

CADA



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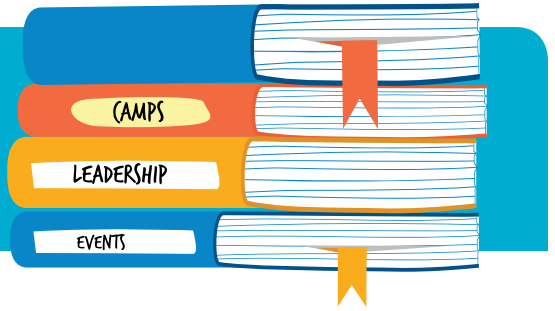


3
CADA
CONVENTION
NEWS

5
CHARITY
SPIRIT
WEEK

8
CADA
CAMPS 2018
WRAP-UP

16
DANCE,
DANCE,
DANCE.



CONTENT

- 2** President's Message
- 3** 2019 CADA Convention: Soaring Over California
- 5** Charity Spirit Week
- 7** CASL Voice: Vision & Purpose
- 8** CADA Camps 2018 Wrap-Up: Lights! Camera! Action!
- 10** Area Events
- 14** Mindfulness Yoga for the Developing Soul
- 16** Dance, Dance, Dance.
- 18** Edtech: Google Classroom
- 20** 2018-2019 Calendar of Events



President's Message

DEBI WEISS
 CADA PRESIDENT
 AYALA HIGH SCHOOL
 president@cada1.org

I thought about what I wanted to share with my CADA family in this article. I want to share the word gratitude. Why teach gratitude to our student leaders? How can we use gratitude in our own daily lives? I have been doing some research about gratitude and how it can change your life. Gratitude has been described as being aware of and thankful for the good things that happen in your life and taking the time to express appreciation and return kindness. Being grateful is more than saying thank you... Taking the time to appreciate what you have is one of the keys to cultivating gratitude.

Studies show that gratitude makes us happier, healthier, boosts our careers, strengthens our emotions, makes us optimistic, increases self-esteem, improves sleep, helps you make friends, improves decision making, lets you live longer, increases your energy level, helps relationships, makes you look good, and deepens friendships.

I watched a TEDx Talks by Laurie Libman-Wilson where she shared her gratitude and penny story. Her penny story is one which reminds us that life is full of hope, inspiring gratitude and igniting abundance. The copper coin is a world traveler. It has journeyed from person-to-person, connecting

us to other humans, each seeking joy, positivity, and love. I invite you to share this with your students: Each time you see a penny, remember to pause, take a moment to acknowledge something you are grateful for, and let someone know why you are grateful for them. In challenging moments, know there is someone grateful for you.

My hope is that this school year continues to be one in which we are grateful for those around us, and that we remind our students how grateful we are to each one of them and have them spread that on campus.

“GRATITUDE HAS BEEN DESCRIBED AS BEING AWARE OF AND THANKFUL FOR THE GOOD THINGS THAT HAPPEN IN YOUR LIFE.”



2019 CADA CONVENTION

Soaring Over California

LEARNING TO LEAD, LEADING TO SERVE



As Activities Directors we know our programs address school culture and climate, create safer schools, improve student attendance and performance, and create opportunities for students to gain skills and develop socially as they learn to lead in their schools and communities. The CADA organization is the number one organization in the United States for teaching and developing leadership skills students will use for the rest of their lives as they learn to serve their schools, communities and families. Soaring Over California will provide you with the tools and resources necessary to do just that. So, if you can attend only one conference this school year, CADA 2019 is the ONE to attend. Soaring Over California will take flight February 27th to March 2nd at the beautiful Town and Country Resort in San Diego.

LCAP SUPPORT AND COMMON CORE

Convention curriculum is designed to include the needs of your entire educational team: administrators, activities directors, athletic directors, class advisors, teachers, finance clerks, counselors, and support staff. The Convention will focus on several aspects of your school which include improving the culture and climate by infusing leadership philosophies that are aligned with the elements of the Local Control Accountability Plan (LCAP). This leadership experience is supported by the Common Core State Standards which are designed to prepare students for success in college and the workplace.



MARGARET NOROIAN
CADA PRESIDENT-ELECT
preselect@cada1.org

AREA REGISTRATION TABLES

Upon arrival, your first impressions of CADA will be warm and welcoming! Many CADA members and legends will be there to assist as you check in at the registration desk to receive your conference credentials and materials. You will then be instructed to proceed to your Area table where you will again be greeted by friendly CADA people who work in the same Area as your school. You will receive Area specific information that will make your visit to Soaring Over California enjoyable. Not sure where to go? The "Guest Services" booth will be open to serve your every need. Sponsored by Pegleg Entertainment.

PRE-CONVENTION SESSIONS

CADA members have the opportunity to attend pre-convention sessions. These special in-depth sessions take place before the convention on Wednesday from 9:00 am to 12:00 noon. It will give you the opportunity to enhance your leadership skills while gaining professional development. There is an additional cost for these sessions.

2019 OFFERINGS ARE:

Creating A Culture That Cares will be presented by John Norlin and Houston Kraft. This training delivers the best inspiration, practical tools and systems John and Houston have developed along the way that create great school culture.

Helping Over-Stressed Students Thrive will be presented by Pat Quinn. Come away from this session with specific activities and actions you can implement at your school to help create a culture with less stress, and activities you can do to help equip students to handle stressful situations.

Four Seasons of School Culture will be presented by Stephen Amundson. This program focuses on developing leaders, living with purpose, pursuing your passion and connecting with people by organizing

your school year into four different seasons (START, SPIRIT, SERVE, SHINE).

FCMAT-ASB Finance will be presented by Michael Ammermon. Fiscal Crisis and Management Assistance Team (FCMAT) is the organization designated by the state of California that oversees ASB finances related to AB1200. This workshop focuses on information necessary for today's school leaders in maintaining fiscal accountability, legal compliance, and accuracy within student body accounts.

NEW TO CONVENTION

If this is your first time attending the CADA Convention, be sure to attend the New To Convention (NTC) Orientation. At the NTC session on Wednesday afternoon, you will be connected to other CADA members from the Area in which your school is located. In this high energy, information packed session, you will get tips on workshops to attend and how to make your CADA experience work for you. You will also meet others from your Area going through the same experiences as you. Sponsored by USA Student Travel, New to Convention will help you connect with other new and seasoned CADA members.

