



California Association
of Directors of Activities
Series 2022-2023
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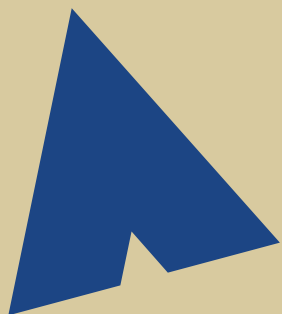
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Beginning Anew



Promoting
& supporting
leadership
development
through
student
activities



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President's Message

By Geniel Moon | CADA President | gmoon@cadaboard.org



We're Back!!

What an adventure we have been on for the past two years, and it's so nice to be back in person with our programs. Seeing our members for the first time at the convention was such a breath of fresh air; seeing kids at CASL and our camps have given me hope. Our organization is strong due to the people who believe in what CADA is and stands for— that's you! So many of you are already back in school and executing your outstanding programs. I hope each of your openings brings back smiling faces

and students and staff eager to engage in learning and building relationships.

CADA is the organization that gives you the tools you need to be successful in your classroom, office, or with your groups. Relationship building is the key to this success. So please take the time in your life to appreciate the people that keep you going and afloat and build new relationships with those that challenge you and help you grow.



By **Bonnie Bagheri**
CADA President Elect
bbagheri@cadaboard.org



BIENVENIDOS! VEN A MI CASA. Come over to my house. When you visit CADA in San Diego next year, you will have the opportunity to learn and celebrate culture. Todo el mundo tiene una cultura. Everyone has a culture and I would love to share mine with you. Did you know that 55% of California's student population is Hispanic or Latinx? I am a proud Mexican-American, and I am honored and excited to share my culture and traditions with all of you, just as I do with my students each year. One of my favorite activities in class is students sharing their culture and traditions with me and their peers. The connections and respect we have for each other grows incredibly during this time.

When I invite you into mi casa/my house, it is an opportunity to become part of mi familia/my family, where you will experience the food, the people young and old, the

games we play, the traditions we uphold, the religion we follow, and so much more. It is beautiful when we can walk into another's home with open minds and open hearts and experience their culture. I chose to take this same opportunity with my husband, Masood, who is from the Middle East and embraced his Persian culture, which is so gracious and loving. And I got to share my culture with him. Together, we grew because we were open to learning and embracing each other's cultures.

When you listen to your student voices, you will learn about their lives, their hopes, and their fears. Take time to connect with students, create a familia in your classroom, and then watch them grow into incredible people!

Gracias, y ven a mi casa en San Diego with open minds and open hearts and I will be waiting for you with open arms.

AREA A Events

Sept 10, 2022

**LDD - SUSD Student Services
HS Delegates PRIVATE**
STOCKTON, CA

Oct 4, 2022

Area A High School Student Conference
WOODLAND, CA

Oct 5, 2022

Area A Middle School Student Conference
WOODLAND, CA

Oct 25, 2022

**LDD - Summerville High School
HS Delegates PRIVATE**
TUOLUMNE, CA

Nov 5, 2022

Area A Advisor Conference
GREATER SACRAMENTO AREA, CA

May 2, 2023

Area A Central Valley Student Conference
MODESTO, CA

AREA B Events

Nov 21, 2022

**Area B Middle & High School
Student Conference**
UNION CITY, CA

Sept 23, 2022

**LDD - Westmoor High School
HS Delegates PRIVATE**
DALY CITY, CA

AREA C Events

Sept 21, 2022

**LDD - Tierra Del Sol
HS Delegates PRIVATE**
BAKERSFIELD, CA

Sept 27, 2022

**LDD - Dinuba High School
HS Delegates**
DINUBA, CA

Oct 17, 2022

Area C Student Conference
HANFORD, CA

Dec 6, 2022

Area C Advisor Conference
CLOVIS, CA

2022-2023 Calendar of Events

AREA D Events

Nov 5, 2022

Area D Advisor Conference
SANTA MARIA, CA

Nov 3, 2022

**Area D North Student
Conference**
SALINAS, CA

Nov 8, 2022

**Area D Southern Student
Conference**
VENTURA, CA

Nov 10, 2022

**Area D Central Student
Conference**
SANTA MARIA, CA

AREA E Events

Oct 11, 2022

**Area E Middle/High School
Conference**
PASADENA, CA

Nov 10, 2022

**LDD - Lone Hill MS
Elementary Delegates PRIVATE**
SAN DIMAS, CA

Nov 11, 2022

**LDD - Shadow Hills Magnet Academy
MS Delegates PRIVATE**
PALMDALE, CA

Jan 26, 2023

**LDD - Magnolia Jr. High
MS Delegates**
CHINO, CA

Feb 7, 2023

**Area E S.T.A.R.S Student
Conference**
PASADENA, CA

AREA F Events

Sept 28, 2022

**LDD - Temescal Canyon HS
MS Delegates PRIVATE**
LAKE ELSINORE, CA

Oct 7, 2022

Area F Middle School Student Conference
RIVERSIDE, CA

Nov 21, 2022

**Area F High School Student
Conference (Disneyland)**
ANAHEIM, CA

Nov 2, 2022

**LDD - Poly High School
HS Delegates PRIVATE**
RIVERSIDE, CA

Nov 8, 2022

**LDD - Rialto High School
HS Delegates PRIVATE**
RIALTO, CA

Jan 23, 2023

**LDD - Home Instead Innovation
Academy - MS Delegates**
WINCHESTER, CA

Feb 16, 2023

**LDD - El Dorado High School - MS
Delegates PRIVATE**
PLACENTIA, CA

Feb 23, 2023

**LDD - El Dorado High School
MS Delegates PRIVATE**
PLACENTIA, CA

AREA G Events

Sept 26, 2022

Area G High School Student Conference
ESCONDIDO, CA

Nov 17, 2022

Area G Advisor Conference
SAN MARCOS, CA

Jan 20, 2023

Area G Middle School Student Conference
CARLSBAD, CA

CADA Journey...

