

2019-2020 Helena High School Activities/Clubs

3-7-77..... Ms. McMahon

Helena High's honorary service club. You are nominated by the faculty, in the spring of the year, based on the following attributes: 1) dependability, 2) leadership, 3) scholarship, 4) character, 5) citizenship, 6) service, and 7) courtesy. The membership is limited to twenty-one junior and senior boys and girls.

The purpose of the 3-7-77's is to give willing service to any phase of school activity and to perpetuate a spirit of cooperation and school loyalty. 3-7-77s will meet on Wednesdays in Room 38 at lunch.

American Welding Society (AWS)..... Mrs. Galbavy

Helena High AWS Club is for welding students that are interested in the welding/manufacturing industry. The club participates in community service projects and has welding competitions. HHS AWS club meets every Wednesday at 12:00pm in the Welding Shop room 300.

Art Club..... Ms. Jaynes

Art Club is a place where creative people can gather to make art and explore the art world. The club goes on field trips to art shows, museums and galleries. Art Club also gets together to make projects and help with "artsy" school activities; we meet in Room 49 at Lunch on Wednesday's.

Athletic Training..... Mr. Cullen

BATC consist of students (9-12) attending Helena High. Bengal student trainers meet with in one week before the first official practice in the fall. Some student trainer's work with one sport team and others are involved in two or more seasons. A regular time and date for meetings are not set in stone as sport schedule continually change. Student trainers meet in the athletic training room daily during their sport season.

Students help injured athletes with injury rehabilitation, prophylactic and injury prevention taping and bracing. Many students help with the coach's managerial duties as well as work with administrative tasks in the Bengal Athletic Training room.

How to become a student trainer?

1. Talk to Mr. Cullen (Paul) in the athletic training room
 - a. most often in (2:00-7:00)
 - b. email pcullen@helenaschools.org
2. Paul will check with coach of sport interest
 - a. Make sure there is a need for a student trainer or if they are full

What can a student take away from the trainer experience? Development of teamwork and interpersonal skills, Development of professionalism and confidentiality with coaches, peers and colleagues. Learning in a kinesthetic environment; using and building lifelong skills such as first aid, taping, assisting with on and off field evaluations. Students also can travel with sport teams to regular season and state playoffs and to be a great part in Bengal Pride!

Bengal Bar-B-Que Club Mr. John Thomas

The Bengal BBQ Club was created to promote the history and culinary skills of BBQ and BBQ competitions. Students will learn about regional BBQ styles, spice blends, sauce types and how to cook BBQ, as well as skills used in BBQ Competitions across the United States. One goal would be to create our own Helena High Smoker and competition team. Meetings will be at Lunch on Mondays. First meeting won't be until September 30.

Business Professionals (BPA)..... Mrs. Humphrey

Business Professionals of America is the leading CTSO (Career and Technical Student Organization) for students pursuing careers in business management, office administration, information technology and other related career fields. We work on developing leadership skills at the school, state and national levels and we participate in several service-learning activities. We compete at the Regional, State and National levels and welcome anyone who is interested in being a part of one of the largest student's organizations in Montana and in the United States.

Bengalette Dance Team..... Mrs. Kopp

The Bengalette Dance is a group of dancers who perform choreographed routines at halftime of football, boy's & girls' basketball. Season begins in mid-August and ends in March after state basketball.

Choir Club.....Ms. Steele

This club meets the 1st and 3rd Wednesday during lunch in Room 54. The Choral Music program is designed to enhance the musical, creative and expressive qualities of all students. Musical opportunities are provided for every student to learn the basic skills of singing, playing and reading music, developing song repertoire, broadening listening skills and experiencing the interrelated nature of music with other cultures and content areas.

Comic Card Club (C3) Mr. Day

Our name is the Comic Card Club (C3). Our ongoing mission: to give people who enjoy comic books, card games and other various hobbies to come and do what they love to do, in the company of others who enjoy their hobby and to introduce people to the hobby. Our activities include, but are not limited to, Magic the gathering, Anime, LARP (Live Action Role Play), Computer Gaming, and so much more. Our board goes as such, Mr. Day as our Chairman and supervisor, Justin Fleury as our President, Ian Kozak and Joshua Fuller as our Vice President, Andrew Cramer as our representative for live action role play, and Ian Kozak also as our Representative for magic the gathering. Our motto is as such, "Acceptance is gained through accepting others". We meet every day in Room 59, with a once a month council meeting. Council discusses upcoming tournaments, issues and concerns within the club, as well as the future the club is heading.

