



# Northern Highlands Regional High School

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# Student Activities Guide



# **NORTHERN HIGHLANDS REGIONAL HIGH SCHOOL**

Dear Highlander,

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 different clubs and after school activities. Athletically, we offer over 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 High School Office. 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,

A handwritten signature in blue ink, appearing to read 'Dr. Tony F. LaRocca', with a large, stylized flourish that loops back to the start of the signature.

Dr. Tony F. LaRocca  
Assistant Principal - Student Affairs

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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**

**ELIGIBILITY:**

**This activity provides community service opportunities.**

All students in grades 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. Fundraiser for needy groups.
4. Conduct school social functions such as Homecoming & other dances.
5. Assemblies, Pep Rallies, Spirit Day, Holiday Hoopla, & 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 in various activity committees.
MEETING PLACE AND TIME:	Daily Homeroom
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.

## **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 seniors 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 P.M. – 4:00 P.M. 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, and 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 issues, writing and editing articles, designing the pages, and selling the publication and advertisements.

### FRESHMAN LITERARY MAGAZINE

ELIGIBILITY:

All 9<sup>th</sup> graders are eligible to join.

MEETING PLACE AND TIME:

Meets 2x/month and more regularly in the spring

DESCRIPTION:

The Freshman Literary & Art Magazine Club seeks freshmen interested in writing, art, and/or design, who will work collaboratively to develop the year's Freshman Literary & Art Magazine. The magazine, published once a year, contains the best writing, photography and art produced by members of the ninth grade class. Members review student submissions of writing and artwork throughout the year and produce the magazine in the spring. Leadership positions (editors) are chosen by the advisor.

## **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:**

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 must be able to work independently 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.

## **MUSIC AND THEATRE**

### **FRESHMAN THEATRE PRODUCTION**

**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 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 P.M. –4:30 P.M. (*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 P.M. – 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.

## **HIGHLANDS BELLES**

**ELIGIBILITY:**

Any interested students may audition to participate in this group. Auditions for this group are combined with auditions for the Highlands Voices and Highlands Harmonics. 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. Rehearsals are twice a week at least a month before competition. Further additional meetings are essential before concerts, competitions, or other events. Please direct any and all A cappella questions to Tom Paster or Alexandra Falcone.

**DESCRIPTION:**

This ensemble will perform a variety of works: Classical, art songs, jazz, show, pop, etc. They are typically written in four or five voice parts, to be sung independently of one another. Qualities of leadership, dedication and musicianship are developed in this group.

## **HIGHLANDS VOICES**

**ELIGIBILITY:**

**This activity provides community service opportunities**

Any interested students may audition to participate in this group.

**MEETING PLACE AND TIME:**

Mondays 6:00 P.M. – 9:00 PM in Room 131

**DESCRIPTION:**

Contemporary a cappella vocal ensemble. Performances for school, community, festivals, and competitions.

## **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:**

**This activity provides community service opportunities.**

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"**

**This activity provides community service opportunities.**

ELIGIBILITY:

**Marching Band:** 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.

**Color Guard:** 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.

MEETING PLACE AND TIME:

The band room, parking lot, and/ or football field. Tuesday and Thursday from 6:00 P.M. – 9:00 P.M., Saturdays 9:00 A.M. - 4:00 P.M. and some Sundays, depending on the competition schedule.

DESCRIPTION:

The primary functions of the marching band are to:

1. Perform halftime shows at all home varsity football games.
2. Compete in at least 6 US Band Association Marching Band competitions.
3. Perform at Memorial Day Parades.

**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**

### **ANIMAL CONSERVATION**

ELIGIBILITY: All students are welcome.

MEETING PLACE AND TIME: Tuesdays at 2:45 P.M. in Room 203

DESCRIPTION: The club addresses animal welfare issues in a variety of ways. Education pertaining to animal welfare issues, charity events, off site visits to shelters or other animal related venues.

### **ART CLUB**

ELIGIBILITY: Any Highlands Student

MEETING PLACE AND TIME: Last Wednesday of every month in Room 202

DESCRIPTION: Monthly project is made.

