

WEST HOLLOW MIDDLE SCHOOL EXTRACURRICULAR CLUB & ACTIVITY BOOK



HOME OF THE WOLVERINES



Welcome to the West Hollow Middle School Extracurricular Club and Activity Book. Leading the busy life that many of you lead with so many responsibilities and expectations, one may ask . . . why add more? Current research has discovered a great deal of benefits associated with participation in extracurricular clubs and activities.

So what's in it for you?

You have the opportunity to explore your physical, creative, social, political and career interests with like-minded people.

You'll make new friends: Trying something different may bring you in contact with people you didn't know share your interests and curiosity.

At West Hollow, we're constantly encouraging students to step outside their comfort zone and meet new people. A club can be a great way to meet people

who you may not ordinarily meet.

As our students continue through secondary school, participating in extracurricular activities may help them in other ways too. It looks good on college and job applications and shows admission officers and employers that you're well-rounded and responsible.

The most basic reason for joining a club or activity is that it provides our students with stimulating and interesting experiences. In addition, studies show students who are engaged in extracurricular clubs and activities are less likely to engage in risky behaviors.

So, whether you are looking to extend your social network and meet new friends or delving deeper and exploring personal interests, extracurricular activities is a great way to have fun, challenge yourself and become more involved in your school community.



WEST HOLLOW MIDDLE SCHOOL SPORTS AND ACTIVITIES BOOK

Beautiful Me/Confidence Club

Purpose and Overview: Students will gain confidence and self-esteem while working with their peers in a small group setting. The Beautiful Me/Confidence Club is designed to emphasize different aspects of self-awareness, self-reflection, and healthy relationships with others.

Meeting Time: 2:45-3:30

Membership: 6th Grade Only

Board Game Club

Purpose and Overview: The Board Game Club is a place where kids can connect in real-time with their peers to play board and card games that enhance communication, collaboration, and problem-solving.

Meeting Time: Tuesdays weekly (not biweekly) after school until 3:45 pm

Membership: There is no commitment to this club. Anyone can attend any session that fits into their schedule.

Breathe Club

Purpose and Overview: This club allows students to practice self-care by developing strategies to reduce stress. Activities include meditation, mandala coloring, journaling, walking meditation, creative art, games, and more. Goals include increasing relaxation, focus, inner peace, and self-awareness.

Meeting Time: Wednesdays, 2:45-3:45 in Room 214

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!



Broadcasting and Communications

Purpose and Overview: The middle school broadcasting club is an afterschool program for 6th, 7th, and 8th grade students. Student participants will develop their public speaking skills through participation in morning announcements and other local broadcasts.

Meeting Time: Check aboard for specific meeting times.

Membership: All students in grades 6, 7 and 8 are encouraged to participate.

CAWC (Creative Arts and Writing Club)

Purpose and Overview: To engage and guide students in creating a school newsletter and anthology.

Meeting Time: Wednesdays after school bi-monthly and weekly via Zoom when conferencing about submissions

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Chamber Orchestra

Purpose and Overview: Provides orchestral students an opportunity to play challenging music in the school and the community.

Meeting Time: Monday mornings at 7:10 am and Monday afternoons at 2:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Cheerleading

Purpose and Overview: Cheerleaders perform during the basketball and football season as well as spirit week to encourage enthusiasm and school spirit. We also develop individual character through commitment and teamwork.

Meeting Time: Tuesdays and Thursdays, 2:45-4:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!



Christian Club

Purpose and Overview: A student-led gathering to discuss and spread the love of Jesus in a friendly and safe environment with classmates.

Meeting Time: Tuesdays at 2:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

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COMPUTER CLUB

Activity/Activities: Members will develop computer skills for academic and recreational pursuits.

Purpose and Overview: Students learn how to use the internet, to do research for school projects as well as play games with other members in the club. They will develop an understanding of software for multimedia, digital cameras and scanners and internet applications.

Meeting Time: The Computer Club meets once each week for an hour. Specific meeting times will be determined based on club membership to maximize student participation.

Membership: Open to all students ranging in ability from beginner to computer expert.



Drama Club (FALL & SPRING MUSICAL)

Purpose and Overview: Our musical programs promote creativity, expression, and help develop skills in the visual and performing arts. Students have the opportunity to build upon their character through problem solving and working in cooperative groups with peers. We have a large company of students, teachers and families working collaboratively to produce a musical. We also participate in numerous fundraisers and community service venues throughout the season.

