

# The Road to **LEADERSHIP**

October 29-30

**2023 Iowa Student Leadership Conference**  
Hosted by Johnston High School





# Achieve



**PROUD SUPPORTER OF IOWA STUDENT ACTIVITIES**

## **BELIEVING IN THE FUTURE**

Musco has always believed in the power of schools, students, and educators across the country to bring positive change to their communities, their futures, and our world.

We're proud to support student leadership opportunities



**SUNDAY, OCTOBER 29**

**SUNDAY EVENING ACTIVITIES**

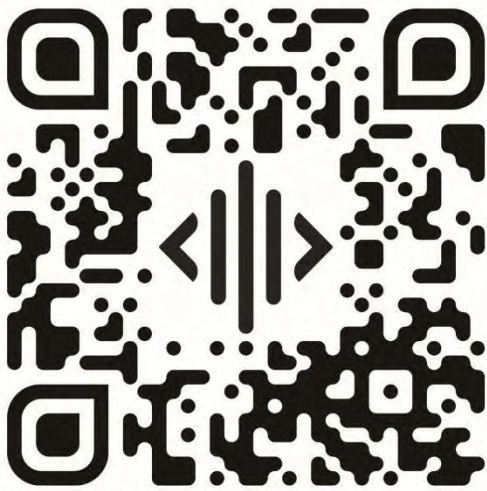
6:00 - 6:45 p.m.	<b>Pre-conference Exchange</b> —Michelle Buseman	<b>Main Gym</b>
6:45 - 7:00 p.m.	<b>Registration</b> —IHSAA	<b>Commons</b>
7:00 - 7:20 p.m.	<b>District Gatherings</b> —State & District Officers, Elliot Nelson	
	*NW District	<b>Aux Gym</b>
	*SW District	<b>Main Gym</b>
	*Central District	<b>Choir Rm - 709</b>
	*NE District	<b>Band Rm 1 - 705</b>
	*SE District	<b>Band Rm 2 - 707</b>
7:20 - 7:30 p.m.	<b>Energizers</b> —State & District Officers, Elliot Nelson	<b>Main Gym</b>
7:30 - 8:00 p.m.	<b>Opening General Session</b> —State Officers	
	*Welcome & Presentation of Colors	
	*Welcome, Dr. Nikki Roorda, Superintendent Johnston School District	
	*Presentation of High School Adviser of the Year Award	
	*Presentation of IASC High School Administrator of the Year Award	
	*Introduction of NEW Elect-State Officers	
8:00 - 8:05 p.m.	<b>Presentation by Iowa Private Colleges</b>	
8:05 - 8:15 p.m.	<b>Engagement Activities</b> —District Presentations	
8:15 - 8:50 p.m.	<b>Speaker - Kim Smith</b>	
8:50 - 9:00 p.m.	<b>Closing</b>	

**\*Please note there is a 10:30 PM curfew. \***

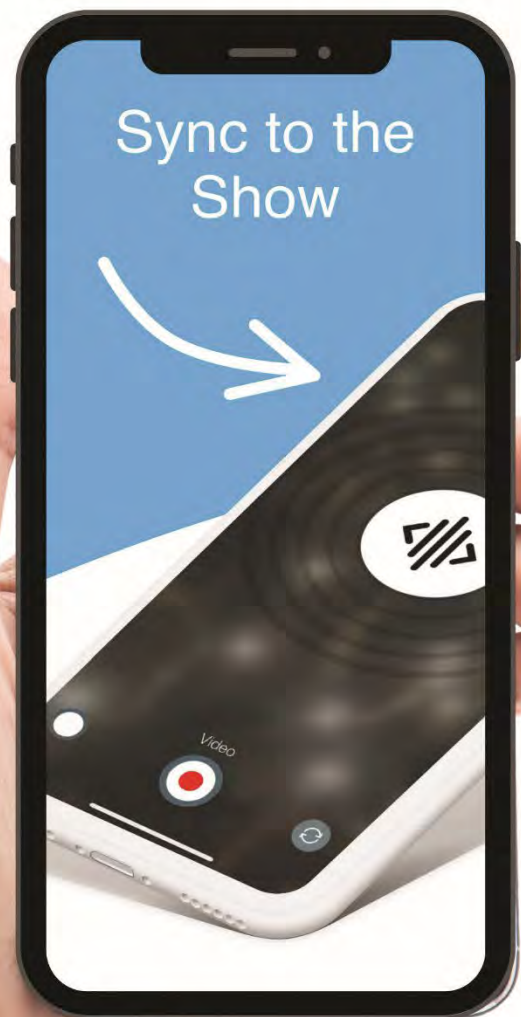


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**MONDAY, OCTOBER 30**

**OPENING GENERAL SESSION**

8:45 – 9:00 a.m.	<b>Registration</b> (Monday only participants)	<b>Commons</b>
9:00 – 9:10 a.m.	<b>Second General Session</b> *Welcome *Iowa Leadership Training Camp *Introduction of State Officers & Dance *Introduction of Keynote speaker	<b>Main Gym</b>
9:10 – 9:45 a.m.	<b>Keynote Speaker–Brandon Lee White</b> Author, speaker, and youth mover, Brandon Lee White has spoken to thousands of youth and adults in nearly all 50 states about “owning it” in life and leadership. Brandon has been seen on TLC, Discovery Health, Fit TV, TEDx, and even Wheel of Fortune! He attended Rockhurst University where he earned his Master’s in Business as well as a double major in Business and Psychology. At home Brandon loves spending time with his beautiful wife and crazy children. They enjoy leading and serving in their church. Plus, Brandon can’t get enough of barbecuing, sports, hunting, and meeting new people as he travels around the country.	
9:45 – 9:47 a.m.	<b>State Project Presentation &amp; Announcements--State Officers</b> President, Briley Corwin, West Des Moines Valley HS 1 <sup>st</sup> Vice President, Lydia Maas, Hampton-Dumont HS 2 <sup>nd</sup> Vice President, Claire Weber, MVAOCOUCO HS	

