



ELMWOOD SCHOOL

MIDDLE / SENIOR SCHOOL

CO-CURRICULAR
ACTIVITIES

TERM ONE 2019 – 2020



Elmwood Co-Curricular Activities Handbook

Middle/Senior School

Term One

MIDDLE SCHOOL CO-CURRICULAR ACTIVITIES	Page 2
SENIOR SCHOOL CO-CURRICULAR ACTIVITIES	Page 4
MIDDLE SCHOOL ATHLETICS SCHEDULE	Page 10
SENIOR SCHOOL ATHLETICS SCHEDULE	Page 11

*This year, step outside of your comfort zone and dare to try something different.
Explore. Dream. Discover!*



MIDDLE SCHOOL CO-CURRICULAR ACTIVITIES

**Clubs marked with a star will have a small cost associated with participation. Details to follow from the lead teacher.*

FRENCH CLUB (Grades 6 – 8)

Learn about francophone cultures and use the language in a welcoming and stress-free environment. Venez faire la fête avec nous! If you like to play games, watch movies, explore French cuisine, listen to French music, discover places in Ottawa where you can speak French, and do so much more while speaking la langue de Molière, join us on Wednesdays during lunch and embark on an adventure sailing the seas of the French language and francophone cultures.

Time of day: Wednesday lunchtimes

Lead teacher: Sanja Cvetanovic

FRIDAY FUNDAY – REFRESH RECESS (Grades 6 – 8)

Research shows that free play helps students build an array of skills and feel more balanced. Every Friday during lunch recess all Middle School students will have access to all of the gym equipment and the gym. Our hope is that students will try new things, learn how to take safe risks, develop creativity and collaboration through 25 minutes of unstructured play. No sign up required, just come and play!

Time of day: Fridays during MS (lunch recess)

Lead teacher: Erin Derbyshire

KIDS' LIT QUIZ (Grades 6 – 8)

This year, Elmwood School will once again be taking part in the Kids' Lit Quiz! This annual book-trivia competition gives students the chance to show off their literary expertise as they compete against other schools to answer questions about popular children's books. Keep an eye out for updates in the library!

Time of day: Tuesday at lunchtime

Lead teacher: Kimberly Senf

LATIN AND THE ROMAN WORLD - Middle School Classics Club (Grades 6 – 8)

This club offers students the opportunity to explore their interest in the ancient world of the Greeks and Romans through creativity, activities and games. Students will get to learn about how real people lived in the Classical world (including things like mythology), and select elements of ancient life to recreate as they learn introductory elements of the Latin language. Creative options include sculpting, fresco painting, model-making, mosaic-making, and more!

Time of day: Mondays at Lunch

Lead teacher: Beth Ellison

LET'S TALK SCIENCE CHALLENGE (Grades 6 – 8) *

This club prepares students for a one-day competition hosted at Carleton University in the Spring. Four teams of four girls will attend this competition, which features half science trivia and half engineering design challenges. All interested students are invited to participate in this club, with the option to compete for a place on the team(s) that will be selected to attend the competition.

Time of day: Mondays at Lunch

Lead teacher: Jenny Howell

SPIRIT AND SERVICE (Grades 6 – 8)

Lead by Elmwood's Community Service and Middle School Prefects (Allison and Somieya) this club brings Spirit and Service together in support of great causes and school spirit. Community service initiatives within the school will allow successful applicants to enhance their own leadership skills and also build school spirit over the course of the year!

Time of day: (TBD)

Lead teacher: Jen Walsh

Student leaders: Community Service Prefect, Allison Sedlezky and MS Prefect, Somieya Khan

SAMARA (Grades 6 – 12)

Be a part of recording memories and publishing your school's yearbook. In this club, you will learn all about design and layout using a user-friendly computer program. As a member of Samara, you have the opportunity to attend school events with the purpose of capturing the fun with photography. Although this club lasts the entire year, you will have the flexibility to get involved in other activities, clubs and sports as we only meet once a week and much of the work can be done on your own time. Creating a yearbook will teach you invaluable skills using computers, design and teamwork.

