

# 2024-2025 RHS Co-Curricular Guide

The Rutherford High School Guidance Department would like to remind students that RHS is more than a building full of laboratories and classrooms, just as education is more than a grade on a report card. Rutherford High School is also the people who inhabit it, and your education is a mix of all of the experiences that you will encounter at RHS. With these thoughts in mind, the guidance department would like to draw your attention to the fine array of co-curricular activities that are offered to you. Provided in this pamphlet is a list of clubs and activities. Club/activity involvement can open up a whole world of pleasure and accomplishment. Such participation can pay big dividends. So, take full advantage of what the school has to offer. Become involved!

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## ACADEMICS

### **Academic Decathlon - open**

Academic Decathlon is a competition team that begins in June and meets periodically in the summer and continually through March. A different thematic topic of study is pre-chosen by a national committee each year. The topic covers various subjects including science, economics, history, art, music, literature, and math. Most importantly, every level of student is accepted, from a perfect 4.0 GPA to students with a 'C or below' average. We compete against schools across the state as well as nationally. Individual awards and scholarships can be won at the competitions.

### **National Honor Society - Ms. Deborah DeLia & Mrs. Kelly Lancaster**

The Rutherford High School National Honor Society is an organization that encompasses the best all around students at Rutherford High School. To be eligible the students must meet the selection criteria evaluated by a faculty council. The selection criterion is based on a system that evaluates a student's performance according to scholarship, character, leadership, and community service. The students must have at least a 3.7 GPA from freshman year through the second quarter of their junior year.

## CAREERS

### **FBLA (Future Business Leaders of America) - Mrs. Cheryl Bott-Melfa & Mrs. Judith Leonard**

FBLA is an international non-profit organization whose motto is Progress, Service, Education. The Rutherford chapter of FBLA strives to follow this motto by participating in community service projects, school service projects, and competing at the regional, state, and national levels with students from schools across the nation. These competitions include all areas of the business world, from interviewing skills to computer science. The club meets regularly and operates the school store.

### **FCCLA Club (Family, Career & Community Leaders of America) – Mrs. Stephanie Baumann & Ms. Robyn Cafiero**

FCCLA promotes personal growth and leadership development through Family and Consumer Sciences education, focusing on the multiple roles of family members, wage earners, and community leaders to develop skills you will use throughout life. Community service is a large part of the organization. They participate yearly in the national FCCLA sponsored service projects. Past projects have included working for The Ronald McDonald House Foundation, Amalda's Crossing, and Feed the Children.

### **Future Teachers of America - Mrs. Nicole Bowden & Ms. Stephanie Curtis**

The club helps students explore teaching as a career choice, provide a realistic understanding of teaching, and encourage students from diverse backgrounds to think seriously about the teaching profession. Students are active in the Teacher Outreach\Mentor Program, Read Across America, and Shadow a Teacher Day.

### **Investing Club – Mrs. Judith Leonard & Mrs. Lindsay Richmond**

The Investing Club teaches students the basics of investing and stresses the importance of saving before investing. Through the use of The Stock Market Game (SMG) students will build a fundamental understanding of investing while providing real world skills practice in math, economics, social studies, and other subjects. Topics which will be covered will be diversification, “buy and hold” strategy, compounding, and speculative investments

### **EmpowHER - Mrs. Lindsay Richmond**

A club for girls which gives them the skills to succeed from the classroom all the way to the boardroom by teaching them the strategies utilized in poker. Club members will develop skills like strategic thinking, quick decision-making, and a competitive edge that will set them apart in any field. Gameplay teaches risk management, resiliency, how to analyze data and make logical decisions under pressure and the strategic thinking needed to succeed at the poker table or at the boardroom table all in a fun, supportive, safe-to-fail environment. By empowering women with these skills, they learn skills that can be applied to your education and to life.

### **Future Healers Club - Mrs. Brenda Hernandez**

The Future Healers Club is a club for students who are interested in a career in any aspect of the healthcare field. The club features educational presentations by healthcare professionals as well as community service activities such as hosting blood drives and organizing fundraisers for organizations devoted to healthcare such as the American Heart Association.

## **COMMUNITY**

### **Amnesty International - Ms. Bonnie Donnell**

Amnesty International is a club that supports the rights of children around the world. The club does community service activities that include letter writing to governments to stop hunger, making peanut butter and jelly sandwiches for school lunches for poor children and school supply drives for underprivileged school districts.

