

Elmwood Park High School

Benefits of Extracurricular Activities

- ❖ Learning Time Management and Priorities
- ❖ Getting Involved in Diverse Interests
- ❖ Learning about Long Term Commitments
- ❖ Making a Contribution
- ❖ Raises Self Esteem
- ❖ Building Solid Relationship Skills
- ❖ Looks Great on College Applications
- ❖ Improved Academics
- ❖ Lots of fun!



**Activity Booklet
2019-2020**



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Elmwood Park High School Sports

EPHS Tiger Sports

The following competitive sports are offered at Elmwood Park High School:

Fall Sports & Coaches:

- | | |
|-----------------------|---------------|
| • Boys Soccer | Mr. Blake |
| • Cross Country Boys | Mr. Sheridan |
| • Cross Country Girls | Ms. Ahlmann |
| • Football | Mr. Mack |
| • Girls Tennis | Mr. Merkouris |
| • Golf | Mr. Ankrom |
| • Volleyball Girls | Ms. Merkouris |

Winter Sports & Coaches:

- | | |
|--------------------|---------------|
| • Boys Basketball | Mr. Sylvester |
| • Cheer | Ms. Shafer |
| • Girls Basketball | Ms. Arenga |
| • Wrestling | Mr. Posmer |

Spring Sports & Coaches:

- | | |
|-------------------|--------------|
| • Baseball | Mr. DiGrino |
| • Boys Track | Mr. Sheridan |
| • Boys Volleyball | Ms. Romano |
| • Girls Track | Mr. Ahlmann |
| • Girls Soccer | Mr. Blake |
| • Softball | Mr. Knight |

Yearbook

Sponsor:

Ms. Carroll

Meeting Days/Times:

Varies throughout the school year

General Information:

Yearbook members help create each year's yearbook. Through countless hours of work and dedication we help provide the school with the best yearbook possible. You will help create all the pages that go into publication. There is a wide variety of pages to choose from and you can always find something that you would like to work on.

Requirements for joining:

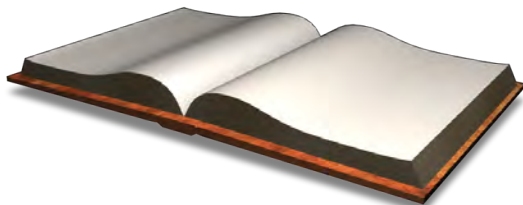
If you would like to join yearbook you are definitely welcome. You just have to be dedicated and be able to meet deadlines.

Typical activities of club:

- Taking pictures
- Creating yearbook pages
- Meeting deadlines
- Fundraising

Who would benefit from joining the club?

Anybody that would like to make the yearbook better would benefit from joining this club.



Art Club

Sponsors:

Ms. Heflin & Ms. Palczynski

Meeting Days/Times:

Two or more meetings a month, after school, Art Room

General Information:

We encourage students who enjoy art to join. We do a variety of activities that are student driven. This is a good club in which to socialize in a friendly environment while enjoying something that you love to do. Creating and exploring art in different avenues is the emphasis of this club.

Requirement for joining:

There are no requirements to join Art Club. You don't have to be enrolled in an art class. You just have to enjoy art.

Typical activities of club:

- Group art projects
- Holiday crafts
- Artwork displays around the school
- Opportunities to participate in the community
- Drawing and sketching publication
- Help put together annual district-wide art show

Who would benefit from joining the club?

Anybody that enjoys art and making art will benefit from joining this club. Everybody is welcome to join.



Varsity Club

Band

Sponsor:

Mr. Rhoades

Meeting Day/Time:

Concert Band/Marching Band: Every other day during 3rd mod, Tuesday and Thursday evenings in the fall, occasional other performances

Jazz Band: Every morning (except Late Start Wednesdays) from 7:00-7:45

General Information:

Band is semi-extra-curricular. Most rehearsals are during class, but there are occasional practices in the evenings. All practices are mandatory and graded. Contact Mr. Rhoades with any questions.

Requirements for joining:

You must have a passing grade in previous year's band class and/or approval of instructor.

Typical Activities:

Band members participate in parades, concerts, football games, basketball games and school pep assemblies.

Would you benefit from joining this club?

You would benefit from Band if you are looking to enhance your musical abilities and be part of a really awesome group that participates in community events as well as school events.



Sponsor:

Mr. Nakatsuka

Meeting Days/Times:

Every Friday, 7:15 am, Room 214

General Information:

Varsity Club was created in order to encourage Varsity athletes to become involved in their community. Its various service projects are important to the community because it allows for the students to help out their fellow community members.

