

EXTRACURRICULAR PROGRAMS

The goals of our middle school extracurricular programs are as follows:

1. Build self--esteem
2. Build skills
3. Expand interest in lifetime and leisure activities
4. Provide an opportunity for social and personal growth
5. Encourage and allow all participants an opportunity to participate
6. Enjoy team camaraderie
7. Allow participants to experience commitment and establish a work ethic
8. Develop an understanding of the game/activity and associated rules
9. Sportsmanship
10. Fitness

DRAMA CLUB: Spring Musical (mid Jan - early April); Auditions held; rehearsals scheduled 3-5 days/wk after school. Weekend performances. April 3-5

Advisor-- Lisa Boucher Hartman lboucherhartman@capeelizabethschools.org

MS VARIETY SHOW - Open to all 5th through 8th grade students. First meeting in late December. Rehearsals are daily after school in early January leading up to 2 performances in mid-January. Advisor - Steve Price (sprice@capeelizabethschools.org)

7th GRADE JAZZ BAND: is a co-curricular ensemble that is open to interested seventh grade concert band members. This performance based class will introduce classic jazz tunes and basic improvisational skills.* Informal performances may take place in the spring. Meets Thursday mornings at 6:55am starting in late October. Advisor-- Caitlin Ramsey
*Students interested in playing rhythm section instruments will need to audition as there are limited spots for those instruments

8th GRADE JAZZ BAND: is a co-curricular performance ensemble for eighth grade concert band members.* The jazz band will perform for the school and at the annual Jazz Cabaret. Meets Tuesday mornings at 6:55am starting in late October. Advisor-- Caitlin Ramsey (cramsey@capeelizabethschools.org).

*Students interested in playing rhythm section instruments will need to audition as there are limited spots for those instruments.

MATH TEAM: The 5th/6th grade math team will attend 4 meets this year. Practices will be held during grade level recess in Ms. Caruso's classroom starting November 4th. A schedule for the year will be distributed at the first meeting. Advisor: Allison Caruso (acaruso@capeelizabethschools.org)

The 7th/8th grade math team will attend 4 meets this year. Practices will be held after school in Mr. Killip's classroom starting in November. Advisor: Adam Killip (akillip@capeelizabethschools.org)

YEARBOOK – 5th--8th grade. Meeting are to be determined Oct.–April. Students are involved in all aspects of yearbook production. Advisor: Jack Duffy (jduffy@capeelizabethschools.org)

STUDENT COUNCIL: 5th -8th grade. Elections are held in October with meetings held Wednesday morning at 7:15 a.m. in Ms. Caruso's room throughout the year. Advisor -- Allison Caruso (acaruso@capeelizabethschools.org)

CIVIL RIGHTS TEAM: Grades 6, 7, and 8. The CEMS Civil Rights Team gets our school thinking and talking about issues related to bias, especially bias based on race or skin color, ethnicity or national origin, disabilities, religion, gender (including gender identity and expression) and sexual orientation. Advisors: Stephanie Royal (sroyal@capeelizabethschools.org) and Jonathan Werner (jwerner@capeelizabethschools.org).

PEER HELPER PROGRAM: Grade 7-8. Peer Helpers work in pairs to support younger students with their connection to school. They will meet weekly at lunch with their peer to play a game or do an activity. Helpers receive training on confidentiality, countering stereotypes and being a positive role model. The program will begin in October. Advisor: Kim Sturgeon (ksturgeon@capeelizabethschools.org)

XCODE CLUB:

The Club is open to boys and girls in grades 6 through 8. Fifth grade boys and girls may join during the third trimester of the school year. Each group meets before school, 7 am, one day a week October through May. Members will learn to code using Apple's XCode integrated development environment or using SNAP!'s block-based environment. Students proceed at their own pace. Those that select XCode will be using tutorials to build pre-designed projects. With SNAP! students will do a combinations of following tutorials and using their own creativity to build apps. The program will begin in October. More information can be found at www.xcodeclub.org

ROBOTICS: Grade 5-6 VEX IQ

This program is offered twice each year. The fall session runs early October until mid-December. The Winter session runs late January to early April. Both sessions meet Tuesdays after school from 2:30 to 4 PM in the high school robotics lab. For more information, email Evan Thayer at ethayer@capeelizabetschools.org.

ROBOTICS: Grade 7-8 VEX EDR

The Grade 7-8 program is part of the overall Grade 7-12 Cape Robotics team. The Robotics team roster is separated into smaller sub-teams. The sub-teams meet during one or more of several weekly "Build Sessions" overseen by coach-volunteers. For more information, contact Evan Thayer at ethayer@capeelizabetschools.org

SPEECH & DEBATE TEAM: 5th –8th grade. The speech and debate teams practice in Mrs. Hawkes room on Friday mornings at 7 a.m. Monthly meets are scheduled Nov--Feb.

Advisor - Alison Hawkes (ahawkes@capeelizabeethschools.org)

ATHLETICS: All sports are for 7th & 8th grade, unless otherwise noted. Students are responsible for signing up at the beginning of each season! Sign up are sent to families/students via email Athletic and Health Director Scott Labbe's office (slabbe@capeelizabetschools.org). Listen to morning announcements for signups and practice times. NOTE: Families must complete the Health History online prior to student being eligible for play. All 7th grade students must also have a Physical Exam or physician's clearance. Most sports hold practices after school with games during the week, although it varies from sport to sport.

FALL SPORTS

Cross Country (6th–8th)
Field Hockey
Football
Boys Soccer
Girls Soccer
Tennis
Golf (club)
Volleyball (club)

WINTER SPORTS

Boys Basketball
Girls Basketball
Indoor Track (6th--8th)
Swimming
Alpine Skiing (club)
Hockey (club)

SPRING SPORTS

Baseball
Boys Lacrosse
Girls Lacrosse
Outdoor Track (6th--8th)
Softball
Ultimate Frisbee (club)

There are many other youth sports and club programs offered through Community Services, listed in seasonal mailings.