



Cohasset High School's Digital Clubs and Activities Handbook

2022-23

Hello CHS Students, Parents and Guardians! Welcome to some of the best parts of high school. Your time here at CHS will be so much more meaningful and exciting if you participate in a few activities, these will help widen groups of friendships, explore teamwork, gain a greater appreciation for inclusion and diversity as well as promote giving back to our school, town, and global world. We are proud to offer a diverse number of clubs, organizations, and opportunities for you to really become more involved in a positive school culture.

<i>Extra-Curriculars</i>	<i>What Is....</i>	<i>Advisor/s</i>
aCOHpella	aCOHpella is a singing group that meets weekly during the school year. We sing at the three concerts during the school year and participate in some community events. Usual, a group of 10 -15 students, aCOHpella sings all styles and genre of music and of course is done, acapella!	Advisor: Ms. Abby Arenstam Chorus Teacher Room: 161 aarenstam@cohassetk12.org Student Representative Contact: Maddie Caulfield Intro to aCOHpella Video
Art Magazine	The Cohasset Arts Magazine is a yearly publication put out entirely by students. The editors and members of the magazine choose artwork and/ or writing that were created by Cohasset students and work throughout the school year to produce a printed publication. Students meet periodically, after school and at lunch to select and layout artwork which is sent to a printing company. The magazine has taken many forms, including books,	Advisor: Ms. Sugrue Art Teacher Room: 264 lsugrue@cohassetk12.org Student Representative Contact: Francesca Baker Georgia Fales

	<p>pamphlets, and a deck of cards in the past, allowing the art magazine members to make decisions and execute their own publication.</p>	
<p>AV Club</p>	<p>The CHS Audio-Visual Club is made up of students who are interested in being a part of the school's growing video and theater production crews. Audio/Visual crew projects include student television news programs, pep rally videos, theater productions and more. Students will learn how to use the lighting and sound tools in the auditorium as well as produce student television shows and narrative videos.</p> <p>The goal of the AV Club is to shoot, edit, and report on video the great things we have going on here at the high school, create narrative videos, and run A/V equipment in the auditorium. The club will be student driven and will cultivate exploration of this new medium. As the program has continued to grow each year, students have been teaching other students how to use cameras and editing software with the advisor's guidance. This club will meet every two weeks unless a school project is being worked on then possibly every week.</p>	<p>Advisor: Mr. Adam Sasso TV and Technology Teacher Room 193 asasso@cohassetk12.org</p> <p>Student Representative Contact: Matt Finnigan</p> <p>Intro to AV Club Video</p>
<p>Chess Club</p>	<p>The Chess Club is a group of students who would like to learn how to play chess, improve logic and decision-making skills. It is also for student who know how to play and would like more competition.</p>	<p>Advisor: Mr. Jason McCabe Room: 251</p> <p>Student Representative: Leighton Kelly</p>

<p>Cohasset High School Pep Band</p>	<p>The Pep and Parade Bands are performing groups open to all students who play an instrument in grade 9-12. The groups provide music for school and community events throughout the year. Participation requires attendance at all rehearsals and performances including home Football Games (Thanksgiving Day every other year) and the annual Memorial Day parade. Additional performances may occur as opportunities arise.</p>	<p>Advisor: Ms. Stephanie Moriarty Band Teacher Room: 118 smoriarty@cohassetk12.org</p> <p>Student Representative Contact: Leila Omran Rosie Harrison</p> <p><u>Intro Pep Band Video</u></p>
<p>Drama And Musical Performance</p>	<p>Cohasset drama is a club for any student interested in exploring theatre, whether on stage or behind the scenes. Auditions for the festival are open to all, as are acting workshops and other opportunities that may be offered throughout the year. Students may also participate behind the scenes in set design and audio-visual work. The Cohasset High School Musical is a full music and stage production that takes place every other year.</p> <p>The musical is open to all students grade 9-12 regardless of experience. Students will be cast based on a series of acting and singing auditions. The musical begins in late September and culminates with a production run the first weekend of December.</p>	<p>Advisors: Ms. Stephanie Moriarty Visual Arts Teacher Room:118 smoriarty@cohassetk12.org</p> <p>Ms. Abby Arenstam, Chorus Teacher Room:161 aarenstam@cohassetk12.org</p> <p>Student Representative Contact: Maddie Caufield</p>
<p>Debate Team</p>	<p>Debate is a form of speech competition in which teams of two advocate for and against a resolution that typically calls for policy change by the United States federal government. It is also referred to as cross-examination debate (sometimes shortened to</p>	<p>Advisor: Mr. McCabe English Teacher Room: 251 jmccabe@cohassetk12.org</p>

