

CO-INSTRUCTIONAL ACTIVITIES IN DSBN SECONDARY SCHOOLS

The Ministry of Education requires every Board of Education to provide a plan for co-instructional activities for pupils enrolled in its secondary schools.

The District School Board of Niagara has long recognized that co-instructional activities are an integral part of the school experience of elementary and secondary school students.

Teachers are encouraged to participate voluntarily by offering leadership in these activities. Their individual skills and talents significantly contribute to the type and range of activities that take place in any given school.

The interaction between teachers and students greatly increases students' level of satisfaction with their school experience and seems to enhance the likelihood that they will successfully complete their education.

In addition to teachers, school co-instructional programs may also draw upon selected and competent parent and community volunteers and organizations and use community facilities to provide further opportunity to develop further breadth and scope.

The school principal has the responsibility to develop and implement the school co-instructional program which will be reviewed annually with the School Council.

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A. 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 750 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 co-ordinated by OFSAA, a student must:

- i) be certified as eligible on the eligibility form signed by the principal of the school
- ii) meet the following age requirements:
- iii) 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 he/she has not reached his/her 15th birthday by August 31st prior to the start of the school year in which the competition is held.

Junior

The individual’s birth certificate indicates that he/she has not reached his/her 17th birthday by August 31st prior to the start of the school year in which the competition is held.

Senior

The individual’s birth certificate indicates that he/she has not reached his /her 20th birthday by August 31st prior to the start of the school year in which the competition is held.

PROGRAM OVERVIEW

Although many sports activities offer competition up to OFSAA competition, many activities are provided in a “club” atmosphere that have less emphasis on competition and are intended for their recreational benefits such as physical activity through participation, fun and recreation. Examples are badminton and downhill skiing. Depending on 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.

Sports Available by Season at Sir Winston Churchill

1. Fall Term (September - November)

Boys Football, cross country, swimming, volleyball, golf, and tennis

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

2. Winter Term (November - March)

Boys Basketball, rowing, ski club (downhill), swimming, curling, badminton, and wrestling

Girls Volleyball, rowing, ski club (downhill), swimming, gymnastics, curling, badminton, and wrestling

3. Spring Term (March - June)

Boys Track and field, soccer, baseball, rowing, badminton, and lacrosse

Girls Track and field, soccer, slow pitch, rowing, gymnastics, and badminton

DESCRIPTION OF ACTIVITIES

Badminton
(Nov. - Apr.)

This club is recreational and co-educational in nature and allows any student who wishes to participate to do so. One evening a week the grade 9 and 10 students play recreational badminton from 6:15 - 7:45 p.m. and then the seniors do the same from 7:45 - 9:15 p.m. Check daily announcements for specifics. Students must be in proper physical education attire. This activity runs from November to April.

Baseball: Boys
(March - June)

Boys' hard ball starts in March in the gym and moves outside at the end of April. There are regular season games and the team can advance to OFSAA.

**Basketball:
Boys**
(Nov. - March)

Basketball is offered at the junior and senior levels. It runs from mid-November to the end of February. Each team plays a 10 - 12 games schedule with play-offs to follow. Tournaments entered number 3 - 4 per team and usually run on weekends. Practices are held daily and could be either before or after school. Uniforms are provided by the school. Students must provide their own running shoes. 12 - 15 students are selected for each team.

**Basketball:
Girls**
(Sept. - Nov.)

Basketball is offered at the junior and senior levels. It runs from September to mid-November. Each team plays a 10 - 12 game schedule with play-offs to follow. Tournaments entered number 3 - 4 per team and usually run on week-ends. Practices are held daily and could be either before or after school. Uniforms are provided by the school. Students must provide their own basketball shoes. 12 - 15 students are selected for each team.

Cross Country
(Sept. - Nov.)

The cross country program is composed of boys and girls midget, junior and senior teams. Cross country is a "no cut" sport whereby all athletes compete in all meets. Each team has no restrictions as to the number of competitors, however, only the top four finishers count as scorers for the team. Practices are held Monday through Friday from 3:25 - 5:15 p.m. Whether you are a jogger or a highly competitive runner, cross country can be a meaningful and rewarding experience.

Curling
(Nov. - March)

This sport is open to any student with a student activity card. However, due to the restrictive numbers involved in curling only a certain number of students will make the team. Our games are played on Tuesdays and Thursdays at either the St. Catharines Curling Club or the Golf and Country Club. Spectators are welcome.

Football
(Sept. - Nov.)

