



Knob Noster High School Co-Curricular Activities Manual

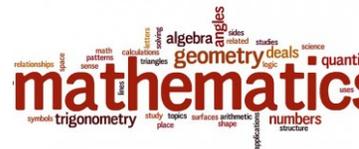


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Principal's Notes

Knob Noster High School offers a wide array of co-curricular opportunities for students. Whether you are beginning your first day with us or returning for your final year, I'm certain that Knob Noster High School offers activities catering to a range of interests. Researchers continually conclude that students involved in after-school activities perform better academically than students not involved.

The KNHS Co-Curricular Manual contains information on each of the clubs or organizations available to students attending KNHS. Information on each club or organization includes a description, criteria for membership, and major activities in which they are involved.

While we offer a variety of clubs and activities for your participation, we realize that you may be interested in starting a new club to meet your interests. If this is the case, you will be happy to know the process to start a new club is quite simple. Your first step is to find a school employee who would be willing to sponsor your club. Once you have secured a sponsor, you will need to talk with the building principal to get the club approved. If approved, it will be up to you and the sponsor to set your first meeting and advertise to get things rolling. It's that simple!

Air Force Junior Reserve Officer Training Corps (AFJROTC)

Air Force Junior Reserve Officer Training Corps (AFJROTC) is a program offered to high school students in grades 9-12. All AFJROTC classes are blends of material from an Aerospace Science (AS) component course, a Leadership Education (LE) course and the Wellness program. Our courses teach AS 40% of contact time, LE 40% and Wellness 20%. All students will be granted academic credit applicable toward graduation requirements for the successful completion of AFJROTC courses provided by the Air Force equivalent to credit given for other academic courses.

Drill and Ceremonies is offered as a part of the Leadership Education phase of a given course or can be taught as a zero hour class or as an after school extracurricular activity as part of the Leadership Education component. If a cadet participates in Drill Team activities before or after school, they must also be enrolled in an AS/LE course to be counted as part of the unit's AFJROTC enrollment. The Drill and Ceremonies course may also be taught as a stand-alone course and may be counted toward the duplicated headcount, if the following criteria are met: (1) all students enrolled in drill-only class must be concurrently enrolled in a regular AS/LE class; (2) the drill-only class must be recognized for graduation credit by the school, and (3) must not detract from the overall AFJROTC program. Drill-only class enrollment does not count toward the AFJROTC Certificate of Completion.

Upper class cadets manage the entire corps under AFJROTC instructor supervision. This course provides hands-on experience and the opportunity to put the theories of previous leadership courses into practice. All the planning, organizing, coordinating, directing, controlling, and decision-making will be done by the cadets, under the supervision of AFJROTC instructors. They practice their communication, decision-making, personal-interaction, managerial, and organizational skills.

Our curriculum is designed for each Aerospace Science level. AS-100 (Freshman), AS-200 (Sophomore), AS-300 (Junior), and AS-400 (Senior). Some of the curriculum areas overlap the AS levels to enhance the development of cadet leadership/management skills and life-skill principles.

Criteria for Membership

Must be in the AFJROTC program.

Air Force Junior Reserve Officer Training Corps (AFJROTC) (cont'd)

Activities

- Safe Halloween
- Food Drives
- Military Ball
- Drill Competitions
- Cyber-Patriot
- Academic Bowl

Fundraising Opportunities

- Candy Bar Sales

Sponsor

Lt Col (ret) David Stevens (email: dstevens@knobnoster.k12.mo.us)

Chief (ret) Steve Gardner (email: sgardner@knobnoster.k12.mo.us)

Anime Club

Anime Club is a place where people who share an interest in Japanese culture and media may gather. We watch anime and discuss the cultural significance of the anime we watch.

Meeting Dates

Meet every Friday (unless school is not in session) from 3:08 p.m. to 4:00 p.m. in Room 112.

Criteria for Membership

Anyone may join Anime Club.

Activities

Every spring, Anime Club members are invited to attend Naka Kon as a group. Naka Kon is a large meeting of individuals that enjoy anime, manga, and Japanese culture.

Fundraising Opportunities

- Bake sales
- Other small fundraisers throughout the winter

Sponsor

Thomas Duane (email: tduane@knobnoster.k12.mo.us)

Art Club

Art club is an organization where any student interested in art is welcome. In Art Club students are encouraged to have projects independent from art class. This is an opportunity for them to explore and experience different mediums, techniques and collaborative projects. The goal of the origination is to increase student involvement in the school and community through the arts.

Meeting Dates

Meet every Thursday at 7:15 a.m. in Room 4.

