

2024-2025
Plymouth Regional High School
Co-Curricular Handbook

Get Involved!

PLYMOUTH



BOBCATS

Explore - Inspire - Connect



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WELCOME to the PRHS community!

We are glad you are here! Students, staff, faculty and administrators want to welcome you to this very special school community. We are excited to include you in our classrooms and in our extra curricular activities.

Excitement, nervousness, and anticipation are all common feelings when you come back to school after summer vacation or when you start at a new school. For some it may be overwhelming at first. However, we are committed to making your transition and your four years at PRHS a positive journey. Again, we are glad you are here!

Get Involved!

Plymouth Regional High School recognizes the important role that co-curricular activities play in students' education. We offer more than 30 clubs, groups, organizations (and that is not counting athletics!), each with its own style and activities - there is something for everyone!

The faculty and staff strive to develop a sense of connection and belonging for each student both in and out of the classroom. It is our goal to facilitate the development of skills you will need to thrive after graduation (check out the PRHS Vision of a Graduate on the next page). Co-curricular activities provide opportunities to connect with others, develop leadership skills, contribute to your community and create wonderful memories. Advisors take special care to provide safe ways to follow (or discover!) your passion, explore something new and stretch you from your comfort zone toward meaningful personal growth. From planning a school event or collecting food for local shelters, to performing on stage or participating in student governance, working together for a collective purpose gives you a sense of accomplishment and supports a sense of well-being. We strongly encourage you to become involved in some way. Read on for information on each co-curricular club, group and organization.

PRHS VISION OF A GRADUATE

PRIDE and Tradition

Pride and tradition, two cornerstones in the foundation of our school culture, are a legacy from our past and a vision for our future. Plymouth Regional High School is committed to preparing students to become productive and engaged citizens in a global community. Therefore, in addition to acquiring a core body of knowledge through local curriculum that reflects state and national standards, all students will develop the following skills and dispositions.

P *actical Skills and Personal Growth*

- *Develop viable skills that support success in the workforce*
- *Become a self - directed and adaptable lifelong learner*
- *Pursue interests and passions*
- *Reflect on successes and failures with resilience, tenacity, flexibility and perseverance*

R *esponsibility and Respect*

- *Demonstrate responsibility for one's own mental, physical and financial wellness*
- *Take ownership for learning and behavior*
- *Show reliability for tasks, time and ideas*
- *Exhibit honesty, integrity, empathy, fairness and respect*

I *nnovation and Critical Thinking*

- *Explore and design innovative solutions to complex and authentic problems*
- *Engage in creative expression*
- *Think creatively to transfer knowledge and apply skills to new situations*
- *Critically interpret, analyze, synthesize and apply information*

D *iversity and Awareness*

- *Value diverse opinions, ideas and abilities*
- *Recognize and respect other cultural perspectives*
- *Engage in new experiences to gain awareness*
- *Demonstrate civic, social, environmental and global responsibility*

E *ngagement and Communication*

- *Impact the community positively through service and/or leadership*
- *Collaborate effectively to produce a unified product*
- *Speak and write for authentic purposes*
- *Listen actively for understanding*

The PRHS Vision of a Graduate resulted from a collaborative process that included input from all stakeholders and is meant to be regularly reviewed and revised.

PARTICIPATION AND EXPECTATIONS

Participating in co-curricular activities at PRHS can be a very meaningful experience. Through participation, you can build relationships, explore interests, and contribute to your school and local communities.

The PRHS Co-Curricular Advisers encourage all students to engage in co-curricular activities. However, we caution students to be thoughtful about these choices. Please consider the following before joining a club:

- **Meaningful Attendance:** some clubs require attendance and some allow you to ‘drop in’ when you can. For those that require attendance, plan to be on time and stay until the end. Be mindful of how many commitments you have and ask yourself if you will be able to engage in the meetings in a meaningful way. Just ‘showing up’ isn’t enough - make your participation meaningful and valuable, and avoid spreading yourself too thin.
- **Plan Ahead:** Consult the co-curricular calendar included in this packet to see when activities meet so you can make an educated decision regarding your ability to commit your time and energies. Avoid conflicts between different co-curricular meeting times and other commitments (like work, private lessons, family commitments etc).
- **Less Is More:** It is more valuable to participate in a few activities in a meaningful way than to compile a long list of co-curricular activities where it’s hard to participate because you are too busy.
- **Leadership:** Clubs can be an excellent way to develop leadership skills. It is our strong recommendation that students do not hold officer positions in more than one or two organizations at a time so that you can concentrate your energies well.

COMMUNITY SERVICE

Community service is something we do from our hearts in order to be of service to others. Students who are in an Honor Society are considered leaders in our school community and embody a spirit of altruism. We believe that serving others is an honor. We take pride in these service hours as a way to encourage civic involvement, raise social awareness, strengthen the community and bring people together.

Honor Society

- There are 4 Honor Societies at PRHS
- 10 hours per year per honor society
- There is no 'double dipping' for service hours. There are 10 service hours for each Honor Society you are in

What counts as service?

- No grade, no money attached
- Who benefits?
- Not during class time; but yes during earned time
- Fulfill a need within the school or broader community

One form for all service hours

- All hours on one sheet which is included in this packet, on page 6 and is available digitally. You can also see your advisor for a copy
- If you are a member of multiple societies, you have all hours on ONE sheet

PRHS HONOR SOCIETIES SERVICE RECORD SHEET

Service is taking action with or on the behalf of others, without any material or financial compensation, school grade, or credit received. Service should not take place during school hours, except earned time.

Student Name: _____ School Year: _____

Honor Societies I belong to (check all that apply):

