



# **Handbook of Co-Curricular Clubs and Activities**

2024-2025



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*Ryan Carroll*  
*Eastchester Middle School*  
*Assistant Principal*

Dear Parents and Students,

We are excited to present this year's handbook for the extracurricular and co-curricular programs offered at Eastchester Middle School. These programs are an essential part of our commitment to fostering the social, emotional, and academic development of all our students. We believe that the opportunities we provide beyond the classroom are vital in helping students develop into well-rounded individuals.

Within this handbook, you will find a detailed overview of the many clubs, activities, and programs available at EMS. Our school's vision encourages students to "take risks, become well-rounded, and explore new opportunities," and these offerings are designed to support that mission. By participating in these programs, students have the chance to discover new interests, develop their talents, and build lasting friendships in a supportive and nurturing environment.

We encourage you to review this handbook with your child and discuss the many ways they can get involved. The variety and diversity of activities ensure that there is something for everyone, whether your child is interested in sports, the arts, academic clubs, or leadership opportunities.

Thank you for your continued support and involvement in your child's education. We are confident that their participation in these programs will enrich their middle school experience and contribute to their personal and academic growth.

We look forward to seeing your child take advantage of these opportunities and thrive in all aspects of their middle school journey.

Sincerely,

A handwritten signature in black ink, appearing to read 'R. Carroll', with a stylized, cursive script.

Ryan Carroll  
Assistant Principal

*"Eastchester Middle School is committed to providing a rigorous academic program within a safe, supportive, and understanding learning community."*

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## 2024-2025 Co-Curricular Catalog

### *Noteable: EMS singing club – Ms. Bonner*

| Overview  | Meeting Information |
|---|---------------------|
| Noteable is the EMS singing club. Auditions will be held in September. Students do not have to be chorus students to audition. Students will learn varied repertoire and perform throughout the year. | <b>TBD</b>          |

### *Art Club – Ms. Reardon*

| Overview   | Meeting Information   |
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| The Art Club welcomes students who enjoy creating works of art in a relaxed atmosphere. Club members work individually on projects and also in groups. The yearly focus is determined by the interests of the club members. Students from all grades are encouraged to join. | Art club meets every<br>Thursday 2:45-3:30<br>Room 101<br>Club starts the first week of<br>October. |

### *Board Games / Legos Club – Ms. Mejia*

| Overview   | Meeting Information    |
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| Board Games and Legos Club gives students an opportunity to enjoy activities such as playing board games and playing with legos in a relaxed atmosphere. Students from all grades have an opportunity to hang out with friends, make new friends and spend time together having fun. | Wednesdays in Room 163 |

### *Boston Club – Ms. Spychala*

| Overview   | Meeting Information             |
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| The Boston Club is seeking enthusiastic and responsible 7th grade students who are interested in being involved in | Room 206<br>Thursdays 2:35-3:30 |

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| planning our exciting Spring 2025 trip to Boston. Students in the club will help with the planning of day-to-day activities and logistics, as well as with designing our t-shirts. |  |
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| <i><b>Chess Club – Mr. McGowan &amp; Ms. Huggard</b></i>   |  |
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| <p style="text-align: center;"><b>Overview</b></p> <p>The EMS Chess Club provides a comfortable place for students to learn and play chess. Students can choose to play competitively, or just for fun. Several optional tournaments are held each year.</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p style="text-align: center;"><b>Room 232</b><br/><b>Tuesdays 2:35 - 3:30</b></p> |

| <i><b>Crafting Club – Ms. Lee</b></i>   |   |
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| <p style="text-align: center;"><b>Overview</b></p> <p>Crafting club is for students who like making hands-on crafts related to events, seasons, themes, and student interest. Club members work on weekly individual projects and are able to take turns leading a craft if they so choose.</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p style="text-align: center;"><b>Room 201</b><br/><b>Thursdays 2:35 - 3:30</b></p> |