Criteria for Membership

Students need to attend 75% of the meetings and take part in fundraising activities in order to participate in large events.

Activities

Possible Museum Trips and Community Service Project.

Fundraising Opportunities

- Face Painting at Sporting Events

Sponsor

Halley Bridges (email: hbridges@knobnoster.k12.mo.us)

Band

This group starts out as the Marching Band - This is the High School Band for approximately the first three months of school. We function as a competing group at parades and as a support group for home football games, civic events and community relations. Concert Band - This is the High School Band after Marching Band season until the end of the year. You must be enrolled in this class for two semesters.

Meeting Dates

Required summer band camp and each day during the school year.

Criteria for Membership

Completion of 8th Grade Band or director approval.

Activities

- Compete as a group at parades
- Support group for home football games, civic events and community relations
- Concert Band - Performance group for public concerts, school assemblies
- Music Festivals for ratings
- Community Relations - Christmas Concert, Pre-contest Concert, District contest, Spring Concert, Baccalaureate (voluntary), Commencement, Concert Band Festival(s)

Fundraising Opportunities

- Fall fundraiser with Century Resources
- Discount Cards
- Annual Pre-Contest Concert and Raffle/Auction

Sponsor

Steve Hunter (email: shunter@knobnoster.k12.mo.us)

Band (Jazz)

This class meets for the entire year and studies the art of jazz performance and jazz improvisation. Performances include but are not limited to: Sonic fundraiser, Christmas concert, Jazz Festival(s), Spring Concert, basketball pep band, other selected community events and collegiate events upon invitation and acceptance.

Meeting Dates

Each day during the school year.

Criteria for Membership

Completion of 8th Grade Band or director approval. Freshman must also be enrolled in High School Band unless director approval is given to just take jazz band. This will only occur if there is a conflict in scheduling that cannot be avoided.

Activities

- Sonic fundraiser
- Christmas concert
- Jazz Festival(s)
- Spring Concert
- Basketball pep band
- Other community events and collegiate events

Fundraising Opportunities

- Fall fundraiser with Century Resources
- Discount Cards
- Annual Pre-Contest Concert and Raffle/Auction

Sponsor

Steve Hunter (email: shunter@knobnoster.k12.mo.us)

Choirs

Singing opportunities at Knob Noster High School include two choirs: the Concert Choir and the Show Choir, "Pulse."

Meeting Dates

All events for choir are posted on the High School webpage calendar and available in the Choir Handbook handed out in choir classes.

Criteria for Membership

Membership in the Concert Choir is open. Interested students need to be willing to sing and be enrolled in the class. The Show Choir, "Pulse," is an auditioned choir. Students must be selected by the director. All Choir students must meet and maintain MSHSAA eligibility requirements due to the amount of extra-curricular activities available.

Activities

- Concerts
- All-School Musicals
- All-Conference, All-District, and All-State choirs
- Solo and Small Ensemble competitions
- Choir competitions (Large Ensemble and Show Choir)
- Tours to other district schools, nursing homes, and community performances
- National Anthems at assemblies and home sports events

Fundraising Opportunities

- Music Clings
- Brochure Sales
- Discount Cards
- Coffee Sales
- Service fundraisers, such as car-hopping at Sonic, McTeacher Night at McDonalds, and car washes

Sponsor

Don Gill (email: dgill@knobnoster.k12.mo.us)

Critical Thinking

Knob Noster Critical Thinking Team is a group where students have fun and gain confidence in their ability to solve any challenge. In working to solve our Challenges, teams learn skills (creativity, critical thinking, collaboration, communication, citizenship and courage), step outside of their comfort zones to pursue ideas and make presentations, and build on their unique strengths. The team will also run a business and define a community need to help.

Meeting Dates

Meeting dates are centered around the students and team competitions.

Criteria for Membership

Students must be enrolled in the Critical and Creative Problem Solving Class and/or meet Missouri state eligibility criteria as gifted and talented.

Activities

- Destination Imagination competition
- Community Service Projects
- Develop their own business which includes creating their own product
- Extempore' Competition

Fundraising Opportunities

- Spaghetti Dinners
- Pizza Hut Night
- Water bottle sales at graduation
- Additional opportunities based on need

Sponsor

Vanessa McKenzie (email: vmckenzie@knobnoster.k12.mo.us)

Family, Career and Community Leaders of America (FCCLA)

The Knob Noster High School Family, Career and Community Leaders of America's mission is to help others while growing as individuals through community service, building relationships, and becoming leaders.

Meeting Dates

Meetings are held the second and fourth Wednesday of every month at 6:30 p.m. in Room 10.