My CADA journey began as a high school student leader attending CADA Leadership Camp in the summer of 1990. I knew I wanted to be a teacher and an activities director when I grew up, so I got my degree and my emergency credential, and by the summer of 1997 I was bringing student leaders of my own to CADA Camp as an ASB Director. 25 years later, I write to you as the Immediate Past President of CADA, as a member of the Area E Council, and as a member of the CADA Leadership Camp staff.

Put me in, Coach! While those of us who are veteran members bring wisdom and experience to the organization, CADA is always looking for motivated and enthusiastic new leaders (of all ages and experience levels) to move our organization forward. You could serve by presenting at an Area conference or our annual Convention. Perhaps you may wish to join us as an intern on the Leadership Camp staff next summer. Or maybe you're ready to serve on your Area Council.

Join your Area Council! Your first step to serving on the Area Council would be to contact your Area Coordinator. As we continue our exuberant return to in-person CADA/CASL events, this fall we are hosting in-person, one-day student and advisor conferences across the state. Volunteering to help with registration, check-in, tech setup, or presenting a workshop at one of these conferences can give you a sense of what being part of your Area Council is like. Our current Area Coordinators are: Area A,

Melissa Edsall; Area B, Monique Walton; Area C, Erin Tobias; Area D, Lisa Walters; Area E, Ruth Simonds; Area F, Ken Nedler; and Area G, Judy Zazvrskey. If you are ready to take the next step, I encourage you to reach out to find out ways to serve in your Area.

Run for Area Coordinator. Once a member has served on their Area Council for at least one full year, they are eligible to run for the Area Coordinator position. At our upcoming CADA Convention in San Diego in March 2023, Areas A, C, E, and G will be electing Area Coordinators (Areas B, D, and F conduct their elections for Area Coordinator during even-numbered years). Elected for a two-year term, Area Coordinators are responsible for leading their areas in planning regional trainings and conferences for students and advisors, as well as representing their constituents on the CADA State Board.

Qualifications to run for Area Coordinator are as follows (*CADA Board Policy 6.2*):

- After serving one full year on the Area Council, all council members (elected and appointed) are eligible to run for the position of Area Coordinator.
- Former Area Council members are eligible to run for Area Coordinator up to and including five years after leaving the council.
- The Immediate Past President is responsible for running the election

process if the Area Coordinator is up for reelection.

- The intent to run form will be sent out by the Immediate Past President by December 1 and will be due to the Immediate Past President by January 1.

Ready for the highest level of leadership and responsibility in CADA? Once a member has served on the CADA State Board for a full year, they become



eligible to run for the position of CADA Vice President. When you run for CADA Vice President, you make a four-year commitment to the

organization. You will serve a year as Vice President, a year as President-Elect, a year as President, and finally, a year as the Immediate Past President. Our CADA Board Policies outline this process as follows (*CADA Board Policy 6.1*):

- After serving one full year on the CADA State Board, designated board members (elected and appointed) are eligible to run for the position of Vice President.
- Former board members are eligible to run for Vice President up to and including five years after leaving the board.
- Once elected, the member will serve in the following positions: Vice President, President-Elect, President, and Immediate Past President.

VP applications are now open. I am now accepting declarations of candidacy for the 2023-24 CADA Vice President. Eligible candidates will be informed of their eligibility in writing. They have until November 1, 2022, to express their desire to run for this office. I encourage you to reach out to me anytime if you have questions regarding specific responsibilities, your eligibility to run, or anything else related to CADA elections.

If you have ever wondered, "Why aren't we doing _____ as an organization?" Or if you have thought, "I wish we could be doing more of _____ in CADA," perhaps the answer is simply this: because we don't yet have you in a position of leadership. In the words of speaker and author Brené Brown, perhaps this is your time to "dare greatly" and take your next step in the CADA organization. If you have any questions, please reach out to me, Ron Ippolito, current Immediate Past President, at rippolito@cadaboard.org for more information.



VEN A MI CASA
2023

2023 STATE CONVENTION
MARCH 1-4, 2023 | SAN DIEGO, CA

APPLY TO PRESENT
Seeking presenters who are enthusiastic, informed, & inspirational. Apply today at www.cada1.org/presenters

We Need YOU!



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

Digital Media Team Member Responsibilities

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

Print Media Team Member Responsibilities

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

CADA Camp:

2022 Leadership Playlist

Curriculum Focus

By: Jeff Culver

CADA Professional Development & Camp Coordinator
jculver@cadaboard.org



There were not any record scratches or skipping CDs during the 2022 summer leadership camp program, themed the Leadership Playlist, but there was a lot of talk about Play, Pause & Shuffle! Each summer, our camp curriculum team develops lessons centered around the camp theme that are fresh and applicable to the current world of student leadership.

