

# Western Middle School's After-School Club and Sports Catalog



2019-20

Western Middle School offers a variety of clubs and sports opportunities for all students to participate in after school. Our belief is that no student should go home to an empty house when they can remain at school and participate in structured, supervised activity with their peers.

After-school clubs are available on Mondays, Tuesdays, Thursdays and Fridays from 2:50 until 4:00 at no cost. A late bus is available on each of these days. Some sports practices and games will end later than 4:00. In addition to the clubs and sports described in this catalog, students can make appointments with their teachers to get additional academic support. Students should check their teachers' Schoology pages for their after-school extra help days.

Please review the after-school options outlined in this catalog with your child. We hope there is something they are already interested in or that there is a new area they may want to explore this year.

# DEBATE CLUB



**DO YOU KEEP LOSING ARGUMENTS?  
WOULD YOU LIKE TO GET YOUR WAY ALL THE TIME?  
WELL, YOUR PROBLEMS ARE SOLVED!!  
JOIN THE DEBATE CLUB TODAY AND YOU WILL LEARN HOW TO  
HAVE YOUR CAKE AND EAT IT TOO!!**



**WHEN: SOON - LISTEN FOR ANNOUNCEMENTS  
WHERE: IN ROOM M3  
WHO: JOIN WITH A FRIEND OR  
COME AND MAKE SOME NEW FRIENDS**



**WESTERN MIDDLE SCHOOL'S**

# HAND-IN-HAND CLUB

THE **HAND-IN-HAND CLUB** IS AN AFTER SCHOOL CLUB WITH MEMBERS FROM GRADES **6 - 8**. **ONE** AFTERNOON A MONTH THE **HAND-IN-HAND CLUB** MEMBERS GO TO THE **BRUCE MUSEUM** TO PARTICIPATE IN ACTIVITIES RELATED TO AN EXHIBIT.

THE STUDENTS COME TO THE MUSEUM AS PART OF THE MUSEUM'S **NEIGHBORHOOD COLLABORATIVE** WHICH PROVIDES MUSEUM BASED EXPERIENCES FOR LOCAL SCHOOLS FREE OF CHARGE INCLUDING ROUND TRIP BUS TRANSPORTATION.



**DATES:** MEETS ONCE A MONTH

**TIME:** LEAVES **WMS** AT **3:00PM** AND RETURNS TO **WMS** FOR PARENT PICK-UP AT **4:30PM**

**PARTICIPATION IS LIMITED TO A MAXIMUM CLUB MEMBERSHIP OF 20 STUDENTS**



## COME JOIN US!

# Literary Magazine

Literary Magazine Club is being revitalized this year! Please join if you like to read and/or write short stories and poems or are interested in magazine layout and design. All grade levels welcomed! No writing experience needed.

**Meeting times:** Once a month after school (day TBD)

**Faculty Supervisor:** Mrs. Giorlando DeRosa (U9)

Have you read a copy of last year's WEST WIND MAGAZINE? It's filled with amazing stories, poems, essays, and artwork from your peers! This year, you can take an active role in producing work for the magazine, deciding what gets published, and designing the layout!

**Think you're pretty  
smart, huh?**

**PROVE IT!**

The Western Middle School Quiz Bowl team is a competitive trivia team that needs sharp minds and quick thinkers to train and perform against other quiz bowl teams around the area. Practices will be **after school EVERY Thursday** in room U10 and they will be open to any and all WMS students.

Any student with a love of learning should join!

**If you are interested see Mr. O'Brien (room U10), Ms. Traina (room M10), or Ms. Giorlando-DeRosa (room U9) to sign up.**

This year's play dates are March 27th and 28th!

**Do you love to act, sing, or dance?  
Then join the WMS**

# Theater Club!

Did you know that you can do a Fall AND/OR a Spring sport even if you are in the musical?



The theater club isn't only a place to act...it is a place to meet people who love the same things you do!

*Stay tuned for details on this year's play and auditions!!!*



For more information, see Mrs. Kolar (MH) or Mr. Brehm.





- The Community Service club will meet after school in room W27 with Mr. Marmor. Day will be determined soon.
- We will meet to find ways to help the community.

Email or speak to Mr. Marmor if you are interested in joining the club!

# THE HOMEWORK CLUB



Wouldn't you rather go home and spend more time with your family and doing the things you enjoy?

If so, then come to the Homework Club to get started on your homework, and you may even go home with none left to do!

**When:** Every day after school, EXCEPT Wednesdays

**Where:** The Media Center

**When:** 2:50-4:00 p.m

No need to sign up! You can come anytime between 2:50 and 4:00 but you need a pass if you come after 3:00.

# INTRAMURALS



## **PHILOSOPHY:**

One of the main objectives of the Middle School Intramurals is to provide every student with the opportunity to play and enjoy friendly activity under the supervision of certified staff. While the main focus is recreational, participants may practice game skills learned in physical education class.

## **Some of the activities which may be offered are:**

Soccer	Volleyball
Basketball	Floor Hockey
Racquet Sports	Adventure Climbing
Flag football	Fitness Center

**SCHEDULE:** Intramurals are typically offered four days a week (Not Wednesdays)

**\*\*Physicals and permission forms are not required for participation in the Intramural Program.**

## COMPETITIVE SPORTS PROGRAM



### PHILOSOPHY:

The value of increased skills instruction, additional practice time, and interschool competition add to the growth and development of the middle school student. The middle school competitive program provides students with opportunities to nurture their competitive drive while maintaining a high standard of sportsmanship. Team practices and competition provide a forum which fosters respect for diverse athletic capabilities. When necessary and feasible, the competitive program offers A and B level teams to maximize student participation.

