



**LRHS
Extracurricular Activity
Catalog
2023-2024**

Registration Information

- Students may drop out of an activity at any time, but they will not be able to replace that activity with another one unless approved.
- Registration is on a first come first serve basis.
- Administration has the authority to cancel or change an activity at any time.
- Code of Conduct is in effect during all activities. Teachers and coaches may refuse participation in activities due to misbehavior.

LATE DAY BUSES – Students wishing to take late day buses must sign up to use this service.

Don't see what you want? Get a group of friends together and speak to Mz. Kim about starting your own ECA! (Must be approved by Principal and Teacher Council)

How to Register:

Copy and paste the link associated with each activity into your web browser, or use the QR Code to register.

Registration deadline: FRIDAY SEPTEMBER
22nd, 2023

Activities filled on a first come, first served basis.

LUNCHTIME ACTIVITIES

Yoga – Drop In

Yoga is proven to help with concentration, flexibility, stress reduction as well as improves both academic and sports performance!

Hosted by: Mrs. Vero

When: two days per cycle starting after November 11th

Where: Room 241



Days for Girls

You are invited to join the fight for menstrual equity, health, dignity and opportunity for girls and women around the world. We will help create reusable menstrual kits for girls to be distributed internationally and also think of ways to raise money to fund these kits.

www.daysforgirls.org

Hosted by: Mrs. Vero and Mrs. Foreman

<https://forms.office.com/r/UaGvmQ6EnC>



Chill Lounge – Sec 1 & 2 – Drop in

Bring your lunch and come chill with Ms. McCullough. We will listen to music while you can do any quiet activity that interests you. (Reading, Drawing, chatting with friends, making bracelets, etc.) A quiet, relaxing place to de-stress and relax.

Hosted by: Ms. McCullough

When: 11:30-12:00 on day 1 & 6

Where: Room 235



Running Club – Fall & Spring

Learn proper technique, posture while building your endurance in this club! No experience necessary! We will be running outside on the paths and the track. DRESS ACCORDINGLY!

Hosted by: Ms. McCullough

When: 1:40-12:10

Where: Meet at Gymnasiums

<https://forms.office.com/r/ZSXxW5LwFK>



Diversity, Equity and Inclusion (DEI) Club

The Diversity, Equity and Inclusion Club of LRHS will explore:

- Dimensions of diversity
- Equity and inclusion
- Power and privilege
- Bias, prejudice, and discrimination
- Allyship
- Conflict mediation
- Safe and brave spaces
- Social action



The See Different program introduces the important fundamentals of DEI, including exploring DEI language and terminology, building awareness of different dimensions of diversity, and understanding Canada’s history of systemic racism and discrimination. As students move through the program, they will develop a deeper understanding of the topics of bias, equity, and allyship, culminating in the creation and implementation of a project that will help them enact change in their own communities and schools.

Hosted by: Ms. Jette & Mrs Matthews

When: TBD

Grades: Sec 3, 4 & 5 Students

<https://forms.office.com/r/SBgH2WxzmK>



Terry Fox Run Volunteers – SEC 4/5

We need helpers for stations for the Terry Fox Run on October 6!

<https://forms.office.com/r/R2JUzTkujp>



Gay Straight Alliance (GSA)

A safe space for students to meet, socialize and support one another as they discuss their feelings and experiences related to sexual orientation and gender identity. The club can work on advocacy, human rights and awareness projects to make their schools and communities better places for all to live.

Hosted by: Mz. Kim

When: Day TBD

Where: Room 123

<https://forms.office.com/r/kP9bzk4dfb>



Board Games Club

Who doesn't love board games? This year, the goal of this club is to provide a place at lunch time where kids can go to socialize though playing board games, and develop their skills and techniques. Drop in Activity – but you must sign up!

Hosted By: Mr. Young, Ms Jette, Ms Malis

When: Day 1 & 4 – Room 131b, 3x per cycle – Room 243

<https://forms.office.com/r/5BiQ5VQrQi>



Chess Club

Learn the game, work on strategy and improve your chess mastery!

Hosted by: Mr. Judd and Mrs. Wicki

When: Day 5 & Day 8

Where: Room 212

<https://forms.office.com/r/cPmaSNzAhj>



Needlecrafters Guild

Would you like to learn how to knit or crochet, embroider, punch needle, or make friendship bracelets?

