

*Mount Sinai  
High School*

*2018 – 2019  
Extracurricular  
Club Guide*

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# *ART CLUB*

Advisor: Ms. A. Trapani

**Welcome to Art Club! We meet every other Tuesday after school in Room 104. Please listen for the announcements.**

**This club is open to all students. You do not need to be enrolled in Art classes to participate. The Art Club allows students the opportunity to expand upon their experiences in art class, experiment with different art media, work collaboratively with peers and take advantage of numerous aspects of the art process.**

**An integral aspect of the Art Club is its link to the Mount Sinai community. Through creative and inspirational projects, the Art Club reaches out to organizations throughout Suffolk's North Shore. Explore your creativity!**

# *ATHLETES HELPING ATHLETES*

Advisor: Mr. M. Armstrong

**Athletes Helping Athletes (AHA) is a nationally recognized organization dedicated to training high school student athletes to become leaders and address social issues such as violence and substance abuse with elementary students. The Mount Sinai program also addresses the areas of sportsmanship/civility, and bullying and teasing with 4<sup>th</sup> grade students.**

**Through its Student-Athlete Leadership Team program, which trains high school student athletes to be mentors to elementary school children, more than 7,500 high school student athletes have been trained, 130,000 elementary students have benefited, and 100 school districts and communities have seen impressive results from the program.**

**Students are selected for the program through an extensive process. First, one athlete from each team is nominated for the program. From there, students must fill out an application, obtain letters of recommendation and are then interviewed by a panel. From there, selections are made for the program.**

**For more information, you can contact Mr. Armstrong at the high school.**

# *BEST BUDDIES*

Advisors: Mr. S. Sallese

**It Takes Two to Make a Friendship  
It Takes You to Make a Difference**

The Mount Sinai High School Best Buddies Chapter fosters friendships between students with and without developmental and intellectual disabilities. Our chapter partners with Family Residences and Essential Services (FREE). Come join us for our bi-monthly socials and events on Wednesdays. Check our social media pages, find an officer or contact Mr. Sallese for scheduling and details. New members are welcome!

# *CHAMBER ORCHESTRA*

Advisor: Ms. S. Marceau

Chamber Orchestra is an extracurricular activity that meets on Mondays after school from 2:10 p.m. until 3:30 p.m.

The Chamber Orchestra performs in three concerts a year and is directed by Ms. Marceau. Students must audition for entry into this ensemble and must attend all rehearsals. No credit is given for participation in this group; however, participation in it greatly enhances the performing opportunities of the students.

# *CLASS ADVISORS*

<b>Grade 9</b>	<b>Ms. L. Fredriksen &amp; Ms. C. Romeo</b>
<b>Grade 10</b>	<b>Mr. J. McHugh/Mr. S. Zummo</b>
<b>Grade 11</b>	<b>Mr. T. Izzo &amp; Mr. S. McEvoy</b>
<b>Grade 12</b>	<b>Mr. R. Cardo &amp; Ms. K. McGuire</b>

# *COMPUTER CLUB*

Advisor: Ms. C. Bellacera

Computer Club is a gathering of the elite students involved in computer science. We focus on many areas, mostly computer software and hardware. Our motto is “Computer Science for All”. We are also involved in programming competitions, including St. Joseph’s College High School Programming Competition.

We encourage and support all students and teachers to get involved in Hour of Code the first week of December. Our goal is to have our whole district involved in doing something “computer science” related.

The Computer Club meets every Thursday after school in room 302.

# *DRAMA CLUB*

Director: Mr. D. Kramer

Producer: Mr. D. Kramer

Set Design/Construction: Mr. E. Giorlando

The Drama Club is a troupe of student actors and artisans who take a deep interest in major elements of theatre such as acting, lighting, sound and direction. Participation in Drama Club affords students the opportunity to have a hands-on approach to these aspects of the theatre process. We rehearse and support each other’s efforts culminating in the performance of a full-length production for the community.

The club meets as needed, intensely throughout the fall, in preparation for the production.

