

# **Paramus High School Co-Curricular Handbook 2021 – 2022**

**Club Descriptions, Advisor & Meeting Information**



**Join a club!**

**It is a great way to get involved in a positive experience. Meet new people, build your high school resume and have fun!**



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## ***Amaranth Literary Workshop***

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The Literary Workshop provides a meeting place for students interested in writing original poetry or prose, and for creative artists. At the informal meetings, members exchange opinions on original work by students at the high school – both members and non-members of the Workshop. We encourage submission of material across the entire curriculum. This assures fairness, and authors and artists names are never revealed when their work is under consideration. At these meetings selections are made for Amaranth, the magazine published by the Workshop in late spring.

The advisor of the Workshop sees the meetings as times when “students of varying degrees of interest and talent meet to exchange views on what makes good original literature and art.” All students are welcomed into the Workshop. They need not write or draw to participate in the meetings.

***Advisor: Mr. Gallagher***

*Club meets on Thursdays in Room 622 at 3:00p.m.*

*Also, periodic "working" meetings on Tuesdays to be announced*

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## ***American History Travel Club***

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The American History Travel Club is an “open” club, meaning students may join at any time during the school year. An executive committee works to enhance the historical and cultural growth and development of students at Paramus High School. The club offers three-and-four-day trips to Boston, Washington, Williamsburg, Philadelphia, Gettysburg, and more. The club also offers local daily and weekend trips to the Ramapo Mountains, The Pine Barrens, West Point and more. The club is self-supporting and meets when trips are being planned and organized.



***Advisor: Mr. Deluca***

*Club meets on Fridays in Room 813 at 2:35 p.m.*

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## **Art Club**

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This club provides students opportunities for additional art experiences outside of school art courses. Students are able to work in a studio environment free of stress while engaging in the creative process, learning new techniques and methods while the advisors help when needed. The students also participate in developing artwork for Amaranth, Yearbook and other special projects. Self-awareness, understanding of personal responsibility to community, and increasing leadership skills are just a few things that students will develop through their involvement in Art Club.

**Advisors: Mr. Dalelio and Mr. Gorski**

*Club meets on Tuesdays in Rooms 312 and 411 at 2:35 p.m.*

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## **Book Club**

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The club meets monthly to discuss a book read by the members and to pick the next month's book. Pizza and refreshments are provided by the Paramus Public Library. New members are always welcome.



**Advisor: Ms. Piniella**

*Club meets on the 4<sup>th</sup> Thursday of the month in the Media Center at 2:45 p.m.*

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## **Cheerleading**

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The Cheerleaders support the Football and Recreation Football programs throughout the school year through the performance of various cheers, dances, and gymnastics. They decorate the Commons, participate in all pep-rallies, and reach out to alumni and community to increase school spirit and enthusiasm. Though distinguished as JV and Varsity, the two teams work together on all routines and events, including participation in stunting clinics from collegiate and professional cheerleaders. Finally, the squad encourages recreational cheerleading by hosting a youth clinic for cheerleaders in grades 1-8. The cheerleaders practice anywhere from 6 to 30 hours per week. Tryouts are held in May and the season lasts from August to March.

**Advisor: Ms. Glantschnig**

**contact: [lglantschnig@paramusschools.org](mailto:lglantschnig@paramusschools.org)**

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## ***Chinese Club***

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The Chinese Club is open to all students who are interested in Oriental Culture. You do not have to speak Chinese to join the club. The Chinese club provides students opportunities to understand more on Oriental culture through all kinds of fun activities, including but not limited to: Chinese traditional games, Chinese chess, Origami, C-Pop songs, traditional festivals, Tai Chi, Martial arts, Tea-tasting, trips to Chinese restaurants, movies and more.

**Advisor: Ms. Liu**

*Club meets twice a month on Fridays from 2:35 p.m. – 3:30pm*

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## ***Competition Cheerleading***

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The competition cheerleading squad participates in league and regional competitions throughout New Jersey. They work together to create a single routine that is challenging and yet adheres to the criteria designated by the New Jersey Cheerleading and Dance Coaches Association.