| <i><b>Jazz Co. – Ms. Leone &amp; Ms. Monteiro</b></i>   |   |
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| <p style="text-align: center;"><b>Overview</b></p> <p>Jazz Co. is designed to encourage students to develop their abilities in dance. Students will sign up at the end of February, and then weekly workshops begin in March to prepare for the May show. The dance styles are mainly hip-hop and jazz.</p> <p>Middle School Jazz Co meets weekly after school and is open to students in grades 6-8 interested in dance. The club explores different types of dance, culminating in one performance during the year.</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p style="text-align: center;"><b>Location: Middle School Cafeteria and Auditorium</b></p> <p style="text-align: center;"><b>Days: vary based on grade and dancer's availability.</b></p> |

| <i><b>Debate Club – Mr. Goldstein</b></i>  |   |
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| <p style="text-align: center;"><b>Overview</b></p> <p>The Middle School Speech and Debate Club provides students the opportunity to practice public speaking skills by participating in good-natured debates. Topics of the debates range from issues that students are concerned about here at EMS to more serious issues such as gun</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p style="text-align: center;"><b>Located in the Library Media Center</b><br/><b>Wednesdays Afterschool</b></p> |

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| control and the death penalty. Emphasis is placed on developing techniques that enable students to feel more comfortable speaking in front of others. Debates are held approximately every three weeks. The two weeks leading up to each debate are used for research and preparation. |  |
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| <b><i>History Club – Mr. McGowan</i></b>   |  |
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| <p align="center"><b>Overview</b></p> <p>History Club is designed to be a place where students who love learning new things can expect to leave each session with a whole new outlook on a whole range of topics. In addition to practicing for various History Bowl competitions, History Club has been known to write songs, podcasts and plays based on the events and topics that come up. If you think History Club sounds like a place where people just talk or read about the past--you'll be in for quite the surprise!</p> | <p align="center"><b>Meeting Information</b></p> <p>Wednesdays 2:35-3:30 in<br/>Rm 232<br/>Starting 9/25</p> |

| <b><i>International Club – Ms. Logan &amp; Ms. Leptak</i></b>  |   |
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| <p align="center"><b>Overview</b></p> <p>International Club is designed to increase cultural awareness and foster intercultural friendships throughout the school community. Members learn about new cultures while sharing traditions of their own. Club meetings include participating in cultural activities, tasting ethnic foods, celebrating holidays and organizing and participating in the EMS International Night. All students are welcome!</p> | <p align="center"><b>Meeting Information</b></p> <p>Meetings are usually on<br/>Tuesdays after school until<br/>3:30 p.m.<br/>Location: Room 264 and<br/>HS129 (to be announced<br/>beforehand)</p> <p>First Meeting: Tuesday,<br/>September 10 in room 264</p> |

| <b><i>Intramurals – Mr. McGee and Mr. Utschig</i></b>   |  |
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| <p align="center"><b>Overview</b></p> <p>EMS Intramurals are an opportunity for students to participate in a variety of athletic activities with other EMS students.</p> <p>Fall - Soccer<br/>Winter - Basketball</p> | <p align="center"><b>Meeting Information</b></p> <p>Please listen for Morning<br/>Announcements for specific<br/>dates.</p> <p>6th Grade: Mon and Wed.<br/>7th and 8th Grade: Tues</p> |

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| Spring - Volleyball | and Thurs.<br><br><i>*There is no intramural program on days with Faculty Meetings and Department Meetings.</i> |
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| <b><i>Jazz Band – Ms. Rende</i></b>   |   |
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| <p style="text-align: center;"><b>Overview</b></p> <p>Middle School Jazz Band is a performance-based group exploring many different types of jazz music, culminating in several performances during the year. This ensemble is open to students in grades 6-8 by audition only.</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p>Thursdays in the Band Room (113)</p> |

| <b><i>Math Team – Mr. Resnick</i></b>   |   |
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| <p style="text-align: center;"><b>Overview</b></p> <p>The Math club at EMS is open to all students interested in enhancing their mathematical thinking skills. Students will engage in math games, logic problems, and experience high mathematics concepts. We will try to enter into math competitions throughout the year.</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p>Date: TBD<br/>Location: Room 230</p> |

| <b><i>Music Club – Ms. Bonner</i></b>   |  |
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| <p style="text-align: center;"><b>Overview</b></p> <p>Music club is open to any and all students. The theme of music club will change weekly so look out for announcements to see if the week's topic is interesting to you! Anyone and everyone can join the club activity at any time, regardless of previous attendance! Come join us for activities like karaoke, african drumming, learning music theory, etc.</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p>Thursdays in Room 111</p> |