Cross Country.....Mrs. Paull, Mr. Gilbert

Cross country is a sport in which teams and individuals run a race on open-air courses over natural terrain. The course is 3 miles long, may races include surfaces of grass, and earth, pass through woodlands and open country, and include hills, flat ground and sometimes gravel road. It is both an individual and a team sport; runners are judges on individual times and teams by a points-scoring method. It is a non-cut sport at the high school. There are two levels of competition: varsity and sub-varsity.

DECA.....Ms. Belcourt

DECA is a marketing club that prepares emerging leaders and entrepreneurs in marketing, finance, hospitality and management. Our club is very involved in the school and the community, we take part in such events as Night to Shine, Powderpuff, Powder Buff, Student/Staff Basketball game, NAMI Walk, etc. We meet every Wednesday at lunch in Ms. Belcourt's room 307 located out in the shops area.

Drafting ClubMr. Spearson

This club will help to engage you in higher level thinking where you can apply previous knowledge and implement it to today's world. You will be able to use multiple disciplines through this club including, but not limited to: Physics, Math, and Software Engineering. Throughout the year, club members decide on a challenge, break into groups and begin forming solutions to the problem. All projects will be required to use the 3-D Printers in completing their prototypes.

EnvirothonMr. T. Hollow, Ms. Pichette

Are you interested in the natural world around you? Do you like to hunt, fish, or raise animals? Come to Envirothon to learn more about Montana plants, trees, wildlife, soils and waterways. This club sponsors guest speakers and field trips which help prepare students for the Montana Envirothon competition in April. We are the reigning state champs this year, so come join the team! Meetings are on Thursdays in room 214.

FCA Club (Fellowship of Christian Athletes)Mrs. Preshinger, Mrs. Williams

Challenging athletes and coaches to impact the world through their faith. Helena High FCA Club is cultivating Christian principles for our local community. Our goal is to encourage, equip, and empower others to serve as examples and to make a difference. We

plan to have regular weekly meetings on campus (Tuesdays at noon in room 27) and schedule other outreach activities outside of the regular school day. See FCA.org for more information about this national organization.

French Club Mrs. Bartels

French Club (Parlons français!) This club is for students who want to improve their conversational French. Meetings are on Wednesdays at lunch in room 17.

Green Group..... Mrs. VanAlstyne, Mr. McKim

The “Green Group” at Helena High is group of students dedicated to finding solutions to local and global environmental concerns. Students participating in this group have opportunities to get involved in a variety of local projects including recycling, tree planting, alternative renewable energy resources, land conservation, habitat restoration, participation in local environmental policy, and much more! We have developed several community partnerships (Prickly Pear Land Trust, Montana Conservation Corps, SAVE, Sleeping Giant Citizens Council, Growing Friends of Helena.... just to name a few!) who also provide some awesome opportunities, as well as resources. Over the year we also plan a few field trips, enjoy visits from guest speakers, have parties, laugh a lot, and have fun. Green group meets Wednesdays at 3:15 pm in room 32.

GSA ClubMr. Pogreba, Ms. Potuzak

The GSA is a student-run club that brings together LGBTQI+ and straight students to support each other, provide a safe place to socialize, and create a platform to fight for racial, gender, LGBTQ, and economic justice. We meet every Thursday at lunch in room 14.

Guitar Club Mr. Daniel

Guitar Club is place for aspiring guitarist to gather and share picks and licks! We meet at lunch in Rm 46 on Wednesdays. Bring a guitar and join the fun!

HOSAMr. Garza

The purpose of the HOSA organization is to develop leadership and technical HOSA skill competencies through a program of motivation, awareness and recognition, which is an integral part of the Health Science Education instructional program. The mission of HOSA is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health science education students, therefore, helping the student meet the needs of the health care community. We meet in room 210 every Monday at lunch.

JMG.....Mrs. Humphrey

JMG is a class at Helena High School that is part of the Jobs for American Graduates. We focus on career development, job attainment, job survival, leadership, self-development and healthy lifestyles. We raise more money than any other club for students with cancer or debilitating medical conditions, as well. The class is open to juniors and seniors only.

Key Club.....Mrs. O’Malley

Key Club International is the high school organization sponsored by Kiwanis International. Key Club assists Kiwanis in carrying out its mission to serve the children of the world. High school student members of Key Club perform acts of service in their communities, such as cleaning up parks, collecting clothing and organizing food drives. They also learn leadership skills by running meetings, planning projects and holding elected leadership positions at the club, district and international levels. We meet the 1st and 3rd Wednesday of the month at lunch in room 207. The first meeting date will be Wednesday, Sept 19.