Criteria for Membership

Members must have at least 75% attendance (of all FCCLA events, unless excused) to participate in FCCLA field trips and membership dues of \$20.

Activities

- Community Service: Cookies for Kids' Cancer Bake Sale, Pennies for Panthers, Clothing Drive with National Honor Society
- Team Building: Lock-In, Ice Skating, Region 12 Meeting, National FCCLA Week
- Leadership Opportunities: Executive Board, Public Relations Committee, heading an event

Fundraising Opportunities

- Parents' Night Out
- Silent Basket Auction

Sponsor

Veronica Chan (email: vchan@knobnoster.k12.mo.us)

Fellowship of Christian Athletes (FCA)

God is doing amazing things every day through thousands of people on teams, in schools, and in communities worldwide. Fellowship of Christian Athletes unites two passions, faith and athletics, to impact our school in a positive way.

Meeting Dates

Meet weekly each Wednesday at 7:15 a.m. in the Conference Room in the LMC.

Criteria for Membership

NONE! FCA is open to any student wanting to join. You do not have to be an athlete to join.

Activities

- Weekly devotions
- Community service events
- Other activities as interest develops

Sponsor

Amanda Wesley (email: awesley@knobnoster.k12.mo.us)

Flag Corps

A Marching Band unit chosen by audition in the late winter/early spring after a week of clinics and faculty evaluations. Flag Corps/Captain(s) are interviewed and appointed. Direct involvement is during summer Marching Mini-Camp and Camp - All Marching performances.

Meeting Dates

Required Summer Band Camp. Each day during the school day. This group may compete separately. Competing separately from the band, may require extra rehearsals before or after school.

Criteria for Membership

Tryouts in the late winter/early spring. Members will choose one of the following three options when signing up for flags:

1. Play your regular instrument after marching season and take band second semester.
2. Play your regular instrument after marching season and take band first semester only.
3. After marching season, continue making up routines to be performed at selected home sporting events and the Christmas concert for first semester only.

Activities

- All Marching Band performances
- Two home basketball games
- Flag Corps competitive events
- Annual High School Christmas Concert

Fundraising Opportunities

- Fall fundraiser with Century Resources
- Discount Cards

Sponsor

Steve Hunter (email: shunter@knobnoster.k12.mo.us)

Future Business Leaders of America (FBLA)

Future Business Leaders of America (FBLA) is the largest and oldest business student organization in the world! It is a premier business education association preparing students for careers in business.

Meeting Dates

_____l.

Criteria for Membership

The Knob Noster High School FBLA is targeted toward students taking business related courses but is open to any student interested in learning more about the world of business and developing leadership skills that can be used in any career field. Annual membership dues of \$10 which covers the student's State and National Dues.

Activities

- Leadership training opportunities locally, statewide and nationally
- Networking with students in other districts and businesses throughout the state
- District and State competitions
- Community Service
- Facilitates Spring Blood Drive

Fundraising Opportunities

- Paws-n-Shop (school store)

Sponsor

Neva Allen (email: nallen@knobnoster.k12.mo.us)

Math Relay Team

The Math Relay Team is a group of math enthusiasts who go to competitions at neighboring schools to solve many types of problems.

Meeting Dates

Meetings are held before school on Tuesdays, Wednesdays, and Thursdays of contest season in Room 108.

Criteria for Membership

A love of math!

Activities

Competing against area schools for mathematical domination.

Sponsor

Taryn Moser (email: tmoser@knobnoster.k12.mo.us)

National Honor Society (NHS)

The National Honor Society (NHS) is the nation's premier organization established to recognize outstanding high school students. More than just an honor roll, NHS serves to honor those students who have demonstrated excellence in the areas of scholarship, leadership, service, and character.

Meeting Dates

Meetings are currently held every Thursday at 7:20 a.m.

Criteria for Membership

Criteria for membership is in the process of being changed. The executive board is getting ready to vote on the new criteria.

Activities

- Fall Blood Drive
- Can Food Drive
- Clothing Drive
- Angel Tree
- Members Ice Cream Social
- Induction Ceremony
- Graduation
- Pop Tabs for Ronald McDonald House w/ Elementary Honor Society

Fundraising Opportunities

- Rock A Thon

Sponsor

Donna Craig (email: dcraig@knobnoster.k12.mo.us)

National FFA Organization

FFA is a dynamic youth organization within agricultural education that changes lives and prepares students for premier leadership, personal growth and career success.

Meeting Dates

Meetings are held the third Wednesday of each month at 6 p.m. in Room 14.

Criteria for Membership

Membership requires the enrollment of an agriculture class and a membership fee (currently \$30).

