

Extra-Curricular Programs At Sir Winston Churchill

INTRODUCTION

Dr. Allan King of Queen's University, in his landmark study "The Good School," identified a strong extra-curricular program as playing a key role in developing students' sense of belonging and satisfaction. His findings showed that a broad, well-delivered extra-curricular program greatly enhances the atmosphere of a school. These activities help students to identify with their school. Participation encourages students to socialize and to become friends with fellow students. All these factors contribute to good "school spirit" and to the students' sense of well-being.

Sir Winston Churchill's extensive extra-curricular program offers activities of interest to all students in the school. Students are encouraged to participate fully in the athletic, artistic, social, and cultural life of the school. Involvement in the school's extra-curricular program enables students to make new friends and to develop talents and interests outside of the regular school curriculum. Coaching, leadership, and supervision of our extra-curricular program is provided voluntarily by members of our teaching staff as well as by interested members of our community.

All clubs and teams welcome new participants every year. Involvement in school activities is recorded for points toward the school letter, for inclusion in the students' resumé's, and for consideration in the granting of awards and scholarships.

GET INVOLVED!



SCHOOL LETTER POINT SYSTEM

The following is a listing of school activities including academic achievement, sports teams, leadership and other school clubs where students can earn points toward the SWC School Letter. Achievement in each of these areas is celebrated in June with a televised Awards Assembly and in October with a televised Honours Assembly. For a complete overview of the School Letter Point System and your current points achieved, please go to the SWC website.

ACADEMIC		SPORTS	
90+ Average	25	Badminton	10
80-89 Average	20	Baseball (Boys)	10
70-79 Average	15	Basketball	15
60-69 Average	10	Cross-Country	15
Computer-Contest	5	Curling	15
Debating	10	Football	15
Enviro-thon	5	Golf	5
French-Brock U Contest	5	Hockey	15
Geography-Contest	5	Lacrosse	10
History-Contest	5	Rowing	15
Math-Contest	5	Soccer	10
Public Speaking-French	10	Softball	10
School Reach	10	Swimming	15
Science-Contest-Chemistry	5	Tennis	5
Science-Contest Physics	5	Track and Field	15
Science Fair	5	Volleyball	15
Scientifically Yours	5	Wrestling	15

LEADERSHIP		CLUBS/ACTIVITIES	
Coach-Jr. Reach	10	Art Club	10
Director-Musical/Play	25	Brass Ensemble	15
Executive of Clubs	5	Business Club	5
Football Stick Crew	5	Cappies	5
Leadership Camps	10	Cheerleading	10
Magazine Editor	10	Chess Club	5
Manager-Sports	10	Comic Book/Graphic Novel	5
Music Council-Executive	15	Concert Band	15
Music Council-Member	10	Concert Choir	15
Newspaper Editor	20	Drama Fest-Actor	15
Newspaper – Section Editor	15	Drama Fest-Crew/Tech	10
Peer Tutor	20	Film Club	15
Prefect	15	Film Festival	10
Project Spirit - Leader	10	Fishing Club	5
Project Spirit - Superleader	15	Gardening Club	5
Recycling Captains	20	Jazz Band	15
Science Lab Volunteers	5	Literary Magazine	5
Scorekeeper-Sports	5	Mens Chorus	15
Student Council-Executive	20	Mosaic	10
Student Council-Member	15	Percussion Ensemble	15
Student Council-President	25	Pit Band	15
Student Trustee	25	Recycling Team	10
Team Captain	5	Remembrance Day Assembly	5
Winter Leadership Camp	10	Robotics	15
Yearbook-Assistant Editor	15	School Musical/Play-Pit/Band, Roles	15
Yearbook-Editor	20	School Musical/Play-Crew	10
		School Newspaper(Ruff Times)	10
		Ski Club	2
		Strings Ensemble	15
		Strings Orchestra	15
		Studio Club	10
		Tech Club-Theatre AV	10
		Tech Design Club	10
		Yearbook Staff	10
		Yoga	10

Recognition is given to students who accumulate 65 or more points in any of the four categories. The SCHOOL LETTER recognizes "all round" contributions, and is granted when a minimum of 160 total points have been accumulated by means of at least 50 points in at least three of the categories.

