



Extra-Curricular Activities Handbook 2016-17

The extracurricular activities at George Street Middle School are a part of the total education program. We see Athletics, Band, Theatre Production, Math Contests, Student Representative Council, etc., as extensions of our curriculum that can provide students, who elect to participate, an opportunity to perform at a higher skill level whether it be in the arts, athletics, academics or general student life.

The George Street Middle School Student Code of Conduct (Student Handbook) and School Board Policy governs the behavior of all students. Students participating in school activities represent our school in the surrounding communities and region and we expect them to exhibit exemplary behavior.

To enlighten students and parents/guardians of the list of activities as well as information about the activities, we have prepared this handbook as a guide. The information in this guide is subject to change and will be updated regularly to reflect new extra-curricular activities.

Academics Section

CARIBOU MATH

Expectations/Information:

A school-wide mathematics test is given and the top 20-25 scoring students per grade level are invited to participate in a worldwide on-line contest. The participants write six contests a year (during the school day). Each participant is given an opportunity to practice at home from the caribou math website. Prizes are given at the school, provincial and international level.

Time/Cost: September to May - no cost

CHESS CLUB

Expectations/Information:

A school-wide CHESS tournament will be held in late January and the top 10 students are invited to participate in a provincial competition. Some of the chess matches will be played after school and on Saturdays.

Time/Cost: November to March - no cost - **Tournament fees will be covered by GSMS**

LET'S TALK SCIENCE - All Science Challenge

Expectations/Information:

In January 2017 a call will be made to students to create groups of "Problem Solvers" to compete at a school level competition. The top groups will compete in a day-long event at UNB sometime in April-May 2017. Each participant will need to practice at home and after-school. Prizes are given at the school and provincial level.

Time/Cost: January to May - no cost

Scratch/Coding Club:

Expectations/Information:

In the **Scratch Club** students will be able to create their own interactive stories, games, and animations. Students will be using **Scratch** which is a free programming language.

Approximate Time: One after school 3 to 4 a week

Potential Cost: None.

Arts and Music Section

ART CLUB

Expectations/Information

Do you enjoy creating art and making crafts? Then, art club is for you! This club is an afterschool program designed to allow students a chance to create wonderful pieces of art work. We meet every second Monday from 3 until 4:15. You will be responsible for arranging a drive home. A calendar with all meeting dates will be provided when you register.

Approximate Time: Be sure to listen to the announcements in September about signing up. There is limited enrollment and this is a popular club. The art club runs until May.

Potential Cost: The fee to join art club is \$20.

JUNIOR BAND

Expectations/Information

If you have been playing your instrument for less than a year or have never played an instrument before, consider joining our Junior Band. You will learn to play your instrument in a fun, supportive environment and participate in a real school band, playing music in a group and performing in concerts and assemblies under the direction of Hilary Ready and Greg Webber. **Please note: All students in Junior Band must participate in the Beginner Band SPARK only in September.**

Approximate Time: Monday and Thursday @7:30am. Sectional rehearsals will occur during your lunch/options as needed.

Potential Cost: There is a \$60.00 fee for Beginner Band, which includes all sheet music for the year and travel costs for performances. Students are responsible for providing and maintaining their own instrument. There are a limited number of school instruments available for a reduced cost. If a student is in two bands (ie: Senior Concert and Jazz) the cost drops to \$80.00 for both.

CONCERT BAND

Expectations/Information

If you have played your instrument for at least 1 year, continue to develop your playing technique and musicianship by auditioning to be in our award-winning Concert Band under the direction of Greg Webber. Rehearsing during the week, you will play both classical tunes AND popular hits from TV, movies and radio and perform throughout the year at concerts, assemblies and fundraisers. Stay tuned for our Band Trip also!

Approximate Time: Tuesday and Friday mornings @7:30am. Sectionals will occur during your lunch/options as needed.

