

CEMS EXTRACURRICULAR PROGRAMS

The goals of our middle school extracurricular programs are as follows:

1. Build self-esteem
2. Build skills
3. Expand interest in lifetime and leisure activities
4. Provide an opportunity for social and personal growth
5. Encourage and allow all participants an opportunity to participate
6. Enjoy team camaraderie
7. Allow participants to experience commitment and establish a work ethic
8. Develop an understanding of the game/activity and associated rules
9. Sportsmanship
10. Fitness

DRAMA CLUB: Spring Musical (mid Jan. through early April); Opportunities for participating in all aspects of a theater production. Auditions held for performers in January, with rehearsals scheduled 3-5 days/wk. after school depending on the role. Tech., scenery creation, and other parts of the production begin in mid-February. Weekend performances and some weekend work/reh. Sessions.

Advisor- Steve Price (sprice@capeelizabetschools.org)

MS VARIETY SHOW: Open to all 5th through 8th grade students. First meeting in late December. Rehearsals are daily after school in early January leading up to 2 performances in mid-January.

Advisor - Steve Price (sprice@capeelizabetschools.org)

7th GRADE JAZZ BAND: is a co-curricular ensemble that is open to interested seventh grade concert band members. This performance based class will introduce classic jazz tunes and basic improvisational skills. (Students interested in playing rhythm section instruments will need to audition as there are limited spots for those instruments.) An informal performance will take place in the spring. Meets Thursday mornings at 6:55am starting in late October.

Advisor- Caitlin Ramsey (cramsey@capeelizabetschools.org) & Missy Shabo (mshabo@capeelizabetschools.org)

8th GRADE JAZZ BAND: is a co-curricular ensemble that is open to interested eighth grade concert band members. Students in this ensemble will learn standard jazz tunes and work on improvisation. (Students interested in playing rhythm section instruments will need to audition as there are limited spots for those instruments.) The eighth jazz band participates in the CEHS jazz workshop, guest artist masterclasses and performs at Cape Jazz Cabaret. Meets Tuesday mornings at 6:55am starting in late October.

Advisor- Caitlin Ramsey (cramsey@capeelizabethschools.org) & Missy Shabo (mshabo@capeelizabethschools.org)

MATH TEAM: CEMS offers two levels of math team.

The 5th/6th grade math team will attend 4 meets this year. Practices will be held during grade level recess in Ms. Caruso's classroom starting in November. A schedule for the year will be distributed at the first meeting. Meeting dates will be on the morning announcements and listed in the google classroom.

Advisor: Allison Caruso (acaruso@capeelizabethschools.org)

The 7th/8th grade math team will attend 4 meets this year. Practices will be held during grade level lunches and during students' W.I.N. blocks starting in November. A schedule with dates, times and locations will be distributed at the first meeting.

Advisor: Ellen Bailey (ebailey@capeelizabethschools.org)

YEARBOOK: 5th-8th grade. Meetings are to be determined Oct.–April. Students are involved in all aspects of yearbook production. Meeting dates will be on the morning announcements.

Advisor: Hannah Hyde (hhyde@capeelizabethschools.org) and Allison Caruso (acaruso@capeelizabethschools.org)

STUDENT COUNCIL: 5th -8th grade. Elections are held in October with meetings held every other Wednesday morning at 7:15 a.m. in Ms. Caruso's room throughout the year. Meeting dates will be on the morning announcements and are listed in the google classroom.

Advisor - Allison Caruso (acaruso@capeelizabethschools.org)

CIVIL RIGHTS TEAM: The CEMS Civil Rights Team sponsored by the Maine Attorney's General office, meets regularly and initiates projects that engage our school community in thinking and talking about issues related to race and skin color, national origin and ancestry, religion, disabilities, gender (including gender identity and expression) and sexual orientation.

Advisors:

$\frac{5}{8}$ Erica Marcus (emarcus@capeelizabethschools.org); Eric Huntington (ehuntington@capeelizabethschools.org); Haley Malm (hmalm@capeelizabethschools.org)

$\frac{7}{8}$ Erica Marcus (emarcus@capeelizabethschools.org); Brigid Smith-Franey (bsmithfraney@capeelizabethschools.org)

ROBOTICS: CEMS offers two different levels of Robotics

Grade 5-6 VEX IQ

This program is offered twice each year, in the Fall and again in the Spring. Both sessions meet **Mondays** after school from 2:30 to 4 PM in the high school robotics lab. For more information, email Adam Killip at (akillip@capeelizabethschools.org)

Grade 6-8 VEX VRC Robotics

The Grade 6-8 program is part of the overall Grade 6-12 Cape Robotics club. 6th graders interested in VRC Robotics should have first completed a year of VEX IQ. The Robotics club roster is separated into smaller sub-teams. The sub-teams meet during one or more of several weekly "Build Sessions" overseen by coach-volunteers. For more information, contact Adam Killip (akillip@capeelizabethschools.org)

DEBATE TEAM: 5th –8th grade. The debate team meets in the LLC Friday mornings at 7 a.m. from October through early February. We have four debate meets with other Southern Maine middle schools that occur after school throughout the early winter months. CEMS will host the first debate of the season.

Advisor - Erin Nelsen (eneslsen@capeelizabeethschools.org)

RAINBOW LUNCH CLUB: Rainbow Lunch Club is a group of students dedicated to making CEMS a more welcoming and accepting place for all students, in particular those who identify as LGBTQI+. The group meets during lunch on Fridays and welcomes all who are interested in discussion and action to improve our school community.

7/8 Advisor -Sashi Kaufman (skaufman@capeelizabethschools.org)

5/6 Advisor -Kate Karlonas (kkarlonas@capeelizabethschools.org)

ATHLETICS: All sports are for 7th & 8th grade, unless otherwise noted. Students are responsible for signing up at the beginning of each season! Sign-ups are sent to families via email. For any questions, please reach out to our Athletic Liaisons, Charlie Tryder - ctryder@capeelizabethschools.org and Ally Bruckner - abruckner@capeelizabethschools.org Listen to morning announcements for sign-ups and practice times.

NOTE: Families must complete the Health History online prior to students being eligible for play. All 7th grade students must also have a Physical Exam or physician's clearance. Most sports hold practices after school with games during the week, although it varies from sport to sport.

For game/meet schedules please use the following [Cape Athletics Website](#).

Fall	Winter I	Winter II	Spring
Cross Country-(6th-8th) Field Hockey-(6th-8th) Boys' Soccer Girls' Soccer Tennis	Boys' Basketball Girls' Basketball	Indoor Track- (6th-8th) Swimming -(6th-8th)	Baseball Boys' Lacrosse Girls' Lacrosse Outdoor Track- (6th-8th) Softball