The Play lesson launched our first council sessions at camp, allowing our student and advisor attendees to have some fun while working together for a “Team Tower” activity involving cups, marshmallows, blindfolds, and teamwork. See instructions below. The debrief for this activity involved a reflection about ways we play during school-wide events and

evaluating whether or not the play is fun (enjoyable for all; inclusive) or “mean-funny” (at someone’s expense; excluding).

The Pause lesson dove a bit deeper into our campers’ leadership style, having them reflect on mindfulness and intentions for the coming year. Through some prompts and discussion, campers were asked to decide on one word that would be their focus for the year and then they created beaded bracelets using letter cubes to remind them of their intention through the year.

Finally, the Shuffle lesson allowed our councils to begin the discussion about how their personal identities shape their day-to-day experiences on their campus, naturally creating bridges with some peers and division among others. Students were

encouraged to explore how intentionally recognizing the obstacles and opportunities presented by differing identities on campus can lead to more inclusive planning and an enhanced cultural experience for all students on campus.

The return of CADA Summer Leadership Camps to the campus of UC Santa Barbara was an exciting opportunity for our 1,500 attendees to re-connect in person and lay a foundation for the new school year. Visit cada1.org/leadershipcamps or follow @CADACamps on social media for updates about summer 2023. We hope to see you and a delegation of your key student leaders next July! Check out our camp recap videos on [YouTube.com/cadacamps](https://www.youtube.com/cadacamps) to get a taste of what we are all about.

TIME TO PLAY:

Team Towers: (10 minutes) Each team tries to build the largest tower out of cups. Each team needs 10 cups, 2 blindfolds & marshmallows. Get in groups of 6, create “base camp” boundaries for each group (use tape, chairs, etc)

- Each team has 2 minutes to build the tallest tower
- 2 team members are blindfolded and are the ONLY ones who can touch the cups.
- Students must stay within their team’s area
- Students can throw marshmallows at other teams’ towers
- Students can leave base camp to get marshmallows, but can only throw them from base camp
- After 2 minutes, no more cups or marshmallows can be touched.
- If your tower gets knocked down, continue to rebuild until time is called

DEBRIEF QUESTION/:

- Were you successful in building the tallest tower? Why or why not?
- What role did each person play in building the tower?
- What was the impact of the marshmallow?
- What do you think the marshmallows could represent in our ASB?
- What are some real life “marshmallows” or obstacles?
- When/how have you been a “marshmallow?”
- How can we avoid or overcome some of these obstacles, so we can reach our goals?

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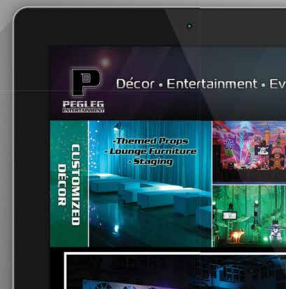
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By Radon Fortenberry
CADA Treasurer
rfortenberry@cadaboard.org

Overview of Year End Financials & Budget



Our school year is off to an exciting start after previous years of ever-changing pandemic events and protocols. In-person leadership camps this summer were very successful and student and adult conferences are making highly anticipated returns. CASL and Leadership Development Days continue to promote leadership excellence.

As an organization we have weathered the financial storms of the pandemic through the united efforts of fiscal responsibility. Previous planning and prudent practices supplied checking and investment account balances that have allowed us to provide excellent member services and content despite the challenging constraints imposed the past two years.

Congratulations CADA! Cheers to a year of unlimited opportunities and growth.

Outstanding Leadership Program Award

The Outstanding Leadership Program Award (OLPA) is a distinguished honor presented to schools whose student leadership programs are proven spaces where student leaders grow as ethical, responsible, and servant-minded architects of change. All CADA/CASL member schools are invited to apply for the award by preparing a self-study using the guidelines on the following column.

Applicant schools must attend the CASL State Conference or CADA Camps in order to display statewide engagement and complete their eligibility for the award. Applications must be received by 4 PM on February 13th, 2023 for consideration by the CASL State Board. In order to allow time for all applications to be reviewed and showcased at the CADA Convention, and in fairness to all the applicants, late applications will not be accepted.

Principals and advisors of schools selected for this honor will be notified by mail, and one student representative from each selected school will be recognized at the CASL State Conference. Schools honored with the Outstanding Leadership Program Award will also be recognized at the CADA State Convention, in the spring edition of the CADA/CASL Newsletter, and on the CASL website.

Read More Information at <https://caslboard.com/outstanding-leadership-program-award/#events>



Application Info

Your school can begin the application process today!

Requirements:

- 1) Be a leadership program at a CADA/CASL school
- 2) Register for the CASL State Conference or CADA/CASL Summer Leadership Camp.

Final Deadline:

February 13th, 2023 by 4 PM.

Need help with your application text:

(650) 336-5388

Suggested deadlines are only given to help your team spread out the OLPA application over the school year. You only need to submit your application by the final due date.

Submit your application online or you can mail your completed application to:

OLPA Central
Att: Ryan Willer
902 Roberts Road
Ben Lomond, CA 95005

2023 CASL STATE CONFERENCE

MS & HS: APRIL 13-15 | HS: APRIL 15-17
SANTA CLARA CONVENTION CENTER

THE CASL STATE CONFERENCE UNITES STUDENT LEADERS ACROSS CALIFORNIA THROUGH EXHILARATING TRAINING THAT LEAVES THEM INSPIRED AND EQUIPPED WITH PRACTICAL SKILLS TO ENACT CHANGE WITHIN THEIR CAMPUSES AND THE WORLD.

