

# **DISTRICT 140 ACTIVITIES INFORMATION BOOK**

## **INTRODUCTION**

District 140 Middle Schools offer their 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade students a variety of activities to support the transition from elementary school to the high school level. Our activities serve to bring students special experiences which reach multiple levels in talents and interests! Our goal is to offer opportunities which students hopefully see as exciting and interesting. We strive to build social skills and support many learning skills through our activity programs.

Grissom and Prairie View offer many common activities, which will be outlined in this booklet. Both schools also offer unique clubs, activities or events that cater to their particular school populations, addressing needs or interests within that school year.

Hopefully the information in this booklet will help students and parents recognize and understand the scope of our extra-curricular activities!

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## I. SWIC ACTIVITIES

Both District 140 middle schools are members of the Southwest Interscholastic Conference, or “SWIC.” This Conference hosts twelve south suburban junior high/middle schools in a unified approach to a number of athletic and academic activities. SWIC has an adopted Constitution that governs activity rules or guidelines. When certain athletic guidelines may not apply, SWIC defers to the operational guidelines of the Illinois High School Association (IHSA) for basic direction. SWIC does not govern the eligibility of student participation in each member school in terms of academic standards; that is left to each school to create and enforce. SWIC does apply certain age and grade level restrictions (6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> Grade) to its activities for all member schools to abide by in their team rosters.

This booklet will outline each SWIC activity and explain its scope.  
Current school membership in SWIC involves these schools:

### **District 117**

Conrady Jr. High School  
7950 W. 97<sup>th</sup> Street  
Hickory Hills, IL 60457  
598-5721

### **District 122**

Simmons Middle School  
6450 West 95<sup>th</sup> Street  
Oak Lawn, IL 60453  
599-8540

### **District 124**

Central Middle School  
9400 S. Sawyer Avenue  
Evergreen Park, IL 60805  
424-0148

### **District 135**

Jerling Jr. High School  
8851 West 151<sup>st</sup> Street  
Orland Park, IL 60462  
364-3700

### **District 140**

Grissom Middle School  
17000 S. 80<sup>th</sup> Avenue  
Tinley Park, IL 60477  
429-3030

### **District 146**

Central Middle School  
18146 S. Oak Park Ave  
Tinley Park, IL 60477  
614-4510

### **District 118**

Palos South Middle School  
13100 S. 82<sup>nd</sup> Avenue  
Palos Park, IL 60464  
448-5971

### **District 123**

Oak Lawn Hometown Middle School  
5345 W. 99<sup>th</sup> St.  
Oak Lawn, IL 60453  
499-6400

### **District 135**

Orland Jr. High School  
14855 West Avenue  
Orland Park, IL 60462  
364-4200

### **District 135**

Century Jr. High School  
10801 West 159<sup>th</sup> Street  
Orland Park, IL 60462  
364-3500

### **District 140**

Prairie View Middle School  
8500 W. 175<sup>th</sup> St.  
Tinley Park, IL 60487  
532-8540

### **District 111**

Liberty Junior High School  
5900 W. 81<sup>st</sup> Street  
Burbank, IL. 60459  
952-3255

## **A. SWIC-Sponsored Activities**

The following activities are sponsored by SWIC and described in the SWIC Constitution. Each member school is obliged to participate in each sponsored activity.

- **Cross Country**

This activity is open in membership to all interested 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls and boys. This sport extends from late August until the first week in October. Each member school may create two team squads, usually consisting of 30-40 students at any or all grade levels - 1 boys' team and 1 girls' team. This is a competitive sport within the Conference. Aside from numerous "meets", a season-ending Conference Meet provides for final competition.

- **Girls' 12" Fastpitch Softball**

This activity is open in membership to all interested 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls. This sport extends from late August until the first week in October. Each member school may create one Team, usually consisting of 12-16 girls from any or all of the grade levels. This is a competitive sport within the Conference. Each member school plays another member school one time. A post-season Tournament is also arranged to create additional interest and playing opportunities.

- **Boys' 16" Slowpitch Softball**

This activity is open in membership to all interested 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade Boys. This sport extends from late August until the first week in October. Each member school may create one Team, usually consisting of 12-16 boys from any or all of the grade levels. This is a competitive sport within the Conference. Each member school plays another member school one time. A post-season Tournament is also arranged to create additional interest and playing opportunities.