Time of day: Wednesday/TBD Lunchtime

Lead teacher: Stephanie Hanratty

SENIOR CONCERT BAND (Grades 7 – 12)

The Elmwood music program has been successful for many years, performing well and receiving accolades. This outstanding ensemble is comprised of students from Middle and Senior Years who would like to push their performance to the next level. Opportunities for concerts, festivals and travel are available to all who are ready to play. Come out and share in the tradition of incredible music at Elmwood!

Time of day: Tuesdays and Thursdays, 7:15 a.m.

Lead teacher: Cristien Lyons

OPEN STUDIO (Grades 6 – 12)

Students have an opportunity to work independently on personal or class art projects. This is the perfect time to explore the various art techniques that you have wanted to try. All supplies will be provided. Come join other creative people in a relaxed environment and create the art of your dreams.

Time of day: Lunchtimes and after school

Lead teachers: Heawon Chun and Marion Fischer



SENIOR SCHOOL CO-CURRICULAR ACTIVITIES

**Clubs marked with a star will have a small cost associated with participation. Details to follow from the lead teacher.*

BIG SISTERS (Grades 9 – 12)

Big Sisters has been an Elmwood tradition for many years. This Club provides a fantastic opportunity to develop cross-school connections between Senior Students and girls in our Junior School. The club meets once a month on a Wednesday lunchtime. Senior girls are matched at the start of the school year with 1-2 Junior girls, and once a month they join their partners in the junior school for lunch and to share games and other fun activities. Led by the Junior School Prefect in conjunction with Ms. Blackadar, Deputy Head of Junior School, this activity is the perfect way to nurture cross-school friendships and to create meaningful connections that last long after the year has ended.

Time of day: Wednesday lunchtimes, 1 x month

Lead teachers: Christine Blackadar and Stephanie Hanratty

Student leader: Junior School Prefect, Charli Pryor Hofley

BOYS AND GIRLS CLUB (Grades 9 – 12)

The purpose of the club is to support the local Boys and Girls clubhouse in Vanier (the MacArthur Clubhouse) by attending their after-school program once a week for about an hour. During this time the focus is on interacting with the children who use the clubhouse for homework support, activities, games and recreational time. Elmwood student volunteers have an opportunity to make meaningful and long-lasting relationships with the youth at the clubhouse.

Time of Day: After school, Wednesdays

Lead teacher: Katie Fraser

BUSINESS CLUB (Grades 9 – 12)

Have you ever been interested in business and entrepreneurship? Have you ever been interested in the stock market and financial literacy? The business club this year will mix all of these categories into one through DECA, the Stock Market club, and Summer Company. Come join us to learn about careers and the world of business!

Time of Day: Tuesdays at lunch

Lead Teacher: Krista Norris

CAPPIES (Grades 10 – 12)

Cappies is a continent-wide organization celebrating student writing and the performing arts. We work together from the beginning of the year learning how to write top quality play reviews. Each member commits to attending four theatre productions done by Ottawa high schools, and after each production, a review is submitted within a specified time-frame. The top review, selected by teacher editors, is printed in the Ottawa Citizen. The next top five reviews are included in the online version of the Citizen. As a group, we are in charge of the marketing and publicity of our own school play and we work closely with Elmwood Theatre as the production progresses. We also host the incoming Cappies teams as they come to judge our school's production and help to coordinate the discussions that take place in the Cappies room. Students are eligible for awards in various categories, and the highlight of the year is the Cappies Gala, held at the NAC. At this special evening, nominees walk the red carpet and winners are lauded on stage. Interested students must have a letter of support from their English teacher, and must commit to attending at least four shows.