LEADERSHIP DEVELOPMENT

Developing leadership skills in our students is a high priority at Sir Winston Churchill. We have created and operate a variety of activities and organizations that foster the development of leadership skills. In addition, we take full advantage of many leadership development opportunities made available by a variety of outside organizations.

Project Spirit

"Project Spirit made me feel a part of SWC. When I came back from camp, I knew kids in every grade; what's more, they knew me too! I felt I belonged!"

- a Grade 9 camper

Project Spirit is a program conceived initially by senior SWC enrichment students in conjunction with staff to help students at SWC become integrated into the school community and to enhance their leadership potential. Project Spirit offers participants (campers from Grade 9 and 10) the opportunity to interact with leaders (from Grade 12) and with leaders-in-training (from Grade 11) to develop leadership skills and to heighten environmental awareness. 100 students, leaders and teachers actively interact in a camp environment using clinics, games, hikes, small and large group learning situations. Each learning situation is teacher-supervised and taught/led by qualified leaders. The benefits of the program can easily be seen when the group returns to SWC as participating students from ALL GRADES know students in ALL OTHER GRADES. In other words, participants become integral members of the SWC community, as well as develop their leadership skills.

Student Council

Student Council organizes a broad range of activities for the SWC student population on an ongoing basis throughout the year. It is also a source of financial support for school clubs, activities, and athletics. The council consists of an executive and elected representatives from each grade level in the school, as well as two arts and athletics representatives. Grade 9 representatives are elected in October after they have settled into school routines and are familiar with council and its functions. Historically, council has enjoyed the full support of students at dances and other functions.

Prefects

Grade 12 students who have been nominated by teaching staff and have demonstrated a willingness to serve SWC's school community are chosen to act as prefects. Their duties include modelling proper school behaviour according to DSBN's character traits; facilitating with parent teacher interviews, graduation, assemblies, student council activities; and being SWC ambassadors.

Peer Tutoring

The Peer Tutoring program enables students to act in a leadership capacity and to provide academic support to other students who are in need of assistance. Students, parents, and/or teachers may initiate the process. If a student or parent recognizes a particular subject as a weakness at the beginning of a semester, the student may request a tutor at that time. As the semester progresses, teachers may remind students, who are experiencing difficulty, of the benefits of a peer tutor. Teachers may also recommend students who are performing at an exceptional level in their subject area to consider acting as a tutor. Tutor forms are available in the Resource Room throughout the entire school year. Once completed, forms are returned to the Resource Room, and staff do their best to pair students accordingly. Tutors keep a record of time spent with clients and acquire community service hours or points towards their school letter. Please note that this is only one avenue of support. Help is also available through individual teachers, department workshops, on-line support etc.

Wintership

"I have learned more in these past few days than in my entire high school career."

-Reflection of a 2012 Participant

Wintership is a 3-night Leadership Winter Camp offered to Grade 11 students who aspire to be leaders in our school. 40 students are selected to travel to Camp Cedar Ridge, located ½ hour north of Bancroft, for a hands-on leadership development experience. The camp usually occurs 2 weeks before the March Break. All activities at Wintership are student-led, under school and camp staff supervision. The goals are to help our future leaders develop their strong teamwork skills, increase their organizational abilities and enhance their sense of empathy in a group setting. Outdoor activities include: snowshoeing, cross-country skiing, ice skating, winter survival skills, campfires, high ropes course and tobogganing. Indoor workshops focus on leadership and team-building skills.

ATHLETICS

School Classification

Sir Winston Churchill competes in not only Zone IV competition but also at the SOSSA and OFSAA levels. It is classified as a “AAA” school which provides the highest level of competition for schools in the province with a population of more than 900 full-time students.

Individual Age Classifications

Many activities are subject to age classifications at the Zone, SOSSA, and OFSAA levels. To represent a school in any championship coordinated by OFSAA, a student must be eligible for the following:

- i. Be certified as eligible on the eligibility form signed by the principal of the school.
- ii. Students will be eligible for no more than five (5) consecutive years from the date of entry into Grade 9 for OFSAA sports.