Requirements for joining:

In order to join Varsity Club you must have participated in a varsity sport and earned a varsity letter.

Typical activities of club:

- Turkey trot
- Adopt-a-Kid
- Poinsettia sale
- Special Olympics
- Homeless night
- Monthly soup kitchens

Who would benefit from joining the club?

It's not the member that will benefit from this club. It's the community. Any member who joins Varsity Club will feel good about what they have done to help serve their community in any way possible.



Student Council

Sponsors:

Mr. Ankrom & Ms. Leonette

Meeting Days/Times:

Every Thursday, 7:20 am, Room 113

General Information:

The powers, functions, and responsibilities of the Student Council derive from the community of students at Elmwood Park High School. Student Council is the primary representative institution of the student body and exercises its authority in the students name and for the students' welfare.

Requirements for joining:

There are no requirements to join Student Council

Typical activities of club:

- Homecoming hallway decorating
- Homecoming rally
- Homecoming dance
- Prom
- Pep assemblies
- Spirit weeks
- Powder-Puff
- 8th Grade Curriculum Night
- Bake Sales
- Teacher Appreciation Week

Who would benefit from joining the club?

If you are interested in making your school a better place then Student Council is the place for you. Student Council is an essential component to every school and your help will benefit not only you, but also your school.



Culture Club

Sponsors:

Ms. Heinen

Meeting Days/Times:

Every other Tuesday from 3:00-4:00 p.m

General Information:

Culture club is about exploring other cultures around the world. This club presents Power Point presentations about different countries and their traditions and values. We discuss religion, politics, food, clothing, hobbies, geography, dance, art, and tourist attractions. Club members gather information about different countries, show and discuss foreign music videos, provide different types of food for everyone to taste, and demonstrate popular arts, crafts and games.

Requirement for joining:

All are welcome, but attendance at the majority of meetings is recommended. Participation in selling, making, and distributing cookie grams for Culture Club's annual Valentine's Day Cookie Gram Fundraiser is mandatory.

Typical activities of club:

- Participation in Multi-Cultural Night hosted by Elmwood Park High School
- Eighth Grade Curriculum Night
- Performances/Shows
- Mitsuwa Marketplace
- China Town
- Museums

Who would benefit from joining the club?

Anyone who enjoys learning about cultures around the world.



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Sponsor:

Ms. Bear

Meeting Days/Times:

Fridays, 7:15 am, Room 137

General Information:

DECA chapters operate in over 4,500 high schools across the U.S., Puerto Rico, Guam and territories, Mexico, Germany and Canada. With over 220,000 members, DECA's high school division is recognized and endorsed by all 50 state departments of education and the U.S. Department of Education.

DECA programs are co-curricular, meaning programs complement nationally recognized curriculum standards in the classroom and then go further to incorporate realistic, educational experiences not available through classroom instruction alone. DECA will give you hands-on experience in the business world as well as a chance to improve your skills

Requirements for joining:

\$30 dues are sent to the Area, State and International organization

Typical activities of club:

- Sports Marketing Seminars plus games with Cubs and Bulls
- Leadership Conferences – meet with business leaders
- Whirlyball
- Area Competition
- State Competition
- National Convention: 2020 Nashville & 2021 Anaheim
- Heroes' Classic
- EP's Got Talent All Staff Variety Show
- Student Talent Show / Daddy Daughter Dance

Who would benefit from joining the club?

Any student interested in a career in business or who wants to gain experience in the business world. Students who like to travel and who like a challenge will love DECA. Students who like to have **fun** will definitely benefit from DECA. You will never regret joining; you will just regret waiting too long.

Gay Straight Alliance (Formerly Spectrum)

Sponsor:

Ms. Limbeck & Ms. Yarbrough

Meeting Days/Times:

Tuesday: 3:00pm - 4pm, Room 103

General Information:

SPECTRUM is a group that deals with gender identity and sexual orientation. This is a safe place for LGBTQ youth and allies without judgment. We want to raise awareness in our school and community.

Requirements for joining:

All students are welcome to join

Typical activities of club:

- Attends plays, concerts and LGBTQ + focused events.
- Host movie nights and picnics to network with Gay-Straight Alliances from other high schools.
- Give presentations to faculty, administration, and students to educate about the LGBTQ + community.

Who would benefit from joining the club?

All students would benefit from joining the GSA. Having an understanding for others helps spread the message of tolerance and acceptance of all people, regardless of sexual orientation or identity. Our motto is "Life Gets Better Together."



