

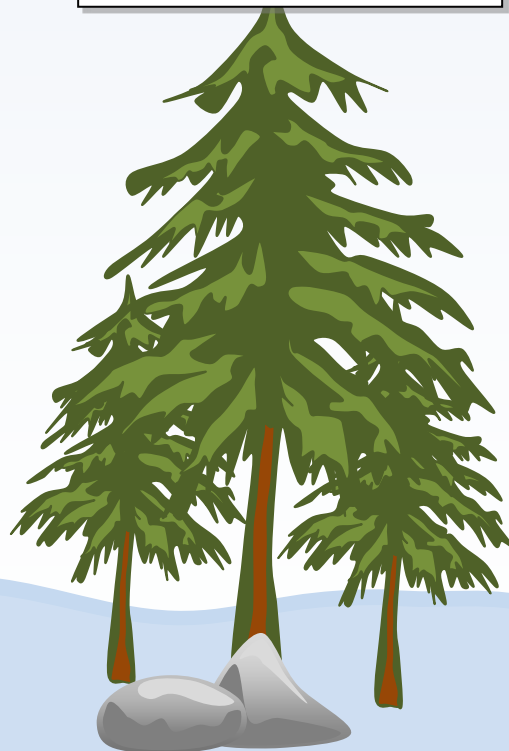
Thank You

To all the runners, walkers, schools who donated and cheering team for supporting the SDSCA board's 3K run/walk early on Monday morning! It was a huge success and we raised \$2,175.00 for a great cause. See below pages for more information and a Thank you from MDA! Let's do it again!!!!!!!!!!

[National Student Leadership Week:](#)
[April 15th-21st!](#)

MORE INFO ON BOTTOM
OF NEWSLETTER!

Hello everyone! Hoping everyone has recovered from SDSCA Convention and Easter Holiday break!! It was a couple busy weeks! It was so awesome to see so many schools here in Rapid City. Thanks again for making the effort to travel west and share in this awesome event! I'm so excited to start working with our new board members and share their ideas and plans for SDSCA 2019 in Sioux Falls!



Dear Students, Teachers, Advisors, and parents of the South Dakota Student Council Association: Thank you for your generous donation to the MDA. We are absolutely blown away by your effort and support. In the state of SD, at any given time, we have 400+ kids and adults living with one of the conditions under the MDA umbrella from ALS to muscular dystrophy to Spinal Muscular Atrophy and more, right here at home! Throughout the MN/Dakotas district that number nears 3,000! Your donation helps support our research efforts, MDA Care Centers, MDA Summer Camp, and more! It's easy to be convinced by the news that there is no hope for the world, but students like YOU prove that isn't true. Your efforts are truly appreciated.