Midget (Applies only to individual sports)

The individual’s birth certificate indicates that s/he has not reached his/her 14th birthday by January 1st, prior to the start of the school year in which the competition is held. Note: students may compete in this category for one year only - their Grade Nine year.

Junior

The individual’s birth certificate indicates that s/he has not reached his/her 15th birthday for individual sports and 16th birthday for team sports by January 1st, prior to the start of the school year in which the competition is held.

Senior

The individual’s birth certificate indicates that s/he has not reached his/her 19th birthday by January 1st to the start of the school year in which the competition is held.

Although many sports activities offer competition up to OFSAA competition, many activities are provided in "club" atmospheres that have less emphasis on competition and are intended for their recreational benefits such as physical activity through participation, fun, and recreation (e.g. badminton and downhill skiing). Depending on the students individual goals and aspirations, a wide variety of activities will provide an outlet for all students to get actively involved. At Sir Winston Churchill, we believe "a healthy mind in a sound body" leads to success. Not all sports are available every year. In some sports a charge may be charged to either defray tournament costs or pay for personal protective equipment.

Sports Available by Season at Sir Winston Churchill

Fall Term (September-November)

Boys Cross-country, football, golf, swimming, tennis and volleyball

Girls Basketball, cross-country, golf, swimming and tennis

Winter Term (November-March)

Boys Badminton, basketball, curling, hockey, rowing, swimming, and wrestling

Girls Badminton, curling, hockey, rowing, swimming, volleyball, and wrestling

Spring Term (March-June)

Boys Baseball, lacrosse, rowing, soccer, and track and field

Girls Rowing, soccer, softball, and track and field

CLUBS AND ACTIVITIES

Art Club The Art Club at SWC meets once a week to work on graduation decorations, music concert decorations, drama fest sets, musical and variety show sets, school murals, and independent projects in various media that interest its members such as working in clay, stained glass, etc. This group is open to art students and any students not registered in art classes.

Boot Camp for Writers

The English Department hosts a four-part series of workshops several times a semester. These after-school workshops are open to all grades and levels. Each week a different topic is covered: thesis statements, body paragraphs, introductions and conclusions, and citing quotations. Watch the announcements for when these sessions are offered or see your English teacher.

Business Club

Students meet weekly to discuss current issues and prepare for business competitions. All students are welcome!

Cappies

Be a part of an internationally-run program for high school students who love critiquing drama and theatre! Cappies students attend several high school productions in the Niagara Region, write reviews, and are selected for publication in *The Standard* and/or other professional newspapers. Students meet at the beginning of the year for an initial Cappies meeting and are assigned plays to review. At least three play reviews are required to be part of the Cappies team. Once the theatre season concludes late in the year, students can also attend the Cappies Gala event.

Cheerleading The cheerleading squad consists of approximately 15-18 girls, regardless of grade. The squad cheer for football and other events. Practices are held to prepare for events throughout the year. The cheerleaders attend clinics and fundraise for our team.

Chess Club Chess Club meets during both lunch periods Monday to Thursday. Players of all abilities are welcome. In addition to recreational play, Chess Club members can also compete at four DSBN chess tournaments throughout the year.

CON Club Members of the "CON" club look at different Comic Book and Anime works throughout the year. Learning how to draw, story telling, and other activities are among the things we do on a weekly basis. A trip to Anime North usually occurs at the end of the year.

Debating The M.U.N. (Model United Nations) debating club challenges students educationally, socially, and individually. Students research the foreign policy of various nations and problem-solve using foreign policy in simulations of real U.N. dilemmas. The SWC M.U.N. Club has developed a reputation for excellence, regularly winning sessions against local and international students. Each year our club participates in at least three local one-day events. We also participate in the Myer three-day simulation. The SWC Model United Nations Executive also plans and runs a one-day model Arab League Simulation that is attended by at least 100 delegates from the Niagara Region.

Drama Fest SWC takes part in the Sears Drama Festival which takes place at a District and Regional level. Awards are given out for performance, production, stage management and technical achievement. In 2012 our student-written production "Alice in High School" won best comedy, best original song and best comic actress.

