



LaGrange Middle School

ARLINGTON CENTRAL SCHOOL DISTRICT

LAGRANGE MIDDLE SCHOOL

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Principal

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- 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.

Anime Club This club is for students who share a common interest in anime/manga. This club encourages building friendships while engaging in activities such as drawing, reading, watching, and discussing all things anime. For more information see the advisor. Advisor: Ms. Castillo, Room 114. Meetings will be held on Tuesdays in the Library Workroom.

Art Club Activities include working on individual and group art projects such as painting the school front windows. Meetings will be held on Tuesdays in Art Room A. For more information see the advisor. Advisor: Mrs. Every, Art Room A.

Chess Club The Chess Club is open to all students who play chess or would like to play chess. Students come to play or watch the strategy of other players as they wait for an open game to begin. Meetings will be held on Wednesdays in Room 208. Advisor: Mrs. Bauerlein, Room 208.

Community Service Students will learn different ways to help our community. Projects include a coat drive, a food drive, and holiday card writing. Meetings will be held on Tuesdays in Room 201. Advisor: Mrs. Newsom, Room 201.

Creative Writing Club Students can create and work on individual or group writing projects with guidance from a professional writer. Meetings will be held on Wednesdays in Room 107. Advisor: Mrs. Bryant, Room 107.

Culinary Club Students will learn basic cooking skills. Meetings will be held on Tuesdays in Room 104. Advisor: Mrs. Romano, Room 104.

Debate Club This club introduces students to the skill of organized debating. We choose debate topics, research them thoroughly, and debate each other. Meetings will be held on Wednesdays in Room 201. Advisor: Mrs. Newsom, Room 201.

Environmental Club Students will meet to learn about environmental issues. Meetings will be held on Wednesdays in Room 112. Advisor: Mrs. Breslow, Room 112.

Fan Zone Recess Students will have a place to interact and have recess, while waiting for the LMS winter sporting events (wrestling meets, girls basketball games, and boys basketball games.) In the past, when students wanted to stay to support their LMS sports teams, they were not allowed, due to the games starting at 4:15. Now, you can hang out with Mr. O'Halloran from 2:15 until 3:45. At that time, Mr. O'Halloran would escort students to the gymnasium, where they could get ready to be a great LMS fan for the game!

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. Meetings will be held on Wednesdays in Room 104. Advisor: Mrs. Romano, Room 104.

French Club The French Club is for students who wish to explore French and Francophone cultures in a relaxed, fun, and social after-school setting. The French Club is open to ALL students at LMS, regardless of the language class they are enrolled in. Sixth-graders are welcome too. Some past activities have involved cooking, baking, arts and crafts, gardening, films and more. Meetings are held on Wednesdays in room 219. Advisor: Ms. Tetreault, Room 219.

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. Announcements will be made in P.E. classes. Advisor: Mr. Misch, Gymnasium

Harry Potter Club Open to muggles and wizards of all grades. Harry Potter fans can join this club to discuss the book, movies, play games, and create HP themed crafts. Permission slip will be provided at the first club meeting to log into the Pottermore site. Meetings will be held on Tuesday in Room 217. Advisor: Mrs. Jackson, Room 217.

Honor Key For eligible 8th grade students to provide a platform to better our school community. Meetings will be announced and will be held individually monthly. The Honor Key Cabinet will meet bi-weekly. The Honor Key will meet as a large group as needed. Meetings will be held in Room 209 or in the Cafeteria. Advisors: Mrs. Copley, Room 209 and Mr. Fiore, Room 207.

Jazz Band This music group consists of music students who enjoy playing and learning about jazz. If you are interested and NOT enrolled in 7th or 8th grade band or orchestra, come see Mr. Ryan in the band room! Meetings will be held on Thursdays in the Band Room. Advisor: Mr. Ryan, Band Room.

Math Games Learn how to play fun math games with your friends. Once you learn the games, most games can then be played with your family at home. Meetings will be held on Thursdays in Room 105. Advisor: Mrs. Hopper, Room 105.

Mindfulness Coloring Club Open to all students that want to come and unwind from the stresses of middle school life. Studies have shown that mindfulness coloring can help reduce stress and anxiety as well as provide a safe environment to unwind and talk about the week's events. Meetings will be held in Room 220 on Thursdays. Advisor: Mrs. Knapp, Room 220.

Mountain Bike Club Come enjoy the great Hudson Valley riding mountain bikes and meeting new friends. All levels are welcome. Permission must be signed before the first ride. The Mountain Bike Club will meet off campus on Wednesdays. Advisor: Mr. Veeder, Room 212.

Multilingual Society Open to all students who speak an additional language to English. Here you will enjoy playing games and conversing with your friends in your native language. All new members welcome! Meetings will be announced with Room assignments. Advisors: Mrs. Kondzielaski and Mrs. Wood-Aker.

