STUDENT ACTIVITIES not only provide students with opportunities to connect what they are doing in school to the outside world, but they can also be used as a foundation for creating a cohesive school community. Lyn Fiscus, student leadership development specialist and author of the Adviser’s Guide to Student Activities, explains that this works best when activities are integrated into the school rather than considered extras. She suggests that advisers schedule time to brainstorm with other faculty members about ways to incorporate an upcoming activity into the curriculum. For example, she says these creative ideas could transform a traditional canned food drive into a catalyst for supporting academic engagement and development of a school-wide community.

- **Language arts** students could read books or articles about the homeless.
- **Health** classes could review nutrition information and the effects of undernourishment.
- **Social studies** classes could invite local government representatives to discuss relevant issues regarding hunger in the community. Students could research which local, state, and federal offices provide assistance.
- **Math** classes could tally the number of canned goods collected, the average number of cans donated per student, and the quantities of food collected from each food group.

Continue reading on page 2
World cultures students could stage a simulation in the cafeteria with only a percentage of students receiving a full lunch; this percentage would represent the number of people in the world who receive adequate nutrition each day.

Journalism students could write articles for the school newspaper that profile the organization receiving the food donations or cover hunger issues in the community.

Business students could visit the local food pantry or organization to which the food is being donated and talk with staff members about the ins and outs of managing this type of agency.

Speech or drama classes could produce creative announcements encouraging participation.

Graphic design, marketing, or art classes could design flyers and posters to promote participation or to create awareness about hunger issues. Or these students could design and produce a sticker to give each person who contributes to the drive—similar to the “I voted” stickers distributed on election days.

When teachers work together to plan integrative activities, they are helping to create a positive climate where community and academics are complementary. “As advisers, it’s easy to get caught up in the frenzy of activities, and to forget that there is more to them than just fun,” said Fiscus. “I believe that students who are actively engaged in this type of learning gain confidence and leadership skills that will affect their future as much as what they learn in a traditional classroom.”
SPANNING 137,700 ACRES and boasting 88 miles of beautiful shoreline, Lake Winnebago in eastern Wisconsin is a freshwater paradise for nature lovers and outdoor-sports enthusiasts. But in recent years, hectic schedules and increased preoccupation with technology have depleted the time that families spend in nature and led to a decline in outdoor recreation. For sailing enthusiasts Steve and Sara Eliasen, this trend represents a missed opportunity for our youth. Today, the Eliasens’ vision to reintroduce students to the great outdoors has evolved into a nonprofit organization that has served more than 6,000 students since 2008.

The mission of International Youth Sailing of Oshkosh (IYSO) is multi-faceted: through sailing-based activities and techniques, IYSO invites students to experience an outdoor sport, learn valuable skills, and apply classroom concepts to the outside world. “The founding premise is that the science of sailing has so much inherent knowledge embedded within it,” said Steve Eliasen. He lists aerodynamics, applied mathematics, and ecosystems as topics that can be explored through the study of sailing. And while IYSO was initially designed to target STEM-skill development, both character education and creative collaboration became natural complements to the program.

The IYSO initiative challenges students to design and fabricate a sailing rig using plastic tarps, duct tape, and other supplies. Before diving into the process, students attend classroom sessions to review mathematical principles, ratios, and desired performance characteristics. Students then sketch their designs, build models, and ultimately, craft their rigs. Finally, teams of students test their rigs on the water and make appropriate adjustments before participating in an actual boat race. Through the years, project organizers have fine-tuned the program to include lessons in resourcefulness (using repurposed materials) and communications (having students “pitch” their design to local businesses).

It’s difficult for the Eliasens to believe that what started out as a casual conversation over coffee has developed into such a vibrant program. To date, six school districts have participated in the program, and the Oshkosh Recreation Department and other area businesses have provided sponsorship and support. Steve Eliasen’s efforts also led to his being recruited to run for the Oshkosh Board of Education, where he currently serves as a board member.

Although the establishment of IYSO has required numerous hours and lots of elbow grease, Eliasen and his team are fully committed to the success of the project. “I believe it’s so important that our kids connect with the natural world,” he said. “Without that firsthand connection, the need to preserve, protect, enjoy, and share our world will seem like an odd proposition.”