	<p>Cross-X, CX, or C-X) because of the 3-minute questioning period following each constructive speech. Affirmative teams generally present a plan as a proposal for implementation of the resolution. The negative will generally prove that it would be better not to do the plan or that the opportunity costs to the plan are so great that it should not be implemented. Both teams must substantiate their respective arguments using rhetoric and specific relevant evidence. The most successful teams combine sharp rhetorical wit with a well-researched foundation of sources.</p>	<p>Student Representative Contact: Aydin Tiryaki Intro to Debate Video</p>
Diversity Club	<p>The Diversity Club provides a more tolerant environment, establishes justice, ensures an atmosphere free of prejudice and discrimination, and promotes a more diverse educational experience. Our goal is to promote and discuss topics of cultural awareness, inclusion, and recruit a diverse membership of all grades. CHS wants to secure a more unified student body and community through multicultural knowledge and understanding. This group will focus on helping to educate the student body and community to help reduce the stereotyping that exists. The club aims to make action plans and promote activities, campaigns, and celebrations that promote cultural awareness. Some of the past activities they have sponsored include The Hate You Give, Period End of Story, International Women's Day, Recognition, and celebration of a variety of cultures and customs.</p>	<p>Leanne McCarthy Guidance Office lmcarthy@cohassetk12.org</p> <p>Tara Noyes Main Office tnoyes@cohassetk12.org</p> <p>Student Representative Contact: Billy Trojnor-Barron Bella Gainey Intro to Diversity Club Video</p>

<p>Dungeons and Dragons Club</p>	<p>Get creative, plan strategies, build friendships. The goal of CHS D&D club is to have a fun time journeying through adventures that D&D can provide. The club encourages students to coordinate and plan as a team. It is also an effective way to socialize. Dungeons & Dragons (D&D) is a fantasy role-playing game in which players create characters and embark on adventures. D&D takes many traditional elements from the fantasy genre to provide players a stage on which they create.</p> <p>The goal is to have a fun time journeying through adventures that D&D can provide. The club encourages students to coordinate and plan as a team. The club will be divided into 1-2 adventuring groups of 4-6 players, each with their own meeting times. The sessions would run about 1-1/2 hours each. The meeting days and times will be decided upon the first group meeting please listen for morning announcements.</p>	<p>Advisor: Mr. Jason Kelliher English Teacher jpkelliher@cohassetk12.org Room: 250</p> <p>Student Representative Contact: Max Fernald</p>
<p>Film Club</p>	<p>This club is for any students that are interested in gaining a greater understanding of the impact of film in our society. The goals of this club are to explain the development of cinema, watch specific films that have an impact on society, and create a community of movie lovers.</p>	<p>Advisor: Adam Sasso</p> <p>Student Representatives: Mia Gabriel Tyler Henry Intro to Film Club Video</p>
<p>Food Waste Prevention Club</p>	<p>The mission of this club is to minimize the amount of food that is going into the landfills from Cohasset High School, and we will look for ways to repurpose the food waste in a more productive manner.</p> <p>Some of our goals are to create a station to</p>	<p>Advisor: Carolyn Crimmins ccrimmins@cohassetk12.org</p> <p>Student Representative: Catherine Toomey</p>

	<p>donate unused food. Create signs to inform CHS on the amount of food waste that occurs on a daily basis. Establish initiatives for people to minimize their waste.</p>	<p><u>Intro to Food Waste Prevention Video</u></p>
<p>French Club</p>	<p>The mission of the French Club is to encourage others to appreciate and enjoy the unique culture and aspects of the French. It provides enrichment of the language and gives students the opportunity to complete activities they may not normally due in French class. In addition, the club will enjoy the elegance of the French cuisine as new foods are introduced in the meetings. It is a casual environment where you can have fun and just enjoy the experiences of a different culture. This club meets once a month for an hour after school.</p>	<p>Advisor: Ms. Jennifer Scott, World Language Teacher Room 173 <u>jscott@cohassetk12.org</u></p> <p>Student Representative Contact: Colin Humphrey Rosie Harrison Keava Gamboa</p> <p><u>Intro to French Club</u></p>
<p>Green Team</p>	<p>Our high school Green Team is an interactive educational program that empowers students and teachers to help the environment through waste reduction, recycling, composting, energy conservation and pollution prevention. Coast Sweep is the first freshman project that begins the year with awareness of the program. The group meets every other week, has lunchroom responsibilities (composting), and individuals and small groups often embark on independent projects and presentations. Our work is always student-driven and focused on the immediate school facilities and community. The Green Team is designed for students who are environmentally conscientious and motivated to try and make our world a better place.</p>	<p>Advisor: Mr. Peter Afanasiw History Teacher Room: 274 <u>pafanasiw@cohassetk12.org</u></p> <p>Student Representatives Contact: Kira Fulton Georgia Barrett</p> <p><u>Intro to Green Team Video</u></p>

