




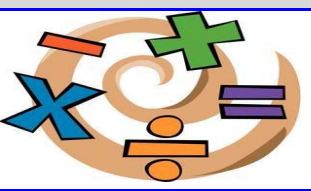


## **Clubs and Activities Book 2017-2018**

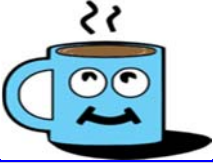



**Portsmouth Middle School,  
155 Parrott Ave,  
Portsmouth, NH 03801  
Grades 6 - 8 Enrollment: 558  
Phone: (603) 436-5781  
FAX: (603) 427-2326**

**Principal -Phillip Davis  
Assistant Principal - Tim Hodgdon**

Activities are subject to change

Activity	Approximate Time	Potential Instructors
 <b>Project Purple</b>	October -June	Ms. Burbine
<b>Activity Description:</b> Project Purple is an 8th grade student club. Our mission is to stand up against substance abuse and support healthy choices.		
 <b>Road Runners Club</b>	TBD	TBD
<b>Activity Description:</b> The Portsmouth Middle School Road Runners is a club committed to the overall health and well-being of our students by inspiring them to unlock their potential and achieve personal goals through the discipline of running. The club is open to students of all running abilities and brand new runners are especially encouraged to attend. We run two sessions each year, in the fall and in the spring, during which we train to run a local 5K road race. Please contact Deane Beman or Kristi Van Uden for more information.		
 <b>Mountain Biking</b>	September - October	Mr. Wahbi, Mr. McElroy, Mr. Allen, Ms. Birse-Siegel
<b>Activity Description:</b> The club provides a safe and fun biking atmosphere that nurtures a love for cycling and the outdoors. Our goal for each student is the same – an unforgettable experience. The program is conducted at the Portsmouth High School utilizing the high school cross country course. This set of trails departs from the back of the high school and winds through surrounding wooded areas passing near a few Portsmouth neighborhoods. The trails are pretty straight forward and an excellent place to learn mountain biking skills. There program has a few available bikes and helmets for students who do not own a bike.		
 <b>Mathcounts</b>	September - May	Ms. Rice
<b>Activity Description:</b> An engaging math program for middle school students of all ability levels in order to build confidence and improve attitudes towards math and problem solving. Mathcounts is national program that provides students the opportunity to compete in live, in-person math contests alongside and against their peers. It is open to all 6th, 7th, and 8th graders.		

Activities are subject to change

<b>Hot Chocolate Club (6<sup>th</sup> grade math help) AKA Lemonade Club</b> 	September - June	Ms. Rice
<b>Activity Description:</b> For all 6th grade math students- Ms. Rice and Ms. Scala serve up math and lemonade on Tuesdays and Thursdays from 2:15 until the late bus call. Please join us on a drop in basis. Also, we are always grateful for donations of powdered lemonade, pretzels, goldfish, and paper cups. Days may change depending on the spring after school activities.		
<b>Newspaper</b> 	September – June	Mrs. O’Connor-Gunn
<b>Activity Description:</b> The PMS Post is a quarterly newspaper for students, by students (with a little help from OCG). We meet every Tuesday after school in the PMS library. Roving reporters whip up articles about all the latest and greatest happenings at PMS in addition to current trend reports, original comics, art reviews, and more! In addition to our Tuesday meet-ups, reporters utilize our google classroom to share, edit, and compose our paper. This satellite workstation makes it easy for students with packed schedules to contribute even when they fill their Tuesday afternoon with an alternate activity. We welcome aspiring reporters from 6th, 7th, and 8th grade.  <b>In Brief:</b> Tuesdays. After School. PMS Library. All year long. 6th, 7th, and 8th grade.		
<b>CPR/AED Certification Course for PMS Students</b> 	To Be Announced	Mrs. Birse Siegel
<b>Activity Description:</b> CPR/AED American Heart Association student certification course. A 2 hour class after school held two times a year winter and spring in the Health Room, C117. Sign up with Mrs. Birse Siegel. There is a \$5 fee and checks can be made out to McGregor EMS.		
<b>After-school Ultimate Frisbee</b> 	October	Mr. Mitchell

Activities are subject to change


**Activity Description:** *After-school Ultimate Frisbee* is an intramural activity open at all students in grades 6, 7 and 8. Ultimate Frisbee is offered during the month of September. All games begin immediately after-school and will end in time for students to take the late bus home.

