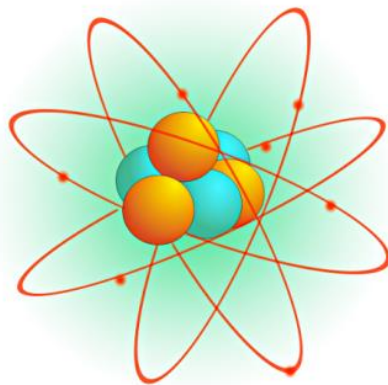




# Northern Highlands Regional High School

# Student Activities Guide



# NORTHERN HIGHLANDS REGIONAL HIGH SCHOOL

Dear Student,

On behalf of the Board of Education, Administration, and Staff, I welcome you to Northern Highlands Regional High School. Northern Highlands is committed to providing each student with a comprehensive high school experience. We offer a thorough and broad curriculum, which includes a variety of interesting electives that complement a challenging series of state and local requirements. However, your daily schedule of courses is only part of the high school experience.

In addition to our outstanding core curriculum, Northern Highlands takes great pride in our extensive extracurricular program. Students may select from over 50 different clubs and after school activities. Athletically, we offer 30 varsity sports, with sub-varsity competition in 22 of those sports. Currently, more than 90% of our student body is involved in athletics and/or co-curricular activities.

This Student Activity Guide is designed to provide you with a general description of most activities that our school district sponsors. Descriptions of our sports programs are found in the Athletics Descriptions & Guide. It is our hope that you will find a few activities and/or sports in which to participate. As you prepare for college, you will find that your participation in extracurricular activities will enhance your opportunity for admission into the college(s) of your choice. A Self-Reported Student Activity Record sheet has been included in this guide. Please look at this Record Sheet carefully, as it provides the kind of information that colleges look for in selecting applicants for admissions. We strongly encourage you to get involved in extracurricular activities and take advantage of the opportunities at Northern Highlands Regional High School.

If I can be of any help to you, please do not hesitate to stop by the Athletic /Activity Office, Room 240, and ask for me. I sincerely hope that your high school experience at Northern Highlands will be a pleasant and rewarding one, and one that you will remember and value in the future.

Best Wishes,



Robert Williams  
Director of Athletics and Activities

# TABLE OF CONTENTS

REQUIREMENTS AND EXPECTATIONS FOR PARTICIPATION IN STUDENT ACTIVITIES	1
SELF-REPORTED STUDENT ACTIVITY RECORD	2
STUDENT GOVERNMENT	
Student Council	3
CLASS ORGANIZATIONS	
Freshman Class	3
Sophomore Class	4
Junior Class	4
Senior Class	4
PUBLICATIONS	
Literary Magazine ( <i>Loch and Quay</i> )	5
School Newspaper ( <i>Highland Fling</i> )	5
Freshman Literary/Art Magazine	5
Yearbook ( <i>Thistle</i> )	6
MUSIC AND THEATRE	
Freshman Theater Production	6
Northern Highlands Theater Company ( <i>Drama Production</i> )	7
Guitar Club	7
Highlands Belles	7
Highlands Voices	7
Improvisational Theatre	8
Jazz Ensemble	8
Marching Band/Color Guard	8
Musical Production	9
Vocal Ensemble/Harmonics	9
OTHER CLUBS AND ACTIVITIES	
Absolute Zero ( <i>Chemistry</i> )	9
Animal Conservation	10
Art ( <i>Includes Ceramics &amp; Photography</i> )	10
Chess Club	10
Chinese Club	10
Debate	11
DECA	11
Dumbledore's Army/Harry Potter	12
Emergency Services	12
Environmental Awareness	12
Fed Challenge	13
French Club	13
Future Architects and Engineering Club	13
Gay Straight Alliance	14
Highlands Cares	14
Highlands Heroes	14
Interact/Rotary	14
Italian Club`	15

Leo's Lion's Club	15
Mock Trial	15
Model Congress	16
Model U.N.	16
Multicultural Task Force	16
National Honor Society	17
Quiz Bowl/Academic Team	17
Robotics	18
Students Against Destructive Decisions	18
School Store	19
Science League	19
Spanish Club	19
STEM Club	20
Stock Market Club	20
TED-ED Club	20
Boomerang Project	21

Please note that all clubs/activities are subject to change at any time during the year. Descriptions of clubs are not included in this Activity Guide until they are financially supported by the NHRHS Board of Education. Certain clubs with descriptions may not be functioning in a particular year.

Examples of clubs that have operated on a volunteer/current non-financial support basis include: American Meteorologist Association, Math Club, Jewish Cultural Club, Foods Club, Fashion Club, Trains-Planes-Car Club, Irish Club, School Spirit Club, South Asian Club, Political Action Club, Philosophy Club, Ping Pong Club, Women's Rights Club and Mythology Club.

**ATHLETICS:** Baseball, Boys & Girls Basketball, Boys & Girls Bowling, Cheerleading (*Fall*), Cheer/Dance (*Winter*), Boys & Girls Cross Country, Boys & Girls Fencing, Field Hockey, Football, Boys & Girls Golf, Ice Hockey, Boys & Girls Lacrosse, Boys & Girls Soccer, Softball, Boys & Girls Swimming, Boys & Girls Tennis, Boys & Girls Spring Track, Boys & Girls Winter Track, Volleyball & Wrestling. For more information, please refer to the Athletic descriptions and Athletic information documents on the school website.