Potential Cost: There is a \$60.00 fee for Concert Band, which includes all sheet music for the year, Music Festival enrollment and travel costs for performances. Students are responsible for providing and maintaining their own instrument. There are a limited number of school instruments available for a reduced cost. If a student is in two bands (ie: Senior Concert and Jazz) the cost drops to \$80.00 for both.

JAM SESSION

Expectations/Information

Jam Session is an activity aimed at students with at least an intermediate ability with a musical instrument or vocals. The members of the group are responsible for bringing their own instruments, not including percussion, keyboards, & microphones, to each practice. We work together to learn songs that involve all members and perform at various events throughout the school year.

If you are musical and have aspirations to begin your own band in the future this activity offers you valuable experience towards that end. We perform at the Christmas Assembly, we have one or two Coffee Houses per year and we have a whole school assembly in June for our group.

Approximate Time: Auditions will be held the week following the Thanksgiving long weekend. The selected students will then meet every Tuesday from 4-5PM (not right after school since we have volunteers from FHS who work with our group).

Potential Cost: There will be a \$20 fee this year which will help cover fees for rental equipment (for performance dates) as well as maintaining our current equipment. We also ask that group members provide a snack or drink at our Coffee House.

JAZZ BAND

Expectations/Information

Got soul? The GSMS Jazz Band is a small, auditioned group of students chosen by conductor Greg Webber who will learn the fundamentals of jazz music the best way there is - by playing it! From James Brown to Louis Armstrong, if you're interested in playing jazz, this is the band for you! Vocalists welcome to guest at concerts as well.

Approximate Time: Wednesday mornings @7:30am. Sectional rehearsals will occur during your lunch/options as needed.

Potential Cost: There is a \$60.00 fee for Jazz Band, which includes all sheet music for the year, Music Festival enrollment and travel costs for performances. Students are responsible for providing and maintaining their own instrument. There are a limited number of school instruments available for a reduced cost. If a student is in two bands the cost drops to \$80.00.

MUSICAL PRODUCTION

Expectations/Information

If you like to sing, dance or act, then keep your eyes peeled for auditions this fall for our school musical ***The Little Mermaid!*** Previous shows have included Annie, Beauty and the Beast and Fiddler on the Roof. Participation in our school production is very rewarding but does require a serious commitment to all rehearsals barring any unforeseen circumstances.

Approximate Time: Rehearsals from 3:00 – 4:30 p.m. on Wednesdays and Thursdays. Students playing leading roles will rehearse at lunch time when needed. Monthly weekend rehearsals (Saturday/Sunday afternoon) will begin in October. During the month of March, students should expect a rehearsal **every weekend** in addition to Wednesday and Thursday **Auditions for the school musical take place in September after school and a signup sheet is available to students *outside of Miss Ready's classroom.***

Potential Cost: The fee is \$20.00 (to cover the cost of sets, costumes and props). We are always happy to accept help from parents for assembly of sets, costumes and properties.

UPBeat Choir

Expectations/Information

Upbeat is an auditioned choir for students with an interest in singing pop, classical, folk and Broadway music in a choir setting while learning about healthy singing technique and music theory. Last year, Upbeat won the gold medal at the Atlantic Music Festival in Halifax, NS and will perform this fall at the Harvest Jazz and Blues Festival.

Auditions: Wednesday, September 21 3 - 4:30 p.m. (Sign up sheet will be outside of Miss Ready's classroom)

Rehearsals: Tuesdays 3 - 4 pm, Fridays 11:50 - 12:40 p.m.

Potential Cost: \$20.00

DANCE CLUB

Expectations/Information

If you love to dance and enjoy learning proper technique for hip hop, jazz and modern dance, this club is for you! Learn choreography from a variety of dance styles, to music you know and love, in a supportive environment and perform in school assemblies for your peers. All levels of experience are welcome and dancers with previous training are especially encouraged to join us for a fun year of dance.

Approximate Time. Mondays from 3:00 – 4:00 p.m.

Potential Cost: There is a \$10.00 fee for Dance Club which is used for the purchase of costumes and props to be used in performances.