MASTER ACTIVITY ADVISOR (MAA) CERTIFICATION SEMINARS

Advisors wishing to earn a certificate designating them as a Master Activity Advisor (MAA) can begin the MAA program by enrolling in the Level 1 Foundations for Student Activities Seminar Course Wednesday, from 1:00 pm - 4:00 pm. Cost of the course is \$100 and includes materials. Space is limited to advisors wishing to begin the MAA Certification program. Advisors who have already completed Level 1 Foundations may register for one or two of the advanced courses offered from 1:00 pm - 2:30 pm or 2:45 pm - 4:15 pm on Wednesday afternoon. Details about the MAA program can be found by visiting www.cada1.org/certification.

COURSES OFFERED:

- 202 Communication in Student Activities (\$50)
- 203 Organization of Student Activities (\$50)
- 204 Leadership Curriculum Development (\$50)
- 205 Personal Leadership (\$50)
- 208 Positive School Culture and Climate (\$50)

Additionally, attendees who have registered for and attend the 9:00 am - 12:00 noon FCMAT Pre-Convention session on Wednesday may apply their attendance toward MAA 201-Finance and Law of Student Activities for an additional fee of \$25 and completion of follow-up course assignments.

CONVENTION CURRICULUM

Prepare to be dazzled by three outstanding keynote speakers. In the first General Session, the incredible storyteller Pete Vargas will share stories that originate from an array of childhood events that ultimately helped him become a change maker in the world of student-engagement. General Session two will feature

Cheryl Ward-Kaiser. Her message is one of courage and ultimate triumph. Her mission is to change troubled young lives with her impassioned plea that there are “consequences for our actions,” living with the belief that the secret to life after disaster is “forgiveness.” Our third General Session speaker is Houston Kraft who is a product of student leadership in high school and believes deeply in the power of changing schools and the world by teaching more young people to be competent, compassionate leaders.

Soaring Over California will offer over 150 workshop sessions addressing many topics including: involving all students on campus, improving school climate and culture, financial responsibility, classroom management, how to plan events and activities, anti-bullying programs, helping over-stressed students thrive, character education, and social-emotional learning.

CADA 2019 will continue to offer:

- **Featured Speakers Showcase** will provide a quick glimpse of several new and amazing

speakers that you can bring to your school for your entire student body to hear.

- **CADA Talks** is modeled after the popular TEDtalks. The CADA version will offer knowledge and inspiration in a storytelling format from educational experts.
- **Meet the Pros** features more than 30 presenters sharing a lesson, activity, or passion in a fast-paced session. You will choose four different 12-minute mini-workshops to attend and in the process gain a wealth of information.
- **CADA Slam!** is where CADA members will step up to the mic and share their best leadership lesson, activity idea, quick tip, or other inspiration in just three minutes or less. It's fun, fast paced, and you will get a TON of great ideas in a short amount of time.

NETWORKING EVENTS

What would the CADA Convention be without the chance to interact with other activities directors, administrators, class advisors, athletic directors, spirit advisors, finance clerks, and CADA legends?

Learning to Lead. Leading to Serve.

2019 CADA State Convention

Town and Country Resort, San Diego, CA • February 27 - March 2, 2019

REGISTRATION NOW OPEN!

ADVISOR TRAININGS
OVER 200 WORKSHOPS
KEYNOTE SPEAKERS
VENDOR EXHIBIT HALL
NETWORKING EVENTS



Join us for our State Convention with over 1500 Activities Directors from across the globe!

For more details on convention and how to register go to www.cada1.org/stateconvention

Networking opportunities will include:

• **Wednesday Night**

Following the opening general session, come to the Area Suites and the decks around the pool to enjoy a California BBQ while meeting and greeting the CADA family. There will be good conversation and great entertainment! Sponsored by Pegleg Entertainment.

• **Thursday Morning**

Join people from your Area in the suite for Coffee with the Coordinator as you continue to meet the CADA members who work near your school. Prepare for a day jam packed with speakers, workshops, and networking.

• **Thursday Afternoon**

Attend your Area Meeting to get to know the people who make things happen on campuses near you, learn how they do it, ask questions, and share some ideas of your own. At the meeting you will vote for the Area Service Award winner, meet the Area Bob Burton Award Winner and maybe win an awesome raffle prize!

• **Thursday Evening**

After an enriching day of workshops, head back to the CADA Exhibit Hall to celebrate California's love for authentic Mexican cuisine! Grab some bites and stroll the aisles at the reception while connecting with vendors and members alike. Sponsored by SOS Entertainment, this is a MUST for great ideas and values for your school.

• **Thursday Night**

From 9:00 to midnight, don't miss the Herff Jones sponsored special event, an entertaining and fun way to wind down your day.

• **Friday Morning**

The CADA Scholarship 5K Run or 1K Walk is the perfect wake-up call for a bright San Diego morning. The Run/Walk is an opportunity to get some exercise and fresh air as you run/walk and talk. All proceeds go to the CADA Scholarship Fund.

• **Friday Night**

Enjoy a fun evening of talking, dining, and dancing with friends, old and new, at the CADA reception and dinner followed by the Lifetouch sponsored dance. Dress California Casual: capris/pants and a cool top, a casual dress or shirt (Hawaiian, polo, button down) and pants. Come casual, yet neat and tasteful, but most of all, WE WANT YOU THERE!

• **Saturday Morning**

Join us for a delicious brunch where you will have one last opportunity to connect

with colleagues from across the state and participate in the reveal of our 2020 Convention theme!

EXHIBIT HALL

You won't believe how much there is to see in the CADA Exhibit Hall! CADA has over 150 sponsors, vendors, and companies that will provide you with the necessities for your leadership program. Sponsors and affiliates will be waiting to share their products, services and expertise with you. Everything you need to enhance your activities program can be found there. The vendors in the CADA Exhibit Hall provide valuable resources at exceptional prices. Many offer CADA Convention specials.

CADA BOOKSTORE

Get the latest news on leadership programs, materials, books, and apparel from the CADA Bookstore. There will be a bounty of curriculum books, leadership activities and programs, leadership standards, grading policies and so much more. To get an idea of what is available, check out www.cada1.org/store.

SOARING INTO SATURDAY

Saturday will bring a wealth of ideas and shared knowledge! This year we are adding two innovative programs in addition to a strand of workshops.