FOR MORE INFORMATION, CONTACT SANDRA KURLAND AT SANDRA.KURLAND@CASLBOARD.COM

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LEADERSHIP DEVELOPMENT DAYS



Led by educators with more than 10,000 hours in leadership training experience, Leadership Development Days (LDDs) 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!

\$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 local schools, or call for special pricing to host one for your school only.

WE SCHEDULE LEADERSHIP DEVELOPMENT DAYS ALL YEAR LONG, SO PLEASE VISIT CADA1.ORG/LDD FOR THE MOST CURRENT LIST, OR HOST ONE YOURSELF!

Mindful Moment with Morty

By Jill Mortensen
CADA Print Media Coordinator
Ripon High School, Ripon CA



It's ok to ask for help...Words that hit me like bricks this past school year when there were too many things to tackle.

I remember it clearly as I stood in front of my students discussing two significant events ahead and the special committees in charge of assisting me in putting on the events. Stress was high, and I was struggling with getting it all done. Finally, in the middle of giving my directions, I just paused and stopped. I looked around at my students and said, "it's ok, you are all busy; I can get it done."

And then, one of my juniors, Jaydin, a legacy leader as a rising senior this coming year, said to me in front of the whole class, "Morty, it's ok to ask for help." BAM! That "ah-ha" moment of knowing I couldn't do it all myself and that my students had listened to my lessons about being a team and

"Morty, it's ok to ask for help." BAM! That "ah-ha" moment of knowing I couldn't do it all myself and that my students had listened to my lessons about being a team

helping one another throughout the year. Now they, in turn, reminded me that we were a team, and they were there to help me.

As I walk into this school year with my team of young leaders and I reflect on this moment, we need to be reminded that while we feel like an island all alone as an Activities Director, many people out there are ready and willing to help you succeed. You cannot do this job alone, or it will eat you alive! So, as you plan events & lessons, as the stress increases, reach out to your team of student leaders, staff,

administrators, and parents. They will be there to support you and your goals. Better yet, reach out to CADA. This organization is full of so many beautiful and awe-inspiring people, here to help, guide, share, and love one another in this beautiful world of Activities! <http://cada1.org>

Letter from the CASL State President

Sophie White | CASL State President | Francis Parker School

Dear Advisor,

As we students begin to traverse the terrain of the individuality of our teenage years, we look to you, our mentors, to serve as a steady rope for support and inspiration so that one day we can walk on our own. As our role models, you provide priceless nuggets of wisdom in moments big and small that we carry with us for a lifetime.

Over the course of the past nine years, my mentors have helped me discover the kind of leader I aspire to be through their persistent support by pushing me to become a better version of myself. Their imparted life lessons through their conversations and actions have revealed to me the importance of student leadership in this day and age. They have shown me that student leadership is essential to cultivating the power of each of our voices to create positive change in our communities.

One of these revelations became apparent to me when I first brought up the California Association of Student Leaders to my middle school advisor in 2019. After attending the Area G Conference, I was determined to run for the CASL State Board as I was star-struck by the lessons and ideas I collected within the first hours of attending the conference. As a part of the application for the board, I had to introduce my advisor to the concept of CASL to fulfill my letter of recommendation. After introducing this organization, she immediately started to run side-by-side with me through the election process to help me succeed, eager to

see me flourish as a young freshman. As I entered the 2020 CASL State Conference, I experienced one of the most empowering moments of my life as I was exposed to passionate, like-minded peers who were as eager as I was to make a difference in the world. Throughout three long days launched over our devices, my advisor was on the other side of the screen supporting me as I campaigned with all my might over Zoom as I challenged myself to speak out in front of Californian leaders I hadn't even met yet.

The rest is history as my advisors have been dedicated to uplifting me to learn new skills to better serve the student leaders of California. Their support for my leadership journey and equal appreciation of CASL's mission reminds me of my "why", or the heartbeat of my leadership development. As my hope is to enable my peers to make their communities a better place, CASL has played a pivotal role in the way I problem solve and the way I approach teamwork. I can happily look to the future with a loaded tool belt filled with lessons from my advisors and skills from my work with CASL to be an inspiration to my peers to actively drive my community towards a better future.

I have been so incredibly privileged to have met inspirational figures and heard awe-invoking stories through my time with CASL. It has opened doors for self-reflection, new interactions, and multiple opportunities to evolve as a leader. Getting involved with CASL has been one of the luckiest opportunities I have had as a high schooler and I cannot be more grateful for my advisors who have helped me grow as a student



leader so I could soar to new heights I could not even imagine four years ago. I am so thankful for these past three years as I aspire to embody a sense of supportiveness just like my advisors as I lead this generation of student leaders towards a brighter tomorrow.

On behalf of the amazing student leaders of California, I would like to extend my gratitude to you for your continued and unwavering support for our development as the next generation of community builders. I cannot wait to meet you and your wonderful students at the 2023 CASL State Conference.



CADA Memorial Scholarship

CADA/CASL provides several scholarships each year to further promote growth and student leadership. Sponsored by CADA, we will offer students a chance to win a scholarship to the CASL State Conference and CADA Leadership Camps. Apply now!