### ***National Junior Honor Society – Ms. VanTassell***

| <b>Overview</b>  | <b>Meeting Information</b>   |
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| <p>The National Junior Honor Society was founded in 1929. This National Organization was established to recognize the outstanding qualities of middle school students.</p> <p>Candidates eligible for membership to our chapter must be a member of the EMS 8th grade class. To be eligible for membership selection, the candidate must be an actively enrolled EMS student for a period equivalent to at least one semester. The EMS minimum requirement to be invited to apply for candidacy is a (7th and 8th grade) cumulative GPA of 93% (NO ROUNDING). Upon meeting the grade level, enrollment, and GPA standards, candidates will then be invited to formally apply.</p> <p>Eastchester Middle School takes pride in all that the NJHS represents. Membership in this chapter is an honor bestowed upon deserving students by the faculty and shall be based on the criteria of scholarship, service, leadership, character, and citizenship. It is our hope that deserving students will apply, be accepted, be leaders, gain confidence, and continue to grow in the qualities outlined by the 5 pillars of the society throughout their school years and eventually become productive/influential members of society. Once selected, members must attend all regular meetings, participate in a mandatory service project, attend the Induction Ceremony and fulfill all NJHS requirements outlined in our chapter bylaws/conveyed by the faculty adviser in order to maintain membership status.</p> <p>*For further information please see our chapter bylaws posted on the EMS website.</p> | <p><b>TBA</b><br/> <b>(For qualifying 8th grade students only)</b></p> |

### ***Newspaper & Podcast Club – Ms. Mejia***

| <b>Overview</b>   | <b>Meeting Information</b>  |
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| <p>At Newspaper and Podcast Club, our objective is to inform, interpret and entertain - whether that's by contributing written pieces or recording a podcast. Topics for the newspaper and podcasts could be anything you're interested in writing or talking about - including world events, top ten lists, school happenings, art, book and</p> | <p>Tuesdays in Room 126</p> |

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| movie reviews, sports, crossword puzzles - anything you want to share! |  |
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| <b><i>Photo Club – Mr. Boissonnault</i></b>  |   |
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| <p align="center"><b>Overview</b></p> <p>Join the Middle School Photography Club, where creativity and exploration come together! We meet every Wednesday after school to learn photography basics like composition, lighting, and editing. All skill levels are welcome! Whether you're aiming for professional photography or just love taking photos, the Photography Club is the perfect place to express your passion and make friends!</p> | <p align="center"><b>Meeting Information</b></p> <p>Wednesdays room 127</p> |

| <b><i>Players Club – Mrs. Bonner &amp; Ms. Rende</i></b>   |   |
|--|---|
| <p align="center"><b>Overview</b></p> <p>The Middle School Players Club is designed to help students grow as performers and to learn the skills necessary to mount a production of a play. Auditions will be held in September and students who are cast will meet regularly throughout the fall and winter leading to opening night in December. The stage is waiting for you! All it takes to make it in theater is for you to be yourself. Looking forward to seeing you there!</p> | <p align="center"><b>Meeting Information</b></p> <p>TBD</p> |

| <b><i>S.A.V.E. Promise Club – Ms. Williams</i></b>  |  |
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| <p align="center"><b>Overview</b></p> <p>Students Against Violence Everywhere (SAVE) Promise Club is the youth leadership initiative of Sandy Hook Promise. The aim is to empower young leaders to take an active role in increasing school safety and preventing different forms of violence in schools and communities. Students learn from each other about how to create an inclusive school culture of looking out for one another through activities, events, and projects that promote kindness.</p> | <p align="center"><b>Meeting Information</b></p> <p align="center"><b>Mondays<br/>2:30 pm- 3:30pm<br/>Room 126</b></p> |



| <b><i>Science Club – Ms. Lotto</i></b>   |  |
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| <p style="text-align: center;"><b>Overview</b></p> <p><i>"Science is Fun! Science is Cool!"</i><br/> The Science Club will meet Thursday afternoons from 2:30-3:30 in room 226.<br/> As a member of this club you will further explore Science. Science Club is open to all students in grades 6th-8th. Everyone with an interest in Science is invited. This time will be devoted to:</p> <ul style="list-style-type: none"> <li>● Science Demonstrations</li> <li>● Hands on Experiments</li> <li>● Discussion about Science Current Events</li> <li>● Discussions on Science Interests</li> </ul> | <p style="text-align: center;"><b>Meeting Information</b></p> <p>Thursdays 2:30-3:30<br/>in room 226</p> |