Social Studies Club

Sponsor:
Mr. Ankrom

Meeting Days/Times:
Thursdays, Twice a Month, 7:00 pm, Room 212

General Information:
The Social Studies Club will help students better understand world governments, current events as well as historical occurrences. Members of the Social Studies Club will engage in discussions and debates concerning today's most controversial topics, such as death penalty or genetic engineering. Additionally, members of the club will participate in multiple field trips and will get a chance to listen to various guest speakers.

Requirements:
There are no requirements to join the Social Studies Club.

Typical Activities of Club:

- Discussions/Debates
- Field Trips
- Hosting Guest Speakers
- Trivia Night
- St. Baldrick's

Who would benefit from joining the Club?
Any student who enjoys discussions and debates, and is not afraid to voice their opinions should definitely join the Social Studies Club. Anyone interested in learning more about the world around them and having fun at the same time will benefit from joining the club. Most of all any student willing to think outside the box will love the Social Studies Club.



EPHS Science Club

Sponsor:
Ms. Andrews andrewsa@epcusd401.org

Meeting Days/Times:
Every other TUESDAY, from 3-4 pm in Room 215

General Information:
The Science Club seeks to provide students with a wide range of opportunities to explore and experiment with general science interests. Hands on, student-driven research and experimentation will be the primary focus.

Requirements for joining:
No club fees, however some materials fees may arise

Typical activities of club:

- Huppert Woods Adopt-a-Park Club
- Institute EPHS Recycling Program (In-Progress)

Engineering competitions:

- Water-Rocket Launch
- Catapult Contest
- Egg Drop
- Bridge Building (spaghetti or popsicle sticks)

Who would benefit from joining the club?
Any student interested in science, math, and experimentation would benefit greatly as a participant of this club.



International Thespian Society

Sponsor:

Mr. Popplewell

Meeting Days/Times:

Once a month, before or after school, Auditorium

General Information:

The International Thespian Society (ITS) is an honorary organization for high-school theatre students located at more than 3,600 affiliated secondary schools across America, Canada, and abroad. The mission of ITS is to honor student excellence in the theatre arts. It is a division of the Educational Theatre Association.

Requirements for joining:

To join this club one must have been a part of at least three theater productions on or back stage. For more detailed requirements please see Mr. Popplewell. There is also a fee of \$30.00 in dues.

Typical activities of club:

- Theatre Fest at University of Illinois or Illinois State University
- Induction ceremonies (twice a year)
- One Act Production
- Fall play
- Spring musical

Who would benefit from joining the club?

People who have a strong love of theater are often encouraged to join this club. It is extremely beneficial to those who would like to pursue a career in theater, but that is not a necessary requirement.



Snowball

Sponsor:

Ms. Arenga

Meeting Days/Times:

Wednesdays, 8:00 pm, Auditorium

General Information:

Operation Snowball is an alcohol and other drug use prevention program focusing on leadership development to empower youth to lead drug-free lives. The name originates from the idea that "If I have a positive impact on you, you can have a positive impact on someone else and the effect snowballs." Out of this concept emerges "A Community of Caring" - the success of Operation Snowball.

Operation Snowball is founded on the belief that youth and adults can make responsible decisions when provided with factual information and an opportunity to develop an understanding of one's self and motivations.

The program provides opportunities for youth and adults to work together in a spirit of cooperation to plan, implement and evaluate a community-based alcohol and other drug prevention program.

Requirements for joining:

To join Snowball you must be dedicated to living a drug free life. Students should be interested in learning the skills to make good decisions, and learning to lead and stand up to peer pressure.

Typical activities of club:

- Snowflake at the middle school for 7th and 8th graders in September
- Red Ribbon Week in October
- Snowball Lock-in overnight at the high school in February
- Talk at the elementary schools to DARE kids in Spring
- Cebrin Goodman Teen Institute (formally Illinois Teen Institute), July
- Post Prom in April/May

Who would benefit from joining the club?

Snowball is open to all grade levels, and especially encourages freshmen to join and stay active for four years. Anybody who would like to become a leader will benefit from joining Snowball because we will teach you how to lead and facilitate others. Also, you will hear from speakers that will help you make good lifelong decisions. If you enjoy having fun with your friends, meeting new people, participating in team-building activities, and learning how to lead others in making positive, healthy lifestyle decisions, SNOWBALL IS FOR ALL!



Polish Language Program

Sponsor:

Ms. Sierant

Meeting Days/Times:

Once a week, after school, Room 221

General Information:

Polish Language Program (PLP) is for all students interested in enhancing their ability to use the Polish language in different academic areas. Reading, writing, grammar and speaking would be the basic fundamentals of this program. PLP gives members the possibility of preparing for a Polish Placement exam for college.