Investment Club	<p>This club emphasizes learning about investing and understanding the investment world. We will have outside speakers that will give different perspectives and guidance on investing. This club will meet bi-weekly virtually through Zoom.</p>	<p>Advisor: Ms. Laura Humphrey Math Teacher Room: 159 lhumphrey@cohassetk12.org</p> <p>Student Representative Contact: Sam Grech</p> <p><u>Intro to Investment Club Video</u></p>
Jazz Ensemble	<p>The Cohasset High School Jazz Ensemble is a performing instrumental ensemble. The group will perform at a number of school, community and local events throughout the year. Students will be expected to attend regular rehearsals as well as any sectional work that is required. In addition, all members will be expected to attend every performance. Students must be in good standing with the Cohasset High School Concert Band and be able to demonstrate advanced performance on his/her instrument. Students will be accepted into the Jazz Ensemble via audition.</p>	<p>Advisor: Ms. Stephanie Moriarty Visual Art Teacher Room: 118 smoriarty@cohassetk12.org</p> <p>Student Representative Contact: Nikhil Dutta</p> <p><u>Intro to Jazz Band Video</u></p>
Junto Club (Juniors/Seniors)	<p>Do you love learning for the sake of learning? Do you want to improve your community but don't know where to start? Join the Junto (derived from the Spanish to join) to discuss morals, politics, natural philosophy, science, the arts, or about society at large. The Junto is a place for us to celebrate multiple perspectives as we share a mutual drive for learning, conversation, and community improvement. Our ideas and initiatives will be student-driven, and therefore we need a diverse group of voices</p>	<p>Advisors: Room: 268</p> <p>Ms. Allison Battista Guidance Counselor abattista@cohassetk12.org</p> <p>Mr. Chris Luvisi History Teacher cluvisi@cohassetk12.org</p>

	<p>and perspectives!</p> <p><i>"Benjamin Franklin recognized the value of conversation and the importance of cognitive diversity in convening innovative conversations when he founded the Junto Club almost 300 years ago. The club led to innovations such as volunteer fire-fighting organizations, a public hospital, and the first public library."- (Conversational Leadership, David Gurteen)</i></p>	<p>Mr. Kevin Mc Gowan Guidance Counselor kmcgowan@cohassetk12.org</p> <p>Student Representative Contact: Reid Nussbaum Intro to Junto Club</p>
<p>LGBTQIA and Allies</p> <p>Lesbian Gay Bi-Sexual Transgender Queer (Questioning) Inter Sex Asexual/Agender</p>	<p>This organization is a student led and student organized club that aims to create a safe, welcoming, and accepting school environment for all youth regardless of sexual orientation or gender identity. We will sponsor a pride week, group activities, guest speakers, community awareness projects.</p>	<p>Advisor: Ms. Alison Thornton Science Teacher Room: 156 athornton@cohassetk12.org</p> <p>Student Representative Contact: CC Carr Intro LGBTQ+ Club</p>
<p>Math Team</p>	<p>The Cohasset High School Math Team is an extracurricular activity open to all high school students who are interested in participating in competitions involving mathematics questions. The Math Team participates in Division 4 of the Southeastern Massachusetts Mathematics League (SMML) six-division league which comprises over 30 high schools. Division 4 is made up of Cohasset, Hingham, Norwell, Notre Dame Academy, Scituate and Weymouth high schools. There are four regular season meets that are held on the first Thursday of each of</p>	<p>Advisor: Ms. Laura Giuliano Math Teacher Room:160 lgiuliano@cohassetk12.org</p> <p>Student Representative Contact: Laila Al Rashia Charlie Lankow Intro to Math Team Video</p>