At the end of the season, the team competes at the Big North Competition, where their participation and placement determine school sportsmanship and team League Honors. The season lasts from October to February. You need not be a fall cheerleader to participate in Competition Cheerleading and you cannot commit to any other winter sport. Tumbling is a strong determining factor in participation.

**Advisor: Ms. Glantschnig**

**contact: [lgantschnig@paramusschools.org](mailto:lgantschnig@paramusschools.org)**

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## ***Dance (Spartanettes)***

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Do you love to Dance? Did you ever want to be a Rockette? Here's your chance to be part of the "Spartanettes" here in Paramus. This is performance-based Dance Company. Auditions take place every Fall. There are performance opportunities throughout the year, including Winter Music Concert, Spring Dance Concert, New Jersey High School Dance Festival, Community Outreach and more. We also participate in yearly trips in and around the tri-state area and Broadway. We participate in professional dance workshops with leading experts in the dance world.



**Advisor: Ms. Ranieri**

*Club meets on Mondays in the Dance Studio from 3:00p.m. - 5:00 p.m.*

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## DECA

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DECA's mission is to enhance the education of students in a co-curricular setting with interests in marketing, management and entrepreneurship. DECA helps students develop skills and competence for business careers, builds self-esteem, and provides leadership experiences.

DECA students also compete for awards and scholarships at regional, state and national conferences. DECA students operate the school store and attend various field trips.

**Advisors: Mr. Jenkins and Mr. Leon**

*Club meets every other Tuesday at 2:45 p.m. in the Cafeteria or Room 803*

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## Delphian Yearbook

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The Delphian yearbook is a lasting memento of a student's career while in high school. Every effort is made to produce a book of which staff, student body, faculty, and administration can be proud. Much time and energy are needed to produce the yearbook. Work must be done daily on the book in order to accomplish these goals. The advisor appoints the editors, but the staff is comprised of students enrolled in Yearbook Journalism.



**Advisor: Ms. Sarnoski**

*Club meets during period 4 in Room 815*

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## Drama Club/Fall Production

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Drama Club is responsible for the fall drama production. Plays alternate between comedy and drama. This club is very active during the months of September through December, and then meets approximately once a month for the remainder of the year. Students in the club will help with the production in a variety of ways: being part of the cast, stage crew, lighting and sound, costumes, design, publicity, and many other roles during the nights of the production.



**Advisor: Ms. Fernandes**

*mfernandes@paramusschools.org*

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## ***E.R.A.S.E.***

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The purpose of E.R.A.S.E is to organize students to combat racism and sexism in our schools, community, and country. E.R.A.S.E., a student-motivated program, educates students to perceive the problems of racism and sexism as they exist in American society and to build acceptance of others.

***Advisor: Mr. Allocco***

*Club meets two to three times a month in Room 814 at 2:45 p.m.*

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## ***Federal Challenge***

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Students determine monetary policy in a competition at the Federal Reserve in NYC. Winning teams compete in Washington, D.C, meet the Federal Reserve chairman and win grant money!

***Advisors: Ms. Diliberto & Mr. Deluca***

***Club meets on Wednesdays in Room 807 at 2:35 p.m.***

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## ***Freshman Class***

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Ninth grade students work closely with the freshman class advisor regarding school programs for the class. Students are aided and guided by the Freshman class advisor through activity planning, fundraising, etc. The advisor works closely with class officers during scheduled meetings.

***Advisor: Ms. Boselli***

*[jboselli@paramusschools.org](mailto:jboselli@paramusschools.org)*



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## ***“Future” Doctors Without Borders***

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The “Future” Doctors Without Borders club gives participating students the opportunity to raise money and awareness for worldwide refugee crises and the international efforts of medical organizations, such as Doctors Without Borders. A particular focus of the club is the refugee crisis in Syria. Members work with their advisor to spread student awareness through school events and social media as well as fundraise through events like dinners and cultural festivals to raise money to alleviate suffering.



**Advisor: Ms. Andres**

*Club meets bi-weekly after school until 3:30 p.m. in Room 704*

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## ***Gay-Straight Alliance (G.S.A.)***

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G.S.A. is a branch of E.R.A.S.E. whose primary goal is to provide safe-space for all students, particularly those who identify as gay, lesbian, bisexual, or transgender. G.S.A. functions as a support network for students, raises money for causes that promote respect and works to build respect for all individuals at the high school.