**SPECIAL INTEREST BREAKOUT SESSIONS**

9:55 - 10:20 a.m.	<b>Session 1</b>	<b>Below you will find the title of each breakout session along with a description and the room number of the session.</b> <b>***SNACK BREAK***</b>
10:25 - 10:50 a.m.	<b>Session 2</b>	
10:50 - 11:00 a.m.		
11:00 - 11:25 a.m.	<b>Session 3</b>	
11:30 - 11:55 a.m.	<b>Session 4</b>	

**MONDAY CLOSING GENERAL SESSION**

12:05 - 12:15 p.m.	<b>Closing General Session</b> *Recognition of Honor Councils *Kelly Neiber Service Award *Recognition of Outgoing State Officers	<b>Main Gym</b>
12:15 - 12:25 p.m.	<b>Illumination Ceremony &amp; Closing</b>	<b>Main Gym</b>



## **SPECIAL INTEREST BREAKOUT SESSIONS**

### **Let It Move: The Dance Workshop**

**Main Gym**

**Session 1–Blue Name Tag Only!**

**Session 2–Green Name Tag Only!**

**Session 3–Salmon Name Tag Only!**

**Session 4–Yellow Name Tag Only!**

*Presenter: Brandon Lee White, Keynote speaker*

*This presentation goes beyond conventional. Participants learn leadership through ballroom dance. Positive communication, risk-taking, teamwork, goal-setting, and discipline are all covered in a way that will stick in your memory. It's a fun and educational way to "break the ice" and get youth moving.*

### **Want to start a peer-to-peer traffic safety program?**

**Room 507**

*Presenter: Cathy Slade, Iowa Seatbelts Are For Everyone, SAFE Program Specialist*

*Car crashes are the leading cause of preventable death within the U.S. for teenagers. SAFE (Seatbelts Are For Everyone) is a free teen-run, peer-to-peer program focusing on increasing teen restraint compliance through education, positive rewards and enforcement. It is designed to bring awareness to the importance of wearing a seatbelt therefore reducing the number of motor vehicle-related injuries and fatalities among Iowa teens. The goal of SAFE is to increase seatbelt use and decrease distracted driving among students while providing strong traffic safety messages throughout the school year.*

### **Senior Survivor**

**Room 607**

*Presenters: Addie Lillis and Drew Schropp, Williamsburg HS*

*This session will cover the ins and outs of what senior survivor is, and the excitement this week-long of challenges brings! Elimination challenges, "Advantage" games, the Immunity Idol, time commitment, and other rules will all be addressed!!*

### **Take A Stance!**

**Room 205**

*Presenter: Emma Sizemore, Iowa Student Learning Institute*

*Do you like arguing? Are you passionate about making change? DO you find interest in the government? Come to this breakout, to hear about some awesome events, have open discussion and practice your arguing skills!*

### **StudCo Point System & Senior Cords**

**Room 207**

*Presenter: Autumn Lonneman, Mario Rangel and Brooke Hanson, Sergeant Bluff-Luton HS*

*Our student council has a point system to keep members active. We will explain how our point system motivates members to be involved and how seniors can earn studco cords.*

### **Advisor Q & A?**

**Room 305**

*Presenter: Catherine Lechtenberg, Centerville HS, IASC Board*

*Advisors--this is an opportunity to network with other advisors regarding a wide range of topics of your choice. Possible topics: fundraising ideas, member issues, election set up, community service activities, increased student involvement ideas, etc.*

### **Committees, Assemblies, Lockers and more!**

**Room 307**

*Presenter: Brianna Carroll, Grace Harms, & Allison Rollinger, Cascade Jr/Sr HS*

*Want to have the most fun at your assemblies, but not FREAK out while trying to organize all the aspects?!? Join us to learn some tactics to get organized, share the responsibility, and new ideas to bring back to your school.*

### **Middle School Think/Pair/Share**

**Room 426**

*Presenter: Michelle Buseman, John Adams MS, IASC Board Member*

*This session will give middle school students the opportunity to share what they do at their school and learn new ideas to take back to their school. We will discuss election processes, meetings, community service, school issues, and more.*

**ILTC: The Experience of a Lifetime****Room 208-210**

Presenter: Elliot Nelson, IASC Intern

In this session, we'll explain about the opportunity that is Iowa Leadership Training Camp and how it results in well-trained, dynamic leaders. The session will also cover the distinct team building and networking connections that are created by ILTC.