Time of Day: Friday, lunchtime

Lead teacher: Teresa Marquis

CLASSICS CLUB (Grades 9 – 12)

The Classics Club exists for those students who love to create and who are also interested in the ancient Greek and Roman world. We learn about the ancient world, its mythology, art, buildings, people and ways of life by creating things found there, writing short plays, and staging performances based on Classical themes. Students do not need to know anything about the ancient world or how to make anything already in order to join - we teach all of the skills necessary. Interested students can learn to sculpt, paint, sew, make mosaics, make frescoes, build/construct, and work with a very wide variety of materials and media. They also learn to create short scripts, do blocking/staging, create elaborate authentic costumes based on ancient clothing, and do stage hairstyles and makeup. Students can participate in a variety of ways: they can just join the lunch club if they prefer; or they can also come to the Friday after school meetings (where we can do more of the creating); or, if they would like to go to the Ontario Student Classics Conference (see "Classics Conference Team" below), they can also attend the scheduled Saturday meetings (times are chosen in consultation with the students).

Time of Day: Wednesday after school and optional Fridays after school

Lead teacher: Beth Ellison

CLASSICS CONFERENCE TEAM

Students who are part of the Lunchtime Classics Club may also choose to be part of the Classics Conference Team, attending the Ontario Student Classics Conference, the only event of its kind in Canada! Elmwood is the only school in Eastern Ontario which offers this type of club to its students! Approximately 400 – 500 students from about 20 schools (co-ed and single gender, public and private) attend. This group of students meets more regularly, as scheduled with the girls who want to participate, in order to undertake the amazing projects, they create each year. Students learn about the ancient Greek and Roman world, selecting topics of interest to them. They then choose a type of project they would like to learn more about. Students do not need to have any existing background, experience or skill—they learn everything in the club! For example, a student may want to learn about ancient clothing by learning to design, sew and decorate a costume based on ancient designs. She may want to learn what it took to make an ancient sculpture or mosaic by creating one from clay or another medium. She may be curious about how the ancients were able to build their amazing monuments, and so she may undertake to make a replica of a specific monument. Students also write a short play on a mythological or historical theme, which they perform at the Conference, and they learn to create the props and set pieces needed for it. This club offers students an amazing opportunity to choose almost any type of creative endeavour related to ancient Greece and Rome, and to develop the related skills – a type of experimental archaeology. There are also athletic events at this Conference which students may be interested in trying, such as chariot racing, slinging, running, etc. Students also develop their leadership abilities, taking on a role to complete specific projects; they learn to cooperate as part of a team, meet deadlines, and plan and achieve goals. This club offers an unparalleled experience for any student interested in the ancient Greek and Roman world!

Time of day: Some lunchtimes and after school, plus some Saturday preparation

Lead teacher: Beth Ellison

DAYS FOR GIRLS CLUB (Grades 9 – 12)

Days for Girls is a non-profit organization that helps provide sustainable menstrual health solutions to girls and women worldwide. Due to lack of resources, menstruation prevents many girls from doing everyday activities including going to school every month. In our Days for Girls Club, we will help make reusable menstrual kits by cutting, pinning or sewing different parts of the kits. No previous sewing experience is required.

Time of day: Mondays at Lunch

Lead Teachers: Erin Derbyshire and Pauline Rubarth

Student Leader: Sonia Odutola

Limit: 10 people

ELMWOOD THEATRE PERFORMANCE AND PRODUCTION (Grades 9 – 12)

Elmwood Theatre annually produces a main-stage show involving up to forty senior students, both on-stage and behind-the-scenes. Elmwood Theatre also participates in the CAPPIES program that has garnered over the years a number of nominations and awards, including Best Play in 2015, 2016 and again in 2017. The students immerse

themselves during the process—they come to the rehearsals with high expectations and they dedicate themselves to creating excellent theatre. It is a journey through which they are encouraged to collaborate with their peers and on the way, to make important self-discoveries. Each year, new and returning students are invited to audition/apply for the upcoming theatre production.

Time of day: After school day 3 and day 9; weekends – Saturday (a.m. and p.m.) and Sunday (p.m.)