☐ National Honor Society

☐ French Honor Society

☐ National Technical Honor Society

☐ Spanish Honor Society

Date	Hours	Activity	Signature	Who benefited from your action?	PRHS Honor Society
					☐ NHS ☐ NTHS ☐ Fr. HS ☐ Sp. HS
					☐ NHS ☐ NTHS ☐ Fr. HS ☐ Sp. HS
					☐ NHS ☐ NTHS ☐ Fr. HS ☐ Sp. HS
					☐ NHS ☐ NTHS ☐ Fr. HS ☐ Sp. HS
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	CO- CURRICULAR GROUP	ADVISOR(S)	LOCATION	MEETING TIMES
1	Astronomy Club	Mr. McKenney	Room 120	Wednesday after school
2	Book Club	Mr. Amtmann & Ms. Fleck	Learning Commons	3rd Thursday after school
3	Britannia Society	Mr. Smith	Room 306	1st Wed., 2nd, 3rd, 4th Thursdays, after school
4	Chamber Singers	Mr. Gunn	Room 209	Wednesdays 5:00 pm
5	Distributive Educ. Club of America (DECA)	Mr. Spear	Room 214	Wednesdays 6:00 pm
6	Equestrian Club	Mrs. Barton	Abenaki Farm	Fridays - 4:00 pm
7	French Club	Mrs. Healy	Room 103	1st Tuesday after school
8	Health Occupations Students for America (HOSA)	Mrs. Appleby	Room 314	once per month day varies after school
9	Interact	Mr. Sutherland	Learning Commons	2nd and 4th Thursdays 7AM
10	Knitting Club	Mrs. Sargent	Learning Commons	Fridays after school
11	Literary Magazine	Mrs Boyle & Ms. Fleck	Learning Commons	Wednesdays after school
12	Math Team	Mr. Peters & Ms. Holt	Room 106	Wednesday competitions after school
14	Media Club	Mr. Salzer	Room 129	Thursdays after school
15	National Honor Society (NHS)	Mrs. O'Brien	Auditorium	1st and 3rd Wednesday 7 am
16	National Technical Honor Society (NTHS)	Mr. Fogarty	TBD	TBD
17	OSSIPEE Wellness Club	Dr. McGlone	Bobcat Cafe	Fridays 7am
18	Pep Band	Mr. Gunn	210 and Outside	Follows Football/Bball Schedule
19	QuizBowl/Granite State Challenge	Mr. Fogarty & Mr. Harris	Room 133	Wednesdays after school
21	Spanish Club	Ms. Simmons	Room 105	1st Tuesday after school
22	Students for Diversity	Ms. Simmons	Room 105	Wednesdays after school
23	Student Senate	Mr. Cassarino	Room 108	2nd Tuesday after school
24	Technology Student Association (TSA)	Mrs. Tedeschi	Room 121	Mondays after school- May be more often prior to competition
25	Theatre	Mrs. Ringlein	Auditorium	Monday - Thursdays 3-6 pm
26	Unified Club	Mrs. Dalphonse	Room 317	Determined monthly
27	VEX Robotics Club	Mrs. Frazier	Room 121	Mondays after school
28	Voices For Life	Ms. Charland	Room 104	Friday mornings as needed
29	Yearbook	Mrs. Anderson and Ms. Kennedy	Room 201	Determined as year progresses
30	Youth Leadership (YLTA)	Mr. O'Brien	Room 314	See Mr. O'brien
31	Class of 2025	Mr. McKenney	Room 120	2nd Tuesday 7AM
32	Class of 2026	Mrs. DeVost	Room	2nd Tuesday 7AM
33	Class of 2027	Mrs. Ringlein	Room	2nd Tuesday 7AM
34	Class of 2028	Mrs. Dalphonse	Room 317	2nd Tuesday 7AM
35	All Class Officers	All Head Advisors	Bobcat Cafe	1st and 3rd Tuesdays

2024/2025 Co-Curricular Activities Schedule and Meeting Location

	1st week of the month	2nd week of the month	3rd week of the month	4th week of the month
Monday AM		Interact Learning Commons		Interact Learning Commons
Monday PM	TSA and VEX Robotics Rm 121	TSA and VEX Robotics Rm 121	TSA and VEX Robotics Rm 121	TSA and VEX Robotics Rm 121
Tuesday AM	All Class officers Bobcat Cafe	Class of 2023 officers Rm 309 Class of 2024 officers Class of 2025 officers	All class officers Bobcat Cafe	Class of 2023 officers Rm 309 Class of 2024 officers Class of 2025 officers
Tuesday PM	Spanish Club Rm 107 French Club Rm 103			
Wed. AM	NHS Officers		NHS Full Group	
Wed. PM	Diversity Rm 105 Quiz Bowl Rm 133 Literary Mag Learn. Com. Chamber Singers Rm 209 DECA Rm 214 Granite State Chall. Rm 133 Britannia Society Rm 306	Diversity Rm 105 Quiz Bowl Rm 133 Literary Mag Learn. Com. Chamber Singers Rm 209 DECA Rm 214 Granite State Chall. Rm 133	Diversity Rm 105 Quiz Bowl Rm 133 Literary Mag Learn. Com. Chamber Singers Rm 209 DECA Rm 214 Granite State Chall. Rm 133	Diversity Rm 105 Quiz Bowl Rm 133 Literary Mag Learn. Com. Chamber Singers Rm 209 DECA Rm 214 Granite State Chall. Rm 133
Thursday AM	NTHS Officers Rm 129		NTHS Room 129	
Thursday PM	Media Rm 129 Astronomy Rm 120	Media Rm 129 Astronomy Rm 120 Britannia Society Rm 306 Student Senate Rm 108	Media Rm 129 Astronomy Rm 120 Britannia Society Rm 306 Book Club Learning Commons	Media Rm 129 Astronomy Rm 120 Britannia Society Rm 306 Student Senate Rm 108
Friday AM	OSSIPEE - Bobcat Cafe Voices For Life Rm 104	OSSIPEE - Bobcat Cafe	OSSIPEE - Bobcat Cafe	OSSIPEE - Bobcat Cafe
Friday PM	Knitting Learning Commons Equestrian Abenaki Farm	Knitting Learning Commons Equestrian Abenaki Farm	Knitting Learning Commons Equestrian Abenaki Farm	Knitting Learning Commons Equestrian Abenaki Farm

Theatre	Mondays thru Thursdays 3-6pm when plays are being rehearsed Auditorium
Pep Band	Follows football and basketball schedule Rm 210 and outside
HOSA- Health Occupational Students for America	Meets after school, once per month, days vary
Yearbook	Meetings determined as the year progresses
Unified	Meetings determined monthly
Math Team	Competitions are typically Wednesdays after school Rm 106
Youth Leadership (YLTA)	Meets Fridays in Rm 140 - see Mr. O'Brien for details

Frequently Asked Questions

How do I join?

“Join Week” will be held at the beginning of the year in September

Or, listen to the daily announcements for club meeting dates;

Or, speak to the faculty class advisor;

Or, visit and attend a meeting.

Are all clubs open to all students?

Technically yes! There are exceptions and prerequisites for some. For example:

DECA – you must be a student in one of the Marketing Education classes.

Granite State Challenge – tryouts are required.

Honor Societies– open to Juniors and Seniors. There are separate academic requirements and application processes for each society.

Are there any requirements once I join a club?

Each club has its own guidelines around requirements and attendance

Astronomy Club

Advisor: Mr. McKenney

When: Wednesday after school

Where: Rm 120

Eligibility: Anyone interested in space



Purpose/Description: Astronomy Club is a club devoted to studying stars, constellations, planets, galaxies, etc. Anything space related is a possible topic of interest or discussion. The club will plan to have astronomy night sky viewings during the fall and spring months. These will involve setting up telescopes to look at stars and other celestial objects. NH Astronomical Society astronomers aid in the viewing and bring additional telescopes. We may also participate in some NASA challenges that involve design and innovation. Anyone can join whether you are an expert or a beginner.

Activities/Events:

- Viewings
- Field Trips
- Competitions

Officer Roles: Club officers help coordinate schedules and activities for the club

Attendance Expectations: Come when you can. We have both full-time and part-time members.

Book Club

Advisor: Ryan Amtmann and Emelia Fleck

When: Thursdays after school until 3:30

Where: PRHS Learning Commons

Eligibility: Open to all

Purpose/Description: To read a variety of literary genres and discuss them. To celebrate all things books!

