

Robert M. Grable Jr.
Mount Sinai High School



2023-24
Extracurricular
Club Guide



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American Sign Language (ASL)

Advisor: Kate Smith

- Introduction lessons of the American Sign Language alphabet and beginner signs
- Create the Bylaws and goals of this club for the future.
- Practice common conversational signs in the beginning and move towards fuller conversations in sign language
- Raising awareness for Deaf Culture
- Guest speakers who are interpreters, teachers, Deaf individuals, etc.
- Visitations to the Elementary for our high school students to teach and work with other students and spark interest in ASL
- Watch movies/documentaries that explore the Deaf Community, feature Deaf
- actors/actresses, etc.
- Meetings are every other Monday 2:15-3:00

ART CLUB

Advisor: Ms. M. McGrath

This club is open to all students. You do not need to be enrolled in Art classes to participate. The Art Club will offer students additional time to create and explore different art media. Students will also make efforts to fundraise for a cause important to them or for the club.

An integral aspect of the Art Club is its link to the Mount Sinai community. Through creative and inspirational projects, the Art Club reaches out to organizations throughout Suffolk's North Shore. Explore your creativity!

Art Club will meet every other Tuesday after school in Room 104 from 2:15 p.m. until 3:15 p.m.

ATHLETES HELPING ATHLETES

Advisor: Mr. M. Armstrong

Athletes Helping Athletes (AHA) is a nationally recognized organization dedicated to training high school student athletes to become leaders and address social issues such as violence and substance abuse with elementary students. The Mount Sinai program also addresses the areas of sportsmanship/civility, and bullying and teasing with 4th grade students.

Through its Student-Athlete Leadership Team program, which trains high school student athletes to be mentors to elementary school children, more than 7,500 high school student athletes have been trained, 130,000 elementary students have benefited, and 100 school districts and communities have seen impressive results from the program.

Students are selected for the program through an extensive process. First, one athlete from each team is nominated for the program. From there, students must fill out an application, obtain letters of recommendation and are then interviewed by a panel. From there, selections are made for the program.

For more information, please contact Mr. Armstrong at the high school.

BEST BUDDIES

Advisor: Mr. S. Sallese

**It Takes Two to Make a Friendship
It Takes You to Make a Difference**

The Mount Sinai High School Best Buddies Chapter fosters friendships between students with and without developmental and intellectual disabilities. Our chapter partners with Family Residences and Essential Services (FREE). Come join us for our bi-monthly socials and events on Thursdays.

Check our social media pages, Remind App, find an officer, or contact Mr. Sallese for scheduling and details. New members are welcome!

CHAMBER ORCHESTRA

Advisor: Ms. Sarah Marceau

The Chamber Orchestra performs in three concerts a year and is directed by Ms. Marceau. Students must audition for entry into this ensemble and must attend all rehearsals. No credit is given for participation in this group; however, participation in it greatly enhances the performing opportunities of the students.

Chamber Orchestra will meet on Tuesdays after school from 2:10 p.m. until 3:30 p.m.

CLASS ADVISORS

Grade 9	Dr. Doyle & Ms. Toolan
Grade 10	Ms. Fredriksen & Mr. Sussillo
Grade 11	Ms. Gulli & Ms. Feretic
Grade 12	Mr. Izzo & Mr. McEvoy

COMPUTER CLUB

Advisor: Mr. E. Ruhoy

The Computer Club is a place for students to come together and connect over a mutual appreciation of coding, video games, and all other things in the computer science field. We participate in many events, such as Game Nights, Safe Halloween, and Hour of Code. Additionally, some of our students prepare for local programming competitions. Students of all grades and skill sets are welcome!

Meeting Time: Thursday 2:15-3:15

D.E.I./G.S.A. CLUB

Advisor: Mr. W. Chilton

The goal of the DEI/GSA Club is to create a school environment in which all students feel safe, supported and respected regardless of their beliefs, religion, ethnic background, sexual orientation, and/or gender identity/expression. Our mission is to promote awareness and acceptance of members of the LGBTQIA+ community and support the district's DEI initiatives. This club celebrates the varied influences and people within our learning community.

DRAMA CLUB

Director & Producer: Ms. A. Connor
Set Design/Construction: Mr. L. Krucher

The Drama Club (aka Mount Sinai Performing Arts) is open to all students interested in any aspect of theater. Everyone is encouraged to try their hand at all areas of stage work. There are three productions a year - a fall drama, a spring musical, and a student directed play - and auditions are open to anyone in the school. In addition, there are two Broadway Night performances for club members. There are many ways to get involved besides being on stage:

Set Design and Construction

Lights

Sound

Costumes

Hair and Makeup

Props

Stage Crew

Stage Management

Poster Design

Our mission is to give everyone the chance to experience being in the theater.