	<p>the months of November through February. The team practices once a week throughout the season on an afternoon agreed upon by team members. Qualifying teams go to the league playoffs in March and then on to the state meet in April and/or the New England meet in May. More information on the SMML can be found at https://sites.google.com/site/smmlonline.</p>	
Medical Club		<p>Advisor: Ed Savage esavage@cohassetk12 Room: 153</p> <p>Student Representative: Reilly Nusbaum</p> <p>Intro to Medical Health Video</p>
Mental Health Club	<p>This club is designed to help our community and peers to become more educated, involved, and supporting others around the subject of mental health. We will try to teach breathing exercises, affirmations, positive thinking, interactive sharing and listening activities. We also want to introduce coloring & journaling mindfulness activities, meditation, and show positive Ted Talk videos to our community. Our idea was to have a safe, calm, supportive and accepting environment for those who struggle but also those who want to get educated or be there for others. Mental health is something that both of us are very passionate about and we want our culture at Cohasset High School to be more involved, educated, and less scared</p>	<p>Advisor: Ms. Laura Humphrey Math Teacher Room:159</p> <p>Student representatives: Morgan Ferriar Francesca Baker</p>

	<p>to talk about this subject. We believe that this subject is extremely important and should be talked about more.</p> <p>Goals:</p> <p>Awareness</p> <ul style="list-style-type: none"> ★ Positive thinking, and self-talk ★ Support for our school community ★ Take the stigma out of mental health ★ To help people become more comfortable and open to talking about mental health ★ Coping mechanisms ★ Strategies to better our mental health and mindfulness whether you struggle or not. 	
Mindful Moments	<p>Start your day right with calm relaxation and work towards a day of mindfulness and meditation.</p>	<p>Advisor: Ms. Nina Berkowitz Bock Visual Art Teacher Room: 263 nberkowitz@cohassetk12.org</p>
Model UN	<p>Using simulated United Nations activities, students will better understand international affairs and will be provided with opportunities to practice problem solving skills and diplomacy. The main goals of our group are to nurture an understanding of the perspectives of differing world cultures and to learn how to diplomatically act as global citizens through negotiations and compromise. To accomplish these goals, students research and role play as diplomatic representatives from different countries to develop solutions to contemporary</p>	<p>Advisors: Mr. Chris Luvisi History Teacher Room: 268 cluvisi@cohassetk12.org Mr. Mike Welch Economics Teacher Room: 267 mwelch@cohassetk12.org</p> <p>Student Representative Contact: Catherine Brisbane</p>

	international issues.	<u>Intro to Model UN video</u>
National Honor Society	<p>Founded in 1921, the National Honor Society (NHS) is sponsored and governed by the National Association of Secondary School Principals. The purpose of this organization is to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in the students of secondary schools. Membership is opened to all qualified juniors and seniors who meet the criteria for character, leadership, service and scholarship; this determination is made by a faculty council appointed by the NHS advisor. Through the Osgood NHS chapter service activities, members maintain and extend those qualities which won them selection. Membership is both an honor and a commitment. Members are required to abide by the NHS Constitution and By-laws and Cohasset High School policies.</p>	<p>Advisor: Mr. Shawn Turner History Teacher Room:273 <u>sturner@cohassetk12.org</u></p> <p>Student Representative Contact: Sam Grech Alexis Steinmetz</p> <p><u>CHS Chapter Website</u></p>
Robotics	<p>Robotics Club is a team-oriented competitive club in which students work together to build robots and program them to compete in events against teams from other schools. Robot Events hosts a series of regional competitions where students qualify for state, national, and/or world. The club meets two days a week usually Monday and Thursdays from 5:00-7:00. No previous robotics experience is required.</p>	<p>Advisor: Mr. Adam Sasso Technology Teacher Room: 193 <u>asasso@cohassetk12.org</u></p> <p>Student Representative: Carl Fernald Andrew Thompson</p>
Spanish Club	The main goal of the Spanish club will be to improve Spanish speaking skills and expand appreciation for the latin culture. The Spanish Club will serve as a fun and	<p>Advisor: Ms. Karina Nelson Spanish Teacher</p>

