

MANCHESTER ESSEX REGIONAL HIGH SCHOOL

Student Activities



Manchester Essex Regional High School (MERHS) offers a vibrant assortment of clubs, groups, organizations and extra-curricular activities open to all students.

INSTRUMENTAL MUSIC

MERHS offers a High School Concert Band, High School Pep Band, and High School Jazz Band. The Concert Band meets during the school day and there are options to take it every day or on every odd day of the rotation. The Jazz Band rehearses during the evening. Members of the Concert Band are required to participate in the High School Pep Band, performing at school rallies and home football



games. Required performances of the Concert Band include Winter and Spring Concerts, Veterans Day assembly, Memorial Day assembly and parade, the Manchester Tree Lighting, and the Council on Aging St. Patrick's Day Dinner and Concert. The Jazz Band performs at the Winter and Spring Concerts as well as the annual Evening of Jazz Concert. It is expected that members of the Jazz Band participate in the High School Concert Band, and all students will be encouraged to audition for district festivals. A performance trip is planned for the High School Concert Band every other year.

Director: Joseph Janack, Music Teacher

CONCERT CHOIR

MERHS offers a High School Concert Choir to interested students in grades 9-12. The Full Choir meets during the school days, and it is offered at both College Prep and Honors levels. New and experienced singers work together to learn proper vocal techniques, sight-singing, and ensemble skills. Students learn to perform a variety of musical styles and genres that include standard choral works, spirituals, and musical theater selections. Most music is arranged in four-part harmony for soprano, alto, alto two/tenor, and bass. Required performances include the annual Winter and Spring concerts, town tree lighting ceremonies, the high school awards ceremony, and school assemblies. Advanced students are encouraged to audition for the high school a cappella group, the SoundWaves, as well as the Northeast Senior District Festival in the fall and All-State competition in the winter.

Advisor: Donna O'Neill, Music Teacher



SOUNDWAVES

SoundWaves is the high school's select A Cappella group. It is offered as an Honors-level course, and it meets twice a week after school hours. The group is composed of ten to sixteen students who perform at numerous school and community events throughout the year. New students must audition and all students must be enrolled in full Concert Choir. The SoundWaves perform various styles of music, including arrangements of contemporary songs, pop, jazz, folk tunes, madrigals, patriotic songs and holiday music.

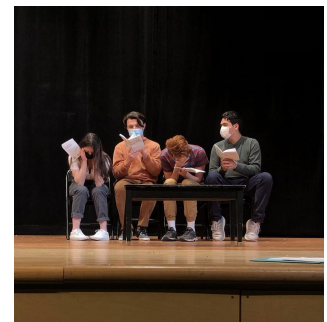
Advisor: Donna O'Neill, Music Teacher



DRAMA

MERHS participates in the Boston Globe Drama Festival sponsored and judged by the Massachusetts High School Drama Guild. All students in grades 9-12 are eligible to participate and perform. *Social Media: @merhsdrama*

Advisors: Gianna Baglioni, Teaching Assistant Joshua Wladkowski, Mathematics and Science Teacher



MERHS ART CLUB

The MERHS Art Club is a low-key, drop-in after school club that meets every Tuesday, in B228 from 2:15-3:15 p.m. all year long. Students can learn new art skills in: drawing, painting, wheel throwing, computer graphics, and sculpture. Students may work on art projects from other courses as well as work on their own artwork.

Advisor: Tamera Burns, Art Teacher

STUDENT COUNCIL

The Student Council is a group of student leaders from all four grades who meet monthly; the council is led by a senior President and representatives from each class. Students discuss issues and concerns and work toward making suggestions that can be tested and implemented to improve the quality of student life. Student Council provides community service opportunities to MERHS students and promotes school spirit.

Advisor: Barrett Alston, Learning Commons Teaching Assistant

DEBATE

The MERHS Debate Team participates in more than two dozen interscholastic tournaments throughout the school year and has consistently qualified to represent New England at two of the three national post-season competitions. Students participate by meeting once a week during the school day and traveling to compete. MERHS was recently recognized as one of the nation's "Top 100 Schools" in Speech and Debate by the National Forensic League.