- "CASL Talks... Where Leadership Took Us!" A panel of CASL alumni will share their leadership stories and give an accounting of where in the world leadership took them and can take you and your students.
- "Taking Our Leadership Story Live" Two veteran speakers, Tyler Durman and Houston Kraft, will share their thoughts, leadership strategies, and powerful insights. YOU get to ask the questions they answer.
- Another strand of energizing and thought-provoking workshops which can help improve your campus culture and climate will be offered.

Finally, join us for a delicious brunch where we will celebrate the achievements of our Outstanding Leadership Program Award Finalists, meet our newly elected state board, and participate in the Convention reveal 2020.

REGISTRATION FEE AND DEADLINES

For full registration details including pricing and package details, please visit: www.cada1.org/stateconvention.

Charity Spirit Week

LAURA SALDAÑA
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For many of us, once the hustle and bustle of homecoming winds down, we turn to a more altruistic focus in ASB class. At Westmont High School, the main focus of this season is our charity spirit week, called Wally's Winter Wonderland (named after our mascot).

The first event to prepare us for the week is our annual ASB Friendsgiving dinner. While I cook the turkey in the foods room, the students break into teams on a scavenger hunt to collect food, toiletries, and jackets/hats/mittens/scarves of varying point levels for the homeless. Instantly edible food is saved for the spirit week while the rest is donated to the food bank. This is a special night with every student making sparkling cider toasts to the class and sharing why they are thankful for each other.

On the Friday before the spirit week begins, ASB hosts a talent show in conjunction with the theatre department tech crew. All money from tickets and concessions goes to a charity of our choice. We spotlight the charity with a video and information throughout the event.



On each day of the week, there is a spirit dress up day that corresponds with a service project at lunch. On Monday, the students wear pajamas and make flannel tie blankets at lunch. On Tuesday, we wear crazy socks. At lunch we stuff new socks full of toiletries. On Wednesday, we wear ugly sweaters. The associated service project is scooping laundry detergent into individual Ziploc bags. We also have a one day quarter collection competition between the classes. Thursday is duo day. We cap off the service projects by making peanut butter and jelly sandwiches.

After school on Thursday, we assemble care packages using the items we collected throughout the week - canned food, blankets, socks, toiletries, laundry detergent, quarters, and sandwiches. Then a small group of students distributes these packages and bottled water to those in need at the park downtown with the highest homeless population. I love watching the impact this event has had on my students over the years. They often don't realize how significant the problem is in our area.

“ I LOVE WATCHING THE IMPACT THIS EVENT HAS HAD ON MY STUDENTS OVER THE YEARS. ”

We also have a dodgeball tournament that week to raise money for the same charity that we support with the talent show. Students pay \$5 to participate on their class team to compete for class points.

The final big project that is a part of our charity spirit week is Winter Wishes. We first learned about this project from Larry Lopez, Area B Coordinator, Branham High School, and have been so thankful to see it grow. All students and staff have the opportunity in September to wish for something that would bring them more joy on campus. We fundraise and solicit donations to grant as many wishes as possible. Last year, we granted over 350 wishes. Some wishes granted are small - a doughnut - while some are larger and

more significant. Past wishes granted have included scholarships, computers, spa days for overworked parents, a special day for a younger sibling with cancer, and memorials. We grant the smaller wishes on Monday and Tuesday of this week, focusing first on students that aren't as well known before we grant those of more popular students. In lieu of giving gifts to each other, our administration and office staff chip into a fund to provide grocery gift cards to students in need that are distributed these days as well. The week culminates in an assembly to grant our larger "Oprah moments." Several service clubs on campus sponsor wishes that day, as well as thirteen wishes that we grant and take above and beyond what the wisher hoped for. These are meaningful wishes that bring the whole community together. The tears running down the crowd's faces and the hugs these wishes elicit make all of the hard work worth it.

Our charity spirit week has allowed us to have a great impact on our community, but an even larger one on our school culture and ourselves as leaders.

**Hyatt Regency & Hilton Santa Clara
Santa Clara Convention Center**

**MS Conference - April 4-6, 2019
HS Conference - April 6-8, 2019**

**2019 CASL
CONFERENCE**

Registration Now Open!
www.cada1.org/caslstateconference

CASL VOICE: VISION & PURPOSE

A key quality of the CASL State Board is our emphasis on intentional innovation—we aim to do good better in our work as we learn and grow from year to year.



JASMINE TONG-SEELY
CASL STATE PRESIDENT
2018-2019

As CASL State President, I began this board year with a vision for the 2018-2019 state board—simply put, that vision has been to set the board and this organization up for success. As a team, we’ve worked toward this vision through addressing the following goals:

1. IMPLEMENTING INFORMATION MANAGEMENT PROCESSES

We’ve learned through experience that an effective information management structure is a hallmark of any successful organization, whether it be a student leadership organization, club, or business. The reason that information management is so vital to organizational success is that it allows for knowledge to be retained and built upon year after year. CASL is now a large organization with many different internal systems, committees, and projects all operating year-round. Thus, we have embraced the digital age by implementing an information management structure based in Google Drive. Our structure is designed to allow the current board to easily access information and in turn will allow future boards to access and build upon our information base.

2. EMPHASIZING TRAINING AND SKILL DEVELOPMENT

CASL Board members are held to high expectations from the moment they become candidates running for state board positions. With such a significant increase in responsibility, we’ve recognized the need to better prepare and support our new board members as the student base of our organization is constantly changing. We’ve placed an emphasis on training, skill development, and mutual support through the ways we structure internal communication to the resources we provide new board members.

Within the CASL State Board, we’ve aimed to invest in our board members so they in turn can effectively train and inspire new leaders on our campuses and in our communities.

3. CREATING INTENTIONAL RECRUITMENT STRATEGIES AND MINDSETS

Due to the relatively short terms of board members, we’ve recognized the fact that investing in the success of our organization means finding leaders for future boards that will grow CASL even

further. This year, we’ve designed more targeted board member recruitment strategies and worked to connect more students across the state to the opportunities CASL provides.

We’ve approached this goal in multiple ways, ranging from a more engaging social media presence than ever before to physical board interest forms. Intentionality is at the core of everything we do, especially in the ways that we invest in CASL’s future leadership.

