

STUDENT ACTIVITY HANDBOOK



2014 - 2015

This booklet has been prepared to assist and inform students of the wide range of extra-curricular, non-athletic activities offered at High Point Regional High School.

Students are encouraged to take advantage of the various opportunities presented by the extra-curricular programs as participation will enhance the total experience of a high school education.

Extra-curricular activities are offered in the following areas: literary, music, performing arts, service and special interest. Lists of the programs offered are as follows:

Literary

Calliope
Monument
Obelisk

Music & Art

Chamber Singers
Jazz Ensemble
Marching Band
Art Club

Performing Arts

Fall Play
Spring Musical

Service

Art National Honor Society
Foreign Language National Honor Society
Key Club
Math National Honor Society
National Honor Society
P.R.I.D.E
Pass It Along
Peer Counseling
S.A.V.E.
S.A.B.B.
Student Council
Student Help Desk & Tech Crew

Special Interest

Academic Bowl
BASIC
Book Club
DECA
Engineering & Design
FBLA
First Tech Challenge Team
Game Club
GSA
Guitar Club
International Club
Mock Trial
Natural Science Association
Outdoor Recreation Club
Science National Honor Society
Science Research Club
Technology Student Association
Volleyball
Yoga

Class Advisors:	Freshman:	Brian Emma Havens Sabo	Sophomore:	Tom Ryan Margie Kirstin
	Junior:	Lisa Premock Jill Schafer	Senior:	Anna Empirio Rena Mills-Little

Activity Advisors:

Academic Team	Chris Kappelmeier
Art Club	Kelly Kuzicki / Lisa Hodgins
Art National Honor Society	Kelly Kuzicki
BASIC (Brothers & Sisters in Christ)	Student run (supervised by Tom Ryan & Linda Abrams)
Book Club	Mimi Fenlon
Calliope	Heather Strout / Erin Meyers
Chamber Singers	Theresa Riccardi
DECA	Gary Dutko
Drama/Fall Play	Theresa Riccardi
Engineering & Design	Steve Peltier
FBLA (Future Business Leaders of America)	Chris Dexter
First Tech Challenge Team	Madelaine Travaille
Foreign Language National Society	Karen Lerch / Josephine Aiello
Game Club	Jeremy Dearolf
Gay/Straight Alliance	Student run (supervised by Carla Mancuso)
Interact	Kirstin Sabo
International Club	Jean Marie Carroll
Jazz Ensemble	James Aslanian
Key Club	Gail Cerutti
Marching Band	James Aslanian
Math National Honor Society	Linda Abrams
Mock Trial	Marc Russell
Monument	Jill Schafer
National Honor Society	Rebecca Sarno/Art Mina
Natural Science Association	Andy Marancik
Obelisk (yearbook)	Liana Hennings/Dan Hennings
Outdoor Recreation Club	Ed Blevins / Brian Emma / Dave Ruppert
Pass It Along	Christine Henry
Peer Counseling	Liana Hennings / Kristen Jaccodine
PRIDE	Ed Blevins / Lisa Frisbie
S.A.B.B. (Students Against Being Bullied)	Carolyn Acker
S.A.V.E. (Students Against Violence Everywhere)	Kate Romeo
School Store	<i>Brian Emma*</i>
Science Research Club	Madelaine Travaille
Spring Musical	Theresa Riccardi
Student Council	Erin Bang
TSA	Alex Gonzalez
Volleyball	Brian Feuer
Yoga	Erin Meyers

* items in italics are not clubs or activities, but Advisors are listed for reference

LITERARY

CALLIOPE

Calliope is High Point's award-winning literary/art magazine. The magazine is published once a year in the late spring. The staff meets every other Tuesday from September to December and every Tuesday from January to May. At meetings, members read and evaluate the poems and short stories that have been submitted for publication. Special meetings are also designated to brainstorm and vote on an overall theme, as well as chapter sub-themes. All students at High Point, including Calliope staff members, may submit their work. The staff members also evaluate all artwork and photography that has been submitted for publication. The final process allows the staff members to design the layout of the publication before the prototype is sent to the printer. There are many other jobs associated with Calliope aside from reading and evaluating written work. These tasks include, but are not limited to, typing, proofreading, promotion, and circulation. Any student in any grade may attend a meeting and decide if he/she would like to join the staff.