Eliasen encourages teachers, parents, and other education stakeholders to advocate for activities and issues they believe in, and to never underestimate the power of a small group of committed individuals. He offers five key pieces of advice for anyone who is serious about starting a new student activities program:

- Embrace an unwavering resolve that what you are doing matters and is worth seeing through.
- Be willing to invest a significant amount of your own time and energy.
- Invite the support of a few key champions who believe in the project as much as you do.
- Work tirelessly for a perfect safety record.
- Never stop asking people for support. And remember that in addition to funding, support can mean equipment, volunteers, use of community resources, and approval from school administrators and city leaders.

Perhaps it’s only fitting that in a place with access to so many natural resources, the IYSO sailing program has expanded to include outdoor sports for all seasons. During the 2013-2014 school year, the group launched an afterschool skating club on the same lake where students sail in the warmer months. This winter, the program expanded to include daytime and afterschool skiing at several schools. Learn-to-ski events, sledding, and cross country skiing are also being added to the agenda.

Eliasen is happy that he did not listen when naysayers told him it couldn’t be done. He remembers starting out with two sailboats and a dream. “We started with just that—doing what we could. The rest followed,” he said. “Everything came into place inexplicably, beautifully, organically.”
Tips from the CADA Summer Leadership Camp Handbook

Our student leaders are often asked to grab a microphone and lead a crowd, whether it be in front of the entire student body at an assembly or pep rally, during a lunchtime spirit competition, as the emcee for a special event or addressing a group of adults at a professional meeting. No matter what the reason, developing good microphone skills is a must for all student leaders (and advisors, too!). The best way to help our students develop good public speaking and microphone skills is to have them practice during class time. For many students, hearing their voice amplified over a speaker is a shock the first time and they need to gain comfort and confidence prior to the event in which they will be in the spotlight.
Here are eleven tips to share with your students about using a microphone from the CADA Summer Leadership Camp Handbook:


2. Remember what mood you would like to create and work toward that atmosphere.

3. Test the microphone before anyone comes into the gym or auditorium.

4. Project your voice into the microphone as though you were speaking to someone in the far corner.

5. Hold the microphone even with, but not touching, your mouth.

6. Don’t scream or cheer directly into a microphone.

7. Don’t speak over a roaring crowd.

8. Speak slowly.

9. Observe the “Rule of Thumb.” While holding the microphone near the top, extend your thumb to your chin. That is how far away to hold the microphone.

10. Turn off the microphone when not in use. Everything you say might be overheard when the microphone is on, sometimes even when you cover it with your palm.

11. Always point the microphone away from your sound system’s speakers. Whenever possible, stay behind them. This will help avoid feedback.

No matter what the reason, developing good microphone skills is a must for all student leaders (and advisors, too!)"
Area A

BY ALLISON GADEKE, Area A Coordinator
areaa@cada1.org

EPIC Adventures Ahead!

Area A is off and running after a very successful advisor conference in Sacramento in September and two awesome student conferences where speaker Scott Backovich rocked the house! We look forward to meeting our fellow “Athenians” at the EPIC CADA Adventure in Reno in March!

In the meantime, here is a fun activity you might use to spread some holiday cheer on your campus this year. During the first week of December, ASB gathers one afternoon to “decorate” the school for the upcoming holiday season. We are careful to include images, objects, and ideas from as many cultures as we can – so that all of our students feel included and culturally significant. Students draw names out of a hat and take their “supplies” to decorate each room. There is also a poster made that has each staff member’s name on it (surrounded by holiday messages from a variety of winter holidays). The students have one hour to decorate the room, turn off the lights and leave. The next morning, each staff member will find the following message (lightly taped to their printer)

‘Twas the night before Thursday
And all through the school,
Not a creature was stirring,
And that was the rule ...

When all of a sudden there arose such a clatter
It almost knocked the custodian right off of his ladder.
Elves started running from there and from here
Decorating and spreading some holiday cheer.
Their gifts are for you, so that you may share in their joy
Happy Holidays from our school’s ASB girls and boys!

The next day there is a buzz of cheer on the campus as students and staff members take in the lights, decorations, and festive atmosphere. A great way to include other students is to advertise a multicultural event and that you need planners to help implement it. Bringing in a variety of students will bring your student body together and promote multicultural awareness!

Have fun with it!

Area B

BY LORRAINE MARTINEZ, Area B Coordinator
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Area B is hosting a series of “Meet and Greets” throughout our area.