We have sought to address these goals as we’ve continued to meet and collaborate over the past few months. The CASL Board has been hard at work preparing for upcoming CADA/CASL events and planning the 2019 CASL State Conference. This summer, we had the opportunity to meet in sunny Santa Barbara during the CADA MS/HS summer leadership camp. Over the course of six days and many extensive discussions, we finalized our conference theme and tagline! We also divided up into our committees and dove in to planning timelines and objectives for the board year. In the midst of our summer vacations, CASL Board members spent time working individually and collaboratively to create workshops to be presented at schools, Area Conferences, and eventually the state conference in April.

During the last weekend of September, the CASL Board met again in San Diego. At our meeting, we practiced board member workshops, collaborated in our committees, and engaged in many discussions and learning experiences as a whole. We left our two days together feeling invigorated and prepared for the Area Conference season.

Throughout our time together as a board thus far, we’ve kept a specific concept at the forefront of our thoughts and actions: shared ownership. Back in May, the CASL State Board selected “shared ownership” as the 2019 CASL Conference word. Shared ownership means a group of people functioning together to accomplish a common mission, each so engulfed in the mission, they lose themselves to the team. It is a leadership philosophy, an operating strategy for teams, and a culture to strive for within our organizations. CASL believes wholeheartedly in this idea, and we have worked to implement it in the many ways we interact as a team.

The CASL State Board is incredibly excited to Lean in Together on the CASL Rapids at the 2019 State Conference. Join us in Santa Clara this upcoming April for three days of learning, collaboration, and growth. We hope to explore and exchange new ideas to bring back to our campuses across the state of California. See you there!

CADA CAMPS 2018 WRAP-UP

LIGHTS!
CAMERA!
ACTION!



JEFF CULVER
CADA PROFESSIONAL
DEVELOPMENT/CAMP
COORDINATOR
pdc@cada1.org

Part of CADA's strategic plan established in the spring of 2017 was to "establish a northern California summer camp program." That goal was realized with the Summer Blockbuster, this year's CADA/CASL Summer Leadership Camps which kicked off in Santa Clara on June 25. With the expansion of a sixth camp, an additional 125 students and 17 more schools were trained compared to 2017. Combined with the five Santa Barbara camps, there has been a 24% increase in students being trained over the past three years

with the expansion of the program. Additionally, 20% more schools have been able to attend Camp.

This year's six camp sessions were run by the camp staff, consisting of CADA members from around the state, and CASL State Board members at the middle school camp. 1,745 students and 265 advisors from nearly 200 schools from California, Kansas, Georgia, Nevada, Illinois, and Canada were in attendance this year.

This year's Curriculum Team created a strong council curriculum wrapped around the Summer Blockbuster theme: **Lights**-Recognizing others through appreciation, **Camera**-Zooming in on character with growth vs. fixed mindset, **Action**-Taking Initiative, and **Personal Walk of Fame**-Setting goals and reflecting. Laura Saldaña from Westmont High School directed the curriculum team which consisted of Melissa Edsall (Douglas Middle School), Christina Hillman (Branham High School), and Bryan Speed (Leigh High School).

The rest of our Directors worked behind the scenes to keep the Camp program moving smoothly: Thanks to Paul Chylinski (logistics), Todd Arrowsmith & Anna Ripken (operations), Ron Ippolito, Verne Johnson, and Corissa Stobing (media/technology), and Monica Anderson & Melissa Edsall (adults). And not behind the scenes were this year's Camp Directors, helping to steer the students through the #CADACamps experience: Melissa Edsall (SCU), Verne Johnson & Farrah Rigo-Witt (MS & HSI), Ron Ippolito (HS2), Shannon Hurtado (HS3), and Larry Lopez (HS4).



The slate of keynote speakers allowed attendees a chance to think, laugh, and be inspired. At Santa Clara, Dee Hankins reminded the campers that they have the ability to be amazing. Making his first appearance at a CADA/CASL event, Carlos Ojeda, Jr., spoke at UCSB camps stressing self advocacy, “Your voice is your power!” Also making her CADA/CASL debut, Alexa Score inspired students with tales of wakeboarding and the shock of being diagnosed with cancer as a teenager, touching hearts with the reminder that, “Leadership is about making a difference in one person’s life. Maybe even just sitting next to them and being there.” Finally, CADA sponsor Russ Peak wowed the audience with his Magic of the Mind presentation.

In addition to our keynote speakers, Rotations focused on fundamental skills necessary for leadership students to successfully start the school year. This year’s topics included: Dealing with Critics, School Culture, Write Your Screenplay, Where’s the Script?, Effective Meetings, and Lead with Why.

CADA/CASL Leadership Camps are an intensive 3-day (UCSB MS) and 4-day (Santa Clara & UCSB HS) experience where students are divided into councils where they have the opportunity to meet other students from around the state to share ideas, network and work on a camp project 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 this summer’s CADA Camps program by searching #CADACamps on Twitter, Instagram and Facebook. Follow @CADACamps on those social media sites, plus SnapChat and view this year’s camp videos on the @CADACamps YouTube channel.

Special thanks to the CADA Medallion Sponsors whose products and services helped make this year’s camp program a success: All Action Awards, All-Star Events, Audio Dynamix, Kustom Imprints, Pegleg Entertainment, Russ Peak, SOS Entertainment, T-Graphics West, and USA Student Travel!

SAVE THE DATE

SANTA CLARA UNIVERSITY

JUNE 24 - 27

MS & HS

UC SANTA BARBARA

JULY 7-10	HIGH SCHOOL CAMP 1
JULY 12-15	HIGH SCHOOL CAMP 2
JULY 17-20	HIGH SCHOOL CAMP 3
JULY 23-26	HIGH SCHOOL CAMP 4
JULY 23-25	MIDDLE SCHOOL CAMP

- Registration will open in January and will be done completely paperless this year!

