



# LaGrange Middle School

## ARLINGTON CENTRAL SCHOOL DISTRICT LAGRANGE MIDDLE SCHOOL

110 Stringham Road  
LaGrangeville, New York 12540  
Telephone – (845) 486-4880

[www.arlingtonschools.org](http://www.arlingtonschools.org)

### **Principal**

Eric J. Schetter

### **Associate Principal**

Sharon LaDue

### **Assistant Principal**

Greg Fredricks

## ACTIVITY HANDBOOK

*Our mission is to empower all students to be self-directed, lifelong learners, who willingly contribute to their community, and lead passionate and purposeful lives.*

### **We Believe That:**

- All people have inherent value.
- Lifelong learning is essential for growth.
- A community thrives when all members embrace their interdependence with compassion and empathy.
- Potential can only be attained through commitment, resilience, and high expectations.
- All people can learn.
- Change is essential for progress.
- All people are responsible for their choices and actions.

# EXTRACURRICULAR ACTIVITIES

LaGrange Middle School is proud of the range of extracurricular activities it offers to students. The activity period enriches the school curriculum by making available a wide variety of activities in which a student can participate. Each student also has the opportunity to join the many clubs open every year. It is possible for students to request any new club or activity if enough students are interested in it, a faculty sponsor is available and if space and facilities can be provided. Students are encouraged to contact club or activity sponsors to obtain answers to specific questions they may have concerning the club of their interest.

The extracurricular activities programs and meeting days are identified early in September. Announcements of upcoming activities are made during morning and afternoon announcements, in selected classes and in flyers that are sent home with students.

All club activities are held after school at 2:10 p.m. Pupils' request for club membership is not a guarantee that he or she will be invited to join. Experience has shown that more pupils apply than it is possible to accommodate.

*The following narratives describe clubs and activities customarily offered during the school year.*

## **Art Club**

Listen for club announcements. For more information see the advisor.  
Advisor: Mrs. Every, Art Room A.

## **Bookstore**

Opportunities for students to volunteer before school starts, selling school supplies and running the school store. Advisor: Mrs. Peterson, 107.

## **Chess Club**

The Chess Club is open to all students who play chess or would like to play chess. Meetings are held after school. Advisor: Mrs. Bauerlein, Room 208.

## **Choreography Club**

Listen for club announcements. For more information see the advisor.  
Advisor: Ms. Vazquez, Room 221.

## **Club Celebrate**

Listen for club announcements. For more information see the advisor.  
Advisor: Mrs. Sablinski, School Social Worker.

## **Community Service**

The Community Service Club is devoted to opening student's eyes to the many opportunities to help out in our community. Various projects include a Thanksgiving food drive and a holiday card writing campaign. Advisor: Mrs. Newsom & Mrs. Eschbach, Room 201.

**Creative Writing Club** The Creative Writing Club is devoted to the art of creative writing. Members are given many opportunities to practice and develop creative writing skills. A literary magazine for school-wide distribution in the spring will be written and compiled by the Club. Advisor: Mrs. White, Room 220.

**Culinary Club** This club introduces students to the world of the culinary arts. Students will learn basic food preparation by making soups, candies, cookies, pies & much more. Kitchen space is limited so a limited number of students can participate. This club is very popular students should listen for announcements to sign up. Advisor: Mrs. Romano, Room 104.

**Dance Club** Listen for club announcements. For more information see the advisor. Advisor: Ms. Vazquez, Room 221.

**Debate Club** Listen for club announcements. For more information see the advisor. Advisor: Mrs. Newsom, Room 201.

**Drama Club** The Drama Club enables students to learn acting techniques. Students participate in improvisations, skits and scenes in preparation for a performance. Students are also given the opportunity to work on scenery, costumes and stage lighting. This club presents a play in the spring. Advisor: To Be Determined

**Eye to Eye** Listen for club announcements. For more information see the advisor. Advisor: Mrs. Dixon, School Psychologist.

**FCCLA Club** The Family, Career, and Community Leaders of America is a national student leadership organization that offers the members the opportunity to expand their experiences they have in Home and Career Skills. Members prepare a presentation for state convention in STAR events and compete to represent NYS at the national convention every July. Membership is limited to 20 students because of the restrictions of space in the kitchens. Members must complete an application. Advisor: Mrs. Romano, Room 104.

**Genius Hour** Listen for club announcements. For more information see the advisor. Advisors: Mrs. Jackson, Room 217 & Mr. Sims, Room 114.