### **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.

## **CHEMISTRY CLUB/ABSOLUTE ZERO**

ELIGIBILITY:	Must have completed or currently be enrolled in Chemistry to join
MEETING PLACE AND TIME:	Every other Wednesday at 2:45 P.M. in Room 318
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? If so, then this is the club for you because we embrace the idea that chemistry experiments can be educational and fun. You do not necessarily have to be amazing at the chemistry itself, you just have to be interested in how things work. We also host local Scouting troops that are working to earn their Chemistry or STEM badge, which counts as community service for students that help set up, plan and participate in the event. Some examples of interesting activities we have done include, but are not limited to, snow globes, rock candy, making ice cream, spontaneous combustion, lava lamps, slimes and working to develop activities for the Scouts.

## **CHESS CLUB**

ELIGIBILITY:	All are welcome.
MEETING PLACE AND TIME:	Thursdays from 2:45 P.M. - 3:30 P.M. in Room 213
DESCRIPTION:	Anyone who is interested in playing chess, any level, or wanting to learn the game, is welcome to join. It is a fun, social, and in-person club.

## **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 Freshmen Seminar, Financial Management or Personal Finance. Additionally, students who were previously enrolled in a business class (aside from Freshmen Seminar, 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 (typically around the time of the competitions held in January, March and April) in the auditorium, cafeteria or business education classrooms. Information is largely disseminated to the membership through the DECA Advisors, DECA Officers, DECA Leadership team and e-mail correspondence. The DECA Officers and Leadership team are found in homeroom 105.

#### **DESCRIPTION:**

DECA's mission is to prepare emerging leaders and entrepreneurs for careers in marketing, finance, hospitality and management. DECA members participate in competitions that involve role-playing, written tests, and/or research projects. Regional competition generally takes place in January at Ramapo College and those students who win become eligible to compete in the three-day DECA NJ State Conference in Atlantic City. The state winners progress to the DECA International Career Development Conference (ICDC). The location of ICDC rotates between Florida, Georgia and California. To further apply business principles and practices, the members of the club often sponsor fund-raising activities. Proceeds from these endeavors help to pay for dues, club operations or are donated to worthy charities. Community service, public relations, creative marketing projects and other campaigns help to develop leadership, civic consciousness, and social intelligence of the members. Students are required to participate in these chapters projects in order to compete in the DECA competitions.

## **EMERGENCY SERVICES**

#### **ELIGIBILITY:**

All Students in Grades 9-12

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

Meetings Take Place Twice a Month in Room 304

#### **DESCRIPTION:**

This activity provides community service opportunities. 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 emergency incidents. Students who are not already trained can join to learn about basic skills such as bleeding control, stroke awareness, trauma care, medical evaluation, CPR and more. Interested members will be connected with full training opportunities to become certified EMTs or Firefighters 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 by eligible certified members. All members will be encouraged to join local volunteer groups in order to enhance their membership.

### **FED CHALLENGE**

**ELIGIBILITY:** Taking or have taken AP Economics, try out and team selection

**MEETING PLACE AND TIME:** Room 102 at 2:45 P.M., dates TBD

**DESCRIPTION:** Fed Challenge is an academic competition where teams of students act as future economists by researching and analyzing an important economic theme. The challenge offers the opportunity for AP Economic students (past and present) to develop skills in teamwork, research, data literacy, and analytical writing. Student teams author economics research and pursue recognition in the Federal Reserve Bank of New York's Journal of Future Economists.

### **GENDER SEXUALITY AWARENESS**

**ELIGIBILITY:** Any student in grades 9-12.

**MEETING PLACE AND TIME:** Every other Thursday after school in Room 223

**DESCRIPTION:** A safe place for LGBTQ students. Discussions, social, outreach.

### **HARRY POTTER/DUMBLEDORE'S ARMY**

**ELIGIBILITY:** Anyone with a love of Harry Potter or Science Fiction of any sort may attend

**MEETING PLACE AND TIME:** Every other Friday at 2:45 P.M. in Room 318

**DESCRIPTION:** Do you love Harry Potter (not JK Rowling but Harry Potter) or other books that fit that genre? Ever wonder if anyone else around you does? If so, then join us because we are all fans of Harry Potter in this club. While we embrace the magical books and movies, we want to use Harry Potter to promote literacy and more empathy for the good of humankind. We work with the town libraries when possible to offer after school, hands on type activities about Harry Potter to their elementary age students.