Lead teacher: Angela Boychuk

ELMWOOD THEATRE COSTUME TEAM (Grades 9 – 12)

Those with an interest in working with textiles are encouraged to join the costume team for Elmwood Theatre. As a member of this team, students work on their practical sewing skills as they build and create costumes for an assortment of colourful characters; the art of dying, cutting, creating and sizing are among the applications that will be practiced. For the past four years CAPPIES has recognized the exemplary artistry of our team by awarding Elmwood Theatre 'Best Costume' for their production work.

Time of day: Saturdays 10 a.m. to 4 p.m.

Lead teacher: Angela Boychuk

Mentor: Pauline Rubarth

FRENCH CLUB (Grades 9 – 12)

Learn about francophone cultures and use the language in a welcoming and stress-free environment. Venez faire la fête avec nous! If you like to play games, watch movies, explore French cuisine, listen to French music, discover places in Ottawa where you can speak French, and do so much more while speaking la langue de Molière, join us on Wednesdays during lunch and embark on an adventure sailing the seas of the French language and francophone cultures.

Time of day: Wednesday lunchtime

Lead teacher: Sanja Cvetanovic

GRAD COMMITTEE (Grade 12)

Excited about graduation? Create some lasting memories for your class this year! Being a part of Grad Committee gives students the opportunity to design, organize and run Coffee House, featuring musicians of their choice in addition to student and faculty acts. Dream up a theme, select delicious food, invite an awesome group to come perform at your school and get on stage! Held each summer after Senior School Closing, this exciting event gives graduates one last opportunity to share food and community with their parents, peers and teachers prior to officially joining the ranks of Elmwood Old Girls! Develop a theme, choose a menu and get ready to dance! Join Grad Committee and all this fun can (and will!) be yours!

Time of day: Various lunchtimes

Lead teacher: Laura Grace Conlon

INTERNATIONAL CULTURES CLUB (Grades 9 – 12)

Elmwood's International Cultures Club is a student organization whose purpose is to bring International and Canadian students together to value the rich diversity of backgrounds, heritages, and histories in the school. The club meets once a week, and, during the first two months, the leaders together with the club members are engaged in preparing for the International Cultures Night which takes place on a Friday evening in November. The event is a celebration of cultural diversity in Elmwood's community; it promotes international awareness and an appreciation of different cultures. The events of the evening include dancing, singing, poetry recitation and a delicious buffet of international cuisine. This club provides excellent opportunities to develop club leadership and public speaking skills, together with opportunities to interact with other students.

Time of day: Thursdays lunchtime

Lead teacher: Malek Purran

JAZZ ENSEMBLE (Grades 9 – 12)

We are looking for students who enjoy challenging music, modern musical styles, improvisation and developing their skills. Students should have previous musical experience and will benefit from concurrent enrollment in music.

Time of day: Mondays & Fridays

Lead teacher: Cristien Lyons

K-POP CLUB (Grades 9 – 12)

This club is your chance to love, celebrate and share all things K-pop! You'll be able to keep up with the latest breaking news in the world of Korean Pop music, revisit all of your favourite songs and videos and maybe learn something new too. No previous K-pop experience required.

Time of Day: Tuesdays at lunch

Lead teacher: Gui Belley

OPEN STUDIO (Grades 6 – 12)

Students have an opportunity to work independently on personal or class art projects. This is the perfect time to explore the various art techniques that you have wanted to try. All supplies will be provided. Come join other creative people in a relaxed environment and create the art of your dreams.

Time of day: Lunchtimes and after school

Lead teacher: Heawon Chun

POWER SPEED TRAINING (Grades 6 – 12)

Do you want to be more fit this year? Do you want the energy and self confidence that athletes have without joining a sports team? Join Elmwood's POWER-SPEED workouts every Tuesday and Thursday morning before school. The workout is only 40 minutes long but will make you stronger, faster and help you reach your physical potential.

Time of day: Tuesday and Thursday mornings (7:15 - 7:55 a.m.)