Film Fest The SWC Film Festival is a celebration of movies and films made by SWC students. You can get involved with the film festival in a variety of ways. If you like watching movies and films you can participate in the many events that lead up to the SWC Film festival then attend the film festival itself. If you like creating movies or films (even if you have never made one before) you can write, shoot, edit and produce a movie or film to enter into the festival. If you love organizing things like events or parties, you can get involved with the SWC Film Festival as an organizer or event volunteer. We usually start organizing the film festival in the fall/winter, run fun special events through second semester and present the SWC Film Festival in May.

Fishing Club The SWC fishing club is a club that runs from early spring until mid June. Any student who is interested in learning about sport fishing can join. The club meets once a week after school to discuss specific techniques, angling opportunities in Ontario and learn about conservation. At the end of May each year, the club participates in the EDUCAST fishing tournament for secondary students in Aylmer Ontario. The top ten winners spend a day fishing with pro anglers for the championship event at the end of June. An educational component at EDUCAST teaches participants about careers in fish and wildlife and conservation.

French Contest

Every spring, Brock University and the various Boards of Education in the Niagara Peninsula organize a French contest. Senior students are encouraged to participate in one of the three categories: Anglophone, Spéciale (extended), or Francophone. Students spend one day at Brock and are rated on the following skills: written composition, speaking, listening, reading, and grammar.

Gardening Club

A group of students donate their time on a weekly basis during the fall and spring in order to maintain the SWC grounds and ensure upkeep of perennial plants that enhance the school property. They also take care of the property of a local elementary school.

Literary Magazine

Interested in creative writing and wish to be published? In addition to the *Ruff Times*, S.W.C's *Inkling* is published once a year and includes a selection of student artwork, short stories, and poems. *Inkling* students usually start meeting in second semester to fundraise and start putting the magazine together. Submissions are accepted in March, with the final magazine published in late May.

Mosaic

It is our choices ... that show what we truly are, far more than our abilities.
- J. K. Rowling (*Harry Potter and The Chamber of Secrets*)

Mosaic is the anti-bullying support group at SWC. Bullying happens every day in schools, malls, on the internet, and via cell phones across Canada. One in five Canadian youth report being bullied regularly. But we can help. The members of Mosaic encourage all members of our school to act when they see bullying – to stand up instead of standing by. We meet weekly to discuss issues that are affecting our lives, to support each other, and to organize events and school-wide initiatives to promote anti-bullying.

MUSIC:

Brass Ensemble

The Brass Ensemble is open to all brass players - trumpet, French horn, trombone, baritone, or tuba. This small ensemble meets weekly and often features arrangements and compositions created by our members.

Concert Band

This more experienced ensemble explores more challenging materials and is involved in festival work in addition to our school and community

performances. Grade 9 students with experience are encouraged to come out and to see how challenging the music is; the group is formed on ability level **not** age.

Concert Choir

This (the largest) ensemble is open to all students who enjoy singing at any level. The group explores a wide variety of music and performs at the school and various festivals. No prior experience is required other than a keen desire to sing! Rehearsals are one morning a week plus occasional sectional work. Every Grade 9 should experience this opportunity to sing.

Jazz Band

Selected from the concert band, this small group of saxes, trumpets, trombones, drums, and bass plays through a wide range of jazz materials. Concerts include school performances, community events, and various festivals in Ontario.

Men's Chorus

This group is for male singers to experience acappella singing, with the male voice specifically. Prior experience with music reading is helpful but not essential. All Men's Chorus participants are encouraged to join the Concert Choir as well.

Percussion Ensemble

The Percussion Ensemble meets every other Thursday morning from 7:45 a.m. to 8:45 a.m. This group is led by percussion specialist - Mike Phelan. Percussion experience is not required; however, a strong sense of rhythm and good music reading skills are a must. Participants will have the opportunity to play snare and bass drum, tympani, mallets, and other percussion instruments.

Strings Ensemble

This smaller all Strings group is auditioned due to the demands of the repertoire it pursues each year. Geared for the experienced string player, the group performs around the community each year and is involved in festival work and, of course, our own concert series.