# *FAMILY & CONSUMER SCIENCES CLUB*

Advisor: Ms. K. Soden

As a member of the Family and Consumer Sciences (FACS) Club, students will have the opportunity to develop life and leadership skills through student-led projects and activities. Each meeting will give students the opportunity to explore different aspects of Family and Consumer Sciences through hands-on experiences. Some highlights include preparing food in preparation for adult life and preparing food items for our ever-popular fund-raising bake sales.

New members are always welcome!

# *FUTURE BUSINESS LEADERS OF AMERICA (FBLA)*

Advisor: Ms. M. Clancy

FBLA is the largest national business organization that is available for all high school students wanting to pursue a career in the business industry. Our purpose is to develop as future business leaders, identify potential career paths and become role models in our community for future generations. To become a member there is a \$6.00 national fee, along with a \$6.00 state fee.

Meetings occur at least two times during the month on Thursday afternoons from 2:05 - 3:15 p.m. See Ms. Clancy in Room 105 for further information.

# *HISTORY CLUB*

Advisor: Mr. J. McHugh

Members of this club will help the members of the school community to better understand issues of both past and present. We have operated the Thanksgiving food drive, collected winter clothing, and gone to classes to conduct teach-ins about the crisis in the Darfur region of Sudan coupled with a benefit concert to raise awareness and funds.

All students are welcome. Meetings are in Room 503. See Mr. McHugh for details.

# *INTERACT CLUB*

Advisor: Ms. A. Falco

The Mount Sinai High School Interact Club is a Rotarian based community service organization.

Throughout the school year, club members volunteer in many community and international based fundraisers and activities. The club has raised money for UNICEF and the Leukemia and Lymphoma Society. Every year we collect coats for donations and assist with "Stuff-A-Bus".

Students have volunteered at the Heritage Park and a sensory gym for Autistic children. Members also collected toys for Toys for Tots and sent backpacks to a Haitian orphanage.

Meetings are held every other Monday at 2:05 p.m. in the cafeteria.

# *JAZZ BAND*

Advisor: Mr. T. Marceau

Jazz Band is a course that meets outside of the school day. Successful completion of the class gives the student one-half (1/2) credit per year. Students receive a grade of either PASS or FAIL. Students who choose to participate must remember that this is a class and attendance at rehearsals

and concert is mandatory. Excessive absence will result in expulsion from the group and/or a failing grade. If a student is legally absent from school on the day of a rehearsal, they will be excused and not penalized.

Students will study and perform in a variety of styles including Blues, Latin, Pop and Rock. Students will also learn the basics for improvisation and soloing. Students may be auditioned if enrollment exceeds that of a balanced ensemble.

## *JAZZ CHOIR*

Advisor: Mr. E. Blatt

Jazz Choir is a course that meets outside of the school day. Students will study and perform in a variety of styles including Blues, Latin, Pop and Rock. Students will also learn the basics for improvisation and soloing. Students may be auditioned if enrollment exceeds that of a balanced ensemble. Successful completion of the class gives the student one-half (1/2) credit per year. Students receive a grade of either PASS or FAIL.

Students who choose to participate must remember that this is a class and attendance at rehearsals and concert is mandatory. Excessive absence will result in expulsion from the group and/or a failing grade. If a student is legally absent from school on the day of a rehearsal, they will be excused and not penalized.

## *MATH TEAMS*

Advisor: Mr. G. Kulik

Mount Sinai High School is proud to sponsor two math teams, one strictly for 9<sup>th</sup> grade students and the other for 10<sup>th</sup> through 12<sup>th</sup> grade students. Academic teams add to the overall educational experience in high school, present a challenge to students and add a bit of competition for flavor. There are five meets throughout the year, in addition to regular meetings. If interested, please stop by Room 602 and talk to Mr. Kulik. All students are welcome.



# *MODEL UN*

Advisor: J. McHugh

Model UN is comprised of students who have a genuine interest in studying global issues and who will do extensive research as they formulate resolutions to solve these problems. They attend Model UN conferences where they step into the role of UN ambassadors to debate current issues on the UN agenda. As well as attending weekly meetings, students are expected to be committed to working on their country projects/UN topics outside of the school day.