**REQUIREMENTS AND EXPECTATIONS FOR PARTICIPATION**  
**IN STUDENT ACTIVITIES**

- Participation in extracurricular activities is a privilege and requires a significant commitment on the part of the student. Specific requirements will vary depending on each activity.
- It is required that participants in extracurricular activities adhere to a minimum of four hours attendance in school in order to be eligible for participation in a particular activity. Students must be in school before 10:30 AM in order to participate in that day's extracurricular activities. It should be noted, however, that extenuating circumstances could allow for administrative exemption from this rule. An advisor or coach may exclude a student from participating in an activity if the student fails to adhere to the requirements for participation.
- Participants in extracurricular activities are expected to:
  1. Follow all school rules and regulations.
  2. Maximize their academic performance in school by attending class every day, by being attentive in class, and by doing all assignments conscientiously.
  3. Attend all contests, practices, and meetings, including those contests and practices, which occur on **weekends, during vacations, and during post-season tournaments**. Participants will always be excused for observance of religious holidays. Participants should notify their coaches/advisors of these circumstances well in advance.
  4. Care of all equipment and facilities provided by the Board of Education.
  5. Abstain from using, possessing, selling and distributing alcohol, tobacco, and illegal drugs.
  6. Comport themselves in a manner, which brings credit to Northern Highlands, themselves, their families, and their community. Students will not act in any way that may harm or insult (*including hazing*) teammates and/or fellow students.
- Please be advised that coaches and advisors will handle all students who do not live up to expectations listed above on an individual basis. Students who violate any Group 1 or Group 2 infraction (*see Student/Parent handbook*) will be subject to disciplinary action by their respective coach/advisor. **Consequences may include the loss of leadership positions, loss of a varsity letter, probation, suspension or dismissal from the team/activity.** Consequences will be determined after consultation with the Director of Athletics and Activities.
- Northern Highlands encourages students to participate in multiple activities throughout the year, although there are times when this will cause conflicts to occur. Students are strongly encouraged to talk with their coach/advisor regarding conflicts in scheduling or any other problem as soon as they are discovered. The following guidelines will be used so that all coaches, advisors and students better understand the philosophy of the administration, which does not permit any punishment for choosing one school activity over another:
  - If both activities are practicing or participating in actual events at the same time, then the student may select the activity, which he/she chooses, without fear of disciplinary action.
  - If there is a conflict between a school event and a school practice, the student will participate in the event.
  - A school event will always take precedence over an outside non-seasonal event.
- Students or parents who have a question or concern should first contact the advisor or head coach. The Director of Athletics and Student Activities may be contacted if additional assistance is needed.

**NORTHERN HIGHLANDS REGIONAL HIGH SCHOOL  
SELF-REPORTED STUDENT ACTIVITY RECORD**

Student \_\_\_\_\_ Counselor \_\_\_\_\_

<b>GRADE</b>	<b>PARTICIPATION IN SCHOOL ACTIVITIES (<i>SPORTS, CLUBS, ETC.</i>) ACTIVITY (<i>LIST POSITION HELD, IF ANY, SUCH AS PRESIDENT, REPRESENTATIVE, CAPTAIN</i>)</b>
9	
10	
11	
12	
<b>GRADE</b>	<b>SPECIAL PROGRAMS – HONORS – AWARDS</b>
9	
10	
11	
12	
<b>GRADE</b>	<b>OUTSIDE OF SCHOOL ACTIVITIES</b>
9	
10	
11	
12	
<b>GRADE</b>	<b>EMPLOYMENT – Name of Employer, position held, average # of hours worked</b>
9	
10	
11	
12	

## STUDENT GOVERNMENT

### STUDENT COUNCIL

**This activity provides community service opportunities.**

**ELIGIBILITY:**

All students in grade 10-12 who are interested in Student Government may run for election.

**MEETING PLACE AND TIME:**

Meeting times vary and are announced in advance. Meetings are usually held in the Library.

**DESCRIPTION:**

The Student Council is composed of an Executive Council with the following members: five elected officers (*President, V.P., Treasurer, Corresponding Secretary, and Recording Secretary*); the Presidents of the Senior, Junior, Sophomore, and Freshman classes; and the student liaison to the Northern Highlands Board of Education. The remainder of the council is composed of two representatives from each of the homerooms established at the beginning of each school year. All students may attend meetings, but only the executive council has voting privileges.

**ACTIVITIES:**

1. Hold meetings for Student Government.
2. Express interests and needs of students to the administration.
3. Fund raiser for needy groups.
4. Conduct school social functions such as Homecoming and other dances.
5. Arrange for Assemblies, Pep Rallies, Spirit Day, Holiday Hoopla, and Spring-fest.
6. Handle special projects such as the annual blood drives.
7. Make morning announcements.
8. Conduct annual elections.

## CLASS ORGANIZATIONS

### FRESHMAN CLASS COUNCIL

**ELIGIBILITY:**

Any interested freshman can fill out an application to be selected to join the council.

**MEETING PLACE AND TIME:**

Class representatives meet during homeroom. Additional meetings are held after school as needed. The freshman class usually meets once or twice a year as a group. These meetings are held during school in Hopkins Hall.

**DESCRIPTION:**

The Council decides on fund-raising projects in which all freshmen can participate. The proceeds from the fund-raising activities are accumulated to help fund the activities in the junior and senior years. General projects can be initiated to develop class spirit or to aid people other than the Freshman Class.

## **SOPHOMORE CLASS COUNCIL**

**ELIGIBILITY:**

The Council consists of four-elected class officers and 20 elected representatives. Any interested sophomore can participate on various activity committees.

**MEETING PLACE AND TIME:**

Class officer reps meet during homeroom. Additional meetings are held after school as needed. The sophomore class usually meets once or twice a year as a group. These meetings are held during school in Hopkins Hall.

**DESCRIPTION:**

The Class Council provides leadership opportunities as students decide on fund-raising projects and sophomore class activities. The money raised by these projects is used to defray the cost of the Junior and Senior Proms and the Senior Class Trip. A cookie dough sale is planned for early December and the Sophomore Semi-Formal will be held in mid-March or April. The Class Council will host additional fund-raisers, such as a fall mum sale and a spring plant sale as well as initiate projects to develop class spirit and aid people other than the Sophomore Class.

## **JUNIOR CLASS COUNCIL**

**ELIGIBILITY:**

Any interested junior can fill out an application to be selected to join the council.

**MEETING PLACE AND TIME:**

Class officer reps meet during homeroom. Additional meetings are held after school as needed. The junior class usually meets once or twice a year as a group. These meetings are held during school in Hopkins Hall.

**DESCRIPTION:**

The class council provides leadership opportunities as students decide on fundraising projects and junior class activities. The money raised by these projects is used to defray the cost of the Junior and Senior Proms and the Senior Class Trip. Fundraisers include: A wrapping paper sale in November, a spring plant sale, the antique show, and the parking space raffle. The Class Council will host additional fundraisers as needed.