**Advisor: Ms. Pinheiro**

Contact: [jpinheiro@paramusschools.org](mailto:jpinheiro@paramusschools.org)

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## ***German Honor Society***

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German Club is sponsored by the German Honor Society and is open to all students enrolled in German. The purpose of the Club is to promote German language and culture by providing enriching, cultural experiences. Activities include: fundraising for the German Student Exchange, traditional German folk dancing, holiday singing, visiting Senior Citizens, baking Gingerbread Hearts, German Restaurant, Fall Hike, Career Booster Germany, Night at the Metropolitan Opera, trip to the UN, the ERASE Culture Show, Haunted Hallway and more.

**Advisor: Ms. Lauzon**

*Club meets twice per month - Tues, Wed or Thurs - tbd to accommodate students' schedules (Room 310)*

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## ***The Harvesters Club***

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The Harvesters Club meets weekly throughout the year. It is a Christian Studies Club. Activities include study and discussion, guest speakers, debates, singing, socials, and community service. All students are welcome.

***Advisors: Mr. Glaser & Mr. Graves***

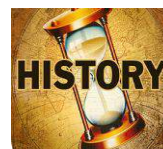
*Club meets on Thursdays in Room 713 at 3:00 p.m.*

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## ***History Quiz Bowl Club***

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The History Quiz Bowl Club is devoted to students who enjoy history and the thrill of competition. Students who join will compete in regional and, potentially, national history quiz bowl tournaments.



***Advisor: Mr. Schreiber***

*Please see Mr. Schreiber for more information*

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## ***HOSA (Health Occupations Students of America)***

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HOSA's two main goals are to promote career opportunities in the health field and compete at high levels in competitions at the regional, state, and national levels. HOSA will give students the opportunity to develop leadership and technical skills through competition and training. HOSA allows students to work with a partner or individually to advance the common goal of quality healthcare for all people. Competitive events may include dental terminology, pharmacology, medical assisting and much more. Check out our Google Site for more information: [tinyurl.com/yxnuhe6b](https://tinyurl.com/yxnuhe6b)

***Advisor: Ms. Andres***

*Club meets 2:45 p.m. twice a month on Thursdays in the Media Center*



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## ***HOPE (Helping Our Planet Earth)***

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The goal of the HOPE (Helping Our Planet Earth) is to raise awareness about environmental issues through community outreach, environmentally-themed fundraisers, and participation in community events as well as incorporating sustainable practices in the high school.

**Advisor: Ms. Touloughian**

*Club meets on Thursdays in Room 907 from 3:00 p.m.- 4:00 p.m.*

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## ***Interact***

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Interact is a community service club at Paramus High School. This club is an extension of the Rotary Club of Paramus. Throughout the year, students volunteer their time at community-related projects. Some of the projects for the club include the Paramus Run, the Rotary Pancake Breakfast, and the Rotary Pasta Dinner. Additional events are held throughout the year for students to obtain community service hours. Funds raised from Interact events are contributed to the Paramus Scholarship Fund and The Gift of Life Foundation.



**Advisor: Mr. Schreiber**

*Club mainly meets Thursdays in the Cafeteria at 3:00 p.m.  
Please see Mr. Schreiber for more information*

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## ***Investing Club***

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The Investing Club gives interested students the opportunity to learn more about making investments, but in a less competitive environment than DECA. Members hold their own in-house, virtual stock simulator game while also studying and exploring many topics associated with investing their money in the future.

**Advisors: Mr. Evans**

*Club meets bi-weekly after school in either Room 203 or 208 until 3:30 p.m.*

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## ***Italian Honor Society/Italian Club***

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Membership to the Italian Club is open to all students. Students do not have to be enrolled in Italian classes to join The Michelangelo Chapter of the Italian National Honor Society is open to students who qualify. The joint purpose of the Society and Club is to promote an understanding and appreciation of Italian culture and civilization, to provide peer tutoring and to raise funds for the annual scholarships that are awarded each year to deserving graduating seniors who are active members of the INHS.

