



Southwick Regional School

Student Activities/Clubs: 2023-2024

Student Activities 2023-2024

Activity	Advisor(s) & Contact Information	Brief Description	Meeting Times
American Sign Language (ASL) Club	Melissa Trzasko	Students will learn the basics of sign language and about Deaf Culture. Each meeting students will review what was learned in the previous meeting and learn new signs each session. Students will learn how to communicate with the Deaf Community with respect, including the dos and don'ts when speaking with individuals in this community. The goal will be to learn how to have simple, yet effective conversation with some who is deaf or hard of hearing.	TBA
As School Match Wits (Grade 9 to 12)	Janet Grunwald	Area high schools have been competing on "As Schools Match Wits" since 1962, making it the longest-running game show on television! Students interested in being part of the team take practice tests in different categories: history, math, literature, science, sports, and popular culture – to determine the members who will participate on the 4-person team in the on-air competition. Students not selected for the televised team are considered alternates and are invited to participate in many additional interscholastic academic competitions held during the year. Practice sessions take place on Wednesday afternoons after school depending on participant schedules and competition dates.	TBA
Auxiliary Chorus (Grade 7 to 12)	Rich Quinn	This vocal group is designed for students in grades 7-12 who have a desire to sing in an ensemble, but may be unable to participate in Chorus during the school day. Prior singing experience is not necessary, however, students must commit to weekly rehearsals and performances, if applicable. Open to all students in grades 7-12.	One day a week, after school TBD
Auxiliary Band (Grade 7 to 12)	Rich Quinn	This instrumental group is designed for students in grades 7-12 who have a desire to play music with others, but may be unable to participate in Band during the school day because of scheduling conflicts. Students must be able to read music and be proficient on their instrument. There will be an emphasis on chamber (small group) repertoire. Students need to commit to at-home practice, weekly rehearsals and performances, if applicable. Open to all students in grades 7-12.	One day a week, after school TBD
Cheerleaders (Grade 7 to 12)	Sara Lepak	The Cheerleading squads-Junior Varsity and Varsity, are selected on a competitive basis. Cheerleading is a winter activity. Cheerleaders are responsible for promoting school spirit and developing team spirit.	November try-outs

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Chess Club (Grade 7 to 12)	David Hendrickson	We play regular chess matches as well as Four Way Chess which allows four players to compete in one game. All levels of players and grades are welcome!	TBA
Class of 2024 (Grade 9 to 12)	Mary Downie Corinne Cheffer	Voted Officers perform routine duties in support of their specific class. This includes but is not limited to organizing important events, including dances, collecting class dues, keeping the class informed of important dates, purchasing a class gift, promoting school spirit, etc.	Once a month or as-needed basis
Class of 2025 (Grades 9 to 12)	Tracy Hartshorn Pamela Mahoney	Voted Officers perform routine duties in support of their specific class. This includes but is not limited to organizing important events, including dances, collecting class dues, keeping the class informed of important dates, purchasing a class gift, promoting school spirit, etc.	Once a month or as-needed basis
Class of 2026 (Grade 9 to 12)	Anna Hitchcock Amy Pomeroy	Voted Officers perform routine duties in support of their specific class. This includes but is not limited to organizing important events, including dances, collecting class dues, keeping the class informed of important dates, purchasing a class gift, promoting school spirit, etc.	Once a month or as-needed basis.
Class of 2027 (Grade 9 to 12)	Darrel Grant Kristy Cigal	Voted Officers perform routine duties in support of their specific class. This includes but is not limited to organizing important events, including dances, collecting class dues, keeping the class informed of important dates, purchasing a class gift, promoting school spirit, etc.	Once a month or as-needed basis.
Connections	Christopher Kennedy Shannon Dion	Connections is a group of SRS students and staff committed to making our school a more welcoming place for all. We think about and discuss issues inclusion, equity and anti-bullying. By talking about these issues with our friends and community, we hope to make our school a place where all students feel valued and understood. Staff and students are trained through A World of Difference Institute's Peer Training Program certified by the National Registry of Evidence-Based Programs and Practices (NREPP), providing diverse groups of students with the opportunity to facilitate and sustain positive social change at SRS.	TBA