| <b><i>Science Olympiad – Mr. Boissonnault, Ms. Bruni, Ms. Lore &amp; Mr. Polhemus</i></b>  |   |
|--|---|
| <p style="text-align: center;"><b>Overview</b></p> <p>Science Olympiad is a nationally-recognized, competitive opportunity in STEM. Students will train for and compete in a variety of integrative STEM events including building a helicopter, anatomy, codebusters, disease detectives, dynamic planet, etc. Our EMS team is highly accomplished, having won event medals at the regional and state level. If you love science, competition, and building friendships, Science Olympiad is for you!</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p>Tuesdays 2:30-3:30 in room 119<br/><br/>and<br/><br/>Thursdays 2:30-3:30 in room 127</p> |

| <b><i>Strength and Conditioning Intramural/Club – Mr. Utschig</i></b>  |  |
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| <p style="text-align: center;"><b>Overview</b></p> <p>Welcome to Middle School Strength and Conditioning Intramurals! This program is designed to help you build strength,</p> | <p style="text-align: center;"><b>Meeting Information</b></p> <p>Mon-Thur 6, 7, 8th grade space permitting<br/><br/>Fall ( 9/30-11/10)</p> |

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| improve endurance, and develop athletic skills in a fun and supportive environment. Whether you're looking to enhance your performance in sports or simply enjoy a good workout, our intramurals offer a variety of exercises and challenges tailored for all fitness levels. Join us to boost your confidence, get fit, and make new friends while achieving your personal best! | <p>Winter<br/>Spring</p> <p>Exact dates and times will be announced at seasonal meetings prior to the start of each season. Please listen to the morning announcements for more seasonal meeting dates.</p> |
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| <b><i>Student Leadership Council – Mr. Chertok &amp; Ms. Logan</i></b>   |  |
|--|--|
| <p><b>Overview</b></p> <p>The Student Leadership Club is Eastchester Middle School's service learning after school program that involves students in community and school based projects that lay the foundation for a life-long commitment to community service. Students involved in this program learn leadership skills, civic responsibility, and commitment to their school and community. Activities and projects focus on developing each student's leadership and decision-making skills. Activities center on helping others and building school spirit.</p> | <p><b>Meeting Information</b></p> <p><b>Thursdays<br/>2:30-3:30<br/>Room 263</b></p> |

| <b><i>Technology Club – Mr. Boissonnault</i></b>  |   |
|---|---|
| <p><b>Overview</b></p> <p>Join the Eastchester Middle School Technology Club. Our goal is to enhance your understanding of modern technology, including alternative energy and artificial intelligence. Through engaging discussion groups, interactive demonstrations, and hands-on projects, we explore cutting-edge topics that shape our world.</p> <p>Membership is open to all students in grades 6-8 who are curious about experimenting with innovative ideas and collaborating on exciting projects. Join us as we dive into the future of technology!</p> | <p><b>Meeting Information</b></p> <p>Mondays room 127</p> |

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| <b><i>Washington Club – Ms. Williams</i></b> |
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| Overview   | Meeting Information  |
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| <p>8th grade students are involved in the scheduling and the day-to-day planning of the Washington overnight field trip. Students will work with Ms. Williams and the tour company to arrange touring schedules and student events during the trip. Students will also be involved in fund-raising and the designing of the official Washington tee shirt.</p> | <p><b>Thursdays</b><br/><b>2:30-3:30</b><br/><b>Room 126</b></p> |

| <i><b>Wellness Club – Ms. Vlad</b></i>  |                             |
|---|-----------------------------|
| Overview  | Meeting Information         |
| <p>In this club, you'll participate in fun, wellness-based activities, promote healthy habits among your classmates, and help plan exciting wellness events both in and out of school. Whether it's organizing stress-relief sessions, creating healthy snack ideas, or planning outdoor activities, this club is all about empowering students to lead healthier, happier lives. Together, we can make wellness a priority for everyone!</p> | <p>Wednesdays in HS 136</p> |