**Advisor: Ms. Campagna**

*Club meets on Wednesdays in Room 221 starting at 2:35 p.m.*

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## ***Jazz Band***

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The PHS Jazz Band is an advanced performing ensemble open to students with previous experience playing saxophone, trumpet, trombone, piano, string bass/bass guitar, electric guitar, and drum set. The Jazz Band performs at several PHS concerts throughout the year as well as occasional trips, competitions, and community performances. Auditions may be required for acceptance into this ensemble. The PHS Jazz Combo is an elite group within the Jazz Band, selected by the jazz band director. The combo performs at community events and parties throughout the greater Paramus area including Barnes & Noble, IKEA, local malls, the NJSBO convention, and more, as well as local retirement homes, hospitals, etc.



**Advisor: Mr. Gizzi**

*Club meets Mondays and sometimes Tuesdays in Room 502 (Band Room) from 3:00 p.m. – 5:00 p.m.*

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## ***Junior Class***

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Students work with the Sophomore Class Advisor regarding any activity they initiate, which includes one or more fundraising activities. The advisor meets with members during or after school.

**Advisor: Ms. Sarnoski**

**Meeting times vary. The Class of 2023 can join**

**Google Classroom**

**Code: lg7740**

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## ***Marching Band***

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The "Pride of Paramus" Spartan Marching Band and Colorguard is an award-winning North Jersey fan favorite show band. The Spartan Band and Colorguard perform at PHS varsity football games, marching band competitions/festivals, parades, and other community events. The Spartan Band is open to all woodwind/brass/percussion musicians as well as anyone interested in Colorguard. Students are not required to be enrolled in Symphonic Band/Wind Ensemble classes in order to participate in the Spartan Marching Band.

***Advisors: Mr. Gizzi, Mr. Cush, Ms. Angderson, Ms. Girvan and Ms. Pagliaro***  
*Club meets in the Band Room 502. Please see advisors for meeting times*

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## ***Math Club***

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Paramus High School's Math Club participates in New Jersey Math League, American Scholastic Mathematics Association, and Bergen County Math League monthly contests. In addition, the club hosts the annual online MathCON contest and the worldwide American Mathematics Competition. Awards to the top students are given for each competition.



***Advisor: Mr. Hitron***  
*Club meets On Tuesdays in Room 913 at 2:45 p.m.*

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## ***Model U.N.***

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Model U.N. (MUN) is an educational simulation of the United Nations that immerses students into the world of international relations by participating in conferences in some of the most prestigious colleges and institutions around the country. Delegates collaborate to ultimately develop resolutions for pressing global issues; and as a result, bolstering awareness and concern for such issues. Model U.N. heightens leadership skills as well as expose students to memorable experiences and the opportunity to make lifelong friendships.



***Advisor: Ms. K. Lee***  
*Club meets Wednesdays at 2:35 p.m. in Room 218*

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## ***Musical Theatre***

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The Musical Theater organization is responsible for the annual spring musical. This club is active from December through March, with auditions being held in November and performances in March. Students rehearse *Monday, Tuesday, Thursday, Friday and occasionally on Saturdays.*

**Advisor: Ms. Scire**

*Please see Ms. Scire in room 503 for more information*

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## ***National Forensic League (Debate League)***

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The National Forensic League, also known as the Debate Club, offers experience in formal debating. Debaters have an opportunity to participate in interscholastic competition. Paramus High School, along with nine other area high schools, belongs to the North Jersey Debate League. Monthly Varsity and Junior Varsity debate tournaments are held in which individual and team trophies are awarded. In May, the league holds an awards dinner to honor all debaters and judges and to recognize those who have compiled outstanding records. Debaters should expect to spend a great deal of time researching the debate topic, gathering evidence, preparing speeches, and working with a partner to prepare arguments. There is also the opportunity to be trained as a Debate judge.

**Advisor: Ms. McKenzie**

*Club meets on Fridays in Room 615 at 2:40 p.m.*

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## ***National Art Honor Society***

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The National Art Honor Society is a program specifically for juniors and seniors for the purpose of inspiring and recognizing those students who have shown an outstanding ability in art. The NAHS strives to aid members in working toward the attainment of the highest standards in art areas and to bring art education to the attention of the school and community. To become a part of the Society, one must be taking at least one art or art history class, have taken two art courses prior to current year and be recommended by his or her art teacher.