Meeting Time: The cast and crew generally meet daily after-school until 4:45pm. Tech week has rehearsals that run later in the night, time is to be determined.

Membership: Membership is open to all students in each grade level.

Gaming

Purpose and Overview: Gaming is a club designed for students with interests in console and portable consoles (3DS, PS Vita, etc.). This does not include computer games or portable device games (iPad, iPhone, Android, etc.). Students will create tournaments with certain games, discuss gaming tips and secrets. The members will also learn and use retro game consoles. (Nintendo, Sega Master System, Super Nintendo, Gameboy, etc.). The members discuss minor repair and care for consoles by viewing videos of repairs and rebuilds. This club will create an appreciation of console gaming and retro gaming history.

Meeting Time: Specific meeting times will be determined based on club membership to maximize student participation.

Membership: All students in grades 6, 7 and 8 are encouraged to participate.



Hack the Hollow

Purpose and Overview: Combines coding and farming using FarmBot technology to teach gardening and coding skills. Students explore how technology impacts the world.

Meeting Time: Check Canvas for announcements and accurate meeting times

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!



Jazz Band

Purpose and Overview: Offers students experience playing jazz music, focusing on jazz standards and pop music, with opportunities to take solos and improvise.

Meeting Time: Thursdays, 2:45-3:45 pm

Membership: Open to all students based on instrumentation.

Jewish Heritage Club

Purpose and Overview: The purpose of the Jewish Heritage Club is to give students the opportunity to learn about the holidays, customs, and values of the Jewish culture and religion. We will be engaging in a variety of possible activities, ranging from baking challah, designing beautiful holiday crafts that may become family heirlooms, conducting conversations about topics important to students, and to bring awareness of current event topics. Students will drive the direction of the club. All are welcome.

Meeting Time: We meet every other week on Mondays after school.

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

WEST HOLLOW MIDDLE SCHOOL SPORTS AND ACTIVITIES BOOK

Kickline

Purpose and Overview: Fosters physical conditioning, coordination, poise, and self-confidence. Encourages school spirit and teamwork.

Meeting Time: Mondays and Tuesdays, 2:45-3:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Monday Matters

Purpose and Overview: A friendly committee where students brainstorm ideas, plan activities, and organize creative greetings for the school community to start the week positively. Members collaborate with other clubs and staff.

Meeting Time: Most Monday mornings at 7:20 am, via Zoom or in person as per the website and REMIND updates.

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

LEADERS CLUB

Activity/Activities: Students work cooperatively to develop and implement selected fundraising activities. They also develop and implement outreach and service programs in our community as well as within our school.

Purpose and Overview: Leaders Club promotes leadership and character development in students. It helps to develop personal and interpersonal skills while engaging students in activities that focus on citizenship and a sense of community responsibility. The Leaders Club strives to build confidence and self-esteem through student achievement. Students are recognized for their contributions to worthy causes.

Meeting Time: Leaders Club usually meets one hour each week, though special projects alter that schedule from time to time. Specific times will be determined based on club membership and selected projects to maximize student participation.

Membership: All students in grades 6, 7 and 8 are encouraged to participate.



MATH OLYMPIAD

Activity/Activities: Students use mathematics to foster creative problem solving skills.

Purpose and Overview: Math Olympiads is an interschool competition which is held five times during the school year beginning in November and concluding by March. More than 100,000 students participate annually in the Olympiads. Students represent 4,000 teams in the USA and 25 other countries. Through participation in weekly practice sessions, students are exposed to challenging problems and work cooperatively to develop new problem solving strategies.

Meeting Time: Math Olympiads meet for practice once a week. Specific meeting times are available on the Math Olympiad Canvas page.

Membership: All students in grades 6, 7, & 8 are welcome as members.



Mosaic Club

Purpose and Overview: Provides a space for minority students of African American descent to connect and express pride in their culture. The club aims to empower members to flourish within the school community.

Meeting Time: Thursdays at 2:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Muslim Students Alliance (MSA)

Purpose and Overview: The goal of our club is to discuss, learn, and practice how to be kind to each other, respect all humankind and have a good and positive impact in the community.

