



# 2011-2012 SHC Activity Booklet

## WELCOME TO SHG

We believe strongly that there is a special place in this community for everyone. We also believe that our school is much more than classroom instruction and interscholastic athletics. The administration and staff of SHG are committed to the belief that **co-curricular and extracurricular activities are an important part of the total high school environment.** These activities and clubs are for you. We encourage participation. This is the way for you to become involved.

At Sacred Heart-Griffin, the clubs and activities encompass a wide variety from which to choose. **Somewhere among these groups and organizations, we are sure, there is a place for you.**

This handbook contains a listing of clubs and organizations at SHG. For each one there is a brief description of the group's purpose or goals, membership requirements and meeting times.

Your years in high school are important ones. You will be growing and maturing, learning new information and skills, making new friends with whom you will be close for a lifetime, and making decisions that will impact the direction of your future.

Browse through this booklet to **see the ways you can become involved outside the classrooms of Sacred Heart-Griffin.**

For further information, check the SHG web page at [www.shg.org](http://www.shg.org).

**SHG Website**

[www.shg.org](http://www.shg.org)

*Sacred Heart-Griffin is a Catholic, Dominican  
high school that welcomes a diverse student  
population to pursue academic excellence in a*



# Academic Groups

## ACADEMIC TEAM

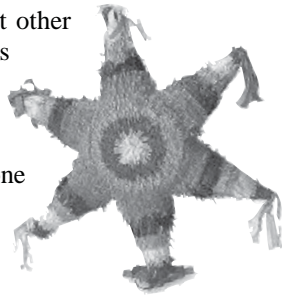
Academic Team, a.k.a. Scholastic Bowl, is a recognized IHSA interscholastic competition with a state championship series. All the IHSA eligibility and participation rules that apply to students involved in an athletic event also apply to students participating on the Academic Team.

The SHG Academic Team is a competitive club consisting of two teams, junior varsity and varsity. Each team participates in weekly practices, matches and/or tournaments. A match occurs when two teams compete against each other for the opportunity to answer questions from seven subject categories: math, science, social studies, literature, language arts, fine arts and miscellaneous. A variety of matches and tournaments occur between the two main events: the Central State Eight Conference matches in the fall semester and the Illinois State Tournament series in the spring semester.

## INTERNATIONAL CLUB

This club is composed of multiple language clubs whose mission is to make a positive difference in the lives of SHG students. The students will learn about individual cultures and achieve academic excellence as they learn about other parts of the world. The clubs will promote Christian values as they help students understand and respect other races and cultures. Meetings for the individual clubs will be held on a regular basis throughout the year and attendance for officers is required. International Club will meet once a year and perform one service project. Clubs will be student governed and organized based on student interest.

French                      Korean                      German                      Spanish



## MATH - SCIENCE CLUB

This organization represents the school in academic competitions in the areas of mathematics, physics, chemistry, biology, English, engineering, graphing and computer fundamentals.

This club is made up of juniors and seniors who have been recommended by their teachers. The Math-Science Club meets regularly during the school year.

## MATH CONTEST

Math Contest Club is a club for students who like math and competitions. The team practices once a week from November to April. Three or four contests take place each year.

## NATIONAL HONOR SOCIETY

The purpose of this society 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. Locally, NHS provides tutoring to any student at SHG in need of extra academic help and participates in fund-raising for local charities.

NHS invites to membership juniors and seniors who are in keeping with the values dictated by the national constitution. The National Honor Society is an honor bestowed by the faculty and not a reward. Basic requirements for consideration to membership include having achieved

and maintained a cumulative GPA of 3.800, having internalized and demonstrated the value of Service, having demonstrated and documented Leadership, and having demonstrated and been recognized for Positive Moral Character.

The local chapter of the National Honor Society has monthly meetings, tutoring after school and occasional events.

## FRENCH, GERMAN AND SPANISH NATIONAL HONOR SOCIETIES

These prestigious organizations exist to reward scholastic achievement in the study of the French, German and Spanish languages. They also strive to promote an interest in and a deeper knowledge of the cultures and the people. Additionally, the societies exist to provide service to the school and community.

