

**Activities and
Leadership Guide**

2018 2019

Senior School

**Activities and
Leadership
Guide**



St. Michael's
University School



St. Michaels University School

Outstanding preparation for higher learning and for life.

**SENIOR SCHOOL
ACTIVITIES AND
LEADERSHIP
GUIDE
2018-2019**

To learn, to lead, to serve;
discovering the promise in our selves and the world.

Students and Parents:

Students thrive when they are engaged in meaningful and exciting activities and feel connected to the community. At SMUS, in addition to the strong Academic, Arts, Service and Athletic opportunities, we offer an array of additional experiences that help students grow, develop passions, collaborate with others and get out into the wider community. Each activity will challenge students in a variety of ways, helping them to gain valuable skills and understandings, practice personal and social responsibility, and develop the practices of effective leadership.

This guide is a resource to help plan student involvement in co-curricular school life.

It is important to get involved and it is equally important to maintain a balance. So choose wisely! Get involved in those areas that will be fun, develop your strengths or push you in just the right way out of your comfort zone.

Please make an effort to discuss the possibilities for involvement with adults and students alike. You can list the activities that are of interest to you by term on the final page of this booklet. Remember our vision statement, *“To learn, to lead, to serve; discovering the promise in our selves and the world,”* and get involved!

Best wishes for an exciting and active year,

A handwritten signature in black ink, appearing to read 'Ritch Primrose', with a stylized, flowing script.

Mr. Ritch Primrose, Assistant Director of Senior School,
Student Life & Leadership

Leadership at SMUS

At SMUS, we believe that good leadership is a process of engagement which moves people to understanding and action in an environment inspired by trust.

The SMUS Pillars of Character – ***Service, Honesty, Respect, Courage*** – provide the foundation for our leadership program.

Leadership Development is embedded throughout a SMUS education, providing all students with opportunities to understand themselves as leaders, to gain a capacity to lead others, and to make a positive impact in our community. We define good leadership as a process of engagement which moves people from understanding to action. This means that we believe that everyone is a leader; whether from the side, the front, or in a supporting role, all of us will have opportunities to shape our community and the world. We emphasize in our definition that this process takes place in an environment inspired by trust, and as you will come to know, the SMUS community is strong, vibrant and inclusive.

The purpose of the program is to help students develop competency and confidence, to gain the skills and experience necessary to make positive and impactful decisions, to reflect, to grow, and ultimately to make the world a better place. Our delivery is highly personalized where students explore, express and expand areas of interest engaging in experiences within our core Academic, Arts and Athletics programs and within our 5 streams of Leadership (Service, Sustainability, Global Responsibility, Experiential & Outdoor Education, Principles of Leadership). The foundation of the leadership program is based on the following four pillars of character: Service, Honesty, Respect, Courage and the 5 practices of effective leadership: Modelling, Encouraging, Inspiring, Enabling Others, and Improving (based on Kouzes and Posner’s work).

Leadership at SMUS - The Five Practices

By weaving the work of Kouzes and Posner's *Leadership Challenge* (2012) into the fabric of our school, we reinforce that leadership is a set of behaviours and skills that we can all develop. The activities in this guide provide each student with opportunities for self reflection, feedback, mentorship and self-awareness.

The Five Practices of Leadership are: modelling, encouragement, innovation, inspiration and enabling others.

Modelling to others: This suggests that leaders' actions speak louder than words. Leaders must become involved and demonstrate their commitment.

Encouraging the heart: Successful leaders know that members of their group require recognition and celebration. This fosters a strong sense of community.

Innovation: Leaders are looking for ways that things could be better and make it happen by challenging and improving the process.

Inspiration: Leaders must think towards the future and be able to communicate and share that vision with others.

Enabling others: This practice acknowledges that successful leadership and accomplishments are not the result of a single person. Leaders foster teamwork and encourage others to exceed their own expectations.

Leadership development has no end goal. It is a lifelong endeavour and we are committed to this learning as a community. Our faculty and houseparents also use this language as a way to develop as leaders. We believe we all have the potential to be leaders who make a positive impact on the world.

Leadership at SMUS – Self, Others, Environment

Every day we are exposed to a variety of situations at school, at home and in our community. A leader seeks to understand the situations that they face from three key perspectives.

Self as Leader: identify strengths, passion, challenges, opportunities. Seek to understand. Act. Reflect. Grow.

Becoming self aware, learning about yourself, learning to do “the right thing”, reflect on your own behaviour in order to grow.

Self and Others: empathy, compassion, tolerance, inclusion, support. Seek to understand other perspectives. Interact. Engage. Serve. Connect.

Develop your skills and ability to model the way, encourage the heart, inspire a shared vision, improve the process and enable others to act.

Self and Environment: community, legacy, sustainability, impact. Seek to make the world a better place. Interact. Connect. Nature. Serve.

Engage and participate in the opportunities around you. Challenge yourself out of your “comfort/I can do it” zone and into your “challenge” zone. Be a citizen of your community and your world.

Through the process of engagement that is the Leadership Development program at SMUS, each of us develops leadership skills and abilities that lead to personal growth and character development.

LEGEND

Opportunities in the Five Streams of Leadership

The content of our program is based on five areas that have been identified as the most important in the development of good leadership. Throughout this guide, you will see the following icons and notice that they are shaded differently depending on the activity. These are the five streams of leadership. Beside each is an explanation of its meaning. When an activity is meeting the goals of the stream, the icon is shaded.

S

Service: to foster a culture of service, citizenship and responsibility at SMUS, students participate in meaningful service to others.

Su

Sustainability: focusing on environmental issues to increase our awareness and decrease our environmental impact.

G

Global Responsibility: appreciating that there is a world beyond us; a world we are a part of, and one that we can – and should – play an active role in improving.

P

Principles of Leadership: theoretical and ethical foundation for solid leadership practice.

E

Experiential Education: providing students with opportunities to learn through doing, to reflect on their experiences, and to apply their learning to other situations in the outdoors or in the classroom.

PLANNING FOR BALANCE

First Term:

Second Term:

Third Term:

Arts:

Athletics:

Leadership:

Service:

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ACADEMIC COUNCIL

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Adult Advisors: Mrs. Lamarche, Mrs. Kuklinski

Purpose of Council: The focus of the Academic Council is to enhance the academic lives of all SMUS students by promoting and responding to academic topics within the school and by supporting Health & Wellness Week through the organization of the Brain Bowl. The Academic Council invites SMUS students to bring suggestions, questions, or comments to the attention of its members.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Mondays during council time

Requirements of Membership: Each grade should be represented on the council. Students may be asked to report back to their grade during grade meetings. Everyone is welcome to participate.

Number of Participants: Approximately 20, but no limit. There may be more participating in events.

