



WHITE PLAINS MIDDLE SCHOOL

2016-2017

AFTERSCHOOL ACTIVITIES GUIDE



September 2015

Dear Parents/Guardians:

Since extracurricular activities are an important part of the middle school experience, we offer a vast array of activities to our students. The cocurricular/after-school activities are a true extension of the school day offering students an opportunity to explore different areas of interest, to build relationships with other students, and to develop school spirit and to have fun.

Our success over the years has, in large part, hinged on the support of parents. Our parents have always encouraged participation, provided extra transportation when needed, attended, and applauded at every opportunity.

Bus transportation is provided for students participating in clubs, interscholastic sports and musical groups. Students participating in activities beyond 4:15 p.m. are responsible for their own transportation.

This guide lists the after-school activities available to your child during the 2015-2016 school years. You should use this guide to assist your child in his/her selection of activities and in schedule planning. You will also be able to find many of the schedules for the activities posted on the Highlands school website.

The Middle School staff recognizes the value of after-school activities and appreciates your involvement and support. Please feel free to call if you have any questions or comments about our after-school programs.

Sincerely,

Ernest Spatafore

Highlands Eligibility Process

Student Responsibilities

- Students with grades above 70 are fully **Eligible** for interscholastic sports, clubs and activities
- Students with grades of 70 to 65 or are failing one course with a grade of 64 or lower are on **Probation** and...
 - o must sign an Eligibility *Contract* along with parent and coach/advisor to participate in clubs/sports.
 - o are off the Eligibility *Contract* if passing all classes with above a 70 at next report period.
 - o remain on the *Eligibility Contract* if grades are still between 70 to 65/failing one course at the next report period (if still participating in clubs/sports). A new contract must be signed with each new club or sport a student starts while on Probation.
- Students who are failing two or more courses with grades of 64 and below are **Ineligible** to participate in interscholastic sports and/or clubs and activities. Students who are **Ineligible** may...
 - o start or continue with a sport or a club and practice/attend meetings **If** the student:
 - signs the *Eligibility Contract* with their parent/guardian and coach/advisor
 - adheres to all aspects of the *Eligibility Contract* (or be removed from team/club)
 - submits weekly WPMS *Eligibility Progress Reports* to coach/advisor
 - o **Please Note** - Ineligible students are not permitted to participate in games/performances/competitions unless an appeal has been heard and granted
 - A written appeal must come from the coach/advisor and guidance counselor
 - The Eligibility Committee will meet and render a decision
 - if granted the student may compete in games/performances but must remain on the *Eligibility Contract* and *Eligibility Progress Report*
 - If denied the student continues with the Ineligible status above
 - Student's status is reviewed at the next 5 week report period

Coach's and Advisor's Responsibilities

1. Review report each 5 week period and check each team/club members' status (Student's status adjusts each 5 week period)
2. Determine if a student is either: Eligible, on Probation, or Ineligible
3. Advise student of their situation and make necessary adjustments (remove from team/put on appropriate contract)
4. Collect contracts, arrange for appeals, collect and review progress reports and restrict, if necessary, students who are not meeting the above stated requirements
5. Coaches need to collect contracts and progress reports and make available for parent and/or team teacher meetings (ex. Team 7A or Team 8D)
6. Coaches must submit copies of fully completed Contracts to Brent Brown, Eligibility Coordinator at Highlands. Mr. Brown will distribute the Contracts to the student's appropriate Assistant Principal.

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Un Empleador con Igualdad de Oportunidades

El Distrito Escolar de White Plains es un proveedor con igualdad de oportunidades. De acuerdo con la ley federal, esta institución está prohibida de discriminar en base a la raza, color, origen nacional, sexo, religión, edad, incapacidad, estado marital o familiar. Para presentar una queja de discriminación escriba al Asistente del Superintendente de Recursos Humanos, White Plains School District, 5 Homeside Lane, White Plains, NY 10605 o llame al 914-422-2352.

WHITE PLAINS MIDDLE SCHOOL
AFTER-SCHOOL ACTIVITIES

GENERAL INFORMATION

Activities are always open to students. Some activities are scheduled on a seasonal basis but this is subject to change. Always check the White Plains Middle School website for specific schedules.