The requirements for membership are:

- attendance at SHG for one year
- enrollment in the fifth semester of French, German or Spanish
- at least a grade of 93% (3.6) in French, German or Spanish -  
at least an average grade of 87% (3.0) in all other subjects

## SCIENCE OLYMPIAD

Science Olympiad gives students a chance to try their scientific and creative skills. Meetings and practices are held after school. Vision: to create a passion for learning science with an emphasis on teamwork and a commitment to excellence. Science Olympiad members will also participate in a yearly competition.



## W.Y.S.E.

Worldwide Youth in Science & Engineering is a competitive testing program headquartered at University of Illinois at Urbana-Champaign. Subjects tested include English, mathematics, chemistry, physics, biology, engineering graphics and computer science. Our best students compete for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place ribbons in each area and for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place team trophies. The winning individuals and teams from the Lincoln Land Community College competition advance to Regional Competition at Southern Illinois University-Edwardsville. Winning teams at SIU-E advance to state competition at U of I at Urbana-Champaign.

Teams are usually chosen in October or November and consist of mainly juniors and seniors.

# Visual Arts & Publications



## ART CLUB

The Art Club is for any SHG student interested in the visual arts. You need not be enrolled in art classes, but must have an interest in learning more about media handling, techniques and the ideas that inform and surround artistic language. Regular attendance is expected.

## NATIONAL ART HONOR SOCIETY (NAHS)

This club is designed to provide service to the school and community through art projects and to provide members with additional art enrichment activities such as visits to art museums. This club provides members with many opportunities to exhibit their art.

Sophomores, juniors and seniors who have successfully completed art fundamentals and art drawing with at least a grade of “B” are eligible. Good academic standing in all courses is also required.

## CAMPUS CRIER

The *Campus Crier* is the SHG school newspaper and magazine. The purpose of the organization is to produce a quality newspaper and magazine that is factual, entertaining and informative for the entire student body.

Membership on the staff is open to any and all students. Students enrolled in journalism class are considered staff members. The main requirement for membership is an interest in journalism: writing, drawing, design, photography or technical skills.

An edition of the paper is published approximately twice a month, and the magazine is published at least once a year. The entire staff is required to assist in “putting the paper to bed.” These production meetings are scheduled on an “as needed” basis prior to publication. The *Campus Crier* is also online at [campuscrier.shg.org](http://campuscrier.shg.org).

Students may also enroll in journalism class. These classes are described in the SHG curriculum guide.



## YEARBOOK

This organization provides students with the opportunity to help with all aspects of yearbook production (picture taking, gathering information, layout and post production) and distributes to the students the finished product, a high-quality keepsake of their years at Sacred Heart-Griffin.

All students may apply. Members of the staff must be willing to learn all phases of production. Meetings are held once each week, except just prior to deadlines, when meetings are held three or four times per week. A class for credit is also offered.

# Music & Performing Arts

## BAND

The SHG concert, marching, pep and jazz bands are organized to provide students with musical talents an opportunity to play together, to enrich their musical experience and to be of service to the school and community at athletic, “spirit” and community functions.

All students with the ability to play a band instrument may join the band. The band meets as an academic class one period per day. This class fulfills the fine arts requirement for graduation. The jazz band meets after school one day a week.



## CURTAIN CALL(DRAMA CLUB)

The theatre club, Curtain Call, provides an opportunity for those interested in the theatrical arts to expand their knowledge and appreciation of the theatre.

The Curtain Call Club is open to all students who are within the school’s eligibility standards. Members need only an enthusiasm in theatre and no experience is required.

The club is run by an elected student board and a moderator. Curtain Call will meet bi-monthly to discuss issues and activities.

The club will get together to view different kinds of theatrical productions. The club also has a reach-out program working with some area grade schools.



### **MIXED CHORUS**

The purpose of this group is to perform and learn the basic skills of music reading and performance. All members must be enrolled in the mixed chorus class. Mixed chorus class meets every day. Other practices are held as needed.

### **VOCAL ENSEMBLE (ENCORE)**

The purpose of this musical group is to represent the school in the community and to provide musical entertainment. Students will have opportunities to learn and practice a variety of musical styles, to refine their vocal skills and to learn to incorporate choreography into their routines.

Vocal Ensemble is open to sophomores, juniors and seniors. After auditions with the director, members must be enrolled in the ensemble class. Meetings are held each day in class and at rehearsals as needed.

### **MUSICAL PRODUCTION**

Once each year, SHG produces a staged musical. The purpose is to provide entertainment for the school and community and to give students an experience of performing in a full-scale staged production.