ADMISSIONS STUDENT AMBASSADOR



Adult Advisor: Ms. McKay

Purpose of Activity: Support the Admissions office by providing school tours to visiting families (during your spare), corresponding with prospective students through social media, hosting students to classes and/or lunch and leading tours for our two annual open houses and at Alumni Weekend.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: One meeting per term during lunch hour with lunch provided.

Requirements of Membership: Open to students in Grades 11 and 12, as only students with free periods will be able to do tours during the school day.

Number of Participants: Approximately 50

ADVENTURES IN PUBLIC DISCOURSE



Adult Advisors: Mrs. McGhee, Mr. Lynch

Purpose of Activity: To develop positive, constructive discourse skills through a variety of workshops and activities such as Model UN (MUN), mock trials and senate debates. Students will engage in oratorical skill-building exercises, problem-solving, argumentation, consensus-building, as well as interact with students from other schools to address contemporary social, cultural and political issues through civil public discourse. Activities will emphasize: knowing your audience, listening to understand, preparing, organizing and presenting your position effectively, maintaining civility, being solution-oriented, evaluating ideas critically, constantly reflecting, and committing to collective success.

Club Meetings: Thursdays at lunch (some additional meetings may be required to prepare for the events below).

Events: ShawMUN North (at Shawnigan Lake School), Vancouver Youth MUN (Whistler), Vancouver MUN, ShawMUN South (Victoria), NAIMUN (Washington, DC), Vancouver Island Commonwealth Conference (SMUS).

Students may participate in one or many of these. Students pay cost of conference registrations. For lengthier distances, travel/housing and related costs will be borne by the student/family. *Financial assistance is available.*

Requirements of Membership: Attendance and commitment to participate.

Number of Participants: Unlimited (some events limit numbers).

AMNESTY INTERNATIONAL



Adult Advisor: Mr. Primrose

Purpose of Activity: To support the work of Amnesty International by raising awareness through various campaigns including the Day of Silence, as well as regular weekly discussions surrounding a variety of human rights issues. The group also promotes and attends the Victoria Amnesty International Film Festival in mid-November.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week

Requirements of Membership: A desire to be involved in international issues of human rights

Number of Participants: Unlimited

ARTS COUNCIL



Adult Advisors: Mr. Bateman, Mr. Butterfield, Mr. Collett

Purpose of Council: To promote the arts at SMUS by organizing and coordinating acoustic concerts, drama nights and art shows.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Mondays during council time

Requirements of Membership: Each grade should be represented on the council. Students may be asked to report back to their grade during grade meetings. Everyone is welcome to participate in councils.

Number of Participants: Approximately 20, but no limit. There may be more participating in events.

ATHLETIC COUNCIL



Adult Advisors: Ms. Brooke, Mr. Primrose

Purpose of Council: To promote and facilitate student leadership as it relates to the athletic program, including such things as school spirit, game promotions and the athletic banquet.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Mondays during council time

Requirements of Membership: Each grade and school team should be represented on the council. Students may be asked to report back to their grade during grade meetings. Everyone is welcome to participate in councils.

Number of Participants: Approximately 20, but no limit. There may be more participating in events.

ATHLETIC SEASONS

COMPETITIVE

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Fall Sports

Cross Country (Girls and Boys, Gr. 9-12)

Field Hockey (Girls, Gr. 9-12)

Rowing (Girls and Boys, Gr. 9-12)

Rugby (Boys, Gr. 9)

Soccer (Boys, Gr. 9-12)

Volleyball (Girls, Gr. 9-12)

Volleyball (Boys, Gr. 9-12)

Winter Sports

Basketball (Girls and Boys, Gr. 9-12)

Squash (Girls and Boys, Gr. 9-12)

Spring Sports

Badminton (Girls and Boys, Gr. 9-12)

Golf (Girls and Boys, Gr. 9-12)

Boys Rugby (Gr. 9-12)

Girls Rugby 7s (Gr. 9-12)

Sailing (Girls and Boys, Gr. 9-12)

Soccer (Girls, Gr. 9-12)

Tennis (Girls and Boys, Gr. 9-12)

Track and Field (Girls and Boys, Gr. 9-12)

BOARDING ACTIVITIES COUNCIL



Adult Advisor: TBA

Purpose of Council: To promote and facilitate student leadership as it relates to the boarding activities program. This includes organizing and promoting these events within the boarding houses.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Evenings once or twice a month

Requirements of Membership: Open to boarding students

Number of Participants: Unlimited

BOARDERS HOUSE GAMES COUNCIL



Adult Advisor: TBA

Purpose of Council: To promote and facilitate student leadership as it relates to the boarding house games and activities. This includes organizing and promoting these events within the boarding houses, as well as helping with set-up and score-keeping.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: As required

Requirements of Membership: Students from each boarding house who are willing to plan and lead house games

Number of Participants: 1-2 students from each boarding house

BOARDERS HEAD OF HOUSE COUNCIL



Adult Advisor: Mr. Driscoll

Purpose of Council: To work closely with the Director of Residence on issues arising within the boarding community. Boarding Heads of Houses act as important liaisons between the students in residence and the school's faculty and administration. This also includes working closely with other groups, including the Admissions department when required, to ensure the best representation and exposure of the boarding program.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Evenings once or twice a month

Requirements of Membership: Boarding Heads of Houses

Number of Participants: Six

BOOK CLUB



Adult Advisors: Mrs. Tweedie, Mrs. Weijs

Purpose of Activity: To provide leadership opportunities for students, to promote literacy and to foster a love of reading in the school and in global communities. Activities have included fundraising book sales for schools in South Africa, Liberia and Nicaragua; Buddy Reading with the Junior School; book-buying expeditions to choose books for the library; sharing favourite books; hosting visiting authors; and planning Book Club events such as Drop Everything and Read and SMUS Reads. New projects are decided by members each year.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week at lunch on Tuesdays. Treats are often provided but please bring your own lunch.

Requirements of Membership: Students in any grade looking for leadership opportunities, who have a love for books and reading in any format, and are eager to share and promote this with others in the school community.

Number of Participants: Unlimited

BRASS ENSEMBLE



Adult Advisor: Mr. Farish

Purpose of Activity: To play music arranged specifically for brass instruments.

Time of Year: Seasonal (ceremonial occasions, Christmas Carol Service, concerts, etc.)

Frequency and Duration of Meetings: Lunch or Flex prior to performances

Requirements of Membership: Open to all band students enrolled in a SMUS music program or ensemble who have advanced playing skills.