MONUMENT

The Monument is High Point's student newspaper. The paper is published approximately seven times per year. The Monument club staff usually meets once per week after school and communicates regularly by email. All meetings are held in room 426 and are over in time for the 3:30 late bus. Any student in any grade can join the staff. At meetings the staff members assign topics to be covered based on ideas generated through a brainstorming process. Students who are interested in working on the paper can attend meetings as often or as infrequently as they choose, but once committed to writing an article/section must communicate regularly with Mrs. Schafer. Signing up for the Journalism elective is another way for students to become active members of the staff.

OBELISK

The High Point yearbook is the Obelisk, named after the High Point Monument that can be seen from the front of the building. The staff is a mix of students from all four grades and it determines the theme for the year, selects and edits pictures and copy, and in general develops the look of the yearbook. The staff and advisors use the computer for layouts and copy materials. Students are also responsible for taking many of the candid photographs that appear in the yearbook. Meetings are held frequently throughout the school year and average three meetings a week. Regular attendance at meetings is essential with most staff members coming at least twice a week. Students also work during their study and lunch periods.

MUSIC

CHAMBER SINGERS

The High Point Chamber Singers are a group of talented musicians from grades 9-12 who rehearse Monday evenings from 6-8pm during the school year. They prepare and perform a wide variety of choral music for the Candlelight Concert, the Spring Concert and many caroling events in December. The ensemble also travels and participates in a national music festival each year. This select group is chosen by audition, with the prerequisite of being an ongoing member of High Point's Choral program.

JAZZ ENSEMBLE

Jazz Ensemble membership is generally selected from the Concert Band, but is open to any student, and instrumentation is limited. Rehearsals are Thursday evenings to accommodate students involved in other activities. The music performed is contemporary, big band, jazz and rock style.

MARCHING BAND

The Marching Band is comprised of students who have musical experience. Membership includes school band performers, athletes and other interested students. Performances during the fall season include all football games. The Marching Band also performs in a district Memorial Day Parade. Practices are held Thursday evenings and Saturday mornings before football games.

PERFORMING ARTS

FALL PRODUCTION

Auditions for the fall production are open to all students and will be held after school in early September. A mandatory drama meeting will be held prior to auditions to meet the directors, distribute audition material, and discuss the chosen play, characters, audition process, rehearsal schedule, student responsibilities and commitment, and performance dates. Rehearsals run approximately six-weeks with performances in late October, early November. Students interested in working backstage should attend a technical crew meeting in late September.

SPRING MUSICAL

Auditions for the Spring Musical will be held in December and are open to all students. Once again, a mandatory meeting will occur in late November/early December to distribute audition material, and discuss the chosen musical, characters, audition process, rehearsal schedule, student responsibilities and commitment, and performance dates. Rehearsals are intense and, therefore, require a rehearsal span of approximately twelve weeks beginning in January. Performances will run in late March, early April. As stated previously, students who are interested in working backstage should attend the technical crew meeting in February.

ART

ART CLUB

Art Club will provide all students with the opportunity to enhance their artistic skill, imagination, creativity, and self-esteem. The goal of this club is to enable the exploration and expression of ingenuity outside regular art classes. Throughout the year, we will discover different areas of the artistic realm through a variety of workshops and lessons. Art club will include students who want to be leaders and those who are dedicated to community involvement. All art club students will have the opportunity to attend field trips sponsored by the Art Department. Art club meets once a month on the first Wednesday of the month.

NATIONAL ART HONOR SOCIETY

The National Art Honor Society (NAHS) is designed specifically for high school students in grades 9-12. In 1978, the National Art Education Association began the National Art Honor Society program to inspire and recognize students who have shown an outstanding ability and interest in art. The NAHS strives to aid members in attaining the highest standards in art scholarship, character, and service, and to bring art education to the attention of the school and community.