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Conservation Club (Grade 9 to 12)	TBA	Conservation Club is an environmental club designed to promote awareness of our usage of natural resources. We collect plastic bottles, cans and other recyclable materials throughout the school so that less waste ends up in a landfill or an incinerator. Save Our Supplies campaign at the end of each year collects school supplies to be given back to students throughout the year. We also sponsor a school wide walk for earth day as well as a clean-up day. We offer rewards for recycling throughout the year with free reusable water bottles and itunes gift cards. Finally, we fundraise for environmental organizations like WWF and participate in local river cleanups. Everyone is welcome to join this club. We meet the first Wednesday of the month and sometimes more often if needed with various events. Join Conservation Club and become a part of the solution!	First Wednesday of every month
Debate Team (Grade 9 to 12)	Pamela Mahoney	Four teams of two travel to different schools to debate one topic each school year. We prepare in the fall and the season runs for 6 weeks in January to February vacation. The teams debate other teams from 8 different schools in Western Mass and CT. The season ends with a banquet and championship round in the last week. Topics are chosen on the national level and include national and international issues. New members are always welcome.	Meets are run three Saturdays 8-3 during season.
Drama Club (Grade 7 to 12)	Janet Grunwald	This extracurricular activity is open to all students who are in good academic standing. The club presents a fall production, a spring musical and a one-act competition. Auditions for the productions are held in the fall & winter. Membership and participation in the Drama Club does not require students to perform in the productions. Club members have the opportunity to take part in the many aspects of “putting on a play”. Students may assist with backstage crew, ticket sales, fund raising, costuming, and stage management. Meetings are held throughout the academic year to discuss fund raising and the goals of the Drama Club for each year.	Productions in Fall and Spring, other special events
Esports- Rocket League	TBD	Students interested in participating in Esports are welcome to join. We meet for approximately one hour after school each week during the Fall and Spring Season to participate in Esports – Rocket League. All levels of experience are welcome to join!	Thursdays 3:30 PM

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Girls Who Code	Melissa Trzasko	GWC is a club devoted to providing a safe and positive environment for students to learn basic coding, communication, and leadership skills. Students learn from women who have made a difference in our world through being bold, taking risks, learning from set-backs and kept trying. The four pillars of GWC are bravery, resilience, creativity, and purpose.	Meetings TBA
Graphics Club/Photography (Grade 7 to 12)	TBA	The Graphics Club is available to students who have particular interest in some aspect of graphics, print production, and screen printing.	Meetings TBA
GSA Club (Grade 7 to 12)	Beth Yanuskiewicz	The SRS Gay Straight Alliance/Gender and Sexuality Alliance is a place where SRS students of all sexual orientations and gender identities can share experiences and make positive connections. The GSA is a student-run club that brings together LGBTQI+ and straight/cis students to support each other, provide a safe place to socialize, and create a platform to fight for racial, gender, LGBTQ, and economic justice. The GSA is open to students in grades 7-12.	Meetings TBA
Historical Board Games Club (Grade 7 to 12)	Aaron Pearsons	Students play thematic strategy games based on time periods or major events in History.	TBA
Homework Help (Grade 7 & 8)	Gwendolyn Baltera	Homework Help is available on Tuesdays and Wednesdays to students in grades 7 and 8. Homework Help meets in the Library from 2:15- 3:15. Students wishing to attend should sign-up in the office each week.	2:20-3:20 P.M.
Interact Club (Grade 9 to 12)	Amy Pomeroy	Interact Club is sponsored by Rotary, offering many opportunities for members to develop valuable leadership and teamwork skills. Each club carries out local service projects and fund raisers that benefit the community or school. Interactors also develop international service projects that expand their understanding of the world and promote goodwill.	Meetings TBA
International Travel Opportunities (Grade 9 to 12)	Janet Grunwald Pamela Mahoney	Faculty at SRS led numerous student trips abroad over the years. These trips expose students to various cultures and bring them directly in contact with the history and literature they have studied throughout their academic lives. Travel normally occurs during the April break; past and future destinations include Spain, Costa Rica, Mexico, Ireland and England. Fundraising activities assist students with offsetting the cost of travel. Family members are also welcome to participate in these trips. Some require students to have completed high school foreign language classes.	Meetings TBA

