

# EXTRACURRICULAR ACTIVITIES

*River Dell Middle School has an extensive program of extracurricular activities.  
We encourage you to become an involved RDMS student.  
Students may participate in as many clubs and activities as they would like.*

## **ACADEMIC COMPETITION CLUB**

This club offers students a chance to unplug and interact, face to face. Students will meet once a week to learn and play board games. There will be classics like Monopoly and Connect 4, but the main goal of the club will be exposing them to newer games that focus on cooperative play, deduction, dexterity skills as well as decision making skills.

## **MS ACCOMPANIST CLUB**

Student pianists will learn the art of accompanying while obtaining performing opportunities. Pianists will improve sight-reading skills, learn to keep a steady beat, understand how to follow another musician's interpretation, and manage basic improvisation. In addition to pianists, instrumentalists and percussionists are welcome and will obtain hands-on experience by accompanying the RDMS Choruses in the Winter and Spring Concerts. Students are afforded the opportunity to move from soloist to team player as they become part of the ensemble performance experience.

## **AMBASSADORS**

Ambassadors are a select group of 8th grade students who are nominated by a 7th grade teacher based on the student's ability to act as a leader and be a strong role-model for their peers. The goal of the Ambassadors is to provide a positive experience for incoming students, to assist school counselors in mentoring students and to represent River Dell Middle School in the community.

## **ART CLUB**

Are you an artist, or do you just like art? Join the RDMS Art Club where you will have the opportunity to create fun projects no matter what your artistic level! As a member of the Art Club, you will get to sponsor and support art activities in our school and in the community. Come and join us!

## **MS ART ENRICHMENT CLUB**

The Art Enrichment Club is structured to enhance the art offerings in the classroom and to give students further opportunities to develop their artistic skills to the fullest. The focus will be on art concepts and techniques that cultivate the students' intuitive perceptions and creative drives. The club will also provide an opportunity and appreciation to contribute to the students' creative growth as it relates to his/her physical, emotional, and intellectual development. This is an especially important opportunity for those students who do not have art in their class schedule. This club is aimed for those who have an advanced arts skill set and who have a love for the arts.

## **EXTRACURRICULAR ACTIVITIES – Cont'd.**

### **BEST BUDDIES CLUB**

Best Buddies promotes one-on-one friendships between students with intellectual/developmental disabilities and those without a disability. The club aims to break social barriers for teens, no matter their ability, to create opportunities for friendship. Best Buddies establishes friendships, social and seasonal events intended to bring the community together.

### **BUSINESS CLUB**

The objective of this club will be to prepare students for careers in business and entrepreneurship by learning basic business fundamentals. The aim is also to generate interest in taking business classes at the high school level and to provide a student a direct pathway to joining River Dell High School's Distributive Education Club of America (DECA) Chapter. Our advisor and club members will network with the local businesses in both Oradell and River Edge to provide community service and other learning opportunities. The club's vision is to create a school store where students can learn skills in entrepreneurship, accounting, management, and organization.

### **MS CATERERS/CHEF CLUB**

Calling all middle school chefs! MS Caterers/Chef Club offers an after school hands-on cooking and nutrition education experience. This club will emphasize nutritional awareness, food safety, team building and basic culinary skills. We will use cooking and food as tools to teach nutrition, healthy living, and life skills. Students will be involved with cooking competitions, trips to local cooking schools and food justice awareness. We use no nuts or nut-based products in our recipes, and we are conscious of safety and accommodating food allergies.

### **MS CROCHET CLUB**

Students will learn basic stitches such as chain stitch and single crochet to complete blankets, hats, scarves, and booties to be donated to local organizations such as hospitals, senior citizens homes, etc. Once basic skills are mastered, students will have the opportunity to master skills of half double crochet, double, and triple stitches. This club will meet weekly from October through May.

### **DRAMA CLUB**

In RDMS Drama Club, students have the opportunity to explore the many sides of the Performing Arts world. Students interested in acting partake in auditions, are responsible for memorizing lines, and improving their stage presence. Students interested in stage crew explore the time and effort that goes into the creation of sets and props, lighting, and sound. Our student directors help to organize and run practices, create the playbill, and help in all areas of the production. Lastly, all of the students involved learn about advertising and promotion, and they help to fundraise for the play. In the RDMS Drama Club, the students learn that

## **EXTRACURRICULAR ACTIVITIES – Cont'd.**

collaboration, effort, and fun are the key ingredients to a stellar performance.