Lead teacher: Rusty Martin

PREFECTS (Grade 12)

Being a prefect is the highest level of leadership one can achieve at Elmwood. Students are elected to 12 portfolios, and are responsible for planning and running events in their portfolio, as well as being leaders within the school community in various ways. Prefects meet weekly and encourage their fellow students to participate in all aspects of school life, while developing their own leadership skills and the leadership of those students around them.

Time of day: Lunchtime

Lead teacher: Jen Walsh

RECONCILIATION CLUB (Grades 9 – 12)

Be a part of the Canadian youth for reconciliation movement. This club is designed to raise awareness and empower positive action in Elmwood. Through school-wide initiatives and by creating meaningful partnerships, we aim to be a part of the country-wide quest for social equity and justice with the Indigenous peoples of Canada. Our objective is to design and implement a legacy reconciliation project in our school. Creative and innovative thinking will result in a finished product that will make a difference in our world.

Time of Day: Wednesday, Lunch

Lead Teacher: Ms. Marquis

Student leader: Sarah Allam

SAMARA CLUB (Grades 6 – 12)

Be a part of recording memories and publishing your school's yearbook. In this club, you will learn all about design and layout using a user-friendly computer program. As a member of Samara, you have the opportunity to attend school events with the purpose of capturing the fun with photography. Although this club lasts the entire year, you will have the flexibility to get involved in other activities, clubs and sports as we only meet once a week and much of the work can be done on your own time. Creating a yearbook will teach you invaluable skills using computer layout, design and teamwork.

Time of day: Wednesday, lunch time

Lead teacher: Stephanie Hanratty

SENIOR ARTS COUNCIL (Grades 9 – 12)

Students work with the Arts prefect as a creative team to develop ideas to encourage and showcase the Arts alongside Elmwood's community. There will be arts-related activities and events throughout the year that students help to design and create. The year will also focus on planning and preparing for our Arts Night event happening towards the end of the year.

Time of day: Lunchtimes

Lead teacher: Heawon Chun

Student leader: Arts Prefect, Avril Sun

SENIOR CONCERT BAND (Grades 7 – 12)

The Elmwood music program has been successful for many years, performing well and receiving accolades. This outstanding ensemble is comprised of students from Middle and Senior Years who would like to push their performance to the next level. Opportunities for concerts, festivals and travel are available to all who are ready to play. Come out and share in the tradition of incredible music at Elmwood!

Time of day: Tuesdays and Thursdays, 7:15 a.m.

Lead teacher: Cristien Lyons

SENIOR HOUSE COUNCIL (Grades 9 – 11)

Senior House Council is made up of passionate and engaged senior students. In this council, you will develop and enhance your leadership skills, and be instrumental in promoting school and house spirit within the Senior School. Students will have the opportunity to work together in small groups, work on their communication and collaboration skills, and help out at all house events. Applications are sent out early in September, with elections taking place shortly after.

Time of day: Lunchtimes

Number of students: 12

Lead teacher: Jen Walsh

Student Leader: Senior Prefect: Maya Ladki

THE SELLADORE (Grades 9 – 12)

Students will be given an opportunity to express themselves artistically in a forum that does not place restrictions on form or media. While structured assignments are necessary in class, there is also relevance to ensuring that students are able to craft artistic expression simply for the sake of creation, without reference to grades or limitations. The need for genuine self-expression is present in all of us but, for some, doing so in the classroom is just not enough. If you have an artistic side that thirsts to be let free, then join The Selladore. The editing process is driven entirely by your fellow students. Membership in the club can take different forms from periodic submissions of photographs to written pieces for every issue. If you are more interested in marketing or installation/conceptual art, our editors will be looking for ways to spread the word with each new issue. We look forward to hearing from you.

Time of day: Thursday lunchtimes

Lead teacher: Jason Levesque

Student Leaders: Hannah Gerring and Chloe Somerville

VIRTUAL REALITY/HOLODECK (Grades 9 – 12)

Visit another reality during your lunch hour - so much to experience and see within Elmwood's new Science Labs. Schedule a time to use the VR equipment and escape to another reality!

