

Student Activities Handbook

2020 - 2021



North Kingstown High School

150 Fairway Drive

North Kingstown, RI 02852

This handbook outlines the extra-curricular activities available to students at North Kingstown High School for the 2020-2021 academic year. Some of the club or activity advisors listed may change during the course of the year and will be updated on electronic versions on our school website.

In accordance with the School Committee, all students participating in clubs, activities and athletics, and their parent/guardian must sign the Chemical Health Policy indicating that they have read and understand the policy. In addition, the high school administrative staff requires students and their parents to sign that they have read and understand information in the NKHS Student Handbook. Students may not participate in sports or activities until these signatures are on file either in paper form or electronically on the FamilyID account discussed below.

To sign up for extra-curricular activities an account should be opened (at no charge) on the website:

If you have any questions about the extracurricular activities, or need help with registration, please contact:

For athletics:

Mr. Christopher Cobain, Athletic Director

Christopher_Cobain@nksd.net

401-268-6281

Most of the clubs listed in the handbook are on pause for this year. We hope they will resume when we return to normal.

Academic Decathlon

The Academic Decathlon is a team competition wherein students match their intellects with students from other schools on a pre-established theme which varies each year. Students are tested in 10 categories: Art, Economics, Science, Interview, Language & Literature, Mathematics, Music, Science, Social Science and Speech.

The Academic Decathlon is a ten-event scholastic competition for teams of high school students. Each high school enters a team of nine students: 3 "A" or Honor students, 3 "B" or Scholastic students, and 3 "C" or Varsity students.

We may also have to opportunity to compete on High School Quiz Show: Rhode Island, which provides with greater academic diversity.

Advisor: Mr. Fronce – Room 328 and Mr. Doran – Room 331

Art Club

Monday & Tuesdays 2:00-3:00 PM

Art Club is for all existing Visual Arts students as well as for those students who can not fit a Visual Arts class into their already busy class schedules. This club is for all students who wish to continue to create once the end of the day bells ring. Activities include fundraising and fostering awareness of the Visual Arts. It is designed for solely independent work opportunities. It is here where students are encouraged to experiment with media and techniques while providing the freedom to refine observational skills, as well as dabble in abstraction, surrealism, dada, impressionism, etc. It is a place where creativity can flow, students can learn from one another, meet new peers, and get connected!

Advisor: Janice Strain, 133

Baking Club

Baking club meets every other Tuesday after school in room 107. It is open to all. We work in groups to make cookies, muffins, bars or cupcakes. It goes from 2:00 until 3:30. You can come to every meeting or to just a few but you must arrive by 2:00 to participate.

Advisor: Ms. Hammersley-Room 107

Class Council

Class council is open to all students who have the time commitment necessary to fulfill their obligations to the club. Members will meet to help plan school-wide events like dances, proms, spirit week, homecoming activities, fundraising and more. Each class will vote on student leaders to hold the positions of president, vice president, secretary, and treasurer. These students, along with other subcommittees, will help in the planning and implementation of school-wide events with the sole purpose and intention of including all students. If you would like your voice heard on the events that take place in our school this is the club for you!

Advisor: Mr. Albernaz, room 117, Mr. Czabonowski

NK Buddies

NKHS Buddies is a school-wide social club that meets at least once a month for fun with friends. Each Buddy will be matched with two or three of his own Peer Partners, but all members socialize as a group at gatherings. These gatherings include events such as Board Game Days, Arts and Crafts Day, the Variety Show, Unified Basketball Games, and visits to Gregg's Restaurants and Wilson Park.

There is no fee to join Best Buddies; the only expenses for students are money for food when applicable. Members need to arrange rides home with their parents and to and from any gathering that is held outside of school.

Advisors: Mr. Fanning –Room 301 and Mrs. Graham –Room 304

DECA Business Club

NK's DECA Business Club (one of several DECA chapters chartered in the State of Rhode Island) is open to all North Kingstown students in grades 9 – 12 who are interested in business as either a career, a college major or minor, or for those students who are looking to groom their entrepreneurial and industry leadership skills for a future in any career discipline. As a DECA chapter, the club prepares for competitions in numerous authentic, experiential activities, some of which can result in scholarships and preferred placement opportunities in college and career. DECA is an international organization of young entrepreneurs and business professionals with membership in excess of 21,000 students.

Established as a DECA chapter in 2015, NK's DECA Business Club members participate in venues at both state and national levels, grooming students to become emerging leaders and entrepreneurs in disciplines within industries such as entrepreneurship, marketing, finance, sports management, travel and transportation, hospitality and tourism, and general business management and administration. DECA chapters also exist in colleges and universities offering high school students continued membership and access to partnerships with business sponsors.