### **ENVIRONMENTAL CLUB**

The Environmental Club promotes environmental awareness; develops social and life skills; maintains the pond, trees, and garden in the RDMS courtyard; and promotes reuse, reduce, and recycling programs. Students are taught the importance of proper maintenance of the water garden, its fish and plant life. Students will learn how to establish and maintain plant and herb gardens. Guest speakers will be invited to address the Club with regard to soil and gardening basics. In addition, students will look for ways to reduce our carbon footprint by promoting a recycling program in the cafeteria, and will begin and maintain a compost program with the Nutritional and Wellness class .

### **GRADE 7 ADVISOR**

The 7th grade advisor organizes and facilitates certain field trips and events such as the 7th Grade Field Day and the 7th Grade Pool Trip to Stoney Brook Swim Club in Hillsdale. During the course of the year, this group will be working closely with 8th grade Student Government Organization for school programs and working with the Ambassador program to help develop leaders in the 7th grade.

### **GRADE 8 ADVISOR**

The 8th Grade Advisor would create an opportunity for students to be more engaged in the middle school experience by having more class specific activities that interest students and enhance social connections. The 8th Grade Class Advisor, along with the 8th grade students, would be responsible for planning the 8th Grade Picnic at Spring Lake Day Camp, as well as finding other opportunities to engage the 8th grade students . Examples for possible activities include an 8th grade Dinner Dance, 8th grade Movie Night, 8th grade Wellness Day, etc.

### **HOMEWORK CLUB**

At the end of the school day, the Homework Club provides students with a relaxed, informal environment in which to do homework. Students do not have to come everyday, but may drop in as needed. Dates to be determined in the fall.

### **INTRODUCTION TO ITALIAN CLUB**

Intro to Italian Club will introduce students to both language and the culture of Italy. Students will learn basic Italian conversation including introductions, travel, and restaurant vocabulary. The club would meet twice a month; with a lesson the first meeting, following with an activity the second meeting of the month. The different regions of Italy will be discussed in relation to the art, history, famous sites, music, food, and why they differ so vastly from region to region. Some of the activities may include virtual trips, creating famous buildings out of pasta shapes, pasta making and Italian themed bake sales. Students will also have the opportunity to suggest other related language and cultural activities.

## **EXTRACURRICULAR ACTIVITIES – Cont’d.**

### **LIBRARY CLUB**

Library Club members learn the workings of the school’s Library Media Center. Student aides assist with Library duties such as circulation, shelving, book repair and processing, and book displays. Club members assist the Librarian in major events such as author visits, the annual Book Fair and special events such as National Poetry Month. Interested student members may organize specialty clubs such as Book Club, Anime/Manga Club, Game Club, Code Club, and Maker Club. Other activities include Movie Fridays, field trips and fundraising for the Library collection.

### **NATIONAL JUNIOR ART HONOR SOCIETY**

The National Junior Art Honor Society, (NJAHS) is a new organization that recognizes Middle school students with outstanding ability and interest in the visual arts. Students create in-depth art projects that benefit student’s artistic growth and the greater River Dell Community.

### **NEWSPAPER CLUB**

Are you a writer? Do you like to take pictures, draw or conduct interviews? Are you a computer whiz? If yes, then the Newspaper Club is for you! *The River Dell Reporter* is a student-created newspaper with exciting articles about River Dell events, current events, and athletics. All students are welcome to attend and can join at any time! Be “in the know” on the latest news and join the Newspaper Club!

### **ODYSSEY OF THE MIND CLUB**

Odyssey of the Mind is a club that emphasizes creative problem solving, teamwork, and the performance skills in an environment of fun competition. The program consists of two parts: long term problems and spontaneous problems. Students develop skills in problem solving, so that when faced with a problem they are confident and determined to find an original solution. This academic competition club trains students to demonstrate creativity and skill in solving problems ranging from building mechanical devices to interpreting literary classics. These solutions are brought to competitions held on the local, state, and world level.

### **ROBOTICS CLUB (7TH GRADE)**

Using math and engineering principles, 7th Grade Robotics is designed to allow the student to design and build a robot to compete locally in our Battle Bot Competition. All 7th grade students are welcome and weekly attendance is encouraged, but not mandatory.

### **ROBOTICS CLUB (8TH GRADE)**

Students will participate in the First Lego League where they design and build a robot to perform specific tasks.