### **Equity Club – Mrs. Nicole Bowden & Dr. Ken Lacy**

Equity Club members meet twice a month to engage in pertinent discussions surrounding topics of social justice, self-identity, contemporary news, and much more! Students will develop critical thinking skills, shape their ability to discuss humanitarian issues objectively, and foremost, will have space to have their voices heard. As an extension of the club, members will also create and implement a Reading Program with K-8 students of Rutherford School District, which will take place throughout the year.

### **Gender Sexuality Awareness - Mr. Michael Stracco**

Gender Sexuality Awareness, or GSAs, are student-led and student-organized school clubs that aim to create a safe, welcoming, and accepting school environment for all youth, regardless of sexual orientation or gender identity. The Gender Sexuality Awareness at RHS works to educate the school community on matters of tolerance and diversity, to create alliances that increase awareness, decrease prejudices and to create a safe school atmosphere for all students.

### **Green Club - Mrs. Jen Moloughney & Mrs. Nicole Ealey**

The Green Club consists of students dedicated to preserving our planet. Through various school and town wide activities, Green Club members demonstrate and educate about what it means to be a sustainable community.

### **Heroes and Cool Kids – Mr. James Parnofiello & Ms. Jessica Perrone**

This program educates students on bullying, alcohol, and drug awareness, and also has a transition program for the 9th grade on adapting to high school life. Club members take numerous field trips including training at Bergen Community College. Meetings are held at Union and Pierrepont schools. Membership is open to all 11th and 12th grade students who are in good academic standing.

### **Interact - Ms. Bonnie Donnell & Dr. Ken Lacy**

Interact is an international club held at many high schools. It is a service organization that follows the code and expectations of the Rotary Club. Some of the services involve working with the elderly, handicapped, less fortunate and the displaced. Interact Club runs several food collections at the local ShopRite for the Rutherford Food Pantry. They work with a local non-profit nursery in running activities for its students, and run a prom for the Senior Citizens in the town.

### **Letters to Rose – Ms. Chelsea Leary**

The goal of Letters for Rose is to reduce loneliness among elders in assisted living communities by creating and delivering personalized letters and art. The club meets once per month during lunch to work on the letters. Community service hours are awarded for successful completion of each letter.

### **Meditation Club – Mr. Jeff Doorn**

Meditation Monday is an Ad Hoc club that is open to students in grades 9-12. Unlike most other clubs at Rutherford High School, it meets weekly instead of monthly and participation is encouraged as an alternative to central detention. Each meditation session consists of three guided meditations that allow students to develop mindfulness skills. Meditation improves emotional regulation, mental focus and combats worry and anxiety. Sessions are held every Monday from 3:00 to 3:30 in room 226.

### **Student Council - Mrs. Judith Leonard**

Rutherford High Student Council demonstrates successful student leadership and effective action. The Rutherford High School Student Council improves the operation of Rutherford High School and is the voice of the students. It also takes a leadership role in training Rutherford student leaders of today as the adult leaders of tomorrow. Student Council raises money each year for The Student Council State Charity through various fundraisers that take place each month. Student Council also runs The Homecoming Dance, Homecoming Parade, and Spirit Week. To become part of Student Council, you have to be elected. Elections take place every May. Freshman elections are in September. See Mrs. Leonard in Room 304 after school for more information

## **FINE ARTS**

### **Art Club - Ms. Stephanie Castellano**

The Art Club provides students with the opportunity to expand their artistic side through projects, activities, and critiques all related to the art world. Some projects include murals, clay sculptures, and altered books. All students are welcome.

### **Film Club - open**

The film club's objective is to provide students who are interested in film with the opportunity to view a variety of classic and modern films from different genres. Film selections are student driven and are followed by creative discussions, analysis, and critiques.

### **Photography Club - Mr. Steven Mett**

The Photography Club is open to all and there is no prerequisite to join, although having some photo experience will make the club that much more rewarding. Students meet twice a month after school to work on the projects.