Each year the DECA Business Club prepares and participates in DECA's regional conferences and competitions, and other competitive events, - all culminating in invitations to DECA's International Career Conference where members compete for scholarships and awards on the world-wide stage. The international conferences are held in Anaheim, California, Orlando, Florida, Nashville, Tennessee, and Atlanta, Georgia on a rotational basis and serve as a life changing experience for NK students. The club also competes with schools across Rhode Island in both the state-wide stock market game and the RI Jump\$tart Coalition's Financial Literacy and Economics competitions where it continues to score amongst the highest in the state. .

Advisor: Mr. Garland – Room 218

Computer Club

The Computer Club is open to any North Kingstown student in grades 9 – 12 interested in learning more about computer programming, Cyber Security, and/or computer functionality. Offered for the first time this year, we will be participating in Cyber Patriot. This is a National Youth Cyber Defense Competition, which puts teams of high school students in the position of newly hired IT professionals tasked with managing the network of a small company. Through a series of online competition rounds, teams are given a set of virtual operating systems and are tasked with finding and fixing cyber security vulnerabilities while maintaining critical services.

If there is enough interest, we will also compete in the ACSL competition. Last year, our team won first place in RI in the intermediate programming division. We would also like to field a girls' team for the Technovation Challenge where teams build apps and a business plan and compete for scholarships.

This club is a fun way to help build practical skills in computing. A major benefit of joining the club is it provides an open environment for peers having similar interests and intentions, creating a body of knowledge where learning is shared, and expertise is organically developed in an environment that is open and fun. We meet once a week after school.

Advisor: Ms. Valente, 216

Current Wave

Our school newspaper produces student work that is published on a regular schedule. Students assume an active role in journalism, layout and design as well as production.

Advisor-

Drama Club

The Drama Club is open to all students in all grades who have an interest in theatre - either on stage or behind the scenes. The club offers two performances, one in the fall and one in the spring. The fall play has auditions during the second week of school. Student will have the opportunity to learn stage craft while assisting in designing and building costumes and sets. The Spring production holds workshops in different aspects of theatre, and performs various other one-act and skits throughout the year. During the full-length production, a four to five day per week commitment is required.

Advisor: Mrs. Caiazza

Explorers' Club

The Explorers Club is an outdoors oriented club that seeks to provide opportunities to students interested in outdoor recreation. The club meets weekly and goes on monthly outings. Meetings are held to organize, advertise, and implement trips. Outings include, but are not limited to: hiking, rock climbing, canoeing, kayaking, whitewater rafting, geocaching, and camping. Meetings are held Tuesdays after school in room 231. All students are welcome to join. If you cannot make Tuesday meetings you can still follow the club's activities by joining our Google Classroom using the code ww0kwr.

Advisors: Mr. Daneau – Room, 231 Mr. Bruneau – Room 329, Ms Sliwowski-Room 327

French International Club

The French International Club brings together people who are interested in what is happening outside of the borders of the United States. The club meets every other Thursday in room 206. Students talk about cultures, languages, food, relatives, and experiences that they and their friends have had. We had a guest speaker from Switzerland, Listened to music from France and watched videos on various international themes.. All students are welcome. Students do not need to be in a world language class to participate. French International Club is small, informal and a good way to meet new people.

Advisor: Ms. Jones - Room 206

SAGA

“SAGA, Sexuality and Gender Awareness”, is a group of students who are dedicated to reducing homophobia, creating an atmosphere of acceptance, and fostering an environment that is safe for people of all sexual orientations and gender identities. All LGBTQ + students and allies are welcome. The club meets twice a month and is involved with many activities, both social and events that heighten awareness within the NKHS community.

Advisors: Mr. taber and Ms. Lawrence-Room 310

German Club

The German Club meets every other Thursday after school in room 209 to celebrate and enjoy all things German. In October, the German Club will welcome a guest speaker from former East Germany to talk about her life growing up in a divided Berlin. In December, we host our annual Gingerbread House decorating contest. Other favorite events include hosting an International Kaffeeklatsch when we socialize together with all of our school's international students.

This year we will also be raising funds for our three-week visit to our partner school in June-July, 2019, which is a for-credit program called the German-American Partnership Program (GAPP), and is partially sponsored by the Goethe-Institut in New York City.

The Elected Officers and Board of Directors determine the actual schedule, including movie nights, tutoring, and our field trips and excursions.

Advisor: Mr. Zaharen

Community Service Club

The North Kingstown High School Community Service Club is composed of a diverse group of students from all academic levels and all grades. Meetings for the club take place primarily on a monthly basis. The goals of the club are to promote community service among high school students, thereby increasing self-esteem, self-discovery, brotherhood and a sense of belonging to a school community. Volunteering is a great way to make a difference in your community, discover a new interest, explore a possible career, make friends and have fun. Furthermore, social responsibility is an important part of your high school resume.

