

## **2019-2020 RHS Co-Curriculum 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 - Mr. Jason Narozny**

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. Debra 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**

### **Fashion Club - Mrs. Jessica Ferlauto**

The Fashion Club promotes the power of style, creativity and charity work. This club provides a place to express artistic freedom with opportunities to grow, develop and express themselves through a mutual love for fashion.

### **FBLA (Future Business Leaders of America) - Ms. Cherryl Bott-Melfa & Mrs. Judy 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) - Ms. Geraldine Howard & Mr. Mark Bergen**

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. Margaret Nastasi**

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.*

### **Future Health Professionals Club - Ms. Judy DePasquale**

The Health Career Club provides education and support for students interested in becoming health care professionals. The club promotes activities and programs that encourage health education and foster a healthy lifestyle. Students are active in RHS's annual blood drive, AIDS awareness day and American Heart Association projects.

### **Mock Trial - Ms. Judy DePasquale**

This club is a unique blend of drama, debate, and case law, which allows students to test their academic and theatrical skills. Team members meet to discuss case objectives, plan strategy, rehearse scenarios to compete in the New Jersey Mock Trial competition.. It is a chance to form close friendships, gain valuable experience in public speaking and test their skills during the competition at The Bergen County Court House.

## **COMMUNITY**

### **Newcomers Club - Ms. Judy DePasquale**

This club's goal is to make new students at RHS feel comfortable while learning the "ins and outs" of RHS. The best way to do this is to pair new students to RHS with a "buddy" who will show them around and make new friends in the process.

### **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.

### **Gender Sexuality Awareness (Formerly The Gay/Straight Alliance) - Mr. Michael Stracco**

Gay-Straight Alliances, 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 Gay-Straight Alliance 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.

### **E.R.A.S.E. (End Racism and Sexism Everywhere) - Ms. Judy DePasquale**

E.R.A.S.E. is a club at RHS that helps students learn about diversity, equality and justice. It is made up of a group of students that acknowledge the fact that embracing equality and justice as core values are helping transform our world. Becoming tolerant is just not enough. They realize that they must come to see, analyze, and work against the structural and social practices that continually create and re-create a world of division namely, poverty, race and religion. Students come to understand diversity, equality, and justice through guest speakers, conferences, and service-learning project. A requirement of E.R.A.S.E. membership is to attend the monthly Civil Rights Commission meetings at Borough Hall.

### **Civil Rights - Ms. Judy DePasquale**

As a member of the E.R.A.S.E. club at RHS students have the opportunity to become as sitting member of the Rutherford Civil Rights Commission for the school year. . The goal of the E.R.A.S.E Club and Civil Rights Commission to eliminate discrimination and foster dignity, respect, understanding, and acceptance of all citizens by increasing public awareness of their civil rights. This is accomplished through the advocacy of education not only at the school level but also throughout the community. Students who become members of the Civil Rights Commission provide conflict resolution and mediation for all civil rights complaints in the community.

### **Green Club - Ms. Karen Travellin & Ms. Lourdes Osorio**

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. Mark Bergen & Mr. James Parnofiello**

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.

### **JSA- Junior States of America - Mr. Andrew Van Der Hoof**

The Junior States of America or JSA is a student run club that promotes civic responsibility and awareness for high school students across the country. At the local level, students engage in chapter meetings to debate relevant political topics both at various levels of government. From these local groups, students will come to participate at regional and national overnight conventions with students from all over the country. These meetings give students a platform to discuss issues facing the United States today, and to work together to be the leaders of tomorrow.

### **S.A.D.D. (Students Against Destructive Decisions) - Ms. Judy DePasquale**

Membership in this club is open to all grades at the high school level. The club is based on good decision making regarding alcohol, drugs, sexual issues, and peer relationships.

### **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.

### **Theology Club - Mr. Mark Rojowski**

The Theology Club allows students the opportunity to engage in respectful, open, and constructive dialogue regarding any and every theological topic.

## **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 - Ms. Maria Garo**

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 & Ms. Jianna Muscio**

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.

### **Spanish Club - Ms. Nicole Clark**

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 - Ms. 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 Newspaper - Ms. Erica Prinzo**

The R-Hi is the high school's newspaper. The newspaper prints quarterly and seeks to inform faculty, staff, and students about school events, athletics, academics, interests, and ideas. The newspaper 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 - Mrs. 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 - Mrs. Veronica Grillo & Business - Ms. Judy DePasquale**

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 Mrs. Grillo in room 208.

## **MATH AND SCIENCE**

### **Biology Club - Ms. Jacqueline Kozek & Ms. Niki Ketikidis**

The Biology Club is a community service oriented club. The goal of the club is to help the students develop an appreciation for how important plants and animals are to our environment. The students are taught how to care for and respect animals. The students create posters for Earth Day. The students run a food drive for a local animal shelter and volunteer to help plant and weed areas around town. The club is also involved with the GFWC Junior Woman's Club and their Ladybug Festival.

### **Chemistry Club - Mr. Mark Rojowski**

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 - Mrs. Margaret Nastasi & Ms. Stephanie Curtis**

The Girls in STEM club was formed to broaden and inspire female student 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.

### **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 and Engineering Club - Mr. Alex Robayo & Mr. Tim Ajala**

The main goal of the physics and engineering 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 physics principles and the engineering design process.

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

The main goal of the Robotics Club is to introduce students to robotics and collaborate with other robotic clubs. The Robotics club meets monthly and meetings increase as events approach. These events include robotics competitions and demonstrations. This club is open to all students and no prior experience is required.

# **PERFORMING ARTS**

## **Drama Club - Mrs. Patricia Blanchard**

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 inspire 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**

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. Jennifer Gaggis**

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. Michael Faugno**

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.

## **Chamber Ensembles - Mr. Michael Faugno**

Chamber Ensembles are small instrument specific groups that perform music written strictly for them. There are multiple groups with multiple combinations of instruments and experience levels. Audition is required for participation. Performances include Club Rutherford Small Ensemble Night and special appearances.

## **Pit Band - Mr. Michael Faugno**

Provides live music for the RHS musical in the spring.



### **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 - Mrs. Jennifer Wise**

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. Michael Faugno, Mr. Joe Cavezza & Ms. Nicole Bowden**

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.

## **SPORTS AND MIND**

### **Chess Club - Mr. Alex Robayo**

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. Karen Travellin & Ms. Judy DePasquale**

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 - Ms. 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 304 after school for more details.

### **Ski Club - Mr. Steve Mett & Mr. Joe Joyce**

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 - Ms. Jianna Muscio**

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.

### **Yoga Club – Mrs. Holly Bacilo**

Yoga club is for students to engage in the physical practice of yoga. They learn how to synchronize their breath with physical movement as they move through the basic yoga poses.

## **TECHNOLOGY**

### **Computer Club - Mrs. Margaret Nastasi**

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 Club also runs the popular and successful Hour of Code event district wide and participate in NJ High School Hackathons. You do not need to be in computer classes to join the club.

### **RTV Club - Mr. Steve 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**

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

***Fall - Volleyball (Girls)\*Soccer\*Football\*Tennis (girls)\*Cross Country\*Cheerleading***

***Winter – Basketball\*Wrestling\*Swimming\*Track\*Cheerleading\*Bowling***

***Spring – Baseball\*Softball\*Track\*Tennis (boys)***