Student Council		October – June	Ms. Bouzakine, Mr. Rose
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**Activity Description:** Student Council is a student elected position that carries great responsibility. The council is formed to serve the student population, make Portsmouth Middle School an inclusive and forward-thinking community, and improve both our school and community at large. It is a tremendous recognition and responsibility that allows the members to learn the responsibilities of student and civic leadership, as well as the processes of government and promoting change. Elected students meet once a month and help to promote school activities such as dances, school initiatives and spirit week. Student council members must also complete a minimum of 12 hours of community service outside of school as well as adopting a new school-wide initiative for the year like composting, creating gardens, and creating a climate of inclusion


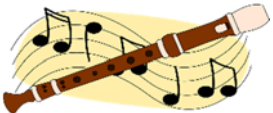


Chamber Singers		October – June	Mr. Johannessen
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**Activity Description:** Chamber Singers is our select choir, open to all 7th and 8th grade chorus student by audition. Advanced 6th grade chorus students may be invited to audition on occasion. The ensemble meets once per week after school, and performs at various school and civic events including school concerts, caroling in Downtown Portsmouth, performing at City Council and School Board meetings, and various other outreach performances.

Yearbook		October – May	Ms. Provost
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**Activity Description:** The PMS Yearbook Club undertakes the responsibility of capturing, collecting, organizing, and publishing a school year full of memories and milestones. Typically open to only Grade 8 students, this year the invitation was extended to Grade 7 in order to build a team that can hit the ground running in the fall. Club participants verify all students are in the yearbook and listed correctly, gather names from group photos, create collages, and keep up the tradition of posting baby pics of our eighth graders. The club now works to promote pre-sales so we can accurately order enough books based on demand. It's a commitment that runs through April break and requires students to be dedicated to their assigned jobs even on their personal time.

Activities are subject to change

 <p><b>Brass Ensemble</b></p>	Fall/Spring	Ms. Randall
<p><b>Activity Description:</b> Brass Ensemble is open to 7th and 8th grade band members (6th graders based on director approval) who play brass instruments. We rehearse weekly after school; performance opportunities may include caroling in downtown Portsmouth for the holidays, performing for the School Board or City Council, and playing at the Mark Wentworth Home, in addition to other concert venues. The music varies by season and ranges in complexity - come join a fun group for some extra playing time!</p>		
 <p><b>Woodwind Ensemble</b></p>	Fall/Spring	Ms. Randall
<p><b>Activity Description:</b> Woodwind Ensemble is open to 7th and 8th grade band members (6th graders based on director approval) who play woodwind instruments. We rehearse weekly after school; performance opportunities may include caroling in downtown Portsmouth for the holidays, performing for the School Board or City Council, and playing at the Mark Wentworth Home, in addition to other concert venues. The music varies by season and ranges in complexity - come join a fun group for some extra playing time!</p>		
 <p><b>Jazz Band</b></p>	Spring	Ms. Randall
<p><b>Activity Description:</b> Jazz Band is open to all band members, and other students with director approval. The Jazz Band provides an extracurricular opportunity for students to participate in a big band style ensemble and perform music from the jazz, blues, rock, latin, be-bop, and swing styles. We rehearse weekly after school and perform at the PMS Spring Concert, with the potential for additional performance opportunities.</p>		
 <p><b>Art Club</b></p>	October - December & February - May	Ms. Nuttall and Ms. Shea

Activities are subject to change

**Activity Description:** Portsmouth Middle School Art Club offers extra-curricular opportunities in the visual arts to students in grades 6, 7 and 8. A wide variety of art topics, mediums and techniques are explored including both traditional and non-traditional processes. Art Club is not a substitute for Visual Arts classes that run in the regular school day schedule, but rather is an additional short-term opportunity for those who love art to gather and share art-making experiences! Art club runs one day per week, for 6-8 weeks in 2-3 separate sessions during the school year, allowing for different projects, mediums and activities as well as for accommodating the maximum number of students who are interested.

