

# EXTRA-CURRICULAR ACTIVITIES

## Art

### **Studio Sessions**

A different variety of art media will be provided for students to create art. Once a month Studio Sessions will feature an instructional workshop (printmaking, watercolour painting, etc.) as a project.

All students welcome. Bring your lunch.

Every Thursday at lunch in the art room - drop-in art making sessions. Staff contact P. Fernie

### **Art Sense**

Art themed board games, trivia, and card games will be available for students to play. Students can also sign up for the occasional art trivia tournament.

All students welcome. Bring your lunch and come play some games.

Every Friday at lunch in the art room. Staff contact P. Fernie

## Aviation Club

Students are welcome to drop by the aviation to explore the realism of flight simulation. Whether you are an expert or trying a simulator for the first time you are welcome to drop by. Students learn how to operate the controls of a plane and understand what all those gauges do on the instrument panel. Students can fly solo, or with other students in the multiplayer mode. Who knows, you may even have an opportunity to fly a plane using our newest technology, virtual reality headsets!

Everyday over lunch hour in 2C4, staff contact Mr. J. Vodopivec

## Baseball

Husky Beginner Baseball Club will be starting in March of 2024.

This club is for anyone interested in learning about the basics of baseball. The club aims to promote positivity and inclusiveness while also learning about the basic skills and rules of baseball.

Staff contact is Mr. Peck – Listen for announcements to sign up.

## Best Buddies

Best Buddies is in over 56 countries world-wide and has been established in Canada since 1993. It is designed to create lasting friendships between individuals with and without an intellectual or developmental disability (IDD). Our ultimate goal is to promote inclusion, acceptance, and friendship in every school and community across Canada.

If interested go see Mr. Rogowy in room B2 and sign up with your name and email and/or phone number so we can contact you for the first meeting.

[Click here for Best Buddies website](#)

## Cheer

Feel the spirit, hear the roar, and join the vibrant world of our Huskies School Cheer Squad! We are more than a team; we are a family of spirited athletes, dazzling performers, and enthusiastic supporters. Our cheerleading squad is the heartbeat of school pride, spreading energy and encouragement across the stands and on the field. The Cheer Squad is a dynamic group where students of all backgrounds come together to learn, grow, and showcase their talent. From dazzling routines to uplifting cheers, we bring the crowd to their feet and ignite the flames of team spirit!

Days vary. See one of the teachers for more information. Teacher Supervisors are S. Taylor, T. Foubister with parent helper Coach P. McNeil.

## Chess Club

Players enjoy casual games against each other and develop their chess skills by working on openings, tactics, strategies, and end games. Tournaments will also be organised and allow students to face one another in a setting that resembles professional chess.

Chess club is every Friday in classroom 2C1. Staff contact is Mr. G. Ammann-Lanthier.

## Computer Science Challenge Club

The format is that Mr. Wachs will put a programming problem on the board on Mondays, Wednesdays, and Thursday (each day the problem will get more difficult). You may solve them individually or in teams and then send Mr. Wachs your solution(s) before Friday. He will announce the “winners” and as a group examine and discuss the solutions to learn from each other and discuss techniques. The room can also be used as a quiet workspace over lunch hour.

The club takes place over lunch in B5, staff contact is L. Wachs.

[Click here for Computer Science Challenge Club Website](#)

## Creative Writing

Student writers bring a sample of their writing to share with the other members. We also prepare for various Writing Competitions.

Meets Wednesday and Thursday at lunch in 2B7, staff contact Mr. S. Lewis. And Ms. K. Carter

## Debate Club

The Sturgeon Heights Debate Club-Team will be meeting at various times throughout the school year (listen carefully to announcements). We will be supporting each other by teasing out the two sides of any topic – and we help each other build our skills and abilities through fun and interesting activities. Hopefully, we will be able to participate in some local tournaments again this year as we gain confidence and skill in the invigorating skill of debate.