# *MULTI-MEDIA PRODUCTION*

Advisor: Mr. D. Tappin

The Multi-Media Production Club gives students a chance to film and photograph different school events such as athletics, concerts, plays, fundraisers, etc. We then bring that footage back where we use professional editing software to create a video or picture. The completed videos and photos are sent to MSG Varsity where they are placed on a website and put onto television.

There are many different aspects to the club that you will experience. You can be a reporter on camera or work behind the scenes as a director, editor, writer, or cameraman/camerawoman. Students will also get the chance to learn how to use professional music mixing equipment. Throughout the year, we will get to collaborate with professionals in the field who work for MSG Varsity.

# *OCEAN SCIENCES BOWL*

Advisors: Mr. A. Matthews & Ms. G. Nau-Ritter

## **What is Ocean Bowl?**

Ocean Bowl is a fun and comprehensive club that involves many different fields of natural science. Ocean Bowl encapsulates the teaching, learning, and demonstration of knowledge of the ocean. Although the club is Ocean Bowl, it actually involves many fields of science, and how they pertain to the ocean. Ocean Bowl is also a great way to get involved in the scientific community, and

meet other people who are interested in ocean sciences. Although it involves some work, and hard preparations, it is an enjoyable and rewarding experience.

### How do I join?

Ocean Bowl meets on Friday's in room 203, after school. We are always accepting new members, and we encourage people to join, no matter what time of the year it is. If you are interested in joining just come to a meeting!

### What is the A-Team?

The A-team is an elite team of five Ocean Bowl club members. Each year there is a qualifying test that members choose to take if they are interested in joining the A-team. The people with the highest score are chosen to become members of this team. The members of the A-team compete at Stony Brook University in the New York regional competition. Sixteen teams from across New York State migrate to compete in the Bay Scallop Bowl. Winners take home a cash prize and an all-expense paid trip to the national competition, held in a different location each year. Mount Sinai has placed first in nine of the statewide regional competitions held annually at Stony Brook University. These wins have taken students to places such as Mississippi, Washington, D.C., St. La Jolla, California, Milwaukee, Wisconsin, Providence, Rhode Island and Galveston, TX. A "B-team" also exists which consists of members who are interested in competing with the A-team. The B-team is invited to the competition each year and sometimes competes as a fill-in. Although these teams exist, a club member does not have to join them, and can still enjoy the benefits of the club regardless of their team status.

### What else does Ocean Bowl do?

Out of school, the ocean bowl club participates in many activities and competitions. Ocean Bowl members often help with the shellfish restoration project run by the Coastal Steward. Also, the Ocean Bowl club members assist with the national beach cleanup organized by Ms. Nau-Ritter. Moreover, team members may attend the Science Bowl at Brookhaven National Laboratory (BNL) and Envirothon, an environmental competition. Each year members are also invited to participate in the horseshoe crab population survey and tagging during the spring mating season.

## *PEER LEADERSHIP*

Advisor: Ms. L. Moran/C. Callahan

Peer Leadership is open to students who are in eleventh or twelfth grade. Students wishing to become a Peer Leader need to fill out an application and get teacher recommendations. Some of the activities that the Peer Leaders participate in include the Alumni Brunch, a spring and fall blood drive, Prom Promise, Autism Awareness Day and a fundraiser for a local charity.

Meeting days vary by the activity going on and are held in Room 207 after school.

## *PERCUSSION ENSEMBLE*

Advisor: Mr. T. Marceau

Percussion Ensemble is a music chamber group designed for the high school percussionist. They will be introduced to transcriptions from the classical era and new music from the 20<sup>th</sup> and 21<sup>st</sup> century. The students will perform on mallet instruments and battery percussion. The percussion ensemble will perform in the small ensemble concert towards the end of each year.

Rehearsals will be held on Monday afternoons from 2:10 p.m. until 3:30 p.m.

## *PIT ORCHESTRA (Musical)*

Advisor: Ms. T. Panasci

This ensemble performs with the school musical production. Instrumentation is based upon needs of the show. Students may be auditioned if necessary.

Rehearsals are after school during musical season.