FBLA

Advisor: Ms. M. Clancy

FBLA is the largest national business organization that is available for all high school students. Our purpose is to develop as future business leaders, identify potential career paths and become role models in our community for future generations. To become a member there is a \$10.00 national fee, along with a \$6.00 state fee.

Meeting two to three times each month, Thursdays 2:10-2:45

HISTORY CLUB

Advisor: Ms. S. Fox

Members of this club will help the school community to better understand issues of both past and present. We have operated and participated in the Thanksgiving food drive, collected winter clothing, and gone to classes to conduct teach-ins about the crisis in the Darfur region of Sudan and awareness for Veterans at the middle school. In addition, we prepare and compete in History quiz competitions throughout the year!

INTERACT CLUB

Advisor: Mr. K. Cotter

The Mount Sinai High School Interact Club is a Rotarian based community service organization.

Throughout the school year, club members volunteer in many community and international based fundraisers and activities. The club has raised money for UNICEF and the Leukemia and Lymphoma Society. Every year we collect coats for donations and assist with “Stuff-A-Bus”.

Students have volunteered at the Heritage Park and a sensory gym for Autistic children. Members also collected toys for Toys for Tots and sent backpacks to a Haitian orphanage.

JAZZ BAND

Advisor: Mr. Robert Moriarty

Jazz Band is a course that meets outside of the school day. Successful completion of the class gives the student one-half (1/2) credit per year. Students receive a grade of either PASS or FAIL. Students who choose to participate must remember that this is a class and attendance at rehearsals and concert is mandatory. Excessive absence will result in expulsion from the group and/or a failing grade. If a student is legally absent from school on the day of a rehearsal, they will be excused and not penalized.

Students will study and perform in a variety of styles including Blues, Latin, Pop and Rock. Students will also learn the basics for improvisation and soloing. Students may be auditioned if enrollment exceeds that of a balanced ensemble.

JAZZ CHOIR

Advisor: Ms. K. Toolan

The Jazz Choir performs at several concerts throughout the school year. Students study all styles of contemporary music and learn the fundamentals of improvisation. Attendance at all performances and rehearsals, which are held outside the school day, is mandatory. Credit from participation in the Jazz Choir does not satisfy the New York State requirement in fine arts, and it may not be applied toward a five-year sequence in music.

MATH TEAMS

Advisors: Mr. E. Dornicik and Mr. T. Izzo

Mount Sinai High School is proud to sponsor two math teams, one strictly for 9th grade students and the other for 10th through 12th grade students. Academic teams add to the overall educational experience in high school, present a challenge to students and add a bit of competition for flavor. There are five meets throughout the year, in addition to regular meetings. All students are welcome.

MODEL UN

Advisor: Ms. S. Feretic

Model UN is comprised of students who have a genuine interest in studying global issues and who will do extensive research as they formulate resolutions to solve these problems. They attend Model UN conferences where they step into the role of UN ambassadors to debate current issues on the UN agenda. As well as attending weekly meetings, students are expected to be committed to working on their country projects/UN topics outside of the school day.

Thursdays 2:00-3:00

MULTI-MEDIA PRODUCTION

Advisor: Mr. D. Tappin

The Multi-Media Production Club gives students a chance to film and photograph different school events such as athletics, concerts, plays, fundraisers, etc. We then bring that footage back where we use professional editing software to create a video or picture that can be shared on the school district's social media accounts. We also have helped the school district by livestreaming various school events. There are many different aspects to the club that you will experience. You can be a reporter on camera or work behind the scenes as a director, editor, writer, or cameraman/camerawoman. Students will also get the chance to learn how to use music mixing equipment or create your own podcast. Our biggest project each year is to create the "hype" and intro videos for the boys' and girls' basketball teams. They are displayed before every home game on the video wall in the gym. We also play music during basketball games. "Hype" videos for other athletic teams have been made in the past too. Join our Google Classroom for information about meetings.

OCEAN SCIENCES BOWL

Advisors: Mr. A. Matthews

Ocean Bowl is a fun and comprehensive club that involves many different fields of natural science. Ocean Bowl encapsulates the teaching, learning, and demonstration of knowledge of the ocean. Although the club is Ocean Bowl, it actually involves many fields of science, and how they pertain to the ocean. Ocean Bowl is also a great way to get involved in the scientific community, and meet other people who are interested in ocean sciences. Although it involves some work, and hard preparations, it is an enjoyable and rewarding experience.