Number of Participants: Approximately 15-20

BRIDGE CLUB



Adult Advisors: Mr. Tessarolo, Mr. Hunt

Purpose of Activity: Bridge is a popular partnership-based card game played all around the world. The club provides a low-stress environment for its members to learn and play. No experience is necessary, and travel to tournaments is optional

Time of Year: Throughout the school year

Frequency and Duration of Meetings: One lunch hour a week with one evening added in January

Requirements of Membership: Open to all students

Number of Participants: Unlimited

THE BRIER/BETWEEN THE RED WALLS



Adult Advisor: Mrs. McCachen

Purpose of Activity: To expose students to the process of assembling a magazine – soliciting work, writing commentary and text, editing, designing – and to showcase literary talent at the school

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week, more during issue publication (four issues per year)

Requirements of Membership: An interest in all things literary

Number of Participants: Approximately 10 students

BUDDY READING CLUB



Adult Advisor: Mrs. Tweedie

Purpose of Activity: Buddy Reading offers an opportunity for students in all grades to share their love of reading amongst their peers, promote literacy ties between Senior and Junior School students and foster a love of reading with our younger students by reading weekly to junior reading buddies. There is also a leadership opportunity for a senior Buddy Reader to be the coordinator and liaison between students, Mrs. Tweedie and Mrs. Nason, the Junior School Librarian.

Time of Year: Terms 1 and 2

Frequency and Duration of Meetings: Mondays, from 3:45-4:45 pm in the Senior School library. There are two sessions: Term 1 and Term 2. Students may sign up for either but please note it is an important weekly commitment as the Junior buddies become very attached to the Seniors. The day changes each term depending on availability.

Requirements of Membership: The Buddy Reading program is open to all students in Grades 9-12 who would like to read to children. The club is affiliated with The Book Club, so buddy readers are also invited to attend and show an interest in their meetings and activities.

Note: This activity starts a few weeks into the school term. If interested, please listen for announcements at the beginning of term or email joan.tweedie@smus.ca.

Number of Participants: Maximum 17 (this is usually the number of Junior School participants).

BUSINESS CLUB



Adult Advisor: Mr. Colistro

Purpose of Activity: To carry out simulated and real business activities in the SMUS community in order to gain insight into business practices. The club is currently operating a busy student-run café out of the Sun Centre called the Daily Grind. A limitless amount of real-world business experience is available to students who attach themselves to one of five business operations at the Daily Grind: finance, operations, marketing, sustainability and senior management.

Time of Year: Monday to Friday throughout the school year

Frequency and Duration of Meetings: Expected commitment of at least two shifts per month at the Daily Grind, plus general club meetings once per term

Requirements of Membership: Interest in business

Number of Participants: Around 40

CADET FORCE



Adult Advisor: Mr. Young

Purpose of Activity: To develop leadership by means of training (traditional drill and other activities). We promote the qualities of responsibility, self reliance, resourcefulness, endurance and perseverance. This group aims to develop camaraderie, life skills and aims to build lasting friendships through adventurous and fun experiences.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Thursdays after school from 4 to 6:30 pm. Every fortnight there will be some sort of outdoor education or skill-based activity for the unit (camping, mountaineering, cross-country skiing, sailing, team-building, etc.).

Requirements of Membership: Active participation and attendance. Willingness to try new activities and push to their limits. There will be approximate fees of \$40 for uniform and \$15 per activity (optional).

Number of Participants: Unlimited. We promote an inclusive culture where students from all cultures, orientations and faiths can co-exist.

CAIS CONFERENCE



Adult Advisor: Mr. Primrose

Purpose of Activity: Each year, the Canadian Accredited Independent Schools Conference is hosted at a different school across the country. Although specific themes are set by the host school, youth generally develop their leadership abilities in relation to self, group and community. The aim of the conference is to empower and prepare students to come back to SMUS and Victoria as individuals who are able to lead by example. See the Leadership Moodle site for more information at secure.smus.ca/moodle.

Time of Year: Applications accepted until early January and the conference is held mid-April

Frequency and Duration of Meetings: TBD

Requirements of Membership: Students are selected based on the thoughtfulness of their application, their interest in expanding and developing leadership skills, commitment to pre-conference preparation and willingness to share the experience with the SMUS community upon return.

Number of Participants: Limited to 4 participants in Grade 10 or 11

Cost: Selected participants are responsible for covering the cost of flights, food and entertainment. Accommodation is provided with participants billeted by families from the host school.

CHAPEL TEAM



Adult Advisor: Rev. Fletcher

Purpose of Activity: The team strives to craft Chapel sessions that are student-centred, relevant and meaningful. Chapel itself is a crossroads for the leadership program where various groups relate their endeavours and reflect on the values that support their work. The team has a hand in every aspect of planning: themes, format, music, prayers, hymns and presentations. Members enjoy the unique opportunity and responsibility of creating an event in which the whole Senior School participates twice a week. The team also works to influence school culture beyond the walls of Chapel.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Tuesdays during Flex

Requirements of Membership: Active participation

Number of Participants: Unlimited

CHESS CLUB



Adult Advisor: Mr. French

Purpose of Activity: The Chess Club provides an organized environment for anyone who loves chess, offering tournament ladders, and tutorials for everything from basic tactics to complex openings

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly at lunch (Tuesdays)

Requirements of Membership: An enthusiasm for chess

Number of Participants: Unlimited

CHINESE CULTURE CLUB



Adult Advisor: Mrs. Mao

Purpose of Activity: Chinese Culture Club is a time dedicated to learning more in-depth about Chinese culture in the areas of food, art, sports, dialects, regions, social habits, doing business with Chinese people, etc. This club is founded, organized and run by students. Through different activities, such as Ping Pong, chopstick competition, Chinese calligraphy, and watching culture and music videos, participants will have a greater understanding about Chinese culture in a broader scope.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Every other Thursday, between 12:40 and 1:10 pm

Requirements of Membership: Anyone who is interested in learning more about Chinese culture. No language pre-requisite is needed as the focus of the club is culture, not language acquisition.

Number of Participants: 10-12 students

COMMONWEALTH CONFERENCE (VAN. ISLAND)



Adult Advisors: Mrs. Davel, Mrs. Kuklinski

Purpose of Activity: To bring students from different schools together to discuss global issues based on the Commonwealth Heads of Government model.

Time of Year: Preparation begins in December and the conference takes place on the third Saturday of February

Frequency and Duration of Meetings: Two plenary meetings and independent preparation

Requirements of Membership: Willingness to speak in front of a small group and to represent the school at the conference. Delegates are expected to work with their partners to do research on their countries and the four draft resolutions we provide them with.

Number of Participants: A maximum of three teams of two students each, normally in Grades 10 or 11

Application process: Information will be posted on the Leadership board mid-November

Selection criteria: Students selected follow world issues, have leadership potential and are interested in learning the skills of consensus building. Being a bridge builder or being good at informal backroom negotiations are real assets.