Activities

- National and State FFA Conventions
- Barnwarming
- FFA Alumni Hog Roast
- Field trips
- Barnyard Day
- Greenhouse plant sale
- Area, district, and state contests.
- Much More

Fundraising Opportunities

- Many opportunities to raise funds.

Sponsor

Rachel Longan (email: rlongan@knobnoster.k12.mo.us)

Scholar Bowl

Scholar Bowl (aka Quiz Bowl, Academic Bowl, Brain Bowl, Academic Team, Academic Varsity Bowl, Academic Challenge, Scholar Quiz Bowl, Knowledge Bowl, or Masterminds) is an academic club in which teams of four players compete against other schools to answer questions on on all topics of human knowledge in various subjects. The team with the highest score at the end of the match wins.

Meeting Dates

Practices are held every Thursday from 3:15 p.m. to 4:30 p.m. in Room 12. Competition Quads are held on specifically scheduled Wednesday evenings.

Criteria for Membership

Scholar Bowl competitions are governed by MSHSAA and students must meet and maintain MSHSAA eligibility requirements. Membership dues are possible.

Activities

- 4 Quads during regular season (3 away)
- Conference Tournament - Metropolitan Community College, Independence, Missouri
- District Tournament - Location to be determined each year

Fundraising Opportunities

- Several throughout the winter season

Sponsor

Becky Forest (email: bforest@knobnoster.k12.mo.us)

Science Olympiad

Science Olympiad competitions are like academic track meets, consisting of a series of 23 team events in each division (Division C is high school). Each year a portion of the events are rotated to reflect the ever-changing nature of genetics, earth science, chemistry, anatomy, physics, geology, mechanical engineering and technology. By combining events from all disciplines, Science Olympiad encourages a wide cross-section of students to get involved. Emphasis is placed on active, hands-on group participation. Through Science Olympiad, students teachers, parents, principals and business leaders bond together and work toward a shared goal.

Meeting Dates

Practices are held every Tuesday from 3:15 p.m. to 4:30 p.m. in Room 12 during the season.

Criteria for Membership

Anyone may join Science Olympiad.

Activities

- Holden Tournament (January)
- Regional Tournament (February) held at University of Central Missouri, Warrensburg
- State Tournament (April) held at University of Missouri, Columbia

Fundraising Opportunities

- Several throughout the winter season

Sponsor

Becky Forest (email: bforest@knobnoster.k12.mo.us)

Speech and Drama Club

Speech and Drama Club combines the talents and activities of the competitive speech team, the Talking Panthers, and the actors and crew of the plays, the Theatre Guild.

Meeting Dates

Meetings are held the second Thursday of every month at 7:15 a.m. in Room 106.

Criteria for Membership

The club is open to any student, but enrollment in speech and drama classes is strongly suggested. Members must also meet and maintain MSHSAA eligibility requirements because of the extra-curricular nature of the club's activities. Membership dues are possible.

Activities

- Speech Tournaments
- All-School Plays and Musicals
- Competitive One-Act Plays
- Competitive Reader's Theatre
- Field Trips

Fundraising Opportunities

- Hosting annual Speech Tournament
- Bake Sales
- Dinner Theatre
- Others as needed

Sponsor

Don Gill (email: dgill@knobnoster.k12.mo.us)

Student Council

Student Council is an organization in charge of promoting school spirit, planning Homecoming and Court Mat dances, and volunteer work and fundraising.

Meeting Dates

Meetings are held Tuesdays and Fridays at 7:15 a.m. the month before Homecoming and the month before Court Mat and on Fridays at 7:15 any other time of the year.

Criteria for Membership

Students who wish to be representative for their class must complete a petition in the spring (if they are going to a sophomore, junior, or senior the next school year) or at the beginning of the school year (if they are a freshman that year). Students who wish to be an officer for their class or an executive officer must complete a petition in the spring (if they are going to a sophomore, junior, or senior the next school year) or at the beginning of the school year (if they are a freshman that year) AND they must film a campaign speech and make at least one poster to be hung in the school. Sophomore, Junior, Senior, and Executive Officers will be voted on by the entire student body in the spring. Freshman Officers will be voted on by the council at the beginning of the school year. Students who wish to run for an Executive Office must have a cumulative GPA of at least 3.0 and some high school Student Council experience. Students who wish to run for a Class Office or be a representative must have a cumulative GPA of at least 2.5.

