



The Student Leader – December 2013

The newsletter of the oldest state student leadership organization in the nation.

The Holidays are almost here....

This issue features three very active Student Council Associations: Woodgrove High School, Oscar Smith High School and Landstown High School. Woodgrove and Oscar Smith have been featured for their successful and inspiring Homecoming activities. If you are looking to turn around your school's spirit, I would encourage you to study their efforts. Landstown's SCA has put a new spin on movie night that might give your SCA chapter new fundraising ideas!

The Student Leader, as always, reminds all of our members about the annual VSCA Convention. The VSCA Convention is the highlight of student leadership across Virginia for middle, elementary, and high school youth. Visit the VSCA website for all the wonderful information about Convention. The VSCA Convention, the highlight of student leadership in Virginia, is scheduled for April 4 - 6 at The Homestead.

Our VSCA Convention Keynote speaker is once again featured in the newsletter in case you missed him last month. Also, look for articles on the VSCA Achievement Award and involvement within VSCA. I encourage every SCA to apply for the Achievement Award and to consider pursuing leadership opportunities at the state level.

Please continue to provide the VSCA state office with any feedback possible from Leadership Workshops and other VSCA activities. I encourage you to try some of the project ideas included in this issue. Please give me feedback if you attempt one of these activities. Also, if you have a great idea that you have tried, please submit the idea to me. I always LOVE printing the great ideas of student leaders and advisers of Virginia in this newsletter.

Don't forget this year's theme: VSCA: Lead the Change.

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Upcoming Events:

Regional Leadership Workshops:

Region 1 – Jan. 11 – Prince George H.S.

Region 7 – Jan. 25 – Patrick Henry H.S.
Washington Co.

VSCA Convention – April 4 - 6

VSCA STATE CONVENTION

April 4 - 6, 2014

The Homestead

****Begin to make your plans for the VSCA State Convention.****

****State Convention will be held at The Homestead
April 4 - 6, 2014****

****Elementary, Middle and High School level member schools are included.****

****State Convention features team building activities, opportunities to learn from other students and advisers, motivational speakers, a state service project, workshops on numerous SCA topics, an awards banquet, a dance, opportunities to network with students and advisers from your region and other parts of the state, state officer campaigns and elections, and resolution workshops. This is far from a complete list of all the exciting opportunities at Convention.****

****Convention really helps to unite student councils and give them a sense of purpose. For many advisers, attending the VSCA State Convention is an indispensable activity for their student leaders.****

****More information is posted at www.scaleader.org.****

UPDATE



VSCA State Convention Service Project – Change for Change

VSCA: Lead the Change

The service project for the 2013 Virginia Student Councils Association State Convention is “Change for Change.” The purpose of this service project is to raise money for the VA Hospital and to support research efforts to fight cancer. Participating SCA’s are to donate 75% of all funds raised to the VA Hospital and 25% to the fight against cancer (this would be to the cancer research agency of the school’s SCA’s choosing). The Convention service project that reaches out to these communities in need supports the 2013 – 2014 VSCA theme of VSCA: Lead the Change.

What you need to do to participate in the VSCA State Convention service project:

- **Collect donations through any means in which change can be collected. This is up to each individual SCA’s interpretation and creative ideas.**
- **Each school is to donate the money to the VA Hospital and the research in the fight against cancer directly. Donations are to be completed by the school. Money should NOT be sent to the VSCA Office.**
- **Schools may bring pictures of their collection efforts, but the money should NOT be brought to Convention.**

Good luck in the Change for Change project. With the help of your school’s student council with this project, the VSCA can truly Lead the Change.

If you have questions or need more information, contact VSCA Director Mike Nelson at 804.370.0822 or mnelson@scaleader.org.

UPDATE: PUBLIC SPEAKING CONTEST AT VSCA STATE CONVENTION:

**WHEN: Saturday, April 5, 2014
10:10 – 10:50 a.m.**

WHERE: VSCA Annual State Convention

HOW LONG: 3 to 5 minutes

TOPIC: Address the Convention theme – “Lead the Change”

Participants will be judged on physical delivery, vocal delivery and content.

Come prepared to sign up on-site at the Convention!

UPDATE: BOARD OF EDUCATION TO BE A PART OF THE VSCA STATE CONVENTION

The Virginia Student Councils Association is fortunate that the Virginia Board of Education will once again be conducting a Forum on matters concerning student leaders at the VSCA State Convention in Hot Springs.