COMMONWEALTH FORUM (NATIONAL)



Adult Advisor: Mrs. Davel

Purpose of Activity: To continue the work of the Vancouver Island Commonwealth Conference in Ottawa.

Time of Year: May

Frequency and Duration of Meetings: Two plenary meetings and then independent preparation

Requirements of Membership: Willingness to speak in front of a small group and to represent the school at the Conference

Number of Participants: The top two delegates from the Vancouver Island Commonwealth Conference

Application process: Selection is by a panel of judges

Selection criteria: Students demonstrating success at the VI Commonwealth Conference

Cost: Spending and food money. SMUS and the Royal Commonwealth Society subsidize registration fees, the federal government sponsorship covers the airfare, and the students are billeted locally.

COMMUNITY SERVICE



Adult Advisor: Ms. Parker

Purpose of Activity: As a school which prepares students for higher learning and for life, we believe community involvement is a crucial part of a SMUS education. Serving the needs of others is a core tenet of our program. We hope to broaden perspectives and develop leadership skills and character traits in order to create good citizens.

The Senior School encourages students to participate in off-campus service. Some opportunities are chaperoned and some are not. Community Service opportunities are posted on the Service and Leadership section of the *SMUSpaper* website (news.smus.ca/leadership). Students interested in learning more about the opportunities or looking for something more individualized can meet with Ms. Parker in the Leadership office on Monday, Wednesday and Thursday.

Time of Year: Throughout the school year

Tracking: Part of being involved in service is keeping a record of what you do. SMUS has an online tracking system that allows you to input your hours, reflect on the experience and keep track of what you have done. You can access the system at x2vol.com. You will also find instructions on how to use the system at news.smus.ca/2011/05/17/service-hours-tracking-2/. If you have any questions or need help, contact Ms. Parker or Mr. Cook.

DUKE OF EDINBURGH AWARD



Adult Advisors: Ms. Parker, Mr. Primrose

Purpose of Activity: The Duke of Edinburgh Award is a globally recognized and prestigious award available for youth recognizing their engagement in community service, skill building and outdoor endeavours. As a standards-based award, when the requirements are met, students qualify for the award.

Register online at: www.dukeofed.org/sign-up (and indicate that you are part of the St. Michaels University School group).
Registration must occur before activities can be recorded.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: None scheduled but there will be occasional meetings to check in

Number of Participants: Unlimited

ENTREPRENEUR CLUB



Adult Advisor: Mr. Lilly

Purpose of Activity: A student-driven and experiential opportunity for those willing to join the real entrepreneurial world and learn how to operate a business while at SMUS. Depending on members' ideas, different business possibilities will be explored and tested. All members are involved in the whole business process, including idea forming and goal setting, market research and business operating, financial management, marketing, business plans, execution of business and evaluation of success or failure. Guest speakers will be brought in throughout the year. The goals of the club are to:

- Immerse members in the world of entrepreneurship,
- Observe real current business events,
- Give hands-on experience with business research,
- Analyze entrepreneurs and their companies,
- Teach the process of start-up creation,
- Create your own start-up to pitch.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly at lunch, weekend work sessions as needed

Requirements of Membership: A passion for entrepreneurship

Number of Participants: Unlimited

FALL THEATRE PRODUCTION



Adult Advisor: Mr. Collett

Purpose of Activity: Students will mount a full dramatic production for two or three performances in November. Cast will be determined based on auditions held at the beginning of the year.

Time of Year: September to November

Frequency and Duration of Meetings: Intensive rehearsals during several lunchtimes and afternoons per week

Requirements of Membership: A successful audition. Students must be available for rehearsals over the mid-term break in November.

Number of Participants: 10-15, depending on the play, including cast, stage manager and assistant stage manager.

FILM CLUB



Adult Advisors: Mr. Hlannon, Mr. Leahy-Trill

Purpose of Activity: To teach students how to edit and film videos, to serve the school by helping out in school-related videos and to produce an end-of-year summary video of the school year.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Meetings will be held once per week on Fridays. Students will be involved in helping to film school events and produce films throughout the year.

Requirements of Membership: All students who are interested in cinematography and making videos are welcome.

Number of Participants: Unlimited

FOOD COMMITTEE



Adult Advisor: TBA

Purpose of Activity: The boarding food committee represents the boarding community and their wish to have healthy, tasty, well-liked meals.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: 30 minutes bi-weekly

Requirements of Membership: None

Number of Participants: Unlimited

FREETHINKERS' CLUB



Adult Advisor: Mr. Bateman

Purpose of Activity: The purpose of FreeThinkers' Club is to educate young individuals by exposing them to diverse opinions and ideologies. During this process, we hope to provide a safe environment where students feel comfortable expressing their thoughts while learning to be skeptical and mutually benefiting off each other's ideas. We will be covering topics ranging from Nihilism and Reincarnation to Personal Identity and Ethics.

Club members will be frequently encouraged and be provided with opportunities to explore and present their own topics of interest.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: One lunchtime per week

Requirements of Membership: An open mind

Number of Participants: Unlimited

GRADE 11 LEADERSHIP TRAINING



Adult Advisors: Mrs. Daly, Mr. Primrose, Mr. Anderson, Mr. Driscoll

Purpose of Activity: Throughout the year all Grade 11 students participate in leadership sessions. Through the use of grade meetings, chapels, guest speakers and workshops-style events , there are many opportunities for students to continue their development as future leaders within the school. The students are introduced to the five practices of leadership and provided the opportunity to explore how they can implement these practices into their everyday life as they prepare for their future leadership roles as Grade 12 students.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Varying throughout the year.

Number of Participants: All Grade 11 students

GRAD COMMITTEE



Adult Advisor: Ms. Webber

Purpose of Activity: This committee organizes events to raise money for the grad class. Candygram sales, bake sales and Christmas poinsettias are some of the events that take place. The funds are used to support the grad class.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: When needed to plan for activities

Requirements of Membership: All Grade 12 students can participate

Number of Participants: Unlimited within the grad class

GRADE COUNCILS



Adult Advisor: Mr. Primrose

Purpose of Council: Students represent the issues of their peers with respect to school spirit and school life in general. Organized by grade, School Prefects oversee the management and running of the meetings and serve as liasons between the students in each grade and the Prefect Council and school administration. Grade wide initiatives and issues are discussed as well as the organization of full school events.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Mondays between 9:15 and 9:50 am

Requirements of Membership: None

Number of Participants: Approximately 20 but there is no limit

GREEN CLUB



Adult Advisors: Mr. McCloskey, Mr. Donatelli

Purpose of Activity: The Green Club's overarching goals are to reduce the school's ecological footprint and reduce the school's CO2 emissions. We accomplish this through education and hands-on projects. Students will gain a broad understanding of sustainability and environmental issues. At the same time, they will gain leadership and project management experience. The three main projects include:

-Urban Farm Project: We need keen people to design, construct and manage an urban farm. This will include growing vegetables in the gardens, tending to the fruit trees as well as learning about bees, chickens, soil, composting and more.

