

2018-19

NORWELL

*Co-Curricular  
Guide*

# Overview

Co-curricular activities are activities which include interscholastic athletics, clubs and school organizations. The Norwell High School administration encourages pupil participation in a variety of school activities including athletics, and permits membership in any number of clubs, student organizations or teams.

All co-curricular activities are under the supervision of an advisor or coach. In general, club or activity meetings are held after school on school days. Certain organizations are permitted a limited number of evening meetings by permission if the club/organization advisor is present.

Occasionally, depending on the nature and objective of the club, a co-curricular activity may require weekend participation or multiple and sequential after school or evening commitments. These parameters are clearly communicated to students prior to them choosing to participate in the activity.

There are over twenty-five co-curricular activities for students to choose from in addition to all the athletic co-curricular options.

# The Basics

- Students participating in co-curricular activities are required to return a signed release of liability form to the advisor of the activity before participating.
- Fees for designated co-curricular activities are collected by the advisor, or may be paid on-line prior to participation.
- Norwell High School values both academic success and co-curricular involvement. The student must have passed all his/her classes in the term prior to participating in the co-curricular activity, and has no prohibitive disciplinary sanctions in place. Detention time must be served prior to co-curricular participation.
- Students must be in attendance for the entire school day in order to participate in that day's co-curricular meeting, practice or rehearsal.
- Participation in co-curricular activities, including athletics, is a privilege. Students, as representatives of Norwell High School, must conform to a high standard of behavior.

# *AFS-International Club*

The International Club provides exposure to and knowledge about various cultures. It engages students in activities that highlight global awareness and understanding. The AFS portion is an exchange program that draws people from around the world. This club is committed to providing support to any AFS student that attends NHS and ensures that the student has the support and tools needed for a positive experience.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Twice per month when AFS students are attending NHS.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisors: Mrs. Rabia Mifdal
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## *Notables*

We've hosted students from many countries including Germany, Poland and numerous South American countries.

# *Art & Fashion Clubs*

The Art and Fashion Clubs were established to afford all students at Norwell High School the opportunity to be involved in art making, fashion creations, crafts, art appreciation and many creative processes. These clubs encourages students to take leadership roles and make connections through art making.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Approximately once a week for the school year.

## *Is there a participant fee?*

\$50 activity fee is required.

Advisor: Ms. Nathalie Coughlin
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## *Notables*

Great for students that love making art.

# *Best Buddies*

Best Buddies in an international organization created to establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

One meeting per month and some weekend activities.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisors: Mrs. Kelly O'Keefe Mrs. Erin Carney
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## *Notables*

Connections with the Massachusetts Best Buddies Association and other local town chapters volunteer opportunities.

# Bio Stem & Environmental Club

BioSTEM Club explores topics in science, technology, engineering and mathematics as related to biology such as biotechnology, environmental science, engineering, and health disciplines.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings occur approximately two times per week.

## *Is there a participant fee?*

No fee!

Advisor:

Dr. James Carey

Mr. David Kitchen

## *Notables*

We are reviving this club in 2016! We hope to first begin a better recycling effort at NHS.

# Book Club

Book Club meets monthly six or seven times in a school year for approximately one hour in the library after school. Avid readers are given the opportunity to select and read a common young adult or adult book and informally discuss it at the meeting. Reading copies are provided from the library collection and are later available to the school community.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Once monthly

## *Is there a participant fee?*

\$20 activity fee is required.

Advisor:

Mrs. Jennifer Pratt

## *Notables*

See the books we've already read by going to Norwell High School Library Book Club on the NHS website.

# *Chemistry Club*

A club dedicated to the exploration of chemistry.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Weekly

## *Is there a participant fee?*

No fee.

Advisor: Dr. James Carey
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## *Notables*

A new club established during the 2017-18 school year!

