





ELMWOOD PARK HIGH SCHOOL


STUDENT ACTIVITIES & CLUBS 2021-22

ART CLUB	SPONSOR: Hawkins & Palczynski	MEETING DAY/TIME: Wednesdays 3:00-5:00
DESCRIPTION: 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	ACTIVITIES: <ul style="list-style-type: none"> • 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 	REQUIREMENTS: None 


CLASS COUNCIL	SPONSOR: Freshmen: C. Heinen & Boehm Sophomore: Demas & Junior: T. Rosenzweig & Senior: Bernas & Franklin	MEETING DAY/TIME: TBD
DESCRIPTION:	ACTIVITIES: <ul style="list-style-type: none"> • 	REQUIREMENTS:


CULTURE CLUB	SPONSOR: C. Heinen	MEETING DAY/TIME: TBD
DESCRIPTION: Culture club is about exploring other cultures around the world. This club presents PowerPoint 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.	ACTIVITIES: <ul style="list-style-type: none"> • Participation in Multi-Cultural Night hosted by EPHS • Eighth Grade Curriculum Night • Performances/Shows • Mitsuwa Marketplace • China Town • Museums 	REQUIREMENTS: 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. 


DECA	SPONSOR:	MEETING DAY/TIME:
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	Martinez	TBD
<p>DESCRIPTION: 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.</p> <p>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</p>	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> • Sports Marketing Seminars plus games with Cubs and Bulls • Leadership Conferences – meet with business leaders • Whirlyball • Area Competition • State Competition • National Convention • Heroes' Classic • EP's Got Talent All Staff Variety Show • Student Talent Show • Daddy Daughter Dance 	<p>REQUIREMENTS: \$30 dues are sent to the Area, State and International organization</p> 


ENVIRONMENTAL CLUB	SPONSOR: Moore	MEETING DAY/TIME: TBD
<p>DESCRIPTION: Mission: Create a cleaner environment and develop good habits to beautify our community and the world.</p> <p>What we talk about: We strive to inform our EP community on ways to make their lives green. We also focus on how to improve our community through recycling, less plastic waste, and more nature. We have discussed school incentives such as, reusable water bottles, selling lunch boxes, emailing green tips, park clean ups, and much more. As a club, we want to inform our student body and staff on ways they can become more green.</p>	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> • 	<p>REQUIREMENTS: Be interested in a greener lifestyle and giving back to our community.</p> 


FRIENDS AND COMPANY	SPONSOR: Flood & Heinen	MEETING DAY/TIME: TBD
<p>DESCRIPTION: 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.</p>		<p>REQUIREMENTS: Any student who wants to make a positive impact on the lives of their peers.</p>


GAY STRAIGHT ALLIANCE (GSA)	SPONSOR: Limbeck & Martinek	MEETING DAY/TIME: TBD
DESCRIPTION: GSA 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 .	ACTIVITIES: <ul style="list-style-type: none"> • 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. 	REQUIREMENTS: All are welcome 


INTERNATIONAL THESPIAN SOCIETY	SPONSOR: McEachern	MEETING DAY/TIME: TBD
DESCRIPTION: The International Thespian Society (ITS) is an honorary organization for high-school theater 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 theater arts. It is a division of the Educational Theatre Association .	ACTIVITIES: <ul style="list-style-type: none"> • Theatre Fest at University of Illinois or Illinois State University • Induction ceremonies (twice a year) • One Act Production • Fall play • Spring musical 	REQUIREMENTS: To join this club one must have been a part of at least three theater productions on or backstage. For more detailed requirements please see TBD. There is also a fee of \$30.00 in dues 


KEY CLUB	SPONSOR: Pape	MEETING DAY/TIME: TBD
DESCRIPTION: 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	ACTIVITIES: <ul style="list-style-type: none"> • 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 	REQUIREMENTS: Enjoy helping others


<p>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.</p>		
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<p>MATH CLUB</p>	<p>SPONSOR: Barnes & Arreola</p>	<p>MEETING DAY/TIME: TBD</p>
<p>DESCRIPTION: 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 <i>Illinois Mathematics League</i> 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.</p>	<p>ACTIVITIES: Members will discuss and work on challenging mathematics problems. They will also participate in the 6 <i>Illinois Mathematics League</i> contests.</p>	<p>REQUIREMENTS: All students that love mathematics are welcome to join.</p> 


<p>NATIONAL HONOR SOCIETY</p>	<p>SPONSOR: O'Mahony & Schneider</p>	<p>MEETING DAY/TIME: TBD</p>
<p>DESCRIPTION: 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.</p>	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> ● Adopt-a-Kid ● Easter Egg Hunt ● 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 	<p>REQUIREMENTS: 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.</p> 