-SMUS' Energy Lab Project: The Energy Lab is designed to educate students and staff about renewable energy sources such as solar and wind power. It will also provide education and practical experience for students around building design, efficiency and engineering.

-Education: Education is a key component of our green mandate. Over the course of the year the club will present in Chapel, assemblies, at the farm, the lab and in classrooms. These events provide a great opportunity for students to share their growing expertise and to develop their public speaking and presentation skills.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Every Wednesday at lunch. We will also coordinate adventures, outings and larger projects for the group and the community.

Requirements of Membership: Be an active participant in the weekly meetings and in one of the major projects; be willing to learn about sustainability, share your ideas and support others in their projects; be willing to share your enthusiasm with others about what we are trying to do.

Number of Participants: Unlimited

HACK CLUB



Adult Advisor: Mr. Steed

Activity: Hack Club (in this case, “hack” means solving problems cleverly with code, just like life-hacks)

Purpose of Activity: Hack Club is a club that teaches coding to students in a way that empowers them to build things and solve problems. This club will be a chapter of the broader Hack Club initiative, which provides support and resources to the club itself. Hack Club meetings are structured in pairs, so that new projects can be started and demoed each week. The first of the two meetings includes an hour-long workshop to help get members started, and the second is a session of free-form hacking. This emphasis on building things echoes the spirit of hackathons, making Hack Club feel like a continuous hackathon.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Twice a week on Monday and Wednesday from 3:30 to 5:30

Requirements of Membership: The only requirements for attendance are a willingness to participate and a passion for learning. Members are fully expected to embody Hack Club’s code of conduct, which can be found at conduct.hackclub.com.

Number of Participants: Unlimited

HISTORY IS COOL CLUB



Adult Advisors: Mr. Kerr, Mr. French

Purpose of Activity: Using a seminar style, the club will do in-depth analyses of various events and personalities in history, particularly as they pertain to current events. The actual content and themes will be driven by membership interest. The aim is to deepen awareness of history and engage in insightful, relevant dialogue with students. There will also be information about local historical events, and possibly field trips to visit events and activities with a historical theme.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Twice monthly, likely at lunch on Wednesdays

Requirements of Membership: An interest or passion in being an active contributor to the club. Members may be expected to lead meetings or presentations on chosen discussion topics.

Number of Participants: Unlimited

INTERCULTURAL COUNCIL



Adult Advisors: Ms. Wilson, Ms. Robinson

Purpose of Council: To increase awareness of the diverse intercultural community at SMUS and to promote tolerance and understanding of other cultures' traditions. We will discuss intercultural issues and our role in better understanding our global responsibility as students.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Mondays between 10:40 and 11:10 am

Requirements of Membership: Each grade should be represented on the council. Students may be asked to report back to their grade during grade meetings. A strong representation of all cultures will be encouraged.

Number of Participants: Unlimited

INTERNATIONAL EXCHANGES



Adult Advisor: Ms. Wilson

Time of Year: Depending on destination

Information: There are a wide range of exchange opportunities throughout the school year to destinations such as Japan, India, China and Australia. Please see the SMUS website for details of trips being offered and information about each trip.

The exchange schools SMUS partners with are primarily co-educational, with a few exceptions. Each exchange situation offers a similar level of academics and educational philosophy, and many schools offer unique aspects of their curriculum to visiting students.

Our exchange program allows students to:

- experience other cultures;
- develop self-esteem and independence;
- develop decision-making and adapting skills;
- enhance leadership skills;
- experience unique learning experiences;
- develop friendships.

All trips are announced in the early spring at parent information meetings and grade-wide assemblies for Grade 9 and Grade 10 students. The application and acceptance process takes place in the year prior to the exchange. Applications are due in early May and students learn about their exchange placement before the end of the academic year.

To learn about specific exchanges, please visit www.smus.ca/programs/senior/life/travel.

INTERNATIONAL OPPORTUNITIES

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Our school offers international opportunities each year for students to deepen their understanding of the world and its cultures. Some experiences are related to an area of interest (such as music, geography, language). All involve exposure to a different culture. Because we are committed to service, most trips will involve some service work in the area. There will be pre-trip expectations, behavioural expectations during trips as well as follow-up reflections for most trips.

Proposed School Trips for 2018-2019

These trips will run dependent on the number of interested students. All trips are subject to safety, risk management, viable number of participants and financial considerations.

Tanzania – March 13–28, 2019; \$6,300 (including Zanzibar)

Nicaragua – March 13–24, 2019; \$3,800

Cuba/Costa Rica – March 13–28, 2019; \$4,400

Galapagos – March 13–26, 2019; \$7,100

London & Italy Music Tour – March 13–25, 2019; \$5,500

Model UN, Washington, DC – Feb. 12–18, 2019; \$1,800

University Tours – Ontario - Nov. 8–15, 2018; \$1,700

Canadian Maritimes - March 13-22, 2019; \$1,800

Southern California - May 17-22, 2019; \$1,700

Boarding Trips during long weekends: Seattle or local (October), Tofino or Disneyland (November), Whistler or Hawaii (February), Rockies or local (April), New York or local (May).

To see the schedule of trip offerings, visit www.smus.ca/programs/senior/life/travel.

For more information about any of the trips, please contact Mr. Kevin Cook at kevin.cook@smus.ca.

INTRAMURALS

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Adult Advisor: Mr. Linn

Purpose of Activity: To afford students the opportunity to seek a healthy, balanced, active lifestyle through a variety of activities

Time of Year: Throughout the school year

Frequency and Duration: One to two times per week, depending on the activity

Activities: (subject to change)

- Badminton
- Basketball
- Disc sports
- Indoor climbing
- Indoor soccer
- Sailing
- Squash
- Tennis
- Strength training
- Total body fitness (girls)
- Volleyball
- Yoga

Requirements of Membership: All SMUS students in Grade 9 and 10 who do not participate in extracurricular sports activities, as well as anyone who is interested. All Grade 11 and 12 boarding students who do not participate in extracurricular sports activities.

Number of Participants: Approximately 200 students

THE JAG NEWSPAPER



Adult Advisors: Mrs. McCachen, Mr. Edgington

Purpose of Activity: To produce a student-centred newspaper throughout the school year in both print and online.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly meetings of various length dependent on deadlines

Requirements of Membership: Students with a desire to write articles or contribute through photography or drawing are encouraged to join

Number of Participants: Unlimited

KNITTING CLUB



Adult Advisor: TBA

Purpose of Activity: To teach students how to knit and then have them teach others.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Drop in during lunch on Tuesdays and Thursdays

Requirements of Membership: Students will have practice materials supplied for them but if they would like to make something specific, they will be required to purchase their own wool and needles.