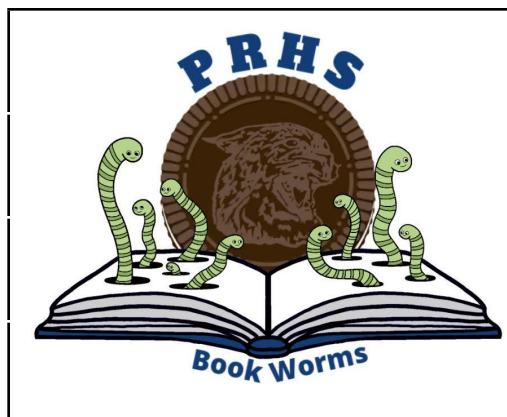
Activities/Events: To be decided by members and advisers. The following is an example from a previous year:

September: Book Walk and Talk
October: Great Halloween Read Aloud
November: Donating a Gift Book
December: Yankee Book Swap
January: Common Read or Theme / Book Blog Month
February: Share the Love of Books Bulletin Board
March: This Book Rocks Award
April: Readers Who Care for the Earth Event
May: End of Year Potluck Picnic
June: Summer Book Bingo!

Officer Roles: none

Attendance Expectations: We like to build a group of book lovers who get to know each other over the year, so we expect regular attendees.

[Website](#)



BRITANNIA SOCIETY

Advisor: Richard Smith

When: 1st Wednesday, remaining
Thursdays, of each month; 2:30-4:00

Where: Room 306

Eligibility: Open to everyone



**Purpose/
Description:** The PRHS Britannia Society is established to promote and support an interest in everything British.

**Activities/
Events:**

- Anything British -- Arts, Music, Games, History etc.
- British games and tournaments (Whist, Cribbage, Parcheesi)
- Cricket
- Croquet
- Field trips
- Guest Speakers (Renaissance Art, Scotland, Sherlock Holmes)
- Literature -- Theatre, books
- Movies & Shows
- Scavenger Hunt
- Shakespeare's Birthday Party
- Student presentations on all topics -- In the past we've had everything from *Wallace and Grommett* to Winston Churchill to *Beowulf*
- Teas
- Virtual Tours (St. Paul's Cathedral, Regent's Park, etc.)
- Workshops (Scone making, Victorian Dance, Making *Alice in Wonderland* Hats)

Officer Roles: No official positions; leaders naturally emerge

**Attendance
Expectations:** Not mandatory, but the more you attend then the more influence you have on what we do

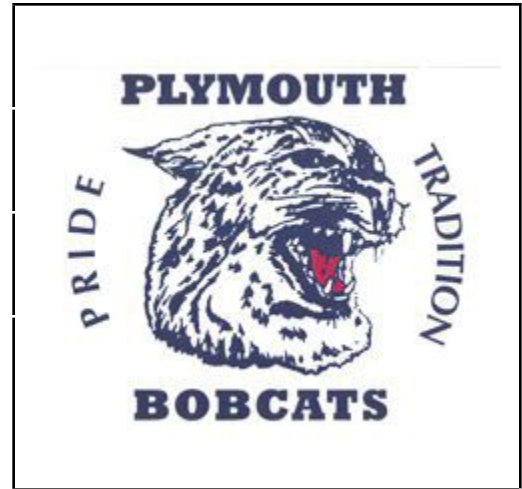
CHAMBER SINGERS

Advisor: Will Gunn

When: Wednesday 5:00-6:00 pm

Where: Room 209

Eligibility: Anyone who is enrolled in Integrated Music or Concert Choir



Purpose/Description: The select ensemble will sing music from a variety of styles including standard choral repertoire to popular acapella. The group meets weekly to rehearse more challenging music than the curricular ensembles.

Activities/Events:

- Winter Concert
- Spring Concert
- Community Events

Officer Roles: None

Attendance Expectations: Weekly rehearsals are mandatory. Excusals should be brought to Mr. Gunn ahead of time.

DISTRIBUTIVE EDUCATION CLUB OF AMERICA (DECA)

Advisor: John Spear

When: Wednesday, Fall, 6:00 pm
Wednesday, Winter and Spring
2:30 pm

Where: Room 214

Eligibility: Open to all students, grades 9-12.



Purpose/Description: The letters in DECA stand for Distributive Education Clubs of America.

DECA is an association of students with interests in marketing, entrepreneurship, finance and business administration and management. A major goal of DECA is to provide students with realistic learning situations concerning all aspects of business.

The Plymouth Regional High School DECA is part of the International DECA Organization and the New Hampshire DECA State Organization. Worldwide, DECA is one of the largest youth organizations in existence.

Activities/Events:

- Membership Drive.
- Active participants in Homecoming Activities.
- Create displays within the school store.
- Operate and manage the outdoor concession stand for:
 - All home varsity & junior varsity field hockey games.
 - All home varsity football games.
- Attend the NH State Fall Leadership Conference
- Operate and manage concessions for the Plymouth Rotary Annual Penny Sale.
- Operate and manage concessions for all boys and girls varsity & junior varsity basketball games.
- Attend and compete in the NH State Career Development Conference,
- Operate and manage concessions for all boys varsity baseball games
- Assist other school clubs and class activities with their fundraising activities.

Officer Roles: President, Vice-President, Secretary

Attendance Expectations: be an active participant. When attendance at meetings is not possible the member should contact the advisor.

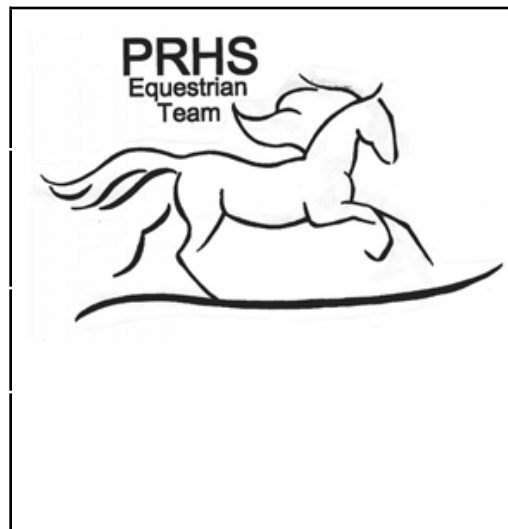
EQUESTRIAN CLUB

Advisor: Veronica Barton
vbarton@pemibaker.org

When: Meetings are two Fridays a month
and one Saturday a month

Where: Abenaki Farm, Campton, NH

Eligibility: Open to anyone who has an interest
in horses



Purpose/Description: This is where it all begins! PRHS Equestrian Team is a member of the International Pony Club which is the largest equestrian educational organization in the world. Our equestrian program begins with education, safety of horse and rider, sportsmanship, stewardship and FUN. Members learn riding and the care of horses through mounted sports. We focus on horse management skills and English riding, but can accommodate riders of all disciplines. The skills, habits and values instilled through horsemanship will apply to every part of a member's life.

Activities/Events:

- Rallies
- Certifications
- Online and personal educational programs
- Lessons
- Team Building

Officer Roles: Julie Tallman, District Commission - (603)733-6343
Campton, NH
4getpc@gmail.com

Attendance Expectations: Attendance is Mandatory

FRENCH Club

Advisor: Cécile Healy

When: 1st Tuesday of every month

Where: Room 103

Eligibility: Juniors with a minimum of 90 average in French during Sophomore year and a cumulative GPA of an 88 will be invited to apply during Q1 of their junior year.

Applicants will be admitted based on demonstrated Character, Service and Leadership.



Purpose/Description: The purpose of this organization shall be to stimulate interest in the study of French, to promote high standards of scholarship, to reward scholastic achievements, to create enthusiasm for and an understanding of Francophone cultures, and to promote international friendship.