### **HIGHLANDS CARES**

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

**MEETING PLACE AND TIME:** Every other Wednesday at 2:45 P.M. - 3:15 P.M. in Middle Cafeteria

**DESCRIPTION:** Highlands Cares is a student run community service and charity organization. Each year students create presentations for various causes, the club then votes on the charities they would like to focus on for the upcoming year.

## **HIGHLANDS HEROES**

ELIGIBILITY: Students must be ambassadors in 11th grade to participate in Highlands Heroes as a Senior.

MEETING PLACE AND TIME: 2:40 P.M. in the Senior Cafeteria, dates TBD

DESCRIPTION: Highlands Heroes is a club for seniors who were previously student ambassadors. Our club meets with the 7th and 8th graders (Brookside, Cavallini, and Ho-Ho-Kus Schools) to discuss goal setting, self-esteem, organizational skills, and we offer advice on how to transition from middle school to high school.

## **LEOS CLUB/LIONS**

ELIGIBILITY: Open to all students grades 9-12

MEETING PLACE AND TIME: Twice a month plus additional meetings for specific projects, Room TBD

DESCRIPTION: LEO stands for Leadership, Experience, Opportunity. As the Northern Highlands Leo Club, we are one of thousands of Leo Clubs across the globe united in our goal of making a difference. You will have various opportunities to contribute and volunteer throughout the year. We coordinate service projects on our own, as well as partner with various organizations both locally and globally as we seek to meet the needs of others. Our service efforts take place both during and outside of our regular meetings, and our past activities have included building projects, crafting materials for hospitals, fundraisers, collecting various needed items, providing holiday gifts for families in need, and other events hosted by the Saddle River Valley Lions Club. Bring your passion to serve!

## **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 Courthouse 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 UN**

**ELIGIBILITY:** Open to students in 10-12th Grade

**MEETING PLACE AND TIME:** At 2:45-3:30 P.M. in Room 249 – dates are TBD

**DESCRIPTION:** Students will role play delegates to the United Nations and simulate UN committees on various topics of the day. Students will choose a country to represent, will represent them appropriately and conduct a roundtable discussion from that country's UN delegate perspective.

## **MULTICULTURAL TASK FORCE**

**ELIGIBILITY** TEEEM first meeting

**MEETING PLACE AND TIME:** Meetings will take place in the Room 100 at 2:40 P.M. – dates are TBD.

**DESCRIPTION:** TEEEM is the The Empathy Equality Entrepreneurship Mission. TEEEM's School Program provides students with an innovative opportunity to gain management and entrepreneurial skills while expanding their world perspective. With an emphasis on medical, economic, and educational programming, TEEEM advises and guides students to co-manage the site with the social entrepreneurs who direct the humanitarian organizations.

## **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 for the Class of 2021, 2022 and 2023 is a cumulative scholastic average of 3.80. Beginning with the Class of 2024, the minimum grade-point average (GPA) required is a cumulative scholastic average of 3.95. 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 GPAs to four decimal places, the absolute cutoff for candidacy for the Class of 2021, 2022 and 2023 is 3.7950. A GPA of 3.7949 is ineligible. Beginning with the Class of 2024, the absolute cutoff for candidacy is 3.9450. A GPA of 3.9449 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. There is a formal induction ceremony in the spring.

**MEETING PLACE AND TIME:** The National Honor Society homeroom is Room 245; general meetings are held on the 1st Tuesday of the month in the auditorium. Small group and informal meetings are occasionally held before homeroom period; the purpose is generally to discuss current service and fund-raising activities.

## **NATIONAL HONOR SOCIETY CONTINUED...**

### **DESCRIPTION:**

National Honor Society is an honorary organization dedicated to serving the school and nearby communities. 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 at NHRHS. Members participate in a number of service opportunities that are coordinated by the Highlands Chapter of the National Honor Society, including serving as peer tutors, providing homework help to students at a local elementary school, providing tech help to patrons at local libraries, creating handmade cards for hospitalized children, and visiting seniors at a nearby assisted living facility. Members also provide tours of the school and assist at school events, including orientation on the first day of school, Back to School Night, Open House, the Senior Awards Ceremony, and Graduation. The Highlands Chapter also hosts multiple charitable events and drives throughout the school year that benefit those in need.