Knitting Club.....Ms. Thennis

Knitting club is for students and faculty interested in creating beautiful knit projects. Projects throughout the year include infinity scarves, scarves, and hats. We meet every Thursday at lunch in room 215.

Latin Club Mrs. Richmond

Latin Club is for any students interested in ancient Roman culture and the Latin language. Anyone may be a member of the club. Activities include watching movies, doing crafts, and eating snacks. We meet every Thursday at noon in room 10.

MBI.....Mr. Hussey

The purpose of MBI Club is to promote a proactive approach in creating behavioral supports and a social culture that establishes social, emotional, and academic success for all students

Mock Trial Club.....Mr. Askin

The Mock Trial Club meets Tuesdays from 3-5 pm and Thursdays from 6-8 pm in room 5 starting December until March. The club participates in a competitive Mock Trial against other teams. The team members participate as either attorneys or as witnesses in a simulated trial.

Model United Nations..... Mr. Pogreba

Model United Nations, also known as Model UN, Mock UN or MUN, is an educational simulation and/or academic competition in which students can learn about diplomacy, international relations, and the United Nations. MUN involves and teaches researching, public speaking, debating, and writing skills, in addition to critical thinking, teamwork, and leadership abilities.

Participants in Model UN conferences, known as delegates, are placed in committees and assigned countries, or occasionally other organizations or political figures, where they represent members of that body. They are presented with their assignments in advance, along with a topic or topics that their committee will discuss. Delegates conduct research before conferences and formulate positions that they will then debate with their fellow delegates in the committee, staying true to the actual position of the member they represent. At the end of a conference, the best-performing delegates in each committee, as well as delegations, are recognized with awards

Model UN participants include students at middle school, high school, and college/university levels, with most conferences catering to just one of these three levels (high school and college conferences being most common). Delegates usually attend conferences together as delegations sent by their respective schools' Model UN clubs.

Mountain Bike Club.....Ms. Thennis, Mrs. Barmore

Mountain bike club provides opportunities for individuals to get out and ride Helena's amazing trails. Mountain bike club meets in the fall and the spring at 3:45 in room 215 on Wednesday to ride. Students must have their own bikes that are maintained and safe to ride. In addition, students must wear a helmet and closed toed shoes to ride with the mountain bike club.

MTAD..... TBD

MTAD is a group for students who decide not to use drugs and alcohol throughout high school. MTAD would like new students to know that there are many students who are not users, and would like to offer an alternative, drug-free setting, to anyone who would be interested in joining. MTAD also focuses on community service and fun activities outside of school. Meetings are scheduled for every other Friday at lunch in room 24.

NHS.....Mrs. Schulte, Mr. Poelking

National Honor Society is an honor and service program for seniors at Helena High School. Students are invited to apply for NHS in the spring of their junior year based on their cumulative GPA. Once the students have applied and been accepted, the students will spend their senior year participating in various activities throughout the school year. Students are required to maintain a cumulative GPA of a 3.50, complete ten hours of community service, attend monthly meetings and follow all school rules and community laws. Please check the National Honor Society link on the Helena High website for updates on meetings and service programs the students are involved in.

Niceness is Priceless ClubMrs. Tucker, Mrs. Biegler, Mrs. Strietzel

Niceness is Priceless is a movement that was started by CHS Student Mariah Swingley before she died in which she encouraged random acts of kindness. Our mission is to make Helena High a place where students, teachers and staff look for and accentuate the positive. Some things we do include: welcome lunches for new students, school-wide random acts of kindness, cards for struggling

students, surprise cookies for janitors, inspiring notes or quotes on lockers, etc. We hope you'll join us Thursdays at lunch in room 15 and bring a friend!!

Outdoor Club..... Mr. Lynn, Mr. McKim

The HHS Outdoors Club provides opportunities for students to participate in outdoor activities in the Helena area, including hiking, sledding, snowshoeing, rock climbing, cross country skiing, mountain biking, camping, and others depending on the interests and enthusiasm of the students. The club meets at noon on Fridays in room 60 to plan activities and organize fund-raising efforts. Noon meetings are also a time to have mini talks about topics related to the environment and outdoors adventures. The advisers, Mr. McKim, Mr. Lynn and Mr. Benson bring a wide range of outdoors expertise and experience. To find out more, go to the Helena High Outdoors Club Facebook page at www.facebook.com/hhsoutdoors.

