share of schools. The contrasts between my old elementary school and my current high school are attributed to the amount of appreciation that is shown in our community. When I was young, we never had events centered around giving thanks. It was apparent how mundane our culture was, as there were no personal relationships. Seeing how lively Ripon is, I have witnessed the power behind a thank you.

At Ripon High, everyone regards the month of November as the month of giving thanks. We work closely with Dude Be Nice, a powerful organization, to bring kindness to life at our school. Everyone has the opportunity to obtain a Dude Be Nice shirt to wear throughout their full four years. This is a plain black shirt with our school name and the words "dude be nice" in strong block letters. Although it may seem pronounced, the constant reminder on the shirt to be kind contributes to a positive atmosphere on campus. This month also focuses on giving thanks.

Our spirit days are centered around what we are grateful for. An example is when there was "grateful for our guardians," and we dressed up as soccer moms or BBQ dads. These spirit days remind us just how much we have to say thank you for. The grandest part of Dude Be Nice is selecting a staff member or teacher to honor. This person is nominated by clubs and organizations on campus to be named our dude or dudette for that respective year. The nominations reflect someone who has exemplified kindness and deserves a thank you. We then praise our dude/dudette by showering them with gifts at our rally. Since we encourage all clubs to participate in this event, the dude/dudette ends up receiving a mountain of treats and goodies. The Dude Be Nice rally is one of the most rewarding rallies to plan. Months of time and energy go into this event due to the strong message behind it. When we see how happy the dude/dudette is, we all are motivated to continue a chain reaction of gratitude.

It was a straightforward task: take out a pencil and write a letter to someone you are grateful for. I chose my mother as I cannot thank her enough for all she has done for me. I ended up pouring my heart out in a full page of gratitude. Then, the next step was to call that person and read them the letter. Hearing this, I was in shock, as I was not planning on actually sharing my words with my mom. Nevertheless, I picked up the phone

and called her. By the end, we were both left in tears. It felt like my mother was in need of those words, as she was speechless by the end. Despite the initial embarrassment of calling my mom, the ending was worth it. It made me feel good to show gratitude. It felt like a huge weight had been lifted from my chest as I ached to say thank you to her. This is our gratitude project. Every year, we find students and staff to participate in a video where they are told to do the exact same thing. Just like us, they do not know that they will have to call the person and read their words. It is beautiful to see this whole process play out. By the end, most people are crying due to the intense feelings of thankfulness. They explain their emotions that are out of happiness because they got the opportunity to express themselves. Saying thank you has a mutual effect. The person receiving this gratitude is as happy as the one giving it. Our project is meant to emphasize this message so everyone is encouraged to practice appreciation in the future.

We can all see how important it is to implement gratitude at our school. However, the overarching goal is to build an improved future with sophisticated students who will go out of their way to give thanks. A simple thank you can change the course of someone's day. If we humans have the ability to create a positive world, shouldn't we take advantage? At Ripon High, we ensure every student has the opportunity to thank you. Grateful graduates are a tradition at Ripon High. As students prepare to leave, they are encouraged to recognize someone who has significantly impacted their lives. Students prepare a letter, dress in their cap and gown, and recite their words aloud. As expected, both the giver and receiver are in tears. Students at Ripon High itch with excitement to give their grateful graduate. As students can visually understand what power a thank you holds, we hope students will be inspired to practice gratitude.

As a current senior, I already know who I need to thank before I leave high school. I am not afraid or embarrassed to express my gratitude, rather, I am yearning for the opportunity. Ripon High has proved to me how far a thank you can go. I know that after giving thanks, I will feel lightened as well. Today, I try to show gratitude whenever I can. I thank my mom for every favor, my teachers after class, and my friends for their support. It has become a habit that I hope never to lose.

If we start dedicating every day to appreciation, a chain reaction of gratitude is inevitable. We can make great strides in our world by uniting under a positive message. One thank you can only go so far, but through constant expression of gratitude, change will occur.

PERSPECTIVE FROM OUR YOUTH: THE ROLE OF A STUDENT LEADER

JEREMIAH MEACHAM
Fred Newhart Middle School

Student leadership (ASB and PAL) are so much fun and there's so much to get involved with, but it is not all about fun. There's also work that comes with it. There are so many good reasons to join and be a part of a leadership class. Let me tell you why.

1. You will always have great friends who are in the same position you are in so they are very understanding of leadership struggles and tough positions you may be put through which are good learning experiences that help you grow.
2. Being in a group with other leaders doing different lunchtime activities and other events makes you a part of a huge role in the school. It makes you feel like you can be a part of something bigger than yourself.
3. There is so much to do you'll never get bored throughout the whole school year, there are plenty of great activities, dances, and many other things that require planning and setting up plus making posters and announcements for these events.

On another note, being in a leadership role means you'll have to give up some time. Different events may require going to school early or staying after school. There may even be some summer events you can attend before school starts. In the long run, though it's all worth it; it teaches you lots of life skills and responsibility values and it gives you something to do that keeps you busy and active.