- **Girls' Basketball**

This activity is open in membership to girls within two grade-level categories: a 6<sup>th</sup>/7<sup>th</sup> Grade Team and an 8<sup>th</sup> Grade Team. This sport extends from early October until mid-December. Each member school may create one Team, at the 6/7<sup>th</sup> Grade level and one Team, at the 8<sup>th</sup> Grade level. This is a competitive sport within the Conference. Each school plays a member school one time within its season. A final, post-season Tournament is arranged to provide final playing opportunities.

- **Boys' Volleyball**

This activity is open in membership to boys within two grade-level categories: a 6<sup>th</sup>/7<sup>th</sup> Grade Team and an 8<sup>th</sup> Grade Team. This sport extends from early October until mid-December. Each member school may create one Team, at the 6/7<sup>th</sup> Grade level and one Team, at the 8<sup>th</sup> Grade level. This is a competitive sport within the Conference. Each school plays a member school one time within its season. A final, post-season Tournament is arranged to provide final playing opportunities.

- **Girls' Volleyball**

This activity is open in membership to girls within two grade-level categories: a 6<sup>th</sup>/7<sup>th</sup> Grade Team and an 8<sup>th</sup> Grade Team. This sport extends from January until mid-March, with try-outs beginning in early December. This is a competitive sport within the Conference. A final series of post-season Tournament games offer these athletes a good opportunity for added playing time and extra competition.

- **Boys' Basketball**

This activity is open in membership to boys within two Grade-level categories: a 6<sup>th</sup>/7<sup>th</sup> Grade Team and an 8<sup>th</sup> Grade Team. This sport extends from January until mid-March, with try-outs beginning in early December. This is a competitive sport within the Conference. A final series of post-season Tournament games offer these athletes a good opportunity for added playing time and extra competition.

- **Mathletes**

This academic activity is open to interested and qualified 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade students. Each member school has one team, usually consisting of 6-10 students in actual competition; sometimes from 12-15 students are initially invited to participate in early forms of Math “meets” as designed by the sponsors. Students in Mathletes must demonstrate higher levels of competency in math reasoning and computational skills. This is a competitive activity in SWIC. The SWIC Mathlete Meet is the final activity in which member schools compete for team and individual honors at a site which rotates each year among member schools.

- **SWIC Speech/Declamation**

The SWIC Speech Team offers 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Graders an opportunity to build public speaking skills in a variety of categories. A school squad might consist of 8-12 students as a core group who work in some intense practices under the Sponsor's instruction. This squad represents the member school at the final SWIC competition which is held in April. Try-outs and practices begin in December or January. Students often perform for their peers in each school or in limited engagements elsewhere. Students earn individual honors and recognition for their performances at the Conference Meet, as well as school placement honors.

- **Track & Field**

This activity is open to girls and boys in grades 6, 7 and 8. Organizational sessions in early April usually fill two basic squads that compete in track events and in field events. This is a competitive activity and one that features a compliment of students in each major division. Coaches arrange various track competitions throughout April and May; the final SWIC Track Meet is held at an area high school on the third Saturday in May. Students can earn individual honors and recognition; schools also gain honors for individual or team scores.

**B. SWIC Eligibility**

District 140 middle schools encourage all SWIC participants to maintain positive academic status levels throughout each SWIC season. SWIC athletic activities have developed into total “program” approaches in our District. Coaches meet with parents prior to each season to inform them of various expectations in behavior, appearance, and in the academic standards which are desired. Students learn to appreciate the value of teamwork and they build positive work ethics. Practices build skill levels and camaraderie. Every event is a “team” effort, yet the role each student athlete fulfills may not be easily measured in “playing time.” Coaches are careful to inform parents and students that SWIC presents a competitive sports platform. There are no guarantees that all players will actively compete in each game, yet all players are recognized for their contributing roles.

Both middle schools have internal student review systems which require all faculty members to assess student athletes in terms of their academic status. Students who are failing in any subject area are liable for a temporary suspension from actual playing time until the failing grade is improved to a passing level. Thus any District 140 student athlete in SWIC, or in any other SWIC activity, has to be passing in all subject areas in order to play or actively participate. Students will be reviewed for academic eligibility every two weeks in their season. Student athletes must be passing all subject areas to be eligible to play in SWIC games. If a student is failing one or more subjects, he or she may continue to practice but they may not play in games or meets. Students who are assessed as failing will be reviewed again in one week to determine if improvement has occurred. If such improvement is present, they may be reinstated.