Peer Club.....Mrs. Marks, Mrs. Brown, Mrs. Thomas

Peer Club provide social and integrative opportunities for individuals with developmental disabilities to enable them to experience life in the same manner that people without disabilities live it.

Pure Performance Group.....Mr. Straub

Bengal Pure Performance Group is dedicated to improving activity, athletic, artistic, intellectual performance of all students involved in the numerous activities at Helena High School. The group meets twice a month and promotes participation with proper sleep, nutrition, practice and chemical health. We visit elementary and middle schools to promote quality performance, hold a leadership summit during the summer and attend the Life of an Athlete conference in the summer in Lake Placid New York. We meet in room 42 on the first and 3rd Thursday each month at lunch.

Science Bowl..... Mrs. Ladd, Mrs. Gillin

The U.S. Department of Energy (DOE) National Science Bowl® is a nationwide academic competition that tests students' knowledge in all areas of science and mathematics. Student teams from diverse backgrounds are comprised of four students, one alternate, and a teacher who serves as an advisor and coach. These teams face-off in a fast-paced question-and-answer format, being tested on a range of science disciplines including biology, chemistry, earth science, physics, energy, and math. Regional competition occurs in Billings in March. Meeting times/place: Lunch, Room 58; frequency of meetings increases as the year progresses and will be daily as the competition date approaches.

Science Club.....Mrs. Gillin, Ms. Thennis, Ms. Pichette, Mr. McKim, Mrs. O'Malley

Do you like building stuff, exploding things or doing Science Science? Come join the winningest teams at HHS! Science Club is the overarching group that includes the Science Olympiad and Science Bowl teams as well as everyone who just likes science. We sponsor guest speakers and field trips, elementary school science challenges, and fundraisers galore. Come see what it's all about!

We meet Tuesdays at lunch in room 214.

SkillsUSA..... Mr. Hartwick, Mrs. Robertson

SkillsUSA is a partnership of students, teachers, and industry, working together to create world class craftsmen, leaders, and responsible American citizens to ensure we have a highly skilled workforce in the future. Skills is for students that like doing rather than watching. If you're into cars, trucks, or anything with a motor; building awesome things out of wood and metal; designing elaborate projects; learning lifelong skills; fixing things yourself. We meet in room 304 every Thursday at lunch.

Spanish ClubMs. Tucker, Ms. Petrik, Ms. Torres

Are you interested in learning more about the Spanish language and Spanish-speaking cultures? Join HHS Spanish Club!

The Spanish Club is an environment outside of the classroom where those who have a passion for Spanish-speaking culture can get together, participate in activities and meet other like-minded HHS students. Additionally, the club honors the importance of helping the community by participating in community service projects. This club is student-led, providing students with the chance to develop their leadership skills and make a difference in their community.

By joining the Spanish Club, you can celebrate Hispanic holidays, learn about different customs, and experience the food, music and art of Spanish-speaking countries.

Speech and Debate Ms. Hermanson

Speech and Debate is both club and sport. Though competition is optional, we will travel to 8 Montana tournaments throughout the year with the possibility of attending the National Tournament for students that qualify. Members exercise public speaking, acting, and writing skills head to head against other students in an atmosphere that encourages building lifelong friendships with their teammates and opponents. Also called "forensics," it's an activity for anyone who feels unchallenged by normal academics or wishes to understand current issues through a different lens. Explore our wide variety of events, and we guarantee you'll find something to love. We practice Monday through Thursday (at least two days practice mandatory) in rooms 14, 26, 27, 29- depending on events.

Student CouncilMs. Wheeler

Student Council is a leadership body that represents and promotes the common interests and general welfare of the student body through continued communication between students, staff, administration and the community. Students meet daily in a student leadership class to coordinate announcements, music in the hallway and The Stall Street Journal as well as annual activities like community service projects, Homecoming, Winter Formal, Student Leadership Week and Teacher Appreciation.

Student Library ClubMrs. Morrison

The newly created Student Library Club is designed for library lovers who want to make a difference in the HHS Library. Members may provide input on the collection, work on marketing initiatives, design programs, or participate in other activities which serve to improve our space and services. Meetings are during lunch on the 1st and 3rd Monday each month in the TLC.

Table Tennis Club.....Mr. Pogreba

One of the quickest sports in the world is table tennis. It's for students who want to compete in trials of agility, stamina, and intellect. The Table Tennis Club is an informal school activity with the goal to provide a fun yet competitive playing atmosphere for all players.