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



AREA EVENTS



AREA COORDINATOR
JOHN LUCERO
areaA@cada1.org

May 7, 2019
High School and Middle School Student Conference
Modesto Centre Plaza - Modesto, CA

Info & registration:
cada1.org/AreaA

Leadership Development Days:
Info & Registration:
cada1.org/LDD

November 8, 2018
Norwood Junior High School (MS delegates)

January 15, 2019
Mt. House High School (MS delegates)

January 16, 2019
Arden Middle School (MS delegates)

January 17, 2019
Summerville High School (MS & HS delegates)

January 30, 2019
Sutter Union High School (MS & HS delegates)

January 31, 2019
Ygnacio Valley High School (MS delegates)

February 8, 2019
Ceres High School (MS & HS delegates - Private)



AREA COORDINATOR
LARRY LOPEZ
Branham High School
areaB@cada1.org

November 19, 2018
High School and Middle School Student Conference
James Logan High School

Info & registration:
cada1.org/AreaB

Leadership Development Days:
Info & Registration:
cada1.org/LDD

November 15, 2018
Irvington High School (FUSD Elementary/MS delegates - Private)

January 9, 2019
John F Kennedy High School (HS delegates)

January 18, 2019
Miller Middle School (MS delegates)



AREA COORDINATOR
LESLIE LOEWEN
Fresno Unified School District
areaC@cada1.org

December 4, 2018
Area C Advisor Conference
Clovis Rodeo Hall - Clovis, CA

Leadership Development Days:
Info & Registration:
cada1.org/LDD

April 10, 2019
Hanford West HS (HS delegates)



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at your school site?



Visit cada1.org/LDD and
click on "Host an LDD"
in the left menu for
all the details.



AREA COORDINATOR
LISA WALTERS

Pioneer Valley High School
areaD@cada1.org

November 6, 2018
Area D Southern Student Conference

Ventura Fairgrounds -
Ventura, CA

Info & registration:
cada1.org/AreaD

Leadership Development Days:

Info & registration:
cada1.org/LDD

November 5, 2018
Thousand Oaks High School
(HS delegates)

November 29, 2018
Pioneer Valley High School
(Campus Athlete - Private)

November 30, 2018
Pioneer Valley School
(MS delegates)

January 22, 2019
Palma School
(HS delegates)

February 1, 2019
Pajaro Valley High School
(MS delegates)



AREA COORDINATOR
RON IPPOLITO

Rio Norte Junior High School
areaE@cada1.org

February 5, 2019
Area E S.T.A.R.S. Conference
Kellogg West Conference
Center - Pomona, CA

Info & registration:
cada1.org/AreaE

Leadership Development Days:

Info & registration:
cada1.org/LDD

November 7, 2018
Somerset Continuation School
(HS & Continuation
School delegates)

November 27, 2018
Lynwood High School
(MS delegates)

November 27, 2018
Pioneer High School
(HS delegates)

December 5, 2018
David G Millen Middle School
(District MS delegates - Private)

December 6, 2018
Quartz Hill High School
(MS delegates)

January 10, 2019
Chino Hills High School
(MS delegates)

January 23, 2019
Castaic Middle School
(MS delegates)

January 25, 2019
Animo Ralph Bunche Charter
High School
(HS delegates)

January 30, 2019
Hale Charter Academy
(MS delegates)

April 13, 2019
California Scholarship
Federation
(HS delegates - Private)



AREA COORDINATOR
ANTHONY ROGERS

Palm Middle School
areaF@cada1.org

November 12, 2018
Area F High School Student Conference
Disneyland Hotel - Anaheim, CA

Info & registration:
cada1.org/AreaF

Leadership Development Days:

Info & registration:
cada1.org/LDD

November 6, 2018
Poly Tech High School
(HS delegates - Private)

December 4, 2018
Palm Middle School
(MS delegates)

January 11, 2019
Temecula Middle School
(MS delegates)

January 24, 2019
CASL Regional Conference
(MS delegates)

January 24, 2019
Cathedral City High School
(MS delegates)

February 7, 2019
Murrieta Mesa High School
(HS delegates)

February 12, 2019
El Dorado High School
(AVID - 7th Grade - Private)

February 19, 2019
El Dorado High School
(AVID - 8th Grade - Private)

February 20, 2019
Valley View High School
(HS delegates)

February 21, 2019
Riverside Prep
(HS delegates)



AREA COORDINATOR
BONNIE BAGHERI

San Marcos High School
areaG@cada1.org

November 14, 2018
Area G Advisor Conference
Madison High School -
San Diego, CA

Info & registration:
cada1.org/AreaG

Leadership Development Days:

Info & registration:
cada1.org/LDD

November 15, 2018
Santana High School
(HS delegates - Private)

February 5, 2018
Twin Peaks Middle School
(MS delegates)

February 7, 2019
Madison High School
(HS delegates)

April 23, 2019
San Marcos High School
(HS delegates)



AREA LEAD
DENISE VAN DOORN

Bear Valley Middle School
areaH@cada1.org

November, 30 - December 2, 2018
National Conference on Student Activities

(sponsored by the National
Association of Workshop
Directors)

This year's national conference
is in Atlanta, Georgia. Area H
members, see you there!



LEADERSHIP DEVELOPMENT DAYS



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

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

LET'S MOVE FORWARD TO CREATE BETTER LEADERS WHO SERVE EVERYONE ON OUR CAMPUS.

For more information, contact Sandra Kurland at LEADERSHIP@CADA1.ORG or visit CADA1.ORG/LDD

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MINDFULNESS YOGA FOR THE DEVELOPING SOUL

JILL MORTENSEN
AREA A ASST. COORDINATOR
RIPON HIGH SCHOOL
jmortensen@sjcoe.net



“MINDFULNESS IS A STATE OF ACTIVE, OPEN ATTENTION ON THE PRESENT. WHEN YOU’RE MINDFUL, YOU CAREFULLY OBSERVE YOUR THOUGHTS AND FEELINGS WITHOUT JUDGING THEM GOOD OR BAD.”

—JEFFREY M. GREENSON

The teenage mind is pushed more in today’s education system than ever before resulting in high stress levels, anxiety, and depression. With the advancement of technology, specifically an interactive cell phone, teenagers are getting lost focusing on what they don’t have rather than being thankful and aware. This is deeply disturbing since these young minds are not fully developed giving way to poor eating habits, lack of sleep, and possible drug use. We are teaching a generation to live a busy unfocused life rather than a mindful one.

Science has been working on data collecting and research of mindfulness and its effects on the human body. *Psychology Today* reports “mindfulness is a state of active, open attention on the present. When you’re mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling

on the past or anticipating the future.” Author Jeffrey M. Greenson, published in 2009, *Sage Journal*, concluded in his study of mindfulness, “the application of cutting-edge technology toward understanding mindfulness— an ‘inner technology’—is elucidating new ways in which attention, awareness, acceptance, and compassion may promote optimal health—in mind, body, relationships, and spirit.” Equally, author Emily Kathryn Herbert from Louisiana State University in 2018 concluded in her research “mindfulness practices positively impact classroom climate...” An evaluative

thought can be made that practice with the inclusion of yoga, Pilates, and meditation effects the mind and body in a positive manner.