Strings Orchestra

One of the few String programs in the DSBN, we are very proud to offer an Orchestra program here at SWC. This large ensemble is open to all string players and a selection of winds and brass. They meet once a week to explore the world of orchestral repertoire. Players with previous training will benefit greatly from participation in this group with challenges for all levels of experience.

Pickup Basketball

This club is open to all students. The pickup basketball club meets approximately once a week throughout the year (based on gym availability) and is a fun way to get in shape and play some basketball.

Recycling Team

SWC's Recycling Team is committed to making a difference to our school community's environment. There are over 1000 people in this building everyday. There is A LOT of paper, cardboard, bottles and cans that would be headed to the landfill if it were not for our dedicated group of students willing to do this sometimes dirty job! The team collects recyclables once or twice a week during the school day, and it also spends a fun day at the end of June outside with hoses, washing recycling bins (and each other). This is a great way for students who care about the planet to feel like they are really making a difference.

Robotics

Students interested in designing, building, and programming robots are encouraged to join the Robotics team. There are also roles for students interested in developing their portfolios by constructing websites, videos, and sponsorship material. If you are interested in robotics but don't have time to build them, there are also roles with lower time commitments for helping out during competitions. The season starts in early September and goes until February, with the possibility of going to the World Championships in April at Disney World in Florida.

School Newspaper - *Ruff Times*

Our *Ruff Times* newspaper is published monthly. It features editorials, sports news, interviews, movie and music reviews. About three weeks before the publishing date, our section editors meet to discuss the focus of that issue. Writers submit articles to their editors for approval, and the paper is published on a monthly basis. If you enjoy writing, you are invited to join our staff.

School Reach

School Reach is a Canada-wide competition based on the "Reach for the Top" television show. Students meet once or twice a week to practise answering questions based on high school curricula, current events, and trivia. Grades 9 and 10 are intermediate competitors while Grades 11 and 12 are seniors. Interschool competitions are held with the best senior team in the Zone going on to the provincial finals. Students find this activity a great deal of fun, even if it is educational! All students are welcome to attend.

Ski Club (downhill)

Ski Club is recreational in nature and allows approximately 165 students the opportunity to participate in an extra-curricular, co-educational activity. Students must provide their own ski equipment. The cost for the package is approximately \$300.00. Membership in the club is determined on a first-come, first-served basis. Student registration is in October.

Tech Club

Students interested in technical theatre and audio production are encouraged to join the Tech Crew. Students are trained to use equipment and are then asked to assist during presentations, pep rallies, plays, and musicals.

Tech Design Club

The focus of the club is to give students hands-on opportunities using problem-solving and design skills. By competing in a variety of competitions, teams of students work together to design, to analyze, to build, and to test their designs against other schools from all over Ontario. The competitions consist of the McMaster University Engineering and Science Olympics, Skills Canada cardboard competitions, and the DSBN CAD challenge. The club starts in early September and goes until the end of April.

Weight Training Club

This club provides non-competitive co-educational activity. It runs from November to May; Mondays, Wednesdays and Thursdays from 3:15 to 4:30. Proper Phys. Ed clothing is required and there are no age requirements or limitations. The cost is nil but, the participants are asked to use the grocery card fund raising program to help with equipment maintenance.

Yearbook

The recorded history of our school is maintained by the Yearbook Club whose members take on the task of producing the yearbook. Students from all grade levels are needed to perform a variety of tasks including layout, photography, writing, editing, and marketing. Club members meet either Wednesdays or Fridays after school. Meet a lot of neat new people while working on the yearbook.

Yoga Club

Yoga Club is for everyone! No experience or athletic ability is required, and contrary to popular belief, you do not have to be flexible. Any student (male or female) interested in acquiring and developing strength, balance and flexibility as well as learning relaxation and stress-relieving techniques is enthusiastically welcomed! We meet every Friday throughout the school year (you don't have to commit to all of them) in the cafeteria for one hour. All you need to bring is a yoga or exercise mat and a willingness to try something new! You'll feel great afterwards; we promise.