**CLUBS AND ACTIVITIES**

Introduce yourselves again! Say your name, one thing you're involved in at west, and an interesting fact about yourself.

**GAME: FIND A MATCH**

Put names on to students’ backs and make sure there is an even number. If there isn’t, a delegate will have to play. Objective is to find your partner by only asking yes or no question. (For example am I a girl? Not where do I live.) Give incentives for the first pairs to find each other but continue till everyone has found their match. Go twice if they finish really quickly.

BE SURE TO PUT THE NAME PIECES BACK TOGETHER IN PAIRS FOR THE NEXT GROUP!

\* **MAKE SURE TO SET UP AN EVEN AMOUNT OF COUPLES** ex) you cannot put Minnie Mouse, if you don't put Mickie Mouse in also.

**5-10mins**

Video: url:<https://www.youtube.com/watch?v=10-Yw7TYMBw>

**Leaders, this link will be in your email (but it's also sent to all the delegates)**

6 mins Replacement—went to club rush and if anyone is doing a sport or extra-curricular activity, maybe have them talk about it.

Club list:

Use power point: <https://mail.google.com/mail/u/0/#inbox/157bc0d0db537741?projector=1>

Go over the club list up on the elmo to elaborate on them.

Also discuss personal experiences.

·       Tell how clubs meet on certain days at lunch.

·       Try to categorize the clubs for the students by service (interact, key club, CSF), cultural (Korean, Japanese, French, Chinese, etc), and fun clubs.

·       Some clubs require applications/interviews and others don’t.

·       To start a club: get a teacher advisor and go to ASB to fill out paper work.

·       Don’t join clubs that have the same meeting times, especially if you want a leadership position.

·       Try to *stay* in a couple of clubs for consistency.

. Go to clubs with a friend or two and keep going, even if people don’t pay much attention to you at first. Sometimes it takes a little while to become part of the group. Remember that other club members may have been together for quite some time. Keep going anyway. After a while, you will feel at home there.

Extra information:

·       Make sure to explain that they cannot do sports that are in the same season

·       Listen to announcements for try outs if they already aren’t within the sport. But you can also find these daily bulletins around campuses in glasses cases.

·       Emphasize team bonding, friends, how fun it is, and how colleges like to see someone who just isn’t all books. But do the sport because you love it. (Please share about your own sports/ extra curricular activities experiences too.)

·       If you are not in sports and do not want to join, go out and support all the West High teams, such as go to the games or watch the shows and plays.

**10mins**

**IMPORANT EVENTS**

Dance Showcase Oct 19

Red Ribbon Week Oct 24-28

Work Shops Oct 26/27 (Signups will be available on Etusd for a limited time. Teachers will explain further closer to the time.)

**WORKSHOP SCHEDULE WEDNESDAYS / THURSDAYS  
0    7:00-7:54  
1    8:00-8:51  
2    8:58-9:49  
3    9:59-10:52  
      10:59-11:28 Workshop  
4    11:35-12:26  
      12:26-1:01 Lunch  
5    1:08-1:59  
6    2:06-2:57**

Halloween Oct 31 (It’s on a school day! Show your Halloween Spirit) – Explain about costumes – no masks that completely hide your face. Regular dress code guidelines still apply.

**Jeopardy:** Explain if the students’ don’t know how to play.

Set up jeopardy chart by: 100, 200, 300, 400 and 500 point questions. Split class into two teams and draw a four by five grid with four topics: Sports, Random, Clubs, West.

**SPORTS**

100 What sport doesn’t include a ball?  XC, swimming, track, wrestling

200 What season is basketball in?  Winter

 300 When is practice for sports?  6thperiod

400 What sport includes a ball and water? Water polo

500 Name five sports at West high. Look at your paper

**CLUBS**

100 Which club are we apart of? Freshmen Focus

200 Name 3 service clubs Interact, Key Club, CSF

300 What is a cultural club? Give an example.

Teaches about that specific culture (French, Japanese,Korean,etc.)

400 When do clubs meet?  At lunch

500 Can you start your own club?  Yes

**RANDOM**

100 How many colors are in a rainbow?     7 – ROYGBIV

200 When is leap year?  February 29

300 Name 3 Disney movies that have a sequel?   Finding Dory, Cars 2, Toy Story 2

400 How far is the moon from the earth? 238,900 miles

500 What are our names?

**WEST:**

100 How old is West High? 54 years

200 How many buildings are there on campus?  9

300 Name a class in building 2  Physics, food science, fashion, survival of the singles

400 Where is ASB?  Bottom floor of building 4

500 Who is the principal?     Ms. Metz

**SPORTS**

S100: When is soccer season?  Winter

S200: Where is the next varsity football game?  West

S300: How many points is a basket?     2

S400: How many runs is a grand slam in baseball? 4

S500: Where is swim practice? The  Plunge

**CLUBS**

C100: Name a club that competes against other clubs from different schools.

           Speech and debate, acadec, yearbook, FHA-HERO

C200: Do you need a teacher for a club to start up? Yes

C300: S hould you join as many clubs as possible?  No, meetings might conflict

C400: Why are clubs good?  Look good for colleges and make friends

C500: Which club meets in the pavilion? Ping Pong

**RANDOM**

R100: What is the name of the only ocean liner to be sunk by an iceberg? The Titanic

R200: Of the five senses which one is most connected to memory? Smell

R300: Which is the only US president to serve four terms? Franklin Delano Roosevelt (FDR)

R400: What was the original purpose of a handshake? To make sure the other person is unarmed

R500: Oprah Winfrey's first name was misspelled on her birth certificate. What was her name really supposed to be? Orpah

**WEST**

W100: Who is an assistant principal?

Mrs. Scheerle (pronounced Shirley), Mr. Evans, and Mr. Roulette

W200: Where are the history classes?  Building 3

W300: What is the freshmen color?     Red

W400: Where can you find the schedules for classes?  On the back of the West High planner

W500: About how long is the perimeter of the school? 1 mile

**15-20mins**  Wrap Up:

Ask if they have any questions concerning anything including clubs and activities.

Remind students of contact cards in the room in case they need anything or have questions.

Then go over calendar the last 5 or so minutes.

CLUB OVERVIEW

 Fall Season:

Football

Boys’ and Girls’ Cross Country

Girls’ Volleyball

Girls’ Tennis

Girls’ Golf

Boys’ Waterpolo

Winter Season:

Boys’ and Girls’ Basketball

Boys’ and Girls’ Soccer

Wrestling

Girls’ Waterpolo

Spring Season:

Boys’ and Girls’ Track

Baseball

Softball

Swimming

Boys’ Volleyball

Boys’ Tennis

Boys’ Golf

Extra Curriculars

Band

Color Guard

Drumline

Choir

Drama

Dance

Drill Team

Cheer

Aristocracy

Clubs that interview

Academic Decathlon

Arrowheads

California Scholastic Federation (CSF)

Choir Club

Dance Club

Drama Club

Freshmen Focus

National Honor Society(NHS)

Smoke Signals

Speech and Debate

WHEU Council

Yearbook

Clubs that don’t interview  
Amnesty International

Art Club

Ceramics Club

Chinese Cultural Club

Club International

Environmental Club

Fellowship of Christian Athletes (FCA)

FHA-HERO

French Club

Games Club

Gay Straight Alliance (GSA)

Interact

Japanese Club

Key Club

Korean Cultural Club

Martial Arts Club

Math Club

Photography Club

Ping Pong Club

Red Cross Club

Robotics Club

Spanish Club

Students for Christ (SFC)

Tutorial Club

Warrior Movement

West Buddies

Woods Club