Activities

- Homecoming Dance
- Homecoming Parade
- Powder Puff Football Game
- Court Mat Dance
- Mr. Panther Pageant & Talent Show
- Trails West Regional Conference
- Various volunteer work and fundraising activities throughout the year

Fundraising Opportunities

- Homecoming T-Shirts
- Mr. Panther Pageant & Talent Show
- Various fundraising activities throughout the year

Sponsor

Kelly Zeilstra (email: kzeilstra@knobnoster.k12.mo.us)

Student 2 Student (S2S)

Student 2 Student (S2S) welcomes incoming students to their new school and helps departing students prepare for their next school.

Meeting Dates

Meet as needed.

Criteria for Membership

Students who wish to be an S2S representative must meet the following:

1. C or better in all classes
2. Capable of making up work for classes missed while escorting students
3. Good attendance record (95% or above)
4. Positive role model for our school
5. Models our school's code of conduct
6. Comfortable relating to others
7. Accepts challenge and commitment
8. Represents a diversity of school activities (sports, clubs, etc.)
9. Energetic, authentic, engaging, creative
10. 100% accepting of peer differences

Activities

- New Student Orientation
- Building Tours
- Ice Cream Socials
- Pizza Parties
- Other activities as interest develops

Sponsor

Amanda Wesley (email: awesley@knobnoster.k12.mo.us)

Ray Maxwell (email: rmaxwell@knobnoster.k12.mo.us)

Taco Tuesday Squad

This organization's purpose is to offer Spanish language students an opportunity to come together, use the target language in a fun, enriching way, and enjoy authentic target-culture cuisine (including, but not limited to, tacos).

Meeting Dates

Meet the last Tuesday of every month during 5th Hour in Room 113. Members are invited to come during their designated lunch period.

Criteria for Membership

In order to be a member, one must be enrolled in a Spanish-language course and pay monthly supply fee of \$1.

Activities

- Enjoy tacos, culture, and the language together
- Plan and execute school-wide culture and language awareness activities during the year
-

Fundraising Opportunities

- To be decided

Sponsor

Adam Morton (email: amorton@knobnoster.k12.mo.us)

Technology Education Association of Missouri (TEAM)

Technology Education Association of Missouri (TEAM) is an association devoted to the development and advancement of Technology and Engineering education in the State of Missouri.

Meeting Dates

Meetings are held the last Thursday of every month in the Industrial Arts Room.

Criteria for Membership

Students must be enrolled in Industrial Technology or PLTW course.

Activities

- Regional and State TEAM competitions (i.e., woodworking, metalworking, CAD)

Sponsor

Aaron Avery (email: aavery@knobnoster.k12.mo.us)

Kevin Blevins (email: kblevins@knobnoster.k12.mo.us)

Technology Student Association (TSA)

Technology Student Association (TSA) is a student organization that has over 200,000 members nationwide that aspire to be future engineers, scientists, and technologists. TSA offers leadership and opportunities in technology, innovation, design, and engineering. Members apply STEM concepts through co-curricular programs.

Meeting Dates

Meetings are held the last Thursday of every month in the Industrial Arts Room.

Criteria for Membership

Students must be enrolled in PLTW Engineering course and carry a 3.0 cumulative GPA.

Activities

- Regional and State TSA Competitions (i.e., robotics, problem solving, video game design)
- National Competitions (if qualified)

Sponsor

Aaron Avery (email: aavery@knobnoster.k12.mo.us)

Kevin Blevins (email: kblevins@knobnoster.k12.mo.us)

World Language Club

This organization's purpose is to give Spanish and French language students an opportunity to apply their knowledge of their second language (and culture) outside of class time for personal enjoyment and enrichment.

Meeting Dates

Meetings are typically held the second and fourth Tuesday or Thursday morning of each month.

Criteria for Membership

In order to be a member, one must be enrolled in a world language class or have a sincere interest in world languages/cultures.

Activities

- Monthly cultural activities (typically thematic and tied to holidays/celebrations)

Fundraising Opportunities

- Crepe Sales
- Hat Days

Sponsor

Sara Baker (email: sbaker@knobnoster.k12.mo.us)

Adam Morton (email: amorton@knobnoster.k12.mo.us)

Writer's Club

Students will pursue their own interests in writing, with specific goals set for each meeting. Members will be able to peer review each other's work. The entire group will also have monthly topics and genres. Opportunities will be provided for publishing the writing created by members. The club will encourage a student to expand his or her ability to write with different goals in mind.

Meeting Dates

Meet weekly on Tuesday mornings at 7:20 in the LMC.

Criteria for Membership

Open for anyone who enjoys reading and writing.

Activities

- UCM Spring Literature Festival
- Publishing Writings

Sponsor

Becky Wood (email: bwood@knobnoster.k12.mo.us)