This varsity sport runs from the first day of school until late November. Practices are held daily from 3:15 - 6:00 p.m. The team carries 54 players with roughly 1/4 of its membership derived from each grade level. Students must be under age 19 years as of August 31st of the current school year. The league follows a 7 - 10 game schedule with play-offs to follow. All equipment is provided, with the exception of football cleats.

Golf
(Sept. - Oct.)

The season for the golf team is very short, beginning in September. The season begins with a qualifying tournament played by 20 - 30 candidates at a local registered golf course. From the results, the boys' and girls' teams are formed consisting of five people each who then play in the Zone competition. Individual and team winners then advance to the SOSA tournament.

**Gymnastics:
Girls**
(Nov. - March)

Girls' gymnastics at Sir Winston Churchill provides a means of physical expression in a challenging and fun way. All students interested are welcome as there is a place and competitive level for all. Starting at the beginning of November all students are placed in their appropriate level for 1 to 6. Level one (1) being for those of little experience to six (6) for those with much club experience. After a few months of training, the competitive season starts for interested students. The competitive season runs from February through to the provincial championships held at the end of April.

Lacrosse
(March - May)

Canada's summer national sport is alive and well at Sir Winston Churchill. Our Boys' Varsity Team plays a full schedule against some of the region's most powerful schools. The team allows those with experience to excel and those wishing to learn to participate fully. The Lacrosse league is run in an exhibition format.

Rowing
(Nov. - June)

Rowing at Sir Winston Churchill presents opportunities for competition in a variety of categories that are slightly different from other sports in the school. This difference occurs because rowing has a national championship focus and other sports in our school are provincially of 'OFSAA' governed.

Rowing categories are divided into junior (under 16 in the year of competition) and senior groups. Boys compete in 64 kg., 72 kg., and open events. Girls compete in 57 kg., 63 kg., and heavy weight events. Most of our crews are 'steered' by a coxswain who weighs generally around 45 kg. for girls and 50 kg. for boys.

All students are welcome to join this sport. You **do not** require previous experience. Training normally begins in mid-November and crews are selected by February. The on-water season runs through April and May with final participation in the Canadian Schoolboy Championship in late May or early June.

Ski Club
(Jan. - Feb.)

The downhill ski club is recreational in nature and allows approximately 165 students the opportunity to participate in a co-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 serve basis. Students sign up in October.

**Slow Pitch:
Girls**
(April - May)

Participation is open to all grades, with try-outs being held at the end of April. The season consists of several tournaments played in May. Practices are run outdoors after school from 3:30 - 5:00 p.m.

**Soccer:
Boys and Girls**
(April - June)

The school offers both a boys' and girls' soccer team with practices beginning after the March Break. Each team of 18 players follows a 6 - 8 game season that runs through May. Uniforms are provided for players. Students must provide their own soccer cleats. The regular schedule is usually supplemented by 1 or 2 tournaments. Boys and girls of all ages are invited to try out for these teams.

**Swimming:
Boys and Girls**
(Oct. - March)

The swimming season at Sir Winston Churchill begins in October and ends in March. The sport is open to any student with an activity card. One hour practices are held at West Park Secondary School twice a week. All swimmers will participate in the Zone Championships in early February. Qualifiers will then compete at the SOSSA and OFSAA levels.

Tennis
(Sept. - Oct.)

For many students, September is tennis month at SWC. There is an active team with approximately 24 members. During the months of September and early October, practice occurs several times a week as preparation for interschool tournaments and SOSSA. Team members help each other with basic skills and we challenge each other in mini tournaments. New members are always welcome.

Track and Field
(March - June)

Track and field starts in December for those who wish to take part indoors. Indoor meets are held at the University of Toronto and York University.

The outdoor track season begins in March and continues through the first week of June. The team travels to meets in Kitchener, Hamilton and Toronto and competes in two local invitationals. Practice takes place Monday through Friday from 3:30 - 5:15 p.m.

**Volleyball:
Girls**
(Nov. - March)

S.W.C. runs volleyball teams at the junior and senior levels. Try-outs for both teams occur during the first week of September with a 10 - 12 game league schedule running from mid-September through mid-November. Both teams enter 1 - 2 tournaments in addition to league play. Practices run 5 days per week and are held either before or after school.

**Volleyball:
Boys**
(Sept. - Nov.)

S.W.C. offers volleyball team participation at the junior and senior levels. Try-outs for volleyball occur during mid-November with the regular season, consisting of approximately 12 games, running from December through to March. Practices are held 5 days per week, with gym time slots varying between morning and afternoon practices. Suitable volleyball shoes and kneepads are the responsibility of the athlete.

Wrestling:
Boys and Girls
(Nov. - March)

Wrestling begins in November and continues through to the beginning of March. The team practices every night in the gym cage from 3:15 - 5:15 p.m. with the hope of challenging for Zone and SOSSA championships. No prior experience is required and everyone is welcome.