Advisor: Joshua Wladkowski, Mathematics and Science Teacher

JOURNALISM

Journalism is an honors-level elective for students in grades 10-12, meets on Monday nights. The purpose of the class is to produce the school newspaper, *The Independent*; therefore, interested students must be strong writers who pay close attention to English conventions and are able to work independently and meet deadlines. Prerequisite: A final grade of "B" or above in English the previous year and a completed application, including a recommendation from the student's current English teacher.

Advisor: Mary Buckley-Harmon, English Teacher

DECA

DECA is open to students in grades 9-12. Students will learn about marketing, management, and entrepreneurship in business, finance, hospitality, marketing, sales, and services. DECA prepares students to solve problems, communicate effectively, lead, create, and develop teamwork skills while preparing them to enter college and the professional world. Students of the Business Course Curriculum will automatically become active members in DECA. Every honors-level student competes in the DECA District program, attempting to qualify for State and International Competitions. While the competitions may be challenging, it offers students an enjoyable experience in the business environment while meeting people from around the world and creating amazing memories. *Social Media: @merhs.deca*



Advisor: Dean Martino, Mathematics and Business Teacher

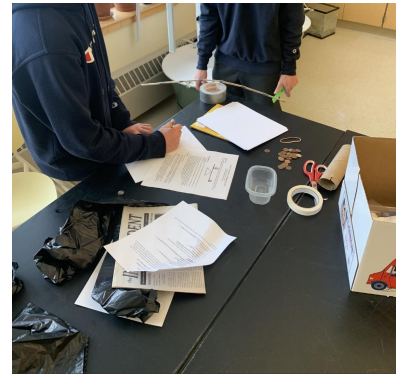
MATH TEAM

The Math Team is open to students in grades 9-12. The Team competes monthly against students from other high schools in the field of mathematics in the Massachusetts Mathematics League.

Advisor: Daniel Lundergan, Mathematics Teacher (Department Chair)

SCIENCE LEAGUE

The team's purpose is to prepare for a monthly competition in the field of science with other schools from all over the North Shore. Preparation days are on Tuesdays, while competition days are on the second Tuesday of every month. Team members will ride on a bus provided by the school to the competition with the advisor at 2:45pm, arriving back at the school around 6:00pm. Schools compete against each other in three scientific events involving building, invention, engineering, lab techniques, and application of knowledge. All areas of science are included in the monthly events. Team members will be divided up into teams of four between the events. There are eight total competitions throughout the school year. Students are encouraged to attend the events that they find most interesting, so monthly attendance is not required. *Social Media: merhs.scienceteam*



Advisor: Kristin Umile, Science Teacher (Department Chair)

GREEN TEAM

The Green Team is a diverse group of staff members and students from MERHS who are hoping to fuel the green revolution. All who maintain a passion for the environment are welcomed. Members work on particular assignments of special interest so they can bring new information or news to the entire group. The Manchester Essex Regional School District is our primary focus, but the entirety of the two towns will be affected. Green Team strives to create an environmentally friendly area within the school building with a passion for all things natural. The goal is to postpone and/or weaken the effects of global warming on the future. Recent initiatives include "single stream recycling" (all recyclable items into one bin), promoting reusable water bottles, conserving energy, fresher and cleaner water, and so much more!



Advisor: Keith Gray, Green Team and Science Teacher

THE TREE CLUB

The Tree Club helps promote the awareness of trees amongst the community. Members work on maintaining trees around the school campus, taking care and pruning them under supervision. The Tree Club also advocates for the planting of trees around the community to help combat the effects of climate change. Members will acquire and plant trees. Most of the trees acquired will be sold through our annual tree auction and 100 percent of the profits will contribute to the effort of reforestation in critical areas or spreading awareness of the imperative need for trees.