## EXTRACURRICULAR ACTIVITIES – Cont’d.

### **SCIENCE CLUB**

The club is open to all 7th and 8th grade students with an interest in Science. The students will engage in scientific discussions, which will then be converted into hands—on activities and experiments. Students will discuss and work in multiple Science disciplines, including Life Science, Earth Science and Physical Science. Students will write about their experiments in a “how to” article that will be presented in a periodic Science Club newsletter

### **SELECT CHOIR**

The Select Chorus is made up of 7th and 8th grade students who audition in December after the Winter Concert. These interested singers learn and perform music at a greater difficulty level than what is offered in Chorus 7 & 8. The students will perform at the Middle School Spring Concert and will attend the High Note Festival in the spring.

### **SKI CLUB**

Students are encouraged to cultivate a joy for winter sports, develop friendships with fellow skiers/snow boarders, and more importantly, to have fun learning and participating in a life-long sport. Several ski trips are scheduled during the months of January, February, and March (weather permitting). There are more than 100 students enrolled in the Ski Club.

### **SPANISH HONOR SOCIETY**

The Spanish Honor Society is an honors club that promotes awareness of the Spanish language and Hispanic culture in our school and in the local community. Membership is offered to Grade 8 Spanish II students who earn an A+ average or better during all four marking periods of their Spanish I year. The *Halcones Dorados*, or Golden Hawks, our chapter of the National Spanish Honor Society for Middle Schools, meets twice monthly starting in October of each year. The Society runs several fun and meaningful service projects decided on by the membership, and culminates with an Induction Ceremony in June.

### **SPELLING BEE**

Although this is not a club, participants will meet periodically to prepare for local and, if possible, statewide spelling bee contests.

**SPORTS**—*Students are required to have a physical on file with the nurse in order to participate in either Interscholastic or Intramural Sports.*

**Interscholastic**—River Dell Middle School offers the following Interscholastic athletic programs: Girls Volleyball, Boys & Girls Cross Country (fall season), Boys & Girls Basketball (winter season), and Boys & Girls Track (spring season).

**Intramurals**—Intramurals are held after school in the Gym. Activities may include: Basketball, Flag Football, Soccer, Hockey, and Volleyball. All students are welcome to participate in these popular, non-competitive activities. Dates to be determined in the fall.

## **EXTRACURRICULAR ACTIVITIES – Cont’d.**

### **STAGE BAND**

The band is comprised of student instrumentalists who must audition and meet certain performance standards. This select group rehearses one afternoon per week and performs at the Middle School spring concert and at the Senior Citizens concert in May. In addition, the group may participate in festival adjudication and competitions.

### **STAGE CREW**

Stage Crew is open to all 7th and 8th grade students with an interest in the technical aspect of performance production. Students will learn the basics of microphone set up, the mixing board, and the lighting presets within the middle school auditorium. This Club allows students to obtain hands-on experience working in “real world” performance situations. Members of the Stage Crew will be responsible for participation in the RDMS Winter and Spring Concerts.

### **STIGMA FREE CLUB**

The mission of the Stigma Free Club is to give students a platform to share their voices and raise awareness around mental health. Our goal would be to empower students to educate one another along with our community, and to create a culture of peer support within our school. The club would open to all students, those with mental health conditions, those with family members with a condition, or students who are interested in the field or in advocacy. Together, we would like to fight the stigma around mental illness.

### **STUDENT GOVERNMENT ORGANIZATION**

The River Dell Middle School Student Government Organization is the voice of the students. The SGO helps create and implement Spirit Week, the RDMS Fall Fundraiser, the Holiday Door Decorating Contest, the Mid-Year Celebration, and the RDMS Semi-Formal. All students are welcome to attend meetings and give ideas on how to make RDMS great. Elections for officers are held in the spring of 7th grade for the upcoming 8th grade year.

### **YEARBOOK**

The Yearbook Club will be responsible for producing the annual *Black and Gold* yearbook. Students will have the opportunity to study basic photography, layout and design, and distribution. We are looking for students who are self-motivated, cooperative, and responsible. Creativity is a plus! This club meets all year.

### **YOGA CLUB**

Yoga, Pilates, and meditation directly help contribute to a myriad of health benefits. It has been shown to improve mental focus, concentration, and eliminate social and academic stress in a student’s daily life. The advantages for students include developing self-control, the relief of chronic pain and anxiety, the development of body awareness, and the positive reduction of stress. Yoga and Pilates have been integrated into Physical Education classrooms across the country, and as mindfulness meditation in Health classes.