Activities/Events:

- French National week, PES teaching, various fundraisers
- Others TBA

Officer Roles: President, Vice-President, Secretary, Webmaster
See duties on SHF website:
[https://sites.google.com/pemibaker.org/societe-honoraire-de-francais/memb
ersofficers](https://sites.google.com/pemibaker.org/societe-honoraire-de-francais/memb ersofficers)

Attendance Expectations: Attendance and punctuality is essential.
Three unexcused absences may be grounds for dismissal.
All members are required to complete a minimum of ten hours of community service. It is recommended that students complete 5 hours Junior year and 5 hours Senior year. Those admitted during Senior year must complete a minimum of 5 hours.
Students who do not uphold attendance, GPA, community service and character requirements (which qualified them for selection) will be reviewed by the Faculty Council.

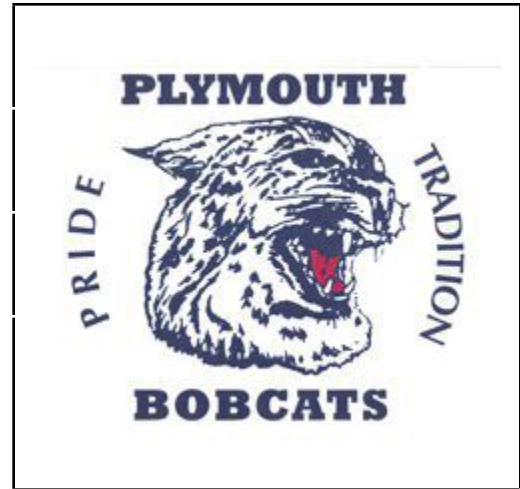
HEALTH OCCUPATIONS STUDENTS FOR AMERICA (HOSA)

Advisor: Taylor Appleby

When: Once a month, or as needed.
Directly after school.

Where: Room 314

Eligibility: Juniors and Seniors enrolled in
Health Science I & II



Purpose/Description: HOSA members participate in activities that are educational through public/community health awareness and needs.

Activities/Events:

- Community projects

Officer Roles: Senior Leaders, Secretary to take meeting minutes

Attendance Expectations: Drop- in, come as you can!

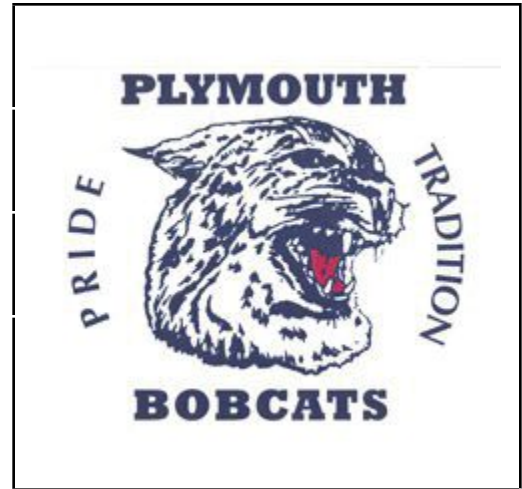
Interact

Advisor: Mr. Sutherland

When: 2nd and 4th Thursdays 7AM

Where: Learning Commons, classroom

Eligibility:



**Purpose/
Description:**

**Activities/
Events:**

Officer Roles:

**Attendance
Expectations:**

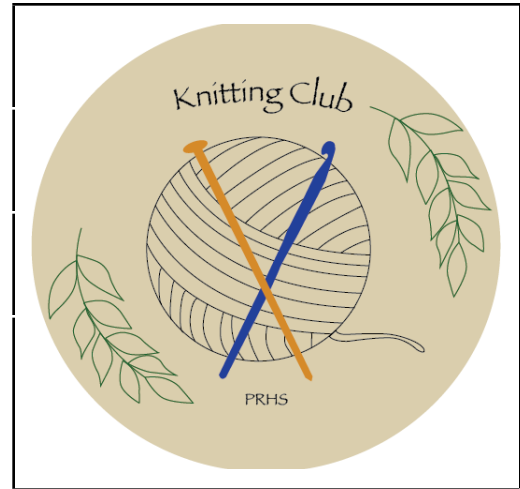
KNITTING CLUB

Advisor: Mrs. Sargent

When: Every Friday after school
Also look for Bobcat Block sessions

Where: Learning Commons, classroom

Eligibility: Open to Everyone



Purpose/Description: Knitting club teaches basic fiber art skills such as knitting, crocheting, spinning fiber and creating string from other materials like plastic bags. We also explore creating fiber art projects using knitting machines and wire. Learn how to create a new garment by reusing yarn from a thrifted item, to spin fiber using drop spinners, and test knit swatches. Develop the skills to not only read but write patterns. All materials are provided. Members bring in other fiber arts like cross-stitch, bracelet making, and embroidery.

Activities/Events:

- Knitting
- Crochet
- Spinning
- Recycling fibers
- How to read patterns

Officer Roles: Student assistant

Attendance Expectations: Come in when you can whether it's to learn, share your skills, or to socialize while working on your own project.

[Website](#)



LITERARY MAGAZINE

Advisor: Mrs. Boyle and Ms. Fleck

When: Wednesdays after school bi-weekly

Where: PRHS Learning Commons

Eligibility: Open to everyone



Purpose/Description: Each year Literary Magazine creates Visions, a collection of poems, short stories, drawings, photographs, graphic designs and other artistic creations crafted by the many gifted PRHS students who have chosen to reveal their creativity and originality. For over three decades the magazine has been an unforgettable addition to PRHS's many traditions and an insight into the imaginative intellects of each student!

Activities/Events:

- Creating 'Visions', PRHS' Literary Magazine
- Open Mic Nights
- Artist of the Month
- Featured Writer

Officer Roles: None

Attendance Expectations: Not mandatory, but the more you attend then the more influence and input you have on activities and events.

[Website](#)



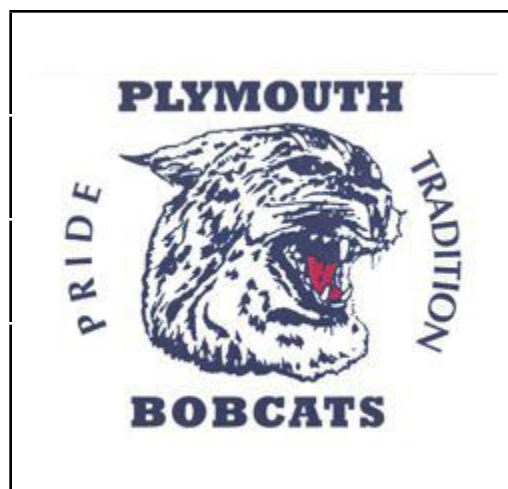
MATH TEAM

Advisor: Gareth Peters and Jessica Holt

When: Monthly meets & practices

Where: Room 106

Eligibility: Open to all



Purpose/Description: The math team is a competitive extracurricular activity where students participate in math competitions against other high schools in the Lakes Region.

Activities/Events:

- Lakes Region Math League
- NH State Math Competition

Officer Roles: None

Attendance Expectations: Attendance is not mandatory, however participation is expected.

MEDIA CLUB

Advisor: Dan Salzer

When: Thursdays, 2:30-4:00 pm

Where: Room 129

Eligibility: All are welcome



Purpose/Description: This is open lab time to give students access to programs, equipment and studio time.