Advisor: Keith Gray, Green Team and Science Teacher

PEER MENTORS

Peer Mentors work collaboratively as a team to build a strong and supportive community within the school. This requires a commitment of time for events and activities such as Freshman Move-Up Day in June, New Student Orientation in August, Grade 8 Health class visits, grade 9 U Block visits, panel discussions, and various other programs designed to help younger students make a smooth transition to high school and enjoy a positive academic and social environment. Peer Mentors also plan and coordinate activities and initiatives that encourage and support all students academically, socially, emotionally, and personally. *Social Media: @mersdpeermentors*

Advisors: Beverly Low, Director of Guidance and College Counseling David Conwell, School Counselor Gillian Polk, School Counselor

GENDER EQUALITY CLUB

The Gender Equality club is dedicated to overcoming the barriers of gender discrimination through empowerment and awareness. We provide a safe space for open discussions on topics such as toxic masculinity/ femininity, gender roles/ stereotypes, and reproductive rights. Join us monthly to learn and provide your insight, everyone is welcome! *Social Media: @merhsgenderequality*

Advisor: Lauren DuBois, Social Studies Teacher (Department Chair)

YEARBOOK

The MERHS yearbook is an annual publication put together by students on the yearbook staff. Each year, senior editors are appointed along with other special section editors. Students work with the yearbook advisor from September to late winter when the final copy goes to production. Annual yearbooks are presented to the graduating class in June.

Advisor: Courtney Brown, Mathematics Teacher

MERHS INVESTMENT CLUB

The investment club is a student led club that teaches other students about the stock market and investing. We believe that it is important to start investing young so you can have a form of passive income as you get older. This is why it is so important for middle/high schoolers to have this information so as they get older, they will know what they're doing and how to handle different situations. We saw the opportunity to teach students how to set up their futures with stocks. We have held several Zoom meetings in which we discussed the basics of investing and important information. Last year, we split students up into teams and played the stock market game where each team starts with a certain amount of money and they have to invest it to make it grow. Our hope is that by the time students graduate high school, they will know the basics of investing so they can start setting up their future. *Social Media: @mersd_investment_club*

Advisor: Daniel Lundergan, Mathematics Teacher (Department Chair)

FOREIGN LANGUAGE TRAVEL

The Foreign Language department sponsors trips for high school students to French and Spanish speaking countries when international travel is possible and advisable. Examples of previous trips for Spanish students include Costa Rica, Mexico, Peru, and Spain. French students have previously traveled to France as well as participated in visits to Québec City, where some stayed with French-speaking Canadian families. The goal of the department is to offer students an opportunity to use the target languages in authentic situations and settings, which will ultimately strengthen their knowledge and usage of the language. International travel also broadens students' perspectives about different cultures and teaches them how to be more attentive world citizens.

Advisor: Michelle Magana, World Languages Teacher (Department Chair)

GENDER SEXUALITY ALLIANCE (GSA)

GSA is a student-run club that brings together LGBTQ+ and straight students to support each other, provide a safe place to socialize, and create a platform to fight for racial, gender, LGBTQ+, and economic justice. We focus on empowering students to educate their schools and communities, advocate for just policies that protect LGBTQ+ youth from harassment and violence, and organize in coalition with other youth groups across identity lines to address broader issues of oppression. Our work focuses on leadership development and activism that prioritizes building alliances not only across sexual orientation and gender identity lines, but also across race, ethnicity, and class lines. GSA helps provide opportunities to advocate, organize, and mobilize an intersectional movement for safer schools and healthier communities.

Advisor: Gianna Baglioni, Teaching Assistant

NATIONAL HONOR SOCIETY (NHS)

Eligibility is based on a student's grade point average at the second semester of either sophomore or junior year, which has to be at minimum overall of 4.35. Membership is based on character, leadership, academic excellence and community service. Members must display honesty and integrity daily in their school and community. As a member of NHS, a student is required to complete five hours of community service each quarter, including one group effort each semester. Some examples of community service include collecting candy after Halloween for Operation Gratitude soldiers, tutoring middle school and high school students, and canned goods drives. A 4.35 grade point average (GPA) must be maintained throughout the school years that members are participating in NHS. Failure to maintain the GPA requirement could result in academic probation and a possible termination of membership. All chapter meetings must be attended promptly by all members, which occur at the second Tuesday of every month (unless otherwise noted). Failure to comply with these policies will lead to consequences determined by NHS officers and advisors.

