

| Sessions | School Name | Presenters | Title | Description | Room Assignment |
|----------|----------------------------------|--|---------------------------|---|-----------------|
| 1 | Battlefield High School | Tamminh Bui and Jaela Bard | Battle of the Schools | This year, Battlefield HS and Colgan HS partnered up to do a school competition for spirit week, trying to increase school spirit, especially after both school's low turnout for Home coming. Increasing school-wide spirit and connection with others. | 129 |
| 2 & 3 | Buckingham County High School | Justice Steger, Gabby Gunter, Kyra Johnson | Not all Heroes wear Capes | Ideas of how to show appreciation to the everyday heroes in your school will be shared. This is a make and take workshop. | 135 |
| 1 & 3 | Buckingham County High School | Gabrielle Gunter | Resolutions | This session provides an opportunity for those who are interested in discussing the proposed resolutions with their peers from other schools to do so. | 136 |
| 3 | Charles J. Colgan High School | Jaela Bard & Tamminh Bui | Battle of the Schools | Learn how to promote fun and engaging ways for neighboring schools to raise school spirit by connecting. | 132 |
| 2 & 3 | Freedom High School | Rashmi Admala & Anisha Nanda | A Team of Super Leaders | Stronger SCA = Stronger Events is the key to fostering an SCA community! This session highlights how to build connections within your student council to more effectively collaborate for school-wide events. Come learn about ideas that Freedom High School has implemented to show appreciation within SCA! | 138 |
| 1 & 2 | Freedom High School | Gurnasib Rataul and Priyanka Patel | To HoCo and Beyond | SCA'S are often seen as as simply there for homecoming, spirit weeks, and pep rallies; however, it is important to remember that SCA can do more! There are endless possibilities and ideas to create new events from! This breakout session will focus on creating new events by sharing tips on how to best plan and implement new events, highlighting new events and activities done by Freedom SCA, providing some extra ideas for events, and creating a Padlet for exchanging ideas. | 139 |
| 2 & 3 | Freedom High School | Prisha Singh | Parli... Huh? | Have you ever heard of parliamentary procedure? Intimidating, right? "Parli... Huh?" focuses on teaching delegates how to use parli pro to prepare for VSCA Convention. With fun activities, delegates can become masters of parliamentary procedure by attending this ultimate crash course for all things parli pro. | 141 |
| 1 & 2 | Freedom High School (Woodbridge) | Genisus Brown, Amailei Anderson, Taraji Lily | Can't Hide Our Pride | Ideas to cultivate school pride and build school culture | 128 |

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| 1 & 3 | Grassfield High School | Alexa Howey, Marissa Langer, Kylie Bennett | Putting the "Fresh" Back in Freshmen | How to smoothly and beneficially acclimate freshmen to a high school environment | 143 |
| 1 & 2 | Grassfield High School | Ethan Clarke, Danielle Copeland, Spencer Cocuzzo | Morale Royale | Do you struggle with engaging your students? Do you want to make your faculty feel seen? Are you lacking in culture at your school? Then Morale Royale is for you! In this session, we will give you a crash course in how to boost the morale of your school community through activities, decorations, appreciation, and more! | 134 |
| 2 & 3 | Hickory High School | Delaney Reper and Skylyn Proffitt | The Power of a Positive Social Image | This learning lab will help to inform and promote a positive social media presence | 130 |
| 1 & 3 | Hickory High School | Lynley McGregor, Hope Wakefield | How to be a Super Leader! | Do you have the skills to be the next Batman or Wonder Woman? Join our session to find out how we, student leaders, can use our super hero habits to become Super leaders! Come join in our Super Leader presentation, our team building games, and super hero trivia, to be the best you can be! | 146 |
| 1 & 2 | Hickory High School | Jenna Coplon & Emme Malooly | Powerful Partnerships | KAPOW into Powerful Partnerships! Come join us to learn more about how to build connections with other leaders around you. We will be diving into how to partner with people in your SCA, in your school, and in your community. | 147 |
| 1 & 2 | Liberty High School | Marisa Parikh | Power in our Differences | Helping students understand culture is a crucial part of a classroom environment because of the short-term and long-term benefits it can have on students. Exposing students to different cultural backgrounds can prepare students to become better citizens, students, and help foster a better environment for their counterparts. | 148 |
| 2 & 3 | Massaponax High School | Avery Rau, Grace Burner | Celebrating a School Anniversary | Ever wanted to celebrate a milestone of your school, for instance your school being open for 10 years, or 50 years, or 130 years? If you have ever wanted to celebrate a milestone school anniversary then attend this session to learn some ideas about how to celebrate all throughout the year. Some of our ideas could be applied to school wide activities even if a school anniversary isn't being celebrated. | 151 |
| 1 & 2 | Mechanicsville High School | Charlotte Costic (region 1 rep), Kristina Watson | Building Your Super Leader Squad | Implementing class points, inter club council and promoting a fun school environment that makes students want to participate! | 153 |

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| 2 & 3 | Mechanicsville High School | Via DeGreenier, Ryleigh Steveson | Relay for Life | In this learning lab, you will learn about hosting a Relay for Life event at your high school! This session walks you through what is involved and the benefits of hosting this service event at your school! | 155 |
| 1 & 3 | Prince George High School | Cailyn Pfost, Racquel Thompson, Brynn Maverick | Super Sidekicks | In this learning lab you will get ideas on how to find and keep a sponsor for your club. You will also get ideas on just how to make sure your sponsor is being appreciated, the proper ways to keep an open line of communication, and overall how to benefit your club. | 156 |
| 2 & 3 | South Lakes High School | Joanna Mussen and Kaylin Ullah and Beck Baker | Empowering Little Leaders | Learn about how to create a workshop that includes supporting young leaders in the community. By visiting an elementary school, we can foster leadership skills in young students by teaching them the core values of being a leader, as well as how to realistically work with others, design a project proposal, and interact with the community. This presentation will go over the steps required to execute an elementary school leadership workshop. | 133 |
| 1 & 2 | Western Branch High School | Emma Ricks | Strong Minds Make Super Leaders | As leaders we strive to be there for our peers and our community, but sometimes the education and resources to help are not there. This lab teaches students how to increase student mental health engagement in both student councils and schools. | 132 |
| 2 & 3 | Work 2 Be Well | Kianna Victor | Work2BeWell | Join us as we showcase free mental health resources, lessons and share ideas on how you can use Work2BeWell in your school / community. We are working to delete the stigma associated with mental health through awareness and resources, and you can too! | 129 |
| 1 & 2 & 3 | VSCA | Various | Idea Exchange | Participate in a guided idea exchange on a variety of topics | Lec Room A/B (Lec A and Lec B) |
| 1 | Locust Grove Middle School | Amanti Lindsay | Leading at the Middle Level | VSCA Middle Level Representative School student leaders will discuss how to engage the school in school spirit and how to conduct events and fundraisers. | 130 |
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