Activities/Events:

- NH High School Film Festival
- Homecoming Videos
- Halloween Contest
- TV & News Broadcasting
- Senior Video
- Extra help and time to spend on projects
- 3D Creation and implementation

Officer Roles: President, Vice President, Secretary & Treasurer

Attendance Expectations: This is an open lab. Which means students can come and go as they please. Officers must check in at every meeting. Members must show respect and kindness to everyone, at all times. If you commit to a film or project, students will be expected to follow through. Also, members will have access to all of the studio and media equipment. Extra help on school projects and technology needs are available upon request. Members must be trained and know how to handle and care for equipment.

NATIONAL HONOR SOCIETY (NHS)

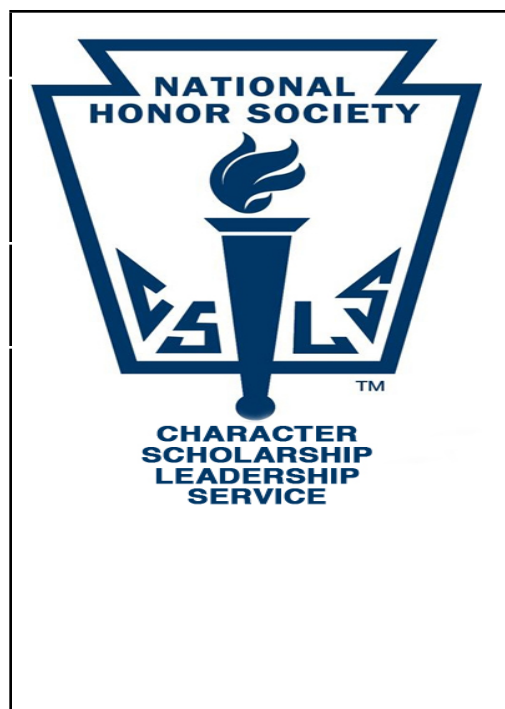
Advisors: Mrs. O'Brien

When: Full Group - 3rd Wednesday each month, 7am
Officers - 1st Wednesday each month, 7am

Where: Full Group - Auditorium;
Officers - Room 131

Eligibility: Juniors with a cumulative GPA of an 88 will be invited to apply after Q1 of their junior year. Seniors with a cumulative GPA of an 88, who are not yet admitted, will be invited to apply at the start of their senior year.

Applicants will be admitted based on demonstrated Character, Service and Leadership.



Purpose/Description: National Honor Society is a service organization made up of students who demonstrate academic excellence as well as a commitment to their school and community.

Activities/Events: National Honor Society is involved in several service activities throughout the year including food drives, school programs, and projects designed by members.

Officer Roles: President, Vice President, Secretary, Treasurer, Historian
*See descriptions of each position on PRHS NHS Website

Attendance Expectations: Attendance and punctuality is essential.
Three unexcused absences is grounds for dismissal.

All members are required to complete a minimum of twenty hours of community service. It is recommended that students complete 10 hours Junior year and 10 hours Senior year. Those admitted during Senior year must complete a minimum of 10 hours.

Students who do not uphold attendance, GPA, community service and character requirements (which qualified them for selection) will be reviewed by the Faculty Council.

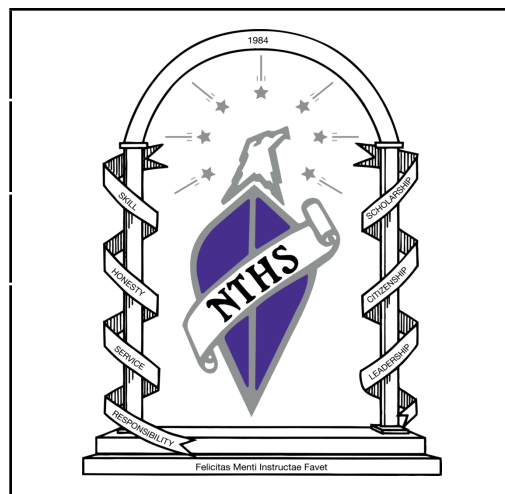
NATIONAL TECHNICAL HONOR SOCIETY (NTHS)

Advisor: Jay Fogarty

When: Third Thursday of each month at 7AM

Where: Room 129 / Auditorium

Eligibility: At the close of quarter one, juniors with a cumulative GPA of an 85 or above and free of any discipline issues will be invited to attend.



**Purpose/
Description:**

National Technical Honor Society (NTHS) recognizes outstanding students in career and technical education. PRHS has been a recognized National Technical Honor Society chapter #671 since December of 1992 and has been actively participating for 30 years. About 3,700 schools across the nation are affiliated with NTHS. NTHS focuses on student achievement and also helps students find success in the modern competitive workplace by helping to cultivate a desire for personal excellence.

The National Technical Honor Society strives to:

- Reward excellence in vocational and technical education
- Support and encourage students in maintaining higher academic achievement
- Help schools build effective business partnerships
- Promotes honesty, teamwork, responsibility, citizenship, leadership, and scholarship

**Activities/
Events:** Monthly Meetings, Move Up Night, Freshman Orientation, Parent Teacher Conferences, Holiday Service, Etc.

Officer Roles: This is a student run club where an elected President, Vice President, Secretary, Treasurer and Historian meet on the Monday prior to each meeting. As officers they learn to create and execute an official agenda to run meetings. They track all progress and reporting of member duties and responsibilities.

**Attendance
Expectations:** Attendance and punctuality is essential and must also attend all monthly meetings. Two unexcused absences will be reported and reviewed by the CTE director and possibly be grounds for dismissal. Students are expected to Participate in all National Technical Honor Society events. Students must complete 10 hours of community service per year. Students must maintain and uphold the required elements of leadership, service and character as well as maintain their GPA of 85 or above.

OSSIPEE WELLNESS CLUB

Advisor: Dr. McGlone
dmcglone@pemibaker.org

When: Friday mornings at 7:00am

Where: Bobcat Cafe

Eligibility: Open to all



Purpose/Description: To promote school and community wellness.

Activities/Events:

- Varies each year!
 - CADY mini-golf tournament
 - School Wide Yard Sale
 - Think Pink
 - American Red Cross Blood Drive
 - Senior Citizen Thanksgiving Lunch
 - Ugly Sweater Contest
 - Random Acts of Kindness
 - Spring Fling
 - Bobcat Memorial 5K
 - Etc...

Officer Roles: None

Attendance Expectations: Attendance is not mandatory, however participation is expected.

PEP BAND

Advisor: Will Gunn

When: All Home Football Games and 8 Basketball Games (4 boys, 4 girls)

Where: PRHS Football Field or Gymnasium

Eligibility: Anyone enrolled in Concert Band, Integrated Music, or Jazz Ensemble is expected to participate.

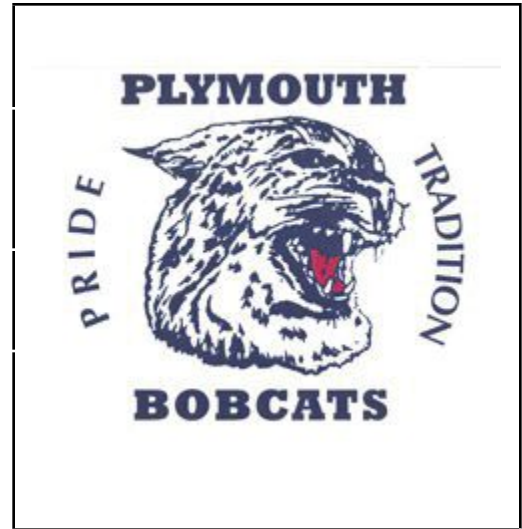
Purpose/Description: The Pep Band provides music at all home football games and several basketball games.