Ocean Bowl meets every other Wednesday in room 203, after school to discuss and learn ocean science facts in preparation for the Regional Ocean Science Bowl competition at Stony Brook University in February/March. We are always accepting new members, and we encourage people to join, no matter what time of the year it is. If you are interested in joining just come to a meeting!

The A-team is an elite team of five Ocean Bowl club members. Each year there is a qualifying test that members choose to take if they are interested in joining the A-team. The people with the highest score are chosen to become members of this team. The members of the A-team compete at Stony Brook University in the New York regional competition. Sixteen teams from across New York State migrate to compete in the Bay Scallop Bowl. Winners take home a cash prize and an all-expense paid trip to the national competition, held in a different location each year. Mount Sinai has placed first in nine of the statewide regional competitions held annually at Stony Brook University. These wins have taken students to places such as Mississippi, Washington, D.C., St. La Jolla, California, Milwaukee, Wisconsin, Providence, Rhode Island and Galveston, TX. A "B-team" also exists which consists of members who are interested in competing with the A-team. The B-team is invited to the competition each year and sometimes competes as a fill-in. Although these teams exist, a club member does not have to join them, and can still enjoy the benefits of the club regardless of their team status.

Out of school, the ocean bowl club participates in many activities and competitions. Ocean Bowl members often help with the shellfish restoration project run by the Coastal Steward. Also, the Ocean Bowl club members assist with the national beach cleanup. Moreover, team members may attend the Science Bowl at Brookhaven National Laboratory (BNL) and Envirothon, an environmental competition. Each year members are also invited to participate in the horseshoe crab population survey and tagging during the spring mating season.

Meetings will vary: Biweekly & occasionally weekends

PEER LEADERSHIP

Advisor: Mr. J. Grossman

The mission of Peer Leadership is to create leaders within the student body who think critically, employ common sense, demonstrate empathy and unconditional positive regard, and who will be prepared to participate in a grass roots helping network to build a positive culture within the Mount Sinai community and the high school. Open to students grade 9-12. Activities include community blood drives, shadow day chaperoning, and various other district wide mentoring programs.

ROBOTICS CLUB

Advisor: Mr. L. Krucher

Under strict rules, limited time and resources, teams of students are challenged to raise funds, hone teamwork skills, and build and program industrial-size robots to play a difficult field game against like-minded competitors. It's as close to real-world engineering as a student can get. Each season ends with an exciting *FIRST* Championship.

SCIENCE/ENVIRONMENTAL OUTREACH CLUB

Advisor: Dr. C. Hantz

The Environmental Club is a group of concerned students who are committed to raising awareness about local environmental issues, environmental stewardship and environmental impact reduction as individuals, as a school community and as general citizens. Students can learn skills through participation in meaningful activities including participation in beach clean-ups, continuation of the school recycling program and efforts to achieve Green Ribbon School status through the New York State Department of Environmental Conservation.

SCHOOL STORE

Advisor: Mr. C. Sussillo

Do you want to earn School Service hours?

Consider running the school store during your lunch period. The store operates like a small business. Business students are strongly encouraged to participate, but new students are always welcomed to join the staff.

The school store is open daily during all lunch periods.

The main responsibilities include:

1. Keeping accurate records of inventory sold
2. Money management
3. Commitment/reliability in opening the store for the days and times assigned.

Grable's Mustang Market aims to raise funds for various causes to affect change in our community.

STEM Club

Advisors: Ms. A. Elfreth & Mr. J. Maiorca

Do you like a good challenge? Thinking outside the box? STEM Club is a place where you can work with your friends and explore various aspects of engineering, science, math and technology. You get to participate in hands-on workshops and activities that will truly interest you.

SPRING MUSICAL/VOCAL

Director: Ms. Amy Connor

Producer: Ms. Amy Connor

Vocal Director: Ms. T. Panasci

Set Construction/Set Design: Mr. L. Krucher

This year's spring musical is '1776' and auditions are open to everyone in the school. If you don't want to be on the stage, there are many other ways to get

involved. Musicians can join the pit orchestra, artists can help design and paint the sets or design posters, fashion students can assist with costumes. In addition, students are always needed for:

Set Design and Construction
Lights
Sound
Costumes
Hair and Makeup
Props
Stage Crew
Stage Management
Poster Design

You don't need to be a member of the Drama Club to be involved!

STUDENTS AGAINST DESTRUCTIVE DECISIONS
(S.A.D.D.)

Advisors: Mr. J. McHugh & Mr. J. Wilson

SADD is an organization with the goal of preventing students from making “destructive decisions.” Rather than preaching what kids should and should not do, SADD participates in charitable events that promote positive decisions. Our flagship events are “Holiday Magic” and “The Turkey Trot.” The “Turkey Trot” raises money for “Holiday Magic”, which then provides gifts to needy children. The highlight of these events is the hosting of the “Holiday Magic Dinner”, where our members welcome families for dinner, gifts and Santa. These endeavors make the holidays a little brighter for less fortunate children across Long Island.