Meet with other needle crafters and work on your projects, learn new skills with this “hands on” activity that will be right up your alley!

Hosted by: Ms. Kennedy

When: November- April 2x a cycle

Where: TBD

<https://forms.office.com/r/6ULc9pEQr3>



WHEELS – Drop In

If you like working with your hands, tinkering, and working with things that move, then you will LOVE this club!

Shop talk is a group that discusses mechanics and wood projects. DROP IN ACTIVITY

Hosted by: Mr. Robitaille

When: Day 1 & 5

Where: Room 177



Weight Room

Learn about proper form to use free weights, universal machines and different exercise to increase core strength, flexibility and muscular strength. All skills and levels are encouraged to join. Learn FITT techniques, and design your own program to get the workout that YOU want! If enough sign up, SEPARATE DAYS FOR LADIES ONLY will be programmed.

Hosted by: Mr. Judd, Mr. Nicholson, Mr. Carrier

When: Every Day

Where: Weight Room located in the gymnasium hallway

<https://forms.office.com/r/M2TuBHfyn0>



Yearbook Committee

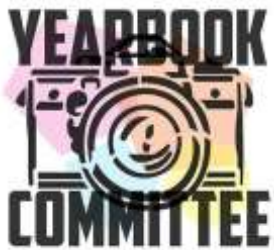
Learn about digital communications, photography, and graphic layout. Be part of student life by capturing amazing school memories that will be immortalized in the Yearbook! Great fun for creative minds, photographers and story tellers.

Hosted by: Mr. Cooke

When: Mondays

Where: Gym

<https://forms.office.com/r/XX5Wv1KqWw>



Gaming Club

VIDEO GAMES! Come and interact with others who love gaming as much as you do with this fun club! Talk games, play games and find new non-violent games to play?!

Hosted by: Mr. Young

When: Day 2 & 5

Where: Room 131B

<https://forms.office.com/r/145SunXb60>



Volunteer Brigade

This committee helps teachers to run and assist with activities at LRHS. Help as much or as little as you can! Activities that may need help this year are:

- Terry Fox Run
- Remembrance Day (+ musicians, Singers)
- Variety Show
- Holiday Activities
- Dance Show
- Music Show

Hosted by: Mz. Kim

When: Depending on Activities



Spirit Day Committee

This committee is responsible for organizing and promoting Spirit Days at LRHS, including a monthly dress up day, winter activities and more!

Hosted by: Mz. Kim

When: As needed

<https://forms.office.com/r/mggSxtgTcC>



Junior and Senior Dance Committee

This committee is responsible for planning and running two school dances. Responsibilities include booking the venue and DJ, set up and clean up, finding adult chaperons, selling tickets, announcements.

Hosted by: Mz. Kim and Friends

Jr. Dance – November 30th

Sr. Dance- February 29th

<https://forms.office.com/r/ik6SSL5C3M>



Music Club

The club is for music students only. Because space is limited, there will be a sign-up sheet posted outside the music room on the days that we meet.

The Music Club is an opportunity for students to jam, try new instruments, and work on some fun songs. Come on by and have some fun. You may just learn a thing or two.

Hosted by: Mr. Stagg

When: TBD– Sign Up required

Where: Music Room



Art Club – Drop in

Pursue your passion of art in all its forms! This club is open to all, where students can work on projects, learn about new mediums and learn or improve on new skills.

When: Every Day

Where: Art Room



Tech Crew

Learn how to run the sound, lighting and AV production to run shows at LRHS!

Have the best view in the house of EVERY MAJOR EVENT while learning a trade that can open endless doors in the future – **In ONLY 3 SESSIONS!!**

Hosted by: Mr. Foreman

When: Depending on Activities

Where: Room 116

<https://forms.office.com/r/adAwwA4gju>



Grad Committee

The grad committee is responsible for organizing events, fundraisers and gifts for the grads of 2022. All we need to make this year one to remember is YOU!

Hosted by: Ms. Malis, Ms. Vero

When: Day 5

<https://forms.office.com/r/KrS9E944z6>



Lunchtime Intramurals

Sign Up for a session long round-robin of comradery, competition and a great time!

Hosted by: The Phys Ed Department

When: Lunchtimes TBD



Dance Party – Drop In

Get ready to move, dance and release your energy with loud, high-energy music to make you feel great! Bring your song requests, some comfortable clothes and have your water bottle and prepare to rock hard!