Activities/Events:

- Home Football Games
- Boys and Girls Basketball Games
- Christmas Parade

Officer Roles: Band Captains (elected the previous year)

Attendance Expectations: All students in band are expected to be at pep band games. Excusals should be brought to Mr. Gunn ahead of time.



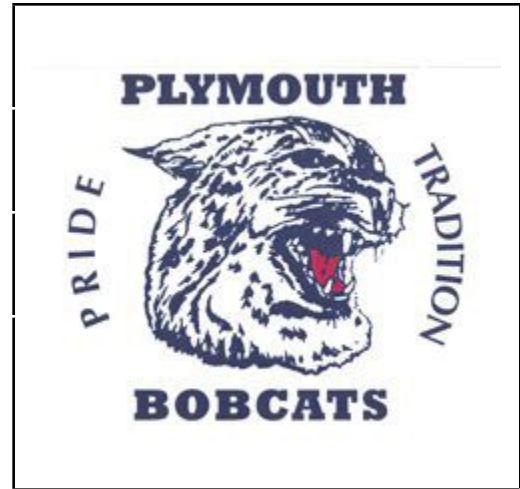
QUIZ BOWL/ GRANITE STATE CHALLENGE

Advisor: Jay Fogarty and Troy Harris

When: Wednesday, after school weekly

Where: Room 133

Eligibility: Open to all



Purpose/Description: To compete in quiz bowl competitions answering high school based trivia questions against other high school students at the state and national levels as well as on television.

Activities/Events:

- Granite State Challenge Television Show
- History Bowl
- NH Quiz Bowl League
- NAQT National Play

Officer Roles: Team captains, chosen per event

Attendance Expectations: Initially drop-in, but increased when qualifying for our elite teams (Nationals, Granite State Challenge, State Team for NH QuizBowl)

Robotics-VEX Competitive Team

Advisor: Ryan Frazier

When: Mondays after school. The team may meet more often after school when preparing for a meet.

Where: 121

Eligibility: Open to all



Purpose/Description: The Robotics team participates in competitions with VEX robotics throughout New England. A new game is introduced each year and students design, build and then compete with this larger robot. Competitions start in October and generally end in April depending on placement in national competition. Day long competitions are held on Saturdays.

Activities/Events:

- Move Up night
- Fundraising events
- Promotional activities with SAU sending schools to encourage future participation
- Day long competitions on various Saturdays from October through April.

Officer Roles: Captain of Varsity Team, Captain of JV Team
Maintains the supplies and materials needed for the robotics teams; Works with advisor to order supplies as needed; Recruits team members to attend specific competitions; Coordinates roles of team members with regards to building, operating robot, programming, and maintaining the engineering notebook.

Attendance Expectations: Members are expected to attend robot building sessions and competitions. As competitions approaches, the robotic teams may meet additional times afterschool with the advisor present. Competitions are scheduled Saturdays between October and April.

SPANISH CLUB

Advisor: Carolee Simmons

When: 1st Tuesday every month
After school until 3:10

Where: Room 105

Eligibility:

- Juniors and Seniors
- Currently enrolled in Spanish at PRHS
- 90 or higher average in Spanish
- 88 or higher GPA

Applicants will be admitted based on demonstrated Character, Service and Leadership.



Purpose/Description: La Sociedad Honoraria Hispánica is an honor society for high school students enrolled in Spanish and/or Portuguese, sponsored by the American Association of Teachers of Spanish and Portuguese (AATSP)
<https://www.aatpsphh.org/>

The purpose of the SHH is to recognize high achievement in Spanish at the high school level and to promote continuity of interest in Hispanic studies.

The PRHS Chapter is called **Buen Camino**.

Activities/Events:

- Hispanic dinners with presentations from native speakers and upper level PRHS students
- 10 hours of international and local community service
- Fundraising - coffee sales for Howling Monkey Organic Coffee and chocolate from World's Finest Chocolate
- Host dancers from Compas de Nicaragua
- Others TBD by current members

Officer Roles: President, Vice President, Secretary, Communications

Attendance Expectations: Attendance to the monthly meetings is expected. Active participation at meetings and activities supports a positive experience for all.

STUDENTS FOR DIVERSITY

Advisor: Carolee Simmons

When: Every Wednesday afterschool

Where: Room 105

Eligibility: Open to all students, faculty & staff (LGBTQ+, POC, and Allies)



Purpose/Description: Students for Diversity is a student-run group Gender & Sexualities Alliance that began in 1999. However, our mission is to raise awareness and to educate the school community on diversity, anti-discrimination, and inclusion. At PRHS, we believe that all students deserve to be valued, to feel safe and welcome, and to be treated with respect.

Activities/Events:

- Homecoming out-loud
- LGBTQ+ Pride events
- Out-reach to feeder schools
- Education/ policy changes
- No-name calling week
- Transgender Day of Awareness & Day of Visibility
- National Coming Out day
- Step- Up night for 8th graders
- Day of Silence
- Ally Week
- Movie day
- Black History Month, Women's History Month, Asian Pacific Islander Heritage Month, Arab History Month

Officer Roles: The leaders of this group work together to plan and implement our goals.

Attendance Expectations: Members are expected to attend as many meetings as possible and to participate in planned events. Regular attendance and participation leads to a cohesive, productive group

STUDENT COUNCIL

Advisor: Dave McKenney-Class of 2025
Lori DeVost-Class of 2026
Audrey Ringlein-Class of 2027
Danee Dalphonse-Class of 2028

When: Second Tuesdays every month together; each class plans additional meeting times; sub-committee meetings on additional Tuesdays

Where: Bobcat Cafe & Advisor Classrooms

Eligibility: To be a class officer, you must apply, run, and be voted in.

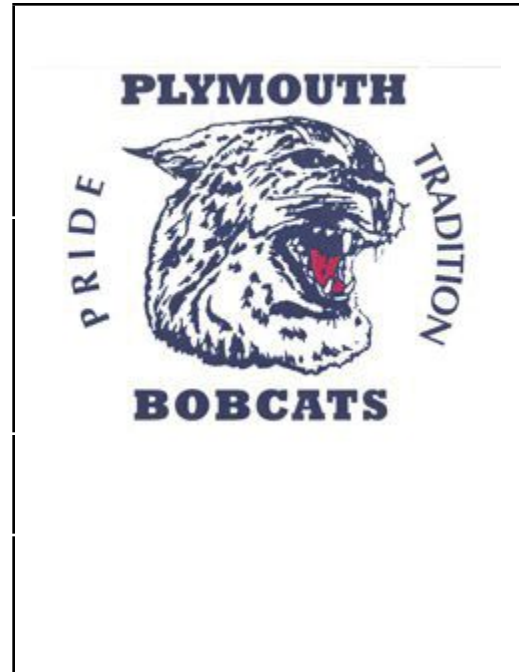
Purpose/Description: Student council is a way to be the student voice for your class and have great leadership opportunities. Bi-monthly meetings with all four classes to help plan school events and fundraising events. Regular meetings with your head advisor for class activities.