Time of day: Senior School Lunch (appointment required)

Lead teacher: Nathan Harris

VOLLEYBALL VANTAGE (Grades 9 – 12)

Get an early kick off to the volleyball season with this club! Through the dynamic game of Smashball, players will learn, review and improve all of their basic volleyball skills with a fast pace and super fun game. No previous volleyball experience is required. Committing to this club will help ensure you are ready to put your best foot forward at tryouts for the Elmwood teams this year.

Time of day: Every other Friday (12:25 - 12:55 p.m.)
Lead Teacher: Erin Derbyshire

WELCOMING COMMITTEE (Grades 9 – 12)

Through an application process, students will be selected to form a committee focused on welcoming and supporting new students. The selected applicants will work directly with Student Ambassador Prefect, Jordyn Carroll, to create opportunities and activities for new students to be embraced by the Elmwood community.

Time of day: TBD

Lead Teacher: Jen Walsh

Lead Student: Ambassador Prefect, Jordyn Carroll

YOGA CLUB (Grades 9 – 12)

Yoga club is the perfect opportunity to breath, stretch and restore a bit of balance to your day, perfectly placed on Friday to help clear your mind for a restful and restorative weekend. Students will learn the fundamentals of stress reduction and a healthy lifestyle, during this introduction to Yoga movement for all fitness levels.

Fridays during lunch 12:10 - 1 p.m.

Lead Teachers: Alyson Bartlett & Natasha Josselyn

YSB CLUB (Grades 9 – 12)

The Youth Services Bureau is an organization that provides services and shelter for homeless or at-risk youth in Ottawa. As privileged youth, we can help youth not as lucky as ourselves in a number of ways. As a part of the club, you will be able to help plan our Home For Me activity to raise awareness, the Elmwood School Sleep Out, the Walk in Mental Health Clinic Coaster Drive, the Purple Sisters Movie Night and more. This is a great opportunity to help other youth, and get more involved in our school community!

Time of Day: Mondays 12:20 – 1 p.m.

Lead Teacher: Stephanie Hanratty

Student Leader: Avery Parkinson



ELMWOOD SCHOOL

MIDDLE SCHOOL ATHLETICS SCHEDULE 2019 – 2020

Season	Sport	Teacher
Fall	5/6 Soccer	Tweedie/Luard
	5-8 Cross-Country	Mulcahy/Torres
	5/6 Badminton	Tweedie/Holmes
	7/8 Soccer	Walsh/Conlon
	7/8 Flag Rugby	Martin
	7/8 Volleyball	Kilbertus
	7/8 Badminton	Mulcahy
	8 Rowing	O'Farrell/Levesque/Howell
	6-8 Golf	Robertson
Winter	5/6 Basketball	MacDougall
	7/8 Basketball	Moffatt/Sutherland
	8 Rowing	Howell
	8 Ski	Cvetanovic/Bartlett
	7/8 Badminton	Eades
Spring	5-8 Flag Rugby	Chin
	5-8 Track	Tweedie
	6-8 Swimming	Kilbertus/Torres
	6-8 Racket Club	MacDougall
	7/8 Ultimate	Robertson
	7/8 Volleyball	Derbyshire
	5/6 Volleyball	Tweedie/Luard



ELMWOOD SCHOOL

SENIOR SCHOOL ATHLETICS SCHEDULE 2019 – 2020

Season	Sport	Coach
Fall	Basketball	Sambles/Hanratty
	Tennis	Hodgins/Norris
	X-Country	Perreault
	Rowing	O'Farrell/Sambles
	7's Rugby	Chin
	Golf	Robertson
	Field Hockey	Marchand/Aylen
	Swimming	Enticknap
Winter	Badminton	Molnar
	Alpine Ski	Cvetanovic/Bartlett
	Snowboarding	Robertson/Sambles
	Varsity Volleyball	Derbyshire
Spring	Rowing	O'Farrell/Sambles
	Soccer	Sambles/Walsh
	Golf	Robertson
	Track	Martin