



# STAMFORD HIGH SCHOOL CLUBS AND ACTIVITIES

2025-2026

## Mayor's Youth Leadership Council (MYLC)

MYLC is a student activism organization that addresses mental health, dating violence, students' rights, sexual assault, school climate, human trafficking, and the rights of immigrants.

Advisor: Bob Kocienda  
BKocienda@yahoo.com

MYLC's leadership team meets once a week.  
General members meet quarterly.  
Typically in room A-101

## U-Knighted Nations Tutoring Program

Stamford High School's free tutoring program. We aim to support the academic needs of ALL students through a wide variety of resources. This organization provides individual and in-group tutoring in four different languages, hosts college preparation sessions, organizes book drives, and much more.

Advisor: Mr. White  
jwhite@stamfordpublicschools.org  
Meetings do not happen regularly in person.  
The board meets once a month through Zoom.  
Room 156 - Mr. White's Room

## DECA

DECA (Distributive Education Clubs of America) is a business club here at Stamford High School. We run a store in the second floor, participate in many events with the intent of learning more about business, go on state and national competitions, as well as organize community service activities.

Advisor: Paula Yates  
pyates@stamfordpublicschools.org  
Meetings typically occur biweekly-  
Mondays after school.

Room A251

## Black Knight Student Council

The Black Knight Student Council is Stamford High School's comprehensive student council, comprised of all four grade levels. The junior and senior elected executive board leads the student council.

Advisors: Jeanne Valentine, Larry Keller, Laura D'Allesandro, Gabby McGarey, Tiffany Flynn  
ldallesandro@stamfordps.org  
Meets monthly  
A-119

## Bottles for a Fantastic Future

Recycling cans/bottles to remove from trash stream and to donate money to local environmental organization

Advisor: Mr. Katz  
LKatz@stamfordpublicschools.org  
Once a month TBD  
Rm A244

## FCCLA

Our mission is to promote personal growth and leadership development through FCS education, focusing on family relationships, careers, community service, leadership, and life skills.

Advisor: Mrs. Chacra  
pchacra@stamfordpublicschools.org  
First & Third Tuesday  
B339

## Petals for Positivity

Petals for Positivity is a Chapter Club at Stamford High School focused on spreading kindness and meaningful change within our community and beyond. Through service projects, fundraisers and environmental initiatives members work together to support underserved communities while fostering a positive and inclusive school culture. The club empowers students to take action, lead with compassion and make a lasting impact.

Advisor: Paul Wiegand  
Meeting Times : Tuesdays 2:15 - 3: 15 pm  
Location: A222

## Cancer Awareness Club

Our mission is to spread knowledge, provide support, and take action in the fight against cancer. Members work together to promote awareness campaigns, organize fundraisers, and support those affected by cancer in our community. Join us to make a difference through education, service, and advocacy.

Advisor: Mrs. Chacra  
pchacra@stamfordpublicschools.org  
First and third Tuesday  
B339

## Strawberry Hill Players

As the drama club at Stamford High School, the Strawberry Hill Players are composed of very talented actors, singers, dancers, and all-around wonderful people (if we do say so ourselves)! The club involves two parts: first, the theater sector, in which performers, our costume crew, and tech troupe put on plays and musicals for the community to enjoy. Second, the Strawberry Hill Improv Players (SHIP) bring hilarious improv comedy to life in their productions! Each year we put together marvelous productions, including a fall play, Senior Scenes, Knight of Cabaret, and a spring musical. Recently, we have been recognized at the Stephen Sondheim Awards and Connecticut HALO competition. Our last three musicals, The Prom, Mamma Mia, and 42nd Street, received multiple award nominations and won a total of SIX Sondheim Awards for Best Student Sound Design, Best Supporting Actress (twice!), Best Choreography, and Best Ensemble and Best Leading Actress in a musical!

Advisors: Annie Dunn and Tommy DeSalvo  
adunn@stamfordpublicschools.org  
Meetings every Monday after school  
Large Auditorium

## Forensics Club

Forensics Club is for students interested in mysteries and puzzles, crime scene investigation techniques, and crime show analysis.

Advisors: Sara Anderson & Ella Kraiz  
sanderson@stamfordpublicschools.org  
ekraiz@stamfordpublicschools.org  
TBD (Either Mondays or Tuesdays at 2:15)  
B-315/B-304

## National Honor Society

The National Honor Society recognizes those students who demonstrate superior scholarship, leadership, service and character. A minimum unweighted GPA of 3.5 qualifies Juniors (spring) and Seniors (fall) to apply for membership. Applicants must demonstrate superior character, leadership and service in order to earn the endorsement of the selection committee. Qualities must be maintained in order to retain membership.

