

Nordonia High School

Guide to Extra-Curricular Activities and General Information

September 2010

Welcome to the home of the Nordonia Knights

Special points of interest:

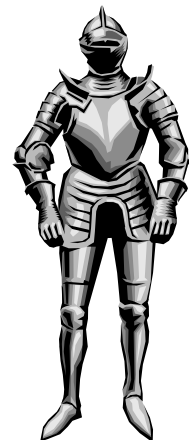
- Nordonia High School's Traditions
- Get involved!
- A list of organizations and clubs for students and parents
- Information for those interested in athletics
- Important phone numbers

There are many ways to get involved at NHS, from academic and leadership organizations to athletics. Nordonia graduates gave the following advice to new students:

☆ Get involved !!

- ☆ Join a club or organization
- ☆ Keep your GPA up
- ☆ Always check the Nordonia website for information
- ☆ Listen to announcements!

*Nordonia Hills is a
community of life long
learners preparing for the
challenge of today and
tomorrow.
-Vision of NHS*



Class Information

Class Officer Election (Spring—10-12th grade, following Fall—9th grade)

- Nomination forms are turned in to Student Council
- Student must have a 2.5 average or above
- Recommendation from teacher required
- Ballot created and vote taken

Class Advisors

Freshmen – Aaron Coleman

Sophomore – Sarah Paris

Junior- Cyndi Spellman

Senior - Becky Toukonen/Mike King



Guidance Programs

Freshman: Students learn how to write a cover letter, resume, and a two paragraph essay on employability skills through English class. Counselor reviews graduation requirements, study skills, and GPA information.

Sophomore: Counselor reviews study skills, GPA, and transcripts. Students take “My College Options” questionnaire and research opportunities to consider after high school, i.e. 2-year schools, 4-year schools, technical schools, military, etc. The vocational program at CVCC is also introduced. Online resources are reviewed such as OCIS and Kuder.

*** Students take the Plan Test (a pre-ACT test)**

Junior: “Through the Maze” - a program presented by the guidance department that assists students and parents in the preparation of choosing colleges, financial aid, etc. Junior interviews are conducted to prepare students for graduation and beyond. Online resources are reviewed such as OCIS and Kuder.

*** Students take the PSAT Test (which qualifies student for National Merit Scholarships.) Students should start taking the ACT/SAT college tests in the spring.**

Senior: Counselor helps students work on college applications and scholarships.

***Student should take or re-take the ACT and SAT**

Community Intervention Coordinator (Deborah Wallace, Ph.D., LICDC)

- Coordinates all prevention and intervention programs and curriculum related to drugs, alcohol, tobacco, and violence.
- Programs include student support groups, tobacco education and cessation classes, insight classes, anger management, and peer mediation.
- Works with students and families on an individual basis and networks with community agencies and school professionals.

School Bookstore

- Located in the west hall near the cafeteria—offers supplies of paperbacks, notebooks, pens, pencils, and other school supplies. Open every day during lunch periods and periodically before school.

Class Information (cont'd.)

Homecoming

- Held in September/October, sponsored by student council
- Football Friday night
- Homecoming court – nominated and voted on by each class
- Dance Saturday night

Winter Formal

- Held in February
- Sponsored by the Junior class
- Proceeds go to their prom

Spirit Week

- Held in February
- Sponsored by student council
- Each class organizes activities
- Collect food for the Emergency Assistance Center
- Theme days – dress up days, i.e. pajama day, decade day, class color, etc.
- Tuesday is the pep assembly for the class lip sync contest.
- Friday usually culminates with pep assembly for the obstacle course and announcement of the winner

Prom and After-Prom

- A dinner-dance held for Seniors and their guests
- Usually held in May at a place chosen by the Senior Class Officers
- After the dinner-dance seniors and their guests are invited to After-Prom for games, food, and fun sponsored by the After-Prom committee.



“Nordonia is a school with strong tradition. Many memories will forever stay in our hearts.”