Various newsworthy outlets have done stories on the impact of mediation in schools showcasing a decrease in poor behavioral choices and discipline matters. CNN reported in 2016, a school in Baltimore Maryland created a ‘Mindful Moment Room’ where students who struggle can take time to breath and calm down due to an incident rather than being punished. The result, better behavior in the classroom. Forbes gathered information from various

sources regarding mindfulness determining “kids who practice yoga, meditation and mindfulness build skills of attention, self-awareness, self-management leading to more responsible decision making and prosocial behavior” as stated by Lisa Flynn.

The research is gaining strength as continued practice of mindfulness occurs, but it was the observation of my students that showed me their need for inner reflection. In my quest to create this environment, there was a realization that this could not be done alone. It would be multiple parties working together to set the right tone for mindfulness to be brought to my campus.

I am a certificated single subject teacher with a Masters in Curriculum & Development. I do not possess the certification and expert knowledge of Yoga and Meditation. I knew I had to reach out to my community to find the resources to develop this idea further. Releve, a Yoga & Pilates Studio, owned by Jennie Gall, received an email early Spring 2018 discussing this idea of creating a club at Ripon High that would meet after school on Mondays from 3:15-4:00pm. This weekly meeting would welcome students, teachers, custodians, administrators & classified staff. The session would include educational knowledge of the practice of Yoga, a session of stretching and breathing with the inclusion of essential oils, and encouragement to practice what was learned for the rest of the week til the following Monday.

The response to the email... an absolute YES! When I asked Mrs. Gall why she wanted to be a part of this club, volunteering her time away from her business and family, to help these young teenage minds her response was enlightening. “More often than not we are hearing that this generation is way behind past generations when it comes to building social skills and relationships.” The goal “is face to face interactions with people, body awareness, and the ability to sit in stillness and be alone with thoughts, without the need of a phone in hand.”

The idea had been created and now a certified teacher had been found. A constitution was developed and approved by our administration. The last component needed was student buy in.

I decided to initially email my link crew and leadership students asking if any students would be interested in developing this club. I explained that I wasn't looking for officers with titles; rather, founders who believed in the power of



“ THE YOGA CLUB WOULD OFFER THE TRADITIONAL WORKINGS OF HIGH SCHOOL CLUBS SUCH AS FUNDRAISING, COMMUNITY SERVICE, CAREER [DEVELOPMENT] AND SOCIALIZATION BUT INCLUDES THE EXTRA BENEFIT OF HEALTH AND WELLNESS. ”

mindfulness that would positively influence their peers to participate in such an activity. Multiple students were interested ranging from freshmen to seniors. And as the news spread of the developing club, multiple parents reached out expressing their full support to make sure the club was successful.

As the school year begins we will be making a promo video welcoming this new club to our campus. We will also have a booth in our club rush recruitment week where we will gain initial sign ups of students interested in participating.

There are multiple goals in developing such a unique and empowering club for our school. First, we want to collect data on attendance to our weekly sessions. We want to see if students continue to return pending schedule availability. We want to know why students couldn't attend due to sports, studies, detentions, work, etc. We want to talk with these students to gain insight on how they feel after one session, two, or even ten. The attendees will be our best resource to understanding the impact of this club.

An additional goal, not yet approved, would be to pull students in who have detention and have them practice mindfulness. The hope is that we can reduce poor behavior choices that resulted in a detention and that repeated actions do not occur again.

Basically, “the Yoga club would offer the traditional workings of high school clubs such as fundraising, community service, career [development] and socialization but includes the extra benefit of health and wellness,” as stated by Mrs. Gall.

It will be an exciting year ahead as we take on this new and healthy adventure as a school. It will allow our students to find balance, calm in a time full of anxiety, cope with the stress of academics and home life, and provide tools to live a happy full life.

Buddha once said, “In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.”

May we work to share this gift with our youth.

Namaste.

Dance, Dance, Dance.

SCOTT MENDELSON
RANCHO SANTA MARGARITA
MIDDLE SCHOOL
scott.mendelson@svusd.org



2008, when I became the ASB director, school dances weren't "a thing" on our campus. They weren't a draw... and regularly attracted fewer than 300 students-out of a population of about 1700.

My first step was to assess students' impressions of our dances, and then figure out ways to encourage higher attendance.

I believed that dances could be a great moment in our students' brief time at our school (we are only 7th and 8th grade), so I realized that we needed to change what dances WERE. Dances needed to be accessible, exciting and seen as a "can't miss" event.

First off, I made ticket purchases available during our school-wide summer registration. We bundled the dance tickets with yearbook and PE clothes purchases, so that it was a no-brainer to add dance tickets. The first time we did this, we sold 700 tickets for the first dance before the first day of school! This did two things: first, it gave me a working budget for

each dance, eliminating the need to worry whether or not I would have enough ticket sales to cover expenses. Second, parents who had already bought their child a dance ticket were more likely to send their child to the dance. Once the students were there, I knew that they would like what they saw, enjoy their time and make memories with their friends, and would want to attend the rest of our dances.

Secondly, I moved our dances to the evening. In the past, school dances were held right after school. Students had their backpacks, were tired and hungry, and generally were disinterested. By moving the start time of dances to 6pm (ending at 8pm) students had the opportunity to go home, freshen up, change clothes and return to an event. Yes, event. These were no longer just school dances, but events.

In order to increase excitement--and to attract the interest of 12 and 13 year olds--I purchased two Xbox consoles, two ping pong tables, two foosball

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“ PROFESSIONAL DJ’S BRING PROFESSIONAL LIGHTING SYSTEMS, POWERFUL SPEAKERS, AND EDITING SYSTEMS. I NEVER HAVE TO WORRY ABOUT THAT. ”

tables, and two air hockey tables—most of which were donated or bought secondhand. I found items on Craigslist and on Facebook Group pages. Since these were only used a few times a year, they are able to last a long time. If you are hosting an evening dance, when the sun goes down, hook up your game consoles to a projector, and project the games on the side of a wall. There’s nothing better than playing on a 20 foot “screen” with speakers hooked up! The kids love it!