Hosted by: Ms. Morrison

When: Wednesday (TBD)

Where: Dance Room 172



Variety Show

A presentation of LRHS student talent, provided for the enjoyment of students and staff. Auditions in November will be mandatory, followed by extensive practice and preparation if you are selected.

We are looking for vocalists and musicians, dancers and comedians. If you have a talent, this may be your opportunity!

Hosted by: Mr. Foreman

When: Twice Weekly Lunch Hour

Where: TBD

<https://forms.office.com/r/1F20ges8s0>



Sci-Fi and Fantasy Club

What: Do you love everything and anything Science Fiction or Fantasy? Are you looking for someone to discuss the latest news involving *Star Wars*, *Lord of the Rings*, *Harry Potter*, *Stranger Things*, and other popular book, movie, TV, and video game universes?

Do you want to find people with a desire to participate in Magic: The Gathering, Dungeons & Dragons, 5-Minute Dungeon, Sci-Fi/Fantasy Trivial Pursuit, and other fun games? Then Sci-Fi and Fantasy Club is for you! Here, we get together to engage in all of these things and more. Students are encouraged to introduce their own interests to club members and come for a relaxing yet fun lunch hour!

Hosted by: Mrs. Mittan

Where: 245

When: Day 3 & Day 9

<https://forms.office.com/r/ZC xv7vumLL>



Drama Club

CALLING ALL THESPIANS! Get bitten by the acting bug in this amazing ECA! Your love of the performing arts is brought to the next level in this club, with the possibility of two performances!

Hosted by: Mrs. Petersen, Mrs. Silverson and Mz Kim

Where: TBD

When: Lunch 2x per cycle with afterschool nearing the opening night.

<https://forms.office.com/r/qbx3T2GSQy>



LUNCH & LEARN SERIES

Like POP UPs, these Lunch and Learns are small, varied activities that are hosted on a flexible schedule. Keep your eyes peeled for some amazing lunch or after school activities, given on a short-term basis!

All Lunch & Learns will be posted upstairs and downstairs, as well as posted on Facebook, and sent by email.

Some topics include: Bike repair and maintenance, stained glass, learn to swim, budget cooking, writing a CV, and much, much more!

Is there something YOU would like to learn more about? Do you (or someone you know) have a passion or skill to share? Let Mz. Kim know your suggestions!



AFTERSCHOOL ACTIVITIES



Autism and the Arts in the Laurentians

AAL is a free weekly activity-based recreation / friendship program for English speaking autistic individuals who live in Laurentians. An art-based program was chosen as the benefits of artistic expression on the lives of individuals on the spectrum are well documented (i.e. improved mental health, communication and social engagement).

ARTS PROGRAM: The benefit of art and creative expression on a person's mental health and well-being are universally recognized. Our arts program covers a broad range of fun and stimulating activities led by local professional artists and contributors. Participants are encouraged to try new things to step out of their comfort zones; all within a stimulating and nurturing environment.

Some of our arts program activities may include:

Visual Arts: Drawing, Painting, Sculpting, Print making, Mix-medium and more!

Dramatic & Multi-media Arts: Videography, Claymation/ Stop-Motion, Improv, Story-Telling & more!

Music & Dance: Singing, Jam Sessions, Drumming circles, Percussion & Ukuleles workshops, Musical Theatre and more!

FRIENDSHIP CLUB: Our program aims to offer a safe and supportive space for individuals with autism to develop relationships amongst themselves and with caring and engaged members of our communities. To accomplish this, social time is an integral part of each weekly session;

Hosted by: Julie Chou

When: Wednesdays

Where: Room 123

<https://airtable.com/appgJO4BUt3MP04rW/shrFg9auNjYQPAS4H>

Basketball

Games and tournaments are to be determined at a future date. The goal is to have fun and compete at the RSEQ level.

Hosted by: Ms. Charlotte and Coaches

When: TBD once teams are made

Where: Gymnasiums

Bantam Girls: <https://forms.office.com/r/kcdy9FB97e>



Bantam Boys: <https://forms.office.com/r/rt50t1kc5a>



Cadet Boys: <https://forms.office.com/r/TwPqBHdu9J>



Senior Boys: <https://forms.office.com/r/AEze32R0TQ>



Senior Girls: <https://forms.office.com/r/CDGtAWbXKz>



Futsal – Indoor Soccer

This league competes in the RSEQ. Futsal is a football-based game played on a hardcourt like a basketball court, smaller than a football pitch, and mainly indoors.