(Juniors and Seniors only)  
Advisors: Stefanie Kousoulas Michelle Parchesky  
SKousoulas@stamfordpublicschools.org  
MParchesky@stamfordpublicschools.org  
First Friday 2:15 pm  
A-101 (Small Auditorium)

## Morgan's Message

We are a club for athletes who want to help spread awareness of mental health in athletics.

Advisor: Jon Puhl  
Jpuhl@stamfordpublicschools.org  
Wednesdays after school  
A118

## Italian Club

Anyone welcome to participate in the Italian Club. Italian Culture and activities.

Advisors: Patty Pansino-Ruffo / Raffaele Ruffo  
ppansinoruffo@stamfordpublicschools.org  
rruffo@stamfordpublicschools.org  
B312

## The Gaming Club

A club for students to make friends and enjoy playing games of different types. We welcome everyone.

Advisor: Matt Gladstone  
mgladstone@stamfordps.org  
Tuesdays 2:05-3:15  
B-223

## HUGS

### (Helping Understand Genders and Sexualities)

LGBTQ+ support and education group for all students

Advisor: Emily Segal, LCSW  
esegal@stamfordpublicschools.org

## SHS Supporting Survivors

Support and education group to bring awareness to domestic violence, relationship violence

Advisor: Emily Segal, LCSW  
esegal@stamfordpublicschools.org

## Stamford Technology Student Association

The Stamford Technology Student Association designs and creates robots, drones, and other complex projects by using 3D printers, CNC machines, lasers, and more. We also compete in competitions.

Advisor: Jesse Glaude  
jglaude@stamfordpublicschools.org  
Tuesdays at 6 pm  
Westhill Room 3

## Math Team

The Math Team participates in monthly matches in Wilton against almost 30 other schools in Fairfield County. Students who participate learn valuable skills they can use in classes and form close bonds with students from SHS and other area schools.

Advisor: Mr. Sartor  
tsartor@stamfordpublicschools.org  
After school on Tuesdays, plus the first Wednesday of every month through March  
Room C-227

## Chess Club

The SHS Chess Club gives students the chance to learn the game of chess, to build their skills through friendly matches against classmates, and to participate in occasional tournaments against other schools in the area. Anyone can stop by and play!

Advisor: Mr. Sartor  
tsartor@stamfordpublicschools.org  
Thursdays after school  
Room C-227

## Domus Knights

Erica Newton/Margret Giron  
enewton1@stamfordpublicschool.org;  
mgironstamfordpublicschool.org  
During and after school  
B-100's



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## Kids Helping Kids

Empowering youth to develop leadership skills through impactful, youth-led projects that create lasting change for children in the community.

Advisor: Marie DeAngelis  
mdeangelis@stamfordpublicschools.org  
Every second Tuesday of the month, 2:15  
Room C-310

## The Shoulder Check Club

Shoulder Check is an #HT40 initiative inspiring young men and women to commit to supporting one another through small acts that have a big impact. To show them that 'being there' is as simple as a hand on a shoulder.

Advisor: Marie DeAngelis  
mdeangelis@stamfordpublicschools.org  
C-310

## SHS Debate Team

The Debate Team holds practices to prepare for debate meets, which occur each month. This team helps to develop speaking and critical thinking skills, as well as building a greater understanding of current national and global events. The team meets after school each week on Tuesday and Thursday in room A-154.

Advisor: Katie Wingertzahn  
kwingertzahn@stamfordpublicschools.org  
Tuesday, Thursday; 2:15-4 PM  
A-154

## SHS BuildOn

SHS BuildOn is an affiliate of the BuildOn organization, a nonprofit dedicated to service through local and global community involvement. SHS BuildOn has built schools for communities in Malawi and Guatemala; the Stamford High branch also aims to transform our own community through local service-based projects. SHS BuildOn builds leadership skills and instills the importance of giving back in its members.

Advisors: Katie Wingertzahn & Ryan Pirro  
kwingertzahn@stamfordpublicschools.org,  
rpirro@stamfordpublicschools.org  
Fridays, 2:15-3PM

## Sophomore Class

Planning activities and fundraisers for the school.

Advisor: Tiffany Flynn  
TFlynn@stamfordpublicschools.org

## Future Nurses of SHS

Information on nursing

Advisor: Patti Cole  
pcole@stamfordpublicschools.org  
2nd Thursday of the month  
C-214

## Future Business Leaders of America(FBLA)

FBLA is a national organization for students interested in business and leadership. It offers competitions, conferences, and fundraising by selling snacks at SHS to help students develop career skills and prepare for the business world.