## **SENIOR CLASS COUNCIL**

**ELIGIBILITY:**

Any interested senior can participate in various activities or on different committees.

**MEETING PLACE AND TIME:**

Class officer reps meet during their assigned homeroom. Additional meetings are held after school as needed. The senior class usually meets once or twice a year as a group. These meetings are held during school in Hopkins Hall.

**DESCRIPTION:**

The Class Council provides leadership opportunities as students decide on fundraising projects and senior class activities. The money raised by these projects is used to defray the cost of the Senior Prom and the Senior Class Trip. Fundraisers include: A mum sale in November, a spring plant sale, the antique show, senior t-shirts and the hypnotist show. The Class Council will host additional fundraisers as needed.



## **PUBLICATIONS**

### **LITERARY MAGAZINE** (*Loch and Quay*)

- ELIGIBILITY: All sophomores, juniors and seniors may join.
- MEETING PLACE AND TIME: Once a week from 3:00 – 4:00 in Room 218.
- DESCRIPTION: Everyone meets to discuss student written short stories, plays, poems, and essays. Each work is submitted anonymously (*one does not have to be on the staff to submit to the magazine*). We have intelligent and spirited discussions about whether or not a piece should be published in our magazine, which is published every June. In the spring there are more frequent meetings as we go into production mode, and the students design and layout the entire magazine to get it ready to go to press.

### **THE STUDENT NEWSPAPER** (*The Highland Fling*)

- ELIGIBILITY: Any student interested in writing, drawing or taking photos for the paper should submit a sample of their work to Mr. Kaminski in Room 211. We accept anyone with a modicum of skill who is diligent and responsible. We also seek dedicated students who'd like to help manage the business side of the paper. Applications to become a member of the Editorial Board become available in February. Outgoing editors help Mr. Kaminski select the new editorial staff from among the applicants.
- MEETING PLACE AND TIME: The *Fling* staff meets all the time, online, during lunch, in homeroom. Whenever there's news to report, the *Fling* is in action. Formal assignment meetings occur about once a month, usually on a Monday in Room 211. As an editor or a writer, you'll be notified of meetings via email. Editorial Board members can expect to spend a lot of time in the Fling Room, especially during production weeks.
- DESCRIPTION: *The Highland Fling* is the official student-run newspaper of Northern Highlands. Students do all of the work: planning the issues, writing and editing the articles, designing the pages, and selling the publication and advertisements.

### **FRESHMAN LITERARY & ART MAGAZINE**

- ELIGIBILITY: All 9<sup>th</sup> graders are eligible to join.
- MEETING PLACE AND TIME: Meets weekly on a day determined by the group.
- DESCRIPTION: The Freshman Literary & Art Magazine, which is published once a year contains the best writing, photography and art produced by members of the ninth grade class. The Freshman Literary & Art magazine seeks freshmen interested in writing, art, and/or design, who will work collaboratively to develop the year's freshman literary and art magazine. Throughout the year, members review student submissions of writing and artwork, and produce the magazine in the spring. Leadership positions (*editors*) are chosen by the advisor immediately prior to production.

## **THE YEARBOOK (*Thistle*)**

### **ELIGIBILITY:**

The Yearbook seeks responsible, dependable and outgoing students from all grade levels. You must be willing and available to attend all meetings in order to be a member of the Yearbook design staff. Those members who have been on our design staff for multiple years gain superiority and leadership roles as they advance. Freshmen are encouraged to join and continue with us through senior year. We also seek talented photographers & videographers who would like to cover specific school events and submit their photos or create videos for publication and promotion of the yearbook. (*Photographers / videographers do not need to attend weekly meetings, but must be able to communicate via email.*)

### **MEETING PLACE AND TIME:**

Meetings are held every Tuesday after school in Room 101.

### **DESCRIPTION:**

The *Thistle* is the Northern Highlands Regional High School yearbook. Featuring all grade levels, it is a record of memories for all NHRHS students including sports, activities, academics, and daily “student life.” The Yearbook design staff is responsible for producing over 200 pages of content under strict deadlines, with the end result being a lasting keepsake in a professionally printed full-color book. The Yearbook staff works in an online program in order to design, edit, insert, proofread and complete page spreads. Students are able to work from home using this online program, and must be able to communicate with the advisor and staff via email. Staff members are also involved in decisions regarding the theme of the book, as well as the ideas for the format, color, content, overall presentation, and the accuracy of the content. The Yearbook staff also assists in sales promotions, commercials, social media advertising and special events. The yearbook staff raises money through various fundraisers, including Buddy Pictures, Parent Ads and Business Ads. The money is raised to offset the price of the yearbook as well as purchase supplies and equipment needed in the production of the yearbook.

## **MUSIC AND THEATRE**

### **FRESHMAN THEATRE CLUB**

#### **ELIGIBILITY:**

All 9th grade students are eligible to participate as actors, technicians and crew. No previous experience is required. Everyone who auditions is cast; everyone who wishes to work crew is accommodated. This ensemble has tasks for anyone willing to make the commitment.

#### **MEETING PLACE AND TIME:**

Auditions are held in the spring. From late February through May, we hold regular rehearsals on an increasingly frequent basis from 3:00–4:30. (*Rehearsals may run later as we approach performance dates.*) Performances are held in mid-May.

#### **DESCRIPTION:**

Freshman Theatre provides an opportunity for freshmen to participate in a Highlands theatre production. During rehearsals, each actor receives constructive criticism and feedback on how he or she portrays his or her character. Students learn that theater is a collaborative effort, and that the technical, production and support crew members are as significant to the overall production as the actors on stage. A production is presented to the public in the spring.