**Speak Now: StuCo Version****Room 325**

Presenters: Angelina Frank, Mason City HS, Asia Russell, Cedar Rapids Prairie HS

Communication is an important part of leadership, and yet it is often overlooked. In this breakout session, we will do activities to improve communication skills as well as give you a brief look about what the Northeast District Student Council Conference will be all about!

**Stronger Together-Engaging the Community****Room 209-211**

Presenters: Abby Harris and Kristin Rutz, Johnston HS

Share ideas for community service and engagement. Learn about some of the new and old events that Johnston does for the community.

**Online Safety - Awareness through Prevention Education****Room 605**

Presenter: Kim Smith, Her Health Women's Center/Shared Hope International

Learn about online safety with information from Shared Hope and other organizations using age-appropriate activities to educate and equip our students about being safe and smart in their online activities. **IMPORTANT NOTE:** Language such as "rape", "sex buyer", "minor sex trafficking", "suicide" and "pornography" will possibly be used as we discuss this topic.

**IASC State Project – Combating Violence****Room 623**

Presenters: Briley Corwin, Lydia Maas, and Claire Weber, IASC State Officers

Overview of the 2023-24 IASC State Project! Our session this year will delve more deeply into the state project this year, "Combating Violence -Through Awareness, Prevention, And Support" emphasizing what you can do in your community. We'll give ideas on what you can do in your school and in your community to support the state project. We'll also summarize the process of submitting your projects on the website!

**Feed the Farmers****Room 107**

Presenters: MVAOCOU FFA & StuCo members, MVAOCOU HS

Feed the Farmers is a community service project led by our MVAO FFA chapter. Come learn about how to work with community businesses to develop your own Feed the "....." project in your community. Our district is rural and farmers are a large work force in our district. We created our community service project to deliver meals to farmers during harvest.

**District Officer & Team Building Activity****Room 408-410**

Presenters: Various District Officers (NW-Grayce Hanke & Tayzun James)

Come to learn about the opportunities District Officers perform & how any StuCo Sophomore is able to apply! This session will also be filled with Leadership activities that will be great to bring back to your councils.

**Leading Through Kindness****Room 505**

Presenters: Sarah Phillips, Reese Milburn-Van Wyk, Evelyn Adam, Cam Cassens, Gus Bunnell, Alison Arellano, Lydia Van Veldhuizen, Grace Moore, Oskaloosa HS

Leading Through Kindness is a session on how to improve overall school culture, using kindness and love. The Oskaloosa Executive Board is here to provide you with examples of how the Oskaloosa High School does this, and is eager to help you figure out what ideas you can bring back to your school to improve school culture!

**Finding Your Purpose****Room 409-411***Presenter: Mikal Settle, Blaise Training Never Settle**How I discovered my purpose despite facing obstacles of growing up in poverty and lack of resources in the inner city. To eventually play college sports and graduate college.***Community Scare Fest****Room 620***Presenters: Emma McCollough, Emma Westfall, Addy Eggett, Boone High School**Our group provides a free Halloween activity to our community! We turn our music rooms into small scares and the choir room transforms into a haunted forest! We have games, prizes, and hayrides! The event has grown every year and we have received so much community involvement that even we were overwhelmed! It's a fun, free, and SAFE way for kids to have a great Halloween!***Self-Care Training by Work2BeWell****Auditorium***Presenters: Lily Proctor, Lauren Millang, and Quinn Pohlman, Work2BeWell/Johnston HS**Self-care is more than bubble baths and pedicures - it's about taking care of ourselves so we can be the best leaders we can be! Work2BeWell NSAC member will teach about the 8 difference types of self-care and train you in how to lead a training or assembly at your own school or in your community with our resources.***A Minute for Mindfulness****Room 611***Presenters: Kaitlin Pooch, LMSW and Emily Schrepf, MSW Student**What is mindfulness? Who can practice it? How do I practice it? Come and learn the ins and outs of mindfulness with social worker, Kaitlin Pooch! Kaitlin will lead you through a short, informational session on what mindfulness is and how we practice it. Kaitlin will then lead the group in a mindfulness activity (or two)!***Business Horizons: The Best Week of Summer!****Room 627***Presenter: Kendall Antle, Iowa Association of Business and Industry Foundation**Do you enjoy taking the lead to find creative solutions? Do you like working with a team or competing on real-world challenges? If so, this session will provide insight into a five-day opportunity this summer that you won't want to miss! Business Horizons hosts 65+ students (grades 9-12) from across Iowa each year for an action-packed week of hands-on entrepreneurial experience, career exploration, valuable workshops and more – all designed to help prepare you for whatever your future may hold (plus: you'll live like a college student, and you can earn college credit!). Come learn more about the ultimate innovation simulation for Iowa students and how you can make it the "best week of summer."***Adversity's Forge: Shaping Strong & Resilient Leaders****Sessions 1 & 3****Room 509-511****EmpowHER: Leading with Impact & Elevate Your Leadership Potential****(Female Focused) Sessions 2 & 4****Room 509-511***Presenter: SFC Zachary Brooks - Breakout Sessions 1 & 3**SFC Tiffany Wuertzer - Breakout Sessions 2 & 4**Adversity's Forge description: "Join SFC Zachary Brooks and explore the essential mindset required to excel in challenging situations and individuals. This 30-minute breakout will equip you with resources to build resilience and leadership skills for high school and beyond!"**EmpowHER description: "Join SFC Tiffany Wuertzer, an experienced Iowa Army National Guard soldier, for an empowering session designed for high school girls. Elevate your leadership potential and learn to make a lasting impact in your school, community, and beyond. Be a leader of tomorrow!"***Putting the Pep in Pep Rally****Room 109-111***Presenters: Tessa Crane, Dylan Kleine, Declan Patterson, English Valleys HS**Are you looking for some new ideas for your pep rallies? The English Valleys Student Council has some ideas for you! Our Student Council will share ideas and competitions we use at our pep rallies to increase school spirit all year long!*