Be on the lookout for your invitation to attend one. The purpose is to mingle and meet other advisors in your neighborhood, make connections and learn at least one new idea.

As we finish our preparations for the student conference on November 23 at James Logan High School, Area B is excited to present current relevant information that will encourage your students to think beyond what was done the previous year at your school. Register for the conference at cada1.org/areaB.

At the CADA Convention, Area B will showcase the city of Troy and look out for the Trojan horse! You will be able to take a picture with a Trojan and learn a bit of history as you register. Look around now for a toga to wear to the dinner dance or check out Pinterest to see how to tie up a sheet as a toga. Either way, it will be an EPIC adventure.

Area C

BY LESLIE LOEWEN, Area C Coordinator
areac@cada1.org

Area C: Olympus and the Legendary Sacrifice of Leadership

Making an EPIC difference! As we in Area C reflect on the EPIC (Empowering-Passionate-Inspiring-Committed) year ahead, we look to our Greek sister city for inspiration in 2015-16: Olympia. Like our Central Valley home, Olympia was the fertile center of the Ancient Greek world. It was the hub of Greek life, where Greeks from far and wide gathered to participate in festivals (the first rallies) and sporting events (the first Olympics). They celebrated champions and gathered to promote the unity of their people and homeland (the first homecoming). They hosted speakers and world renowned thinkers (the first leadership conference) who had great influence on political ideas and structures that live on today. We too want to leave a legacy that lives beyond our time. Like the Olympians, we will gather our great ones in the Pan-Hellenic tradition, at the crossroads of people and ideas, and train up the next generation of true servant leaders. Thank you to all of our Area C schools that attended the Area C Student Conference on October 23rd at Hanford West High School. Advisors, don’t miss the Area C Adult Conference on November 17th at the Fresno Elks Lodge. Register today at cada1.org/areac.
Students from north of Salinas to Thousand Oaks in the south traveled to learn EPIC Leadership skills at the three Student Leadership Conferences in Area D. Over 2,000 student leaders heard inspiring keynote speakers, participated in informative workshops and networked with other students. At the Central Conference in San Luis Obispo, 300+ students heard Jill Esplin challenge them to “Go Big and Make a Big Difference.” Over 500 students at the Northern Conference in Salinas were wowed by keynote speaker Laymon Hicks as they were encouraged to make a difference on their campuses and in their communities through service. At the Southern Conference in Ventura, Micah Jacobson shared with 1,200 student leaders the qualities of leadership they should display even when nobody is watching. My Name My Story shared their story of empathy and community building at all three conferences. Activities Directors were not left out of the Epic Leadership fun; they met in Nipomo for the Advisor’s Conference on September 26th. Activities Directors heard from Sandi Kurland, Jeff Culver and My Name My Story. In addition, area advisors shared favorite lessons that could be used in the classroom on Monday and participated in Advisor SWAPs. After an Epic day, attendees and their significant others enjoyed wine tasting at Laetitia Winery outside Arroyo Grande and then dinner in A.G. at Rooster Creek Grill.
Area E
BY DEBI WEISS, Area E Coordinator
areae@cadal.org

It has been an exciting school year so far!

Area E and F held their Advisors Conference on Sept. 19th at Dave and Buster’s in Ontario. Our advisors gained insight on “How to survive as an Activities Director” by Richard Parkhouse; while Janet Roberts provided student lessons in her workshop “You have been chosen as a leader, what’s next?” Lindsey Charron taught us some much needed lessons on technology for ourselves and our students and Sandi Kurland showed us how to lead our students down the CADA Road Map to become an Outstanding Leadership Program.

The Area E Student Leadership Conference was EPIC as many shared their knowledge in the exciting workshops that were offered. The four keynote speakers challenged students in many different ways. Each student heard one keynote and attended three workshops during the day. Student leaders will be able to share the message with their respective leadership classes and schools. A big thanks to Tyler Durman, Kim Karr, Jeremy Poincenot and Frank Kitchen for sharing the day with us in Area E. Mark your calendars for the Students Targeted at Reaching Success (STARS) Conference on February 2nd, 2016 at Cal Poly Pomona. This conference is for students who are leaders on your campus but may be going in the wrong direction. Please check cada1.org/areae to register for the STARS conference.