Number of Participants: Unlimited

LEADERSHIP CONFERENCES



Adult Advisor: Mr. Primrose

Purpose of Activity: Students are presented with many opportunities to participate in leadership conferences locally, nationally and internationally. Each conference has a specific theme that may prove to be appealing in an area that students would like to explore.

Time of Year: Throughout the year, including the summer

Numerous conferences are available and can be researched independently or viewed on the Leadership moodle.

Requirements of Membership: Conference participation is largely dependent on student interest and initiative. These conferences are not all chaperoned by a SMUS chaperone. Applications are sometimes required and can be accessed on the Leadership moodle site or through Mr. Primrose

Opportunities are presented on the *SMUSpaper* at news.smus.ca/leadership-and-service/.

Cost: Registration fees are usually covered by the participant and range in cost.

LINK LEADERS



Adult Advisors: Mr. Daly, Mr. Shaw, Mrs. Bendfeld, Mrs. Jones, Mr. Anderson

Purpose of Activity: Link Leaders is a student-centred leadership and mentoring program which welcomes Grade 9 students and helps to make them feel comfortable and confident throughout their first year at the Senior School. Built on the belief that students can help students succeed, the Link Leader program trains members of the Grade 12 class to become positive role models who act as motivators, leaders and mentors to help Grade 9 students have a successful year.

This program engages, develops and trains older students to make a difference. Link Leaders are drawn from a cross-section of the entire student body. Through identification with and connection to a Link Leader, the Grade 9 students will start to see themselves as leaders on campus. Full details can be found at www.boomerangproject.com.

Time of Year

- Applications: late April
- June Development Day: mid-June
- Link Leader training sessions: early September
- First Full Day of School
- Link Leader meetings: Schedule to be determined
- Follow-up activities: Dates and events to be determined

Requirements of Membership: Enthusiasm and a commitment to the program. Link Leaders must participate in all training sessions.

Number of Participants: 25-30, depending on the number of Grade 9 students

MATH CHALLENGERS



Adult Advisors: Mr. Williams, Dr. McAskill

Purpose of Activity: The main purpose of this activity is to share our enjoyment of doing mathematics with like-minded individuals. Mathematics can be a spectator sport. Our Math Challengers are a very similar group to our athletes. Instead of competing in the gym or on the field, we compete in a room using minds, paper and pencils only. Problem-solving is viewed as a game where students need creativity and persistence in order to compete. The Math Challengers program promotes strategic problem solving by challenging students with stimulating and thought-provoking questions. Students form teams competing with other schools at regional and provincial tournaments.

Time of Year: October to April

Frequency and Duration of Meetings: One-hour weekly meetings will begin in late October, then by Christmas the top 10 to 15 students are selected for the teams and only those students will continue to meet. Closer to the regional competition in February, our meeting times will be more frequent.

Requirements of Membership: Students should enjoy discussing difficult and imaginative problems and be ready to use creativity in solving them. All grades are welcome.

Number of Participants: Unlimited, however, since there are five students to a team, we will eventually have to select up to 15 students to field a maximum of three teams.

ME TO WE



Adult Advisor: Mr. Cook

Purpose of Activity: Formally known as Free the Children, the Me to We or simply We Club serves locally to create awareness and support for children who are disadvantaged in locations throughout the world. Our current focus is the Adopting a Village program in Kenya through Me to We.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: The meetings vary depending on the project and more will be expected of the leaders and group members as we approach an event. In the previous years, we have held annual initiatives such as the Leaf Rake and Spring Clean where students work within the local community to raise awareness but also to provide a service which may result in donations to Me to We.

We also hold a Walk for Water event in the spring and a gala for over 300 people as a major “fun” and “fund” raiser. Some students have travelled to Kenya, India and Ecuador to participate in building projects. This year, a trip to Tanzania will be offered during Spring Break to work with children.

Requirements of Membership: This club is open to all students in Grades 9 to 12 who are interested in service both inside and outside of the school. Students do not need to be interested in the Spring Break trips to be involved in the Me to We Club.

Number of Participants: Unlimited

MILITARY HISTORY CLUB



Adult Advisor: Mr. Young

Purpose of Activity: Using a seminar style, the club will do in-depth analyses of the tactics and strategies involved in major battles and campaigns throughout history. The content and themes will be driven by membership interest. Membership will also determine the extent of any experiential components (off-campus activities) throughout the year.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week during lunch or possibly after school (day of week and frequency of meetings may change depending on membership interest)

Requirements of Membership: An interest/passion in being an active contributor to the club. Members may be expected to lead meetings and/or presentations on chosen discussion topics.

Number of Participants: Unlimited

MUSICAL



Adult Advisors: Mr. Collett, Ms. Williams, Mr. Butterfield

Purpose of Activity: To offer the opportunity for students to be involved in a full-scale musical production. *Mamma Mia!* will be this year's production.

Time of Year: Auditions begin in October with rehearsals to follow. Stage crew and other positions filled as needed. Musical takes place at start of March.

Frequency and Duration of Meetings: Rehearsals will occur Monday-Thursday after school, with Saturday rehearsals added after the Christmas holiday

Requirements of Membership: Dependent on role/responsibility

Number of Participants: Approximately 150 students

OUTDOOR & SUSTAINABILITY COUNCIL



Adult Advisors: Mr. McLeod, Mr. Henderson, Mr. Pope, Mr. McCloskey

Purpose of Activity: To get people outside and to promote a greater connection to natural spaces through activities, adventures and service. Activities may include the following: ski or snowboard trips, white-water kayaking days, stand-up paddling sessions, sea kayaking trips, beach clean-ups, trail-building days and other outdoor adventures. In addition, this council works to improve and educate our community and its sustainability plan.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Mondays at Flex

Requirements of Membership: Each grade should be represented on the council. Students may be asked to report back to their grade during grade meetings. Everyone is welcome to participate in councils.

Number of Participants: Approximately 20, but no limit. There may be more participating in events.

OUTDOOR EDUCATION TRIPS



Adult Advisors: Mr. McLeod, Mr. McCloskey

Purpose of Activity: To provide students an opportunity to experience the outdoors on Vancouver Island. Activities include hiking and sea kayak trips, surfing trips, white-water kayaking day trips, and recreational skiing trips.

Time of Year: Mid-October to May (not including grade trips or outdoor leadership trips)

Frequency and Duration of Meetings: Pre-trip meetings occur as needed.