Nordonia High School Clubs and Organizations

The IMC - So Much More Than a Library (Instructional Materials Center)

CYBER CAFÉ

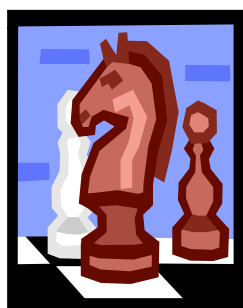
You're going to just love Cyber Café, open every Wednesday evening from 6:30 – 8:30 PM in the high school IMC (library). It is all the latest, popular titles you've been dying to read, reference books for research, high speed Internet, user-friendly databases and no charge black & white or color printing and photocopying all served up with chocolatey hot cocoa and cookies. It's everything you need to be successful at Nordonia High School and the services of a certified librarian to help you make sense of it all. So whether you come to meet your friends, do a little homework, study or finish a group project, one thing is for certain: You won't want to work home alone Wednesday evenings ever again. Cyber Cafe rocks and you'd be crazy not to take advantage of it.



“Meet me at the Cyber Café on Wednesday night.”

KNIGHT READERS

Take a welcome break from your textbooks to read and discuss a book that is truly worth reading. The Knight Readers Book Discussion Group meets regularly throughout the school year. We discuss enjoyable and unforgettable books from all types of fiction selected by the group. Watch for flyers announcing our first title, pick up a copy of the book in the IMC and then join us and our advisor, Ms. Dillon, for a thought-provoking discussion. The first meeting is in the IMC but we regularly meet at **Panera** or **Caribou** afterschool. When available we also have a large screen Pop n' Pop-corn viewing of the film based on the selected book. Make time for pleasure reading this year and keep your schedule open for the Knight Readers Book Discussion Group!

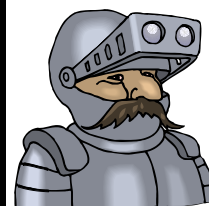


CHESS TOURNAMENTS

The IMC sponsors a chess tournament every semester for interested students. There are prizes for all and trophies for the best in each class plus the Grand Master. It is a double eliminations tournament you won't want to miss. Stop in the IMC for details. Everyone who enters IMC tournaments has a great time.

POETRY SLAM

The IMC sponsors a Poetry Slam every April. Share your poems with fellow poets and finger-snapping fans of poetry. We have a great time and there are also Border's Books & Music Gift Certificates and other prizes. We also may take participants to the WVIZ Idea Stream Poetry Competition in Cleveland if there is sufficient interest. Stop in the IMC for more information



“Read for fun!”

Nordonia High School Clubs and Organizations

Academic Challenge

Matt Beery

If you like Jeopardy, you'll love academic challenge!

The group competes against other high schools in a general knowledge competition. Group forms JV & varsity teams in September. They compete in 4 after-school meets and 1 all day tournament at Kent in January. Students meet Monday, Wednesday and Friday 7:00am-7:40am.

After-Prom

Lisa Huml

Parents provide a safe, fun, "chemical free" party after the prom from midnight-4am

A Nordonia Tradition - After Prom is a "chemical-free" party for seniors and their guests to enjoy after prom. The event runs from 12a.m.-4a.m. at Nordonia High School. Parent volunteers are encouraged to assist in the planning of this year's event. After Prom is financed totally by donations and fundraisers. Parents are needed to decorate, help with fun games, and chaperone. For more information call Lisa Huml at (330)467-8130 or visit our blog on the high school website and look for the After-Prom blog.

Art Club

Stacy Stewart

Is there a Van Gogh at your house?

Your student will have the opportunity to become enriched in visual arts. Open studio time for students to work on their own projects with teacher input. Projects decided by group, field trips to galleries /museums. Students meet Tuesday after school until 3:30 pm. Starts in October.

Athletic Boosters

Bob Highberger

Support your athletes!

An organization whose purpose is to assist in raising funds to be used for the improvement of the athletic program and facilities of the NHCSD. The group strives to be a positive influence for the community at large and support our athletes during their school years. A great way to meet new people, see your friends, help the kids and have fun while raising funds for their sports teams. The group meets the 2nd Monday of each month at 7pm in the Choir Room.

Band Aids

Brian Hedman

Band parents unite!

Band Parents come together to raise funds, chaperone, assist and organize competitions, provide snacks and take care of the uniforms. Meetings are held on the 1st Monday each month. Parents help with fundraising programs for the NHS band.

Band, Concert & Wind Ensemble A 'notable' ensemble

Beth Petracco
Robert Hoefler

Entrance to these ensembles are group and individual chair placement auditions. Students study the most current and classic band literature. Bands participate in Ohio Music Education Association sponsored contests.

Band, Jazz

Robert Hoefler

If you love music and "All That Jazz" this is the group for you!