Master Arts and Music Schedule 2016/17

Senior and Jazz band are expected to start week of Sept. 21st to 25th, 2015.

Beginner Band starts Sept. 18th

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------------|--|---------------------|---------------------|-----------------|
| 7:30-8:25 | Junior | Senior Concert Band ☺ | Jazz | Junior | Senior |
| 8:25- 8:35 | Announcements | Announcements | Announcements | Announcements | Announcements |
| 8:35-9:35 Period 1 | | | | | |
| 9:35-10:35 Period 2 | | | | | |
| 10:35-10:50 | Nutrition Break | Nutrition Break | Nutrition Break | Nutrition Break | Nutrition Break |
| 10:50-11:50 Period 3 | | | | | |
| 11:50-12:50 6/7 Lunch | Sectional as needed | Sectional as needed | Sectional as needed | Sectional as needed | UPBeat Choir |
| 12:50-1:40 Lunch Gr. 8 Period 4 | Sectional as needed | Sectional as needed | Sectional as needed | Sectional as needed | |
| 1:45-2:45 Period 5 | | | | | |
| 2:50 | Dismissal | Dismissal | Dismissal | Dismissal | Dismissal |
| After School 3:00-4:00 | Art Club Dance Club | UPBeat Choir | Production | Production | |
| | | Jam Session 4:00-5:00 | | | |

Athletics Section

Walking/Running Club

For students interested in improving their physical fitness during options/lunch time. A supervisor will accompany the students for a 20 minute session of either walking or running. Students are to pace themselves and, hopefully, make physical fitness a part of their lifestyle. The schedule is posted on the sports bulletin board; students must tell the physical education teachers ahead of time (during nutrition break) if they are going to attend. Students must also have permission from their guardian to participate in this club. Max 20 students.

League Sports

It is a privilege not a right to play sports at George Street. Student athletes must maintain a good academic and behavior record over the school year to be able to be a part of our athletic program. Most of our teams have tryouts and we can only select a certain number of players for each team depending on the sport. We keep the maximum amount of players on our teams.

Here are the sports and an approximate timeline for each season:

Cheerleading – January to June

Cross Country - September to October

Soccer - September to October

Badminton - November to December

Basketball – January to February

Ping Pong – January to May

Volleyball - March, April and May

Track and Field - May and June

Softball – Late May and June

Athletic Fees:

An base fee of \$20 will be paid for each sport. This is an Athletic Fee which is used to offset the cost of running our sports programs and to ensure our athletes are insured.

Most sports will have an additional fee on top of the athletic fee. The reason behind the additional fee is to pay for referees and tournaments.

The Athletic Department will advise of each sporting teams fee before the season begins.

Our sports website is a great resource to check practice times, game times, and any changes to schedule:

<http://web1.nbed.nb.ca/sites/ASD-W/GeorgeSt/Athletics/default.aspx>

Team fees are required within 2 weeks of an athlete being selected on a team. Uniforms must be returned, promptly, once the season ends. If an athlete fails to return their uniform, a fee will be charged.

The Athletic Contract must be signed by all athletes and parents/guardians. It must be returned before the first competition, otherwise the athlete cannot play.

The Athletic Contract (signed by all athletes and parents/guardians) is on the other page



George Street Middle School Crusaders Athletic Contract



Athletics Website: <http://web1.nbed.nb.ca/sites/ASD-W/GeorgeSt/Athletics/default.aspx>
Phone number: 453-4166

Adopted: Sept. 2013
Updated: Aug. 2015

Player's Name: _____ **GR / HR:** _____

Congratulations on becoming a member of a George Street Middle School Athletic Team! This contract is completed once for the current school year. Being a Student Athlete is a privilege and with privileges come responsibilities. As one of our athletes, we expect that players will comply with the following expectations and responsibilities.

1. Athletes will perform to the best of their abilities in all classes.

You are a student first and an athlete second. You can only compete if you complete all assignments on time and maintain a passing grade. If teachers are not satisfied that you are working to your potential, you may be suspended from competition until improvement is shown.