See Mr. S. Pauls in 2B10 for more details.

## Dungeons and Dragons Club

Embark on a thrilling journey into the realm of imagination with our Dungeons and Dragons Club! In this fantastical gathering, students unite to explore mystical lands, battle mythical creatures, and embark on epic quests—all within the pages of the iconic role-playing game, Dungeons and Dragons. Whether you're a seasoned player or a curious newcomer, our club welcomes all who seek to escape into a world of magic, strategy, and camaraderie. Join us as we roll the dice, spin tales of heroism, and forge unforgettable friendships in a realm where the only limit is your imagination.

This group meets Mondays at lunch in B4, staff contact Mr. R. Erasmo and S. Taylor.

## Garden Club

It is a group for students to learn how to plant and grow a garden. Students can earn volunteer hours for helping to take care of the garden over the summer.

TBA on start date mainly in early spring, staff contact J. Peters, W. Kagazo, H. Zinn.

## GSA (Gender & Sexuality Alliance)

Sturgeon Heights GSA (Gender & Sexuality Alliance) is for Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and aromantic (2SLGBTQ+) and allied students. We offer 2SLGBTQ+ youth & their allies a fun, positive space to learn new skills, create projects, and celebrate our identities. Weekly meetings focus on fostering resilience, increasing self-esteem and self-confidence while building social networks, contacts, and peer support.

Meets Wednesdays at lunch in 2E7, staff contact P. McGuire, N. Van Damme, K. Solomon and P. Abramson

## Homework Club

Homework Club runs Monday to Thursday from 3:30 to 4:30 in the resource room (excluding early dismissal days). Students are welcome attend for a quiet place to study or get caught up on outstanding assignments.

staff contacts: Mme. Gale, M. Vermesse and S. Wong.

## Indigenous Student Group

The Indigenous Student Group is open to all Indigenous students and their allies who want to learn more about Indigenous cultures and issues. Sometimes we smudge and have a talking circle. Other times we watch movies or listen to music. Sometimes we have guest Elders and Knowledge Keepers. We also go on field trips. We have snacks!

ISG meets every Thursday at lunch in room 2C6. Staff contact is P. McGuire, S. Birk and R. Erasmo.

## The Indigenous Youth Mentorship Program

This after-school healthy living program is delivered by Indigenous high school students for elementary school children. Students are provided with healthy snacks and engage in moderate-to-vigorous physical activity for at least 20 weeks throughout the school year. Co-developed with Indigenous youth, educators, and researchers, IYMP promotes well-being, resiliency, and overall positive mental health, including Mino-Bimaadiziwin/Mino-Pimâtisiwin ("living in a good way"). It is grounded theoretically in teachings of Indigenous scholars Drs. Brokenleg (Circle of Courage) and Kirkness (The Four R's). The core components of IYMP are: healthy eating, physical activity, and relationship building and mentorship. It is delivered by the University of Manitoba.

Staff contact is T. Ross and M. Vermesse run the Indigenous Youth Mentorship Program (Formerly called Rec and Read) is held on Mondays and Wednesdays (3:30 p.m. to 6:00 p.m.) in the staff room.

## Lego Club

The LEGO club will let students play around with LEGO MINDSTORMS. Whether you are interested in high level robotics or just want to build something as a way to release stress the LEGO club is open to all students.

Will be starting in November and running on Tuesday at Lunch in room 2A3.

Staff Contact is E. Janzen Roth and A. Vidal

## Maker Space

It is a drop-in group for students to do handcrafts and learn new handcrafting skills.

Meets on Mondays in A3 at lunch, staff contact H. Zinn, R. Langrell.

## Reach for the Top

Reach for the Top is a team quiz competition. Questions are about everything. We compete against other schools throughout the year.

Meets at lunch in 2D3 on Thursdays. Staff contact is D. Libby

## Robotics Club

Robotics club is designed for students who want to build various robots for different competitions.