Students who participate in SWIC athletic activities must also have all appropriate District 140 medical release and permission forms completed before they may engage in practices and competition. Parent releases must be signed before students may “try-out” for athletic teams. Our School Health offices have these forms.

## C. SWIC AWARDS

Each sponsor or coach recognizes his or her SWIC students at the conclusion of the particular activity through various informal means. At such events, a student earns a school "Letter" for participation in the first SWIC activity of his or her experience. For most students, this occurs at the 6<sup>th</sup> or 7<sup>th</sup> Grade level. Students who participate in additional SWIC activities within a given school year or in subsequent school years earn a special activity "pin" for their involvement. SWIC sponsors and coaches may also recognize special contributions or effort of their students at the end of each school year within the 8<sup>th</sup> Grade Honors Night activities.

## II. SWIC-SANCTIONED ACTIVITIES

Several activities are recognized by SWIC but not mandated for overall participation at a Conference level. Each member school may elect to participate in any of these four areas:

- **Cheerleading**

Member schools may elect to create Cheerleading squads. In District 140, both middle schools currently host Cheerleading squads of 6<sup>th</sup>/7<sup>th</sup> Grade students and 8<sup>th</sup> Grade students. The actual activity spans January through mid-March and parallels the Boys Basketball season.

- **Band Festival**

SWIC schools invite their Band Directors to participate in an annual SWIC Band Festival, usually hosted at one SWIC school site. The objective is to provide an opportunity for students to play together under the direction of a special "guest" conductor. No member school is obliged to enroll in this activity, but past experiences have shown that this is a rewarding experience for our students. Both District 140 middle schools have participated in this activity in past years. This special performance is usually held on a weeknight evening in the spring.

- **Girls' Soccer**

This activity is open in membership to all interested 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade girls. This sport extends from late March until the second week in May. Each member school may create one Team from any or all of the grade levels. This is a competitive sport within the Conference. Each member school plays another member school one time. A post-season Tournament is also arranged to create additional interest and playing opportunities.

- **Boys' Soccer**

This activity is open in membership to all interested 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade boys. This sport extends from late March until the second week in May. Each member school may create one Team from any or all of the grade levels. This is a competitive sport within the Conference. Each member school plays another member school one time. A post-season Tournament is also arranged to create additional interest and playing opportunities.

### **III. MIDDLE SCHOOL ACTIVITIES**

Both District 140 Middle Schools support several common activities for their students. These activities have developed through tradition and acceptance. They involve students in a variety of activities which serve the school and the student participants.

- **Band**

District 140's instrumental music program in the structure of a "Band" begins at the 5<sup>th</sup> Grade level in Beginning Band. Initial instruction brings the interested student together with a suitable musical instrument and instrumental lessons. Our 5<sup>th</sup> Graders learn skills not only on an individual basis but also in playing together as a unit.

At the 6<sup>th</sup> Grade level, students may continue in our District's Cadet Band. Daily practices are conducted at Grissom for all 6<sup>th</sup> Grade Band members from 7:35 - 8:20 A.M. The 6<sup>th</sup> Grade Band performs in several seasonal District concerts and in selected competitions.

As middle school students enter 7<sup>th</sup> and 8<sup>th</sup> Grades, they may continue playing and performing in our Concert Band or Symphonic Band. Both organizations practice daily at Prairie View from 7:35 - 8:20 A.M. Both Bands perform in District concerts and they engage in a heavy slate of regional Band competitions.

Membership privileges in any of our middle school Band programs require a commitment to basic aspects of good citizenship and responsibility. Students may find their assignment to a middle school Band level based upon their grade level, their attainment of skills, and their overall commitment to the program.

Students who maintain their membership in our Bands find a full range of instrumental experiences. These experiences serve them well in later high school involvement and build life-long instrumental music skills.

- **Chorus**

This activity has grown and developed tremendously over the past few years. The middle school Chorus is open to all interested 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade students who enjoy vocal music and its related activities. Our Chorus organizations now feature special-interest performing groups. This is an activity which is created for the enjoyment of its students. Our Chorus organizations perform on and off school campus for the entertainment of parents, the student body, and the public at-large. Chorus practices are scheduled for “full” group sessions after school. Initial recruiting for our Chorus begins in late August and this organization is very active throughout the entire school year. Chorus membership demands a commitment on the part of the student to attend practices and fulfill the obligations related to all performances. Our School Chorus organizations participate in selected vocal music competition at various regional levels.