NEWCOMERS CLUB	SPONSOR: Krowka	MEETING DAY/TIME: TBD
DESCRIPTION: A place where students who are new to the USA can get help, work on their English, and explore their new community. A place where native students can offer knowledge, assistance, and guidance throughout the school and community.	ACTIVITIES:	REQUIREMENTS: 


POLISH LANGUAGE CLUB	SPONSOR: Sierrant	MEETING DAY/TIME: TBD
DESCRIPTION: Polish Language Club (PLC) 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.	ACTIVITIES: <ul style="list-style-type: none"> • Weekly lessons: reading, writing, grammar, speaking • College visit: University of Illinois at Urbana-Champaign Foreign Language Building • Culture projects including: <ul style="list-style-type: none"> ○ PIEROGI DAY ○ ANDRZEJKI NIGHT ○ PACZKI DAY ○ PISANKI PROJECT ○ CULTURE NIGHT ○ POLISH MOVIE NIGHT 	REQUIREMENTS: Anybody who is interested in learning Polish and having fun while doing it. 

SCIENCE CLUB	SPONSOR: Andrews	MEETING DAY/TIME: TBD
DESCRIPTION: 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.	ACTIVITIES: <ul style="list-style-type: none"> • Huppert Woods Adopt-a-Park • Institute EPHS Recycling Program (In-Progress) • Engineering competitions (egg drop, catapult, water launch, bridge building, etc) 	REQUIREMENTS: Any student interested in science, math, and experimentation would benefit greatly as a participant of this club. 


SOCIAL STUDIES CLUB	SPONSOR: ??	MEETING DAY/TIME: TBD
DESCRIPTION: The Social Studies Club will help students	ACTIVITIES: <ul style="list-style-type: none"> • Discussions/Debates 	REQUIREMENTS: All are welcome


<p>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.</p>	<ul style="list-style-type: none"> ● Field Trips ● Hosting Guest Speakers ● Trivia Night ● St. Baldrick's 	
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<p>STUDENT COUNCIL</p>	<p>SPONSOR: Hawkins & Cleys</p>	<p>MEETING DAY/TIME: TBD</p>
<p>DESCRIPTION: 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.</p>	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> ● Homecoming activities & dance ● Prom ● Pep assemblies ● Spirit weeks ● 8th Grade Curriculum Night ● Bake Sales ● Teacher Appreciation Week 	<p>REQUIREMENTS: None</p> 

<p>SNOWBALL</p>	<p>SPONSOR: Arenaga</p>	<p>MEETING DAY/TIME: TBD</p>
<p>DESCRIPTION: 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.</p> <p>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.</p> <p>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.</p>	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> ● 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 ● Post Prom in April/May 	<p>REQUIREMENTS: 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.</p> 

<p>VARSITY CLUB</p>	<p>SPONSOR: Nakatsuka</p>	<p>MEETING DAY/TIME: TBD</p>
<p>DESCRIPTION:</p>	<p>ACTIVITIES:</p>	<p>REQUIREMENTS:</p>

<p>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.</p>	<ul style="list-style-type: none"> • Taking pictures • Creating yearbook pages • Meeting deadlines • Fundraising 	<p>In order to join Varsity Club you must have participated in a varsity sport and earned a varsity letter.</p> 
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<p>YEARBOOK CLUB</p>	<p>SPONSOR: Palczynski</p>	<p>MEETING DAY/TIME: TBD</p>
<p>DESCRIPTION: 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.</p>	<p>ACTIVITIES:</p> <ul style="list-style-type: none"> • Taking pictures • Creating yearbook pages • Meeting deadlines • Fundraising 	<p>REQUIREMENTS: Dedicated and be able to meet deadlines.</p> 

ATHLETICS

SEASON	BOYS SPORT	COACH	GIRLS SPORT	COACH
FALL	Soccer	Blake	Tennis	Arenga
	Football	Mack	Volleyball	Stanton
	Cross Country	Sheridan	Cross Country	Ahlmann
	Golf	Sylvester & Posmer	Golf	Sylvester
	Cheer	Schoenbeck	Cheer	Schoenbeck
WINTER	Basketball	Sylvester	Basketball	Arenga
	Wrestling	Posmer		
	Dance	Burba	Dance	Burba
	Cheer	Schoenbeck	Cheer	Schoenbeck
SPRING	Baseball	DiGrino	Softball	Knight
	Track	Sheridan	Track	Ahlmann
	Volleyball	Scimeca	Soccer	Blake