## **NORTHERN HIGHLANDS THEATER COMPANY (Drama Production)**

ELIGIBILITY:	All students are eligible to participate. There are roles for actors, technicians and crew. No experience is necessary. This group is run like an ensemble, with jobs and tasks for anyone who has the time to commit.
MEETING PLACE AND TIME:	Meetings are announced in advance and held in early September to prepare for the fall production. Following auditions, rehearsals are daily 3:15 – 5:30 P.M. Rehearsal times increase as the production approaches.
DESCRIPTION:	The Northern Highlands Theater Company provides an outlet for an appreciation of the theater. We want to impress upon the students that theater is collaborative, and that the technical crew-members are as significant to the overall production as the actors on stage. Students are encouraged to express their creativity in a wide variety of performing and technical areas. The group presents a fall production each year in Hopkins Hall. We also sponsor the Acting class recitals in the spring, including the evenings of One Act Plays. NHTC is self-supporting with income from ticket sales, program advertising, and other activities.

## **GUITAR CLUB**

ELIGIBILITY:	Any interested students in grades 9-12 who play guitar or other instruments who want to be involved in performing and producing a musical show is welcome to join us for our program.
MEETING PLACE AND TIME:	Room 211 every other Thursday afternoon and before performances.
DESCRIPTION:	The Guitar Club is for guitar lovers and musicians who like to perform with others in all sorts of musical genres.

## **HIGHLANDS BELLES**

ELIGIBILITY:	Auditions for this group are combined with auditions for the Highlands Voices. Being a Women's Choir, only female students will be selected.
MEETING PLACE AND TIME:	Once a week in Room 130, including evening and morning rehearsals. Some additional meetings are essential before concerts, competitions, or other events. Please direct any and all A cappella questions contact Tom Paster.
DESCRIPTION:	This ensemble will perform a variety of works: Classical, art songs, jazz, show, pop, etc. They are typically written in three or four voice parts, to be sung independently of one another. Qualities of leadership, dedication and musicianship are developed in this group.

## **HIGHLANDS VOICES**

	<b>This activity provides community service opportunities</b>
ELIGIBILITY:	Any interested student may audition to participate in this group.
MEETING PLACE AND TIME:	Twice a week in the Choral Room. Some additional meetings are essential before concerts.
DESCRIPTION:	This ensemble will perform a variety of works: Madrigals, jazz, show, etc. Madrigals are mostly secular in character, and largely made up of short part songs. They are written in four, five, or six voice parts, to be sung independently of one another. Qualities of leadership, dedication and musicianship are developed in this group. Please direct any and all A cappella questions contact Tom Paster.

## IMPROVISATIONAL THEATRE

ELIGIBILITY:	Any interested student in grades 9-12.
MEETING PLACE AND TIME:	Meetings are held weekly in the Cultural Arts Center.
DESCRIPTION:	We help members develop their skills in “long form” improvisational theater. All are welcome, from beginners to veterans. This group helps build confidence, acting skills, and collaborative skills. Selected members may perform in shows from time to time as “The Shenanigans.”

## JAZZ ENSEMBLE

ELIGIBILITY:	Any interested students in grades 9-12 who play saxophone, trumpet, trombone, drums, piano, guitar or string bass, may audition to become a member of the band.
MEETING PLACE AND TIME:	Tuesday afternoons/evenings – TBD by band members.
DESCRIPTION:	The Jazz Ensemble is an 18-piece band that studies and performs various styles of jazz, such as swing, blues, Latin-jazz and funk.

## MARCHING BAND/COLOR GUARD “HIGHLANDS REGIMENT”

ELIGIBILITY:	<p><b>Marching Band:</b> Any interested student in grades 9-12 who plays an instrument and can read music may participate. Students interested in playing drums must take an audition.</p> <p><b>Color Guard:</b> Anyone with the desire to learn flag fundamentals. Most people have no experience with this activity when they join. Highlands will host a few clinics and students must audition to be in the color guard.</p>
MEETING PLACE AND TIME:	The band room, parking lot, and/ or football field. Tuesday and Thursday from 6:00 – 9:00 P.M., Saturdays 9:00 - 4:00 P.M. and some Sundays, depending on competition schedule.
DESCRIPTION:	<p>The primary functions of the marching band are to:</p> <ol style="list-style-type: none"><li>1. Perform halftime shows at all home varsity football games.</li><li>2. Compete in at least 6 US Band Association Marching Band competitions.</li><li>3. Perform at Memorial Day Parades.</li></ol>

## **MUSICAL PRODUCTION**

### **ELIGIBILITY:**

Any interested student may participate in this co-curricular program. There are roles for actors, technicians and crew. No experience is necessary. This group is run like an ensemble, with jobs and tasks for anyone who has the time to commit.

### **MEETING PLACE AND TIME:**

Cultural Arts Center and the Auditorium. Students in this activity are expected to come most afternoons depending on their responsibility to the production. There are some practices on Saturdays. This activity begins with auditions in November, some rehearsals in December, and daily rehearsals the months of January and February. Production week is usually the first week in March.

### **DESCRIPTION:**

Any student at Northern Highlands may participate in this program. Students may gain experience in singing, dancing, acting and such management skills as props, art, development, make-up, publicity, and stage crew. Students have the opportunity for leadership positions in technical theater (producing, directing, and designing).

## **VOCAL ENSEMBLE / HARMONICS**

### **ELIGIBILITY:**

Any interested student in grades 9-12 who would like to participate in a performance of music from stage and screen musicals.

### **MEETING PLACE AND TIME:**

Preparations begin in March in the Choir Room.

### **DESCRIPTION:**

Cabaret Night is open to all students who would like to perform. Students may gain experience in singing, dancing and acting. This activity will begin following the musical theatre production in March.

## **OTHER CLUBS AND ACTIVITIES**

### **ABSOLUTE ZERO (CHEMISTRY)**

**This activity provides community service opportunities.**

### **ELIGIBILITY:**

Must have completed or be currently enrolled in chemistry to attend meetings

### **MEETING PLACE AND TIME:**

Every other Tuesday or Wednesday in Room 318 at 2:45pm.

### **DESCRIPTION:**

Do you want to try some of those awesome experiments you see on You Tube? Do you want to do more fun and explosive chemistry experiments without having to do a lab write up? This is the club for you! We embrace the idea that chemistry experiments can be awesomely hands on. You do not necessarily have to be amazing at the chemistry itself, you just have to be interested in how things work. Some examples of interesting activities include, but are not limited to, snow globes, rock candy, making ice cream, spontaneous combustion and helping develop fun labs for use in class! We also perform some great hands on experiments with the local Girl and Boy Scouts so they can earn their chemistry badge, which counts as community service for college resumes for students that help set up, plan and participate in the Scouting events.