Bantam Boys

<https://forms.office.com/r/PAVqzPA18e>



Bantam Girls

<https://forms.office.com/r/edgsBKC2hF>



Cadet Gars: Coach Eric

<https://forms.office.com/r/Lx8xDP5BAw>



Cadet Filles :Coach Eric

<https://forms.office.com/r/MEgWFLNw37>



Juvenile Filles: Andy Simon and Rey Turcotte <https://forms.office.com/r/j9QSFTN8se>



SPRING – 7x7 Soccer

This co-ed league plays on a reduced size field in the RSEQ.

<https://forms.office.com/r/a73R44anrs>



Volleyball

Come learn how to play volleyball, have fun and be part of a team!

When: TBD

Where: Gymnasiums

Bantam Girls <https://forms.office.com/r/TThCdmE8Xp>



Juvenile Girls <https://forms.office.com/r/AbSCMW3cQD>



Bantam Boys <https://forms.office.com/r/dam8JtRNtH>



Juvenile Boys <https://forms.office.com/r/nc6GvShdbz>



Powerlifting Club

Dates: September to June

Schedule: Monday, Tuesday, Thursday from 4:30 p.m. to 6:30 p.m.

IF there are more than 10 registrations, then they will find a coach to start at 3:30p.m.

To learn more about this sport, I encourage you to visit the website at fedhaltero.qc.ca.

This Club is **not** an official ECA with the school, but it is hosted in the school. Because of this, there is a **yearly membership fee for this club of 189.00\$** from September to June 2024, payable to the Club Du Nord Haltérophilie.

This club meets on Mondays, Tuesdays and Thursdays after school, with an additional option to train Saturdays.

Late buses will be available to students in this club, at no charge during the week.

Should you wish to commit to this club, but are finding the price prohibitive, please arrange to speak with Ms. Demers BEFORE September 22, 2023

New Members – 200.00\$ for the year

Returning Members- 320.00\$ for the year.

Any further questions on the club, the competitions can be sent directly to Mr. Marineau at guy.marineau@hotmail.com.

<https://forms.office.com/r/mtcqi8s5Fz>



Thrift Shop and Sewing Club

Do you have a passion for fashion? Would you like to learn how to sew, alter garments and tailor clothing to your own unique style?

Students will run the thrift shop selling new and gently used items as well as design, sew and create items for purchase.

Hosted by: Mme Crevier and Mrs. Foreman

When: Tuesdays

<https://forms.office.com/r/FBHdQjQXKZ>



LRHS Equestrian Club

Do you LOVE horses and would love to spend some time riding in the fresh air?

This group has a planning meeting 1x per cycle at lunch, and a riding or horse related outing once per month. No riding experience required!

Hosted by: Mrs. Silverson

When: Once a cycle meeting & Once a month outing

<https://forms.office.com/r/BtX6pSpAYm>



Ski Club

The Ski Club is for intermediate or advanced skiers and snowboarders ONLY.

This trip is offered for free to all of our students. The cost is covered by a government measure.

Please note that a student may be denied participation in this activity if they are not in good academic standing and/or do not demonstrate good in-school behavior.

IMPORTANT:

- Parents **MUST** arrange to have equipment brought to and from school on the day of the event. The school is **NOT** responsible for lost or damaged equipment. We will **NOT** store equipment overnight at the school.
- The students will leave LRHS in the morning and be back at school for their regular bus.
- Students must have their own equipment. No rentals will be available for this school outing.
- **Students will NOT be able to rent equipment at the ski hill.**

Students are expected to participate in ALL 4 of the dates above.

We encourage students to bring their own lunch, snacks and water bottle from home.