Fall: September through mid – November
Winter: mid – November through mid – March
Spring: mid – March through June

Students are asked to listen to the daily morning announcements, for updated information on afterschool activities.

CLUBS AND ACTIVITIES

DIGITAL ART CLUB

Fall and Winter

The club is open to 7th & 8th grade students who are interested in creating digital art and design in the Apple iMac Lab. Any student with an interest in digital art and design, drawing, painting, and digital photography is encouraged to join. Students will use art and design software such as Adobe Photoshop and Sketchbook digital painting software, in conjunction with state of the art digital drawing tablets to create a variety of exciting projects.

COMMUNITY SERVICE CLUB

Yearlong

Students perform a variety of projects in and around the schools and the community. A permission slip signed by a parent or guardian is required for activities outside of the building.

“THE COURIER” (SCHOOL NEWSPAPER)

Yearlong

The WPMS newspaper is the oldest continuous JHS/MS newspaper in the U.S. It publishes four (4) issues a year. Participation is open to all students and no experience is required. "The Courier" has an extensive training program and participants will obtain writing, photography, editing, and digital layout experience.

DIGITAL NEWS CLUB

Yearlong

The Digital News Club gives students the unique opportunity of producing news shows by using state-of-the-art technology. Students attend activities, interview members of the White Plains Middle School Community and create news clips.

GIRL TALK

Yearlong

Girl Talk (www.mygirltalk.org) is an international non-profit peer-to-peer mentoring program where White Plains High School girls mentor middle school girls to assist them with the difficult transition from childhood to adolescence. High school girls act as positive role models and share their experiences to provide support and guidance to middle school girls to help develop self-esteem, confidence, leadership skills, and compassion. Discussion topics include positive peer relationships, healthy body image, conflict resolution skills, and making safe choices.

INTERNATIONAL CLUB

Fall and Spring

Participation is open to all White Plains Middle School students. The students will learn about other cultures through food, artwork, and cinema.

PROGRAMMING CLUB

Fall and Winter

The club will teach students how to create a finished game using the basics of programming language. Throughout the club sessions students will implement math, variables and data types, and learn how to differentiate the types of data to store the data for later use. Also included is Pig Latin Translator, adding logic to programs, manipulating data, etc. Students will learn how to add graphics to their programs with the final product being the virtual game board.

ROARING READERS BOOK CLUB

Yearlong

The Roaring Readers Book Club meets twice a month to discuss books that are chosen by the group. We may work together to create video book trailers, advertisements for books and posters to encourage the school community to read more. All students are welcome to join. Books will be provided!!

STUDENT ORGANIZATION (S.O.)

Yearlong

The mission of the S.O. is to ensure that every student's voice is represented in our policies, practices and activities. The purpose S.O. is to promote a feeling of unity and cooperation among our students, provide a voice in activities, and get students involved in the democratic process. All students who are academically eligible are welcome to attend meetings.

TALENT SHOW

(TBD)

The Talent Show is an assembly for the White Plains Middle School students and staff. Students have an opportunity to perform individual talents from magic to dance. Interested students are chosen through an audition process. Rehearsals are after school with the performance scheduled the day before Winter vacation. Parents of performers are welcome to attend the assembly.

"VISIONS" (WPMS YEARBOOK)

Winter and Spring

Participation is open to White Plains Middle School students. No prior experience is necessary. This is a terrific opportunity for students to learn how to create the school's yearbook. Students are involved in all aspects of yearbook production, which include, but are not limited to, lay out, writing, production and sales.

MUSICAL PERFORMING GROUPS

JAZZ BAND

Yearlong

Participation is open by audition to 7th and 8th grade students who enjoy jazz and pop music and love to perform. Students (with the exception of electric bass, guitar and keyboard players) must be members in good standing of the concert bands. The Jazz Band performs in school concerts and upon request in and around Westchester.

ANNUAL SPRING MUSICAL

(TBD)

The annual spring musical is open to all White Plains Middle School students. Students are encouraged to audition in November for the show which is performed for two nights in April. Drama, Choral and Dance rehearsals usually meet afterschool weekdays at White Plains Middle School. Students who are a part of the cast will learn stage and singing techniques as well as performance skills. Crews are needed for “behind the scenes” work, which gives the opportunity for students to work on, lights, sound and design. Come and join the biggest extra-curricular activity at White Plains Middle School! Don’t miss out on the fun!