The group studies the best jazz music. Solo improvisation explored. Meets Tuesday/Thursday at 2:15 after the school day ends. Membership is by audition only. Members must have full membership in the regular Band program.

Band, Marching

Beth Petracco
Robert Hoefler

Be a member of the Nordonia Lancer Marching Band!

The students meet in July to begin practice for the fall football and competition seasons. Members must be an established instrument player. The marching band competes in OMEA sponsored band contests. Must have recommendation of middle school band director. New students must audition with directors for permission to join band.

Nordonia High School Clubs and Organizations, cont.

Choir, Show (Rhythm of the Knights)

John Pickering

Nordonia's answer to "Fame"!

An organization that combines singing and dancing in school related, community, and contest performances. Open to students by audition (held in the spring). Students study a mixture of music with stylistic dance moves. Held everyday during 7th period. Some after school and out of school rehearsals required.

Choir, Symphonic

John Pickering

Do you sing like a (k)nightingale?

Open to students who wish to perform excellent choral literature of all styles. Students are encouraged to have some experience. The concerts are mandatory and part of the student's grades.

Choir, Nordonia Choral Parents

John Pickering

Parents of all high school choir students meet to plan and run fundraisers, care and maintenance of choir robes and outfits, provide meals/snacks, and assistance with performances. This group meets once a month.

Color Guard/Flag Corp

Staci Vincent

Flag Corp provides a colorful addition to the band. The group marches in band with colored flags, students must have one year of service with the band to participate. All color guard members must be a registered member of the Nordonia band program.

Drama Club

Molly Sawyer

There's a little actor in everyone!

Open to NHS students 9-12 grades. Drama Club produces the spring musical and fall play; other activities include acting, improv activities, and movie nights. Meetings are every other Tuesday after school. We also plan bake sales, car wash, T-shirt sales, spring musical. Executive Board is the governing body. Students must be 10-12 grade, students apply for positions and are selected by the advisor.

Drama, National Thespian

Molly Sawyer

Cary Grant, Kathryn Hepburn, Julia Roberts, Tom Hanks; they all started somewhere!

A national honor society for students who demonstrate commitment to theatre and the performing arts. Students must earn membership through contribution to drama club activities, a minimum of 100 hours required. Membership \$15.00/year. 10th grade and up. Induction Ceremony is held one evening in May.

Football Parents Club

Kimm McKinney

Don't "pass" up the chance to support your son!

This group provides for the needs of the football team with assistance from Athletic Boosters. Members run the T-shirt Shack, concession stands, arrange team picnics, provide the boys with snacks, rehydrate during summer 2-a-day practices, and furnish a high-carb meal on Thursday night.

Leadership Council

Lisa Dressig
Kevin Tanner
Mike King
Angela Powers

A Roadmap to Success

Leadership Council is made up of students wishing to be part of the school community seeking to make NHS a great place to grow & learn, but is less formal than student council. Student must have 2.0 GPA and file application. Meets twice monthly and has a variety of sub-councils throughout the year.

Media Club

Annette Lang

A "Bit" of everything to do with computers and video production.

Open to Nordonia High School students grades 9-12 who enjoy working with computers. This club will meet the second Monday of the month after school in room 308 from 2:15-3:00. Students will have the opportunity to learn how to use flip video cameras, edit video as well as practice web page design and photoshop skills. We will also be working on projects for teachers, creating powerpoint

Nordonia High School Clubs and Organizations, cont.

Mock Trial

Sue Bolles

Do you love to watch Judge Judy? You'll love mock trial!

Open to all students interested in court room drama. Students prepare to compete in a regional competition. Students are given a "mock" court case and can choose from a variety of positions to act out, such as lawyer, witness, or bailiff. Students meet twice a week to prepare. Culminates with the competition in February.

National Honor Society

Melissa Newcomer
Lisa Testa

Work hard , keep your grades up and get involved!

Limited to Juniors and Seniors with a cumulative 3.5 grade point average. Eligible students will be notified and then can apply for membership the Fall of their junior and senior years by completing an Activities Information Form. Based on scholarship, service, character, & leadership chosen by faculty committee. An induction ceremony is usually held in the Fall.

Newspaper (Squire News)-

Janet Mankamyer

Do you have a 'nose' for news?

Open to students grades 10-12. Learn about journalism and publish the Nordonia H. S. Student Newspaper. Must sign up for class. Staff application and recommendations mandatory for enrollment.