Hosted by: Mme Plante, Mr. Carrier, Mr. Judd

When: Winter 2024

<https://forms.office.com/r/jNvmD3mMWB>



Flag Football – Fall and Spring

Bantam Girls: Mr. Hall

Juvenile Girls: Mr. Cruise

Bantam Boys: Mr. Carriere

Juvenile Boys: Mr. Carriere

Bantam Girls

Juvenile Girls

<https://forms.office.com/r/xZr66CfyXB>

<https://forms.office.com/r/FCfU7jZHrp>



Bantam Boys

Juvenile Boys

<https://forms.office.com/r/mpTmE0x3ge>

<https://forms.office.com/r/M86Due4Xxd>



Rugby

Rugby practice once a week after school and one exhibition game. OPEN TO ALL PLAYERS.

Hosted by: Ms. Kennedy

When: Once a week after school.

<https://forms.office.com/r/vZiq82tQtp>



Hockey

Students must have their own equipment to participate in this ECA.

Hosted by: Mr. Nozzi

When: TBD

<https://forms.office.com/r/1xMQm6TKxt>



The Gathering

A safe meeting place for students where they can express their feelings, their insecurities, their worries, their fears, talk about problems, ask questions, share successes, and understand that they are not alone. It is a place for introspection, getting in touch with our inner selves, a place to feel safe, a place to get some ideas of how to cope with life.

Hosted by: Ms. Mawdryk, Ms. Low, Ms. Matthews

When: Once a week

<https://forms.office.com/r/mwxMgZPcXh>



Kitchen Brigade – La Tablée des Chefs

A professional chef teaches budding foodies how to prepare, cook and present delicious, healthy food, and have competitions against other schools.

Hosted by: TBD

When: TBD

<https://forms.office.com/r/1iKwMtBidy>



Remembrance Day

OPEN CALL AUDITIONS for all Singers, Musicians and Creative Media Enthusiasts!
We are looking for students to help with the Remembrance Day Ceremony 2023. Auditions will take place in October. Students must be available ALL DAY for after school practices on November 8, 9, 10th.

Hosted by: Mrs. Vero and Mr. Foreman

When: Twice a week after school and occasional lunches

<https://forms.office.com/r/XuQ0TDgaBF>



10-week Photography Course

Learn the basics of photography in this amazing course, hosted by award-winning Photography Tanis Saucier.

Course outline:

Week 1- Introduction to Photography

Week 2- Composition and Framing

Week 3- Lighting and Techniques

Week 4- Portraiture and People Photography

Week 5- Landscape and Nature Photography

Week 6- Street Photography and Candid Moments

Week 7- Editing and Post-Processing

Week 8- Creative Photography and Experimental Techniques

Week 9- Photography Styles and Genres

Week 10- Final Showcase and Critique

Hosted by: Tanis Saucier

When: Thursdays Starting October 4th

Where: Location TBD

<https://forms.office.com/r/JJQUYarJ6x>



Avoca Bridge Soundwalk – a research creation project

Guillaume Jabbour is a sound artist, musician, and artist researcher based in Gore. This ECA is called the Avoca Bridge Soundwalk and involves experimental listening workshops. Sound walking is a practice that emerged from the World Soundscape Project in the 1970s at Simon Fraser University in BC and involves exploring spaces, while walking slowly and intentionally, listening discriminately and having participants consider their place in the soundscape. During this project, Guillaume will explore how having teenagers and older adults participate in a guided soundwalk on the Avoca Bridge, can contribute to a sense of belonging and if the experience contributes to developing connections between people from different generations.

During the month of October, we will meet once per week after school for 3 weeks to share snacks provided by Guillaume and participate in experimental listening activities. These include using microphones and headphones to amplify our sonic world - also known as Cyborg Listening - and free drawing in response to sound effects played on musical instruments by Guillaume. We will also listen to and discuss the Avoca Bridge Stories podcast created by Guillaume involving stories told by residents of Avoca about the bridge and its history. Did you know a Coca-Cola truck once crashed through the bridge plummeting into the Rouge? Did you know the iron bridge that is there now was once a wooden suspension bridge that would bounce and rattle when horses crossed? During week 4, we will take a field trip by bus to the Avoca Bridge to participate in the soundwalk and enjoy a picnic. One final meeting will take place one month later to discuss how the project has impacted you.

Join this unique artistic research project to learn about sound art and local history, and to embark on a deep listening journey.

This project was made possible thanks to funding from the Social Sciences and Humanities Research Council (SSHRC), Fonds de recherche du Québec (FRQ) and Concordia University's Aging in Data Project.

Please feel free to contact Guillaume if you have any questions or comments at guillaumew.jabbour@mail.concordia.ca