- White-water kayaking: typically four full-day Sunday paddle sessions in the fall
- Recreational ski/snowboard trips: typically 4 or 5 winter days
- Surfing trips: offered most long weekends plus a few weekend trips
- Hiking/sea kayak trips: offered during weekends in Term 1

Requirements of Membership: Programs are voluntary. Some require a certain skill level in an activity, but we typically offer introductory level trips before or in conjunction with the activity. There is a cost involved with each trip that is to be covered by the student.

Number of Participants:

- Surfing trips: each trip is usually 8-10 students
- White-water kayaking: 6-8 students per trip
- Recreational skiing: as required; 10 to 30 per trip
- Hiking/sea kayaking: 6-8 students

OUTDOOR LEADERSHIP



Adult Advisors: Mr. McLeod, Mr. Pope, Mr. McCloskey

Purpose of Activity: This is a for-credit course designed to prepare students to lead fellow students in outdoor activities.

Time of Year: Outdoor Leadership try-out trips take place within the Grade 11 out-trips in late September. Students who complete the trip and are recommended by the guides are accepted into the course in early October. The course continues through the Grade 11 year and into September of Grade 12.

Frequency and Duration of Meetings: In November there is a weekend wilderness first-aid training session. Students complete a 5-day winter camping trip in either February or March. The next trip is a 5-day spring trip in April, May or June. Students then help out with September out-trips in their Grade 12 year.

Requirements of Membership: Successful completion of an outdoor leadership try-out in September .

Number of Participants: 35-45 students in total but split into groups of 10 for trips and activities.

Note: Deadlines for applications are extremely important so listen for announcements.

PEER ELL MENTORS



Adult Advisors: Mrs. Hart, Mrs. McMillan

Purpose of Activity: To support new ELL students to thrive in a new school, culture, city and language.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Contact mentee before September and meet throughout the school year. Meetings 3-4 times per month.

Requirements of Membership: Application process for ELL students who have attended SMUS for at least one year. Must participate in training sessions and participate with their mentees (small and large group).

Number of Participants: 10-20

PEER NOTE TAKERS



Adult Advisors: Learning Resource teachers

Purpose of Activity: To provide specific students with a duplicated copy of class notes to support them in their studies

Time of Year: Throughout the school year with initial sign-up in September

Frequency and Duration of Meetings: Student volunteers meet with Ms. de Rosenroll in September and then provide a copy of their updated notes once a week for the duration of the year (no more than 10-15 minutes per week) in target courses. This service is supported through regular and free access to a photocopier in Learning Resource.

Requirements of Membership: A willingness to help their peers without knowing the recipients (due to confidentiality). This position also requires that student-volunteers are reliable; notes should be updated once per week.

Number of Participants: Unlimited

PeerS (PEER SUPPORT) COACHING PROGRAM



Adult Advisors: TBA

Purpose of Activity: Students who become a PeerS Coach will be able to support students experiencing personal, academic or social challenges. The training program will introduce PeerS Coaches to the theory, skills and functions of the coaching profession. It will equip them to better understand themselves and others and provides preparation for peer counselling roles at university.

When we play sports, we work with a coach to both improve our skills and to learn new skills. The goal is to be the best player we can be. Similarly, when one wants to develop new skills for dealing with life challenges, students can work with a PeerS Coach. Coaching assumes the best, working with other people's potential and capabilities. Through these coaching conversations, the student establishes clear goals and effective strategies to meet those goals, with the support of the PeerS Coach.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly

Requirements of Membership: Fill out the application from the counselling office in early September. Each PeerS Coach will be supervised for in-school community service hours. PeerS Coaches will need to be journaling and/or keeping a record or time log.

PEER TUTORS



Adult Advisors: Learning Resource teachers

Purpose of Activity: Peer tutoring provides an opportunity for students to assist fellow SMUS students in a variety of academic areas. Tutors may work at the Senior, Middle or Junior School campus.

Time of Year: Throughout the school year with initial sign-up in September. It is hoped that students who volunteer in this capacity will commit to ongoing (longer-term) support (if needed), although it is acknowledged that flexibility must be built in to this relationship.

Frequency and Duration of Meetings: As determined by the tutor and tutee, under the guidance of Learning Resource

Requirements of Membership: Students undertake peer tutoring on a volunteer basis. It is important that tutors communicate regularly with their tutees particularly with respect to meeting times. It is recommended that tutors establish a set meeting time with their tutees. Tutors will receive support from Learning Resource and should be open to ongoing (but not time-consuming) communication with LR staff.

Number of Participants: Unlimited

PHOTO CLUB



Adult Advisor: Mr. Bateman

Purpose of Council: We will take lots of cool pictures because that is what we, as photographers, like to do.

We will practice and improve our photography skills, learning from each other.

We will exhibit our photographs in the community and beyond. We will use our photographs to raise awareness of and funds for causes of our choice.

Time of Year: We will meet throughout the year with breaks during the busier times of year so members can write an AP or star in a musical.

Frequency and Duration of Meetings: We will have short weekly meetings at lunch. We will go on occasional (optional) photography missions on the weekends.

Requirements of Membership: A digital camera (please see Mr. Bateman if you need help getting one), a desire to capture what other people don't see, as well as wanting to have fun with photography.

Number of Participants: Unlimited

POLITICS & INTERNATIONAL RELATIONS CLUB



Adult Advisor: Mrs. Beare

Purpose of Assembly: This club has several interconnected goals which aim to create student awareness about the state of affairs in the modern world, relationships between great world powers, and the political events affecting our generation. We hope to follow, discuss, and write about major issues such as the Syrian Refugee Crisis, Brexit, conflict in the middle east, ISIS threats to the West, the American election, and other news stories. We will look at the response of governments (e.g. Canada, Russia, the USA, the UK, China, Germany, etc.) to these issues and assess possible solutions to global obstacles/answers to major questions of the 21st century.

Time of Year: Throughout the school year

Frequency of Meetings: Mondays between 9:15 and 9:50am

Requirements of Membership: Active Participation

Number of Participants: Unlimited

PREFECT ASSEMBLY



Adult Advisors: Mr. Rodford, Mr. Anderson, Mr. Driscoll, Mr. Primrose, Ms. McCallum

Purpose of Assembly: The school prefects are responsible for fostering school spirit and setting the tone of the school through their actions. The role of a school prefect is to act as a liaison between the faculty and the student body and to serve the school in a leadership capacity with the expectation to participate in school events and act as role models.

SMUS has a Head Girl and a Head Boy along with Prefects who are selected through their councils, boarding houses and an election. Along with being positive citizens of the school, to qualify for application for a school prefect position students should have demonstrated a significant contribution to the school. Students are elected during the third term of Grade 11 by Senior School students and teachers.

Each individual commits to their role as a team player and as leaders by participating in the Prefect Retreat in June of their Grade 11 year where they do team-building exercises and learn about their individual and collective leadership styles.