CASL Deadline: Applications Due **December 15, 2022**

Camp Deadline: Applications Due **April 30, 2023**

Perspective from our Youth:

The New Year

By Janelle Pascual

Arroyo High School in San Lorenzo

janellep43@gmail.com

Hey! I'm Janelle Pascual, and I'm an upcoming senior! Coming back from summer and starting a new school year can be challenging. We, as students, go from sleeping in and staying up late to having to wake up early and stay in classes for multiple hours. With that being said, having activities and events are things that I want to bring to my school for everyone showcasing fun and excitement on our campus.

I'm looking forward to uplifting our school spirit and many more activities for the upcoming year. Having more hype for the rallies, spirit weeks, new ideas, and more is so important. Since coming back from quarantine, I think many people forgot how

to show their school spirit since we haven't had in-person activities for two years during Covid-19. So coming back this year, I feel more excited to have many more indoor and outdoor activities. Also, with seniors leaving and new freshmen coming, I would want everyone to have that high school experience of activities to relieve stress and pressure on everyone.

As ASB President of my school, my main goal is for everyone to have fun, raise the spirit, and have activities where everyone feels included. By doing this, I hope we can do the activities that everyone on campus would enjoy, including their voices in our decisions and asking people how they feel. I hope for a great school year and to make a difference!

"I think many people forgot how to show their school spirit since we haven't had in-person activities for two years during Covid-19"



Perspective from our Youth:

The Final Year

By Angelina Innabi, Senior
 Lakeview Leadership Academy,
 Victorville, CA

Just wanted to share some things I am looking forward to in my senior year. Senior year is a time when everyone has tough, fun, challenging, and stressful nights. Exams, submitting that report two minutes before it is due, and lack of sleep; yet, there's a bright side to the senior year where success is ever-present. Some of the events I'm looking forward to are senior sunrise, movie night, prom, grad nite, and of course, graduation. Some people may see their senior year as the "kid life" disappearing, the last bell ringing, where "adulting" begins. But I look to my goals after graduation: getting into my dream college and pursuing my dream of a career in phlebotomy. Senior year is all about living your best life with your fellow classmates. This is what we have been waiting for; this is your time to shine; live it up, seniors!

Perspective from our Youth:

A Shift in My Senior Year

By Caitlin Stark, Senior
 University Preparatory School,
 Victorville, CA

Getting ready for my senior year, I couldn't wait to have the experiences all my now-graduated friends had, like grad nite, prom, senior ditch day, and any other event showcasing the seniors. Unfortunately, all of those things started to look hazy when I started getting sick in January; it began with dizziness, tiredness, and pain everywhere, leaving me some days unable to move, but the worst part was no one knew why till I got diagnosed with Dysautonomia, a condition where my nerves are misfiring causing pain. With this condition, my senior year went from returning to Varsity Cheer and being president of my school's choir club, to missing out on essential memories for the doctor visits. My friends, club members, and cheer team have all been so supportive, and I cannot wait to enjoy my final high school journey with them. In my school, I hope to see more inclusivity among my peers, like people of different religions, races, abilities, cultures, sexual orientations, or gender. My school is very closed off to those in the LGBTQIA+ community no matter your involvement in it, and with everything going on in the world, the girls, gays, and they need as much support as we can get from whoever is listening because my generation is the future.

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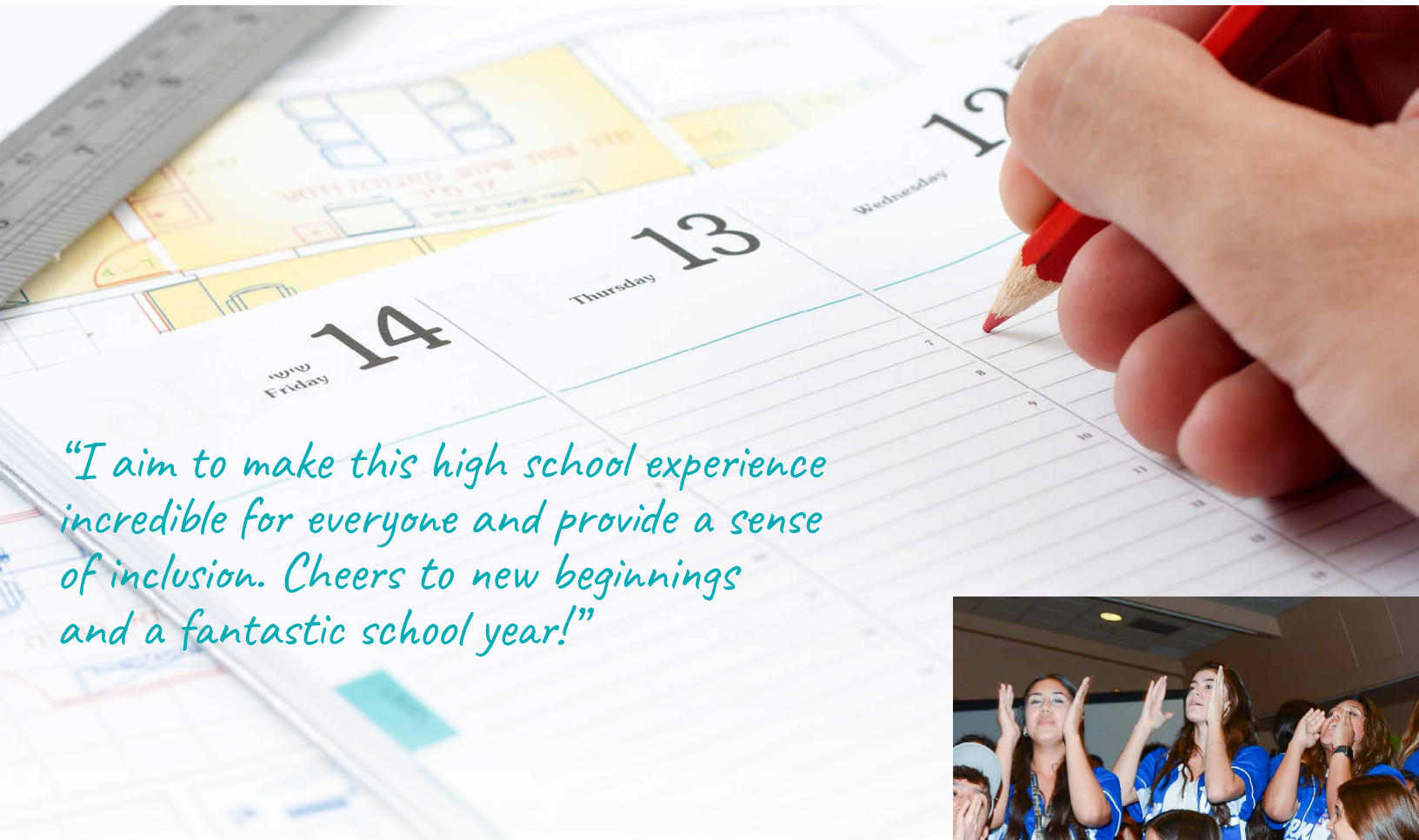
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“I aim to make this high school experience incredible for everyone and provide a sense of inclusion. Cheers to new beginnings and a fantastic school year!”