## **ANIMAL CONSERVATION CLUB**

ELIGIBILITY:	Any student who is concerned about animal welfare is welcome
MEETING PLACE AND TIME:	Twice a month, day decided by members each year, meet at 2:45pm.
DESCRIPTION:	The goal of this club is to raise funds and awareness for animal welfare. We present information and discuss different animals at each meeting, especially endangered species and the threats to their preservation. We hold bake sales to raise funds for local animal shelters, the Bergen County Zoo, and global organizations such as The World Wildlife Fund. Individual members have volunteered at local no-kill animal rescue organizations, helped build winter shelters for feral cats through the National Foundation for Animal Rescue ( <i>NFFAR</i> ) in Mahwah, and collected blankets for the Ramapo-Bergen Animal Refuge, Inc. ( <i>RBAR</i> ) in Oakland, and the Yonkers Animal Shelter. Last year we held a Pet Supply Drive for the Bergen County Animal Rescue Team, which is a part of the Bergen County Office of Emergency Management.

## **ART CLUB**

ELIGIBILITY:	Open to all students in grades 9-12.
MEETING PLACE AND TIME:	Meetings once a month in the Art Room. Additional work sessions may be scheduled more often.
DESCRIPTION:	The Art Club will serve as a non-class setting for student artists to gather as a group. Meetings will serve as organization/planning sessions for fundraisers, club-related activities, and service projects for the school and community. Students may also use meeting time for critique sessions on past work and work in progress. The club will afford members the opportunity to explore areas of art that interest the group.

## **CHESS CLUB**

ELIGIBILITY:	Open to all students in grades 9-12
MEETING PLACE AND TIME:	Meetings are held twice a month in Room 248.
DESCRIPTION:	Members of this club will discuss different chess positions and tactics and conduct friendly matches.

## **CHINESE CLUB**

ELIGIBILITY:	All students in grades 9-12.
MEETING PLACE AND TIME:	Meetings are held once every three weeks in Room 110.
DESCRIPTION:	The purpose of the Chinese Club is to introduce students to Chinese customs, culture, holidays and traditions. Students will enjoy a clean, friendly and unbiased environment while enjoying Chinese food, movies, calligraphy, art projects, music, pop culture, history and politics.

## DEBATE

### ELIGIBILITY:

Open to all students in grades 9-12.

### MEETING PLACE AND TIME:

Daily in homeroom and as announced.

### DESCRIPTION:

The Debate Club is for students who enjoy speaking in front of their peers. Debaters function in teams of two. They will be expected to research and prepare to defend or attack a given resolution. The club provides most of the research material. Once a month, Varsity Debaters will travel to neighboring high schools to participate in debate tournaments. These tournaments are conducted during school hours; as such, students can be active members of the Debate Club and still be in other after-school activities. J.V. Debaters debate after school 6 times during the school year. JV members can receive the help and support they need from experienced debaters who conduct demonstration and practice debates and offer helpful criticisms.

## DECA

**This activity provides preparation for business careers & community service opportunities.**

### ELIGIBILITY:

DECA is a co-curricular activity open to students in grades 10-12 who are currently enrolled in a business class, other than CBT, Foundations in Literacy and Technology, Financial Management or Personal Finance. Additionally, students who were previously enrolled in a business class (*aside from CBT, Foundations in Literacy and Technology, Financial Management or Personal Finance*) and who have an interest in pursuing a career in business are permitted to continue their membership in DECA.

### MEETING PLACE AND TIME:

Given the large size of the club, group meetings are scheduled as needed in the cafeteria or auditorium. Information is largely disseminated to the membership through the DECA officers, DECA's leadership team, and e-mail correspondence. The DECA officers and their leadership team (homeroom 104).

### DESCRIPTION:

DECA's mission is to prepare emerging leaders and entrepreneurs in marketing, finance, hospitality and management. DECA members participate in competition that may involve role-playing, written tests, and/or research projects. Regional competition generally takes place in January and those students who win become eligible to compete in the three-day DECA NJ State Conference. The state winners progress to the International DECA Competition. To further apply business principles and practices, the members of the club sponsor fund-raising projects. Proceeds from these endeavors help to pay for dues and club operations or are donated to worthy charities. Community service projects and other campaigns help to develop leadership, civic consciousness, and social intelligence of the members. Students are required to participate in these chapter projects in order to participate in the DECA-related competitions.

**DUMBLEDORE’S ARMY/HARRY POTTER This activity provides community service opportunities.**

**ELIGIBILITY:** All Harry Potter Book or Movie Fans may attend (Fantastic Beasts too!)

**MEETING PLACE AND TIME:** Every Friday in Room 318 at 2:45pm

**DESCRIPTION:** Do you love Harry Potter? Ever wonder if anyone else around you does? Well then, join us! We are all fans of the novels/movies, but that is not our only goal as a club. Our goal is to use Harry Potter to help promote literacy. While we embrace the books and movies, we want to use Harry Potter for the good of humankind. We work with the local schools and town libraries to offer after school activities to elementary age students. Other activities include, but are not limited to, watching the movies and the You Tube musical, reading passages and discussing them, having debates about characters strengths and flaws, making butter beer and Quidditch competitions. If you are interested in playing Quidditch only, please stop by and sign up. We practice bi-weekly for Quidditch with the hopes that schools around us will soon have a team for us to compete with!

**EMERGENCY SERVICES**

**This activity provides community service opportunities.**

**ELIGIBILITY:** All students in grades 9 – 12

**MEETING PLACE AND TIME:** Meetings take place twice monthly in Room 304.

**DESCRIPTION:** Interested in saving lives and making a difference? The Emergency Services Club is open to all students interested in becoming, or those who already are, First Responders, EMTs and Firefighters. Trained members will be eligible to respond to calls for service, both in school & in the surrounding community during the day. Trained members will assist the nurse for on campus incidents. Students who are not already trained can join and become certified in a Fall, Spring or Summer course that is taught at the Bergen County Training Academy campuses in Paramus or Mahwah. The club will participate in school-wide activities such as athletic tournaments, school musicals and assemblies by providing first response care when needed. Club members will also become trained in First Aid and CPR. All members will be required to join local volunteer groups in order to maintain membership.