**Get Fit Club** Students who get involved in the fit club make a commitment to better eating habits and improvements in their activity and fitness level. Students accomplish this by charting what they eat and the activities that they get involved in, during and outside of school. Get fit cards are monitored by a fitness coordinator; a physical education teacher. Prizes are awarded to students who reach their goals. Advisor: Mr. Misch, Gymnasium

## **Hiking Club**

The Hiking Club is open to anyone who enjoys the outdoors, scenery of the Hudson Valley, and the environment. This club provides an opportunity for students to enjoy the outdoors by participating in three hikes in the local area. The hikes usually last three to four hours. Advisors: Mr. Fiore, Room 207 & Ms. Wolff, Room 214.

## **Italian Club**

Listen for announcements. For more information see the advisor. Advisor: Ms. Luongo, Room 216.

## **Jazz Band**

The Jazz Band meets every Wednesday afterschool. This ensemble consists of music students who have advanced enough on their instruments to perform the music and who enjoy playing and learning about jazz. Membership is determined by the band director. Speak to the band director if you are interested. Advisor: Mr. Fallis, Band Room.

## **Lego League**

Students work to research alternative engines and create a problem solving solution to this dilemma. Students will create tasks from Legos to be completed by a robot they design and program. Advisor: Mr. Walsh, Room 204.

## **Math Counts**

Math Counts students meet on a weekly basis to explore challenging math problems using a variety of problem solving strategies. Meetings are frequently organized as a competition or in a game format. In January, students have the opportunity to try out for the school Math team who will compete in a regional and state competition. Advisor: To Be Determined.

## **Math Games**

Listen for club announcements. For more information see the advisor. Advisor: Mrs. Hopper, Room 105.

## **Model Rocket**

Listen for club announcements. For more information see the advisor. Advisor: Mr. Sims, Room 114.

## **M.S.T. Club**

The MST (Math Science Technology) Expo is a chance for students to demonstrate their knowledge of Math, Science and/or Technology. Students research and create a display of their chosen topic. On the day of the expo, students present and teach their topic to onlookers without any judging. Advisor: Mr. Papp, Room 202.

## **LAGRANGE MIDDLE SCHOOL HONOR KEY PROGRAM**

The LaGrange Middle School Honor Key program recognizes students who have committed themselves to academic excellence, citizenship, community service and exemplify the Arlington Central School District mission.

To be eligible for the LMS Honor Key program, a student must have earned a cumulative average of 93 or above over the first eight marking periods of middle school. Honor Key students must also exemplify Arlington's core values and demonstrate that they strive to fulfill the Arlington Central School District mission. Students whose average rises to 93 or above will receive notification after the fourth marking period of their 7<sup>th</sup> grade year that they are qualified to participate in the Honor Key program in 8<sup>th</sup> grade.

In order to maintain membership in the LMS Honor Key program in 8<sup>th</sup> grade, students are expected to do the following:

- Participate in building and community based service activities.
- Continue to excel academically while maintaining a 93 cumulative average.
- Demonstrate outstanding citizenship and character.
- Exemplify the core values of the ACSD mission.

An advisory committee will monitor the Honor Key student's commitment throughout their 8<sup>th</sup> grade year to determine continued eligibility. Honor Key students who continue to meet membership requirements will be acknowledged at the end of their 8<sup>th</sup> grade year.

**Advisors:** Mr. Fiore, Room 207 & Mrs. Cropley, Room 209.

### **Newspaper Club**

The Newspaper Club is open to all students interested in contributing to the school newspaper. Students learn reporting and interviewing skills, paper layout, and how to write articles that reflect the interests of the LMS community. Reporters cover school events; write reviews, conduct surveys, report on sports or entertainment, profile staff members, & much more. Advisors: Mrs. Eschbach, Room 201.

### **Poetry Slam**

Listen for announcements. For more information see the advisor. Advisors: Mrs. White, Room 220.

### **Rock Band**

Listen for announcements. For more information see the advisor. Advisor: Mr. Anastasio, Gymnasium.

### **School Musical**

Listen for announcements. Advisor: Mrs. Harper, Chorus Room.

### **School Store**

The School Store is a place where students help other students by providing a variety of school supplies. The school store is open daily during the homeroom period. Advisor: Mrs. Peterson, Room 107

## **Science Club**

Listen for club announcements. For more information see the advisor.  
Advisors: Mrs. Ware, Room 211.

## **Ski Club**

Ski Club is an exhilarating experience for both new and experienced skiers. Students participate in five Saturday trips to ski mountains in Vermont and other areas. Coach transportation and discounted lift tickets are paid for by the students. Lessons are provided for new skiers on the first two trips. For students who don't own their equipment, discounted ski rentals may be rented seasonally. Most trips depart on Saturday at 6:00 a.m. and return approximately at 7:30 p.m. Advisor: Mr. Quaranto, Room 101.