Musical Theatre Workshop Any LMS students wishing to practice/learn the basics of musical theatre including: acting, performance/characterization singing onstage, theatre blocking, etc. Meetings will be held in the Choir Room on Tuesdays. Advisor: Mrs. Harper, Choir Room.

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. Meetings will be held on WEDNESDAYS in room 218. Advisor: Mrs. Eschbach, Room 218.

Poetry Slam This exciting event is a poetry competition where students write original poems and present them at an evening event. ALL ARE WELCOME!! Don't worry not all poems are written by the students; poets may choose to present a previously published poem as well. Using a detailed rubric a

panel of judges choose multiple winners within designated categories. All students are encouraged to participate and share their love of the spoken word! Mrs. White also offers various workshops to prepare for this spring event; listen to announcements for further details. For more information in advance, speak to Mrs White in room 220. Advisor: Mrs. White, Room 220.

Puzzles and Games Entertain and exercise your brain while thinking outside the box! Join the Puzzles and Games Club to engage in different puzzle activities and fun games with your friends. Listen for announcements on when to attend. Meetings will be held in the Library Reading Room on Wednesdays (Listen for Announcements) Advisor: Mrs. Cave.

School Store The LMS School Store is a place where students can purchase basic school supplies. The store supports a real-world, hands-on, basic retail environment where students can experience basic business, marketing and finance skills. Students who volunteer at the store vary throughout the school year. New volunteers are always welcome to stop by to learn and work at the store. Students meet Mrs. Peterson in Room 107 during homeroom on Tuesdays, Wednesdays, and Thursdays. Advisor: Mrs. Peterson, Room 107.

School Musical Full scale Musical Theatre production including onstage performers (by audition) and offstage lighting, sound, special effects,backstage crew, costumes, props, and set construction. Listen for announcements. Advisors: Mrs. Harper, Chorus Room and Ms. Hough, Room 204.

Ski Club Ski & Snowboard Club takes five trips on Saturdays in January through March. Coach and school buses are taken to the mountains and discounted lift tickets are available for purchase. New skiers/boarders are welcome, but must take lessons on the first two trips. Listen for announcements. Advisor: Mrs. Newsom, Room 201.

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 the 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. Listen for announcements. Advisor: Ms. Hough, Room 204.

Today's Students Tomorrow's Teachers To recruit, mentor, and train culturally-diverse and economically-challenged students from middle, high school and through college, and place them as effective teachers and committed leaders who strengthen schools and communities." This is an independent, non-profit organization chartered by the New York State Board of Regents. Listen for announcements for meetings. Advisor, Mrs. Peterson, Room 107.

The Book Was Better Club Open to all students and grades. Students will vote on books to read and then watch the movie associated with it. Permission slips will be handed out at the first meeting. Meetings will be held on Wednesdays in Room 217. Advisor: Mrs. Jackson, Room 217.

Tech Crew Open to all students and grades. Students will work together to discover what it takes to run a school play from behind the scenes. We will build stage scenes, props and special effects to be used in this year's play. In addition, students will learn how to run the sound and lighting system to make the stage come to life! Meetings will be held on Tuesdays. Advisor: Mr. Jarvis, Room 205.

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: Ms. Papp, Room 202 & Ms. Tetreault, Room 219.

*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

Biking
Football Intramurals
Gymnastics
Hiking
Pickleball
Soccer / Field Hockey
Street Hockey
Tennis
Ultimate Frisbee
Ping Pong

WINTER

Fan Zone
Intramural Basketball
Ping Pong
Weight Training

SPRING

Basketball
Biking
Gymnastics
Hiking
Capture the Flag
Street Hockey
Tennis
Ultimate Frisbee
Volleyball / Badminton
Rugby

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
Girls Soccer
Field Hockey
Volleyball

WINTER

Girls Basketball
Boys Basketball
Wrestling

SPRING

Boys Baseball
Softball
Track & Field
Boys & Girls Lacrosse

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.

INTERSCHOLASTIC SPORTS PHYSICAL

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.

We are now offering the convenience of online registration/sports clearance through FamilyID (www.familyid.com). FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our Interscholastic Athletic Teams, and receive sports medical clearance. Family ID also helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member for multiple uses and multiple programs. USING ONLINE FAMILY ID WILL BE THE ONLY METHOD OF SPORTS CLEARANCE FROM NOW ON.

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

Cross Country Cross Country is a distance running competition on courses that average one and one-half miles. There are approximately eight meets during the season.

Field Hockey 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.

Boys Soccer 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.

Volleyball 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 comprises fourteen matches and will run until the second week of November. Practice is held each day and practice times will vary.

Girls Basketball 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.

Boys

Basketball 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.

Wrestling 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.

Girls and Boys Lacrosse An exciting opportunity for two new teams this season, more information will follow.