At the Regional Meetings on Friday, April 4, student leaders will have the opportunity to discuss and share their opinions on various topics of interest relating to schools and the Board of Education. These regional discussions will help students to focus their ideas and plan out what they would like to say to the board on Saturday, April 5. ***This year, students are encouraged to present the VBOE and VSCA with a written record of their comments at the forum.***

Members of the VBOE will listen to the students and their concerns in an open forum format. Board members will also be involved informally in the Convention, allowing for students to have more open and relaxed discussion.

All in all, the presence of the Board of Education at the VSCA State Convention will elevate student leadership in Virginia to a new level!

VSCA CONVENTION ANNOUNCEMENT:

***JUSTIN BOUDREAU TO BE KEYNOTE
SPEAKER***

Justin Boudreau known by students as the “Dude Who Changed My Life” is ready to bring awareness to your “community.” His insightful “There YOU Are” vision and his expertise in HUM-ERGY (Humor & Energy) will empower your students to step up and stand out.

Despite being bullied, barely being able to read, and having zero friends until middle school, Justin fulfilled his childhood dream by qualifying to compete in a professional beach volleyball tournament. He humbly states: “as a below average student with incredibly low self-esteem, I finally realized (at 22 years old) that I also played a key role in holding myself back for too long.”

This former high school teacher, coach of the year, world traveler, and author, exudes a realness that students don’t question. On stage, his heart (not his ego) will inspire your students to worry less about being cool and focus more on their future. Justin’s words will resonate with the entire audience and motivate students to start accepting themselves and understanding others.

In 2007, Justin created and launched “Calling for Gratitude,” a campaign that is based on paying gratitude forward. More than 30,000 people from over 15 countries called the toll free gratitude hotline or posted a comment directly on the website, eventually attracting the attention of a Producer from “The Ellen Degeneres Show.” As a result, his unique and interactive approach on the topic of Gratitude has impacted many students’ lives.

Justin is the Founder & Executive Director of Gear UP for Excellence, offering high quality, cost effective leadership retreats and summer institutes for non-profit organizations and student associations across the country. Justin is the co-author of the book for teens “Gearing Up: Inside & Out for a Great Life”.

Justin is extremely grateful to be living a purposeful life with his beautiful wife Santana and their 8 year old son, Kai.

UPDATE: REGIONAL LEADERSHIP WORKSHOPS

There are two final Regional Leadership Workshops for the Virginia Student Councils Association for 2013 – 2014. The final leadership workshops are for Regions 1 and 7. The Region One Leadership Workshop will take place on January 11th at Prince George High School. The Region 7 Leadership Workshop will take place on January 25th at Patrick Henry High School in Washington County. Forms for these Leadership Workshop appear on the VSCA website. Three Regional Leadership Workshops were already held throughout Virginia. These leadership workshops gave students throughout Virginia the opportunity to enhance their skills for successfully running their student councils. If you missed out on your workshop this year, please make plans to attend these regional workshops when they are offered next year. These events get students ready for the VSCA Convention.

REGIONAL WORKSHOP INFORMATION AND REGISTRATION

*Virginia Association of Secondary School Principals
Department of Student Leadership*

LEADERSHIP WORKSHOP

10:00 a.m. – 2:30 p.m.

We are pleased to offer these leadership workshops for VSCA member and non-member schools throughout Virginia. These workshops have been designed to assist schools in developing leadership potential in students, to promote leadership learning, and to foster regional and statewide networking opportunities. These workshops will also help to prepare students for leadership roles in the future by teaching essential skills.

WHO SHOULD ATTEND? Any elementary, middle and high school student leaders and advisers—including SCA, and other Co-Curricular Clubs and Organizations.

WHAT WILL WE LEARN? These workshops will offer leadership training and idea exchange in the following areas: Team Building, Ice Breakers, Goal Setting, Project Planning and Evaluation, Parliamentary Procedure, Roles of Officers, and Motivation (motivating leaders and participants).

HOW MANY STUDENTS MAY ATTEND? There is no limit to the number of students or advisers that may attend. Advisers are encouraged to accompany middle and high school students.

HOW MUCH DOES THE WORKSHOP COST? The workshop fee is \$15 per person for VSCA member schools and \$25 per person for nonmember schools and includes registration, materials, sessions and lunch. Additionally, for every ten (10) students attending from your school, one (1) adviser may attend for free!