	<p>interactive group for students who wish to advance their Spanish skills. While making new friends, students will also gain a deeper understanding of Southern and Central American culture and work to improve their fluency in the language.</p> <p>Living in a less diverse area, most students do not have the opportunity to learn about different cultures. It is important to expose Cohasset high schoolers to different lifestyles and teach them how to respect different traditions and beliefs. It is especially important to learn Spanish because it is the second most spoken language in America. Learning a language will benefit students with their cognitive abilities as well as increase their likelihood of future employment.</p> <p>Some activities we plan to accomplish are: Spanish food awareness, Pulsera Project - bracelets from Nicaragua, Celebrations of Hispanic Heritage, Spanish Cultural week - music, dancing, food</p>	<p>Room: 177 knelson@cohassetk12.org</p> <p>Student Representative Contact: Mercedes O'Neil</p> <p>Intro to Spanish Club Video</p>
<p>Spinnaker School Newspaper</p>	<p>The purpose of the group is to create an online source of news, and in so doing, educate students as to the multiple aspects of that endeavor. The Spinnaker staff meets weekly to discuss upcoming events to cover, such as athletic competitions or theatre productions, and brainstorm ideas for feature articles or poll questions. Anyone with an interest in journalism is encouraged to attend the first meeting to find out more. Positions will be incorporated with Student Council meetings.</p>	<p>Advisor: Ms. Eileen Norton English Teacher Room: 256 enorton@cohassetk12.org</p> <p>Student Representative Contact: Catrina Herman</p> <p>Intro to Spinnaker Video</p>

Student Council	<p>This club is the elected governing body of Cohasset High School. The purposes of the elected council are as follows: (1) to coordinate student representation at Cohasset High School; (2) to act in the interest of the student body in making recommendations to the administration and school committee; (3) to actively promote the interests of students at Cohasset High School; (4) to act as a mediator between students and administration; (5) to encourage and sponsor student activities; (6) to actively work toward better teacher/student relations; (7) to work to promote the welfare of the school through its student body. Student Council sponsors numerous activities each year including Spirit Week, the Homecoming Dance, the Dodgeball Tournament, Putting for Patients, candy grams, tailgates, movie nights, and various fundraisers for charity.</p>	<p>Advisors: Ms. Norton English Teacher Room: 256 enorton@cohassetk12.org</p> <p>Ms. Mary Beth Reardon Science Teacher Room: 154 mreardon@cohassetk12.org</p> <p>Student Representatives Contact: Peyton Lord Will Wildfire Leila Omran</p> <p><u>Student Council Video Link - Click Here</u></p>
Women In Stem	<p>The purpose of Women in STEM is to help spread awareness and education about women in the science community. The goals of the club to enlighten young girls about their opportunities in science as well as trying to increase younger girls' exposure to science and different fields. Activities that the club sponsors will be a showcase of Women in the science community, discussions, research, and education to the school community.</p>	<p>Advisor: Ms. Mary Beth Reardon Science Teacher mreardon@cohassetk12.org Room: 154</p> <p>Student Representative Contact: Reilly Nussbaum</p>
Yearbook	<p>Publication of the Yearbook begins in the spring of one year with the selection of staff and ends the following spring with book delivery. Each team of juniors and seniors is</p>	<p>Advisor: Ms. Lisa Sugrue Art Teacher Room 264 lsugrue@cohassetk12.org</p>

	<p>assigned an editorship of one section: senior pages, sports, clubs, arts/graphics, sales, advertising, underclass, and faculty. Staffers also learn how to draw layout, write copy, crop photos, and enter copy and layout on the computer. Students who are not on permanent staff also may contribute their talents to production. Photography class students are particularly welcomed. Afternoon/evening work sessions occur twice monthly, with in-school time scheduled when needed. With the support of the administration, staff, coaches, parents, and community, we have been able to produce a very fine yearbook.</p>	<p>Student Representative Contact:</p> <p>Francesca Baker</p>																								
<p>Sports</p> <p>Steve Rotondi Athletic Director srotondi@cohassetk12.org</p>	<table><tr><td>Fall</td><td>Winter</td><td>Spring</td></tr><tr><td>Cheerleading</td><td>Basketball</td><td>Baseball</td></tr><tr><td>Cross Country</td><td>Gymnastics</td><td>Girls Golf</td></tr><tr><td>Field Hockey</td><td>Ice Hockey -Boys</td><td>Lacrosse</td></tr><tr><td>Football</td><td>Swimming</td><td>Sailing</td></tr><tr><td>Boys Golf</td><td>Skiing</td><td>Softball</td></tr><tr><td>Soccer</td><td>Wrestling</td><td>Tennis</td></tr><tr><td>Volleyball</td><td></td><td>Track and Field</td></tr></table>	Fall	Winter	Spring	Cheerleading	Basketball	Baseball	Cross Country	Gymnastics	Girls Golf	Field Hockey	Ice Hockey -Boys	Lacrosse	Football	Swimming	Sailing	Boys Golf	Skiing	Softball	Soccer	Wrestling	Tennis	Volleyball		Track and Field	
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