SERVICE

FOREIGN LANGUAGE NATIONAL HONOR SOCIETY

The Foreign Language National Honor Society (FLNHS) recognizes students who have continued to demonstrate exemplary proficiency in French, German, Italian, and/or Spanish through the mid-year point of their third year studying the language and culture. These students have maintained at least a 92 average in the language and a 3.8 overall (weighted) grade point average. In addition, they have demonstrated upstanding character, effort, and leadership during their years at High Point. Students are recognized at an induction ceremony in the spring and proudly wear an honor cord to their graduation ceremony. They assist other students with a tutoring program and participate in an annual fundraiser to support a scholarship which is awarded annually to a graduating senior who will pursue university level studies in language, culture, and/or international studies or business. 61 students were inducted in May 2011 bringing the 2011 membership to 118 students.

KEY CLUB

Key Club is a State, National and International service organization dedicated to working with children. Affiliated with Kiwanis International, the philosophy of this club is to help promote and support the growth of the kids in our community. Activities include – hosting story hours to children in our sending districts, having fundraisers or donating materials to the Children's Specialized Hospital, and supporting the local Kiwanis chapter with their events.

NATIONAL HONOR SOCIETY

The National Honor Society was established by the National Association of Secondary School Principals to recognize high school students who excel in scholarship, leadership, service and character. The High Point Chapter provides this recognition for students at High Point Regional High School. A faculty council selects students for the honor. In order to assure that all students are given equal consideration, the following procedures are followed every year:

- Juniors and seniors are invited to pursue membership in the National Honor Society based on their cumulative, weighted grade point averages. Students must have and maintain a 4.0. GPA satisfies the

scholarship criterion.

- Eligible students are then asked to provide information about their leadership and service activities. Recognizing that this is an honor bestowed by the high school, students should have at least 3 school-based activities and a minimum of 50 hours of community service. In particular, the committee is evaluating school activities that take place outside of school hours.
- The entire faculty is asked to assess the character of the students on the eligible list.
- The faculty council meets to consider each candidate on the basis of the available information and to make the selections.

Students who are interested in the **National Honor Society** need to develop a solid record of school and community service starting in their freshman year.

The High Point Chapter is involved in several activities such as acting as guides for visitors to school functions, fund raising for charities, tutoring students, and sponsoring an annual blood drive. Students selected are expected to maintain the qualities required for membership during their high school careers. Students are recognized for this achievement in the yearbook, in the graduation program, and by wearing the distinctive blue and gold cord during the graduation.

P.R.I.D.E.

The students of High Point P.R.I.D.E. unite our school and students by forming a drug-free peer group. The purpose of this group is to UNITE High Point students in a DRUG-FREE environment, to increase public AWARENESS, to promote RESPONSIBILITY, foster LEADERSHIP and gain RESPECT throughout the school and county. They accomplish this through presenting a "no use" message at planned school events, cross age teaching programs (grades 2 and 8), and through planning and participating in social activities such as; Halloween Fright Fest, Laser Tag, Medieval Times, Dave and Busters/Palisades Mall trip.

PASS IT ALONG

"Pass It Along" is a community service organization begun by a local Sparta student following the 9/11 tragedy. The organization serves everyone from infants to the elderly both in and out of the county. The High Point chapter is one of the more active in the county participating in the annual Youth Conference, Christmas in Newark, and the county-wide Serve-a-thon in the spring. Run by Mrs. Christine Henry, the organization's meetings are few and as brief as possible, primarily for organizational purposes. There are numerous opportunities for community service hours as one can do as much or as little as one chooses. Anyone who is a HPRHS student is welcome to participate. Check out the "Pass It Along" website at, www.passitalong.org

PEER COUNSELING

Peer Counseling is a program open to all junior and senior members of the High Point Regional High School community as well as staff and administration. By using the process of group dynamics and experiential learning the group members learn about human relationships, and seek to improve communication and leadership skills. Participants learn to reach out to others with respect for the individuality of self and others, with caring and compassion. Improved communication skills foster better relationships and contribute to a positive school environment and also extend to the various community service projects. Meetings are held monthly from 5:30-7:30p.m. where members enjoy the camaraderie of peers through games, large and small group dynamics as well as discussion of issues important to teenagers such as friendships, family relationships, self-esteem, prejudice, facing the future and cultural diversity. An over night Retreat is offered in February.

S.A.V.E.

SAVE (Students Against Violence Everywhere) is a student driven organization. Students learn about alternatives to violence and practice what they learn through school and community service projects. As they participate in SAVE activities, students learn crime prevention and conflict management skills and virtues of good citizenship, civility and non-violence. This organization is open to all High Point students. Meetings are held on a monthly basis and many programs supporting anti-violence are planned.