INTRAMURAL SPORTS

GENERAL INFORMATION

- Fun team sport opportunities
- Teams play once per week to several days a week.
- No doctor’s physical is required

FALL

7th & 8th GRADE BASKETBALL (GIRLS)

Gym

Participation is open to all interested girls. No tryouts are required. The season is approximately four (4) weeks long and is a time to practice skills and enjoy playing the game.

7TH & 8TH GRADE BASKETBALL (BOYS)

Gym

Participation is open to 7th and 8th grade boys. Boys can sign up individually or as a team, and a league will be formed using a round-robin format.

7th & 8th GRADE TENNIS (BOYS)

Gillie Courts

Boys Tennis Intramurals begins in October and will run for 8 sessions. Those interested must get a permission slip signed by a parent/guardian that allows them to walk down to the Gillie Tennis Courts. Students are given the opportunity to get skill instruction and play games. Rackets are available for those who need them. Students walk back with Coach Suman to Highlands in time to catch the 4:15 bus. All levels are welcome.

WINTER

7TH & 8TH GRADE FLOOR HOCKEY (CO-ED)

Gym

Participation is open to all interested White Plains Middle School students. They will gain advanced skills in floor hockey.

7th & 8th GRADE LACROSSE (BOYS)

Gym/Outside

Participation is open to White Plains Middle School boys. The program begins at the end of the modified football season and ends in early December. The emphasis will be on skill development. Students are expected to bring their own lacrosse equipment.

SPRING

7th & 8th Volleyball

Volleyball intramurals allow students to engage in fun activities that would enhance students' volleyball skills (no matter what skill level they are at) as well as improve their cardiovascular endurance, muscular endurance and muscular strength. Volleyball intramurals give students an opportunity to improve their self-esteem and perhaps build the confidence or their interest to try out for the modified, JV or travel teams in the future.

7TH & 8TH GRADE FLAG FOOTBALL (BOYS)

Students can join individually or as a team. A schedule will be posted and the league will be conducted in a round-robin format. No tackling or pushing. The school provides the equipment.

7TH & 8TH GRADE SOCCER (BOYS)

Students can sign up individually or as a team. A league will be formed and will follow a round-robin format. No special equipment is necessary.

7TH & 8TH GRADE SOCCER (GIRLS)

Students can sign up individually or as a team. A league will be formed and will follow a round-robin format. No special equipment is necessary.

7th & 8th GRADE TENNIS (GIRLS)

Gillie Courts

Girls Tennis Intramurals begins in May and will run for 7 sessions. Those interested must get a permission slip signed by a parent/guardian that allows them to walk down to the Gillie Tennis Courts. Students are given the opportunity to get skill instruction and play games. Rackets are available for those who need them. Students walk back with Coach Adams to Highlands in time to catch the 4:15 bus. All levels are welcome.

7TH AND 8TH GRADE **INTERSCHOLASTIC (MODIFIED) TEAMS**

GENERAL INFORMATION

NYSPSAA (New York State Public School Athletic Association) regulations *prohibit* 6th graders from participating in interscholastic sports. A doctor's physical is required. The school nurse arranges appointments at the school. A waiver form must be signed by a parent/guardian prior to the physical. Waiver forms may be obtained from the coach. Coaches will attempt to have an appropriate number of participants on each team. However, it is sometimes necessary to limit the size of the team due to safety needs, supervision and facilities. Therefore, tryouts *may be necessary* based on the number of interested participants.

FALL SEASON

7TH & 8TH GRADE MODIFIED FOOTBALL (BOYS)

Daily

Participation is open to 7th and 8th grade boys. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience in organized football is not required but *recommended*. The school district will provide all equipment except cleats. Practices and games are held at White Plains Middle School MS.

7TH & 8TH GRADE MODIFIED CROSS COUNTRY (BOYS & GIRLS)

Daily

Participation is open to 7th & 8th grade boys and girls. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience is not required but it is *recommended* that participants should enjoy running. Runners are responsible for their own running shoes.