Any SHG student can audition for a part. Audition times are posted in January for all parts. Rehearsals are scheduled Monday through Thursday evenings, depending upon the complexity of the role.

# Political & Service Groups

### **MOCK TRIAL**

This activity is open to sophomores, juniors or seniors who are interested in the judicial process. This club will participate in the Illinois State Bar Association's state-wide mock trial competition. Practice will be held after school hours.

### **JUNIOR STATESMEN OF AMERICA (JSA)**

"Because democracy is not a spectator sport" – JSA's mission is to teach high school students about politics and government, help them develop and polish leadership skills, encourage critical thinking and transmit the knowledge necessary for active, informed citizenship. With over 500 chapters, it is the largest student-run organization in the country. Students debate, hear speakers and have mock trials and thought talks. JSA sponsors more than 50 conventions throughout the U.S. and offers summer programs at major universities such as Georgetown and Northwestern.

### **STUDENT ENVIRONMENTAL AWARENESS CLUB (SEA)**

This club is organized for students who are interested in environmental issues. Activities and programs are organized to preserve and improve the quality of the environment. Membership is open to all students. Meetings are held on a regular basis. Members help with the collection of paper for recycling throughout the building.

### **SERVICE PROGRAM**

All SHG students are automatically involved in the service program. The practice of service to others is integral to being a student at SHG. Students are to volunteer a minimum of 20 hours of service each year with a minimum of 80 hours required for graduation. All hours are to be recorded by the student and turned in to the service coordinator. Report cards are held until requirements are met.

Service that involves helping a family member (for example, baby-sitting a sister) is not considered part of the SHG service program. This type of service is considered part of being a family.



What counts? Tons! Examples of service include baking for bake sales, helping at dances, programs or working at the Mostaccioli Dinner. Service hours can also be gained by participating in leadership roles such as Kairos, Quest, Freshman Orientation and Snowball. Parish ministry, summer camps and a multitude of community organizations also provided service opportunities for SHG students.

## **FRIENDS OF RACHEL (F.O.R.)**

This club was founded after the Rachel's Challenge presentation at SHG on October 26, 2009. The club members model acts of kindness throughout the school & community in hopes of starting a "chain reaction"! The group is student-led, meaning the members decide the events and acts of kindness they will focus on each week.

Students at every grade level are welcome to participate, and the club is open to everyone year-round. Meetings are held once a week after school.



## **STUDENT AMBASSADORS**

The Student Ambassadors provide information to area middle school and junior high students interested in attending SHG. Ambassadors participate in a variety of student marketing activities both on and off campus by providing information regarding classes and extracurricular activities and conducting tours of the school.

## **KEY CLUB**

The Key Club's primary purpose is to provide service to the school and community while developing leadership skills. This is the world's largest student-led service organization and is sponsored by the Downtown Kiwanis Club of Springfield.

The club's membership is open to all students. To maintain one's good standing, each member must actively volunteer to help with projects created by the club.

This club seeks members who are caring and who want to make a difference in their community and school. Meetings are held weekly during the school year.

## **O.P. TEEN**

Students in this organization are devoted to promoting the awareness of the Dominican charism to SHG by means of promoting the four pillars of service, study, prayer and community.

O.P., stands for Order of Preachers, also known as the Dominican Order.



## **PARTNERS OF OUR LADY OF NAZARETH SCHOOL**

The mission of Partners of OLN is to provide spiritual, financial and emotional support to a Catholic school of 1,800 students located in the slums of Nairobi, Kenya. Through direct contact with the students of OLN, SHG students will gain knowledge of the African culture as well as the satisfaction of making a difference in the world.

# **Student Government**

## **CLASS COUNCIL**

Each class has a leadership group called a Class Council. Students elect representatives who will serve as class officers. Class officers work with Student Council and also have their own responsibilities depending on the class they represent. Sophomores, juniors and seniors are elected in the spring. Freshman vote in September. All leaders are expected to be role models in promoting the SHG mission.

## **STUDENT COUNCIL**

Student government at SHG has its form in the Student Council. The Executive Board is elected in the spring by the entire student body. The purpose of this organization is to provide a forum within the school for student input and leadership. The Council organizes Homecoming, pep rallies, service/fundraising activities, Spirit Club and student-run athletic competitions.