**Advisor: Mr. Ferrari**

*Club meets on Thursdays in Room 409 at 2:45 p.m.*

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## ***National Honor Society***

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The George W. Hodgins chapter of the National Honor Society (NHS) recognizes outstanding high school students. More than just an honor roll, NHS serves to recognize those students who have demonstrated excellence in the areas of scholarship, service, leadership, and character. Paramus High School's chapter selects officers who, under the supervision of the chapter adviser, coordinate and manage the chapter as a student organization. Members of the NHS work hard to bring the accomplishments of our outstanding students to the attention of parents, teachers, peers, and the community. Eligible juniors who successfully meet the criteria for NHS are initiated into the organization in May of their senior year and serve until graduation. Meeting hours vary by date, executive member & committee status.

***Advisor: Ms. Gryzmkowski, Ms. Sarnoski, Ms. Southgate***

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## ***Paramus Productions***

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Paramus Productions is for any student interested in photography, film, and/or news media journalism. Students in the club document all things Paramus through various media to help support and promote the school and surrounding community.



***Advisor: Mr. Dalelio***

*Club meets Tuesdays at 2:45 p.m. in Room 312*

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## ***Pit Orchestra***

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The Pit Orchestra is the accompanying musical organization for the musical production. Students will be selected by the director according to playing ability, reliability and the instrumentation of the score of the show. The Pit Orchestra will be formed in December with two months of intense rehearsals leading up to the performances of the musical.

***Advisor: Mr. Cush***

*Club meets January through March: [rcush@paramusschools.org](mailto:rcush@paramusschools.org)*

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## ***Project Unify***

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Project UNIFY strives to build an inclusive environment among youth with and without intellectual disabilities, as well as empower them to be leaders and agents for change. Project UNIFY works in three ways:

- **Inclusive Sports**, which provide students with and without intellectual disabilities opportunities to participate in sports together,
- **Youth Leadership and Advocacy**, which provide students with and without intellectual disabilities opportunities to take on leadership roles in their schools and communities,
- **Whole-School Engagement**, which provides opportunities for all students to participate in Project UNIFY through sustained school-wide activities.



***Advisor: Mr. Castro, Ms. Kaschalk***

*Club meets on Mondays. Students will be transported to West Brook Middle School at 2:30 p.m.*

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## ***Pro-Start***

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Do you love food? Are you always thinking of foods, the ways they are prepared? Then the ProStart Club is for you! We do many different activities that revolve around food from bake sales, community service activities, preparing for culinary competitions or just fun cooking times. We create foods for The Taste of Paramus, The Winter Wonderland Tree Lighting Ceremony, and Paramus Public Library to name a few. We meet after school in room 404 on a regular basis. You can choose what activities interest you. Anyone can join!!!

***Advisor: Chef Levinsohn***

*Club meets in Room 404 on a regular basis*

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## ***Pure Hearts***

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Pure Hearts Association is a club dedicated to spreading the awareness of developmental disabilities. In addition to researching various disabilities, students volunteer their time to work with people affected by these conditions.



***Advisor: Ms. Robbins***

*Club meets on Thursdays in Room 808 at 3:00 p.m.*



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## Senior Class

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Committee members work closely with the Senior Class Advisor regarding school activities for the class. As Seniors, the committee members will be taking more charge (through various leadership positions) in organizing school-wide sports tournaments, class fundraisers, coordinating the Senior Fashion Show, and communication with the entire class. For more information join the Class of 2020 Google Classroom: **Code vhn1buq**

**Advisor: Ms. Collins, Ms. Paizis**

*Club meets every other Thursday Wednesdays at 3:00 p.m. in room 712*

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## Senior Prom Committee

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The Senior Prom Committee is responsible for coordinating all phases of the Prom. This includes the selection of a band, photographer, colors, flowers, inviting chaperones and the selling of bids are all under the supervision of the advisor and the committee. Daily supervision of prom bid sales, seating arrangements, delivering of programs and prom favors to the prom site are some of the activities which take place close to the time of the prom.