#### Geo Bee



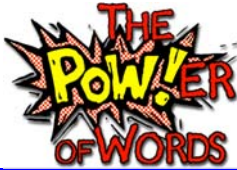
January- May

Ms. Garganta, Ms. Chicooree, Ms. Crane

**Activity Description:** The PMS Geography Bee Club is open to any interested 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade student. We conduct practice sessions for students interested in participating in the school wide bee and students who just have an overall love for Geography.

The National Geographic Bee is a nationwide contest for schools in the United States. The Bee is open to students in grades 4-8. The Bee is a program of the National Geographic Society. It is designed to encourage the teaching and studying of geography.

#### Wordsmiths



November – February

Ms. Mickela

**Activity Description:** Wordsmiths is a weekly club held in the PMS library after school on Mondays for kids who want to come and play word games such as Bananagrams, Boggle and Scrabble. It is a drop-in club so there is no commitment, just come when you need a fun distraction. The club meets November to the end of the year.






#### Spelling Bee

November/December

Ms. Mickela




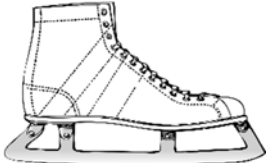
**Activity Description:** The PMS Spelling Bee is an annual competition held at the end of November/beginning of December and sponsored by Scripps Howard and the Manchester Union Leader. Interested students get the list of words to study from the librarian and compete in the school spelling bee which is held mid December after school in the library. There are no sign ups necessary. The winner goes on to compete in the NH State Spelling Bee in Concord in February.

Activities are subject to change





<b>Chess Club</b> 	November – June	Mr. James
<b>Activity Description:</b> There is no fee to join Chess Club and players of ALL levels are invited to participate. All members will participate in an on-going chess league, known as the ‘Chess Ladder’, and several times during the school year we also hold knockout ‘Chess Tournaments’. There is no need to ‘sign-up’, just show up on Tuesdays.		
<b>Drama</b> 	November – June	Mr. Caple
<b>Activity Description:</b> The PMS Theatre Department offers one fully produced musical annually. Students audition to be in the show, rehearse for about two months, and perform a preview for the entire middle school in addition to the public performances that take place in the evenings. Students have the opportunity to sing, act, and dance while working with a production team of industry professionals and PHS Theatre Department students. Those interested in backstage offerings can sign up to be on crew and run the light board, sound board, spotlight, move set pieces, and help with actor quick changes. There's something for everyone!!		
<b>Electronics for Beginners</b> 	November – April	Mr. James
<b>Activity Description:</b> During the course the students will learn to identify, and safely use, a variety of electronic components and they will learn how to permanently connect electrical circuits by using solder and a soldering iron. By the end of the course each child will make an electronics project that they will keep.		
<b>Adventure Club</b>	October(Fall Session) and May (Spring Session)	Mr. Mitchell and Ms. Hass
<b>Activity Description:</b> <i>Adventure Club</i> offers students an opportunity for fun, adventure, skill building and personal and leadership growth. With a commitment to “challenge by choice,” each student will be able to stretch according to his/her needs and definition, take risks, discover new ways of thinking and learn how to give and receive help and support from adults and peers. Adventure Club is open to all 7th and 8th grade students. This club is limited to 16 students and parental permission is required.		

