IHS Clubs & Activities Descriptions

Club Name	Club Description
40% club	The name of this club comes from the results of a psychological study that 40% of our happiness comes from "intentional activities and habits that we consciously choose to do, such as practicing gratitude, cultivating optimism, and nurturing relationships." This student-run club works to spread happiness throughout the faculty and students. Students have promoted mental health awareness, fund raised for suicide awareness, distributed good luck messages during finals and played music at the entrance door on Monday morning. All students are welcome.
Art Club	Art Club is for High School students who would like to be more involved with the Visual Arts throughout the school year. The club promotes individual and collaborative exchanges of ideas, meeting weekly after school in an open studio with weekly attendance optional. New members ar always welcome. Students must commit to at least 8 meetings throughout the school year to be eligible to attend the field trip and to list Art Club as an official after school activity on their transcript. Most art materials are open for self guided exploration and use for personal projects. Numerous opportunities to participate in art shows and competitions are readily available and shared out to the group. Fundraising opportunities for the club are organized with the intention o taking a yearly field trip to create onsite artwork or to visit nearby art museums and collections.
DECA Club	DECA's main goal is to prepare emerging leaders and entrepreneurs for careers in marketing, finance, hospitality, and management. Members participate in engaging activities such as business simulations, community service projects, leadership conferences, and competitive events where they present solutions to real-world business challenges. Through these experiences, students build teamwork, leadership, creativity, problem-solving, and communication skills that will serve them well in any career path. With our weekly meetings we prepare for competitions, plan projects, and have multiple opportunities to attend various optional trips and events throughout the year. What makes DECA stand out is the opportunity to connect classroom learning with hands-on, professional experiences while building a strong network of peers and mentors at the local, state, and national levels.
DEI Club	1. Our goal is to build community and connections. We do this through shared experiences and celebrating different cultures. This looks like cooking together, going on field trips, hosting school events such as Culture Fest, & supporting diversity, equity, inclusion, & more! 2. Members typically check-in and connect with each other, plan events for club and school, learn about different cultures and holidays, and update the bulletin board. Club officers attend monthly district DEI meetings. 3. Students get to be creative and collaborative in how they want to celebrate, learn about, create, and share cultures. Lots of opportunity for leadership in regard to planning and responsibilities as officers. 5. DEI Club is a newer club that is evolving as the club sees fit. This year the club hopes to cook and eat together regularly and plan some club field trips. We also host the annual Culture Fest.

Environmental Club	The Ipswich High School Environmental Club meets every other Thursday with the goal of promoting sustainability in our community. In addition to maintaining the school garden, the club organizes yearly activities such as parking lot and beach cleanups, internship fairs, and the spring Earth Day Celebration. Members gain valuable experience and community service hours by collaborating with town committees and organizations like The Trustees to support environmental learning. Club members are expected to attend at least two events per year and participate in as many meetings as possible.
Global Languages Club	The overarching theme and premise for the Global Languages Club is to "promote universally important linguistic, cultural, and social messages in our world". To this end, our main focus is the annual sponsorship of Elmer, a youngster who lives in Guatemala, which we do in conjunction with the local humanitarian group, Partners in Development. We run seasonally and culturally appropriate fundraisers throughout the school year in order to meet our sponsorship goal annually. In the past, we have also raised money for victims of natural disasters, often but not always in parts of the French and Spanish-speaking worlds. Additionally, we have contributed to other endeavors over the years, such as collecting gently used soccer balls and donating them to children in Hispanic and Francophone countries. Students work together on these projects, donating their time, efforts, and ideas accordingly to make such projects a success, hence teamwork and leadership skills are readily built as well as an important sense of community and global service.
GSA	Our goal is to build support and community for all students at IHS, enhance our safe environment for LGBTQIA+ students and staff. At a typical meeting, we gather to check in about the week, current issues in the LGBTQ universe, eat, and have fun. We occasionally organize field trips and events to support our mission. Students gain teamwork, community, support, and service. Students show up when they can. All supportive folks are welcome, especially allies! We'd love to see you there!
Interact Club	The main goal/purpose of Interact is to support high school students in involving themselves in the community, offering them leadership and involvement opportunities. Interact is involved in in-school improvement projects and enrichment such as the Blood Drive, Sleepover, and opportunities such as the Fundraising Committee, Jingle Bell Walk Committee, and Board of Directors. Each year, Interact puts on an event that warrants immense community involvement and garners around $4,000 that is allocated towards the betterment of the club and its future events, with $1,000 dollars going to a local charity yearly. Smaller group activities include Kiva Projects, where each board member, and a small group of students select someone in need of a loan, assist them, and then present their work to the whole club. The loan money replenishes itself and the club has new opportunities to make smaller differences in the greater world and community. Each year, the board of directors is selected by voted officers, and 10 members are selected that branch across all grades and experience levels. Each year, the board works to make decisions on financials, club activities, town wide events, and community service opportunities.
Intramural Volleyball	Registration opens around January 15th. Team and schedule are then created. Schedule will be available after deadline when the number of participants is determined. Approximate schedule- starts after Feb break and ends by St. Patricks Day- every day after school till 4:30 ish. Students play with teams made in their own grade. Attendance is expected and there are typically 150-200 kids participating.