PRELIMINARY AGENDA

10:00 a.m. – 10:30 a.m. Registration	12:15 p.m. – 12:45 p.m. Lunch
10:30 a.m. – 10:45 a.m. Opening Session	12:45 p.m. – 1:30 p.m. Skill Workshop 3
10:45 a.m. – 11:30 a.m. Skill Workshop 1	1:30 p.m. – 2:15 p.m. Skill Workshop 4
11:30 a.m. – 12:15 p.m. Skill Workshop 2	2:15 p.m. – 2:30 p.m. Closing Session

The VSCA Achievement Award: Why You Should Apply

Every Student Council should apply for the VSCA Achievement Award. The Achievement Award is not as daunting as you might originally think. Many student councils do much more than is required by the stipulations of the Achievement Award.

In order to receive the Achievement Award, an SCA must have at least one activity that reflects the VSCA theme. The VSCA theme for 2013 – 2014 is VSCA: Leading the Change. In addition, the SCA must execute seven additional activities if they are a high school, six for middle schools, and five for elementary level. The application form lists many varied activities that qualify for fulfill this requirement.

To apply for the VSCA Achievement Award go to www.scaleader.org. On the website, find the link to the Achievement Award. It is included in the Convention Awards Packet. All schools that are awarded the Achievement Award are recognized at the VSCA Convention.

The VSCA is sponsored by the Virginia Association of Secondary School Principals.

PARTICIPATION AT THE STATE LEVEL GET INVOLVED!

The VSCA Advisory Committee Needs You!

If you would like to take your leadership to the next level, I encourage you to get involved on the state level with the Virginia Student Councils Association Advisory Committee.

The VSCA Advisory Committee is made up of a President school, Vice President school, Secretary school, eight regional representative schools at the high school level, three middle school representatives, and three elementary school representatives. In addition to these positions, there are appointed member schools. The members of the Advisory Committee are elected at the annual VSCA Convention. While there is an individual student and adviser that serve on the advisory committee for each elected position, they are actually representing their entire student council from their school.

Involvement on the VSCA Advisory Committee allows students to take an active role in guiding student leadership across the state. These student leaders are instrumental in planning the state convention and leadership workshops. Service projects and other ideas are formulated by the student leaders on the VSCA Advisory Committee.

If you have any interest in running for a state office, follow the link below for more information. Applications and details about these offices will be posted in the Elections Packet on www.scaleader.org.

School Spotlights:

Woodgrove High School

The Woodgrove High School Student Council Association (SCA) has been very busy in the last month, with several large and successful events under its belt.

On October 26, it hosted Woodgrove's annual Homecoming Dance. The theme that was chosen by the school was *Decades*, with each class choosing the 1990s, juniors chose the 1980s, and freshmen chose the 1970s. Leading up to the dance, there was an exciting spirit week to week included SCA-planned competition between the classes did a remarkable job with their depiction points. The spirit days included as their respective decade), Celebrity Day, Twin Day, and PJ "Spirit week is awesome," said being able to see all the cool things people were wearing."



choosing a different decade. Seniors the 1970s, sophomores chose the 2000s. Leading up to the dance, there pump up the student body. The spirit events, such as a stairwell decorating and spirit days. Although every grade stairwells, the freshmen won the of the 2000s, earning them Spirit Plate Decades Day (where each class dressed Wacky Tacky Day, Dress like a Day.

senior Sierra McLaughlin. "I loved

A pep rally was held on Friday, October 25, in order to close the week out with a bang and to excite the student body about that night's football game. The SCA planned several activities that engaged all the students and celebrated them as a whole.

Senior Destyn Harrison-Phillips because I get to hang out with my The Homecoming Dance was a school, with over 800 WHS dance was held from 8:00 to 11:00 manner.

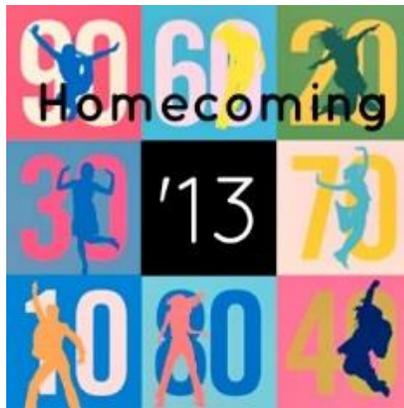
"The Homecoming Dance was "The music was great and it was After the Homecoming week, the

rise! The short school week of November 6th to the 8th was leading up to the football game between the Woodgrove Wolverines and the Loudoun Valley Vikings. The SCA plastered the hallways with noticeable and spirited signs and banners as a way to pump up the school.