# *The Clip Notes*

The Norwell High ClipNotes are a co-ed cap-pella group comprised of approximately twelve to fifteen voices. The goals of the group are to work together to learn vocal arrangements, including traditional, holiday, and pop songs, to create a diverse musical repertoire. The group performs at many events both at the school and out in the community, including pop songs at school Coffee Houses, the National Anthem at sporting events, and carols during the holiday season.

## *Who can join?*

Any high school student in good standing may audition.  
(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Weekly rehearsals, including approximately two afternoons per-month and two evenings per month.  
Performances take place on some evenings and weekends.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisor: Ms. Marianne McElwee
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## *Notables*

- Singing the National Anthem at school and community events, including the Celtics.
- Performing for the Norwell Christmas Tree Lighting Ceremony
- Traveling to Tufts University to rehearse with and see a collegiate a cappella group perform
- Performing for elementary and middle school students

# *Clipper Kindness Coalition*

Formally the Diversity Club

The goal of Diversity is to provide students with opportunities to discuss and promote awareness and acceptance of diversity within the school community. The club sponsors school-wide events designed to encourage an atmosphere of respect and tolerance.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings occur approximately two times per month.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisors:

Ms. Meaghan

Dempster

Ms. Alexandra

Sladky

## *Notables*

ADL Peer Leadership  
Program

ADL Youth Congress

# *Creative Writing Club*

The Creative Writing Club brings together students that love to write and/or appreciate the art of writing. Create and share your work. Listen to and read the work of your peers.

## *Who can join?*

Any high school student in good standing  
(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Weekly meetings

## *Is there a participant fee?*

No!

Advisor: Mrs. Judy Browne
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## *Notables*

This club is a creative and supportive environment that celebrates the creative work of students.

# *Film Club*

This group's primary objective is to bring film lovers together to discuss film, film writing, and the craft of making a movie.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings occur approximately two times per month.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisors: Mr. Craig Belmore Dr. James Carey
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## *Notables*

Stanley Kubrick  
Martin Scorsese  
Alfred Hitchcock  
Steven Spielberg

# *Global Citizenship Program*

The Global Citizenship Program (GCP) promotes global competence, a key 21st century skill, in Norwell High School students. Through interdisciplinary academic study, community service and potential international travel, participants increase their global awareness, heighten their appreciation of diversity, and enlarge their capacity to work and contribute in an increasingly interconnected world.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings occur 2-4 times per month.

## *Is there a participant fee?*

No fee

Advisors:  
Ms. Kelly Adams

## *Notables*

Started in the 2017-18  
school year!

# *Halyard Literary Magazine*

The Halyard is the school's literary magazine, which proudly displays some of the school's best written and visual art pieces. Every year the club produces one magazine which is submitted to the NESPA Publication Awards. Students are taught how to produce the magazine.

## *Who can join?*

Any high school student may submit written or artistic work for possible inclusion in the magazine.

## *What is the time commitment?*

Meetings are sporadic throughout the year, with the bulk happening in winter/early spring to put the magazine together.

## *Is there a participant fee?*

\$20 activity fee is required to be a staff member.

Advisor: TBD
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## *Notables*

Numerous First Place awards from the NESPA Publication Awards.

# *Investment Club*

The purpose of the Investment Club is to introduce students to stocks, bonds, mutual funds, branding, and various other ways you can invest your money so it is working for you. The students will participate in the nationwide Stock Market Game where they can compete against students all over the country through their investment decisions via the game.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

One to two meetings per month.

## *Is there a participant fee?*

No!

Advisor: Mrs. Kylie Calzone
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## *Notables*

Members spend meetings preparing to play the nationwide Stock Market Game.

# *Junior Statesmen of America (JSA)*

The mission of the Junior State of America and the Junior Statesmen Foundation is to strengthen American democracy by educating and preparing high school students for lifelong involvement and responsible leadership in a democratic society.

## *Who can join?*

Any high school student in good standing who enjoys politics or a good argument!