## **LANGUAGE**

### **World Language Honor Society - Ms. Bonnie Donnell & Mrs. Assunta Smith**

The World Language Honor Society is by selection only. Students who receive a grade of 90 or higher and a B overall in all classes are inducted into the French & Spanish National Honor Societies. Students in both honor societies must maintain a B average in order to remain an active member. The FHS provides tutoring for the lower levels of French and for fellow classmates. The SHS has a Teacher Assistant Program where students come to the classroom and assist the teacher during their free time. They also do community service such as participating in the Michael Cassidy Shamrock 5K, and collect donations for underprivileged girls.

### **French Club - Ms. Bonnie Donnell**

The French Club does many activities including a French Spelling Bee, verb tense relay races, club colors days, and Flyswatter tournaments. The club also does several community service drives including baked goods for a soup kitchen, canned goods for the Rutherford Food Pantry and a clothing drive for fire victims. Finally, the club does field trips to restaurants and shows around the New York City area. We also host the annual French Soirée, which is a night of French food, culture, awards and usually has over 200 attendees.

### **Multicultural Club – Mr. Paul Scutti & Mrs. Kelly Lancaster**

The Multicultural Club is an inclusive community that celebrates diversity and fosters cultural awareness among students. Our club provides a welcoming space where students from all backgrounds can come together to share their unique traditions, experiences, and perspectives. Through engaging activities and cultural events we aim to promote mutual respect, understanding, and unity within our school.

### **Spanish Club - Mrs. Evelyn Esteves**

Spanish Club members meet once a month to enhance their cultural awareness through current event discussions and charity work. The Spanish club participates in many fundraisers and community service throughout the year. They collect food items which are donated to the Rutherford Food Pantry and participate in a toy drive for the Tomorrow's Children's Foundation through the HUMC. Students also take a yearly field trip to the Statue of Liberty and Ellis Island.

## **LITERARY**

### **Book Club - Mrs. Dawn Pasquale**

The Book Club meets monthly in a relaxed atmosphere to discuss books of their choosing. Past selections include both classic and contemporary novels. The students enjoy both the camaraderie and the chance to develop deeper and develop critical and analytical skills by discussing a book that they have enjoyed reading. It is a wonderful environment for them to relax and learn simultaneously.

### **R-Hi Online News - Mrs. Erica Muszynski**

The R-Hi is the high school's online news source. The newspaper is online and seeks to inform faculty, staff, and students about school events, athletics, academics, interests, and ideas. The R-Hi aims to provide a well-rounded reporting, writing, editing, and layout experience for students interested in a future in journalism. Students from grades 9-12 are encouraged to join during the first half of the academic year.

### **SCRIBE - Ms. Melissa Dougard**

SCRIBE is the school's literary magazine that is comprised of student-generated poems, stories, essays, photographs, and sketches. It is published once a year (in the spring). All students are welcome to submit to SCRIBE. We are currently in need of members to assist us in collecting literary and artwork. If you have any questions about SCRIBE or are interested in joining, please see Mrs. Dougard in Room 207. We meet at least once a month.

### **Yearbook/Art & Literary – Ms. Nina Barcenas; Business - Mrs. Joy Scheibe**

The yearbook chronicles each school year with special emphasis on the senior class and its academic, co-curricular, and social activities. Students are able to learn the latest techniques in photojournalism, copywriting, editing, and graphic design using an online digital program that gives them real life experience. Meetings frequent from September to April during lunch and after school. Students hold roles such as editor, photographer, page designer, and various organizational and creative positions. Even though it is a senior focused book, all students from all grades are encouraged to join the yearbook! Any students interested should see Ms. Barcenas.

## **MATH AND SCIENCE**

### **Chemistry Club - Dr. Danielle Moore**

The Chemistry Club is open to all students who have an interest in Chemistry. The Chemistry Club is an extra-curricular activity in which students participate in a variety of activities and labs on topics in chemistry that are not necessarily covered in Chemistry 1 or AP Chemistry. On occasion the Chemistry Club will visit local colleges and universities that sponsor “Chemistry Day” programs.

### **Girls in STEM - Dr. Danielle Moore & Ms. Stephanie Curtis**

The Girls in STEM club was formed to broaden and inspire female students' understanding of science, technology, engineering, and mathematics. Students discuss the role of women in STEM, conduct activities, attend workshops, and plan events to promote STEM within the district.

### **Girls Who Code - Open**

The mission of Girls Who Code, a national non-profit organization is to close the gender gap in technology and to change the image of what a programmer looks like and does. High school girls and non-binary students can join a sisterhood of supportive peers and role models using computer science to change the world. Through planned activities and/or personally designed projects they can explore coding in a fun & friendly environment.