S.A.B.B.

S.A.B.B Inc. is a comprehensive program designed to empower students to work hand in hand with the administration to put an end to bullying and its horrible consequences. S.A.B.B. offers students a way to report bullying incidents through their Report Line at 973-862-0031, access to guidance and support through their Support Line at 973-862-0110, safe areas in school, and bi-monthly activity meetings. S.A.B.B.'s Activity meetings are held after school and bring students together to plan anti-bullying and awareness raising activities.

STUDENT COUNCIL

The Student Council is the core of student activities. It is the student government that operates within the confines of a constitution. Membership in the Student Council consists of 5 executive officers, 4 class officers per grade and student representatives. All are elected positions. The Council meets weekly and conducts homerooms for imparting of information. The Council is a service organization that carries out a number of large and small scale projects including: Homecoming activities, charity projects, assemblies, spirit week, and a variety of service activities. The Council is active on the county, state and national levels. Involvement includes county meetings and projects, state meetings and conferences. Because of its active involvement, the Student Council has been recognized as one of the finest in the state, receiving numerous awards including: honor school awards, standards of excellence awards, and state charity awards. Nationally, the Student Council was selected a recipient of the Horatio Alger Award.

SPECIAL INTEREST

ACADEMIC BOWL

Students participate in round table or buzzer competitions - several of which take place during the school year, either after school or on Saturdays. In addition, there are two league tournaments in the spring. Practice may be held during lunch periods or after school.

B.A.S.I.C.

BASIC (Brothers and Sisters in Christ) is a voluntary student-initiated group that meets weekly before school hours (at 7:00 a.m. in room 415) and is open to all interested High Point students. Meetings provide students with an opportunity to explore and share their Christian faith as they face the challenges of adolescence and high school life. In this informal and friendly environment, students may openly discuss issues of faith, personal concerns, and teachings of the Bible; pray together; sing; and apply what they are learning to achieve a healthy lifestyle in 21st century society.

BOOK CLUB

The High Point Book Club is a student-driven club for students who love to read. Club members will set our itinerary for the year but will at the very least read one or two selections as a group and will review new books to the library. The club meets the 2nd Thursday of the month after school in the media center.

DECA

DECA is an international organization with chapters in all 50 U.S. states, The District of Columbia, and 8 other countries. DECA teaches relevant work experience through competitions on a regional, state and international level. Students take part in role-playing competitions that place them in real life work situations in the areas of marketing, merchandising and management. DECA's main objective is contributing to the development of skills needed in careers. All marketing students are encouraged to join DECA; however, students who are not enrolled in a Marketing class, but have an interest in retail merchandising are also welcome to join. High Point's DECA group has earned numerous awards at the state and national level through the years. DECA meets monthly to prepare for competitions, choose fund raising ventures, plan field trips and select community service projects.

ENGINEERING & DESIGN

Engineering and Design is a competitive activity that focuses on all aspects of mechanical engineering and design. This group meets on a regular basis and competes on a state and national level. High Point's team has won a number of state awards. The club attends competitions, conferences and workshops.

F.B.L.A.

FBLA (Future Business Leaders of America), is a national organization which strives to keep the business community and school community working together. The High Point Chapter meets a month and meetings are 1/2 hour in length. Membership is attained by paying dues by October 15th of the current school year. Dues are usually around \$10.00, and are paid only once. You also must be presently enrolled in a business course, or have completed a business course the previous year. The chapter takes a few business related field trips during the year, competes in business competitions on the regional, state, and national levels, and performs various community and school projects.

FIRST TECH CHALLENGE TEAM

FTC at HPRHS is designed for students in grades 9-12 to compete head to head, using a sports model. Teams are responsible for designing, building, and programming their robots to compete in an alliance format against other teams. The robot kit is reusable from year-to-year and is programmed using a variety of languages. Teams, including coaches, mentors and volunteers, are required to develop strategy and build robots based on sound engineering principles. Awards are given for the competition as well as for community outreach, design and other real-world accomplishments. Participation in the FIRST Tech Challenge gives Students the opportunity to apply for FIRST scholarships and related awards. The Team is currently sponsored by Picatinny Arsenal through NDEP grants and engineers from Picatinny Arsenal mentor the team. The Team meets twice a week in room 303 after school.