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Weekly

## *Is there a participant fee?*

\$50 activity fee is required

Advisor: Mr. Bryan Bechtel
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## *Notables*

The Norwell Chapter of JSA has two big field trips a year: Fall State and Winter Congress in Washington DC.

# *Latin Club*

The Latin Club seeks to promote the study of Latin and interest in the Classical World through a variety of events and activities.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings occur approximately two times per month.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisor:  
Mr. Jim Whelton

## *Notables*

Saturnalia

Labello

Latin Fest



# *Math Team*

This is an activity for math lovers who enjoy an intellectual challenge! Students work together, gain instruction, enhance their understanding, and practice solving challenging math problems in a friendly and supportive environment. We look at problems from previous years' math meets and prepare for competitions. Each meet has prescribed topics that we specifically prepare.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Once every week from 2:40-3:20  
throughout the competition season.  
(Sept-Feb)

## *Is there a participant fee?*

\$20 activity fee is required

## *Notables*

There are 4 regular season meets held on the first Thursday of the month (Nov-Feb). Winning teams may compete in more meets.

Advisor: TBD
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# *Medical Careers Club*

The Medical Careers Club gives students the opportunity to learn about many different careers related to the medical field.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings occur approximately once a week.

## *Is there a participant fee?*

No fee!

Advisor:  
Mr. David Kitchen

## *Notables*

Guest Speakers

Discussions about colleges

Volunteer Opportunities

# *Mock Trial Team*

The Mock Trial Team participates in the statewide Massachusetts Bar Association mock trial tournament. The goal of the program is to teach students about courtroom procedures and what is involved in criminal and civil legal cases.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

The team meets at least one a week in November, and them at least twice a week in December and January. Occassional evenings.

## *Is there a participant fee?*

\$50 activity fee is required

Advisor: Mr. John Goniatis
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## *Notables*

Case material is provided by the MBA.

At least three competitive mock trials are conducted against other schools.

# *National Honor Society*

The National Honor Society (NHS) is the nation's premier organization established to recognize outstanding high school students. More than just an honor roll, NHS serves to honor those students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character. These characteristics have been associated with membership in the organization since its inception in 1921.

## *Who can join?*

Any junior with at least a 3.5 GPA after first semester is eligible to partake in the candidate review process.

## *What is the time commitment?*

One meeting every month plus service related hours.

## *Is there a participant fee?*

No!

## *Notables*

GPA eligible students complete a Candidate Form, then a Faculty Review Council determines, based on Character, Leadership and Service, whether the candidate is invited for induction.

Advisor: Mrs. Katherine Steen
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# *Norwell Navigator Newspaper*

The goal of the NHS Navigator is to serve as the online newspaper for the school.

Navigator staff produce articles that keep students and the community informed about a wide array of topics, including student life, sports, and news. Students engage in a variety of tasks involved in the production of this online media.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings weekly.

## *Is there a participant fee?*

\$20 activity fee is required

## *Notables*

Advisors: Mr. Walter Lang
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Students from all grades with writing, layout, tech, or photography skills are encouraged to join. There is something for everyone in the Navigator!

# *Norwell Volunteer Corps*

The NVC goal is to educate, inspire and create access to community service initiatives so students may develop college, career and leadership skills, and foster a lifelong passion for community service.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Two meetings per month; officers may meet more often.

## *Is there a participant fee?*

No!

## *Notables*

Advisor:  
Ms. Ashley  
Blumberg

Food Pantry  
YMCA projects  
Road races  
Council on Aging  
– technology seminars

# *Peer Education*

The Advisory Program is a unique program that brings upperclassmen mentors together with underclassmen. The goal of the program is to create an open learning environment where ultimately all students feel comfortable and supported.

Peer educators are substance free students who present lessons in Social Health Education to 4th & 5th graders and serve as advisory leaders in 9th and 10th grade advisories. They answer questions about growing up, peer pressure, academic stressors and life in general as a high school student.