## **String Ensemble**

Listen for announcements. For more information see the advisor.  
Advisor: Ms. Bettina, Band Room.

## **Student Council**

Sixth and seventh grade homerooms elect one representative and one alternate to be on Student Council. Eighth grade students volunteer to participate in Student Council. Some of the activities the Student Council plan and are involved in are School Spirit Days, School Dances, after school trips, fundraising, food drives, adopt a family and Talent Show. Advisors: Ms. Fischetti, Room 110.

## **Study Skills Club**

Study Club is open to all grades. Students who are interested may stay after school to receive additional support in improving their organization and study skills. Advisor: Mrs. Samson, Room 220.

## **Talent Show**

Listen for announcements. For more information see the advisor.  
Advisor: Mrs. Harper, Chorus Room.

## **Tech Crew**

Listen for club announcements. For more information see the advisor.  
Advisor: Mr. Sims, Room 114.

## **Yearbook**

Yearbook Club is the student organization that works to create our book of memories for the year. From artwork to computer skills, typing and organizing, many different jobs are required to create a successful yearbook. Time, willingness to work and dedication are what it takes to belong to this club. Advisor: Mr. Papp, Room 202

*The ability to offer all of these activities depends on student interest, the availability of faculty advisors, space and facilities.*

# INTRAMURAL ACTIVITIES

LaGrange Middle School's Intramural Program is **open to all students in grades six, seven and eight.** The main objective of the Intramural Program is to provide a non-competitive atmosphere for all students interested in sport activities beyond those regularly offered in the Physical Education Class.

The schedule of Intramural Activities customarily offered includes:

## FALL

Basketball  
Flag Football  
Floor Hockey  
Football  
Frisbee  
Kickball  
Lacrosse  
Physical Fitness  
Soccer  
Tennis  
Walking  
Wiffle Ball  
Yoga

## WINTER

Basketball  
Weight Training

## SPRING

Badminton  
Basketball  
Capture the Flag  
Circuit Training  
Field Hockey  
Hiking  
Rugby  
Running  
Soccer  
Street Hockey  
Tennis  
Walking

Intramural Activities are held after school. They are generally offered in six to eight week sessions. Announcements of upcoming activities are made by public address, Physical Education class announcement or informational flyer. Following these announcements, students may sign up in gym classes and during their lunch period.

If the activity is held at or near the LaGrange Middle School, students will be able to ride the activity bus home. Some off campus activities may require parents to provide transportation home from LaGrange Middle School.

For all on campus activities, students should dress in the clothes provided for gym class. This is done to insure safety and avoid destruction of personal property.

*The ability to offer all these activities depends on student interest and the availability of faculty sponsors, space and facilities.*

# INTERSCHOLASTIC SPORTS

LaGrange Middle School's Interscholastic Sport Program is open to eligible students in **seventh and eighth grades.**

The schedule of Interscholastic Sports customarily offered includes:

## **FALL**

Cross Country  
Boys Soccer  
Volleyball  
Field Hockey

## **WINTER**

Girls Basketball  
Boys Basketball  
Wrestling

## **SPRING**

Boys Baseball  
Girls Soccer  
Softball  
Track & Field

Interscholastic Sports is a program of advanced competition for all seventh and eighth grade eligible boys and girls. Rules and guidelines for each sport offered are set by the New York State Athletic Association. Some LaGrange Middle School teams will require tryouts and some teams will be able to allow all students signing up to participate. Practices occur daily after school, while games may be scheduled any day Monday through Friday with Saturday used occasionally.

Physicals administered by the Arlington Central School District physician are required before the season begins for all students interested in participating. Sign-ups for this process will take place in all gym classes prior to each sport season.