Math Team	The Math Team's main purpose is to challenge students with problem-solving in math through collaboration and competition. Members meet weekly to practice contest-style questions, while working together on strategies in a low-pressure environment. Students can expect to gain skills in teamwork, leadership, persistence, and creative thinking, while also enjoying the social side of traveling to other schools and eating food with friends. The time involvement is flexible, with just one half-hour meeting each week, plus optional competitions on the first Thursday of every month throughout the year. We believe that what makes the team stand out is a balance of enjoyment along with a strong satisfaction of turning your effort into recognized accomplishments beyond the classroom. With free snacks and a history of strong results, including 1st place in Division I (2022) and top two finishes in 2023 and 2024, all that's missing is you.
Meditation Club	The club provides a space and time for students and staff to participate in quiet guided meditation. This is a drop-in opportunity open to the IHS community (students, faculty, and staff).
Model UN	The main goal of Model UN is for students to learn about diplomacy and international affairs. In Model UN, students take on the roles of international diplomats as they simulate real United Nations meetings. Through this experience, students develop important skills such as research, public speaking, negotiation, and communication.
Multilingual Leaders Club	The Mission of the Multilingual Leaders Club is to promote appreciation for diverse cultures, to amplify the voices of multilingual students, to bring together diverse people and families, and to utilize the assets of being multicultural to better the community. This club meets once a week on Fridays during second half of R Block in Mrs. Arch's room (B111). We are a diverse group of students from grades 9-12 who speak multiple languages (for example: English, Spanish, Portuguese, Albanian, and many more!) and we brainstorm and implement various ideas each year based on student interest and/or community needs. Some of our activities include: sharing our languages and culture with each other and others, interpreting for families and teachers at school events, and planning and implementing community experiences that align with our mission.
National Honors Society	The National Honor Society recognizes academic achievement, service to others, leadership and character. Eligibility begins during the fall semester of a student's junior year and is by invitation only. Members typically meet twice a month to work on ongoing projects, including tutoring and Service Day. Time commitments include not only weekly meetings, but additional time will be spent tutoring other students and working on projects approved by the group.
Pure Pals	Pure Pals was founded in 2018 by IHS students. We meet every other week in school during the second half of R-Block with the whole club (consisting of about 25 people) and do various activities. Most of the time, we play games, and at other times, we work on craft projects, such as making friendship bracelets, painting rocks, and drawing. Our goal is to get to know one another better and strengthen our social connections. We have gotten to know each other very well, and the goal is to continue getting closer and growing friendships through the club over our high school years.

Robotics Club FRC Team 5459	Our high school robotics club (www.ipswich5459.com) competes in FIRST Robotics Competitions (firstinspires.org/programs/frc/) - where teams of high school students design, program, and build industrial-sized custom robots to compete in a themed robotic game, released in January. Guided by adult mentors, our team creates a team identity, raises funds to meet its goals, and advances appreciation for STEM in our community.
IHS Theater Company	The Ipswich High School Theatre Company is a vibrant and inclusive performing arts community that offers students opportunities to explore all aspects of theatre, from acting and directing to technical design and stage management. Each fall, the company stages a full-scale musical, open to all high school students regardless of experience, allowing them to collaborate with peers and theatre professionals in a high-quality production. In the winter, the company competes in the Massachusetts Educational Theater Guild's (METG) annual 40-minute play festival, where students produce and perform a one-act play under strict time constraints, receiving feedback from professional adjudicators and engaging with schools from across the state. Whether on stage or behind the scenes, the Ipswich High School Theatre Company invites all students to be part of a dynamic tradition of artistic excellence.
Yearbook	Yearbook, while primarily a class, often needs the help of passionate students to create our annual Yearbook. If you are interested in helping out with the Yearbook but are not enrolled in the class please let me know. Along the way students learn about the publishing industry, photography, design, and journalism. We also do a lot of sales and fundraising to cover the cost of publishing our book. Catch the memories and tell the stories that make this year a year to remember.