**ENVIRONMENTAL AWARENESS**

**This activity provides community service opportunities.**

**ELIGIBILITY:** Open to all students in grades 9-12.

**MEETING PLACE AND TIME:** Thursdays in Room 316.

**DESCRIPTION:** Interested in environmental issues? If so, this club is for you. Aside from managing the school’s paper recycling program, we will pursue many different topics including recycling, wildlife biology, endangered species, and tree/flower plantings. Our school has a beautiful campus. Come, get involved, and help us keep it that way.



## **FED CHALLENGE**

ELIGIBILITY:	AP Economics Students
MEETING PLACE AND TIME:	January - Weekly Meetings (Room 104) February to April, 3-4 times per week, some weekends required
DESCRIPTION:	The Fed Challenge is a competitive club that allows students to simulate the Federal Open Market Committee at the New York Federal Reserve Bank. This club is open to any AP Economic student interested in expanding their knowledge of Monetary Policy. Some issues discussed are key interest rates, open market operations, and all economic indicators that affect our current global economy. Students will be given an opportunity to develop their presentation skills, meet members of the Federal Reserve Bank, tour the NY Fed, and create their own Monetary Policy.

## **FRENCH CLUB (*Café Français*)**

ELIGIBILITY:	Open to all French language students in grades 9-12.
MEETING PLACE AND TIME:	Bi-weekly or monthly after school in Room 121.
DESCRIPTION:	The Café Français was created to promote the study of French and Francophone cultures in France and throughout the world. It is offered to French students who are interested in expanding their worldview to include other cultures. The Café Français offers students additional opportunities outside of the classroom to experience cultural and social activities. Some possible activities include movies, board and card games, food tasting, dinners, cultural celebrations, and field trips. New ideas and activities from members are always encouraged.

## **FUTURE ARCHITECTS AND ENGINEERING CLUB**

ELIGIBILITY:	Open to all students in grades 9-12.
MEETING TIME AND PLACE:	Two - Three Wednesdays / Thursdays each month after school in the Faculty Café or CAD Lab.
DESCRIPTION:	The goal of the club is to educate students about the opportunities in the fields of architecture and engineering by participating in competitions and hearing from professionals in the field. We host guest speakers throughout the year. We compete at the Panasonic Creative Design Challenge and at NJ Technology Student Association Conferences the Thomas Edison Design Challenge. We hold group challenges called Project Labs at our meetings.

## **GAY STRAIGHT ALLIANCE**

ELIGIBILITY:	Any student in grades 9-12.
MEETING PLACE AND TIME:	Twice a month in Room 220.
DESCRIPTION:	The GSA provides students the opportunity to meet and discuss issues facing the LGBTQ community in a non-judgmental atmosphere. We will pursue projects and activities to increase school awareness and acceptance, and in particular, we will host and participate in an LGBTQ visibility campaign in April, and raise awareness for National Coming Out Day in October through the school-wide Rainbow Ribbon campaign.

## **HIGHLANDS CARES**

ELIGIBILITY:	Open to all students in grades 9-12.
MEETING PLACE AND TIME:	Bi-monthly for leaders, weekly meetings for specific projects.
DESCRIPTION:	Highlands Cares is an organization that helps Highlanders give back to their local, national and international communities. Highlands Cares encourages, coordinates and recognizes students for their leadership and dedication to service. Highlands Cares focuses on raising money for charitable organizations as well as coordinating community service projects.

## **HIGHLANDS HEROES**

ELIGIBILITY:	Any students in grade 12.
MEETING PLACE AND TIME:	TBD
DESCRIPTION:	Highlands Heroes is a program available to all students who served as Student Ambassadors in their junior year at Northern Highlands. The program allows these student leaders to interact with students in the middle schools of our sending districts to run 3 outreaches per year whose topics include cheating, cyber bullying and decision making.

## **INTERACT/ROTARY**

ELIGIBILITY:	Any interested student in grades 9-12.
MEETING PLACE AND TIME:	Once a month in Room 105.
DESCRIPTION:	The Interact Rotary Club at Northern Highlands strives to spread awareness about local and global service through two main projects each year; one supporting a local cause and the other supporting an international cause. In the past these projects have included sponsoring a girl's orphanage in Haiti, collecting cleaning supplies for Hurricane Sandy victims, a book drive, working with The Center for Food Action in Mahwah, volunteering at local soup kitchens, and fundraising for victims of various Hurricanes.

## **ITALIAN CLUB**

ELIGIBILITY: Any student in grades 9-12. Students do not have to be enrolled in Italian to join the club.

MEETING PLACE AND TIME: Once a month in Room 119.

DESCRIPTION: The Italian Club gives students additional opportunities outside of the classroom to experience cultural and social activities. Students will be expected to participate in fundraisers and events. Some possible activities include movies, art projects, food tastings, cooking contests, cultural celebrations, trips to museums and operas, Italian dinners and soccer/bocce games.

## **LEO'S LION'S CLUB**

ELIGIBILITY: Open to any student in grades 9-12.

MEETING PLACE AND TIME: Every other Thursday in Room 210.

DESCRIPTION: Members will experience the rewards of serving others while learning the meaning of leadership and community. Members are developing their own ideas for becoming involved in a lifetime of community involvement and contributions to society. They are developing service projects that center on restoring sight, providing disaster relief, supporting youth and addressing other humanitarian needs locally, nationally and internationally.

## **MOCK TRIAL**

ELIGIBILITY: Open to any student, grades 9-12.