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Magic Club	Tyler Bladyka	Magic: The Gathering Club meets weekly to play, practice, and compete in the world's premier Trading Card Game, Magic: The Gathering. All skill and experience levels are welcome. Members can participate in free events sponsored by local game stores, as well as Draft and Sealed Deck events where they will cover their own costs. Collecting, Trading, Deckbuilding, and Playtesting in a friendly, focused environment.	One day a week
Math Team (Grade 9 to 12)	Anna Hitchcock Amy Pomeroy	The Math Team meets once or twice monthly, during or after school. Activities include "Recreational" Mathematics, preparation for S.A.T.S, and computer programming. Membership is open to all who have completed Algebra I.	Once or twice monthly during or after school
Mock Trial Team (Grade 9 to 12) (Grades 7 & 8 can observe)	Alex Trzasko	Students on the Mock Trial Team work with a simulated court case provided state-wide by the Mass. Bar Association. Both prosecution/plaintiff and defense cases are prepared by the team with students taking the rules of lawyers and witnesses in preparation for simulated court competitions against area schools. The competitions are held in state and federal courthouses in Westfield, Springfield and Pittsfield that are presided over, judged, and scored by a lawyer or judge. The team also periodically meets with a local lawyer coach who will assist with the preparation of the case. A strong emphasis is placed on developing reading, writing, researching, critical thinking and public speaking skills. Participation in Mock Trial requires an intensive team commitment of time and energy from the middle of November through the middle of February. Students will be asked to set up a gmail account.	Informational meeting is held in October; meetings October through January
Model Congress (Grades 11 & 12)	Alex Trzasko	Students who participate in Model Congress will attend the annual American International College Model Congress Program, the longest running in the nation. In teams of four, student will develop a bill for Congress that is based on a critical contemporary issue facing our nation. The bills will then be debated at the Model Congress, which is a three day program running in early January from Thursday night through Saturday night. The basis of the team will be around the AP United States Government and Politics class, but other serious participants will be allowed to compete or observe.	Meetings in the fall; bills submitted in November
National Honor Society (Grade 11 & 12)	Maryanne Margiotta	The Anabasis Chapter of the National Honor Society (NHS) of Southwick Regional School is a duly chartered and affiliated chapter of the prestigious national organization. Students in the 11 th or 12 th grades are eligible for membership. To be eligible, students must meet the required standards in four areas of evaluation:	Meets regularly before school and as needed

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		scholarship, leadership, service, and character. Students are selected at the beginning of the Junior year by a five-member Faculty Council appointed by the principal, and a formal induction ceremony is held at the school to recognize the newly selected members. Students or parents who have questions regarding the selection process or membership obligations can contact the Chapter Adviser, Mrs. Maryanne Margiotta, in Room #423.	
New Horizons Club (Grade 7 to 12)	Judi Bean	The New Horizons Club is open to all students interested in supporting students of varying ability levels to feel more included into the school community. The club meets the first Wednesday of the month from 2:30-3:30 for fun activities. See Mrs. Bean in room 604 for more information.	First Wednesday of the month
Robotics	TBA	Robotics Club will give students in seventh through twelfth grade an opportunity to design, construct, operate, and apply robotics technology to control, send feedback, and process information. Students in Robotics Club will use the latest EV3 Lego Mindstorms computer programming technology.	TBA
Rock Band (Grade 7 to 12)	Rich Quinn	The jazz ensemble focus is on building skills needed to perform in a jazz band with emphasis on group and solo playing. Improvisation is encouraged but not mandatory. The jazz band performs in all the music department's concerts, festivals and may be asked to perform at various other events for the public. Members must be able to read music and commit to weekly rehearsals. Open to all students in grades 7-12.	One day a week, TBD, usually in the evening for 90 minutes
S.A.D.D. (Grades 7 to 12)	Melissa Trzasko	Join the fun and make new friends while developing communication, organization and leadership skills. S.A.D.D./Peer Education meets weekly to plan activities the whole school remembers: Mock Car Crash, Grim Reaper, Kick Butts, & other events designed to educate the school & community about the benefits of healthful living and making good decisions. Make a name for yourself as a participant or leader. We appreciate those who make an effort and are willing to include students with busy schedules and commitments.	TBA
Scanner Yearbook (Grade 11 & 12)	Melissa Trzasko	Scanner Staff members are responsible for designing and producing the all school comprehensive Southwick Regional School annual yearbook. Student staff members take photos, cover events, conduct interview, compile information and organize photo sessions. Page editors design each yearbook page on the computer selecting photos, writing captions, preparing copy and adding graphic	Second Wednesday of each month