7TH & 8TH GRADE MODIFIED SOCCER (GIRLS)

Daily

Participation in soccer is open to 7th and 8th grade girls. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience is not required but is *recommended*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

7TH & 8TH GRADE MODIFIED FIELD HOCKEY (GIRLS)

Daily

Participation in field hockey is open to 7th and 8th grade girls. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience is *not required*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

7TH & 8TH GRADE MODIFIED VOLLEYBALL (GIRLS)

Daily

Participation in volleyball is open to 7th and 8th grade girls. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience is *not required*.

7TH & 8TH GRADE MODIFIED SWIMMING (GIRLS)

Daily

Participation in swimming is open to 7th and 8th grade girls. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience is not required but is *recommended*. Practices and meets will be at the held at the White Plains HS Pool and transportation will be provided from the middle school.

7TH & 8TH GRADE MODIFIED SOCCER (BOYS)

Daily

Participation in soccer is open to 7th and 8th grade boys. Practices begin in September and are mandatory with the exception of religious holidays and sickness. Experience in soccer is not required but *highly recommended*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

WINTER SEASON

7TH & 8TH GRADE MODIFIED BASKETBALL (BOYS)

Daily

Participation in basketball is open to 7th and 8th grade boys. Practices begin in late November and are mandatory with the exception of religious holidays and sickness. Experience is not required but is *highly recommended*. Practices and games are held at White Plains Middle School.

7TH & 8TH GRADE MODIFIED BASKETBALL (GIRLS)

Daily

Participation in basketball is open to 7th and 8th grade girls. Practices begin in late November and are mandatory with the exception of religious holidays and sickness. Experience in basketball is not required but is *highly recommended*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

ICE HOCKEY MODIFIED

Daily

Participation in ice hockey is open to 7th and 8th grade boys. Practices begin in late November and are mandatory with the exception of religious holidays and sickness. Experience in ice hockey is *highly recommended*. The athletes practice at Ebersole ice rink two days a week with the remaining days at the high school on dry land. Students are expected to provide their own equipment.

7TH & 8TH GRADE MODIFIED WRESTLING (BOYS)

Daily

Participation in wrestling is open to 7th and 8th grade boys. Practices begin in late November and are mandatory with the exception of religious holidays and sickness. Experience in wrestling is not required but is *recommended*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

7TH & 8TH GRADE MODIFIED SWIMMING (BOYS)

Daily

Participation in swimming is open to 7th and 8th grade boys. Practices begin in late November and are mandatory with the exception of religious holidays and sickness. Experience in swimming is not required but is *recommended*. Practices and meets will be held at the White Plains HS Pool and transportation will be provided from the middle school.

SPRING SEASON

7TH & 8TH GRADE MODIFIED SOFTBALL (GIRLS)

Daily

Participation in softball is open to 7th and 8th grade girls. Practices begin in March and are mandatory with the exception of religious holidays and sickness. Experience in softball is not required but is *recommended*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

7TH & 8TH GRADE MODIFIED TRACK AND FIELD (BOYS & GIRLS)

Daily

Participation in track and field is open to 7th and 8th grade boys and girls. Practices begin in March and attendance is mandatory with the exception of religious holidays and sickness. *Experience in track and field is not required*. Practices and meets are held at White Plains Middle School.

7TH & 8TH GRADE MODIFIED BASEBALL (BOYS)

Daily

Participation in baseball is open to 7th and 8th grade boys. Practices begin in March and attendance is mandatory with the exception of religious holidays and sickness. Experience in baseball is not required but is *highly recommended*. Transportation is provided for White Plains Middle School students to daily practices if off campus.

7TH & 8TH GRADE MODIFIED LACROSSE (GIRLS)

Daily

Participation in lacrosse is open to 7th and 8th grade girls. Practices begin in March and attendance is mandatory with the exception of religious holidays and sickness. Experience in girl's lacrosse is not required but is *recommended*. Practices and games are held at White Plains Middle School.

7TH & 8TH GRADE MODIFIED LACROSSE (BOYS)

Daily

Participation in lacrosse is open to 7th and 8th grade boys. Practices begin in March and attendance is mandatory with the exception of religious holidays and sickness. Experience in boy's lacrosse is not required but is *highly recommended*. Practices and games are at White Plains Middle School MS.