Advisor: David Coletti, High School Staff

NATIONAL ART HONOR SOCIETY (NAHS)

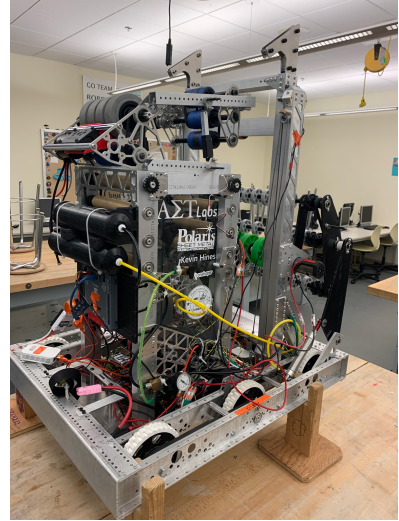
The NAHS program is for students in grades 10-12, for the purpose of inspiring and recognizing individuals showing an outstanding ability in art. Students are invited for membership in NAHS based on their interest in working on art-related projects as a group. The NAHS also strives to aid members in working toward the attainment of their highest potential in artistic works, and to bring art education to the attention of the school and community. Members are expected to attend all meetings and complete five hours of community service. *Social Media: @nahsmersd*

Advisor: Tamera Burns, Art Teacher

ROBOTICS

The MERHS robotics team participates in the FIRST Robotics competition. The club meets after school with mentors from the community who are skilled in the various aspects of robot design and construction. During the fall season, club members participate in a warm up competition sponsored by VEX Robotics. The winter months are the most active and intense regarding meeting times and frequency; the robot building occurs during this season and students have a variety of opportunities to participate in the different jobs/tasks associated with completing the robot and preparing it for competition.

Advisor: David Coletti, High School Staff



CURRENT EVENTS CLUB

Current Events Club is a group of students that are interested in learning about the ever changing political, social, and economic aspects of the modern day without the opinions of biased news reporters. We discuss topics such as foreign affairs, COVID-19, political changes and women's rights. Our hope for this club is that it not only inspires students to get involved in discussions about current events, but that they are inspired to make change. In a world where simple facts are often politicized, it's important that we (students and adults alike) have a safe space to discuss current issues and form individual opinions surrounding them. This is a nonpartisan club, and we do not discriminate against anyone for their political or personal beliefs. We aim to not only provide students a safe space to learn about current events, but to give them the opportunity to share their ideas, thoughts, and opinions with their peers, without judgment or ridicule. We would like to give students the opportunity to educate their peers who may not be in the club! As a member of this club, you will learn about the current state of the world, topics you may not see on the news, and have the opportunity to form your own opinions. Our goal is to help you become active in the community and to help you care about what is going on! We plan to hold meetings during U block. We encourage anyone to come to our meetings, whether that be for a week or the whole year! Please contact Mrs. Tran or Juliana Saunders if you are interested in joining or have any questions! *Social Media: @mersdcurrentheventsclub*

Advisor: Jessica Tran, Social Studies Teacher

HOSA/FUTURE HEALTH PROFESSIONALS (Pre-Med)

HOSA, Future Health Professionals, formerly known as Health Occupations Students of America, is a global student-led organization recognized by the U.S. Department of Education whose mission is to empower future health professionals to become leaders in the global health community through education, collaboration, and experience. The MERSD HOSA chapter aims to educate and prepare middle and high students who aspire to become healthcare workers. As a member of our chapter, you will have the opportunity to participate in state and national HOSA conferences, compete in medical-related events, attend medical career talks and student panels, explore various careers in medicine, and experience a wide variety of other engaging chapter activities. We hope that by the time you finish your high school career, you will feel confident in taking the next step in your path to becoming a physician. Please contact the HOSA chapter advisor, Dr. Burgess, if you are interested in joining our chapter. *Social Media: @mersd.hosa*



Advisor: Dr. Maria Lonnett Burgess, Science Teacher

BEACH CLEAN UP CLUB

Beach Clean Up Club is a club founded to preserve the beauty of our local beaches by removing accumulated trash and debris. An extension of the organization known as 'Turn the Tides MA', Beach Clean-Up Club is active in schools across Massachusetts and is expanding throughout the Northeast. Club members participate in scheduled clean-ups and in return receive community service hours for their work. Clean-ups take place every two weeks and last 1-3 hours.