### **Math Team - Ms. Deborah DeLia**

The Rutherford High School Math Team is a member of the Bergen County Math League. A group of junior and senior students from Honors and AP classes compete with mathematics students from other schools in the county at six meets throughout the year. At each meet, students are given six questions, two at a time, with a 12-minute time period in which to solve each pair. Questions are scored individually and at the end of the year, top scoring students receive awards.

### **Psychology Club - Mrs. Jennifer Moloughney**

This club engages in discussions and lessons related to current news in the field of psychology. Students from the AP Psychology class will be teaching information related to psychology in the real world to members of the Psychology Club. The club also fundraises for psychology-related disorders and collaborates with psychology clubs from different schools.

### **Physics/Engineering/Robotics Club - Mr. Alex Robayo & Mr. Tim Ajala**

The main goal of the physics/engineering and Robotics club is to build a community with students who have an interest and/or plan to pursue careers in these fields. The club meetings involve activities and long-term projects that involve robotics competitions and demonstrations, physics principles and the engineering design process. This club is open to all students and no prior experience is required.

## **PERFORMING ARTS**

### **Drama Club – Ms. Courtney McManus**

The purpose of Drama Club is to engage in meaningful theatrical activities and productions, to acquire valuable life and 21st century skills, time management and social skills and to learn production and theater trade skills. The Drama Club also instills a fondness of production, stage, film and literature arts and inspires creativity within one’s self by fostering their own personal talent and encouraging the talents in others. Students involved in the Drama Club assist and/ or participate in the fall dramatic production as well as the Spring Musical production.

### **Repertory – Mrs. Patricia Blanchard**

Students with an interest in acting and/or all technical aspects of theatre are welcome to join a production night called Repertory. Repertory is a selection of student-directed and student-produced scenes that encompass theatrical pieces that are of interest to the students in old and new dramatic productions.

### **School Play & School Musical - Mrs. Patricia Blanchard & Ms. Courtney McManus**

Auditions are usually held for the School Play during the first few weeks of school. The potential cast member must have a cursory knowledge of the show as well as what role he/she is interested in. The School Play usually begins rehearsals late September for a November performance. The School Musical is performed in the spring and auditions are usually held the week before the holiday break in December. Rehearsals begin in January gearing towards a March performance schedule. The potential cast member should be very familiar with the "score" of the musical as well as what role they are interested in.

### **Stage Crew - Ms. Courtney McManus & Mr. Matthew Vaccaro**

The purpose of the Stage Crew is to expose students to the world of theater technology and to provide hands on experience in all aspects of lightning, sound, and scenery. The Stage Crew is responsible for designing, creating and managing the sets for our school dramatic and musical productions.

### **Jazz/Brass Ensemble - Mr. Joe Cavezza**

Jazz is truly American music that reflects our culture and celebrates the trials and triumphs of all people. The club explores & performs various styles of jazz music while participating in the expansion of Jazz education. Pit Band - Mr. Joe Cavezza Provides live music for the RHS musical in the spring.

### **Pit Band - Mr. Joe Cavezza**

The pep band is an ensemble of instrumentalists that play at the spring musical with the purpose of entertaining and creating enthusiasm in a crowd.

### **PopCert - Mrs. Patricia Blanchard**

PopCert is Rutherford High School's annual rock and pop concert. It is an opportunity for students to perform their favorite songs or original material in a concert setting. PopCert is open to any student who plays a musical instrument, sings, raps, and/or dances. Students interested in light design; music technology, and stage crew are also welcome to participate. Auditions for PopCert are held in the spring, following the musical.

### **Vocal Ensemble (Special Chorus) - Mrs. Patricia Blanchard**

Select Choir is an auditioned group. We meet once a week in the evening to rehearse music and prepare for performances. The Select Choir performs at various functions throughout the year. All students must be enrolled in Concert Choir in order to audition for Select Choir.

### **Color Guard – Ms. Katie Corcoran**

Color Guard is the sport of the arts and provides the main visual component of our marching band field show. Their function is to add critical movement, drama and visual impact to the overall performance through the use of equipment work, choreography and dance. Rehearsals take place 2-3 times a week in the evenings during marching band season. Performances include football games, parades, band competitions, and special appearances. The RHS guard is open to all students regardless of previous experience.