The Newbie Guide to Activities:

YEAR 1

By **Nikki Seibert**
River Islands High School
nseibert@riacademies.net



The summer is rapidly ending, and I have opened my computer to work on something every day since my last day of school as a 7th-grade teacher. I have officially hit the ground running into the world of activities. I am quickly learning that high school activities are not for everyone. But if you have a passion for it, it is absolutely incredible.

I am in year one as an Activities Director for a high school located in Lathrop, CA - River Islands High School, “Home of the Riptide!” Ever since my senior year of high school, I knew I wanted to ultimately be an Activities Director. I have been given this incredible opportunity to assist in opening a NEW high school, help build the culture, and contribute to the exciting new traditions on our future campus.

There are so many emotions that I have been experiencing - nervousness, eagerness, excitement, and a bit scared all at the same time. There are so many questions, worries, and levels of excitement that continue to stew in my mind, “what does the entire school year of activities even look like?” or I worry that it isn’t going to be “cool” or “special” to these incredible incoming students.

I feel an immense sense of pride going into this journey but at the same time, remember that I am so privileged to have the

ability to be the one to develop potential memories. I aim to make this high school experience incredible for everyone and provide a sense of inclusion. Cheers to new beginnings and a fantastic school year!

Activate Your Event Experience!



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Mental Health Awareness: Recharge...

By Sara (Nilles) Freauf
Education & Leadership Consultant
Work2BeWell
NASSCED Lifetime Member
CADA Lifetime Member
Sara@passport2lead.com

Walk the dog, meal prep for the week, exercise for at least 20 min, do the laundry, mow the yard, respond to emails, drink lots of water -- oh, meditate and floss your teeth too! Does reading this sentence immediately make your blood pressure rise, your heart flutter, or cause instant stress or anxiety? It does me! Then I think "oh my and the list goes on – that sounds like a Sunday and work isn't even on the list!"

It wasn't until about 5 years ago working at summer camps and having conversations with teens about mental health and wellness that I really had to start thinking about my own mental health and wellness. I've always been a big believer in not asking people to do something that I wasn't willing to do – and so the journey began! I've learned more from our teens and Dr. Robin Henderson on their podcast, Talk2BeWell (Spotify), then anyone.

Have you ever had that moment when your cell phone battery is about to crash, and you scramble around looking for a phone charger? Just me? I was so nervous one time while traveling because my phone was about to shut down and that's where my boarding pass was located for my next flight! We don't want our phones to shut down when we need to use them most, similarly, we don't want our personal energy to crash when others are depending on us, or we are depending on ourselves! Just like we need to plug in our phone everyday – we need to plug into our personal energy sources too.

I had always thought "I don't have time for self-care" but, what I discovered is I don't have the time to not take care of myself. When I don't take care of myself, I am less focused, less productive, and get sick more frequently. Part of my self-care is learning to say "no" even when I want to say "yes", so that way when I really want to say "yes" I can give my best!

Our personal energy sources (self-care) can look and feel differently for each of us. What works for one may not be helpful to



another. Find what helps you to relax and feel good. You may have a few tried and true strategies that you already use, however, try out a few new ones too.

- Read a Book
- Call a friend you haven't spoken to in a while
- Watch cute animal videos
- Practice Square Breathing
- Write in a journal
- Take a break from your screen
- Go for a walk
- Cook your favorite dish
- Relax with a cup of tea or coffee
- Do something creative
- Snuggle with a pet
- Garden
- Meditate or practice mindfulness
- Travel to a new place
- Take a long warm bath or hot tub
- Look at pictures in your phone that make you smile
- Send a note to someone you care about
- Say "no" to something and/or say "yes" to something you've been wanting to do!