MEETING PLACE AND TIME: TBD in Room 215

DESCRIPTION: The purpose of Mock Trial is to stimulate & encourage a deeper understanding of the American legal system. Beginning in September, students assume the roles of lawyers and witnesses in a case created by the NJ Bar Foundation. Students not selected as either attorneys or witnesses become a crucial part of the team by assisting the attorneys & witnesses in their preparations & observing other schools during our evening competitions. Competitions on the county level continue through Jan. in real courtrooms at the Bergen County Court House in Hackensack. Mock Trial fosters speaking, writing, reading & analyzing skills. Whether or not you are headed for a career in law, Mock Trial is an extremely challenging & rewarding activity.

## **MODEL CONGRESS**

ELIGIBILITY:	Open to any student, grades 9-12.
MEETING PLACE AND TIME:	Meeting in Room 219 after school bi-weekly.
DESCRIPTION:	<p>Members of Model Congress/JSA participate in simulations of U.S. Congress hosted by universities and high schools throughout the school year. These conferences afford student the opportunity to write, debate, and vote on legislation with students from across the country.</p> <p>Students discuss current political issues and develop their research, bill-writing, and public speaking skills at regular club meetings. Northern Highlands has recently attended conferences at the University of Pennsylvania, Columbia University, and local high schools.</p>

## **MODEL U.N.**

ELIGIBILITY:	Open to students in grades 10-12.
MEETING PLACE AND TIME:	Meetings in Room 211 after school on Tuesdays, once a week for six weeks before each conference.
DESCRIPTION:	<p>Held at various places and times throughout the year and sponsored by colleges and international organizations, Model U.N. lets students represent real member nations and debate their foreign policies.</p> <p>Students develop critical research and presentation skills as they prepare their platforms and deliver them to an audience. In 2015-2016, students attended the Johns Hopkins University Model UN conference in Baltimore and the Brown University Model UN conference in Providence, RI.</p>

## **MULTICULTURAL TASK FORCE**

ELIGIBILITY:	Open to any student, grades 9-12.
DESCRIPTION:	<p>The purpose of the M.T.F is to help create a greater awareness of cultures &amp; stereotypes through discussions, film events, the celebration of cultural festivities &amp; participation in cross-school dialogues. Students in M.T.F. want to help create a world where they become the “change they want to see.” M.T.F. students are actively involved in our school’s multicultural activities as well as the “Teens Talk about Racism” conference held at Farleigh Dickenson University in May. Participation in film series, a <i>Mix it up at lunch</i> celebration, cultural activities and international restaurant visits were highlights of the previous academic year.</p>

## **NATIONAL HONOR SOCIETY**

### **ELIGIBILITY:**

### **This activity provides community service opportunities.**

Juniors and seniors who are outstanding in scholarship, leadership, character, and service are considered for membership by the Faculty Council. The minimum grade-point average (*GPA*) required is a cumulative scholastic average of 3.80. For juniors the *GPA* is calculated with grades from ninth and tenth grades. (*Grades earned during the first or second quarters of junior year are not considered for candidacy for juniors*). For seniors the *GPA* is calculated with grades from ninth, tenth and eleventh grades. Since Northern Highlands calculates *GPA*s to four decimal places, the absolute cutoff for candidacy is 3.7950. A *GPA* of 3.7949 is ineligible. Junior candidates who are eligible for membership in January must have accumulated six service and leadership points from participation in school activities, clubs, sports and service to the community by January. Senior candidates who are eligible in September of their senior year must have eight service and leadership points by September. \*Starting with the Class of 2019, the Community Service requirement will ask for a minimum of 30 hours Community Service in which 30 Hours = 1 point. See Mr. Gornell for more details. \*There is a formal induction ceremony in the spring.

*\* Starting with the Class of 2019, the Community Service requirement will ask for a minimum of 30 hours Community Service in which 30 Hours = 1 point. See Mr. Gornell for more details.*

### **MEETING PLACE AND TIME:**

National Honor Society homeroom is Room 248; general meetings are held on the 1st Tuesday of the month. Small group and informal meetings are occasionally held before homeroom period; the purpose is generally to discuss the current service and fund-raising activities.

### **DESCRIPTION:**

National Honor Society is not only an honorary organization, but also a service organization whose members actively participate in school/community assistance. The goal of this chapter is to create enthusiasm for scholarship, to stimulate a desire to serve, to promote leadership, and to develop character in students of NHRHS. A complete description of the Honor Society, including criteria for selection and the complete Constitution, is on file in the Guidance Office as well as in the Library.

## **QUIZ BOWL – ACADEMIC TEAM**

### **ELIGIBILITY:**

Any student is eligible to practice with the team. The team itself is comprised of four members and an alternate. Teams may change throughout the year prior to each different competition. Students who do not make the team are still welcome to play during practice matches.

### **MEETING PLACE AND TIME:**

Practice sessions are scheduled at the convenience of team members.

### **DESCRIPTION:**

The Academic Team is open to any Highlander. The strongest and most qualified students may go to tournaments that are held on Saturdays at different high schools in the surrounding areas. Typically 40-50 teams may compete in these competitions. Students have participated and succeeded in competitions at Leonia High School, Ridgewood High School and Bloomfield High School. The competitions feature both jeopardy and buzzer style academic games.

## **ROBOTICS**

ELIGIBILITY:	Open to all students in grades 9-12.
MEETING PLACE AND TIME:	Meetings are held every day from September-March at 3pm in Room 137.
DESCRIPTION:	The Robotics Club is actually more like a ROBOTICS TEAM that builds a robot to play a game and compete in tournaments. The club enters competitions throughout the state through the FIRST Robotics Organization's First Tech Challenge. Each year a different game challenge is created and the team is tasked with creating a robot that fits in an 18" cube. The competition/game challenge each year will be released every September. The competition season typically lasts from September through February but can be extended depending on success at the state competition. We use common materials and machinery to build the robots. Example of robots we have built in the past include a robot that flipped over storage crates and filled them with racquet balls, and one that played tic-tac-toe on a 45" peg board. Check out <a href="https://www.firstinspires.org/robotics/ftc">https://www.firstinspires.org/robotics/ftc</a> for samples of past events. After competition season, the team does preparation for next year and outreach events in the community.