Erin Hill

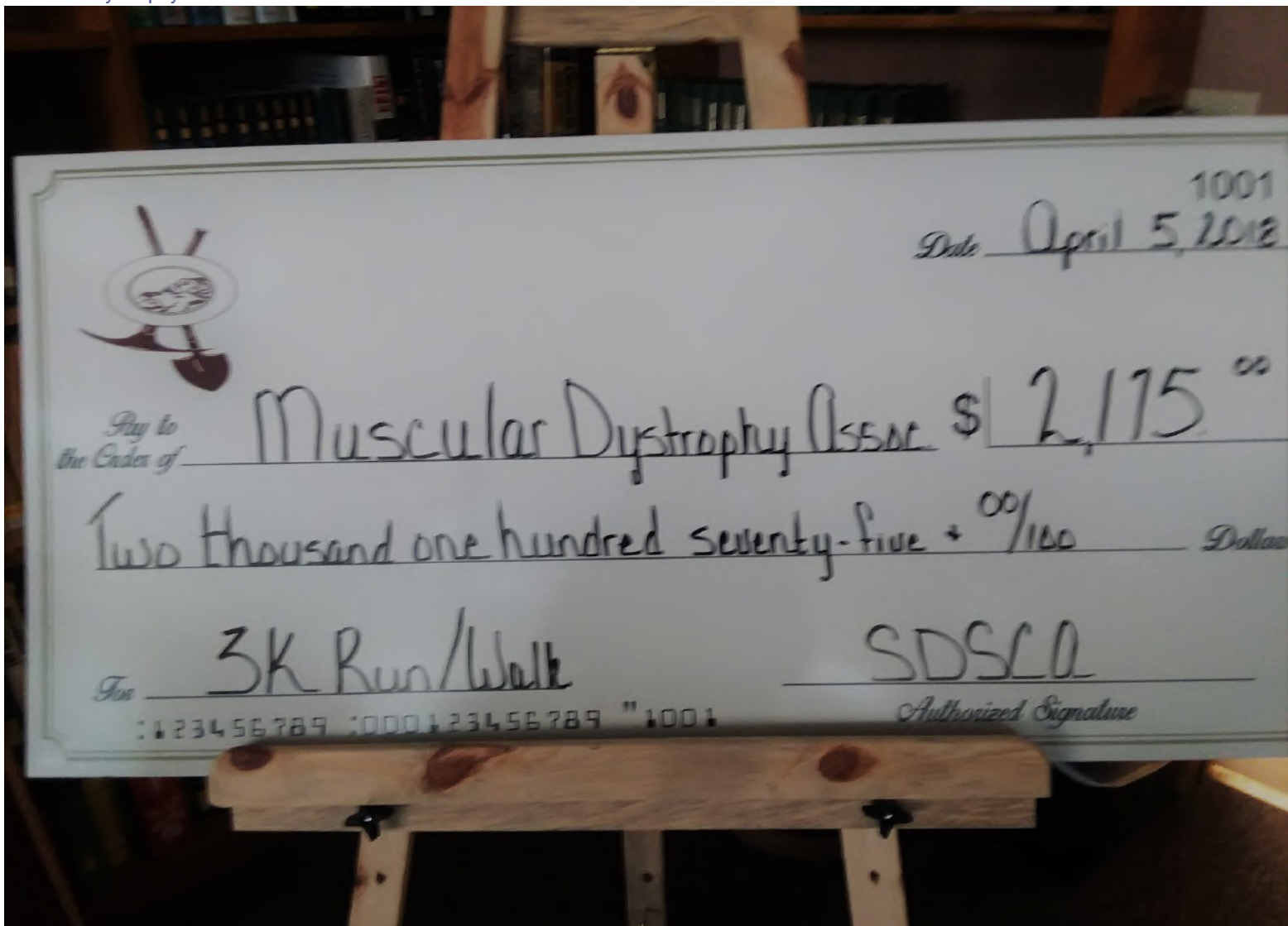
Director of Business Development

MDA – South Dakota

Erin Hill

Director of Business Development

Muscular Dystrophy Association



For many kids with neuromuscular diseases in SD, ND, MN & western WI, 6/9-6/15 and 6/16-6/22 will be a week of memories, fun & developing life-long skills. Camp is known to many of these children as "The Best Week of the Year." The MDA builds bridges & knocks down barriers for kiddos with neuromuscular disease by providing an unforgettable week-long summer camp at no cost to their family. Camp is a magical place where a child with a disability can just be a kid.

We are seeking volunteers for this wonderful week! We have two weeks of camp in our district – the 1st week for kids 8-12 and the 2nd week for kids 13-17. You may volunteer for either week. Our campers are matched up with a 1:1 volunteer for the week to assist with their needs (which can include transfers, assisting with personal care & daily tasks, & just having fun). It will provide a week of hands on experience (150 volunteer hours!) working with children living with neuromuscular disease. MDA Staff, Physicians, Nurses, Physical Therapists, & Respiratory Therapists will assist with all training for the week. Must enjoy working with kids, have an open heart, & be willing to learn! Must be at least 16 years old. It is an incredible experience! We get volunteers from all walks of life including students, nurses, teachers, and more!

*** The camp in the SD/ND/MN district is near Maple Lake, MN. This is quite a distance for the kids in western SD – we also have a camp near Denver! You provide your own transportation to/from camp, but all meals and lodging are provided for you once there.

Take a few minutes to watch these videos:

MDA SUMMER CAMP VIDEOS:

<https://www.youtube.com/watch?v=CoakewmWqLM&feature=youtu.be>

<https://www.youtube.com/watch?v=N00UheqDc5c>

1. If you would like to apply to volunteer at one of these camps, the first step is to watch MDA's [HIPAA training](#).
2. After you've viewed this training, please visit [UltraCamp](#) to begin the MDA camp application process. Be careful to choose the right volunteer role as each camp has two options – one for volunteers and one for medical staff. <http://www.ultracamp.com/info/upcomingsessions.aspx?idCamp=867&campCode=MDV>

Thank you for considering this volunteer opportunity. We encourage you to apply right away – some spots may fill quickly and you are not guaranteed a spot until you have completed the full application process and been accepted.

Erin Hill

Director of Business Development

Muscular Dystrophy Association

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Follow us online: mda.org • [@MDAnews](https://twitter.com/MDAnews) • facebook.com/MDANational

"Leadership ain't for the lame, don't take it in vain Time to rethink your position, understand why you came."