"The Beat Valley signs really made me excited for the game," said sophomore Leah Onderdonk. "I also loved seeing all the tweets about it too!"

On November 8, the day of the game, the SCA held a pep rally. There were several activities that involved the students, including a sweater race and Viking-Wolverine duel. That night, at the game, the Wolverines won, due in part (we'd like to think) to the school's amazing spirit!

Thanks, Wolverines, for all your help and support over the last energetic month.



said, "Pep rallies are the freaking best friends and laugh at all the activities!" success! It raised over \$10,000 for the students and guests in attendance. The p.m. and was decorated in a futuristic

really packed," said senior Tim Murphy. fun hanging out my friends."

spirit throughout the school continued to

Oscar Smith High School

Homecoming aside, OHS SCA has been very active. Let's start from the very beginning:

1. Freshman Orientation. SCA is integral part of this event that is coordinated by the Freshman Academy Team. The freshman are greeted with a red carpet running the length of the entrance and a banner set up by the SCA. The entrance to the school is lined with SCA members, cheerleaders and the marching band playing the Fight Song. Once inside, the staff is also lined up to the entrance of the auditorium clapping and cheering for the Class of 2017. Following an orientation to the school and a "Dress Code" Fashion Show that has been created by and put on by members of SCA the students are taken on a tour of the school by SCA members. The Class of 2017 then meets in the cafeteria to receive their schedules, purchase yearbooks, gym clothing, pay class dues and socialize.
2. Bulletin Boards are monitored by the SCA. At a minimum of two times a week the bulletin boards are check for timely and appropriate materials.
3. Welcome back packages. Members of the SCA put together the welcome back informational packages for the 2300 students who attend OHS.
4. Daffodil Project. The objective of this project is to plant one daffodil for each member of the senior class. This will be an ongoing project. Letter were composed and sent to local landscape companies to donate daffodils for the project. Follow up phone calls were made, letter were re-sent and confirmations made. We received 400 daffodil bulbs. The blubs were planted with the help of 8 members around the main entrance of the school. We look forward to continuing this project.
5. We are teaming with the Boys' Basketball team with our current fundraising activity. Classic Cookie. A portion of the profits earned by each SCA member will be used to fund the student's attendance at the State Leadership Conference.

Landstown High School

Screen On the Green

Movie night for high school students.

Laughter erupts from the audience as they listen to such dialogue where Loki tells everyone “Enough! You are all beneath me! I am a god, you dull creature, and I will not be bullied by...” In the next instance Hulk flattens him and responds, “Puny God.” For Landstown High School: Governor’s STEM & Technology Academy in Virginia Beach, VA, the Student Council Association brings about events where students can relax and relate to each other all while enjoying a good movie.

Screen on the Green is an annual event held during the fall on the football field. Years ago six large sheets were sewn together by parent volunteers to create a movie screen that covered the width between goal posts. Students are encouraged to bring family members, comfy pillows, and warm blankets to keep warm while they are entertained by the movie of their choice. They also have the backdrop of a warm evening glow from the bonfire on the green. Approximately 300 students attend this outing where popcorn, cotton candy, and hot chocolate are served at their leisure. SCA advisors Mikaela Gilchrist and Kimberly Nurse help sponsor this event along with their students bringing about the opportunity for the Landstown community to bond. “Students love the idea of watching a movie outside while being able to hang out with their friends.” SOTG is widely attended by students as well as faculty and staff.

Last year the movie shown was the Avengers; while this year’s movie choice, The Great Gatsby, was heralded not only by students but by English teachers as well. SCA President, Monica May Lombos added that “teachers were excited by this year’s choice because it is also one of the books tied in with their curriculum.” Attendance exceeded expectations and over 345 participants came out to share their love of Landstown and the appreciation for a good screen on the green on November 4, 2013. Entrance for SOTG consists of canned goods which in turn are brought to the Southeastern Food Bank of Virginia or a \$2 flat fee donated to the United Way.

And finally...

Please continue to send in great ideas so wonderful activities of great student leaders can be shared with student councils throughout the state. Please submit ideas to Mike Nelson, VSCA Director at mnelson@scaleader.org, and he will try to get as many ideas as possible in our monthly newsletters.

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This newsletter was posted on the VSCA Website at www.scaleader.org.