GAME CLUB

The Game Club is a social gathering club, open to all High Point Students, that focuses on peer interaction in a fun and collaborative setting. It is supervised by a faculty advisor and the club meets on a weekly basis. Students are encouraged to share their gaming passions with others in a variety of diverse genres throughout the year. Game Club specializes in classic, unique and video type games and takes full advantage of our computer lab through which club members will have a chance to share experiences in a LAN type environment. Staying current with updating technology, Game Club is striving to continually update access to new games and technology as well as next generation systems. Members will help define club activities through various events and tournaments as well as choose the direction of fund raisers and future purchases for the club.

G.S.A.

The Gay Straight Alliance (GSA) is a national organization that advocates for academic and social equality based on sexual orientation. This organization has existed for decades educating, helping and uniting gay and straight citizens. Every gay and straight student has a right to a public education in an environment that is free from harassment, violence, name-calling and intimidation. All students deserve dignity and respect regardless of their sex, sexual orientation, race, religion, disability, nationality or ethnic origin. GSA strives to create a platform to teach tolerance and the unification of differences within a safe and comfortable environment.

INTERNATIONAL CLUB

The International Club is an organization for students of French, German, Italian, and/or Spanish who want to expand their exposure to other languages and cultures. Club activities provide opportunities for these students to socialize with peers who have similar interests while engaging in a variety of fun and educational activities. In addition, the club provides leadership opportunities for students as they take on officer positions.

The International Club has monthly meetings after school in addition to opportunities for members to participate in special events such as trips, helping with World Language Week, and raising money for a variety of international causes such as UNICEF and to aid refugees in Darfur. Monthly meetings vary in nature, each having an international theme. Recent themes have included an Australia meeting during which students took a virtual trip to see the sites in Australia, learned some Aussie slang, sampled some traditional foods, and learned to throw boomerangs. At another recent meeting, High Point students who have lived and studied abroad shared their experiences and photos. Recent trips have included a tour of the United Nations headquarters and lunch at a Japanese steakhouse as well as ice skating at Rockefeller Center followed by a walking tour of the city and dinner at an Indian restaurant. This club is a great choice for incoming freshman who want to become involved in an extra-curricular activity as well as for students of all ages who have an interest in other languages and cultures. Attendance at monthly meetings ranges from 25 to 60 students

MATH NATIONAL HONOR SOCIETY

The Mathematics National Honor Society (Mu Alpha Theta) was established in 2013 as the result of the success of a team of High Point students in Moody's Mega Math Challenge. The mission of the High Point chapter of Mu Alpha Theta is to promote scholarship in and enjoyment and understanding of mathematics among high school students. The honor of membership in Mu Alpha Theta is extended to juniors and seniors who maintain at least a 3.75 overall grade point average. Students must also have an overall mathematics weighted GPA of 4.25. Those invited to become members must have completed 2 years of college preparatory mathematics and have completed or enrolled in a still more advanced course, providing their mathematical work was done with distinction. Members compete in Log1 and Rocket City Math League national mathematics contests with high schools across the nation. Members are also eligible to apply for many national scholarships awarded for excellence in mathematics. There are monthly meetings for students to work together to prepare for competitions and plan school activities to celebrate the joy of math!

MOCK TRIAL

Mock Trial is a year long activity that is open to all grade levels. The Mock Trial competes in NJ State Bar Foundation Mock Trial Competition. During this competition the team will be required to qualify for levels of competition by competing in county, state and, potentially, national contests. The team will compete in simulated trials against other schools. These trials are judged by attorneys and judges who determines the outcome of the competition. Students will be required to make a commitment to the team through most of the school year. During the year the team members will be involved in practice sessions, most of which take place in the evening, and, as the competition becomes closer the practice schedule can be intensive. The ultimate goal of the competition is to advance in the Mock Team Competitions that culminates with the state and national tournaments.