I often recite these two lines from a poem I wrote on leadership when I speak to student leaders around the world. I share this quote to underscore two points. First, leadership is not for everyone. Though everyone can be a leader, leadership is a calling that few people answer and, therefore, it must be carefully considered. Second, leaders must always be thinking about why they chose to be a leader, and whether they still have the capacity or even the desire to lead. In today's political climate, these two points are more important than ever for student leaders.

Donald Trump's presidency has not only shaken up our system of government, but it has also had an impact on every aspect of our society, even schools. Some students feel that they have a leader in office who can speak for them in ways that President Obama could not (or didn't). Others believe that President Trump's rhetoric makes them less safe in school. It requires students to evaluate whether or not they are built for the task of leadership today.

I challenge student leaders to jump headfirst into whatever challenges their schools are facing. The example of America's political climate is on the more extreme side of challenges student leaders may face in school, but there are a multitude of other challenges that students face, from cafeteria food and infrastructure to curriculum and school climate. Regardless of the issues, I advocate four simple steps that student leaders can implement to help them better navigate these issues. These four principles—give, release, overcome, and win—stem from my book *G.R.O.W. Towards Your Greatness! 10 Steps to Living Your Best Life*.

Give

First, students must review the quality and quantity of their giving. Student leaders cannot be self-absorbed and only concerned with the title of leadership as a résumé builder for their college applications. Their *elected* position (in many cases) means they must remember that they represent their constituents, even those who did not vote for them. To that end, encourage your student leaders to be giving of their attention to *all* students in their school. Emphasize that student leaders need to be able to do more

listening than talking to really understand what is transpiring in their school, and they must be willing to give of their time to lead the effort toward effective change. As the old adage goes, we have two ears and one mouth, and we should use them in proportion.

National Student Leadership Week (NSLW)—which happens April 15–21 this year—provides an easy way to jump-start your group. As part of NSLW, student councils and chapters of NHS and NJHS are encouraged to plan a special project to show how student leaders positively impact the school and community. For ideas, browse the National Student Project Database, which offers thousands of project and activity ideas completed by Honor Society chapters and student councils.

Release

Student leaders need to let go of any hatred (or even a simple bias) they may have toward certain groups. I study leadership across the globe, and I've examined the practices of leaders including corporate CEOs and national leaders. I have seen situations where someone becomes a CEO and actively works to undermine particular departments they simply do not like. I have seen situations where someone becomes president of a country and exacts revenge on the ethnic group they view as their oppressor. I encourage student leaders to practice forgiveness and inclusivity, similar to what former South African President Nelson Mandela did. Upon his release from 27 years in prison, Mandela went to visit the homes of his former prison guards to express forgiveness.

Once students release negative biases, they can work toward a second step of "release"—releasing people around them who no longer represent where they want to go as a leader. I tell leaders that they are a direct reflection of their five closest friends. If their friends are racist, homophobic, Islamophobic, sexist, petty, passive-aggressive, or express other biases, chances are the leaders are as well. Student leaders must associate themselves with people who represent not where they are, but where they want to go.

Also, especially in this world of social media, student leaders need to understand that they must be careful with their "friends" and what they post on social media because colleges and

JUMP-STARTING LEADERSHIP

The theme for the 2018 National Student Leadership Week (NSLW) is "Make Your Mark on the World: Dream. Lead. Serve." The national office of NatStuCo, NHS, and NJHS has sponsored NSLW since 1972. This year, the national office is challenging student leaders to really take this theme to heart. Rather than reporting what they *have been* doing, the national office wants them to share what they *want* to do. What is their dream? Have your students pitch an idea for a great activity or event for your school or community, or share how they'd like to add a new twist to a traditional event. If their pitch grabs the judges' attention and explains why this activity or event is needed or beneficial for your school or community, NHS, NJHS, and NatStuCo may help fund it!

Several \$250 micro-grants will be awarded to councils and chapters to assist in funding these projects, activities, events, and ideas. Create and share your pitch on social media with #OurDream18. Visit the NSLW webpages for more details and contest instructions: www.NatStuCo.org/nslw, www.nhs.us/nslw, or www.njhs.us/nslw.

Need an Idea? Share an Idea.

The National Student Project Database

- www.NatStuCo.org/projects
- www.nhs.us/projects
- www.njhs.us/projects

potential employers can view these sites to gain information about the student. An article titled "Social Media Trends in College Admissions: What to Know for 2017" on educational consultant site Ivywise.com shared results from a Kaplan Test Prep 2016 survey of nearly 400 college admissions officers across the U.S. It found that "37 percent of admission officers have found things online that could negatively affect an applicant—mostly illegal activity like underage drinking, other criminal offenses, or inappropriate posts or behavior." As an alternative, "Keep your profiles clean and use them to highlight your activities and interests," notes the article.