| <i><b>Yearbook Club – Ms. Vlad</b></i>  |                             |
|---|-----------------------------|
| Overview  | Meeting Information         |
| <p>Ever wondered what it's like to be the mastermind behind your school's most memorable keepsake? Dive into the EMS Yearbook Club, where YOU become the creative force that shapes our yearbook! You'll team up with fellow students to capture epic candid photos, design stunning collages, and choose the perfect layouts that tell the story of our school year.</p> <p>Plus, you'll have the opportunity to bring your creative vision to life and make the yearbook truly special!</p> | <p>Wednesdays in HS 136</p> |

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# Eastchester Middle School

## Clubs and Activities

### 2024-2025

| Co-Curricular/Extra Duty      | Advisor Name               | Dates and Location   |
|-------------------------------|----------------------------|--|
| Art Club                      | Ms. Reardon                | Thursdays 2:45-3:30<br>Room 101  |
| Board Games / Legos Club      | Ms. Mejia                  | Wednesdays<br>Room 163   |
| Boston Club                   | Ms. Spychala               | Thursdays 2:35-3:30<br>Room 206  |
| Chess Club                    | Mr. McGowan<br>Ms. Huggard | Tuesdays 2:35-3:30<br>Room 232   |
| Crafting Club                 | Ms. Lee                    | Thursdays 2:35-3:30<br>Room 201  |
| Dance Club/Jazz Co.           | Ms. Leone<br>Ms. Monteiro  | TBD<br>MS Cafeteria & Auditorium   |
| Debate Club                   | Mr. Goldstein              | Wednesdays 2:35-3:30<br>Library  |
| History Club                  | Mr. McGowan                | Wednesdays 2:35-3:30<br>Room 232   |
| International Club            | Ms. Logan<br>Ms. Leptak    | Tuesdays 2:35-3:30<br>Room 264 or HS 129   |
| Intramurals                   | Mr. McGee<br>Mr. Utschig   | 6th Grade: Monday/Wednesday<br>7th & 8th Grade: Tuesday/Thursday                             |
| Jazz Band                     | Ms. Rende                  | Thursdays 2:35-3:30<br>Room 113 (Band Room)  |
| Math Team                     | Mr. Resnick                | TBD<br>Room 230  |
| Music Club                    | Ms. Bonner                 | Thursdays 2:35-3:30<br>Room 111  |
| National Junior Honor Society | Ms. VanTassell             | TBD as members are not decided until after 1st semester                                      |
| Newspaper & Podcast Club      | Ms. Mejia                  | Tuesdays 2:35-3:30<br>Room 126   |
| Notable: EMS Singing Club     | Ms. Bonner                 | TBD  |
| Photography Club              | Mr. Boissonnault           | Wednesdays 2:35-3:30<br>Room 127   |
| Players Club                  | Ms. Bonner<br>Ms. Rende    | TBD as schedules are based around students availability - Typically Mon - Thurs after school |
| S.A.V.E Promise Club          | Ms. Williams               | Mondays 2:30-3:30<br>Room 126  |
| Science Club                  | Ms. Lotto                  | Thursdays 2:35-3:30<br>Room 226  |

|                                |   |   |
|--------------------------------|---|---|
| Science Olympiad               | Mr. Boissonnault<br>Ms. Bruni<br>Ms. Lore<br>Mr. Polhemus | Tuesdays 2:30-3:30<br>Room 119<br>Thursdays 2:30-3:30<br>Room 127 |
| Strength and Conditioning Club | Mr. Utschig   | Monday-Thursday<br>Exact Dates TBA                                |
| Student Leadership Council     | Mr. Chertok<br>Ms. Logan                                  | Thursdays 2:30-3:30<br>Room 263                                   |
| Technology Club                | Mr. Boissonnault  | Mondays 2:35-3:30<br>Room 127                                     |
| Washington Club                | Mr. Williams  | Thursdays 2:30-3:30<br>Room 126                                   |
| Wellness Club                  | Ms. Vlad  | Wednesdays 2:35-3:30<br>Room HS 136                               |
| Yearbook Club                  | Ms. Vlad  | Wednesdays 2:35-3:30<br>Room HS 136                               |