### REQUIREMENTS:

- o Students must have a sports physical PRIOR to the beginning of the season and BEFORE try-outs for all competitive teams. Physicals are valid for 13 months from date of physical. Physical forms are to be turned in to the school nurse.
- o The Competitive program requires daily attendance for practices and competitions.
- o Students and parent/guardian will need to complete a signed permission slip prior to the start
- o Try-outs will determine eligibility to play on the competitive team. It is necessary for students to plan to attend try-outs. Cuts that may be necessary will be made at the discretion of the coaches.
- o Students in all three grades may try out for the teams, male and female, for all sports as long

### FALL:

Soccer – boys “A” and “B”  
Soccer – girls  
Field Hockey  
Co-ed Volleyball

### WINTER SPORTS:

GIRLS “A” and “B” basketball  
BOYS “A” and “B” basketball

### SPRING:

Track and Field  
Baseball  
Softball

# WMS Unified Sports

*"Playing together is a quick path to friendship and understanding"*



**Goal:** To give everyone a chance to play on a school sports team! Unified sports connects people with and without intellectual disabilities, on the same team.

**Practices:** Tuesdays  
and Thursdays  
2:45-3:45

Sports  
Include:  
Soccer  
Basketball  
Track

If interested, please contact Nicole McEneaney at [nicole\\_mceneaney@greenwich.k12.ct.us](mailto:nicole_mceneaney@greenwich.k12.ct.us) or visit room U11

# Set Design Club



**Are you good at painting and drawing?  
Want to be part of the musical without ever  
going on stage? We need You!**

**Meets Semester 2- Starts in January**

**Set design meets on Tuesday, Thursday & some Fridays.**

**You don't have to come all days.**

**An announcement will go out for our first meeting**

**Come see Mrs. Rudolph in the Art room for more details**

# Western Buddies



**Our purpose is to  
HELP STUDENTS WITH  
INTELLECTUAL &  
DEVELOPMENTAL  
DISABILITIES  
Form meaningful  
FRIENDSHIPS  
WITH THEIR PEERS!**

## ***How Students can be involved:***

- ★ Participate in activities during Advisor Base
- ★ Help plan and participate in an After-School Activity
- ★ Participate in a Field Trip (if involved in one or more activity during or after school)

### ***Who to contact:***

- Mrs. Gaffney (U-6)
- Miss McEneaney (U-1)
- Mrs. McGrath (W-28)
- **Or sign up at The Club Fair!!!**

or see Mrs. Drumm (W-20)



MISS LENTZ PRESENTS...

# ***DUNGEONS & DRAGONS***

The Dungeons & Dragons roleplaying game is structured storytelling in worlds of sword and sorcery driven by imagination. Anything is possible as long as your dice allow it! Both beginners & experts welcome.



**Begins Tuesday, October 1**  
Room U-4 in 7th Grade Wing

# LEARN TO PLAY GUITAR

*With Mr. Reynolds*



All grade levels welcome and there's no experience necessary!

Whether or not you've ever strummed a guitar, we'll share the techniques used by professional guitar players to get you started. If you don't have a guitar, one will be provided!

*Mr. Bonessi will also be around occasionally to give us some pointers!*

**Meeting times:** The FUN begins ~~ROCKTOBER~~ October 3rd!

# National History Day Club



Each year more than half a million students participate in the National History Day Contest. Students choose a historical topic related to the annual theme, and then conduct primary and secondary research. You will look through libraries, archives and museums, conduct oral history interviews, and visit historic sites. After you have analyzed and interpreted your sources, and have drawn a conclusion about the significance of your topic, you will then be able to present your work in one of five ways: [as a paper, an exhibit, a performance, a documentary, or a website.](#)



**Meeting Times: Every Thursday in the Media Center until 4pm starting on September 19th.**

**Come see or email Mr. Johnson in the Library Media Specialist**

# The Sustainability Club

New to Western this year, help  
your fellow wildcats help our  
planet

Meetings will start in November and will occur weekly or biweekly depending on how much plastic we get until the challenge ends in April. Members will help collect and sort plastic to ship off to Trex. The school in the Northeast who collects the most plastic will win a Trex bench for their school.

Let's Go Wildcats!

## How does the challenge work?

Schools compete against other schools in their category to collect the most plastic film.

A school volunteer weighs and keeps record of the amount of

film recycled each month. (Or average a 20-gallon trash bag will hold about 850 plastic bags and weigh 6 lbs.)

A school volunteer takes the collected plastic to a

participating retailer (see list) for recycling.

Report collection amounts monthly to: [mytrex.com](http://mytrex.com)

## What can be recycled?

*All plastics must be clean, dry and free of food residue.*



## Flow of plastic film from recycling bin to Trex:



# Typing Club



Tired of typing your emails, messages, book reports and essays one letter key at a time?

DON'T GIVE UP!!

There is s better way!

Join the Typing Club and learn how to REALLY type.

Learn a skill that will last a lifetime!

Instructor: Mrs. Cupo

Location: TBD

When: Tuesdays and Thursdays