Overcome

Student leaders must overcome their fears, as this feeling keeps people from thinking clearly. Students must be guided by their goals and their vision—not their anxieties. One cannot serve effectively if they are governed by worry or distress. Fear can keep students from even attempting to start a program because they're concerned about what people will think.

Author and motivational speaker Zig Ziglar said that fear simply means "False Evidence Appearing Real." This means that most

of the issues people worry about will not happen, so instead they should focus on working daily toward their goals. As Dr. Martin Luther King Jr. said, "Cowardice asks the question, is it safe? Expediency asks the question, is it politic? Vanity asks the question, is it popular? But, conscience asks the question, is it right?" Student leaders must acknowledge the fear they may feel, but focus more on what is right. Leadership can be a daunting task, but it is a task worth pursuing if student leaders are truly interested in serving their communities.

Win

Student leaders must believe they will win. While this is easy to say and embrace in theory, students will likely need to be reminded that some of the changes they seek in their school may not occur during their tenure as a student leader. Remind students that at one point their school may not have allowed women or students of color, but people fought for the right to attend those schools—even though some fighters for equality never got that opportunity themselves. In this age of instant gratification, student leaders must practice patience; change does not happen overnight. Some Native American communities believe that they should consider how their actions will affect people in seven generations, and that's the kind of mindset strong leaders should adopt.

Grow!

At the end of the day, if students look at how they give, release, overcome, and win, they can become effective leaders for their school community. Encourage your students to use these four steps to evaluate their position in leadership; they will better understand the serious job they have as leaders in their school. Whether it is the National Honor Society or student council or any other form of leadership, it comes with the unwritten understanding that students realize the great responsibility of the leadership roles they have undertaken.

As advisers, you can be the ones who help them along with this process. Your experiences as educators and leaders in your own environments can greatly aid students in their development. Consider taking your group to a conference (like a LEAD Conference) to get student leaders immersed in national discussions, and to help empower them to be strong leaders. I fully believe that with your guidance, our student leaders of today can continue on their path to the greatness that we know is inside of them. *

Omékongo Dibinga, PhD, is a motivational speaker, author, rapper, and professor of cross-cultural communication at American University in Washington, D.C. He conducts training for teachers as well as students on issues related to cultural competency, diversity, and leadership.

National Student Leadership Week



NSLW at a Glance

Theme: Make Your Mark on the World: Dream. Lead. Serve.

Official Hashtag for Info: #NSLW2018

Official Contest Hashtag: #OurDream18

Official Contest Period: April 1–30, 2018

Contest Entry: www.tinyurl.com/ourdream18

Follow Us



Student leaders make significant contributions to the climate and culture of their schools and communities, and it's important to celebrate that! National Student Leadership Week (NSLW) is an annual theme-based week dedicated to recognizing and supporting the vital role of student leaders. Since 1972, the national office of National Honor Society, National Junior Honor Society, and National Student Council has sponsored NSLW. As part of the week, chapters and councils are encouraged to plan a special project to show how their work and ingenuity positively impacts the school and community.

NSLW 2018 is being celebrated April 15-21 with the theme “Make Your Mark on the World: Dream. Lead. Serve.” This theme is rooted in a massive student leadership initiative on global citizenship, which has been underway since 2016.

Browse these webpages for special activity ideas, suggested social media posts, and resources to help you honor student leadership. Follow #NSLW2018 on the NHS/NJHS and NatStuCo social media channels for more ideas and inspiration.

Promoting the Week

Here are ways you can help spread the word about NSLW.

School Media Coverage. Plan NSLW event coverage in the school newspaper, yearbook, and school social media posts. Mix inspirational quotes with activity posts/tweets. Our [social media toolkit page](#) provides posts you can save and use on your social media channels.

Local Media Coverage. Use our [press release template](#) to notify local media outlets. (Ask your principal if there's a special procedure for contacting media in your district.) Consider trying to get your mayor to issue a proclamation about NSLW and include that in your press release. Use our [mayoral proclamation template](#) to help.

Newspaper Column. Write a special NSLW column in the school newspaper about community service, presenting ideas for students on how they can “Make a Mark on the World: Dream. Lead. Serve.” Get ideas from the [National Student Project Database](#).

Webpage. Create a dedicated community service page on your school’s website. Update it with school and/or student service projects.

Meme. Get student leaders together to try to create a meme for community service to share with the rest of the student body so they can identify acts of kindness in their community on social media.

Video Diary. Identify a different local organization where all the students can volunteer at least two times during the month. Then make a video diary of their activities and post it on social media with #NSLW2018.

Community Service Calendar. Have student leaders create a calendar showing service activities each of them will complete per day.

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