Activities/Events:

- Homecoming planning, prep, & implementation
- Dances
- Move-up Night
- Prom
- Class Trips
- Penguin Plunge
- Kindness activities
- Spring Fling
- Fundraising events
- Creating and promoting positive change and or events/activities

Officer Roles: President; Vice President; Secretary; Webmaster

Attendance Expectations: Consistent mandatory attendance for officer roles.



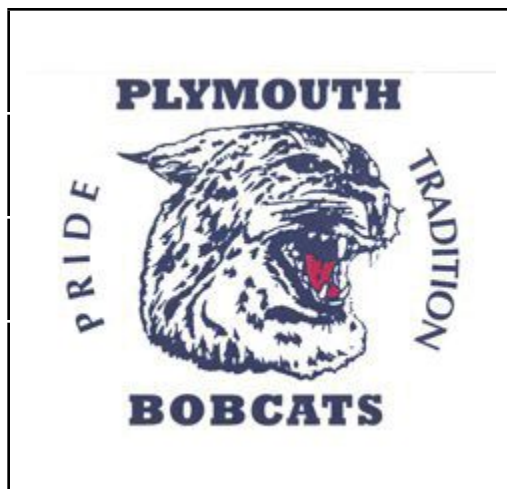
STUDENT GOVERNMENT

Advisor: Anthony Cassarino

When: 2nd & 4th Thursday of the month

Where: Room 108

Eligibility: Any student choosing to run for Student Senate office.



Purpose/Description: To serve the larger student body by representing one's class as a Student Senator. Senator's consider school policies and student life and look to make improvements for the PRHS student body.

Activities/Events:

- Monthly meetings, committee work, and participation in the YMCA Youth & Government Program.

Officer Roles: An elected Student Senate Chair organizes an agenda and uses a modified Robert's Rules to implement our deliberative sessions.

Attendance Expectations: mandatory

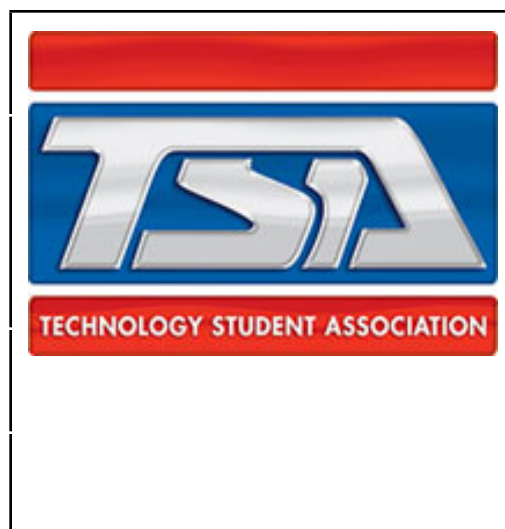
TECHNOLOGY STUDENT ASSOCIATION (TSA)/ ROBOTICS

Advisor: Beverly Tedeschi

When: Mondays after school
Members may meet more often as needed to prepare for Spring to competitions

Where: Room 121

Eligibility: Everyone



Purpose/Description: The Technology Student Association (TSA) is a national organization focused on science, technology, and engineering. Students design , build, and compete in robotics, digital photography, video production, architecture, forensics, biotechnology, CAD, mechanical engineering, computer programming, software development, animation, and coding.

Activities/Events:

- NH TSA Fall Rally (to introduce activities)
- NH TSA Spring Conference (major competition)
- Move Up night
- Fundraising events
- Promotional activities with SAU sending schools to encourage future participation

Officer Roles:

- President, Vice-President, Secretary, Treasurer, Sergeant-at-Arms, Parliamentarian, Reporter

Attendance Expectations: Meetings are every Monday. The fall meetings tend to be more for organization and to ensure that participants understand the year's programming and competitions. Once students are working independently on projects attendance is not necessarily required, but students should plan on attending at least 2 meetings per month.. Mandatory meetings will be called especially for announcements, program issues, to plan for events and fundraising, and to ensure that teams can work together on a project.

Officers are expected at all meetings during the fall when the program is starting. This is to encourage participation and to act as mentors to students not familiar with TSA. As the year progresses, activities have been chosen and work is being done independently, the officers are expected to check in with the advisor if they can not make the weekly meetings. Occasionally a mandatory officers meeting will be announced and attendance is expected.. Officers are expected to participate in all promotional and fundraising activities.

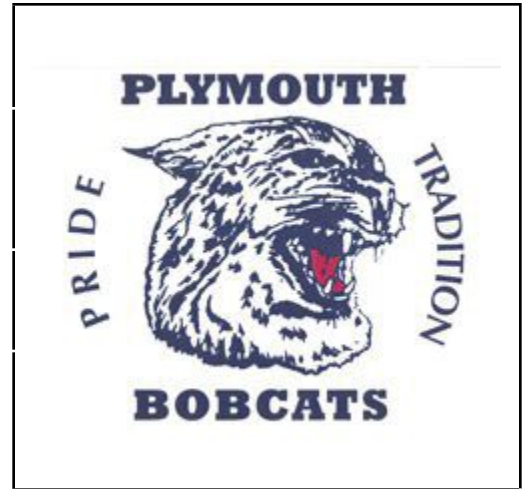
THEATER

Advisor: Audrey Ringlein

When: Monday-Thursday 3:00 pm to 6:00 pm

Where: Auditorium and Room 209

Eligibility: Open to All



Purpose/Description: The PRHS Theatre produces two shows each year: a Fall Musical Production and Spring Play. Auditions will be announced in September and December each year. Students can also participate in Technical Theatre and assist with set construction, lighting, sound, etc.

Activities/Events:

- All School Musical (Mid November)
- Spring Play (March)

Officer Roles: Stage Manager (chosen by the director)

Attendance Expectations: All rehearsals are mandatory and any conflict should be brought to the director ahead of time.

Unified Club

Advisor: Danee Dalphonse

When: Once a month during Bobcat Block

Where: Room 317

Eligibility: PRHS students of all grades are welcome!



Purpose/Description: Students of all abilities get together to positively impact their school and communities by promoting social inclusion, equality, and positive attitudes.

Activities/Events:

- Indoor and outdoor games, cooking, Spread the Word to End the Word, group games, snacks, working with other Unified Schools on school and community events, Pease Public Library events, and other activities decided on with the group.

Attendance Expectations: Come when you can!

Voices for Life

Advisor: Michele Charland

When: Varies, as needed

Where: Room 104

Eligibility: Open to all students, grades 9-12.

**Purpose/
Description:** To educate people on the importance of healthy relationships, the uniqueness of the individual, and the value and celebration of all life. To emphasize the availability and necessity of life-affirming resources in an approachable manner. To support local and global community groups and provide service opportunities for students.



**Activities/
Events:**

- Angel Tree Project
- Operation Christmas Child
- Hot Chocolate for Penguin Plunge
- Popcorn for Unified Sports
- Global 6k for Water
- And more!