Nordonia High School PTSA- Parents teachers and students work together to make NHS Great!

Mary Kotnik

Open to parents and students. Promotes the welfare of children in home, school, and community. The purpose is to bring a closer relationship between the home and school, and to be an advocate for school children. Meetings are held the first Wed. of each month at 7 pm, in the Main Office Conference Room. Each year an Un-fundraiser is held to raise money for the organization which uses the proceeds for mini-grants, student scholarships, awards, and programs or ideas to promote school spirit. Annual events include our Poinsettia sale and Breakfast with Santa.

P.A.S.S. Program

Dr. Deb Wallace
Nate Loman

Peers Assisting Student Success Students helping students...

The P.A.S.S. program is a peer mentor program that is designed to help new students increase achievement, develop personally, and to aid in their adjustment to NHS. This program seeks to provide connections for students and to provide a forum for participants to discuss thoughts, concerns, and opinions about their new experience. The mentoring process is one by which a student(s) offers guidance and instruction to facilitate personal, intellectual and emotional development for new students that have enrolled in the Nordonia Schools from other districts.

Peer Mediation

Dr. Deb Wallace

More students helping students...

The HS Peer Mediators are a dedicated group of high school students, who are trained to assist other students in conflict resolution. Mediations take place during the mediator's study hall, so all mediators must have a study hall. Mediations are confidential. The mediators use a 5-step process that allows each person to report what happened, relay how each feels about the situation, brainstorm & agree to solutions, & create a contract. One week later, a follow-up session is scheduled to review the contract & to determine if the solutions are helping. If the solutions did not help, the process of finding new solutions will occur. Referrals can be made by school staff, parents, friends, & by students themselves. Mediation forms can be found in the guidance office, Dr. Wallace's office, & with Mrs. Christy.

Project Love

Pam Conte
Shaun Phillips

Think of your fellow man, lend him a helping hand.....

Community service organization open to all students. Promotes kindness in community and school environment. Students train to be facilitators, attend seminars, and listen to speakers. Some fund raising, i.e. bake sales, etc.. Students also collect supplies for needy. Bi-monthly meetings vary in time and place depending upon purpose.

Nordonia High School Clubs and Organizations, cont.

Prom Fair

Lisa Huml

Great practice for Prom! Senior Girls and Guys!

Try out modeling the latest fashions at the Annual Prom Fair to be held on January 24, 2011 at Nordonia High School. The show is open to the public and is sponsored by the After Prom Committee. There is a nominal admission charge that benefits the Senior Class and After Prom. Preparations are starting now! We are in need of underclassman parent volunteers to assist in the planning and the evening of Prom Fair to help with wardrobe changes. All parents are welcome to assist! For more information, contact Lisa Huml at 330-467-8130

Science Olympiad

Thea Jones

For those who enjoy science and competition!

Students study a variety of science related topics including challenges of an academic nature as well as building events. They compete in a series of multi-school competitions as well as at the state and regional level. Students who compete in Science Olympiad can earn an Varsity Letter.

Ski and Snowboarding Club

Diane Velo

Do you love to ski or snowboard?

Then join the NHS Ski Club every Monday evening during ski season. You will receive 5 free lessons as well as 3 free lift tickets to use whenever you like during the ski season. Open to students in grades 9-12 grades, beginner through advanced.

Student Council

Lisa Dressig

Future Leaders of America lead onward!

Students must apply in May. Must have a 2.5 GPA and be evaluated by faculty. Students plan Homecoming activities, organize and run Spirit Week, run class officer elections, bloodmobile, Leadership Conference (for 8th graders), and plan Leadership Camp. Meet daily during 4th period.

Teen Dating Violence Prevention Ambassadors

Dr. Deb Wallace

These HS students are trained by the Akron Children's Hospital and its School Health Service Department in crisis intervention and to act as resources to the student population in dating violence prevention. They are able to answer questions about the program and to guide students to other resources within the community. They plan events that inform the student body about healthy and unhealthy dating patterns. They are selected based on their leadership and communication skills.

Teen Institute

Regina Christy

Free to be me!

Enrollment open to all NHS students. Students must sign a contract of abstinence from drugs, alcohol and tobacco. Many different fundraising and community service projects. The purpose is peer prevention and education with drugs, alcohol, and tobacco. Group meets twice a month in the IMC on Tuesdays (7-8:30 pm).