# *SCHOOL STORE*

Advisor: Ms. S. Bugdin & Mr. C. Sussillo

**Do you want to earn School Service hours?**

**Consider running the school store during your lunch period. The store operates like a small business. Business students are strongly encouraged to participate, but new students are always welcomed to join the staff.**

**The school store is open daily during all lunch periods.**

**Period 5                      10:26 – 11:06 a.m.**

**Period 6                      11:10 – 11:50 a.m.**

**Period 7                      11:54 a.m. – 12:34 p.m.**

**Period 8                      12:38 – 1:18 p.m.**

**The main responsibilities include:**

- 1. Keeping accurate records of inventory sold**
- 2. Money management**
- 3. Commitment/reliability in opening the store for the days and times assigned.**

**Meetings days will vary but will occur once a month after school in Room 507.**

*SCIENCE CLUB/  
ENVIRONMENTAL OUTREACH  
(LEI KULEANA)*

Advisor: Ms. G. Nau-Ritter

Lei Kuleana (the diligent ones who care and respect the earth with its inhabitants) has been the theme to the environmental-based club since the 1991 opening of the high school. Students in the club (formerly called the Environmental Action Science Club) determine which activities to pursue each year.

EOC members started a recycling program in the HS in 2015 and are continuing in their efforts this year. Some of the past activities performed by the club have been cold-stun sea turtle watches @ Mt. Sinai Beach, beach clean-ups, adoptions of sea turtles, seals and rainforest acres, community recycling, Earth Day education, field trips and fundraising for environmental causes.

Meetings are held 1 - 4 times per month depending on club activities in Room 205.

*SPRING MUSICAL/VOCAL*

Director: Ms. Amy Connor

Producer: Mr. D. Kramer

Vocal Director: Ms. T. Panasci

Set Construction/Set Design: Mr. E. Giorlando

The Spring Musical allows students to focus primarily on acting, singing and dancing in a full-length musical performance. Through an audition process, parts are given to students, and intense rehearsals culminate in a performance for the community.

# *STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD)*

Advisors: Mr. J. McHugh & Mr. J. Wilson

SADD is an organization with a goal of preventing students from making “destructive decisions.” Rather than preaching what kids should and should not do, SADD participates in charitable events that promote positive decisions. Our flagship events are “Holiday Magic” and “Operation Teddy Bear.” Both endeavors make the holidays a little brighter for less fortunate children.

To date, our proudest achievement has been the sponsorship of “Mustang,” the guide dog, who was born in Mount Sinai and puppy-walked in Mount Sinai.

# *STUDENT GOVERNMENT*

Advisor: Mr. R. Cardo

The members of the Student Council shall be selected from the student body of Mount Sinai High School and will consist of a four-member Executive Board and an eighteen-member Student Senate. The four-member executive board shall consist of the President, Vice-President, Treasurer, and Secretary. Executive Board members are elected to a one-year term. The Student Senate shall consist of four representatives from each grade. Student Senate members are selected through interviews and review by a student/faculty council. Student Senators serve until graduation unless they vacate their seat, are elected to an Executive Board office, or are removed by impeachment.

The purpose of this the Student Government is to:

Assist the faculty and administration in the governing of student activities and affairs.

Promote a forum for student participation in the operation of Mount Sinai High School.

Encourage and coordinate inter-class activities.

Serve as a builder of school spirit and promote participation in school activities.

Promote student leadership.

Initiate service projects for the betterment of the school and community.

Raise funds to maintain and carry out Student Council activities.

# *VARIETY SHOW*

Advisors: Mr. J. McHugh and Mr. S. Zummo

The Variety Show is a live show held in the high school auditorium in January and includes a diverse array of talented performances from students (and even staff!). Acts include, but are not limited to, dance, vocal, instrumental, band(s), and comedy. Students are invited to try out for the show a week before the event and are expected to attend a dress rehearsal during the week of the show. Students not interested in performing may also assist in stage crew, lighting and sound. All funds raised from the show are donated to each of the four classes.

# *YEARBOOK*

Advisor: Mr. D. Tappin

The Yearbook is a challenging, rewarding yearlong process. We need students to take pictures, create layout using special yearbook software and motivate others to contribute their talents. All grades are welcome - freshmen and sophomores especially! If you have the time, we have a project for you!