## **STUDENTS AGAINST DESTRUCTIVE DECISIONS**

ELIGIBILITY:	Open to all students in grades 9-12.
MEETING PLACE AND TIME:	Meetings once a month, additional meetings when necessary in Room 213.
DESCRIPTION:	Originally, the mission of the SADD chapter was to help young people say "No" to drinking and driving. Today, the mission has expanded. Students have told us that positive peer pressure, role models and other strategies can help them say "No" to more than drinking and driving. And that is why SADD has become a peer leadership organization dedicated to preventing destructive decisions, particularly underage drinking, other drug use, impaired driving, teen violence and teen depression and suicide. SADD is an inclusive, not exclusive organization. SADD recognizes that the pressures on young people to drink, use illicit drugs and engage in other unhealthy behaviors are strong. SADD seeks not punish or alienate those students who make unfortunate choices but rather aims to inform, educate, support and empower young people to make positive decisions in their lives. <b><u>SADD's mission simply stated:</u></b> <i>To provide students with the best prevention and intervention tools possible to deal with the issues of underage drinking, drug use, impaired driving and other destructive decisions.</i>

## **SCHOOL STORE**

ELIGIBILITY: Any student interested in providing a worthwhile school service, and willing to learn retail business operations.

MEETING PLACE AND TIME: School store off Front Lobby, every day at 7:15 A.M. and 2:30 P.M.

DESCRIPTION: The school store is operated, under the auspices of DECA, for the express purpose of serving the students and staff of Northern Highlands. The store sells most school supplies, a wide assortment of school and athletic clothing, specialized items such as lab books, drafting pencils, etc. and an assortment of confections. Any profit, which the school store generates, is donated to school organizations and charities that request assistance, and are deemed appropriate by the staff. School logo clothing is also often donated to guest speakers.

## **SCIENCE LEAGUE**

ELIGIBILITY: In each of the 7 subjects, students compete for a place on the team by taking a written test. Usually 4-5 students are chosen per team.

MEETING PLACE AND TIME: Each advisor & team members decide on mutually agreeable meeting times: after school, during lunch periods, or before Homeroom in the mornings. Meetings are held in the Science Wing. Northern Highlands customarily hosts the April meet.

DESCRIPTION: Members on each of the science teams study specified topics each month in their subject area & practice with tests from previous years. There are 4 competitions (*Jan., Feb., March & April*), in which students take a new test on those subjects. Individual students & the school are ranked with other schools from across New Jersey. Top students may also compete in the Merck State Science Day competition in May.

## **SPANISH CLUB**

ELIGIBILITY: Any student in grades 9-12. Students do not have to be enrolled in Spanish to join the club.

MEETING PLACE AND TIME: Twice a month in Room 124.

DESCRIPTION: The Spanish Club gives students additional opportunities outside of the classroom to experience cultural & social activities. Students will be expected to participate in fundraisers & events. Some possible activities include movies, projects, food tasting, cultural celebrations, dance lessons, community service & trips to museums, annual Red Bull soccer game trip, dinners & friendly soccer games with other language clubs.

## **STEM CLUB**

ELIGIBILITY:	Students in grades 10-12.
MEETING PLACE AND TIME:	Meetings will take place in the CAD Lab – dates are TBD.
DESCRIPTION:	The STEM ( <i>Science, Technology, Engineering &amp; Math</i> ) Club is comprised of sophomores through seniors who compete against other area schools in solving real world problems or situations ( <i>myoelectric prosthetic devices, cargo vessels, flight</i> ). The competitions are held during the school day and there are approximately four scheduled competitions each year. Working in small teams the students will have to do research and meet for the release of the conceptual part of the competition. Students interested in this club will need to have a solid background in these educational areas.

## **STOCK MARKET CLUB**

ELIGIBILITY:	Any interested student in grades 9-12.
MEETING PLACE AND TIME:	Room 101/computer labs. Every other Thursday after school.
DESCRIPTION:	The purpose of the stock club is to educate students on how to research stocks & mutual funds so that they can make educated choices towards their investment decisions in the future. Using the real world-like Virtual Stock Exchange Stock Market Game, we will have a Fall & Spring competition, each of which runs for 10-12 weeks. Club members & faculty compete for the honor of being the Top Investor. The names of the winners are inscribed on a trophy displayed in the school lobby. Additionally, guest speakers will join us throughout the year to share their knowledge on investing techniques.

## **TED-ED CLUB**

ELIGIBILITY:	All interested students in grades 9-12.
MEETING PLACE AND TIME:	1-2 meetings per month through April, TBD by the group.
DESCRIPTION:	TED-ED Club is a flexible program affiliated with TED.com that supports students in discussing, pursuing and presenting their big ideas in the form of short, TED-style talks. During meetings, we may view and critique TED-talks, discuss principles of effective writing and public speaking, or provide time for members to work on researching, developing, and filming their own talks. Student leadership positions for returning members are available. Some of our goals are as follows: to be a platform for student ideas; to support students in developing presentation & public speaking skills, so that their ideas can be more easily seen, understood, shared & acted upon; to work with a generation of problem solvers, critical thinkers, and innovators to make the world a better place; to make an idea – developed, presented & recorded by a student – a valuable reference point on a resume, college application or in a job interview.



## **BOOMERANG PROJECT / STUDENT AMBASSADORS**

### **ELIGIBILITY:**

Current sophomores and juniors may apply to become a student ambassador. In order to select the best possible candidates, there is a rigorous application and interview process. Anyone selected for an ambassador position must serve as a role model from the time of their selection, including all the responsibilities and commitment required of student leaders.

### **MEETING PLACE AND TIME:**

- Two days of retreat training during the Summer
- Two days of retreat training during the Winter
- Monthly two-hour evening meetings and training for outreaches
- Monthly outreach sessions for Freshmen (Including two evening events in the Fall and Winter.

### **DESCRIPTION:**

Our school is beginning its 12th year of participation in Student Ambassadors/Boomerang Project. Boomerang Project is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience. This program is built on the belief that students can help students succeed. Our Ambassadors of junior and senior classes act as positive role models who help guide freshmen to discover what it takes to be successful during the transition to high school. Events include: Freshmen Orientation, Family Night, Freshman Winter Social, and 8<sup>th</sup> Grade Parent Orientation.