*The ability to offer all these activities depends on student interest and the availability of faculty sponsors, space and facilities.*



<b>Cross Country</b>	Cross Country is a distance running competition on courses that average one and one-half miles. There are approximately eight meets during the season.
<b>Field Hockey</b>	The Field Hockey Team is open to all seventh and eighth grade girls who are willing to participate. Tryouts are held during the first week of school in September. Players practice nearly every day. Practice times will vary. The season ends in early November.
<b>Boys Soccer</b>	Each fall, starting the first week of school, all seventh and eighth grade boys are eligible to try out for the School Soccer team. Forty to fifty players usually try out from which a team of twenty plus members are selected. Players practice nearly every day. Practice times will vary. The season ends in early November.
<b>Volleyball</b>	The Volleyball team is open to all seventh and eighth grade girls interested in a higher level of volleyball competition. Tryouts are held the first week of school in September. The season is comprised of fourteen matches and will run until the second week of November. Practice is held each day and practice times will vary.
<b>Girls Basketball</b>	The Girls Basketball Team consists of approximately 15 to 17 seventh and eighth grade girls. Practices are held daily and about fourteen games are scheduled throughout the ten-week sports season. Tryouts for the sport are held in late November.
<b>Boys Basketball</b>	The Boys Basketball Team is open to all seventh and eighth grade boys. Tryouts are in late November. Boys must have a school physical and be prepared to attend five or six days a week. Boys who make the team will compete against other schools in the area.
<b>Wrestling</b>	Wrestling is a very demanding and athletic sport open to all boys in grades seven and eight. The season runs from the last week of November until the middle of February and consists of daily practices and ten matches versus other schools. Boys weight reduction or gain is watched very closely and they will only wrestle boys within ten pounds of their weight.

## Boys Baseball

The Boys Baseball Team is open to all seventh and eighth grade boys. Tryouts are held in mid-March. Boys must have a school physical and be prepared to attend five or six days a week. Boys who make the team will compete against other school teams in the area.

## Girls Soccer

The Girls Soccer Team consists of approximately 20 girls in seventh and eighth grade. Tryouts are in late March. Practices are held each day and practice times will vary. There are a total of 12 games scheduled between mid-April and the end of May.

## Softball

Softball is a team sport that provides students the opportunities to develop skills and learn the rules of the game through practice and competition. Ten to twelve games are scheduled each season.

## Track & Field

Spring Track and Field runs from mid-March to early June offering seventh and eighth graders a wide range of athletic opportunities. The purpose is to encourage each student's leadership potential, establish self-discipline and improve individual self-esteem through athletic endeavor.

# ACTIVITY BUSES

The after school activity buses are reserved for students who have stayed after school to participate in an approved activity. Pupils who ride the bus and remain after school, for school approved reasons, will be able to return home on the activity bus. For example, students that have stayed with a teacher for extra help, or students that have stayed after school to work in the library or computer lab and students that have stayed after school to participate in a club will be permitted to ride the activity bus. Advisors for each after school activity distribute gold bus passes to permit the students to ride the activity buses after school.

## **3:30 Departure**

### **4:15 Departure (Sports Only)**

BUS 1: Begins at Traver Rd, to Forest Valley Rd, Parksville Rd, Drake Rd, Rossway Rd, Brown Rd, Masten Rd, Tinkertown Rd, Davis Rd, Pine Hill Rd, Creek Rd, Hurley Rd, and ends at North Ave

BUS 2: Begins at Stringham Rd to Route 55, Freedom Rd, Rombout Rd, West Rd, Salt Point Tpke, Rymph Rd, Smith Rd, Netherwood Rd, Travis Rd, Gretna Rd, Gretna Hill Rd, Carey Rd, S. Quaker Ln, David Dr., Van Wagner Rd from Salt Point Tpke and ends at Bower Rd

BUS 3: Begins at Overlook Rd from Cramer Rd to Milano Dr., Slight Plass Rd, Route 44 and ends at Overocker Rd

BUS 4: Begins at Freedom Rd to Mandalay Dr., Vail Rd, Route 55, Manchester Service Rd, Titusville Rd, Richards Blvd, Rothenburg, Noxon Rd and ends at Daley Rd

BUS 5: Begins at Spackenkil Rd to New Hackensack Rd, Boardman Rd, Cedar Valley Rd, Hooker Ave, Park Ave, College Ave, Fulton Ave, S Grand Ave, Main St, Fairmont Ave, Innis Ave, N Grand Ave, Maple Rd, Crestwood Blvd, Van Wagner Rd from Marple Rd to Bower Rd, Bower Rd and ends at Hornbeck Rd.

BUS 6: (van) Begins at Skidmore Road to Gidley Road, Downing Road, Mountain, Road, Rossway Road, Tyrell Road, Birch Drive, Forest Ridge Lane, and ends at Barkit Kennel.

BUS 7: Begins at Overlook Road from Route 55 through Degarmo Road to Route 44, Overrocker Road, Manchester Road, Service Road, Fairmont Avenue, Raymond Avenue, Boardman Road, Route 376, Spackenkil Road, Cedar Valley Road, and Hooker Ave. Park Ave. College Ave. Fulton Ave. S. Grand Ave.