**Activities in small Schools****Room 609**

Presenters: Jaeden Hellenthal, Eden Brady, Maxine White, Noah Valenzuela, Addy Gericke, East Buchanan HS Student Council can be more than just planning for homecoming. At EB, we have tried to make our council active all year long with various activities led by all members. If you are looking for more things for your council to do throughout the school year, you should come to this session. This is particularly focused on smaller schools.

**Future Teachers - Starting the Pathway in High School****Room 309-311**

Presenters: Callie Drake & Jaycee Hatten, 2023 Winterset HS graduates and current paraeducators, and Professor Shane Ehresman, William Penn University (Oskaloosa, IA)

Can you think of a teacher who made a difference in your life? William Penn University (WPU) has a high school student-to-paraeducator-to-teacher concept to help you become a teacher who will make a difference! Hear directly from 2023 Winterset High School students who took DMACC classes while in high school, were hired back Fall of 2023 in the Winterset district as full-time paid paraeducators, and also began an online college degree program to become teachers at William Penn University (never traveling to Oskaloosa for classes). We will also discuss student leadership opportunities to promote the teaching profession by forming a high school club like Educators Rising, Future Teachers/Educators of America, or an Aspiring Teachers Club.

**Iowa DPS Careers****Room 422**

Presenter: Trooper Patrick Loest, Iowa Department of Public Safety

At Iowa DPS we offer opportunities you won't find anywhere else, there is always room for professional growth. If you are looking for a challenge, seeking success, Iowa DPS is home.

**Being an Active Bystander Against Gender Violence****Room 424**

Presenter: Alysa Mozak, Patricia A Tomson Center for Violence Prevention, University of Northern Iowa

In this workshop we will start by discussing what the bystander approach is and barriers to intervening, especially as it relates to gender-based violence situations. Participants will then learn active bystander skills that positively impact school climate and culture.

**Navigating Service: Discovering & Creating Volunteer Opportunities****Room 621**

Presenter: Kathlyn Wagner, Volunteer Iowa

Volunteering is a way to make a positive impact on communities and individuals. This presentation will show you where to start looking for volunteer opportunities and how to initiate and lead your own volunteer initiatives through creating service-learning projects. This presentation will show how to find volunteer opportunities, identify community needs, and how to create service-learning projects to address those needs.

**Book Studies for Your Councils****Room 508-510**

Presenter: Charity Miller - Advisor, ADM HS, IASC Board Member

Looking for a way to enhance your council with more leadership education? Book studies is an easy way to grow your executive body and provide learning opportunities for your council members. This is a great option for all advisors and members looking to lead their councils.

**Improving the Community and Student Life Through StuCo****Room 629**

Presenters: Emma Townsley, Kennedy Donald, Karlee Voss, Morgan Brown, Benton Community HS

FUN ICE BREAKER AND SWEET TREAT as we learn how to strengthen our school and community together.

**Promoting Student Engagement:****Room 323****The Benefits of Establishing a School Betterment Committee**

Presenters: Kaylee Kettler, Saylee Gingerich, Olivia Naber, West Branch HS

Are you passionate about emphasizing the importance of mental and physical health to your students? Look no further! We would like to share with you how we successfully established a school betterment committee in our own school, and how you can do it too. This committee works to promote student engagement along with our largest project being health week.

**Human Trafficking Awareness****Room 420**

Presenter: Ray Fiedler, Iowa Office to Combat Human Trafficking

General awareness training in the area of human trafficking to include discussion of victims, survivors, and social media recruiting.

**Iowa Youth Advisory Council (SIYAC)****Room 329**

Presenter: Owen Hubbard, Bettendorf HS, SIYAC member

Teaching about the Iowa Youth Advisory Council. We are a non-partisan council of 21 youth from across the state that are appointed by the director of the Iowa Department of Health and Human Services. We survey as many high school students as we can from across the state about what their legislative concerns are and then we go to the capitol during the legislative session to advocate on behalf of the youth based on the responses we get in our survey.

**Homeroom Competitions:****Improving School Morale & Competitive Interaction Between All Students****Room 20**

Presenters: Lily Conry, Tanner Morrison, Rowen Fisk, Earlham HS

Boosting school morale by utilizing homeroom time to engage in fun bonding activities.

**Understanding Who You Are!****Room 21**

Presenters: Breckin Downey and Izzy Yoder, Maquoketa HS

In this session, you will learn about yourself by listing your strengths, weaknesses, opportunities and threats (obstacles you may face)

**SAFE Program****Room 507**

Presenter: Sara Gudenkauf, Iowa SAFE Program

Information about Iowa SAFE and what all the program entails.