In the past SADD has also worked with the Guide Dog Foundation. Mount Sinai SADD sponsored, “Mustang,” who was a guide dog puppy that was born in Mount Sinai and eventually puppy-walked in Mount Sinai. It was a true community event, which will hopefully happen again in the near future.

STUDENT GOVERNMENT

Advisor: Mr. C. Sussillo

The members of the Student Council shall be selected from the student body of Mount Sinai High School and will consist of a four-member Executive Board and a twenty-member Student Senate. The four-member executive board shall consist of the President, Vice-President, Treasurer, and Secretary. Executive Board members are elected to a one-year term. The Student Senate shall

consist of five representatives from each grade. Student Senate members are selected through interviews and review by a student/faculty council. Student Senators serve until graduation unless they vacate their seat, are elected to an Executive Board office, or are removed by impeachment.

The purpose of this the Student Government is to:

- Assist the faculty and administration in the governing of student activities and affairs.
- Promote a forum for student participation in the operation of Mount Sinai High School.
- Encourage and coordinate inter-class activities.
- Serve as a builder of school spirit and promote participation in school activities.
- Promote student leadership.
- Initiate service projects for the betterment of the school and community.
- Raise funds to maintain and carry out Student Council activities.

VARIETY SHOW

Advisors: Mr. T. Izzo & Mr. S. McEvoy

The Variety Show is a live show held in the high school auditorium in January and includes a diverse array of talented performances from students (and even staff!). Acts include, but are not limited to, dance, vocal, instrumental, band(s), and comedy. Students are invited to try out for the show a week before the event and are expected to attend a dress rehearsal during the week of the show. Students not interested in performing may also assist in stage crew, lighting and sound. All funds raised from the show are donated to each of the four classes.

YEARBOOK

Advisor: Mr. D. Tappin

The Yearbook is a challenging, rewarding yearlong process. We need students to take pictures, create layout using special yearbook software and motivate others to contribute their talents. All grades are welcome - freshmen and sophomores especially! If you have the time, we have a project for you!

National Honor Society

Advisor: Mr. J. McHugh

Eligibility is open to students in grades eleven and twelve. A student must be enrolled in Mount Sinai High School for a period of one semester prior to being inducted.

Admission to the National Honor Society is based upon academic achievement (92% weighted average), service, leadership, and character. When computing the student's average, all courses including physical education will be considered equally.

Students with a 92% weighted average upon formal application will be considered for membership in the National Honor Society by a five-person Faculty Honor Society Selection Committee. This committee represents the entire faculty and in addition to the academic standard, bases its selection equally on the criteria of leadership, service and character.

To gain more information about this process, please refer to the Mount Sinai High School National Honor Society Chapter Bylaws and speak with your guidance counselor and/or the advisor to the National Honor Society.

Tri-M. Music Honor Society

Advisor: Ms. S. Marceau & Ms. K. Toolan

TRI-M National Music Honor Society Membership Requirements:

1. A current member of Band, Chorus or Orchestra
2. A grade point average of at least 85% overall, with at least a 90% average for all music classes taken
3. A NYSSMA performance record of at least a V A- or VI B+

4. **Have never been the subject of a disciplinary referral and/or violating the Districts Code of Conduct during their High School academic career.**

Spanish Language Honor Society

Advisor: Ms. K. Burke & Mr. J. Mees

The Spanish Honor Society, or Sociedad Honoraria Hispánica (SHH), is an Honor Society for high school students of either Spanish or Portuguese classes. The Spanish Honor Society is officially sponsored by the American Association of Teachers of Spanish and Portuguese (AATSP). First founded in the year 1953, the Spanish Honor Society is home to more than 2,900 national and international chapters.

Overall, the mission of the Spanish Honor Society is to promote interest in Spanish (and Luso- Brazilian) studies across the world. It is also aimed at recognizing individual high school achievement in Spanish. Our goal of having a Mount Sinai chapter of the Spanish Honor Society is two-fold: first, to recognize high achievement among those students who have continued their Spanish studies beyond the required 3 years of study; secondly, to promote interest in Spanish studies in order to foster global awareness and celebrate cultural diversity.

Students who are inducted into the Spanish Honor Society will be recognized for their achievements by means of an induction ceremony, as well as acknowledgement at graduation. In order to promote and spread interest in the Spanish language and culture, students will participate in several volunteer projects within the school district and community. They will also explore field trip opportunities to experience the Hispanic culture outside of school.