B. CLUBS AND ACTIVITIES

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

Cheerleading The cheerleading squad consists of approximately 15 - 18 girls. It is open to all girls, regardless of grade. We cheer for football games and other events and practice occasionally through the year. We attend clinics and fund raise for our team.

Dance Team The Dance Team is open to any level of talent, from beginner to advanced. Participation involves learning and perfecting choreography and performing in front of an audience.

**Debating:
Model United
Nations Club** The M.U.N. 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 S.W.C. 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 S.W.C. Model United Nations Executive also plan and run a one-day model Arab League simulation that is enjoyed by at least 100 delegates from the Niagara region.

- Engineering Club** The focus of this club is to improve student problem-solving and design skills. By competing in a variety of engineering tasks, students learn to analyze design choices and to reflect on possible improvements. Common tasks include cardstock boats, popsicle bridges, straw cranes, and egg drop devices.
- Fashion Show** Every other year, S.W.C. presents a Fashion Show featuring approximately 50 male and female students modelling clothes from area merchants. Each show has a central theme and complementary music and dance routines. Any student is welcome to try out for this spring event. Proceeds from the sale of tickets go to a local charitable association.
- Fit Club** A group organized to promote fitness throughout Sir Winston. Fit Club members all enjoy an affordable membership at Mademoiselle and trips relating to the club. There are fundraisers and initiatives to promote healthy active living in the school environment. New members are always welcome!!!
- French Contests** Every spring, Brock University and the various school boards 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.
- French Language Public Speaking** Opportunities to participate in competitive French language public speaking contests are offered to S.W.C. students every year during the second semester. The Lions Clubs of Ontario and Québec sponsor an effective speaking contest where students compete in two age divisions and two language level categories. **Le festival d'art oratoire**, sponsored by the Ontario Modern Language Teachers Association and Canadian Parents for French, presents another competitive opportunity to students studying French as a second language. Both competitions are conducted at regional and provincial levels.

- I.S.C.F.** The Interschool Christian Fellowship is of interest to individuals who would like to meet with fellow students to share their faith and discuss relevant topics. The club meets several times a month.
- Math Club** The Math Club is open to all students from any grade level. Students who enjoy puzzles and games involving higher-order thinking skills have fun solving problems together. In addition to challenging themselves intellectually and solving complex problems, club members hone their math skills in preparation for the many math competitions available. The group meets once a week to discuss and work collaboratively on different types of problems. Come check us out.
- Mathematics Competitions** Students in all grades at Sir Winston have the opportunity to participate in a variety of mathematics competitions, including the many contests sponsored by the University of Waterloo and the McMaster On-line Math Contest.
- School Musical** In alternating years, Sir Winston Churchill produces a full-scale musical. Students experience working together to produce a polished product for public presentation. Actors and singers, musicians, stage crew, costume crew, scenery construction and painting crews, lighting and sound crews, ticket sellers and ushers are all required for the April production.
- O.S.A.I.D.** O.S.A.I.D. (Ontario Students Against Impaired Driving) promotes the awareness of the consequences of drinking and driving. O.S.A.I.D. organizes such events as O.S.A.I.D. Awareness week, car washes, candy grams at Halloween and Easter, and mocktails at school dances. O.S.A.I.D. is open to all students in every grade.

- Recycling Team** S.W.C.'s Recycling Team is committed to making a difference to our school community's environment. There are almost one thousand people in this building everyday. That is A LOT of paper, cardboard, bottles, and cans that would be headed for 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 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 any student who cares about the planet to really feel like they are making a difference.
- Robotics** Students interested in robot fabrication and programming are encouraged to join the robotics team. In the past, students have completed challenges and competed in FIRST robotics competitions.
- Ruff Times** Our Ruff Times newspaper is published monthly. It features editorials, sports, news, interviews, and movie and music reviews. Before each 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 soon ready for reading. If you enjoy writing, please join our staff!
- Safe Spaces** Increase the knowledge, understanding and support about the issues the Gay, Bisexual, Transgender and Questioning youth face in our school community and the Greater Niagara Area. Develop initiatives for GLBTQ youth that provide access to education and support.
- School Reach** School Reach is a Canada wide competition based on the "Reach for the Top" television show. Students meet once/twice a week to practice answering questions based on high school curricula, current events and trivia. Grade 9 and 10 students are intermediate competitors while grade 11 and 12 students are senior. 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.