**Mindfulness & Movement for the Highly-Involved Student****Room 405**

Presenter: Shelly Johnson, Next Step Adventure

In this session, participants will learn techniques to focus & connect better to self and others; breathe & move with intention; and explore ways to play & create to promote healing and reconnection with self and others. Each participant will leave with their very own set of IHSAA Achieve cards. Join us for a fun, meaningful session.

**Introduction to YOUR Life Iowa****Room 407**

Presenter: Eric Preuss, Your Life Iowa Project Director

Introduction to Your Life Iowa, free and confidential support 24/7 and the Student ID program and how Your Life Iowa can support student wellness. Goals: Together we will explore: What is Your Life Iowa (YLI) & HF 602 (Student IDs), Student Wellness & how YLI can be a resource to student athletes, family and friends!



# CREATE UNFORGETTABLE EXPERIENCES

Have you seen our cell phone light shows? Interested in bringing them to your school?

**ALLOW US TO HELP YOU EXPLORE THE POSSIBILITIES!**

**Athletics:** During team introductions or mid-game excitement, encourage fans be part of the event!

**Band, Dance, Drill, Cheer Routines:** Create an atmosphere that engages the audience and compliments the performance.

**Student Leadership Workshops:** Whether it's a local or regional workshop, kick things off with an enjoyable and interactive show.

**Class Events/Pep Rallies:** From Graduation to Freshman Orientation and Senior Week, cultivate new traditions during significant assemblies.

**Homecoming:** Encourage alumni support, gather data and show your appreciation with coupons or other rewards.

**Holiday Events:** Craft an unforgettable experience that leaves a lasting impression with students and the community.

**"I'm so excited to bring a very interactive show to our fans and our community. Also, to provide such a unique opportunity for our students."**

Amber Pecsénye - C3Studios Program Director, Clear Creek ISD



Visit our website, [www.connectwithcue.com](http://www.connectwithcue.com) to learn more about our fan engagement & fundraising products.