Club meets in the Electronics shop E4, on Wednesday's starting November 9.

Staff contact is G. Yakimoski

## Senior Jazz Combo

Senior Jazz Combo is a group of students who are interested in learning more about the creative process involved in jazz. They learn the theory behind the harmony and then create their own arrangements and improvise. They will work towards performances throughout the year.

Wednesdays afterschool (and additional times outside of the timetable as determined by the students who are in it). Staff contact is K. Byrne

## Science Club

Science Club actively does "science stuff" weekly. Students generate the ideas and then we do it!

Meets at lunch in 2E8 on Thursdays. Staff contacts: C. Murphy & D. Blankenburg

## Sources of Strength

Sources of Strength is a group of peer leaders, who, along with adult mentors in the school, promote mental wellness. Sturgeon's Sources of Strength group plans school wide activities throughout the year to promote positive mental health and wellbeing among all students. Sources of Strength meets monthly to plan ideas and run events.

See Ms. Strobbe (School Social Worker), Mme. Gale (Resource Teacher), and Mme. Vermesse (Guidance Counsellor) with any questions.

Time and Location of meetings are determined on a meeting-by-meeting basis and are shared with all members when determined.

## Junior Jazz Combo

Junior Jazz Combo is a group of students who are interested in learning more about the creative process involved in jazz. They learn the theory behind the harmony and then create their own arrangements and improvise. They will work towards performances throughout the year.

Meets at lunch on Wednesdays and Thursdays in the Band room at - Staff Contact is K. Byrne

## Video Game Club

The video Game club is designed for students who enjoy the many different aspects of Video Games and Gaming culture.

The club will follow a format and schedule see link below for details.

Staff contact Mr. L. Wachs, Mr. J. Rogowy

[Click here for Video Game Club website](#)



# Huskies Athletic Teams



## **BASEBALL**

April & May

**Boys,** Mr. Peck

## **BADMINTON**

March and April

**Coach:** Mr. Janzen Roth, Mr. Metcalfe

## **BASKETBALL**

November to February

**JV Boys :** Mr. Tackie

**Varsity Boys:** Mr. Tackie

**JV Girls:** Mrs. Anderson

**Varsity Girls:** Mr. Cox, Mr. Lewis

## **CROSS-COUNTRY RUNNING**

September to October

Mrs. Peters

## **CURLING**

November to January

**Boys, Girls, Mixed:** Mr. Libby

## **FOOTBALL**

August to November

**JV And Varsity:** Mr. Vincent, Mr. Baribeau

## **GOLF**

April & May

**Boys & Girls:** Mr. Ford

## **HOCKEY**

September to February

**Boys:** Mr. Metcalfe

**Girls:** Mrs. Johnsrud, Mr. Watson

**Boys:** Assistant Coach: Jake Doty

## **HANDBALL:**

April & May

**Boys & Girls:** Ms. Woods

## **LACROSSE**

April to June

**Boys:** Mr. Hilder

**Girls:** Mr. Watson

## **RUGBY**

April and May

**Boys And Girls:** Mr. Vincent

## **SOCCER INDOOR & OUTDOOR**

Indoor – Winter, Outdoor April & May

**Boys:** Mr. Sherk & Mr. Bilous

**Girls :** Mrs. O'Flaherty

## **TRACK AND FIELD OUTDOOR**

April and May

**Boys & Girls:** J. Peters, S. Tackie, R. Langrell

## **ULTIMATE**

Fall September and October  
Spring April & May

**Mixed:** Mr. Nemetchek & Mr. Lintott

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## **VOLLEYBALL**

Season Dates: September to November

**JV. Girls:** Mr. Vermette

**JV Boys:** Mr. Hilder/ Mr. Lockhart

**Beach Volleyball:** Mr. Vermette

**Varsity Girls:** Mr. Lafrance

**Varsity Boys:** Mr. Janzen Roth