Advisor: Ms. Cindy Zito-Room 230

Leadership Academy

Have you, through your words and actions, demonstrated that you have the qualities it takes to be a leader? The Leadership Academy offers you an opportunity to refine your leadership potential, as well as maximize your contribution to your team or activity and the overall school environment. The Leadership Academy teaches students how to set achievable goals, facilitate meetings and communicate more effectively with their peers, staff and family. Students are then asked to share their leadership skills with their school community. The goal for students is to create a peaceful and respectful learning and social environment at North Kingstown High School that is safe, inclusive, and accepting regardless of differences.

Applications are available in early April for the following school year. The application process includes an application, two recommendations and a presentation. All students selected must attend meetings scheduled in August in order to prepare for freshmen orientation. . Students must also **commit** to facilitating freshmen orientation (late August), open house (late September/early October), 8th grade student/parent open house(February), post high school planning night(March).

Advisor: Ms. Maguire, Ms. Graham, Ms. Nowlan - Gym 1

Math League

The Math League is one of about 40 teams that compete in the Rhode Island Math League. We are in a division with South Kingstown, Prout, Narragansett, and Westerly. Our team practices every Wednesday from September through March, and we have four competitions a year--one each at 4 of the 5 schools in our division. These meets also take place on Wednesdays, from about 2:15 until 6:00. Topics tested range from number theory/arithmetic through trigonometry. All are welcome to join.

Advisor: Mrs. Kosiver - Room 215

Mock-Trial

"Since the inception of the Mock Trial Tournament, Rhode Island students have been provided a uniquely exciting educational experience where they assume the roles of attorneys and witnesses to try a hypothetical case provided by the Rhode Island Legal / Educational Partnership. Student teams guided by lawyer and teacher coaches present their cases before members of the judiciary in courtrooms throughout the state; and attorneys acting as performance judges score the proceedings."

Advisor: Mr. Albernaz –Room 117

Music

Band, Orchestra and Chorus meet during the school day. Here are extra performance opportunities offered before and after school.

- Junior Jazz – offered to musicians who can read music and would like to play in a jazz ensemble. Meets before school at 6:30 AM on Mondays and Wednesdays. Performances required.
- Senior Jazz – by audition only. Meets three times a week before school at 6:30 AM. Many performances and rehearsals required.
- Clarinet Quartet, Flute Quartet, Brass Ensemble – student formed and lead. Rehearsal times TBA before or after school.
- Music Department Musical – parts are auditioned, pit orchestra selected, artistic students help with scenery, props, lighting, ticket sales, stage manager, etc.
- Percussion Ensemble - meets Tuesdays after school. Must be able to read music.

Band – Mrs. Silviera

Chorus and Orchestra – Mrs. Caiazza

National Honor Society

The North Kingstown High School Chapter of the National Honor Society includes students in eleventh and twelfth grades who meet national and school criteria for excellence, both academically and personally. NHS sponsors peer tutoring, other community service activities, and seeks opportunities to lead through example. Members are selected by a committee that reviews applications in October. Interested students can read the student handbook for specific qualifications. This organization is based on eligibility.

Advisors: Mrs. Graham – Gym A and Mrs. Toro-Guidance

North Communications Club

The North Communications Club is dedicated to the production of student-generated programs which will be broadcast on NKHS Channels, Verizon Channel 37 & Cox Channel 18. Students will be involved in learning the fundamentals of writing and producing prerecorded and live programs. Knowledge of video cameras and Final Cut Pro & Adobe Premiere (Computer Software) is necessary. Programs will be produced on and off site after school by Communications 3 students. (EX. Homecoming & Graduation)

Advisor: Mr. Thomas – Room 114

Photo Club

The Photo Club is dedicated to helping students improve their photography skills through the use of digital cameras. Students will use their skills to photograph real time events like sports photography, night time photography, and landscape photography to name a few. Knowledge of DSLR cameras is not necessary, but owning your own DSLR camera is.

Advisor-Mr. Silveira-Room 145

Project Close-Up

Project Close-Up is a non-profit organization formed in 1971 that exists to educate and inspire young people to participate in democracy. Project Close Up offers students a hands-on study of our nation's government. Each spring Close Up participants travel to Washington, D.C. for one week where they meet with high school students from all over the country. Project Close Up consists of interactive discussions, workshops, sightseeing and personal meetings with our State Senators and Representatives to discuss issues of our state. Project Close Up is held in the spring of each year and is open to students in Grades 10, 11 and 12.