## *Who can join?*

Any junior or senior in good standing may apply.  
(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings and trainings are held after school, during school, and one evening per year.

## *Is there a participant fee?*

No!

## *Notables*

Advisors:

Mrs. Amy Greene

Mrs. Rebecca Prescott

Ms. Meaghan

Dempster

-Freshmen Advisory Kick Off Day in September;  
-5th Grade Health Advisory Night (spring);  
-9th and 10th grade home-room leaders

# *Pep Band*

The Pep Band's aim is to provide music for Fall football games and pep rallies. This band provides students an opportunity to perform and to support the school community.

## *Who can join?*

Any high school student in good standing who reads music and plays a common band instrument.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

All home football games, and 1-2 pre-season rehearsals.

## *Is there a participant fee?*

No!

## *Notables*

Advisor:  
Mr. John O'Briant

Perform at:

- Pep rallies
- Football games
- Community events

# *Robotics*

Our goal is to create a team of students who can collectively build and program a robot. We fund-raise to support the costs of building our robot and to defray the cost of going to competitions. Our team participates in competitions around the country, against teams from around the world.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

We meet every Tuesday during the offseason, and every day during the build season.

## *Is there a participant fee?*

\$50 activity fee is required

Advisor: Mr. Ross Kowalski
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## *Notables*

World Finalist in 2008  
Many other engineering awards.

# *Spanish Club*

The Spanish Club seeks to promote the study of Spanish and interest in the Spanish culture through a variety of events and activities.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Meetings 2-4 times per month.

## *Is there a participant fee?*

No fee!

Advisor: Ms. Kelly Adams
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## *Notables*

A new club established during the 2017-18 school year!

# *SADD* Students Against Destructive Decisions

The purpose of SADD is to provide students with the best prevention tools possible to deal with the issues of underage drinking, other drug use, impaired driving and other destructive decisions. SADD is an inclusive organization and aims to inform, educate, support and empower young people to make positive decisions.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

One meeting per month.

## *Is there a participant fee?*

\$20 activity fee is required.

Advisors:

Mrs. Kristen

Maniscalco

& Officer Phelps

## *Notables*

Members are asked to sign a promise to avoid destructive actions.

# *Theater Fourth Wall Players*

The NHS theater program, the Fourth Wall Players, (4WP), exists to nurture and develop students' skills and provide them with an opportunity to partake in the theater arts. Students are introduced to a wide range of theatrical works and develop their skills as performers, student directors, designers, and technical theater craftsmen. In particular, they learn teamwork as part of an ensemble.

## *Who can join?*

Any high school student in good standing may try out.  
(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

Daily after school during each production season; some evenings and weekends when in production.

## *Is there a participant fee?*

\$50 activity fee per season is required

Advisors:

Mr. Christopher Lacy

Assistant Advisor:

Mr. Ross Kowalski

## *Notables*

Three major productions per year; one musical, one drama, one Drama Festival performance.

# *Yearbook Production*

The yearbook is a blank book with zero pages when we begin the process. The yearbook committee is responsible for designing the book, creating the pages, and meeting four specific deadlines and due dates throughout the academic school year resulting in a final product that is ready for distribution in May. On average we have 10-20 members who are responsible for creating a 200 page publication with sales of over 300 copies.

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

The club meets consistently from August through June, typically one night a week, and one full Saturday a month, trying to work around members' schedules. We log between 10-20 hours per month.

## *Is there a participant fee?*

No!

## *Notables*

Advisors:

Ms. Arianne Lozan

Ms. Jennifer Schad

Photography skills and/or familiarity with photoshop, adobe and digital software are helpful, but not required. Enthusiasm is key!

# *Student Government*

Student Government is the backbone of student life at Norwell High School. We are one of the largest clubs in the high school and plan many of the events that take place throughout the year! From planning pep rallies to organizing spirit weeks to orchestrating fundraisers to helping students develop their leadership skills, we do it all!

## *Who can join?*

Any high school student in good standing.