NATURAL SCIENCE ASSOCIATION

The Natural Science Association (Science Olympiad) was created in 1993 to increase interest in science as an alternative to traditional science fairs and single discipline tournaments. The Olympiad has members from all 50 states, totaling 12,000 schools. Each team of 15 prepares throughout the school year to compete in local, state, and national tournaments. Some events are based on individual achievement, but most involve teamwork, group planning and cooperation. High Point's team meets bi-weekly after school from September through March. The team is open to all classes 9-12. Preparation, attendance and cooperation determine the selection of the 15 participants to New Jersey Science Olympiad.

OUTDOOR RECREATION CLUB

The goal of the Casting Crew, HPRHS's Outdoor Recreation Club, is to foster appreciation and interest in participation in fishing as a recreational pursuit. We seek to link outdoor experiences to academic content and to connect students with local resources to pursue safe recreational opportunities. We offer a venue for students and community members to connect and to showcase their talents and interests. The Casting Crew meets monthly after school and will host several angling trips throughout the school year.

SCIENCE NATIONAL HONOR SOCIETY

SNHS is the prominent scientific organization that engenders a new group of young thinkers who will be the future of industry, research and scientific exploration for America. As a member of the SNHS students will encourage and recognize scientific and intellectual thought, advance their knowledge of classical and modern science, communicate with the scientific community, aid the civic community with its comprehension of science, participate in community service and in turn, encourage a dedication to

the pursuit of scientific knowledge that benefits all humankind. Membership for a student in the SNHS is conferred during the last two years of secondary school education. A student must have and maintain a 3.0 grade point average (4.0 scale) to be a member. In addition, the following qualifications must be met and maintained: A member must be enrolled in at least on honors or AP level science class during or prior to the eleventh grade year, must be enrolled in at least on second year honors or AP level science course during or prior to the twelfth grade year, maintain a B+ average (3.5 on 4.0 scale) across all science courses, be an active member of a science club (Science Research Club, FIRST or Natural Science Association) during their junior and senior year.

SCIENCE RESEARCH CLUB

The Science Research Club (Waksman Student Scholars Program) is designed help high school students learn modern molecular genetics by having them engage in genuine scientific research projects. Students in the project will isolate and sequence genes from *Landoltia punctata* (duckweed). The sequences of these genes has never been determined before and this information will be deposited in the international sequence databases for the students and other scientists to use. Students in the program will compare these sequences with genes from other eukaryotes to determine the evolutionary relationship of these organisms and the sequence conservation of specific genes. In the course of these studies, students, teachers, and research scientists work together, using the basic principles of molecular biology and genetic engineering to try to solve this research problem. By actually doing science, teachers and students gain an understanding of how science operates.

TECHNOLOGY STUDENT ASSOCIATION (TSA)

The Technology Student Association (TSA) is an organization for technology education students who believe in a technologically literate society and are willing to work cooperatively with others to address and solve real world problems. Our TSA Chapter meets 5-6 times a year, participates in fund-raising activities, and generally competes on the state and national level in a variety of problem solving challenges. All technology education students in grades 9-12 are welcome to join.

VOLLEYBALL

Volleyball Club is a program open to all High Point students and faculty, both male and female. The goal is to offer a healthy and welcoming environment for students to further their volleyball skills, make new friends, and just have fun. Students are introduced to the basic rules, skills, and positions of volleyball. As they progress, we develop more advanced plays and put more emphasis on playing specific positions. Good sportsmanship, respect, and positive communication are emphasized throughout each game. The Volleyball Club meets on Tuesdays and Thursdays from 2:30pm-4:00pm in the West Gym from September until Thanksgiving. There is no obligation, students/staff may attend whenever they are available.

YOGA

The word **yoga** means "union" in [Sanskrit](#), the language of ancient India where yoga originated. Through practice, this union occurs between the mind, body and spirit. Many think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. It is also a proven stress-reducer and helps us gain more control over our own physical and mental well-being. This is done through the performance of poses or postures, each of which has specific physical benefits. Yoga classes are open to all High Point students and staff members. There is no obligation. Classes are volunteer-led by Ms. Erin Meyers, certified yoga practitioner. All levels of fitness and experience are welcome to attend. Hour-long classes meet once a week in room 109. Students are asked to wear comfortable clothing, and bring a yoga mat and an open mind. All are required to complete a health form specific to yoga practice and notify the instructor of any health issues.