# **Special Interest**

## **AFRICAN AMERICAN/DIVERSITY GROUP**

The purpose of this group is to enlighten, inform and educate individuals on African American history in hopes of reducing stereotypes. By broadening the awareness of cultural diversity, the group's goal is to ensure better relationships among staff, students and the community.

## **TRAVEL**

In the past, students have traveled to England, France, Italy, Germany and many other places. Ski trips to Wisconsin are also offered during the year. Watch the daily announcements for future opportunities.



## PEER COUNSELING

Students go through a training workshop in communication skills to be a sensitive listener, and they promote personal growth and development through a helping relationship. A Peer Counselor serves students at Sacred Heart-Griffin High School by helping facilitate support groups and assisting students with their academics and with personal issues. They are also responsible for leading groups at Freshman Orientation and Operation Snowballs.

Training is held on two Sundays in October and two Sundays in February. Students are trained as Peer Counselors for the rest of their time at SHG as long as they can keep up with 10 hours of group work throughout each year.

## F.I.R.E.

**F**riends **I**nvolvement in **R**esistance **E**ducation is a student-organized prevention club created by the students of SHG to help spread the word of prevention and healthy living.

### Mission Statement

We the members of Friends Involved in Resistance Education strive to educate the community on drug prevention and spread the word about several prevention programs. Our main goals are to educate younger children about the dangers of drug abuse, promote a variety of prevention programs to our community, encourage adults to support youth in a healthy life-style, assist teenagers in developing healthy decision making and advocating a drug-free life-style to the students of SHG.

## CHESS CLUB & BOARD GAMES

The Chess Club is open to all students interested in learning or playing the ancient game of chess. The group meets twice weekly in the moderator's classroom. Dues are charged over a year upon joining and a tournament ends the year's activities. All classes and all levels of experience are welcome.

## J.O.S.H.U.A.

The Urban Mission Ministries of Appalachia, based in Steubenville, Ohio, operate a mission summer camp program for church groups. SHG takes 30-35 students and 8-10



adults from Sunday through Friday in early June. Students clean, scrape and paint siding; rebuild structures such as roofs and porches; stock food pantries and cook and serve in a food line. Students receive a minimum of 60 service hours for this mission trip. The bulk of the cost is collected through fundraising.

## POM PON SQUAD



The Pom Squad is a precision dance team made up of 20-28 SHG young women. The purpose of the squad is to promote school spirit through pre-game and half-time entertainment. The squad is also designed to provide a spirit of camaraderie among the team members.

Any female student may try out for the squad. As with any other athletic activity, a "C" or higher grade average must be maintained.

Clinics and a tryout are scheduled in April for the following year's team. Practices are held year round (two hours, three times per week). Attendance at a summer dance camp is required.

## CHEERLEADING SQUAD

The Cheerleading Squad is made up of 16 varsity members and 10 junior varsity members. The purpose of a cheerleader is to promote school spirit and sportsman-like behavior among players and fans at all times.

Any incoming freshman or current freshman may try out for the junior varsity squad. Current sophomores and juniors may try out for the varsity squad. Tryouts are held in the spring.



Practices are held two or three days a week in the summer and two days a week during the school year. All participants are required to attend a summer cheerleading camp. As with any other athletic activity, a "C" or higher grade average must be maintained.

## CYCLONES TEAM SPORTS

Boys/Girls Basketball  
Boys/Girls Cross Country  
Boys/Girls Swimming & Diving  
Football  
Boys/Girls Golf  
Boys/Girls Soccer  
Baseball  
Softball  
Boys/Girls Tennis  
Boys/Girls Track  
Girls Volleyball  
Wrestling  
League: Cyclone Hockey



# SHG

## SCHOOL SONG

We are for you, SHG;  
ready to pledge our loyalty  
Go proudly marching on to victory;  
we're behind you, SHG!

O' let our colors go before you,  
and show the world what we can do;  
Give it your best(!) Yes(!) On to victory  
Together we're SHG!

## *Dominican Blessing*

*May God Creator bless us.*

*May God Redeemer heal us.*

*May the Holy Spirit enlighten us  
and give us all we need.*

*Eyes to see with,*

*ears to hear with,*

*hands to do the work of God.*

*Feet for walking,*

*mouths for preaching words of saving life.*

*And the angel of peace*

*to watch over us and lead us,*

*by our Lord's gift,*

*to the kingdom. Amen.*

by Blessed Jordan of Saxony



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