2. Athletes will attend and be on time for all classes.

Any player who has missed classes during the day will not compete in evening games.

3. Athletes are expected to demonstrate citizenship and leadership in all classes.

This includes showing respect to teachers and other students, demonstrating cooperation, and responsible behavior at all times.

4. Athletes will commit to participate fully in the Athletics program at George Street Middle School.

This includes:

- a) Committing to all practices and games.
- b) Committing to staying on the team - unless mutually agreed with coach - parent.
- c) Displaying respect for coaches, teammates, game officials, and opponents
- d) Making arrangements to fully take care of all team fees
- e) Taking good care of uniforms and equipment issued for player use.

Remember that as an athlete you are representing yourself and George Street Middle School. Your conduct and sportsmanship should always reflect on you and the school in the best possible way. Coaches are expected to remove players who cannot demonstrate a high level of sportsmanship.

This contract must be completed and submitted to the Phys. Ed. department before participation in the first competition, otherwise you will not play.

I, _____ as an athlete at George Street Middle School, agree and adhere to the above expectations, and understand that if at any time I do not live up to the terms of this contract, my participation may be restricted or terminated.

Student Signature

Date

Parents please sign the back of this contract confirming you have read and agree with GSMS athletic policies.

Eleven Ways to Be a Successful Youth Sports Parent

- 1. Make sure your children know that--win or lose--you love them and are not disappointed with their performance.**
- 2. Be realistic about your child's physical ability.**
- 3. Help your child set realistic goals.**
- 4. Emphasize improved performance, not winning.**
- 5. Positively reinforce improved skills.**
- 6. Don't relive your own athletic past through your child.**
- 7. Provide a safe environment for training and competition. This includes proper training methods and use of equipment.**
- 8. Control your own emotions at games and events. Don't yell at other players, coaches, or officials.**
- 9. Be a cheerleader for your child and the other children on the team.**
- 10. Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them.**
- 11. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.**

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Parent/Guardian Signature

School Life Section

BEST BUDDIES

Expectations/Information

Best Buddies is a friendship program for students with and without intellectual disabilities. The program is centered on regular group events which take place at least once a month. These events happen in a relaxed setting while providing a structured environment for the friendships to develop. The events will include fun activities such as playing board games, working on crafts, picnics, and games in a park as well as other outings.

If your son/daughter is chosen for this program it is our expectation that he/she displays positive attributes when interacting with other students. Best Buddies is a program that promotes inclusion and involvement in the program is beneficial to all the students involved as well as the entire school community.

Approximate Time: Once or twice a month.

Potential Cost: Specific events will have a small fee

BEYOND THE HURT

Expectations/Information

Beyond the Hurt (BTH) is an anti-bullying program that explores all aspects of bullying and peer harassment. This is a Canadian Red Cross program where trained adult advisors and youth facilitators meet regularly to promote a safe, healthy bully free school.

Our trained executive committee organize weekly meetings and events throughout the school. We encourage students from all grade levels to become involved. Students must attend regularly and may be asked to do presentations throughout the school year at either assemblies and/or individual classrooms

Approximate time/cost: Free. Meetings are once a week after school from 3:00pm– 4:00pm. Day – TBA.

ENVIROMENTAL CLUB GSMS

Expectations/Information

Students: As stated this year by the United Nations, Global Warming has arrived. Be part of the ripple effect that will change how we think to reduce the irreversible damage we are making! Also, this club is very proactive in helping our community.

If you like to laugh, to be challenged on finding new ideas and to work as a team towards the same goal, please join the environmental club. Help make the planet a livable place for you and your future. The environmental club is fast moving so make sure to tie your laces tight before walking through the door.

Approximate Time: Every Thursday during Grade 8 lunch options.