Meeting Time: Every other Tuesday after school from 2:45 to 3:45

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

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NATIONAL JUNIOR HONOR SOCIETY

Activity/Activities: A service club for honor students. Students provide tutoring services as well as community and school service.

Purpose and Overview: To recognize students' academic achievement as well as community and school service. To foster the development of scholarship, leadership, character, service and integrity.

Meeting Time: The National Junior Honor Society meets once each month for an hour. In addition, officers meet with their club advisor once each week for ½ hour usually in the morning before school. Additional participation at school functions such as concerts, orientations and parent-teacher nights will be determined based on club membership to maximize student participation.

Membership: 7th and 8th students are admitted based on established NJHS criteria.

One World Club

Purpose and Overview: A chapter of an international organization that teaches character education and helps students make global connections. Activities include community service and learning about diverse perspectives.

Meeting Time: Wednesdays, 2:45-3:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Pond Club

Purpose and Overview: For students who enjoy the outdoors and ponds, this club maintains the school courtyard and pond ecosystem while caring for fish and aquatic plants.

Meeting Time: Tuesdays and Fridays

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Rising Stars – 6th-8th Grade

Purpose and Overview: Recognizes ethnically diverse middle school students as rising stars and builds a community of achievers. Focuses on addressing achievement disparities and promoting academic success.

Meeting Time: 8th grade - Wednesdays at 2:45 pm, 6 & 7th - TBD

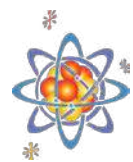
Membership: 6th, 7th, & 8th Grades

Science Olympiad

Purpose and Overview: A national science competition where teams train to compete in regional tournaments. Events include various STEM-focused challenges.

Meeting Time: Monday, Tuesday, Wednesday, and Friday, 2:45-3:45 pm in Rooms 211 and 118

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!



Select Chorus

Purpose and Overview: An advanced ensemble studying various styles and genres of music for performance. Students must audition to join but do not need prior chorus participation.

Meeting Time: Wednesdays, 2:45-3:45 pm

Membership: All students in Grades 6, 7, & 8 are welcome to audition. Contact Ms. Petersen for an audition.

Student Government

Purpose and Overview: Develops leadership skills and represents student interests through activities, fundraisers, and initiatives like Spirit Weeks and awareness campaigns.

Meeting Time: See Canvas page for the most accurate meeting information

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!



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The Homework Club

Purpose and Overview: Provides a supervised environment for academic assistance, including homework help, study skills, and independent projects.

Meeting Time: Monday-Thursday, 2:45-3:45 pm

Monday & Wednesday: Ms. Lo Piano

Tuesday: Mrs. Wagner

Membership:

- Students in Grades 6 and 7 may attend for academic assistance. Tutors are 7th and 8th-grade students.
 - Students must be recommended by a teacher or apply through Ms. Lo Piano in the counseling center. Parent permission is required.
 - Serving as a tutor qualifies as community service. Certificates of hours are available upon request.
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The Hut

Purpose and Overview: Provides students with basic economics knowledge and facilitates the modeling of social, communication, and business life skills.

Meeting Time: Bi-monthly after school and during daily lunch periods

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Tri-M

Purpose and Overview: A music honor society for dedicated music students. Members organize music events and activities throughout the year.

Meeting Time: Tuesdays at 2:45 pm

Membership: 7th and 8th-grade music students

West Hollow Players

Purpose and Overview: Produces two auditioned musical theater productions per school year. Fall productions allow unlimited participation, while Spring productions are capped. Stage crew spots are limited.

Meeting Time: Varies by role, with daily attendance required in the two weeks immediately preceding performances.

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

West Hollow Proud

Purpose and Overview: An open space for LGBTQ+ community members and allies to foster inclusivity and support through discussions, initiatives, and shared learning.

Meeting Time: Varies; listen to announcements and check the schedule outside Room 219.

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Yearbook Club

Activity/Activities: Create and distribute the annual West Hollow Yearbook.

Purpose and Overview: Students collaboratively design, publish and sell our annual West Hollow Yearbook under the direction of their club advisor. Students become familiar with advertising, different sales and deadlines and creating pages to go in the Yearbook.

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!

Young Environmentalist Club

Purpose and Overview: Increases awareness of environmental issues and fosters eco-conscious, socially responsible students. Promotes sustainability and environmental knowledge.