# AWARDS

**2023 HS ADVISER OF THE YEAR** - Brooke McGlaufflin, Sioux City North

**2023 IASC HIGH SCHOOL ADMINISTRATOR OF THE YEAR** - Randy McDonald, Activities Director, Winterset HS

**2023 IASC HONOR COUNCIL with MERITORIOUS DISTINCTION AWARD**

*ADM High School - Charity Miller*

*Centerville High School - Catherine Lechtenberg and Jennifer Hand*

*Central DeWitt High School - Carrie Viel*

*Earlham High School - Courtney Fiechtner*

*English Valleys High School - Chuck Nachtman and Pam Nachtman*

*John Adams Middle School - Michelle Buseman and Robin Wagner*

**\*\****Johnston High School - Rachel Jensen and Kari Gray*

**\*\****Mason City High School - Laura Grommesh and Kathleen Trask*

*MVAOCOU High School - Kathy Scholl*

**\*\****Oskaloosa High School - Kim Gile and Dannitta Presley*

**\*\****Sioux City North High School - Carly Conry and Brooke McGlaufflin*

**2023 IASC HONOR COUNCIL AWARD**

*Atlantic High School - Sarah Rose*

**\*\****Bettendorf High School - Christina Burroughs and Katy Mahoney*

*Cascade High School - Hailey Rausch*

*Dubuque Senior High School - Chris Miller and Amanda Benson*

*Maquoketa High School - Andrea Raker*

*North Polk High School - Liz Huether*

*Pleasant Valley High School - Zach Miller and Kristy Carr*

*Roland-Story High School - Amanda Paulson*

*Sergeant Bluff-Luton High School - Andrea Kuhl*

*Southwest Valley High School - Lindsay Wetzel*

*West Branch High School - Abby Noelck*

*Williamsburg High School - Nathan King*

*Winterset High School - Jessica Gibbons*

**\*\*INDICATES NATIONAL GOLD COUNCIL OF EXCELLENCE WINNERS**

\* *Woodbine High School - NCOE*

**\*INDICATES NATIONAL COUNCIL OF EXCELLENCE WINNERS**



# STRENGTH to SERVE



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## **IASC ADVISORY BOARD**

*Charles Nachtman, President, English Valleys HS*

*Catherine Lechtenberg, Secretary, Centerville HS*

*Michelle Buseman, John Adams MS*

*Charity Miller, ADM HS*

*Kathy Scholl, Vice-President, MVAOCOU HS*

*Lee White, Treasurer, East Buchanan HS*

*Pam Nachtman, English Valleys HS*

*Kim Gile, Executive Director, Oskaloosa HS*

*Chad Elsberry, Co-Executive Director, IHSAA*

*Janet Young, Assistant Executive Director*

*Bruce Maffit, ILTC Director*

*Nealy Woolridge, Assistant ILTC Director*

*Elliot Nelson, IASC College Intern*

### **IASC STATE OFFICERS**

*President – **Briley Corwin**, West Des Moines Valley HS*

*1st Vice-President – **Lydia Maas**, Hampton-Dumont HS*

*2nd Vice-President – **Claire Weber**, MVAOCOU HS*

*President-Elect – **Rylee Wolff**, Roland-Story HS*

*1st Vice-President-Elect – **Isaac Vosburg**, Hampton-Dumont HS*

*2nd Vice-President-Elect – **Finn Boyle**, Bettendorf HS*

*Officer at Large-Elect - **Ava Ridenour**, Oskaloosa HS*

### **IASC DISTRICT OFFICERS**

#### **CENTRAL**

*Drew McGregor Johnston HS*

*Rachel Jensen, Adviser*

*Claire Nefger, North Polk HS*

*Liz Huether, Adviser*

#### **NORTHWEST**

*Grayce Hanke, MVAOCOU HS*

*Tayzun James, MVAOCOU HS*

*Kathy Scholl, Adviser*

#### **NORTHEAST**

*Angelina Frank, Mason City HS*

*Laura Grommesh, Adviser*

*Asia Russell, Cedar Rapids Prairie HS*

*Anna Matheny, Adviser*

#### **SOUTHEAST**

*Reese Milburn-Van Wyk, Oskaloosa HS*

*Jodi Steinlage, Adviser*

*Ethan Huffman, Ft. Madison HS*

*Zach Russell, Adviser*

#### **SOUTHWEST**

*Anya Kallenbach, Norwalk HS*

*Ryan Alfred, Adviser*

*Lucas Obert, Coon Rapids-Bayard HS*

*Tiffany Jones, Adviser*



## **SPECIAL THANKS**

- \* Brandon Lee White, Monday's keynote speaker & workshop presenter*
- \*Kim Smith, Sunday speaker*
- \*Johnston High School, our fabulous hosts*
- \*Amazing David Brame, audio/video/creative technician & creative artist all the way from New Mexico*
- \*All who presented a breakout session--You make this conference!*
- \*Dedicated advisers for the countless hours you spend with students to help them develop their leadership skills.*
- \*IASC Advisory Board members and District Officers for ALL you do*
- \*Conference Leadership from Iowa High School Athletic Association*
- \*Extra Special thanks to the administration and staff at IHSAA!*
- \*Special thanks School Administrators of Iowa*
- \*Michelle Hill—webmaster*
- \*Bruce Maffit & ILTC camp staff*
- \*Thank you students for dedicating your time and energy to be leaders and difference makers in your school, state, nation and world!*

### **STATE LEADERSHIP OPPORTUNITIES For STUDENTS & ADVISERS**

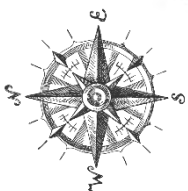
IASC will select one sophomore District Officer from each of the five districts: Northwest, Northeast, Central, Southwest and Southeast. These students and their advisers will join an active District Officer team that acts as a sounding board for the IASC Advisory Board, provides feedback about IASC programs and activities, communicates with schools in their regions, hosts a district leadership conference and serves as a resource for area student councils. Applications are due mid-November. Please go to the application at <http://www.iowastudentcouncils.org/about-us/forms/> to learn more.