Members on rotation: Friday during Grade 8 lunch option to pick-up, clean and store bottles and cans to be recycled

Members on rotation: Composting (this takes 2 minutes)

Potential Cost: None

GEORGE STREET'S FRIENDSHIP CLUBS

Expectations/Information:

The George Street Friendship Clubs are for students who like to meet new friends. During our lunch time together we learn to create some really neat pieces of art and we get to play some fun games. We may also have an outing or two throughout the year. We meet at lunch once a week.

Cost: Free **Location:** TBD

GEORGE STREET MIDDLE SCHOOL GAY STRAIGHT ALLIANCE

Expectations/Information:

The GSMS Gay/Straight Alliance is a club that brings together LGBTQ and straight students to support each other, provides a safe place to socialize and empowers students to advocate for gender and LGBTQ rights in the school and to educate their peers. The GSA meets weekly after school, dates TBA.

Cost: Free **Location:** Room 101

GLOBAL GEORGE

Expectations/Information:

Students on this committee are committed to making a difference in our world. We are part of Me to We/Free the Children organization. We are currently helping CHAT to the Future which helps orphans in Uganda. Students will attend meetings every other Monday from 3-4:15 and will be involved in organizing various fundraising activities throughout the year. Students will also work at various school functions such as Parent teacher interviews in selling products that will profit our charity.

Approximate Time: 1 meeting every other week on Monday and noon hour work time to work if needed. Also, you will be asked to volunteer at various school functions throughout the year.

Potential cost: Priceless! We are helping kids in Uganda get an education and their basic needs and various Me to We causes around the world.

LIBRARY HELPERS CLUB

Expectations/Information

Library Helpers are students who enjoy the library and are willing to commit one option a week to help supervise the library. We will also be decorating the library and planning and working at a book fair.

Approximate time/cost : There is no cost. Students will be expected to work one option a week. There also be one meeting a month from 3:00-4:00pm. The club runs from October to April.

MULTICULTURAL CLUB

Expectations/Information:

The purpose of the Multicultural Club is to welcome multicultural students into our school and to get to know more about the many cultures represented here at George Street. Come and join us for fun games, activities and conversation. From time to time we will have representatives from the Multicultural Association join us for talks and demonstrations.

This club is not limited to multicultural students; all are welcome! It's a great way to meet new people and learn about other cultures.

Approximate Time: We meet at lunch/options in Mrs. Collicott's classroom . (Day: TBA) Potential Cost: No cost.

PEER HELPER Grade 7

Expectations/Information:

The grade 7 Peer leader program provides academic support to both grade 6 and 7 students. Tutoring is available everyday during grade 6 and 7 lunch options. Binder organization takes place in the mornings on Monday, Wednesday, and Friday from 8:10am to 8:45am. Students may take advantage of this service at any time with teacher permission. Our Peer Leaders complete an application process at the end of their grade 6 year and participate in a training session in August before the school year begins. Students in this program are recommended by their teachers and have demonstrated a good academic standing and exhibited leadership qualities.

Approximate Time/Cost: This program will run all year and there is no cost.

PEER LEADER Grade 8

Expectations/Information:

Peer Leaders provide academic support to grade 8 students during their lunch hour. Candidates will apply at the end of their grade 7 year so that they may attend a training session in August before the beginning of school. Candidates will be selected for their academic success, their leadership abilities and their willingness to help others. They will also be required to miss class time but with the expectation that they will keep up with the work missed. Leaders will provide support to their grade 6 homeroom class during the first week of school and do presentations at least once a month. They will provide tutoring and binder organization to grade 8 students during their lunch hour. Meetings will be held every 2nd Tuesday to provide training and the exchange of ideas.

Approximate Time/Cost: This program will run all year and there is no cost.

RENAISSANCE

Expectations/Information:

The renaissance program at GSMS is recognizes and raises the profile of students who perform well, improve or surpass expectations academically, and demonstrate community citizenship. Students who are part of the Renaissance organizing committee must maintain a high academic standing and be a model student. Students will miss class time to present class rewards and organize our many reward functions.