I also rented a photo booth and made it free. By providing this amazing free souvenir, kids were eager to take advantage of capturing their memories and sharing their photos with their parents and their friends. Binders are now covered with our dance photo mementos, and a constant reminder of the fun they had.

I would definitely recommend hiring a professional DJ. I know it is tempting to save money by providing your own music, but trust me, the investment you make in a professional will truly pay off. Professional DJ’s bring professional lighting systems, powerful speakers, and editing systems. I never have to worry about that “one song’s bad lyric” sneaking through, and my DJ (with whom I book multiple dances so I negotiate a discount) brings all kinds of special effects at a very reasonable price. Be sure to shop your vendors. When dance tickets are only \$5, you cannot afford to spend a majority of your budget on an over-priced DJ. Do your homework. Ask other schools who they use and make sure you find reputable providers.

Although our school population is now down to around 1250, we consistently have around 1000 students buy dance tickets. Our dances have become events that our students look forward to and are excited to attend. By making the events accessible and enjoyable, our students know that our dances are the place to be.

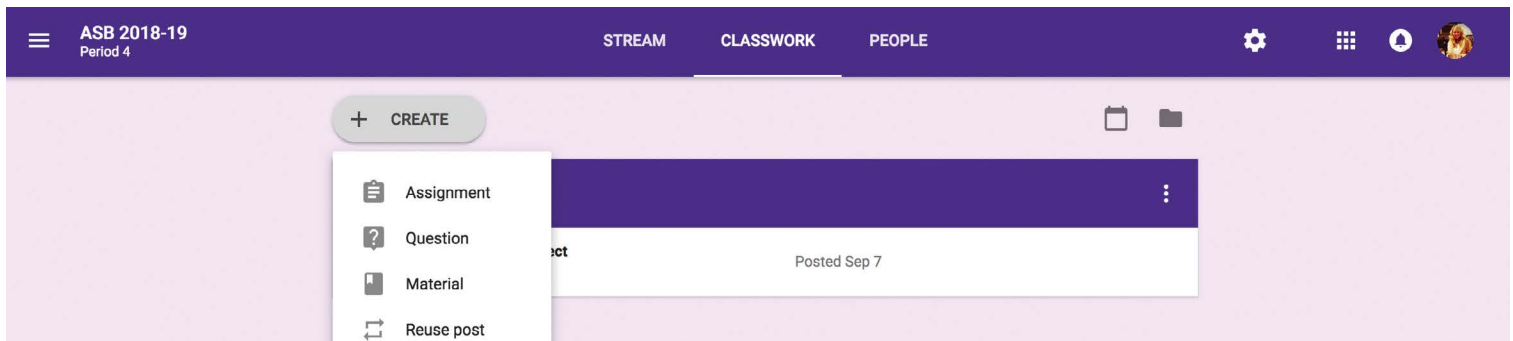
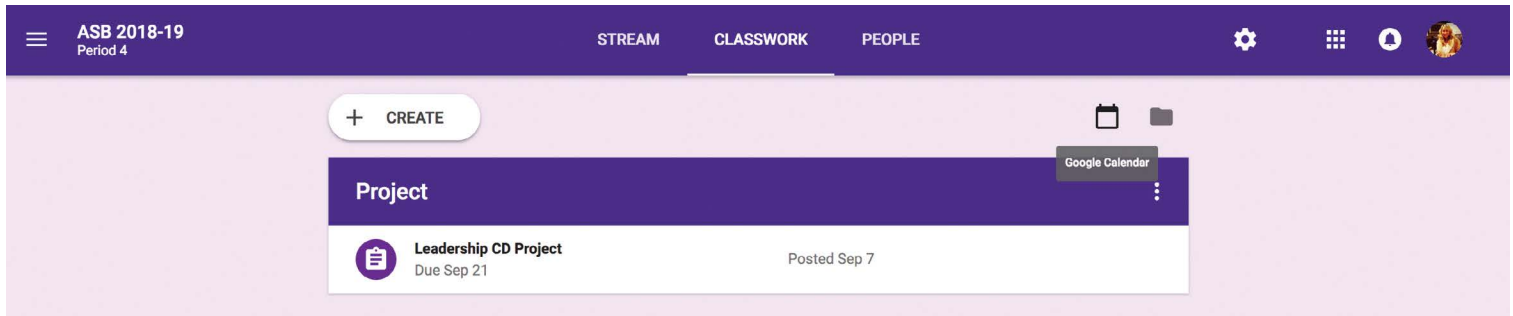


There are a few moments in high school that are remembered forever. We take care of all the details so that you can relax and make WOW! Memories.

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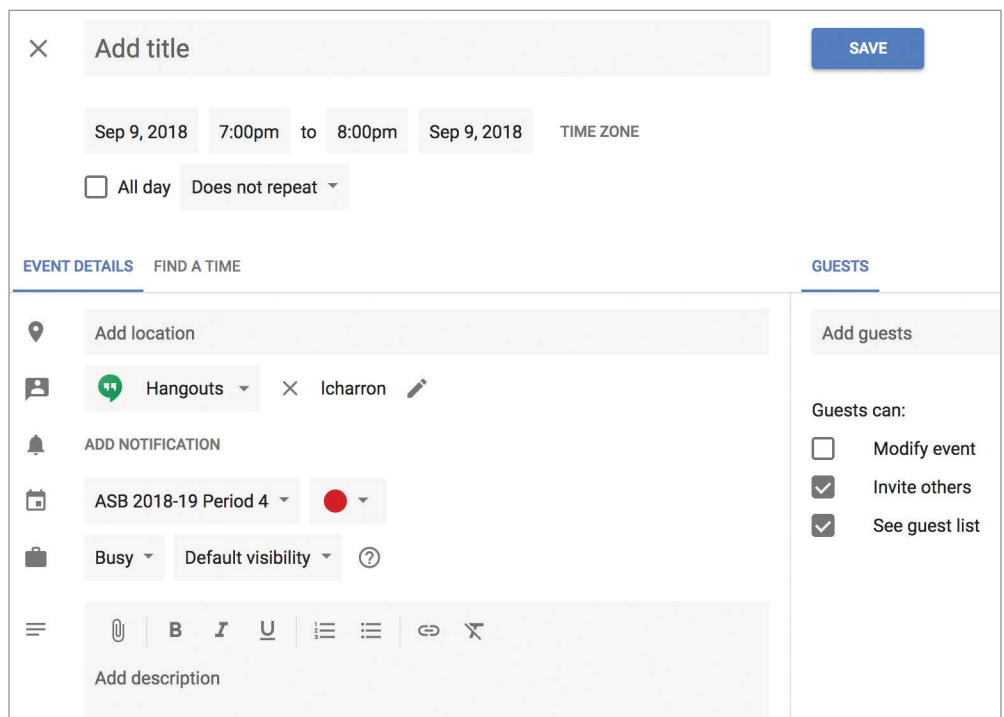


As an Activity Director, I do not think that I need to remind you that your time is constrained. From working on events that are happening on our campuses to planning meaningful lessons for our student leaders, we are constantly on the move. I, myself, am always looking for ways to streamline processes in my class and to enable easier communication amongst my student leaders. Who's with me?