Yearbook

Annette Lang

Help make your memories last forever!

Yearbook is open to students in grades 10-12. Keyboarding skill and experience with Word, Excel and Access are preferred but not required. Students should have a "B" average in their English class. To be selected, students must complete the Yearbook Staff Application. Students create and market **The Nordonian**, the high school yearbook, using desktop design programs, digital cameras, and Photo-Shop. In addition, students are required to sell advertisements to local businesses and must occasionally attend extra-curricular activities.

Nordonia High School Athletics



All student athletes must meet eligibility requirements set forth by the State of Ohio and adhere to the Nordonia H.S. Code of Conduct. Questions regarding rules and policies can be found in the Athletic Handbook. **Athletic Contests are held during Winter and Spring breaks and students are expected to be there. Fundraising for athletics is done through Athletic Boosters Club.

Fall Sports

Cheerleading	F,JV,V	Kim Hernandez	Try-outs in Spring. Teams practice in summer and after school for football and basketball squads. May attend cheering competitions. Squad attends all games for their sport.
Cross Country	Coed	Mike Martin	Practices start in August. Team practices 6 am and after school. Season runs August thru October. Schedule TBA.
Football	F,JV,V	Al Huge	Practices officially start in August. Team has football camp in July. Season runs Aug. thru Nov. Schedule TBA. JV games are played on Saturday. Ninth grade plays Thurs. and Sat.
Golf - Boys	JV,V	Keith Oby Larry Farmer	Students attend summer golf league. Tryouts and practices start August. Season runs August to mid October. Schedule TBA
Golf - Girls	JV,V	Scott Lawrence Ken Vehar	Play 3-4 times per week. Tryouts and practices start in early Aug. Season runs Aug.-Oct.
Soccer - Boys	JV,V	Jake Cooper	Practices start in Aug, am and pm. After school practice once school begins. Season runs Aug.-Nov. Schedule TBA, includes some Sat. games. JV and Varsity travel together 2 games/wk.
Soccer -Girls	JV,V	Katie Kruse	Practices start in Aug. am and pm. May attend summer tournament/camp. After school practice once school begins. Season runs Aug.-Nov. Schedule TBA, includes some Sat. games. JV & Varsity travel together 2 games/wk.
Tennis - Girls	JV,V	Ryan Vehar	Practices begin in Aug. Matches and practice after school once school begins. Season runs Aug. thru beginning of Oct. Schedule TBA. When Varsity is home, JV is away.
Volleyball - Girls	F,JV,V	Lori Snider	Tryouts first full week of Aug. Season runs Aug.-beginning of Oct. Schedule TBA. V, JV, Fr usually play consecutively, Saturday tournaments.

Nordonia High School Athletics, cont.



Winter Sports

Basketball - Boys	F,J,V,V	Matt Cash	Conditioning starts in Oct. Season runs Dec.-Feb; afternoon & evening practices. May go to summer camp & play summer league. Game days: Freshman-Tues. & Fri.; JV- Tues. & Fri.; Varsity - Tues. & Fri. (JV & Varsity usually travel together) Schedule TBA
Basketball- Girls	F,J,V,V	Gary Tipton	Practices start in Oct. Season runs Nov.-Feb; afternoon & evening practices. May go to summer camp & play summer league. Game days: Freshman-Wed & Sat; JV/Varsity-Wed & Sat. (JV/Varsity usually travel together) Schedule TBA
Bowling	V	Bob Glontz	Tryouts in beg. of Nov. Weekly practices held Tues. afternoons at Roseland Lanes 4-6 pm. League matches held Thurs. afternoons. Season runs Nov.-early Feb.
Cheerleading	F, JV, V	Brenda Siracusa	Tryouts in Spring. Teams practice in summer & after school. May attend cheering competitions. Squad attends all games for their sport.
Hockey	V	Joe Kramp Ron Gura Mike Gabriel	Practice officially starts in Nov. Conditioning program begins in Sept.. with skating at Gilmour & lifting at high school. Games run Nov.-Feb.
Swimming	V	Claudio Costanzo Kim Hernandez	Official season starts in Nov. Practice every day 3:30-5:30 pm at the Macedonia Recreation Center. Season runs Dec.- Feb. 1-2 meets/week.
Wrestling	JV,V	Audie Atienza	Official practice starts in Nov. Practices after school. Season runs Dec.-early Feb. Meets usually scheduled for Fri. & Sat. Schedule TBA.
 <u>Spring Sports</u>			
Baseball - Boys	F,J,V,V	Scott Koenig	Conditioning starts in Dec. Tryouts/practices start in March. Practices held before & after school. Practice for pitchers/catchers begin late Feb. Season runs mid March-May. Schedule TBA.
Tennis - Boys	JV,V	Ryan Vehar	Practices begin in March after school. Season runs late March-May. Schedule TBA.
Track - Coed	JV,V	Scott Barwidi	Official practices start in March after school. Season runs late March-beg. of June. Schedule TBA.
Softball - Girls	F,J,V,V	Frank Caraballo	Conditioning begins in Jan. First practice starts end of Feb. for pitchers/catchers. Season runs mid March-May. Schedule TBA.

