



# Region F News

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## Back to School Start Up Idea

Hey everyone! With summer's end, and school's commencement, it is the perfect time to begin brainstorming new ideas to implement in this new school year! One great way to "break the ice" for incoming students who are coming from middle school's is to run some type of orientation, or other mentorship program to show these students the ropes of a new school. Older students and upper-classmen make great volunteers to personally share experiences, ideas, and tips in order to make new students feel more comfortable and prepared for the school year. Along with this, student councils can run a school picnic in order to allow kids to mix and meet each other. The beginning of the school year may seem intimidating, boring, and tiring to many students, but with the assisting of some type of large event such as a picnic, we can allow students to jump back into the school year with excitement.

I also would encourage student councils to run their own icebreakers during the first few meetings in order to prepare the group for a successful, productive, and efficient year. Many councils may be receiving new members who do not feel comfortable opening up and showing their true colors to the larger group. A few icebreakers could obviate these issues and create synergy.

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## NASC Conference

This years NASC Conference took place in Denver, Colorado! PASC once again led the way at this conference with the second largest delegation of seventy-six students. Before arriving at the conference itself, the delegation had the chance to experience an amazing, and fun-filled Pre-Trip in Colorado. Day one quickly started in Canon City Colorado where PASC visited the Air Force Academy. On day two, the delegation took a trip to the Arkansas River where we went white water rafting! We also visited the Royal Gorge, which is the highest suspension bridge in the world. The next and final day of the pre-trip, the delegation summated Pike's Peak, took a tour of the Garden of the God's, and ate dinner at an unique, western restaurant.

The following day, PASC headed to the 2009 NASC conference hosted by Highlands Ranch High School. For the following few days, PASC had the chance to meet enthusiastic student council students from across the country, hear many amazing general speakers, share ideas, and perform a service project at Colorado University at Boulder. The trip proved itself once again to be a blast and a major highlight of many students along with my own summer. I encourage everyone to check out next years 2010 conference in Indiana and join the great PASC delegation.

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## 2009 State Conference

This year's state conference will be held at Region F's own Penridge High School. The conference will take place on November 12-14. This year's theme for the conference is *Celebrity Councils*, and the event will surely be an incredible experience. The conference will feature three general sessions and multiple speakers. More information about the conference can be found at <http://www.celebrate2009.org/> . Come out, and celebrate your council at this year's state conference!