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		designs. In addition, staff members raise the fund required to finance this 160 page annual through sales of advertising, patron sponsorships and the yearbook. Members of the Writing for Publication Class serve as the core staff members. Support staff members are encouraged to participate in yearbook activities.	
School Advisory Council (Grade 7 to 12)	Serena Shorter	Discusses school issues and advises the principal on the School Improvement Plan.	
Sketchbook Club	Tyler Bladyka	Sketchbook Club meets monthly for students who are self-driven artists, working on their own projects. Sketchbook Club provides a space for artist to work together, compare notes, build friendships, and have access to Art Room supplies and expertise. We focus on self-improvement, practice, and goal-setting. All skill levels and grade levels are welcome, as well as artists who work in any style (including digital).	Meets once a month
Spanish Club (Grade 7 to 12)	Pam Mahoney	Activities include travel to New York City and Spanish speaking countries. We do a holiday meal together, see shows and other cultural activities such as movie days that promote the study of Spanish.	Wednesdays after school
Spectator/Newspaper (Grade 7 to 12)	Aaron Clark	The activities of students and faculty in the classrooms and the halls, on the stage and sports fields, and around Southwick and beyond from the everyday to the extraordinary are what make up the news affecting everyone at SRS. The Spectator brings information to the school community through the reporting of students interested in news writing, photography, and graphic design. Issues of the Spectator are published throughout the year, and an online edition will also be produced on a regular basis beginning this year.	Meetings held throughout the school year for story planning & assignments
Stagecraft Club (Grade 7 to 12)	Tyler Bladyka	Every play needs a lot of people behind the scenes to make a show successful. The Stagecraft Club takes care of the technical side of all SRS Drama Club production. Stagecraft meets after school during the rehearsal period of the fall and spring shows, as members design and build the sets, costumes & props, raise money and publicize the production. During performances, the tech crew runs the box office, moves set pieces and runs the lighting and sound. Come and learn the skills that turn an empty stage into something wonderful and have fun doing it.	After school & during rehearsal period of fall & spring shows.

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Student Ambassadors (Grades 10 to 12)	TBA	The student ambassadors serve their fellow students and the school community as a whole in a multitude of ways. They may be called upon during the school day or after school to help with new students, parents or other community members at a variety of school events. Ambassadors must serve as role models in the school and community, and are chosen through an application process before the beginning of the school year.	Orientation in August, other meetings TBA
Student Council (Grade 7 to 8)	Edward Abbe	Student Council unites the student body & promotes school spirit. Coordinate Red Cross Blood drive, Spirit Week, Pep Rally, Mr. Southwick, numerous dances and activities.	TBD
Student Council (Grade 9 to 12)	Darrell Grant Amber Hall	Student Council unites the student body & promotes school spirit. Coordinate Red Cross Blood drive, Spirit Week, Pep Rally, Mr. Southwick, numerous dances and activities.	TBD
Table Tennis (Grades 7 to 12)	TBA		
Unified Sports	Judi Bean	<p><u>Unified Basketball (Fall sport)</u> Unified Basketball joins people with and without intellectual disabilities on the same team. Unified sports is a collaboration between MIAA and Special Olympics and is considered a Varsity sport. The Basketball season typically consists of one practice and one game per week culminating in a Jamboree at the end of the season.</p> <p><u>Unified Track & Field (Spring sport)</u> Unified Track & Field joins people with and without intellectual disabilities on the same team. Unified sports is a collaboration between MIAA and Special Olympics and is considered a Varsity sport. The track season typically consists of one practice and one meet per week culminating in Sectionals with the chance at qualifying for States in individual events at the end of the season. Students can choose to run, compete in field events or both. Events include 100m dash, 400m dash, 800m, 4x100m relay, 4x400 relay. Field Events include; Turbo javelin, shotput and long jump.</p>	
Woodcraft Club	David Wallis	Woodcraft Club: Students will learn the basics in designing and crafting fine woodworking pieces. During each meeting, students review what was learned in the previous session. Students will be taught new concepts or expand on concepts	Begins Feb. 9 Meets

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		that they already have been introduced to. Students are encouraged to come up with their own design ideas and be creative for projects using the design process to guide them. The goal of this experience is to provide an opportunity for students to express themselves through the art of fine woodworking and to have fun while developing a skill to last a lifetime at a professional level or for a craft that could provide extra income as a hobby. All students are welcome regardless of previous woodworking background knowledge. Safety is taught throughout each session.	Wednesdays after school.
Wright Flight (Grades 7 & 8)	John Vershon	<p>Western Mass Wright Flight introduces students to the field of aviation, its history, the principles of flight, and the many career opportunities available in the aviation industry. The program emphasizes the relationship between a strong educational program in Science, Technology, Engineering and Math (STEM) and a successful career. Our Aviation STEM Program is provided to students in Westfield, Southwick, Granville, and Tolland, MA and supports the STEM goals of the local middle and high schools. A volunteer organization based out of Barnes Airport in Westfield, MA, we are the educational unit of the Barnes Airport Support Group, a 501 (C) (3) organization.</p> <p>By grooming an interest in aviation at an early age, and providing educational opportunities for students from middle school to college, our program contributes to the development of a larger educated work force for companies seeking highly qualified employees. This cycle of a large educated work force attracting more businesses, which hire more people, who improve the economic foundation of the region is good for everyone.</p>	Begins in January after acceptance to program in Room 207