## **2023 - 2024 IASC DATES TO REMEMBER**

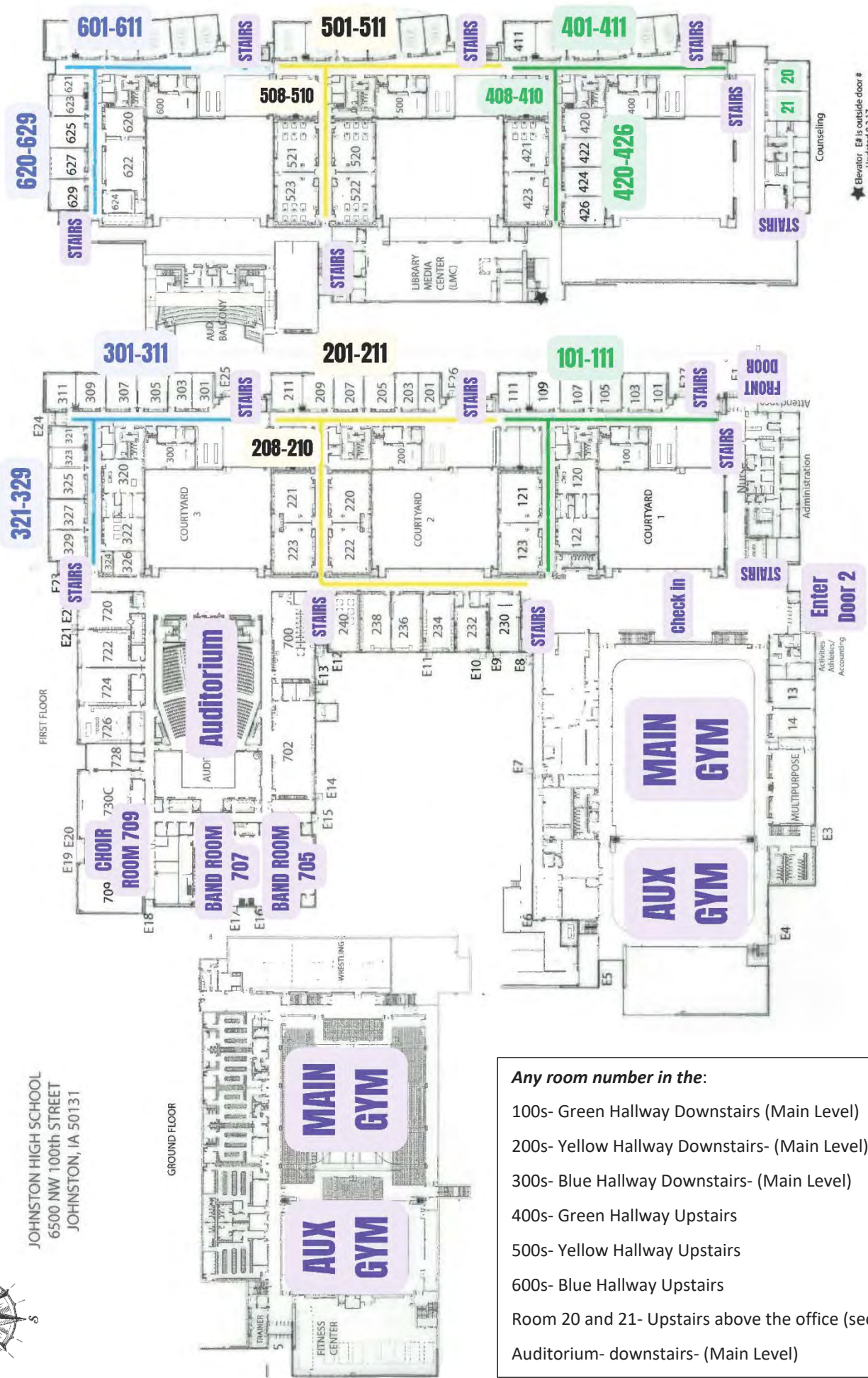
<i>August 9, 2023</i>	<i>New Adviser's Workshop (for advisers with 0 - 3 years experience)</i>
<i>August 31, 2023</i>	<i>Leadership Boot Camp—SE District, Oskaloosa HS</i>
<i>September 7, 2023</i>	<i>Leadership Boot Camp—SW District, Harlan HS</i>
<i>September 8, 2023</i>	<i>Leadership Boot Camp—Central District, North Polk HS</i>
<i>September 13, 2023</i>	<i>Leadership Boot Camp—NW District, MVAOCO HS</i>
<i>September 18, 2023</i>	<i>Leadership Boot Camp - NE District, Cedar Rapids Prairie HS</i>
<i>October 22, 2023</i>	<i>IASC Zoom Advisory Board Meeting</i>
<i>October 29 - 30, 2023</i>	<i>IOWA STUDENT LEADERSHIP CONFERENCE</i>
<i>December 1 - 3, 2023</i>	<i>National Conference on Student Activities, (NA4SA)</i>
<i>December 6, 2023</i>	<i>IASC Advisory Board Meeting</i>
<i>January 2024</i>	<i>State Officer Leadership Retreat - TBD</i>
<i>January 2024</i>	<i>District Officer Leadership Retreat - TBD</i>
<i>February 20, 2024</i>	<i>Central District Conference, Johnston HS</i>
<i>February 28, 2024</i>	<i>SE District Conference, Oskaloosa HS</i>
<i>March 1, 2024</i>	<i>State Project Report Due</i>
<i>March 7, 2024</i>	<i>Presentation at Boys' State Basketball Tournament</i>
<i>March 18, 2024</i>	<i>NW District Conference, MVAOCO HS</i>
<i>TBD</i>	<i>SW District Conference</i>
<i>April 7, 2024</i>	<i>State &amp; District Officer Installation &amp; Banquet, Advisory Board Meeting</i>
<i>April 8, 2024</i>	<i>Spring Adviser's Conference</i>
<i>April 11, 2024</i>	<i>NE District Conference, Mason City HS</i>
<i>June 10 - 13, 2024</i>	<i>Iowa Leadership Training Camp (ILTC), Grand View University, Des Moines</i>
<i>June 15, 2024</i>	<i>Honor Council Portfolios due to SAI</i>
	<i>Attn: IASC Portfolio, 12199 Stratford Drive, Clive, IA 50325</i>
<i>June 17, 2024</i>	<i>Summer Board Meeting at SAI</i>
<i>June 21 - 23, 2024</i>	<i>VISION Conference, Rio Rancho HS, Rio Rancho, New Mexico</i>
<i>August 6-7, 2024</i>	<i>IASC Board Meeting &amp; SAI Conference, Des Moines</i>
<i>August 12, 2024</i>	<i>New Adviser's Conference, Des Moines (for advisers with 0 - 3 years experience)</i>
<i>August 26 - Sept. 15</i>	<i>Student Council Officer Training Workshops (Specific dates TBD)</i>

### **Find us and follow us at the following links!**

Website: - [www.iowastudentcouncils.org](http://www.iowastudentcouncils.org)  
Facebook: - Iowa Association of Student Councils  
Twitter: - #iascstuco  
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JOHNSTON HIGH SCHOOL  
6500 NW 100th STREET  
JOHNSTON, IA 50131



★ Elevator, E# is outside door #  
Updated 6.3.17

- Any room number in the:**
- 100s- Green Hallway Downstairs (Main Level)
  - 200s- Yellow Hallway Downstairs- (Main Level)
  - 300s- Blue Hallway Downstairs- (Main Level)
  - 400s- Green Hallway Upstairs
  - 500s- Yellow Hallway Upstairs
  - 600s- Blue Hallway Upstairs
  - Room 20 and 21- Upstairs above the office (see map)
  - Auditorium- downstairs- (Main Level)



# WHAT CAN I DO TO HELP?

## ACTIVE BYSTANDER APPROACH METHODS

### DIRECT

You can handle a situation directly by your words or actions. Tell the person causing harm to stop their behavior or use appropriate body language to signal disapproval.