Organization: Student led with open discussion

**Attendance
Expectations:** Attend meetings and help with activities when available.

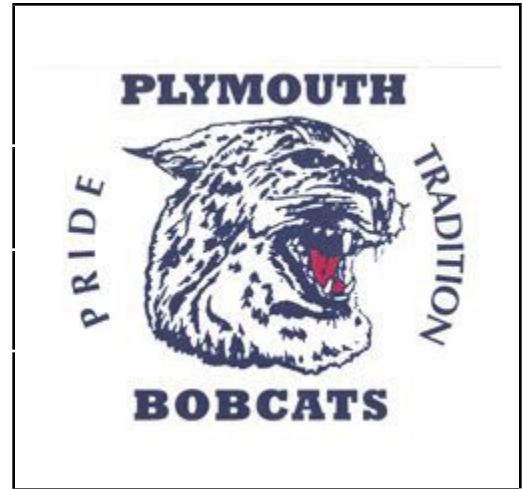
YEARBOOK

Advisor: Krystal Kennedy and Annie Anderson

When: As scheduled by Advisors

Where: Room 201

Eligibility: Anyone



Purpose/Description: To create the current year PRHS yearbook

Activities/Events:

- After school meetings
- Yearbook assembly

Officer Roles: Yearbook editor (usually an upperclassmen or someone who has been a member for more than one year).

Attendance Expectations: Drop-ins are welcome, however a consistent presence is appreciated and expected for the Editor.

Youth Leadership Through Adventure (YLTA)

Advisor: Sean O'Brien

When: Fridays at 7:00am

Where: Room 314 (Arguello)

Eligibility: Open to all students



Purpose/Description: “Offers members a sense of belonging through service learning projects. Empowers youth to generate leadership, self-governance and to promote the health benefits of a substance-free lifestyle in schools and communities. Improves school climate so positive and healthy substance-free lifestyle choices are supported through practices and policies. Changes the community norms and culture where healthy substance-free lifestyles are promoted.”

Activities/Events:

- Weekly meetings in school
- Leadership Academies
- Annual Conferences
- School Climate projects
- Service Learning project
- Chem-Free events
- Environmental Prevention

Officer Roles: Collective student leadership

Attendance Expectations: Regular attendance expected and encouraged

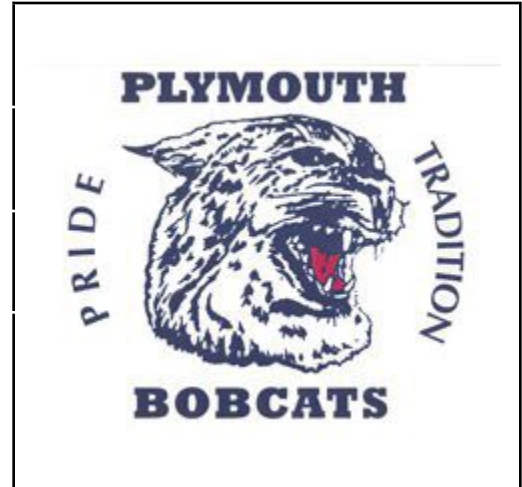
2025 SENIOR OFFICERS

Advisor: Mr. Dave McKenney

When: 2nd and 4th Tuesdays at 7:00AM

Where: Room 120

Eligibility: Class officers



**Purpose/
Description:** TBA

**Activities/
Events:**

- Homecoming planning
- Prom Planning
- Senior Trip Planning
- Class Meetings
- Fundraisers

Officer Roles: President
Vice President
Secretary
Webmaster

**Attendance
Expectations:** TBA

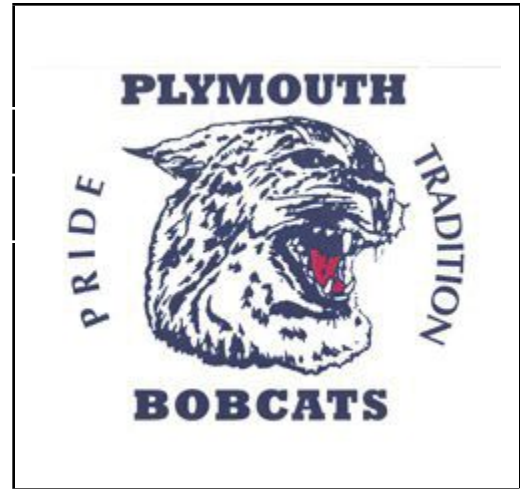
2026 JUNIOR OFFICERS

Advisor: Mrs. DeVost

When: TBA

Where: Room 313

Eligibility: Class Officers



**Purpose/
Description:** TBA

**Activities/
Events:**

- Homecoming planning
- Prom Planning
- Class Meetings
- Fundraisers

Officer Roles: President
Vice President
Secretary
Webmaster

**Attendance
Expectations:** TBA

2027 SOPHOMORE OFFICERS

Advisor: Mrs. Ringlein

When: TBA

Where: Room 206

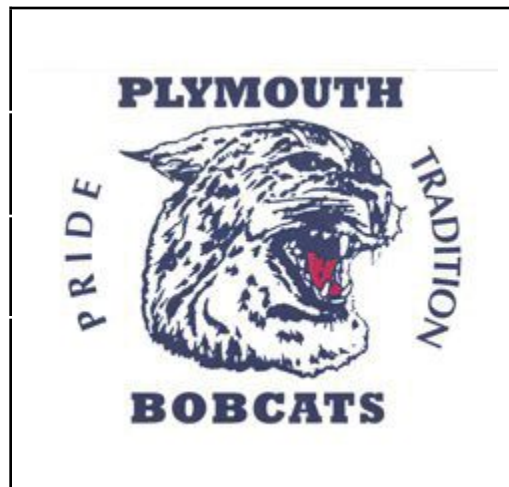
Eligibility: Class Officers

**Purpose/
Description:** TBA

**Activities/
Events:** Fundraisers

Officer Roles: President
Vice President
Secretary
Webmaster

**Attendance
Expectations:** TBA



2028 FRESHMAN OFFICERS

Advisor: Danee Dalphonse

When: TBA

Where: 317

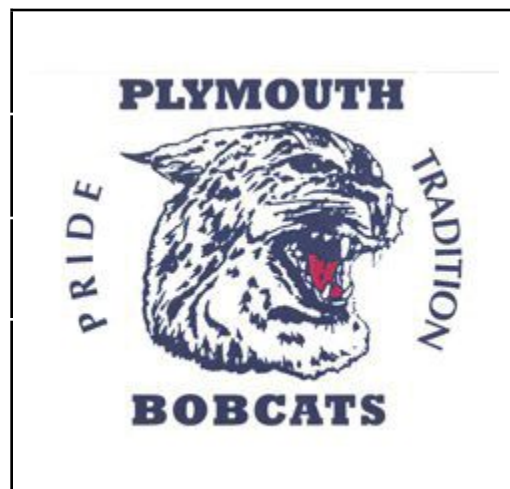
Eligibility: Class Officers

**Purpose/
Description:** TBA

**Activities/
Events:** Fundraisers

Officer Roles: President
Vice President
Secretary
Webmaster

**Attendance
Expectations:** TBA



ALL CLASS OFFICERS

Advisor: TBA

When: TBA

Where: TBA

Eligibility: Class Officers

**Purpose/
Description:** TBA

**Activities/
Events:** TBA

Officer Roles: None

**Attendance
Expectations:** TBA

