

STUDENT ACTIVITY HANDBOOK



2009-2010

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

Chamber Singers
Jazz Ensemble
Marching Band

Performing Arts

Fall Play
Spring Musical

Service

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

Special Interest

Academic Bowl
BASIC
Debate Team
DECA
Engineering & Design
FBLA
Game Club
GSA
International Club
Mock Trial
Model Congress
Model U.N.
N.J. Science League
Outdoor Recreation Club
Science Olympiad
Science Research Club
Technology Student Association
Weight Training

Intramural Clubs

Lacrosse - Boys
Lacrosse - Girls

Class Advisors:	Freshman:	Margie Havens Jeanne Heinke	Sophomore:	Cathy Madaio Lisa Premock
	Junior:	Rena Mills Art Mina	Senior:	Erik Carlson Tom Ryan

Activity Advisors:

Academic Bowl	Scott Ripley
BASIC	Student run (supervised by Karen Kozlowski)
Calliope	Heather Strout
Chamber Singers	Theresa Riccardi
Debate Team	Scott Ripley
DECA	Gary Dutko
<i>Detention</i>	<i>TBA</i>
Drama/Fall Play	Theresa Riccardi
Engineering & Design	Steve Peltier
FBLA	Melanie Litrenta/Cathy Hennion
Foreign Language National Honor Society	Lore Toedtman/Karen Kozlowski
Game Club	Jeremy Dearolf
Gay/Straight Alliance	Amy Librizzi/Carla Mancuso/Mimi Fenlon
Interact	Cathy Madaio Sue Moss
International Club	Karen Kozlowski
Jazz Ensemble	Harold Woods
Key Club	Kevin Lockwood
Lacrosse – boys	Marc Russell
Lacrosse – girls	Kelly Reynolds
Marching Band	Peter Tummillo/Rich Dispenziere
Mock Trial	Kory Loyola
Model Congress	Erik Carlson
Monument	Jill Schafer
National Honor Society	Laraine Reedy
NJ Science League	David Kientzler
Obelisk	Liana Heller Stacey Zarembo
Outdoor Recreation Club	Ed Blevins
Pass It Along	Christine Henry
Peer Counseling	Linda Abrams Brian Feuer
PRIDE	Ed Blevins
<i>Public Relations</i>	<i>Jill Shafer*</i>
REBEL	Kate Kelly
SAVE	Kate Kelly
<i>School Store</i>	<i>Lisa Premock/Rachel Price*</i>
Science Olympiad	Andy Marancik
Science Research Club	Madelaine Travaille
Spring Musical	Theresa Riccardi
Student Council	Christine Henry
Student Help Desk & Tech Crew	Andrew Lubchansky
TSA	Brian Drelick
Weight Training-Fall	Seamus Campbell/Todd DiNetta
Weight Training-Winter/Spring	TBA

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 early November. Students interested in working backstage should attend a technical crew meeting in early October.

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.

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 3.7 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. 43 students were inducted in May 2009 bringing the 2009 membership to 90 students.

INTERACT

Interact Club is a social, civic organization sponsored by the Walkkill Valley Rotary Club. We are involved with various activities during the year, some of which include visiting area nursing homes (the Homestead), helping needy families, assisting with the Senior Citizen Prom, and various other charitable activities that need assistance. The club has also "adopted" the road in front of the school to keep clean. There is also an opportunity to meet with other Interact Clubs in the state from time to time.

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, character, and service. The High Point Chapter provides this recognition for students at High Point Regional High School. Students are selected for the honor by a faculty committee. In order to ensure that all students are given fair consideration, the following procedures are followed:

1. For the 2009-2010 school year, Seniors with a cumulative, weighted grade point average of 3.9333 and Juniors with a cumulative, weighted grade point average of 3.9500 are considered eligible for the scholarship aspect of selection. (The difference is due to the implementation of a new grading policy in the 2007-2008 school year.)
2. These eligible students are asked to provide information on leadership, school activities, and service activities.
3. Faculty members are asked for input on the character of students on the eligible list.
4. A five-member faculty committee meets to consider each candidate on the basis of all available information. Students are sent a letter notifying them of the committee's decision. Selected students are inducted in a formal ceremony.
5. The complete policy of the High Point Chapter is available on the school website. Any student interested in pursuing this honor is encouraged to see the faculty advisor with any questions.