### **Marching Band - Instructors - Mr. Joe Cavezza**

The RHS Bulldog Band is a dynamic ensemble of talented music students who have a desire to challenge themselves artistically as well as physically. The Marching Band performs an ever-evolving field production throughout the fall by competing in local marching band contests and weekly at home and away football games. In addition, the Marching Band leads all local parades and performs at special events in and around Rutherford.

### **Tri M Music Honor Society - Mrs. Patricia Blanchard**

The Tri-M Music Honor Society is the music honor society that recognizes exceptional music students at RHS. Students in grades 11 and 12 that have participated in the music program in previous years and that are for high

school students. It is designed to recognize students for their academic and musical achievements, reward them for their accomplishments and service activities, and to inspire other students to excel at music and leadership.



### **International Thespian Society - Ms. Courtney McManus**

The International Thespian Society is the only theatre honor society for middle and high school students in the United States. Affiliation brings credibility and distinction to students, theatre programs, and schools. It is a visible, positive symbol of the quality of the RHS theatre program. ITS recognizes, rewards, and encourages student achievement and celebrates the work of students in all aspects of theatre – performance and production. Each student is honored on a national level and gains access to opportunities and resources beyond those of their school.

## **SPORTS AND MIND**

### **Chess Club – Mrs. Sherrienne Herninko**

The Chess Club allows students to play chess in both competitive and noncompetitive settings. Chess is a fun yet mentally demanding game that develops concentration and analytical ability. The club provides a wonderful forum for the casual player to make friends and for the competitive player to engage in inter-school competition.

### **Golf Club - Ms. Olivia Griggs & Mr. Mackenzie Leeds**

The Golf Club is designed to evaluate, instruct, and improve individual skills. Participants will also learn the importance of etiquette as it relates to the game of golf. Whether you are a veteran or just beginning golf, all are welcome to join. Come out, have fun, and meet others.

### **Pep Club - Mrs. Judith Leonard**

The Pep Club is a club that brings school spirit to our school. Students sell Bulldog merchandise and put up signs before pep rallies to foster school spirit. There is a meeting every other month and right before each pep rally. Most of the work that needs to be done can be done at home. If you want to get into the Bulldog Spirit, join the Pep Club! See Mrs. Leonard in Room 204 after school for more details.

### **Ski Club - Mr. Steven Mett & Ms. Stephanie Curtis**

The Ski Club is designed to evaluate, instruct, and improve individual skills. Whether you are a veteran or just a beginner skier, all are welcome to join. Come out, have fun, and meet others. This club takes 4-6 ski trips a year.

### **Varsity Club – Mrs. Jianna Arsi**

This club is open to all varsity athletes. The goal is to promote athletics and good sportsmanship at RHS. This club participates in several charity events throughout the year. Charitable events include: Holiday toy drive for children with cancer, Food Drive for the Rutherford Food Pantry, and Volunteer work at the Community Food Bank of New Jersey. The club meets in the 230 gym once a month.

## **TECHNOLOGY**

### **Computer Club - open**

The Computer Club meets monthly to discuss all types of technology topics such as emerging technologies, programming, hardware and software issues and questions, as well as any topics the members are interested in. It is an open forum-type of club with fun and interesting monthly meetings, including guest speakers. The Computer Club also runs the popular and successful Hour of Code event district wide and participates in NJ High School Hackathons. You do not need to be in computer classes to join the club.

### **RTV Club - Mr. Steven Mett**

The RTV club is open to any student who is in or has taken TV Production and/or TV Studio Work. There are monthly meetings and officers are elected. The club does various after school video tapings, such as PopCert, school plays, sporting events, concerts, Board of Education meetings, etc. which are aired on Comcast. They also do various public service projects for the community. This club meets for the entire school year.



# [ATHLETICS](#)

## [Rutherford High School Athletics Homepage](#)

**Director of Athletics: David Frazier – Ext. 2236, Secretary: Camille Heydorn - Ext. 2230**

Fall Sports - Volleyball (Girls) / Soccer / Football / Tennis (Girls) / Cross Country / Cheerleading

Winter Sports– Basketball / Wrestling / Swimming / Track / Cheerleading / Bowling

Spring Sports – Baseball / Softball / Track / Tennis (Boys) / Lacrosse