Advisor: Keith Hartan, Social Studies Teacher

COMFORT CASES (CC)

Comfort Cases is a club originally started by Ella and Ava Ricci as a way to bring awareness to a topic that isn't talked about enough: the foster care system and adoption. As Ella was completing her senior year, Sophie Zalosh stepped in, sharing the leadership with Ava since the middle of 2020. The high school Comfort Cases is a fundraising club that supports the larger, national Comfort Cases organization created by founder Rob Scheer. Some things we do in CC include planning, fundraising, and collecting donations while also educating ourselves further on the foster care system and on the overall mission of the Comfort Cases organization. In the past, we successfully collected donations of toothbrushes/toothpaste/etc. from local dentist offices, lots of book donations from The Beverly Bookshop, shampoo and conditioner from people in the school community, and even attended Comfort Cases volunteer events to learn, network, and become more involved. The idea of Comfort Cases is

something both Sophie, Ava, and the other club members are very passionate about and see it as a good way to get involved with helping others!

Social Media: @comfortcasesmersd

Advisor: John Mullady, Social Studies Teacher

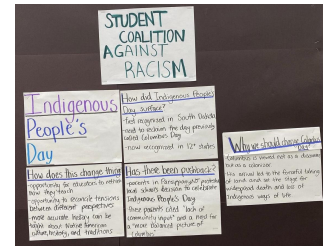
MERSD SCAR - Student Coalition Against Racism

SCAR prioritizes the development of a safe and accepting school community for all students. Our goals are to spread awareness and advocate for those who feel as though they can't speak up.

Our school's diversity rate is minimal and we want to help those few persons of color feel as comfortable as possible. Planning and organization of information sessions, protests, and

fundraisers are done as a group. We meet once a week, on Wednesdays during U Block to discuss changes we can make as individuals, and larger changes that we can propose to the school as a whole. *Social Media: @mersd.scar*

Advisors: Elizabeth Edgerton, English Teacher, Allison Krause, English Teacher



ENVIRONMENTAL OUTREACH LEAGUE

The goal of the Environmental Outreach League is to gather a group of students passionate about the environment and outreach to nearby communities to aid in sustainability, environmental education, and land maintenance. Multiple volunteering opportunities have already been organized, both safely outdoor and virtual, and are completely open for students to sign up.

Advisor: Keith Gray, Green Team and Science Teacher

ANTI-DEFAMATION LEAGUE (ADL) – A WORLD OF DIFFERENCE

The goals of the program are for our peer leaders to:

- Increase awareness of differences in personal and group identities
- Develop and understanding of anti-bias terms and concepts
- Increase ability to recognize, acknowledge and address bias and prejudice in oneself and in others
- Learn safe and practical bias intervention and prevention strategies
- Develop communication and leadership skills to facilitate discussion with other students on recognizing and addressing bias, prejudice and discrimination.
- Actively promote respect for diversity and serve as catalysts for positive change in the school and community



Advisors: Lauren DuBois, Social Studies Teacher (Department Chair)

Jessica Tran, Social Studies Teacher

ME MINDS MATTER CLUB

The goal of ME Minds Matter club is to bring awareness to the realistic struggles of pressing mental health issues in a high pressure and stressful environment. We hope to be able to accomplish bringing effective strategies to dealing with these problems, whilst spreading awareness on these pressing, realistic issues. It is so important to take care of your mental health for your success and happiness. Meetings are after school on Wednesdays from 2:30-3:30pm and open to all students.

Social Media: @manchester_essex_minds

Advisor: Abigail Donnelly, Social Studies Teacher