A big part of a leadership role is making other students feel welcome, appreciated, and a part of the school; however, it can be hard to welcome a student who is shy and doesn't want to be talked to or bothered. It can be a tough situation but the best thing you can do is smile and wave whenever you see a student who is shy and never force them into being a part of anything they don't want to and over time they might open up.

ASB and PAL set up some different types of events that don't require participation. For example, we will play music on Friday morning and you can collect a prize for wearing school merchandise, but we call it spirit wear. One of the things we do in leadership is run lunchtime activities. It is so much fun to see other students enjoying things like bubble gum bonanza which is a game where you find bubble gum in a pile of whipped cream then the first one to blow a bubble wins. We also have activities like musical chairs, water balloon toss, loteria, and many other fun games. Another activity my school has done are a pather pack day for the sixth graders. It was a day all the new sixth graders got to come to school, play some games with the leadership students, learn how to open a locker, and get used to campus before school started.

We also make a lot of posters in ASB and PAL to inform students about what's happening or what's going to happen in the future so they are prepared and some posters are just some kindness or inspiration. We make posters for things like lunchtime activities, different assemblies, inspirational quotes



from famous people, kind encouraging notes, and more. Then there is registration and back-to-school night where leadership students assist. Our school focuses on important cultural recognitions nationwide like Hispanic Heritage Month. My school made posters and played different games at lunch inspired by Hispanic culture like loteria and musical chairs with Spanish music. It is important to be inclusive and acknowledge everyone in a leadership role which is what we do.

Being a leader sets you apart, you are held to a higher responsibility, and to be honest, it's not for everyone. When you are the only leadership student it's sometimes hard to say something when you see someone doing wrong and sometimes it's hard when someone is mean and you have to be the bigger person and let it go. Or it's uncomfortable to sometimes do the right thing and stand up for someone who is getting bullied. Overall, what it means to me to be a student leader is to always be kind and respectful to students, teachers, administrators, and your community, because you are representing the school in a leadership position. It is also about making the school a better and more fun place for students, so they look at school as an opportunity and not something they are forced into.

In the end, leadership requires work and determination, yet it is really fun. There are plenty of things to get involved in and it really pushes you out of your comfort zone helping you to think outside the box, and there are a ton of experiences that help you grow as a person.

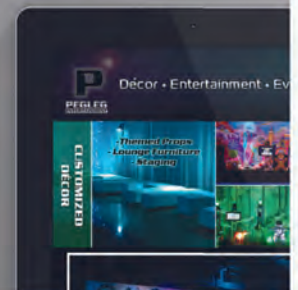
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THE NEWBIE GUIDE TO ACTIVITIES: HERE WE GO!

JAMES AGUILAR

Assistant Activities Director
San Lorenzo High School



My story starts with my comically failed campaign for ASB Secretary back in 2015. I just lost my campaign (apparently by a landslide), and instead of feeling defeated, I felt a burning determination inside me, ready for the next challenge. So, the following way up was applying for a role in the Leadership class. I arrived at my interview suited up and ready to dance. I was there to prove people wrong – that I could make my way into Leadership. Before I even walked through the door, in a moment of clarity I said to myself, “Here goes nothing.” The ASB President greeted me and welcomed me to the interview table. I confidently took my seat, and with an arrogance – crossed my arms, crossed my legs, and had a smirk on my face. Two days later, I eagerly rushed up to the posting of results for those who got into Leadership in front of Mrs. Wurm’s classroom door. I got the job. Truthfully, I was surprised. Little did I know, this was just the beginning of the changes that lay ahead for me.


Two years later, I was elected ASB President. My ego and that devil on my shoulder said I was absolutely destined for the role, but amongst it all, I knew that I was a changed person – I utilized my experience and applied everything that I was taught to prepare for the leading role. The truth is, it’s because someone believed in me. It’s also because that arrogance clearly needed to be nipped. The first and biggest job of a good

leader, a good Activities Director, is to believe in your kids. You truly have to believe in the purpose of student activities and believe in the community and culture that one can build. Wurm believed in me, and she certainly created a community that other kids still praise today. Wurm transformed me from the kid who “didn’t like working with people,” to an outgoing person who can’t get enough of collaborating with others to make extraordinary things happen for the campus community.

Before Wurm parted for the next part of her journey in teaching at another school, we organized our annual Farewell Rally. We were successful, and living in the end of the year energy. However, for both Wurm and I, it felt like things had come full circle. After the rally, I was in prep mode for an interview to become the district’s first Student Board Member. Thinking back to our first time at the interview table, she straightened my tie, looked toward me, and said with a particular emphasis, “Three things: when you walk in, shake everyone’s hands, don’t cross your hands or arms, and make eye contact.” It was interview skills 101 all over again, and a crash course in ‘remember the plan’, but I couldn’t help but take mental note of the beautiful irony. It took me aback. It made me realize how far I had come.