Activities are subject to change




 <b>Teen Yoga</b>	November - December	Ms. Birse-Siegel
<b>Activity Description:</b> Teen Yoga is a six week after school program open to all middle school students. Through yoga exercises and poses students will practice strength, balance and flexibility. Breathing and mindful meditation techniques will be introduced to help students focus and release anxieties.		
 <b>6<sup>th</sup> grade intramural basketball</b>	December – February	Mr. Hodgdon
<b>Activity Description:</b> Starting in November any interested students can sign up to participate in 6th grade basketball. Games occur every Saturday (weather permitting) and there is one practice (usually about an hour) scheduled for each team during the week. All students make a team and the emphasis is on skill development.		
 <b>Ski Club</b>	January – February	Ms. Bakkom and Mr. Davis
<b>Activity Description:</b> Students who sign up for Ski Club will participate in 6 after school trips to Gunstock ski resort in Gilford, NH. We have students who have never skied, as well as some students who do ski racing, so there is truly something for everyone. Students take a group lesson each week and then have free ski time with friends on the mountain. The fee for this activity is around \$300 and includes 6 weeks of coach bus transportation, 6 Ski Tickets, and 6 group lessons; rentals are provided at additional cost. Students receiving the free lunch at school can participate at reduced cost.		
 <b>Ice Skating</b>	January – February	Mr. Rose; Mrs. Murphy
<b>Activity Description:</b> Portsmouth Middle School offers two separate ice skating clubs each winter at the Puddle Dock Outdoor Skating Rink at Strawberry Banke. Student participants get skate rentals, a 45-minute lesson and 45-minutes of open skate time to work on their skills. Skating club lasts for 5-weeks and meets after school before walking over the rink to learn a life-long winter activity with their friends and peers.		

Activities are subject to change

<b>Bowling</b> 	January - March	Mrs. D. Jones
<b>Activity Description:</b> Bowling Club is a great way to meet new kids and have a fun time at Bowl O' Rama. Students will take the bus P3 to bowling directly after school. Parents must pick up bowlers at 4 pm. There is a minimal weekly fee and scholarships are available on a need base. Come join us for a fun time!		
 <b>Dodgeball</b>	March	Mr. Mitchell
<b>Activity Description:</b> Dodgeball is an after-school intramural activity open to all students in grades 6, 7 and 8. Dodgeball sign-ups take place in February and games will begin in early March. Games will start immediately after-school and end in time for students to take the late bus home.		
 <b>Girl's Lunch Group</b>	September – June	New Heights
<b>Activity Description:</b> GirlTalk! is a lunchtime roundtable discussion group that meets every Friday during the school year. It is completely voluntary, and girls may come, or not, as they please. Over the course of the year we share stories and get to know each other in ways that the everyday school environment may not encourage. Hopes and dreams, excitements and disappointments, we talk about whatever is on their minds. If the conversation lacks progression, I may posit a daily question for them to answer, for instance..."What does it mean to be strong? ...and I don't mean muscles."		
 <b>Boy's Lunch Group</b>	September – June	Mr. Hodgdon
<b>Activity Description:</b> Students who are looking to expand their social networks will often be invited to eat lunch with one of PMS's administrators. These lunch clubs consist of anywhere from 6-8 students. Students are given a specific topic to increase conversation. Typical discussion topics are school, technology, and gaming.		

Activities are subject to change

<b>Jewelry Making Club</b> 	November – December	Mrs. Arsenault
<b>Activity Description:</b> Jewelry Club generally starts after Thanksgiving break. We meet once a week until the week before Christmas vacation. Projects that we do include making earrings, bracelets or necklaces. Students enjoy making gifts for family members and friends. There is no cost for this, just come in, use your creative thinking, and have some homemade snacks.		
<b>School Athletics Potential Offerings</b>		Mr. Foley , Athletic Director
<b>Boys Varsity and JV Soccer</b> <b>Girls Varsity and JV Soccer</b> <b>Cross Country</b> <b>Field Hockey</b> <b>Girls Varsity and JV Volleyball</b>	<b>Varsity and JV Boys basketball</b> <b>Boys Varsity and JV Baseball</b> <b>Girls Varsity and JV Softball</b> <b>Track and Field</b>	

Activities are subject to change