

The Student Leader

January 2015

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Featured in this issue

Welcome	1
Holston SCA Delivers "Toys for Tots"	2
Winter Door Decorating at Woodgrove	3
Adviser Spotlight	4

Happy New Year!

January is such a dreary month at times. The house looks bare from putting away holiday decorations. You don't have a fun activity every weekend. Spring Break seems so far away. On the other hand, it is a chance to make some resolutions to improve some aspect of your life that you feel could be better. Some of you may want to study more, others might want to exercise, and some might want to eat healthier. It is important to always try to come up with ways to improve ourselves.

I always try to have one resolution that directly effects me. This year it is to drink eight glasses of water a day. I also try to have one resolution that deals with work. This year I am going to try to clean my desk every day before I leave. Most importantly, I come up with a resolution that impacts my family. I am going to make sure that I call my grandparents every week. Even though I might miss a step on these resolutions, even creating them shows that there are things in my life that I can improve on and that I feel are important. I hope that each of you come up with resolutions to make your community, school, and yourself better. Remember, a resolution doesn't have to be a drastic change. Try to come up with something that is realistic. You will be amazed at what you can accomplish if you make it a priority.

I hope that your year is amazing. 2015...we are ready for you!

Andrea Vail
VSCA Director

Holston SCA Delivers "Toys for Tots"

By: Holston High School SCA

The Holston High School SCA played Santa's elves by delivering presents to 17 Head Start children as part of their "Toys for Tots" community service project. The Head Start program is a federal program that provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families. On Friday, December 19, members of the SCA traveled to the Damascus Head Start to deliver ballerina dolls, trucks, planes, and gloves and hats for the children enrolled in the program. The present delivery also included spending some time playing and singing songs with the children. The "Toys for Tots" delivery is part of the Holston high School SCA's partnership with the local Head Start. In the Spring, the Head Start children will spend their day at the high school shadowing the big kids, eating lunch, doing crafts, and going on an egg hunt. One of the SCA's annual goals is helping children in the community through involvement and mentorship.

"Toys for Tots" is funded by year long SCA fundraisers, including weekly "Hat Day" where students pay \$1 to wear their hat every Friday. The SCA also sponsors the Miss Holston High School pageant to help offset costs for community service projects and school spirit events.



Winter Door Decorating at Woodgrove

By: Woodgrove High School SCA

This past December, the Woodgrove Student Council hosted the annual Holiday Door Decorating contest. Every homeroom in the school was challenged to participate in the competition by decorating their homeroom door with a holiday or winter theme of their choice. Students and teachers worked together in their homerooms to bring together resources such as photos, ornaments, glitter, lights, and music to use in their door design. By the day before winter break, students were able to walk through the halls and admire many newly decorated classroom entrances.

The Student Council ad hoc committee for Door Decorating was led by Woodgrove sophomore Sara Hallam. Sara and her committee created the rules by which doors could be decorated, and the criteria that the doors would be judged by. The committee also put together a panel of teachers from various departments to judge the final homeroom doors. These teachers would choose one winning door from each grade, along with one overall winner.

The winning homerooms of the door decorating competition were announced during the winter concert. The overall winning door belonged to the Junior Class. Each winning team from each grade level received a certificate to display in their homeroom, and the homeroom with the overall best door won a homemade breakfast provided by the Student Council.



Adviser Spotlight

Mrs. Alicia White, Grassfield High School

VSCA: What is your favorite part about being an SCA Adviser?

Mrs. White: My favorite part about being an SCA advisor is building positive and trusting relationships with my students. Their enthusiasm for bettering our school and community make me appreciate each of them and their different strengths they bring to our council.

VSCA: What is the most memorable event that you have been a part of in this role?

Mrs. White: The most memorable event I have been a part of in this role is our annual Laps for Lymphoma walkathon. The students really take ownership in this event to raise money and awareness for the Lymphoma Research Foundation. Last year alone we were able to donate over \$20,000 to the research foundation. My students are already busy planning and collecting sponsorships for this year's walk held in March. This event has become a part of the culture of Grassfield High School due to the enthusiasm of our student council members and their drive to raise money for great cause. It is amazing to see students wanting to give back and help others in need.

VSCA: What is the most challenging part of being a first year adviser?

Mrs. White: An adviser has one of the greatest responsibilities in a school. I did not realize before how much influence a student council can have on the success of a school and how many different responsibilities come with being an adviser. I am now in a leadership role and making many decisions that affect students, staff, and community members.

VSCA: Why do you think VSCA is important?

Mrs. White: I have learned so much from being a part of the Virginia Student Councils Association. I have been able to connect and collaborate with other advisers from around the state. They have many great ideas that I can bring back to Grassfield High School to improve our school. Not only am I collaborating, but my students are also building bonds with other student leaders who share the same vision within their schools. They are learning and bringing back ideas to incorporate into our school culture.

Do you want to highlight an adviser in your life? E-mail Mrs. Vail at avail@scaleader.org.

Do you have a question for Mrs. White?
Contact her at Alicia.White@cpschools.com

S A V E T H E D A T E

V&CA State Convention

March 20-22, 2015

Doubletree by Hilton

Williamsburg, VA

Registration forms are

available at

www.scaleader.org