Many teachers use Google Classroom with their leadership class as a way of facilitating passing out assignments, organizing information, and giving updates. There are many more features available in Google Classroom that you might not be aware of that can help a teacher and student save time and increase efficiency. Wins all around for everyone!

First off, did you know there is a calendar in Google Classroom? Any assignment or question that you post is listed automatically on that calendar; however, you could also add other events and activities that your class is responsible for on that calendar. To access the calendar, click on the classwork tab in Google Classroom. Click on the calendar icon at the top of the classwork stream on the right hand side of

“ DID YOU KNOW THERE IS A CALENDAR IN GOOGLE CLASSROOM? ANY ASSIGNMENT OR QUESTION THAT YOU POST IS LISTED AUTOMATICALLY ON THAT CALENDAR. ”



the page to bring it up. From there, you can use the plus button in the bottom right hand corner to add other events to the calendar. You can even add access to this calendar to your phone so the events will be listed there.

A great way to provide functionality in Google Classroom is by making sure that you create topics for your posts. The stream in google classroom can be utilized just for announcements now. If you would like to post documents and presentations that you want your students to have access to frequently, you can post them on the classwork tab. When you click on the create button, you have the ability to select whether or not you want to create an assignment, question, or to post material. You can also create a topic. By creating a topic, you will give your students quicker access to those documents frequently used in your class such as reflection papers or event planning materials.

Lastly, if your students use chromebooks in the classroom, there is a useful extension that they can add to their chrome browser called Share to Classroom that allows students to share websites with the teacher. If you were having a group or committee present about an event that they were working on and they wanted to share a website with the class, the students click on the extension and then they choose Push to Teacher. The teacher then receives a notification on his or her computer that allows him or her to accept the request and then view the page. By following the same steps, the teacher can also push out a website that he or she would like all of the students to view as well.

These, as well as many more features, will allow you utilize Google Classroom in a more stream-lined manner in your classroom. Work smarter, not harder.

2019 NATIONAL STUDENT COUNCIL CONFERENCE

FORGING STUDENT LEADERS

The ~~National Student Council Conference~~ is a unique opportunity for student council members and advisers to meet with their peers and enhance their skills. National Student Council (NatStuCo) members schools receive special discounts to attend.

This year's National Student Council Conference will be hosted by South Fayette High School located in McDonald, PA, and plans to bring together over a thousand student leaders and advisers from across the country for an inspirational six-day event.

JUNE 21-26, 2019

Applications and a **\$495** deposit are due March 1, 2019
Remaining Balance of **\$495** due April 12, 2019
Apply online at www.cada1.org

For more information, contact Sandra Kurland
California NatStuCo Executive Director
leadership@cada1.org



CADA Memorial Scholarship

Attention!

There is a new application and process for the CASL and Camp scholarships. Applications are now advisor recommended and limited to one per school. With this new process, we hope to award more full scholarships to individuals. For application, information, and new deadlines, go to cada1.org/scholarships.

CASL Deadline: October 30, 2018
Notifications by: November 14, 2018
CASL Camp Deadline: March 15, 2019
Notification by: April 3, 2019





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



2018-2019 CALENDAR OF EVENTS



2018

NOV 6	AREA D - SOUTHERN STUDENT CONFERENCE	VENTURA FAIRGROUNDS / SEASIDE PARK
NOV 12	AREA F - HIGH SCHOOL STUDENT CONFERENCE	ANAHEIM - DISNEYLAND HOTEL
NOV 14	AREA G - ADVISOR CONFERENCE	MADISON HIGH SCHOOL
NOV 19	AREA B - HS & MS STUDENT CONFERENCE	JAMES LOGAN HIGH SCHOOL
DEC 4	AREA C - ADVISOR CONFERENCE	CLOVIS RODEO HALL

2019

FEB 5	AREA E - S.T.A.R.S. CONFERENCE	KELLOGG WEST CONFERENCE CENTER
FEB 27 - MAR 2	CADA ANNUAL CONVENTION - SOARING OVER CALIFORNIA	TOWN & COUNTRY RESORT, SAN DIEGO, CA
APR 4-6	CASL MIDDLE SCHOOL CONFERENCE	SANTA CLARA CONVENTION CENTER
APR 6-8	CASL HIGH SCHOOL CONFERENCE	SANTA CLARA CONVENTION CENTER
MAY 7	AREA A - MS & HS STUDENT CONFERENCE	MODESTO CENTRE PLAZA, MODESTO, CA
JUNE 24 - 27	CADA/CASL LEADERSHIP CAMP - MS & HS	SANTA CLARA UNIVERSITY
JULY 7-10	CADA/CASL LEADERSHIP CAMP - HIGH SCHOOL CAMP 1	UNIVERSITY OF CALIFORNIA, SANTA BARBARA
JULY 12-15	CADA/CASL LEADERSHIP CAMP - HIGH SCHOOL CAMP 2	UNIVERSITY OF CALIFORNIA, SANTA BARBARA
JULY 17-20	CADA/CASL LEADERSHIP CAMP - HIGH SCHOOL CAMP 3	UNIVERSITY OF CALIFORNIA, SANTA BARBARA
JULY 23-26	CADA/CASL LEADERSHIP CAMP - HIGH SCHOOL CAMP 4	UNIVERSITY OF CALIFORNIA, SANTA BARBARA
JULY 23-25	CADA/CASL LEADERSHIP CAMP - MIDDLE SCHOOL CAMP	UNIVERSITY OF CALIFORNIA, SANTA BARBARA

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