Advisor: Mr. Mooney - Room 326

Rhode Island Blood Center Ambassadors

Be a part of the student group that organizes and promotes one of our four blood drives per year. Students meet before school several times a quarter to brainstorm ideas to get students interested in blood donation. NKHS is a leader in the state and yearly is honored at the High School Heroes Program. Ambassadors don't have to donate blood to be part of the organization. Help NKHS continue its tradition of saving lives by supporting the Rhode Island Blood Center.

Advisor: Mrs. Sweet, Student Services Office, Ms. Maguire, Gym 1

Robotics Club

The Robotics Club is an afterschool club where students who are interested in the principles of engineering and computer programming meet to design and build a working robot for the purpose in competing in the annual State FIRST Tech Challenge competition in February. This competition is one where the students program and "drive" their robot using remote controls to compete against other schools in a point based game. This competition is also the next

progression for those students who have had experience in the FIRST Lego League competition at the middle school level. The club meets Tuesdays, Wednesdays, and Thursdays from 2:00 - 4:15 and every other Saturday from 9:00 - 1:00 starting in September and continuing through the State Competition in February. Teams may travel out of state to compete at other competitions, which could extend the meetings into May.

Advisor: Mr. Powell, Ms. Shields – Room 142

Strength and Conditioning

Our program is designed to provide students and athletes self-confidence and a competitive edge by focusing on an entire athletic base. The main goal of the program is to build an entire athlete; strength, flexibility balance, coordination and also focus on injury prevention. By focusing on these, student athletes will build self-confidence which will help them unleash their potential. Appropriate training techniques, loads will be enforced throughout the program(based on age and ability).

Non Athletes Welcome (does not matter if you do not play a sport). The program will runs all year: Monday-Friday after school 1:45- 4:30. Drop in as long or as little as desired.

Advisor: Coach Shabo, Weight Room

Student Union

The Student Government is an established student union consisting of all four classes at the high school. The purpose of the student government is to establish an official line of communication between the student body and school's administration and faculty. Here the student body can express and act upon a wide range of student concerns, issues and grievances experienced within our school community. The Student Government is open to all NKHS students.

Advisor: Mr. Mooney - Room 326

Technology Student Association (TSA)

This organization is for students who are interested in pursuing careers in the technology, design, and engineering fields. Students will become members of this national organization and will compete in state level competitions, with the possibility of advancing to the national level competition held in June. Meeting Dates TBA

Advisor: Mr Powell - Room 142

VAASA

Varsity Athletes Above Substance Abuse is a peer leadership program in which high school varsity athletes pledge to remain alcohol and drug free. This fun group of amazing athletes are selected show leadership, presentation skills and creativity. The student- athletes are trained to address 8th grade students as positive role models and continue to send prevention messages about substances at the high school. Varsity Athletes must go through an application which takes place in the Spring that includes recommendations from coaches, teachers and/or supervisors and an interview process in order to be accepted. The club meets the first Friday morning of every month and attends a state-wide conference. The student-athletes gain knowledge, support, friendships and leadership skills.

Advisor: Mrs. Finlay, Student Assistance Counselor- Rm. 252 /Meetings in Rm. 110

INTERSCHOLASTIC SPORTS

FALL SPORTS

Football (Varsity, JV, Freshman)
Football Cheerleading
Girls Cross Country (Varsity, JV)
Girls Volleyball (Varsity, JV)
Girls Field Hockey (Varsity, JV)
Girls Soccer (Varsity, JV)
Girls Tennis (Varsity, JV)
Unified Volleyball Co-Ed
Girls Volleyball (Varsity, JV)

WINTER SPORTS

Boys Basketball (Varsity, JV, Freshman)
Girls Basketball (Varsity, JV)
Wrestling (Varsity, JV)
Gymnastics (Varsity, JV)
Boys Indoor Track (Varsity, JV)
Girls Indoor Track (Varsity, JV)
Co-op Girls Ice Hockey (Varsity)

Boys Ice Hockey (Varsity, JV)
Boys Swimming (Varsity, JV)
Girls Swimming (Varsity, JV)

SPRING SPORTS

Boys Baseball (Varsity, JV)
Girls Softball (Varsity, JV)
Boys Volleyball (Varsity, JV)
Boys Tennis (Varsity, JV)
Co-ed Golf (Varsity, JV)
Boys Track & Field (Varsity, JV)
Girls Track & Field (Varsity, JV)
Boys Lacrosse (Varsity, JV)
Girls Lacrosse (Varsity, JV)
Co-ed Sailing (Varsity, JV)
Unified Basketball (Varsity, JV)

*Watch the announcements for information regarding the tryout dates for each season.
Online registration, complete physical within 15 months, RIIL Assumption of Risk and good academic standing (or something like that) required for participation in all interscholastic sports.