I had the fantastic experience of being a Student Board Member, which would jumpstart my political career. Right after I graduated, I did what every eighteen-year-old jumps to do: run for political office. I ran for the School Board in San Leandro, and against the odds, won the seat and took office as the youngest elected official in the State of California. Naturally, the

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THE NEWBIE GUIDE - CON'T

one person I asked to swear me into office was Glenna Wurm herself because of all her program had done for me. Leadership truly changed me, and without it, I probably wouldn't have made it past that same interview table in Wurm's room. Everything from folding shirts at a student body fundraiser, to parliamentary procedure at the Executive Council, and even taking notes as the Student Body Secretary, made me an effective leader right out of high school and up to the present day. It especially made me a better teacher. Just two years ago, I found myself stepping into the teaching profession – and fell in love with it. That came with a natural involvement with all things student activities. In my two years, I have advised three clubs, have been a class advisor, and currently serve as the Assistant Activities Director at the high school I'm proud to call my alma mater.

Why do I even write to you about my experience? Why does it matter? Truthfully, it's an experience that belongs in a memoir – one I couldn't possibly fit into a page on the CADA newsletter. Stay tuned, I just might write it; but, my weird, crazy, fateful, and fun life-changing experience is a testament to good leadership. Good leadership lies in organization, effective planning, and unreserved love. There's no in-between, especially in the awkward years after COVID, take it easy on your kids – but most of all, love them with all you've got. Leadership is so very important, and changes lives like it did mine. Hopefully, this serves as a quick reminder of just that.



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APPLY FOR OUR OLPA AWARD

APPLICATIONS FOR THE OUTSTANDING LEADERSHIP PROGRAM 2024 ARE NOW OPEN.

The Outstanding Leadership Program Award (OLPA) is a distinguished honor presented to schools whose student leadership programs are proven spaces where student leaders grow as ethical, responsible, and servant-minded architects of change.

REQUIREMENTS:

- 1) BE IN A LEADERSHIP PROGRAM AT A CADA/CASL SCHOOL
- 2) REGISTER FOR THE 2024 CASL STATE CONFERENCE OR HAVE ATTENDED THE 2023 CADA CAMPS
- 3) HAVE A STUDENT FROM YOUR DELEGATION APPLY FOR "MEET THE PROS"
- 4) COMPLETE ALL PARTS OF THE APPLICATION

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MASTER ACTIVITY ADVISOR (MAA) PROGRAM AT CONVENTION

JEFF CULVER

CADA Professional Development Coordinator
jculver@cadaboard.org

The 2024 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 6 from 1:00-4:00 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. On-site registration is \$130 and is 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 1:00-2:25 p.m. (203 or 205) and 2:35-4:00 p.m. (204 or 208). The pre-registration cost is \$50 for each course. On-site 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 6, 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, 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 2024 will be recognized on stage at the beginning of the General Session on the afternoon of Friday, March 8.

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.



PROFESSIONAL DEVELOPMENT COLLEGE CREDIT AVAILABLE AT CONVENTION

JEFF CULVER

CADA Professional Development Coordinator
jculver@cadaboard.org

If you'll be attending the 2024 CADA State Convention in Reno and are in need of college credits to continue movement on your district salary schedule, 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 2024 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 6. Payments for college units are made directly to FPU using their website. Additional information, including course titles and numbers will be available at www.cada1.org/fpu.



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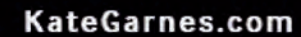
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2024 CALENDAR OF EVENTS

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2024

January 26, 2024	Carlsbad Middle School Student Conference Hosted By Area G - Carlsbad, CA
January 29, 2024	Avila Beach Advisor Conference Hosted by Area D - Avila Beach, CA
February 6, 2024	Pomona S.T.A.R.S. Student Conference Hosted by Area E - Pomona, CA
March 6-9, 2024	2024 CADA State Convention - Reno, NV
April 11-13, 2024	CASL Middle School Conference - Ontario, CA
April 13-15, 2024	CASL High School Conference - Ontario, CA
April 30, 2024	Modesto Student Leadership Conference hosted by Area A - Modesto, CA
July 7-10, 2024	Summer Leadership Camps I - UC Santa Barbara
July 12-15, 2024	Summer Leadership Camps II - UC Santa Barbara
July 17-20, 2024	Summer Leadership Camps III - UC Santa Barbara
July 22-25, 2024	Summer Leadership Camps IV - UC Santa Barbara

LDDs

CADA also offers **Leadership Development Days** throughout the state. LDDs utilize experiential learning activities to unite students and develop lifelong skills. You can host one at your school or attend one near you! To learn more visit www.cada1.org/ldd

CADA/CASL

BRUCE BITNOFF MEMORIAL SCHOLARSHIP

Bruce was a generous, thoughtful, supportive, visionary who supported student activities and our CASL State Conference. His love for travel gave many students the opportunity to see the world.

One, \$1000 scholarship will be awarded to a Senior, class of 2024.

Application deadline: January 31st, 2024.

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