Among the activities carried out by the High Point Chapter are tutoring students, fund raising for and sponsoring charities, and assisting with various programs at High Point.

Students selected are expected to maintain the qualities required for membership during their high school career. Students are recognized for this achievement in the yearbook, in the graduation program, and by wearing the distinctive blue and gold honor cords during the graduation ceremony.

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.

PASS IT ALONG

"Pass It Along" is a community service organization begun by a local Sparta student following the 9/11 tragedy. Now in its eighth year, the organization has served 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 first meeting will be held the second Thursday in September. 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 student of HPRHS 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.

SAVE

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.

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.

STUDENT HELP DESK & TECH CREW

The Student Help Desk and Tech crew is a community Service oriented school organization. All students working within the group are eligible to receive up to 10 Community Service hours each year. Since the group has a community focus, primary responsibilities will be working with teachers and staff assisting with computers, smartboards, projectors, web 2.0 technologies, as well as Audio/Visual equipment during the day and for after school events. Students will work directly with the District Technology Coordinator for daily tasks and scheduling for teacher assistance. Students with an interest in computers, technology, and audio/video are encouraged to join.

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 is all year during lunch periods, twice a week or after school.

BASIC

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.

DEBATE TEAM

Students research and debate the national debate topic in teams of four students. Membership is open to all students.

DECA

DECA (Distributive Education Clubs of America) is a national organization that teaches relevant work experience through competitions on a regional, state and national 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.

FBLA

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 the second Tuesday of each month. The 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 business field trip during the year, competes in business courses on the regional, state, and national levels, and performs various community and school projects.

GAME CLUB

The Game Club is a social gathering club that is open to all High Point Students. It is supervised by a faculty advisor and the club meets on a weekly basis. Students will be participating in classical to new age games throughout the year.

GSA

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

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.

MODEL CONGRESS

Model Congress introduces students to government, citizenship, and development of laws. Students help write party platforms on current domestic and foreign policies, write bills that are debated in committees, and continue to debate passed bills in the full house sessions. Preparation usually begins in October and continues until the end of March. Meetings are usually held after school one day a week. Students attend a day trip in early December called "Party Day" to formulate party platforms and an overnight trip to Montclair State University to debate bills.

N.J. SCIENCE LEAGUE

The Science League is an activity sponsored by the Science Department. Students are recommended by their subject teachers (Biology, Chemistry, Physics, and Biology 2) and then are screened through assessment. Once teams are established, practice begins in November and competitions are held in January, February, March, April and May. Competitions in January through April are held after school one day a month.

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.

R.E.B.E.L.

REBEL means Reaching Everyone By Exposing Lies. REBEL is a statewide, youth-led anti-tobacco movement. REBEL is a group of teens dedicated to educating peers, middle and elementary school children, and other members of the community about the dangers of tobacco use.

REBEL began in 2000 and is still running strong under the mission statement: We are a statewide, youth-led, youth-driven, anti-tobacco movement whose mission is to reach, educate, and empower New Jersey's youth to make healthy lifestyle decisions and to support non-smoking norms.

SCIENCE OLYMPIAD

The 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.

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. The research project for the 2009/2010 year focuses on the genomic sequence analysis of the Duckweed *Wolffia arrhiza*, and how the genes in this organism compare to other species.

Students in the project will isolate and sequence genes from *Wolffia arrhiza*. 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.

WEIGHT TRAINING

The Weight Training Club is open to all High Point Students. It is supervised by a faculty advisor who assists students in correct training techniques. Students who intend to participate must have a physical and complete a parental permission form.

INTRAMURAL CLUBS

LACROSSE – BOYS & GIRLS

Lacrosse is an upcoming sport not only to High Point, but for many schools in the area. With the enthusiasm and dedication from interested athletes, this sport is taking off! Boys Intramural Club Lacrosse had another successful year last year. The program continues to grow each year and always looks to improve. This year, the Girls Lacrosse will be more involved then ever. As always, they are still in need of more players, so spread the word to your friends because Girls Lacrosse is the new trend.