**Advisor: Ms. Collister**

*Club meets every other Tuesday in Room 317 at 2:45 p.m.*

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## Ski & Board Club

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The Ski Club plans to go on 5 trips to Mountain Creek Ski Resort in Vernon, NJ this year. Trips will take place on Wednesdays after winter break (weather permitting). The bus leaves after school and returns to the high school at approximately 9:30 p.m.



**Advisor: Mr. Ferrari**

*Club meet Tuesdays in the winter from 3:00 p.m. – 9:30 p.m.  
for trips to Mountain Creek Ski Resort.*

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## Sophomore Class

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Students work with the Sophomore Class Advisor regarding any activity they initiate, which includes one or more fundraising activities. The advisor meets with members during or after school.

**Advisor: Mrs. C. Hay**

*See Ms. Hay for more information*

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## ***Spanish Honor Society/Spanish Club***

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The Sociedad Honoraria Hispanica is an honor society for students of Spanish. The American Association of Teachers of Spanish and Portuguese founded the society. The purpose of the society is the recognition of academic excellence in Spanish. The Paramus Chapter is known as the Capitulo Joan Miro of the Sociedad Honoraria Hispanica. Students must qualify for membership.

**Advisor: Ms. Gonzalez**

*See Ms. Gonzalez for more information*

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## ***S.T.E.M.***

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The Paramus High School S.T.E.M. Club was organized in 2015 and designed to give students an academic competitive environment. Students learn how to apply S.T.E.M. when solving real life problems. Much like that of interscholastic sports teams will compete against other schools. Competitions are scheduled during the school day and will allow teams to return as close as possible to the end of the school day. The competition event timeline follows the Engineering Design Loop and will use a league rubric to evaluate to what extent teams have implemented the STEM theme. Industry will be invited to introduce the real- life situation for the STEM challenge theme and judge the event.



**Advisor: Ms. Collister**

*Club meets every other Wednesday in Room 317 at 2:45 p.m.*

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## ***Student Government***

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Students work with the senate advisors regarding the school's governing body. Students take on leadership roles within the school to help organize various events such as pep rallies, haunted hallway and various fundraising events.



**Advisor: Idia Ogunyinka**

*See Ms. Ogunyinka for more information*

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## ***Symphony Orchestra***

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Prerequisite: Must be enrolled in a scheduled music class.

### **Auditions and Teacher Recommendation**

Designed for orchestral musicians in training, the Symphony Orchestra provides the opportunity to study and perform the varied orchestral literature of the 17th through the 21st centuries. In addition, emphasis will continue to be placed on developing individual technique, tone production, ensemble skills, ear training, and sight-reading. Repertoire will vary annually.

Members of the Wind Ensemble may audition for the woodwind, brass, and percussion parts of the Symphonic Orchestra. Students accept the performance calendar as a condition of club participation. Students must perform an assessment for the band or string instructor prior to registration.

**Advisor: Ms. Wilkes**

*Please see Ms. Wilkes for further information*

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## ***UNICEF***

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The UNICEF Club is a service organization whose goals are to advocate, fundraise and educate. The intention is to raise awareness about global humanitarian issues with lectures, movies, and discussions. This club will hold fundraisers at the high school and in the community.

**Advisor: Ms. Megnin**

*Please see Ms. Megnin in Room 310 for more information*

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## ***Video Game Club***

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The Video Game Club is for students who have a shared interest in various types of video and computer games. It allows students to enjoy playing their favorite games while being in a social environment. They will have access to playing various types of games from TV's and big projector screens. Students will also have the opportunity to participate in scheduled game tournaments to compete with their peers. Students of all levels are welcome to join or just stop by to play a round of their favorite game!



**Advisor: Mr. Norrell**

*Club meets on Fridays in Room 605 at 2:40 p.m.*

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## ***Weight Training***

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This program is open to all students and is held in the high school weight training room. During the fall, winter and spring the weight room is open after school.

*Fall, Winter & Spring - report to weight room after school*  
*Summer - report to weight room from 8:30 a.m. – 12:00 p.m.*