Requirement for joining:

There are no requirements to join PLP.

Typical activities of club:

- Weekly lessons: reading, writing, grammar, speaking
- Culture projects including:
 - PIEROGI DAY
 - ANDRZEJKI NIGHT
 - PACZKI DAY
 - PISANKI PROJECT
 - CULTURE NIGHT
 - POLISH MOVIE NIGHT
 - College visit: University of Illinois at Urbana-Champaign/

Foreign Language Building

Who would benefit from joining the club?

Anybody who is interested in learning Polish and having fun while doing it.



Key Club



Sponsor:

Ms. Anichini

Meeting Days/Times:

One-Two Wednesdays a month, 6:00 pm, Cafeteria

General Information:

Key Club is a service organization for high school students. There are 240,000 members in 4,800 clubs in 21 countries. The value of caring is central to all activities. Each member has the responsibility for making people know they are valued as individuals, and not just for their deeds or abilities. The Key Club motto is "Caring is our way of life." Our EPHS Key Club has been in existence for 32 years and is sponsored by the Montclare-Elmwood Park Kiwanis Club. There were over 50 EPHS students involved in service activities for the benefit of our community last year. Many activities are joint ventures with members of our local Kiwanis Club. Key Club is not into self-promotion. If there is another school organization that needs help, Key Club would consider helping out with that venture. The idea is to make a difference by just trying to help others.

Requirements for joining:

There are no requirements to join Key Club. You just have to be a person who enjoys helping others.

Typical activities of club:

- Peanut Day
- Trick-or-Treat for UNICEF
- Halloween Party Haunted House for children at the Civic Center
- Decorate the EP Home for Autistic Children at Christmas time
- Breakfast with Santa
- Pancake Breakfast with the Easter Bunny
- Bowl-a-thon for children with birth defects
- Annual Blood Drive

Who would benefit from joining the club?

Everyone would benefit from joining Key Club. It is an amazing club to join because everything we do is about helping others.

Math Club

Sponsor:

Ms. Kiska

Meeting Days/Times:

Meets every other Monday from 3 - 4pm in Room 106

General Information:

The math club will provide opportunities for students to work on and discuss challenging mathematics problems. Members will also compete in the Illinois Mathematics League tests. The *Illinois Mathematics League* hosts six (6) mathematics contests throughout the school year. The six contest questions range in difficulty level and require sound problem solving skills. There is a cash prize offered to the senior winner.

Requirements for test participation:

All students that love mathematics are welcome to join.

Typical activities of the team:

Members will discuss and work on challenging mathematics problems. They will also participate in the 6 *Illinois Mathematics League* contests.

Who would benefit from joining the club?

Any student interested in improving their problem solving skills and enjoys the challenge of an intellectual competition.



National Honor Society

Sponsor:

Ms. Bear

Meeting Days/Times:

Tuesdays, 7:15 am, LGI

General Information:

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 beginning in 1921.

Requirements for joining:

2nd semester sophomores with a minimum 3.3 GPA are invited to apply.

They must have demonstrated leadership, scholarship, character and service throughout their high school years. Final selection is made by members of the faculty.

Typical activities of club:

Adopt-a-Kid
Easter Egg Hunt for the community
Open House
Tutoring
Dollars for Scholars project- scholarships for NHS members
Leadership Week
Teacher Appreciation
Various Service Projects
March Banquet
May Induction of new members
End-of-Year Picnic

Who would benefit from joining the club?

This is a prestigious organization of the top members of the school.

Members can list NHS on their resumes and college applications knowing that they have received one of the highest honors possible at our school. Members can also benefit by continuing to serve the community. The NHS motto is *Noblesse Oblige* – those who have many gifts should give back to others.

Friends and Company

Sponsor:

Ms. Flood and Mr. Heinen

Meeting Days/Times:

Academic Lab & TBD after school dates, Rm. 164 & 165

General Information:

Friends and Company helps to develop friendships and promote inclusion of students with and without disabilities. This provides a unique opportunity for students with special needs to build social skills, improve academics, and make connections with students outside of their classroom. Students participate in a variety of social activities throughout the year including attending EPHS sporting events, movie nights, cooking lessons and community field trips.

Requirements for joining:

Any student who wants to make a positive impact on the lives of their peers.

Who would benefit from joining the club?

Students who are interested in the fields of education or social services, looking for volunteer opportunities, making new friends and creating lifelong memories.