**FOR MORE SPECIFIC INFORMATION CALL THE
ATHLETIC SECRETARY
MRS. GRACE
330-908-6000**

Nordonia High School The Who, What, Where & How ??

Who?

Who do I see if there's a problem with my schedule?	Contact your School Counselor
Who do I see if my locker won't open?	See the attendance secretaries
Who do I see for report card questions?	See your classroom teacher
Who will help me if I need extra classroom help?	Tutors (teachers) are available every period of the day to assist with subjects you need help in. You can find a copy of the schedule in the Guidance Office or check any classroom.



What?

What if I don't feel well or I get injured?	Obtain a pass from your teacher and report to the Health Center
What is an IMC?	(Instructional Materials Center) Library open 7:15am-3:15pm Also open Wednesday evening 6:30-8:30pm.
What if I can't find my classes?	You will be given a map and be able to tour the building, but don't be afraid to ask for help.
What if I miss a day of class?	See specific attendance procedures in student handbook.

Where?

Where do I go to sign out for a doctor's appointment?	See the Attendance secretary in the office for a pass. For a more detailed explanation check the student handbook.
Where do I buy football tickets?	Tickets can be purchased in the student book store during lunch periods.
Where do I turn in my lunch check?	Please take it to the kitchen personnel located in the cafeteria.
Where do I catch the bus?	The buses pick-up and drop off students in the front main entrance.

How?

How can I keep track of my grades?	Check grades daily through Progress Book online. A link is provided on the district website. You can obtain your password online, from your 1st period teacher or Guidance Counselor.
How do I call attendance to report being off school?	Please have your parent/guardian call the attendance line by 9:00 AM, it is on 24 hours per day. (330)908-6160
How often do we have finals?	Finals are taken at the end of first and second semesters.
How do I know what's going on at school?	Pay attention, listen to announcements, check the district website and read the newsletters that come home in the mail. Parents, attend the PTSA meetings.

**Nordonia High School
8006 South Bedford Road
Macedonia, Ohio 44056**

**We're on the web!
www.nordoniaschools.org**

*Freshman Advisor
Mrs. Aaron Coleman
x. 586089
330-908-6195.*

Alma Mater

*Dear Nordonia, Hail to thee
Memories dear will be.
Green and white will symbolize
Dreams that we realize.
Looking backwards singing,
While our hearts are ringing
To our dear Nordonia High,
Our Alma Mater.*

Important Phone Numbers

Mr. Casey Wright, Principal	468-4601
Mrs. Diana Reulbach, Admin. Asst.	468-4601
Mr. Kevin Tanner, Associate Principal (9-12) A-G	468-4601
Mrs. Carm Vacca/Mr. Anthony Buckler Dean of Students (9-12) H-O	468-4601
Mr. David Broman, Associate Principal (9-12) P-Z	468-4601
Guidance	468-4603
Staci Ross, Freshman Counselor	908-6003
Attendance	908-6160
Mr. Rob Eckenrode Athletic Department	908-6000
Fax (Main Office)	468-1359
(Guidance Office)	908-6038
Deborah Wallace, Community Intervention Coordinator	908-6020
Health Clinic	908-6004
Safe School Helpline	800/418-6423 x.359

*A special thank you to the many who have contributed to this booklet. Many hours have been spent on its completion and every effort was made to contact every group known to Nordonia. While the contents were accurate at the time of printing, changes are constantly being made. The booklet may not be all-inclusive.
Edited by Staci Ross*