(see Student/Parent Handbook for definition of good standing.)

## *What is the time commitment?*

At least one Wednesday night meeting a month in addition to activities.

## *Is there a participant fee?*

No!

## *Notables*

Advisors:

Mrs. Brenda

Barrientos

Mrs. Tara Plassmann

Promote school spirit and student leadership by facilitating student planning of school events, fundraisers, and community service activities.

# *Student Government Senior Class*

The Senior Class Government is entrusted with the role of independently working to create a cohesive class identity, and interdependently working under the larger umbrella of Student Government to foster leadership and creativity, promote school spirit and service, and devise fundraising opportunities to benefit the grade, the school and/or the community.

## *Who can join?*

Elected Seniors and delegates.

## *What is the time commitment?*

One evening meeting per month with Student Government and at least one other class meeting per month is standard, however depending on the complexity of the event, there may be multiple meeting times the week(s) before an event or fundraiser.

## *Is there a participant fee?*

No!

## *Notables*

Advisors:  
Mr. John Goniatis  
& Ms. Marianne  
McElwee

Any and all seniors interested in offering their efforts and creativity to promote a unique and positive year are strongly encouraged to share their talents and become involved.

# *Student Government Junior Class*

The Junior Class Government is entrusted with the role of independently working to create a cohesive class identity, and interdependently working under the larger umbrella of Student Government to foster leadership and creativity, promote school spirit and service, and devise fundraising opportunities to benefit the grade, the school and/or the community.

## *Who can join?*

Elected Junior and delegates.

## *What is the time commitment?*

One evening meeting per month with Student Government and at least one other class meeting per month in addition to activities.

## *Is there a participant fee?*

No!

## *Notables*

Advisors:

Mr. Dave Benedict

Ms. Megan

Anderson

Junior/Senior Prom

Norwell Idol

Spirit Week Activities

Open to New and Creative

Ideas

# *Student Government Sophomore Class*

The Sophomore Class Government is entrusted with the role of independently working to create a cohesive class identity, and interdependently working under the larger umbrella of Student Government to foster leadership and creativity, promote school spirit and service, and devise fundraising opportunities to benefit the grade, the school and/or the community.

## *Who can join?*

Elected Sophomore and delegates.

## *What is the time commitment?*

One evening meeting per month with Student Government and at least one other class meeting per month in addition to activities.

## *Is there a participant fee?*

No!

## *Notables*

Advisor:  
TBD

Movie Nights  
Bake Sales  
Road Races  
Volunteering  
Dances

# *Student Government Freshman Class*

The Freshman Class Government is entrusted with the role of independently working to create a cohesive class identity, and interdependently working under the larger umbrella of Student Government to foster leadership and creativity, promote school spirit and service, and devise fundraising opportunities to benefit the grade, the school and/or the community.

## *Who can join?*

Elected Freshman and delegates.

## *What is the time commitment?*

One evening meeting per month with Student Government and at least one other class meeting per month in addition to activities.

## *Is there a participant fee?*

No!

## *Notables*

Advisor:

Mrs. Judith

Field-McGloin

Movie Nights

Volunteering

3 v. 3 Tournaments

New Ideas

# *Participation*

Students interested in participating in a co-curricular activity must fill out a Club and Activity Clearance form. The form requires signatures from the student, the parent, the club advisor and an administrator.

Club and Activity Clearance forms may be found on the school website, [www.norwellschools.org](http://www.norwellschools.org), by clicking on Norwell High School, then the activities tab at the top of the page.

## *Thank You*

The Norwell High School Administrative Team is grateful for the commitment of our club advisors who help foster a culture of student engagement and leadership.

We also extend our appreciation to the Parent Teacher Organization for their support of our school's activities as well as their contribution toward funding this co-curricular guide.

*Norwell High School* strives to actively engage students in a creative and challenging learning environment that inspires an inclusive atmosphere of integrity, mutual respect, and global awareness and prepares students for academic and social success.