Area F
BY PATRICIA HOLT, Area F Coordinator
areaf@cadal.org

Area F has started this school year with power and integrity.

The Advisor Conference in September had all of our attendees talking about new ideas to take back to their schools. The Middle School Conference in Riverside in October welcomed many students to their first leadership conference, and armed them with inspiration and insight. The High School Conference is November 23, 2015 at the Disneyland Resort. We are prepared for the 2,400 participants and have a wide variety of sessions for their training.

At the CADA State Convention in Reno we will enjoy the “EPIC Leadership” under the direction of our CADA President Elect, Lauretta Eldridge. Area F will represent ancient Sparta as we “Prepare for Glory”. This is a “must go” convention and I’m sure you won’t be sorry! The information and networking that takes place will definitely make a difference for you as you bring a positive climate to your campus. Be prepared for inspiration!

Area F Council elections are held annually at the CADA State Convention. If you are interested in serving a two-year term, the intent to run will be posted at cada1.org/areaf. Council members meet four times a year, organize and facilitate the three Area Conferences and various Area F activities at the State Convention. Area F will also elect their area coordinator at the 2016 convention for a two year term.

Do you know a CADA member with a fantastic program? You can nominate this outstanding person for the Bob Burton Spirit Award. This award is presented to one regular member from each area for their exemplary leadership in the development of a positive culture and climate by making spirit work on their campus. Nomination forms are on CADA1.org. The award recipient will be determined by a vote of the Area Council prior to the January CADA State Board Meeting.
Area G

BY HEIDI DUNNE, Area G Coordinator
areag@cada1.org

Carpe Diem!

Area G Student Leaders gathered together and seized the day on Wednesday, September 30th at the Del Mar Fairgrounds. Over 1,200 middle school students and 600 high school students from throughout San Diego County and beyond enjoyed a day of leadership and training that prepared them for this school year. Each group had the opportunity to hear inspirational messages from keynote speakers Scott Backovich and Harriet Turk. Scott urged our leaders to be agents of change in their schools, and Harriet empowered all listeners to make positive choices. Students attended a variety of workshops; from practical sessions regarding topics like balloons, rallies, lunchtime activities, technology and publicity, to deeper motivational messages like those of Ra’idah from My Name My Story, Kim Karr and the #iCANHELP campaign and local leader, Brent King of the Chelsea’s Light Foundation. New this year, Area G hosted an “advanced track” for leaders who had already attended the Del Mar conference several times, and those students spent the day intensely training with Patrick Maurer. In this advanced track, leaders developed skills to enhance relationships and sense of community within their councils and on their campuses. Advisors also attended workshops and had the opportunity to network. Of course, no Del Mar conference would have been complete without an incredible lunch dance provided by SOS Entertainment. The whole day was a success thanks to all involved and Area G looks forward to seeing you and your school at the Fairgrounds again next fall!

Area H

BY DENISE VAN DOORN, Area H Lead
areah@cada1.org

Check out Area H on the CADA website at cada.org/areah and look for Area News.

An informational survey was sent to all Area H members and the link to the survey is on the website under Area H if you missed it. Once the data is collected, we will make connections with those of you who want to be involved and we hope to address your convention needs during the CADA State Convention in Reno. Our goal is to listen to Area H needs and then make suggestions for possible networking and leadership development.

The Area H Convention theme is Pompeii, The Lost City. We will have fun creating a positive view on the historical event. If anyone from out of state is interested in helping with registration or any part of the Area H meeting, please contact Denise at areah@cada1.org.
I KNOW YOU ARE LOOKING FOR EMPOWERING, PASSIONATE, INSPIRING AND COMMITTED leadership ideas and activities. Well, look no further; you have found the Genesis of Direction. Join fellow philosophers in their heroic search for essential knowledge and concepts in all areas of Leadership Development.

Further enhance your leadership abilities by joining your fellow academics in order to: refine your expertise in the seven pillars of communications, gain vital legal and fiscal information, network, and listen to speakers who will be available to mentor you in your quest for leadership excellence.

You will learn to:
• Communicate more effectively and creatively.
• Utilize leadership activities that promote citizenship and harmony on your campus.
• Generate Homecoming and events that create life-time memories.
• Produce rallies that excite, unify and honor the entire student body.
• Awaken and instill leadership qualities of higher ethics and character.
• Incorporate methods that can be used to ensure the creation of a campus that provides equal opportunity for students.
• Develop activities that promote a positive campus culture and climate.
These are but a few of the tools that will be available for you to take back to your campus to create your own model of #ClassicalCADA Leadership in EPIC style.