Approximate Time/Cost: This program will run all year and there is no cost

GSMS SEWING CLUB

Expectations/Information:

The GSMS Sewing Club works with Ms Alison Ready in the Maker Lab to learn the basics of sewing and using our high tech sewing machines. We meet at lunch and options 2 times a week and we create some of our own clothing. A great club for students who want to make their own fashion statement! Listen carefully for announcements on when this club will start.

Cost: \$10 (to cover cost of materials) **Location:** MakerSpace

SOCIAL COMMITTEE

Expectations/Information:

The social committee is a group of students who meet to organize school dances. Responsibilities include coming up with ideas for the dances, promoting them (creating posters, announcements, etc.) and working at the dance (canteen, front door). Students of all grades are welcomed to attend!

Approximate Time: Two weeks before the dance, we meet one day after school from 3-4pm. **Potential cost :** No cost

STUDENT REPRESENTATIVE COUNCIL

Expectations/Information

The Student Representative Council is a governing student body of student activities. The group consists of 1 student rep from each homeroom class at GSMS. The group is led by an executive that is made up of : President, Vice-President, Secretary, Treasurer, Jr. VP and Jr. Secretary.

Students will attend meetings every other Monday from 3-4:15 and will also be expected to join 1 sub-committee of SRC (Social Committee, Global George or Winter Carnival).

Students are to be good role models for their classes and speak on behalf of their classmates. They must also report all meeting information to their classes. Students are to be in attendance at meetings and if they can't attend, must make sure the alternate can attend in their place.

Approximate Time: 1 hour every other week and participation in a subcommittee of SRC and those times will vary pending on the committee. **Potential Cost:** Priceless, free leadership training with experienced staff!

STUDENT WELLNESS COMMITTEE

Expectations/Information:

The purpose of this committee is to encourage all students to include wellness into their daily lives. The committee organizes events that correspond to a monthly Wellness Theme. They educate the students using PA and Video announcements, putting up posters around the school, organizing specific monthly activities and creating contests to encourage student involvement. The committee meets every second Thursday from 3 to 4pm.

Approximate Time: 1 hour (3:00-4:00) **Potential Cost:** No cost

TECH CREW

Expectations/Information:

This committee will run the sound board and lights as well as set up and take down the chairs for all school events. Members must always be ready to help out.

Approximate Time: all year – no cost!

YEARBOOK COMMITTEE

Expectations/Information:

The yearbook committee is a dynamic group of about 12 students that produces an exemplary Middle School Yearbook. Students will be asked to submit an application to be considered for this committee. Information will go out to students near the end of September.

The yearbook requires great commitment from both the teacher advisors and students who are charged with creating this book on behalf of the school community. The committee meets once per week after school for an hour. All students on the committee are expected to be in attendance each week and will be asked to work on various yearbook assignments while at home. Yearbook committee members may be asked to leave the committee at any time by teacher advisors if there is a failure to meet any of the above requirements.

Approximate Time: October – April

Student Created Clubs Section

Clubs in this section were created, organized and monitored by students with the support of staff. We hope to add a few more in the upcoming school year.

GAMES ROOM MONITOR CLUB

Expectations/Information:

This club will be a group of students looking for a unique way to display leadership skills. The monitors will help with tasks such as clean the room, maintain equipment, set up tournaments and advise teacher supervisors. Members of the Games Room Monitors will be expected to design a schedule and be present in the games room (having fun) to perform all their tasks during lunch options. This club will be open to grades 7 and 8 students only.

Approximate Time: October – May – no cost

COSPLAY CLUB

Expectations/Information:

This club is for students that enjoy designing their own costumes and performing different role-playing characters. The club will meet at lunch and will work on designing costumes as well as act out in their own Cosplay theatre.

Approximate Time: September – May – no cost

DVA CLUB

Expectations/Information:

This club creates and reads important student announcements that are viewed via our website and played for our students during morning homeroom. Students will learn valuable editing and videoing skills. DVA members will be expected to design a schedule and be present to perform all their tasks during lunch options.

Approximate Time: All year – no cost