## **PING PONG**

### **ELIGIBILITY:**

All grades

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

2:45 P.M. - 3:30 P.M. Room 249/ Middle Café, dates TBD

### **DESCRIPTION:**

Students will be playing ping pong on the two tables in the Middle café and will be conducting tournaments. Students play ping pong and hang out after school for a little bit.

## **QUIZ BOWL - ACADEMIC TEAM**

### **ELIGIBILITY:**

Any student

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

Wednesdays after school in Room 248

### **DESCRIPTION:**

Any Highlander is eligible to practice with the team. The strongest and most qualified students may go to tournaments that are held on Saturdays at different high schools in the region. Typically, 40-50 teams may compete in these competitions. At competitions, a team consists of four members and up to two alternates. NH sometimes brings more than one team to competitions. Teams may change throughout the year prior to each different competition. The competitions feature both "Jeopardy" and buzzer style academic games.

## **ROBOTICS**

ELIGIBILITY:	All 9-12 students who have basic computer proficiency.
MEETING PLACE AND TIME:	3rd Wednesday of every month at 3:15 P.M. in Room 300
DESCRIPTION:	During Robotics Club students will learn about and build electromechanical devices. Lego Mindstorms and/or Arduino will be used as base hardware. Students will also learn some basic coding tasks on Lego software and TinkerCAD. The goals of the club will be determined at the start of each year. Goals and intentions for participation can vary from the need to free build robots as a hobby or for college preparation. Students will work in groups and can contribute varying skills including Coding, mechanical design, electrical design, and design strategy. Club members will vote and choose between building robots by following Lego plans, inventing new types of robots, or participating in robot sports. Students will decide if they would like to enter school built robots into local competitions or organize a competition of their own.

## **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.

## **SPANISH CLUB**

ELIGIBILITY:	All students grades 9-12. Positions for El Comitè Ejecutivo (executive committee) are selected for responsible, organized, dedicated and creative students with a true passion for the club and the culture of Spanish-speaking countries. The positions available are for 10-12 graders. They are: President, VP, Treasurer, Secretary and Public Relations.
MEETING PLACE AND TIME:	Once/ Twice a month at 2:40 P.M. in Room 124
DESCRIPTION:	El Club de Español provides a space for students that have a genuine passion for the language and culture of Spanish-speaking countries. Members of the club have the opportunity for leadership positions based on their interaction within the club in previous years. Activities include movie nights (virtual and in-person), restaurant outings, holiday themed parties, professional soccer matches, artisanal crafts, shows/concerts of Latin American/Spanish music, and more. Students are not required to speak Spanish, but are encouraged to when participating in these outings for an authentic experience!

## **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 composed 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:	Every other Thursday after school in Room 101/computer labs.
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.

## **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 to 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>

## **TED - ED**

ELIGIBILITY:

All interested students in Grades 9-12

MEETING PLACE AND TIME:

1-2 meetings per month through March, 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; 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.

## **VIRTUAL FILM CLUB**

ELIGIBILITY:

All grades

MEETING PLACE AND TIME:

Room 249/ Via Zoom - 2:45 P.M. - 3:30 P.M.

DESCRIPTION: Students will gather to meet, discuss films and upcoming ones, pick one they may want to watch, (as long as it is school appropriate and approved) and also meet virtually on Zoom to watch films.

## **WELLNESS CLUB**

ELIGIBILITY:

Open to all students

MEETING PLACE AND TIME:

Bi- weekly Wednesdays 2:40 P.M. - 3:30 P.M. in the mindfulness room.

## **YOGA CLUB**

ELIGIBILITY:

Grades 9-12

MEETING PLACE AND TIME:

Mindfulness Room at 2:45 P.M.

DESCRIPTION:

This club is open to all students who want to cultivate practices that enhance mental and physical wellness. Our meetings will be run by a certified yoga and wellness instructor, guiding students in both yoga and meditation practices.