Advisor: Dorothea Mackey  
dmackey@stamfordpublicschools.org  
We meet afterschool around 2:10 every other Monday  
A-252

## DAY Club

Community enrichment  
Advisor: Elaina Ahumada  
eahumada@stamfordpublicschools.org  
Every other Monday @ 2:20  
A-164

## Red Cross Club

This club partners with the red cross to help students be aware of the services the Red Cross offers

Advisor: Eric Keller  
ekeller@stamfordct.gov  
Tuesdays 2:15pm  
Room B-301

## SHS Band

The SHS Band is an energetic community full of hardworking students who want to learn more about music! We play at all home football games, perform at events around the community including town parades, and put on two major concerts in the winter and spring.

Advisor: Adam Jackson  
ajackson@stamfordps.org  
Thursdays 2:15-4:00  
B107

## Astronomy Club

At the Astronomy Club, our mission is to foster a deep appreciation and understanding of the cosmos among our members. We are dedicated to providing a welcoming and inclusive space where students can explore the wonders of the universe through observation, research, and collaboration. Through engaging activities, educational events, and hands-on experiences, we aim to inspire curiosity, critical thinking, and a lifelong passion for astronomy. Our club is committed to creating an environment that encourages learning, exploration, and the sharing of astronomical knowledge, while nurturing a sense of awe and interconnectedness

Advisor: Mr. Welch  
pwelch@stamfordps.org  
C-225

## Friendly Faces

Friendly Faces is a club that facilitates social interaction between students with disabilities and students in the general education curriculum through activities.

Advisor: Victoria Cuscuna  
vcuscuna@stamfordpublicschools.org  
once a month  
room A106

## ARTE Y FESTIVALES HISPANOS

We explore the vibrant world of Hispanic arts and culture. Every Thursday, we'll immerse ourselves in the rich traditions of music, art, and festivals from across the Spanish-speaking world.

Advisors: Sugey Gomez; Evelina Urena, Paola Warner, Janet Dowling  
sgomezdeleon@stamfordpublicschools.org  
Thursdays  
Room B305/B307/B309

## Student Newspaper / The Round Table

Student news

Advisors: Ringel / Buzzeo  
jringel@stamfordps.org, mbuzzeo@stamfordps.org  
B-324

## National Art Honor Society (NAHS)

NAHS is part of a national art organization that focuses on volunteering to build awareness of art in the school and local community. This includes, but is not limited to: murals & school beautification projects, fundraising art creations to raise money to give back to a cause.

\*Students must be dedicated to art, having an overall 3.0 GPA, currently be enrolled in an art course here at SHS and must be willing to complete the required 20 volunteer hours a school year.

Advisor: Allison Alter  
aalter@stamfordpublicschools.org  
Tuesdays after school until 3:00pm (Frequency TBD)  
B 328 (Ceramics Room)

## ART CLUB

Art Club is welcome to all students who wish to participate in artmaking after school. This is mainly a choice based club where students can explore a variety of art materials/ techniques whether they are experienced in art or not. Students are welcome to bring their own materials or use those provided. Activities may include, but are not limited to: printmaking, watercolor, drawing, clay

\*Students do not have to be enrolled in an art course to be part of this club.

Advisor: Allison Alter  
aalter@stamfordpublicschools.org  
Tuesdays after school until 3:00pm (Frequency TBD)  
B 328 (Ceramics Room)

## Unified Sports

Students engage in sports and activities that bring together peers of all abilities, fostering inclusion and teamwork.

Advisor: Rit Lacomis  
rlacomis@stamfordps.org  
Thursdays - 2:15-3:30  
C-Building gym

## Cardio Club

Free use of the cardio room for students after school.

Advisor: Rit Lacomis  
rlacomis@stamfordps.org  
Monday, Tues, Thursday - 2:15-3:15  
Cardio Room - B103

## SHS Table Tennis Club

Students play ping pong (table tennis) after school on Fridays.

Paul Wiegand / Frank Russo  
pwiegand@stamfordpublicschools.org  
Fridays 2:15 - 4:00  
Dance Studio

## Abilis at Stamford High School

Raise awareness and resources for people in the community with special needs.

Advisor: Kate Keeler  
kkeeler@stamfordhighschool.org  
Thursdays at 2:20  
A-106

## Asian Heritage Club

The Asian Heritage Club is a space for students to come together and celebrate the rich traditions, cultures, and histories of Asia. Through fun activities, games, and service projects, members will explore different aspects of Asian heritage while building friendships and community. The club encourages cultural appreciation, learning, and sharing while making a positive impact both inside and outside of school.

Ryan Pirro  
rpirro@stamfordpublicschools.org  
Thursdays 2:05  
B224