- Science Fair** Opportunities for advanced and independent exploration in any field of science are available for all interested students. Participation in past fairs is not required. Teacher mentorship, materials and lab space are available at the school. Historically, S.W.C. participants have placed at the Regional, National and International levels and have received awards, scholarships and valuable reference experiences for applications and resumés.
- Tech Crew** 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.
- Yearbook** The recorded history of our school is maintained by the Yearbook Club who take on the task of producing the Yearbook. Students at all grade levels are needed to perform a variety of tasks including layout, photography, writing, editing and marketing. Club members meet after school on a weekly basis. 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 students (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!
- MUSIC** The Music Department offers a wide variety of ensembles for all levels of ability. Whether you are an instrumentalist or vocalist, we hope you will be involved in one or more of our extra-curricular groups. Students from the entire students body are welcome to participate; however, students taking music classes will be able to earn additional marks towards their credit courses through these activities. Annual events include a Christmas and Spring Concert, Musicals, Variety Shows, and participation in provincial competitions and festivals. Practices are either before or after school.

- 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 in 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!!
- Chamber/Jazz Choir** This small ensemble is auditioned due to the demanding nature of this musical repertoire performed. These experienced singers work with both classical and jazz repertoire (on sound system) and cover a wide number of musical selections each year. The group meets twice a week; sectional practices are held as required.
- Strings: Orchestra** One of the few string programs in the District School Board, we are very proud to offer an orchestra program here at Sir Winston! 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.
- Strings: Ensemble** This smaller all strings group is auditioned due to the demands of the repertoire they pursue 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.
- BANDS:**
- Concert:** 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 meet the challenge... the group is formed on ability level **not** age!
- Jazz:** Selected from the concert band, this small group of saxes, trumpets, trombones, drums, and bass plays through a wide ranges of jazz materials. Concerts include school performances, community events and various festivals in Ontario.
- Percussion:** The percussion ensemble meets every Thursday morning from 7:45 - 8:45 a.m. This group is led

by Mike Phelan our board's percussion specialist. 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.

C. 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 within the school 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 S.W.C. When I came back from camp, I knew kids in every grade; what’s more, they knew me too! I felt I belonged!”*
- grade nine camper

Project Spirit is a program initially conceived by senior S.W.C. enrichment students in conjunction with staff to help students at S.W.C. become integrated into the school community and to enhance their leadership potential. Project Spirit offers participants (campers from grade nine and ten) the opportunity to interact with leaders (from grade twelve) and with leaders-in-training (from grade 11) to develop leadership skills and heighten environmental awareness. 200 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 S.W.C., since participating students from ALL GRADES know students in ALL OTHER GRADES. In other words, not only do participants develop leadership skills but they also become integral members of the S.W.C. community.

Student Council Student Council organizes a broad range of activities for the S.W.C. student population on an ongoing basis throughout the year. It is also a major 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. 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	Prefects are chosen from Grade 11 and 12 students who have been nominated by teaching staff, current prefects, and student council. Forty-eight of these nominated students are elected to act as prefects. Their duties include modelling proper school behaviour, reminding students of the standards we expect at Sir Winston Churchill, ushering at assemblies and special functions and supervising classes for teachers who are absent at the junior grade level on a short-term basis.
Peer Tutoring	The Peer Tutoring program was designed to provide the students of S.W.C. with an alternative avenue for assistance and academic support. Student volunteers for tutoring positions are screened by both the learning resource centre and the teaching staff. They are then assigned to individual students who are having difficulties in specific subjects. Tutors meet with their clients for one to three sessions per week, before or after school. Work is reviewed and tutoring recommendations are made. This is often done with the subject teacher's recommendations and advice. In many cases, tutors are occupied with clients throughout the entire school year. Tutors receive community service hours or leadership points in recognition of their service. Tutors are also honoured at the Peer Tutoring luncheon at the end of the year.
Québec Skimmersion	The French department organizes a trip to Québec City for all grade 10 Extended French students. The Québec Skimmersion experience takes place in February and offers a unique immersion experience giving students the opportunity to speak French with native speakers and to experience the culture and history of this magnificent city. As well, students are given the chance to ski at an excellent resort (Mont Ste.Anne) located near Québec City and to enjoy all that Québec winter has to offer.
Other Leadership Opportunities	<p>Encounters With Canada: Week long sessions held at the Terry Fox Centre in Ottawa, brings together students from across Canada.</p> <p>Forum For Young Canadians: A week for the politically minded.</p>

Ontario Educational Leadership Camp: Run by the Ministry of Education, it offers a broad range of leadership skills in athletics and music.

Scientifically Yours: A science workshop sponsored by Brock University which focuses on girls in the world of science.

These are but a few of the opportunities available through the Counselling Department.