Part of my self-care is learning to say "no" even when I want to say "yes", so that way when I really want to say "yes" I can give my best!

Sometimes our phones need more than a charge to work effectively, sometimes they need a new screen or software update! Like our phones, it can take time to incorporate self-care into your day-to-day schedule and it may involve seeking help from a therapist to truly take care of yourself.

For more resources check out www.work2bewell.org - we are launching our new website in June 2022 and adding new resources frequently. Check out Talk2BeWell on the website or on Spotify. You can also watch a little video I did on self-care and access other great resources at <https://www.jostensrenaissance.com/courageous-conversations/>

Enlightenment from a Veteran:

By Christy Hertsch
Washington Middle School
christy.hertsch@salinasuhdsd.org

“Put Your Face In The Whipped Cream!”

“Wait, wait, wait...I get to put my face in whipped cream to find the bubble gum, make cotton candy, wear tutus, spike my hair, dress up like a superhero, AND GET PAID FOR IT?! Sign me up!!!”, said no Activities Director ever! But actually, I DID, and I have been so thankful ever since!

I have been involved with school activities at both the high school and middle school level since I started teaching 29 years ago which apparently makes me a “veteran”! The transition from rookie to veteran somehow happened in the blink of an eye, and here I am 29 years later sharing

my “words of wisdom” about activities and what has kept me in the position for so long...I personally think I am and always will be a kid at heart, which helps keep me wanting to do activities, but nonetheless, here are some of “my” words of wisdom:

1. Show up 100%!

When I arrive at school, before I get out of the car, I put my keys over my head and become Ms. Hertsch, Activities Director and PE teacher. I leave my troubles and worries behind me and walk into school with a smile on my face, ready to make a positive impact on all I encounter. It is similar to my performing days...I might have performed a show twenty times before, but to the audience in front of me, it is their first time seeing it, thus it is only fair to give them my all. That’s how I see our role as Activities Directors--give them your all, your undivided attention, 100% while you are there, then take the keys off when you get back in your car and relax!

2. Find your people

For the longest time I tried to do this job alone. I thought in my youthful bliss that I was the only one who could get the job done, done the way I wanted it, and I certainly didn’t need the help or opinions of anyone else! Boy was I wrong! Once I let down my guard (and perhaps a little bit of my arrogance!), the tasks at hand became so much easier! Come to find out, there is more than one way to make a balloon arch! I just had to open my eyes, and especially my ears, to find out who in my school was willing to help or had some positive suggestions. Now of course, staff and student surveys make the world so much easier and I have found some of the most amazing people who want to help! Who knew that the teacher at the back of the staff meeting, intently grading papers and never socializing with anyone, would actually want to be a talent show judge?! Your people are out there!

3. CADA

Speaking of finding your people, they can definitely be found at CADA! The California Association of Directors of Activities (CADA), is full of amazing people who want more than anything to help you succeed. Whether you can just attend a local area advisor conference, or can come to the annual convention, the ideas that you take away and the connections you make are truly priceless. I have found ideas for anything from inclusion, student wellness, dances, fundraisers, spirit weeks, to finance and law information. I honestly feel that the CADA convention has helped to keep me going year after year as it happens right at that time of year that we all need that boost. Not only does it give me the inspiration and motivation to make it through the year, but I get excited about incorporating the new things I have learned (and yes, I learn new things every year!) into my program for the following year.

4. CASL

Just as CADA is important to activities directors, CASL (California Association of Student Leaders) is important to students. Leaders need to connect with other leaders. They need to learn new ideas and be able to showcase their pride in their school by sharing the awesome things they are doing. Whether it is a local area one day event, or the 3 day conference, CASL gives them the opportunity to do this. The excitement and positivity they bring back to school is contagious and the memories they make will last a lifetime. Find a way to get your student leaders to CASL!

5. Connect with your administration

Making connections is huge, especially when it comes to the admin team at your school. I personally have worked with 10 different principals and countless assistant principals throughout my years in activities which is challenging in and of itself. Getting to know your admin and letting them get to know you is important and keeping the lines of communication open is equally important. Principals don’t like surprises. They should be aware of everything your activities programs is doing, when and where it is happening and how they can support it. If you don’t already do so, talk to your principal about having a weekly check-in meeting.



I have been involved with school activities at both the high school and middle school level since I started teaching 29 years ago which apparently makes me a "veteran"!

6. Communicate with everyone!

Communicate, Communicate, Communicate! Come to find out, people are much more likely to support something if they know about it AND if they know about it in plenty of time! Send out surveys, advertise via email, the school website, go old school with posters, and take a few minutes of a staff meeting... whatever you can do to get the word out about your upcoming events. Sometimes something will come up that you didn't even think of and it's so much easier to put out embers before the fire, so to speak. Communication is KEY to a successful activities program!

7. Always be open to new ideas

Just because it has ALWAYS been done THAT way doesn't necessarily mean that it's the best way. Times change, students change, trends change, YOU change... embrace the change. Sure, tug-o-war and musical chairs are always popular classics, but work with your students to create activities that are new, fun and engaging- -think bottle flipping challenges, rubiks cube speed challenges, large group UNO, tik tok dance offs, and whatever else is the "new thing". Be open to activities that challenge students to think outside the box, to do things for others, and to help create an atmosphere of positivity and kindness- -one that makes all students feel lifted up and supported.