Registration is now open for the 2016 CADA State Convention March 2-5 at the Grand Sierra Resort in Reno, Nevada - www.cada1.org/convention. For the lowest price, take advantage of early bird registration which ends January 13th. You can also book your room at the Grand Sierra Resort for $95 per night Single or $115 per night Double occupancy. These prices are available for CADA attendees through January 30th.

You can also still apply to present at one of our Roundtable Sessions, “Meet the Pros” or “Leadership Lessons”. Speakers present a topic four times for 10-12 minutes per rotation during the hour long session. In the “Leadership Lessons” session, presenters share classroom lessons or activities that support the leadership development aspects of an ASB Leadership class. Deadline to apply for either of these sessions is November 15th at www.cada1.org/present.

Yours in EPIC Service and Leadership,
Lauretta Eldridge, President Elect
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CHECK WWW.CADA1.ORG/LDD FOR MORE DATES AND TO RESERVE YOUR SCHOOL’S PLACE AT ANY UPCOMING DATES, OR CONTACT SANDRA KURLAND AT LEADERSHIP@CADA1.ORG TO TALK ABOUT HOSTING ONE AT YOUR SCHOOL.

$25 PER STUDENT

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CADA SUMMER LEADERSHIP CAMPS

Middle School: July 1 - 3 | High School II: July 12 - 15
High School I: July 7 - 10 | High School III: July 17 - 20
First Semester Final... CD Covers!
(and a short take-home QUIZ on forms)

Materials: Construction paper/markers/old magazines/glue/etc. You are limited only by your own imagination. Make it great, give it class, do it right!

Assignment: Each leader will create a CD cover as follows:

1. Select a name for the artist or group that represents the “Real You.”
2. Select a title and design for the album cover that represents how others see you.
3. Select six song titles—
   a. One for the type of leader you are.
   b. One for the types of leader you are striving to be.
   c. One that tells where you feel most comfortable.
   d. One that tells what you would like to accomplish.
   e. One that tells what you do well.
   f. One that tells what kind of world you want to help make.

Please choose one of these songs to play for the class during your presentation. You may have it playing softly in the background during your presentation or you may play a part of it during your presentation. Your song should add, not detract from your presentation.

4. Choose a producer—your most influential family member.

5. Choose an agent—your most influential non-family member.

Each leader will present the CD cover to the class, explaining the choices he/she made. You will have 3 minutes maximum for your presentation. Presentations will take place on the day of finals.

QUIZ: Please address the following questions on a separate piece of paper:
   Why does a leader need to contemplate these things about him/herself?
   Why do we need to share these things with each other?
   What did your own CD cover teach you about yourself?
   What did you discover about someone else in the group?
GREAT WAYS TO USE GOOGLE FORMS AT YOUR SCHOOL

FACT

Google Forms allows educators to create their own online forms to create surveys, applications, quizzes, and more! Data is then collected in a Google Spreadsheet for easy data sorting and analysis.

Create online applications for ASB, yearbook, honor society, talent show tryouts, and more. All student data is kept in one place and students can apply from anywhere. A timestamp shows exactly when it was submitted.

Make a form for teachers and staff to submit morning announcements. Give spreadsheet access to student leaders so they can write each day’s bulletin.

Conduct surveys and evaluations after an activity. Use the Scale feature in Google Forms to have participants rate their experience.

Ever need to gather information like t-shirt sizes? Use the drop-down menu feature in Google Forms to offer choices like S, M, L, XL, XXL, etc.

Keep an ongoing link to a Google Form on your school website. Use it to collect shout-outs, affirmations, or positive praise. Also use Google Forms to collect student-of-the-month or other student recognition.

Create self-grading quizzes for any class using Google Forms along with the Flubaroo extension. Students can get their results emailed to them automatically.
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2015
November 3
November 17
November 23
November 23

2016
January 21
February 2
March 2-5
April 7-9
April 9-11
May 3

Area D - Southern Student Conference
Area C - Advisor Conference
Area B - MS & HS Student Conference
Area F - High School Student Conference
Area G - Casl Regional Conference
Area E STARS
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