- **National Junior Honor Society**

Grissom and Prairie View Middle Schools have recognized chapters of the National Junior Honor Society. This national organization permits local chapters to establish basic, common guidelines for initial membership. Following induction, school goals and student interests determine NJHS activities at each building.

Membership opportunities in NJHS are afforded to any seventh grade student who meets grade point average criteria and provides activity sponsors with an application and an essay. Candidates for membership must also furnish information related to their character, citizenship, and service activities to both their school and their community.

Academic excellence, which qualifies for National Junior Honor Society recognition, will be established at a level of 3.8 career cumulative grade point average. Career cumulative grade point average includes student’s grades from sixth and through third quarter of seventh grade. This level of performance must be maintained throughout the duration of membership in the organization. Students who meet eligibility requirements are inducted into the NJHS in the months of late April or May of the seventh grade year.

Sixth grade students who seek to be members of the National Junior Honor Society should strive to build a solid record of good study habits, citizenship, and excellence in their sixth grade year.



## **Membership Criteria**

All members must maintain a career cumulative grade point average of 3.8 or higher. Members must complete 20 hours of community service: 10 in school hours and 10 out of school community service. Members will continue to demonstrate positive leadership inside and out of the classroom. Members must actively participate in NJHS sponsored projects.

- **Yearbook**

Both middle schools offer a school Yearbook to their students as a keepsake for their middle school experience. The Yearbook has various sub-committees to address lay-out, photography, sales, story line and similar functions. Yearbooks are sold at the beginning of each school year and reserved for later distribution. Purchasing a Yearbook is optional for any student.

- **Student Council**

The activity basis for our middle schools is the Student Council. Under faculty sponsorship, the middle schools' Student Council organizations are open to any/all interested 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students. Each school is free to focus its Student Council in the areas of need or interest to the students or the school itself. Each Student Council has grade-level, elected representatives at the homeroom basis who provide for on-going communication with the organization at-large. Student Council Officers work with representatives and sub-committees to design community service assistance, school-based activities, or special events. Our middle school Student Councils have supported:

- \*activities that need student leadership
- \*charity fund-raising ventures
- \*seasonal or topical student dances
- \*community food drives
- \*special assemblies
- \*theme or "spirit" days

Our Student Councils promote leadership skills among members and the means for our students to have a representative voice in the operation of their school. There are no rigid qualifying measures for students to join Student Council, although the Faculty usually reviews elected Officers or representatives in terms of basic, good citizenship standards.

- **Intramurals**

Intramurals are offered to any 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade student who wishes to participate. Past intramural programs have been organized to encourage physical activity; sessions usually operate for 6-8 weeks. Students need to have a parent permission form completed to be eligible for intramural participation.

#### **IV. STUDENT RECOGNITION & AWARDS**

Middle School students have many opportunities to gain support and recognition for their achievements in academics, athletics, or activities. One major goal of the “middle school” is to recognize the unique contributions and skills of our young people. Both middle schools offer similar incentives that may become available throughout each year and both schools offer several standard programs.

Each interdisciplinary Team is the base for most of our student recognition, featuring incentives that may include:

- \* Student-of-the-Month and awards for improvement, effort, and citizenship.

Each middle school also provides various school-wide incentives periodically throughout the school year which recognize spirit, effort or achievement.

Students are recognized through their quarterly Report Card efforts with an academic Honor Roll. All subject areas are counted in the tabulation of these honor levels. A grade point average of 3.75 – 4.0 will be the criteria for high honor roll. A grade point average of 3.5 – 3.74 will be the criteria for honor roll.

#### **V. AFTER SCHOOL BUS SERVICE**

There is bus service available at 4:10 p.m. each day for those students who require daily bus service as part of their transportation routine. The use of this bus service is reserved for students transported to District 140 sites by bus on a daily basis.

#### **VI. CONCLUSION**

Grissom and Prairie View offer a mixture of traditional, competitive Conference sports and activities with a wide scope of additional school-based activities offered to all interested students. Parents are welcome to contact the middle school building club sponsors or coaches if they have any questions regarding clubs and activities. Parents and students should read their school newsletters for seasonal information. The newsletter is updated monthly and can be found online at [www.ksd140.org](http://www.ksd140.org).

The common goal is to offer 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students a bridge from their formative elementary school years to exciting challenges and potentials found in high school. Students who choose to “get involved” usually gain a good deal more from their middle school years in terms of friendships, skills, fun, and lasting memories!