

## A little more information about some of our after-school activities

**NJHS:** The South Middle School chapter of National Junior Honor Society promotes scholarship, service to the school and community, leadership, character and citizenship. Seventh grade students with a cumulative GPA of 3.5 or higher are eligible to apply for NJHS in January of their seventh grade year. NJHS hosts 1-2 blood drives for the American Red Cross, organizes the staff luncheon at SMS. And participates in various service events at SMS and in the community.



**Weightlifting Club:** Provides an introduction to safe, healthy weightlifting through hands-on experience. Students receive education about muscle groups, workout schedules and information as to which exercise works specific muscle groups. Students are guided through various exercises to familiarize themselves with weightlifting basics, stretching, warm-up exercises, free weights and floor exercises.



**Computer Club:** Technology is explored and fun is to be had hanging out with Computer Club! We use different software and computer applications explore technology in our modern world.



**CHESS CLUB:** Chess is a valuable educational tool that helps teach important lessons including problem solving, critical thinking, sportsmanship, patience and goal setting -- plus, it is fun! Come join Chess Club -- all skill levels welcome. Have a great time and meet some new friends!



**Fit 4 Life:** The purpose for Fit 4 Life is to expose students to a variety of activities that promote healthy habits. Students interested in food, exercise, and gardening may enjoy joining our group. We will explore ways to eat nutrient-dense foods, be active and make healthy choices. We will also learn about where food comes from, how it is grown and how to prepare it.

**BOOK CLUB:** A club for students to explore popular new books in a friendly, fun discussion group. The club meets twice a month for a meeting filled with activities, engaging conversation and snacks pertaining to the recently read book.

**MATH CLUB:** Students will learn and refine problem solving strategies, compete for both team and individual competition (Feb-April), participate in Group Tutoring, build a foundation for college mathematics, and develop team cooperation, leadership and problem solving skills.



**FACS Club:** Do you like cooking? Eating? Sewing? Crafts? Then FACS Club is the right club for you! We spend time in the kitchen making sweet and savory treats. We make holiday crafts and useful items out of old t-shirts or other repurposing activities. Finally, we end the year making our own PIZZA for our own party!



**Student Council:** STUCO is a leadership organization, which gives students the opportunity to be involved in improving the school environment. STUCO leaders participate in PPI events, American Education Week, school food drives and other community projects. Student Council members should serve as role models for their peers.



**TREND:** (Turning Resources and Energy in New Directions) is a community service organization that focuses on living a drug free and healthy lifestyle. We participate in school sponsored and community events that help others.



**Newspaper Club:** Perfect for anyone who loves to write, enjoys taking photos, likes doing interviews, online research, and has a creative mind! Together, students will put together 4 issues of the Mustang Gazette and distribute the newspaper for all of SMS to read and enjoy.



**YEARBOOK CLUB:** Students meet to plan, design and construct the yearbook. You will learn skills in production and publication -- such as layout design, photography, copy writing and editing. Students assist the sponsor in keeping records of sales, organizing page submission, mailings, labeling photos and editing. You will also explore theme development, copy creation and photography of groups and events.



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**Builders Club** provides opportunities for students to work together in service activities in their school and community. Builders Club is affiliated with the Kiwanis Club and is often run by student-elected officers. This club will organize school-wide collection projects, host Red Cross Blood Drives, Volunteer for school events and participate in activities with the local Kiwanis Club.



**ART CLUB:** Art Club provides an additional opportunity for students to experience creative adventures in art. Types of activities *may* include fabric painting, sculpture with clay, paper, wood, painting, jewellery making, paper mache, dream catchers, origami, tie-dye, paper marbling, papermaking, stamping, guest artists, contests and exhibitions.



**SOFTBALL:** Would you like to meet people from other teams? Have fun? Learn some basic softball skills? Softball intramurals might be for you. Come join us with no worries about making the team. Fielding, hitting and base running skills will be covered.



**TEAM HANDBALL:** You will learn this new game in PE and LOVE it! It is a fast paced, fast scoring game and is one of our most popular intramurals. Last year over 120 students participated!!



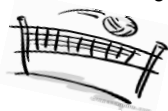
**SOCCER:** Soccer games are played involving all skill levels. Great fun, friendly competition, good sportsmanship, and exercise are key components of soccer intramurals.



**CHEERLEADING:** Learn 20-30 sideline cheers, chants and jumps. Paint a banner for football teams to run through and launch t-shirts into the crowd at the Flag football Championships held at South High! Family and friends are invited to watch.



**Volleyball:** Gather up your friends to form a team, or just show up and we will help you join a team. We play music in the gym while we play some good, friendly games of volleyball!



**POM/DANCE:** Learn a choreographed pom routine to perform at the Basketball Championships at South Middle. It's fun and easy! You do not have to be a dancer; everyone is invited!



**STEP CLUB:** Stepping is rhythmic stomping and clapping that began in Southern fraternities and spread throughout the U.S. We will create simple step routine and perform it at the SMS Talent Show. Guys and Gals – LETS MAKE SOME NOISE!!



**ARCHERY:** Learn how to shoot a bow and arrow. **NO** previous experience required. Safety will be a priority.



**TABLE TENNIS:** Join your friends or make some new ones as you play a few games of table tennis after school!



**TRACK:** Learn about different track and field events available to athletes at the high school level and beyond.

**BASKETBALL:** As in all our intramurals, join with your friends or just join and we will help you find a team! All skill levels are welcome. The top two grade-level teams will compete at the Basketball Championships.



**FLAG FOOTBALL:** This recreational football experience will culminate with the top two grade level teams competing at the Flag Football Championships at SHS in the fall.



**SCIENCE CLUB:** Delve into interesting Science topics through hands-on activities during twice monthly after school meetings, and through *many* off-site field trip opportunities which usually happen on Friday evenings or Saturday mornings throughout the school year!