Tennis.....Mr. Bouche

Boys and Girls High School competitive tennis. First practice begins in March at Lockey Park courts. Daily practices from 3:45 to 5:45. Winter open gym at Last Chance Tennis Center beginning in November 9:00 PM to 10:30 on Thursday nights, announcements will follow at school. \$1 –members, \$2 non-members. Must have a physical prior to tryouts. Top 15 boys and top 15 girls – Varsity Less Experienced- Junior Varsity. Grab your sneakers and let's play some tennis.

Thespians..... Mr. Holter

The Helena High School Thespians International Troupe 745 is a member of the International Thespian Society (ITS) which is the Educational Theatre Association's student honorary organization. ITS recognizes the achievements of high school and middle school theatre students. Helena High thespians can earn awards including full membership, letters and honors as members. Since 1929, EdTA has inducted more than 2 million Thespians into ITS. That number continues to grow, with more than 36,000 students from around the country being inducted each year.

What is the origin of thespian? It is named after Thespis of Icaria, the "Father of Greek Tragedy". He was a poet who lived during the 6th century B.C. According to ancient tradition, Thespis was the first actor in Greek drama. He was often called the inventor of tragedy, and his name was recorded as the first to stage a tragedy at the Great (or City) Dionysia (c. 534 bc). According to the Greek rhetorician Themistius (4th century ad), Aristotle said that tragedy was entirely choral until Thespis introduced the prologue and the internal speeches. Thespis was the first to interweave choral song with an actor's speeches, and tragic dialogue began when the actor (Thespis) exchanged words with the leader of the chorus (*choragus*).

A few of Thespian alumni are famous names from the entertainment industry, including Tom Hanks, Val Kilmer, James Marsters, Julia Louis-Dreyfus, and Stephen Schwartz. But most alumni are in just about any industry you can imagine and excel using skills they learned as Thespians. We meet in the Little Theatre the 2nd Tuesday of every month at lunch.

Thrash 180 Club..... Mr. Salisbury

Thrash 180 is Helena High’s premier skateboarding club. We gather on Thursdays at lunch in room 8. We want to create a community of comradery in a sport that resists social labels. We watch any and all the latest skate vids while sharing our own experiences.

Travel Club Mr. Hussey, Ms. Clark

Travel Club is for any student interested in seeing the world. Each Spring Break, we will take a trip somewhere in the world to visit other countries, experience cultures, taste new foods, and see famous sights. We will have “Travel Tuesday” meetings weekly in room 26 to discuss upcoming plans, packing strategies, fundraising opportunities, and more. Any student may join at any point throughout the year—all are welcome! See Mr. Hussey in room 26 or Ms. Clark in room 29 for more information.

Ukulele Club.....Ms. Steele

Hey uke! Come join our club. All playing levels are welcome. If you have a ukulele, please bring it. If not, we have some that you can borrow. We will meet every Monday in the choir room at lunch.

Wire Choir..... Mr. Harris

Wire Choir is an instrumental group open to players of string instruments including but not limited to fiddle, violin, viola, guitar, mandolin, banjo, cello, bass etc. Students must be proficient in basic playing and or accompanying skills. The group gives performances in various venues throughout the year. Must have instructor signature.

Youth Alive Mr. Artis

On Tuesdays at lunch in room 23A, we have a club called “Youth Alive” which is a Christian fellowship meeting led by students. The mission statement is “To empower students to care about students and raise awareness of teenage issues”.

Youth in Government..... Mr. Pogreba

Youth in Government has opportunities to be a Senator, a Representative, a member of the press, a lobbyist, or even be part of a model Supreme Court lawyer team. The annual conference is usually held at the State Capitol.

Other Club/Sports

Band.....	Mr. Loveridge
Basketball, Boys.....	Mr. Day
Basketball, Girls.....	Mr. Peterson
Cheerleading	Ms. Hall
Chorus.....	Ms. Steele
Football.....	Mr. Evans
Golf, Boys and Girls.....	Mr. Tipton
Nugget (newspaper).....	Ms. Walsh
Orchestra.....	Mr. Harris
Soccer, Boys.....	Mr. Straub
Soccer, Girls.....	Mr. Meloy
Softball.....	Mr. Schulte
Swimming.....	Mrs. Youngblood
Track, Boys.....	Mr. Garza
Track, Girls.....	Mrs. Williams
Volleyball.....	Mrs. Day
Wrestling.....	Mr. Bogart
Yearbook.....	Ms. Walsh