Meeting Time: 2:45-3:30 pm

Membership: All students in Grades 6, 7, & 8 are welcome and encouraged to join!



WEST HOLLOW MIDDLE SCHOOL INTRAMURAL PROGRAM



The intramural program at West Hollow is an outgrowth of our physical education program. Students are invited to attend on a voluntary basis regardless of their sport skill level. Participation, rather than competition, is emphasized. Activities offered vary by season. Students should listen to the morning announcements for the most up-to-date information. Activities are led by staff members.

WEST HOLLOW MIDDLE SCHOOL ATHLETIC PROGRAM

Interscholastic athletics are a vital part of the West Hollow Middle School educational program. They provide a unique opportunity for students to achieve their full potential as athletes and as people in a setting which can be both demanding and rewarding. Our program strives to meet the needs and interests of the athletically talented individual.

Program objectives are embodied by the following:

- To provide an interscholastic athletic experience to a maximum number of students.
- To emphasize that making the effort to win is more important than winning.
- To acknowledge to the students that the real value of sports is in the enjoyment derived from the activity itself and from the associations developed on the field of play.
- To encourage fellowship, leadership and a cooperative atmosphere.
- To inspire a commitment to excellence in study, work and play.

Students who commit to team membership are expected to attend every practice and contest unless excused by their coach.



ATHLETIC PHYSICAL EXAMINATIONS

The school physician has the full authority in determining the physical capability of a pupil to participate in a sport.

The school nurse will arrange for physical examinations to be given by the school doctor approximately two weeks prior to each sport's season (except in June for fall sports) and notify students of the date, time and place. If possible, a make-up date will also be provided to accommodate students who, for good reason, are unable to be present on the scheduled date.



Each coach is responsible for informing candidates of dates, times and places for pre-season physical exams. Building Assistants, Administrators and School Nurses will assist by ensuring that public address announcements are made regarding the dates of the physical examinations and the sports offerings for the following season.

Coaches are encouraged to call pre-season meetings to organize those who wish to try out for teams. Coaches may assist the nurse by handing out yellow pre-examination forms and/or green consent forms.

ATHLETIC TEAMS

SEPTEMBER - OCTOBER

Fall Season Teams:

Cross Country (coed, 7th & 8th grades)

Field Hockey (girls, 7th & 8th grades)

Football (boys, 7th & 8th grades)

Soccer (boys, 7th grade)

Soccer (boys, 8th grade)

Soccer (girls, 7th grade)

Soccer (girls, 8th grade)

NOVEMBER – JANUARY

Winter I Season Teams:

Basketball (boys, 7th grade)

Basketball (boys, 8th grade)

Volleyball (girls, 7th grade)

Volleyball (girls, 8th grade)

FEBRUARY – MARCH

Winter II Season Teams:

Basketball (girls, 7th grade)

Basketball (girls, 8th grade)

Volleyball (boys, 7th & 8th grades)

Wrestling (boys, 7th & 8th grades)

APRIL – JUNE

Spring Season Teams:

Baseball (boys, 7th grade)

Baseball (boys, 8th grade)

Lacrosse (boys, 7th & 8th grades)

Lacrosse (girls, 7th & 8th grades)

Softball (girls, 7th grade)

Softball (girls, 8th grade)

Track & Field (boys, 7th & 8th grades)

Track & Field (girls, 7th & 8th grades)

Modified Swimming (boys, 7th & 8th grades)

Modified Swimming (girls, 7th & 8th grades)

Important Dates

Fall Tryouts Begin
September 3rd, 2024

Winter I Tryouts Begin
November 4th, 2024

Winter II Tryouts Begin
January 13th, 2025

Spring Tryouts Begin
March 24th, 2025

Eligibility Regulations

No student may participate in an interschool practice game or contest on a day when the student was absent or late to school unless special permission for the absence was granted by the school administration.

No student excused for medical reasons from a physical education class may participate in an interschool practice, game or contest on that same day.

Administrative Responsibility and Procedures

The rules and regulations of our interscholastic program are governed by New York Educational Law, the Commissioner's Regulations, the New York State Public High School Athletic Association, the Suffolk County Athletic Council (section XI), and the Half Hollow Hills School District