8. Don't sweat the small stuff--It's all small stuff!

There are certain things in life that just put things in perspective. Leaving school on Friday, March 13, 2020 and not to return for another year plus, did just that. Suddenly all the things that I thought were so important, just weren't anymore. I used to be so hung up on making sure that every little detail of every event we put on was perfect...I mean PERFECT! I would stress out my students and myself in doing so. In having everything taken away, I realized that just having the opportunity to put on events was special and not to be taken for granted. Did it really matter that the candy jar was on the left side of the candy bar and not the center? Did I really have to freak out if the right music wasn't cued up to play along with a certain activity or that we had to ditch our homemade photo booth because the backdrop wouldn't stay up? In the grand scheme of things, that's small stuff and no one will remember or care. What will be remembered is how you made them feel, how you appreciated them for the work that they did, and the memories you helped them create. That is the BIG stuff!

9. Keep a work/life balance

As Activities Directors it is so easy to be totally engulfed in the job 24/7. School, the students, the staff and the activities we put on can take so much of our precious time and energy. Coming off of these challenging times, it is even more important to take time for ourselves and our well-being. Take time to do what you love, spend time with the people you love, and live life to the fullest... remember that your position can be replaced, but YOU can't be!

10. Have fun!

Find the fun in all that you do. One of my most favorite things a student has ever said to me and an unintended compliment was, "Ms. Hertsch, aren't you in charge of all things FUN?" That was truly how she saw me...the fun director, how cool is that? Life is so much better when we are having fun living it-- so yes, have fun and go put your face in the whipped cream!

The Impact!

By Gracie Jaime

Alumni of Ripon High School Class of 2021

graciejaime3@gmail.com

From an Alumni: The Power of Leadership

The power of leadership is well beyond any curriculum you learn in school. It deals with your character, how you lead, and your impact on others. Some of my best memories in high school were through ASB Leadership. It wasn't solely because of our rallies, dances, and other events. For me, some of the best life skills I gained were from topics on professionalism in the workplace. During my four years of leadership in high school, this was the most critical aspect I could take with me. The variety of lessons on resumes, cover letters, meetings, obtaining an elected position, and working with said professionals helped with the opportunities I have now.

An opportunity I was grateful for through leadership guidance was being selected to attend the United Nations Youth Leadership Conference. With my knowledge of answering professional questionnaires and my practice with interviewing skills, I was able to apply myself and qualify for this fantastic experience. I truly believe that leadership has made me more confident in my young professional abilities and allowed me to attend a four-year university.

With leadership, I could give back to the community I was from and my high school. Through these experiences, I could showcase my enjoyment of giving back and how it had impacted me in my personal essay questions when I applied to my university. I took responsibility and pride in these experiences because not only did I learn the value of executing a project effectively, but I also realized the importance of helping my community. Having completed my first year of college, I have taken my leadership experience and applied it to my life in college.



It was shocking to see how many students my age didn't know the first step in writing a solid resume and cover letter. Due to this knowledge, I found many of my close friends asking me for assistance in reviewing their resumes and cover letters. Many students also were struggling to meet the requirements for internships and were unable to apply for many internships because they didn't have experience in community service and other said opportunities when they were in high school. I was able to receive great internships as a high school student solely because of my work in leadership and was given great opportunities because of it. Since I was a well-rounded student, I could confidently apply to many internships and receive interviews back.

With all that being said, I admit at the start of my college career, I was overloaded with options (clubs, groups, and sorority) that I didn't know where to start. A sorority sparked my interest which I am now a part of, Delta Gamma, and I was recommended for an elected position in the sorority. Through my elected experience in high school, I can confidently take on this role for this organization.

Without the guidance of being in such a fantastic program in high school, I don't know where I would be today. I continue to live by the teachings I learned daily and let leadership help me grow for my future endeavors.

The variety of lessons on resumes, cover letters, meetings, obtaining an elected position, and working with said professionals helped with the opportunities I have now.



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OCT 4, 2022	Area A HS Student Conference	Woodland, CA
OCT 5, 2022	Area A MS Student Conference	Woodland, CA
OCT 7, 2022	Area F MS & Advisor Conference	Riverside, CA
OCT 11, 2022	Area E Student Conference	Pasadena, CA
OCT 17, 2022	Area C Student Conference	Hanford, CA
NOV 3, 2022	Area D Northern Student Conference	Salinas, CA
NOV 5, 2022	Area A Advisor Conference	Greater Sacramento Area, CA
NOV 5, 2022	Area D Advisor Conference	Santa Maria, CA
NOV 8, 2022	Area D Southern Student Conference	Ventura, CA
NOV 10, 2022	Area D Central MS Conference	Santa Maria, CA
NOV 17, 2022	Area G Advisor Conference	San Marcos, CA
NOV 21, 2022	Area B Student Conference	Union City, CA
NOV 21, 2022	Area F HS & Advisor Conference	Anaheim, CA
DEC 6, 2022	Area C Advisor Conference	Clovis, CA
JAN 20, 2023	Area G MS Conference	Carlsbad, CA
FEB. 7, 2023	S.T.A.R.S. Student Conference	Pomona, CA
MAR 1-4, 2023	2023 CADA State Convention	San Diego, CA
APR 13-15, 2023	MS & HS - CASL State Conference	Santa Clara, CA
APR 15-17, 2023	HS CASL State Conference	Santa Clara, CA
MAY 2, 2023	Area A MS/HS Student Conference	Modesto, CA

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