### INDIRECT

You can handle a situation indirectly by getting someone who knows the parties involved. Work with someone else who can do a part to defuse the situation.

### WITH AN ALLY/ FRIENDS

Grabbing a friend or ally to help with the situation can ensure you are safe, as there is strength in numbers. This also helps reiterate nontolerance to the person causing harm's behavior.

### DISTRACTION

Find a way to redirect the attention to something else. Tell a joke to defuse the situation or do something that draws attention to one party involved in that situation.

### AFTER THE FACT/NEXT DAY

Check in with the person who has received harm to ask what happened and if they need help with anything now. Hold the person who caused the harm accountable.

### PROTOCOL

Bring people in who are qualified to handle violent situations. Follow a written law or policy that applies to the situation at hand.

### JUST A REMINDER

You can only help someone if you are also staying safe. Never step into a situation that would cause you harm.

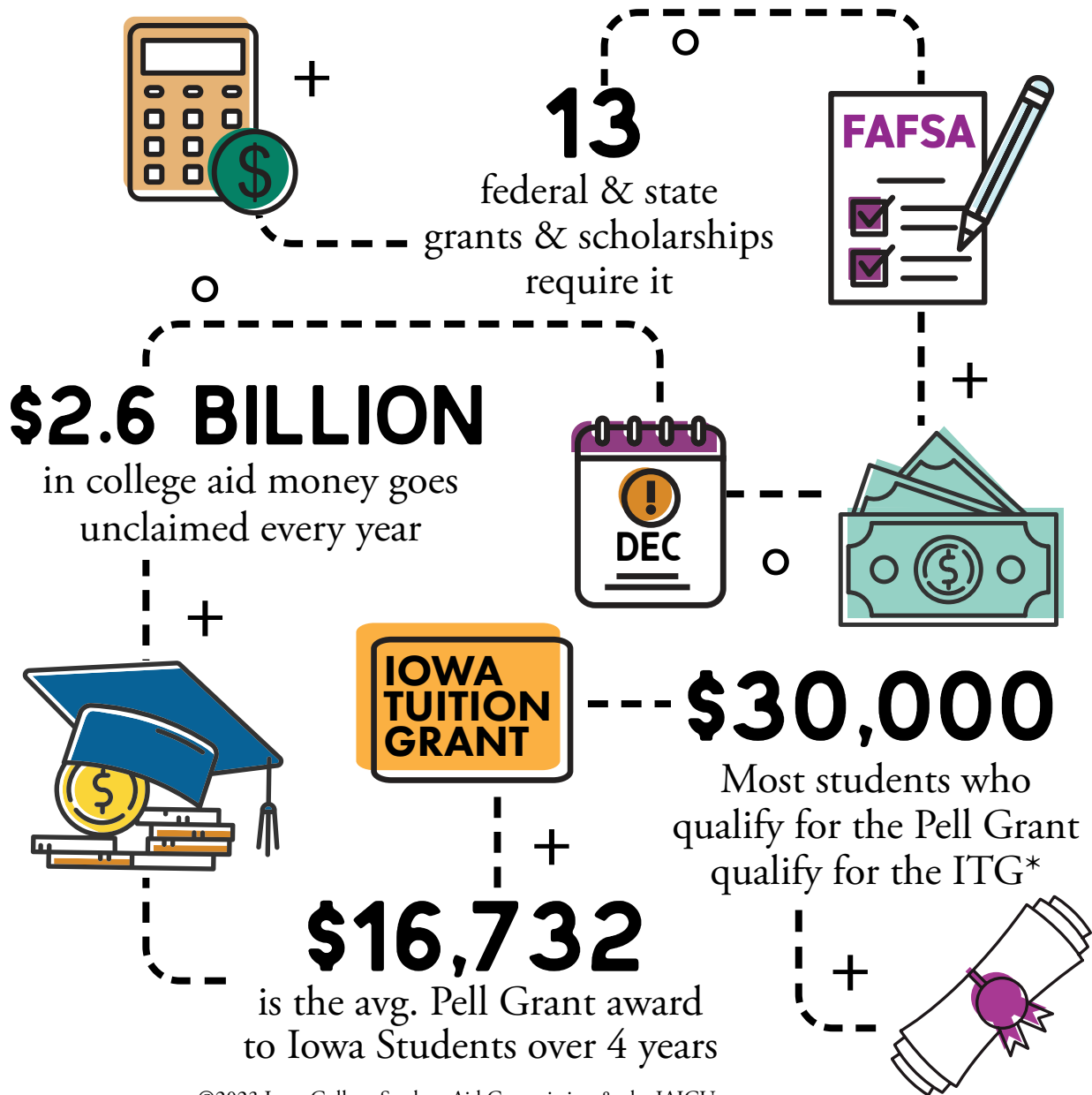
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# Leading with Compassion

Leadership is more than guiding others, it's also learning when to give compassion or find support. If you or someone you know needs help with a gambling problem, alcohol or drug use or challenges with mental health, Your Life Iowa can help. We walk beside you so you are never alone.

Get free, 24/7 compassionate and confidential support with Your Life Iowa.

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