Time of Year: Throughout the school year with a June retreat in their Grade 11 year

Frequency of Meetings: Every third Monday at lunchtime

Requirements of Membership: Prefects are voted in at the end of their Grade 11 year to assume duties in their graduating year

Number of Participants: Approximately 38-44

PRIDE ALLIANCE



Adult Advisors: Mr. Lynch

Purpose of Activity: We are a student-led group providing education and resources to promote awareness and acceptance of gender diversity. We take action to reduce discrimination and create an inclusive and safe environment in our community.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week for one hour

Requirements of Membership: None

Number of Participants: Unlimited

PSYCHOLOGY CLUB



Adult Advisors: TBA

Purpose of Activity: This is a student-run club. Facilitators plan content for meetings that often align with relevant holidays or connect to issues concerning the student body at certain points in the year. There is opportunity for student engagement with the content as students may act as participants in mini experiments or may be asked to analyze how they would respond in various situations. The discussions draw on student experience and no previous experience in the field of psychology is necessary.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Every Tuesday at lunch

Requirements of Membership: Intrigue in psychology and a desire to learn about the human brain and human responses.

Number of Participants: Unlimited

QUEBEC EXCHANGE



Adult Advisor: Ms. Wilson

Purpose of Activity: The aim of the Quebec Exchange Program is to provide students with opportunities to:

- Enhance academic learning and improve French language skills;
- Experience French-Canadian culture and deepen learning about Canada's early history;
- Develop self esteem and independence;
- Develop skills such as decision-making and adapting to new situations;
- Enhance leadership skills;
- Challenge existing ways of thinking;
- Experience exciting and unique learning experiences; and
- Develop friendships.

Time of Year: Four weeks in January/February

The application process happens in the fall through grade meetings and French classes. Successful applicants will receive a scholarship which covers the cost of round-trip airfare to Montreal and some spending money. This exchange is open to students in Grades 9 and 10.

Number of Participants: Limited numbers but students normally participate in pairs

To learn more about the exchange, please visit www.smus.ca/programs/senior/life/travel.

RADIO CLUB



Adult Advisor: TBA

Purpose of Activity: This is an opportunity to be involved in a student-run radio station. Students take on tasks such as show prep (script writing, finding content, choosing music), advertising (posters, a video, maintaining the YouTube channel) and involving other clubs and councils in building content (interviews, announcements, original writing and music). Students gain new skills related to radio and media, and build upon ones they already possess, including organization and public speaking skills. Students also help promote and embrace diversity in the school, and help create connections between students and clubs.

The SMUS radio station broadcasts daily.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly

Requirements of Membership: None

Number of Participants: Unlimited

REACH FOR THE TOP



Adult Advisor: Mrs. Amirault

Purpose of Activity: Play Reach for the Top practice quiz show games to prepare for the Senior (Grade 11-12) provincial tournament in April. The SMUS team has made it to the provincial finals every year since it started in 2005.

Time of Year: October to April/May

Frequency and Duration of Meetings: Once or twice a week at lunch (usually Mondays and Fridays)

Requirements of Membership: None

Number of Participants: Unlimited

ROBOTICS CLUB



Adult Advisors: Mrs. Hann, Mr. Steed, Mrs. Amirault

Purpose of Activity: The SMUS Senior Robotics Club will be open to students in Grades 9-12. We will be participating in the First Tech Challenge program where teams are challenged to design, build, program and operate robots to play a floor game in an alliance format. Students develop STEM skills and practice engineering principles. The robotics team will have the opportunity to compete in the FIRST Tech Challenge robotics competition.

For more information on the program, please see www.firstinspires.org/robotics/ftc/what-is-first-tech-challenge.

Time of Year: Terms 1 and 2

Frequency and Duration of Meetings: Twice weekly

Requirements of Membership: None

Number of Participants: 10

SERVICE COUNCIL



Adult Advisors: Mrs. Brown, Mrs. Catto, Mr. Cook

Purpose of Council: The Service Council organizes a number of activities and events throughout the year most of which are fundraising events for various local charities and/or world relief organizations. We support groups such as Cops for Cancer, World Vision, Zambia Mission Fund, United Way, The Mustard Seed, Canadian Cystic Fibrosis Foundation and many others. Much of the fundraising is accomplished through our Service Days (approximately six per year) where students donate money for the privilege of wearing casual (non-uniform) dress to school. Special events organized by the council are the Halloween costume parade, the Valentine Matchmaker fundraiser, Grassroots Soccer and various Spirit Day activities.

We have also been involved in volunteering opportunities at Youth Empowerment Society and various other local charities.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week on Wednesdays at lunch

Requirements of Membership: This council is open to all students in Grades 9 to 12 who are interested in service both in and outside of the school

Number of Participants: Unlimited

SERVICE INITIATIVES



Adult Advisor: Mr. Cook

Purpose of Activity: To support individual students or small groups who would like to initiate a service opportunity. The possibilities are endless and may present themselves based on current events or different matters of the heart. The goal of the service program is to foster a culture of lifelong service, through the development of leadership skills and character traits, which prepares students to serve their communities and the world.

Please set up a meeting with the Director of Community Engagement and Global Expeditions to discuss the proposal. Students will be asked to fill out a proposal and should understand that the Director of Service will look at each proposal to see how it fits with the service program and philosophy.

Visit the *SMUSpaper* at news.smus.ca/leadership to see some of the opportunities that students take part in, new opportunities and a list of the organizations that SMUS supports. This may give students some inspiration about what they would like to do and which organization they would like to help.

SERVICE LEADERSHIP



Adult Advisor: Mr. Cook

Purpose of Activity: To provide an opportunity for students to take action serving the needs of our local community. This is a personal growth and leadership opportunity for Grade 11 and 12 students who want to deepen their understanding of local needs, serve directly and lead younger students in the same experience.

Time of Year: Students express interest in the beginning of the fall term and then commit to direct service throughout the year.

Frequency and Duration of Meetings: Meetings take place once per week (usually Thursdays at lunch) for the first term and then as required during the rest of the year.

Requirements of Membership: The members of this group have the motto *action speaks*. This means that only people who are willing to provide direct service to our local community will remain in the group. Throughout the year, members of this group are expected to go with Grade 10 students on their Toskan Foundation visits. In the final term some members will be invited to judge the final presentations of the Toskan.

Number of Participants: Unlimited, though more than 40 students may present some challenges.

SET DESIGN CLUB



Adult Advisor: Mrs. Gardiner

Purpose of Activity: Set Design Club will begin with looking at the annual Senior School Musical as a conceptual design project, applying the Elements & Principles of design to the theatrical set design and construction process. Working alongside the director, cast, crew and set designer for the musical, we will design, build and paint the sets before they head to McPherson Playhouse in mid-February. In the third term, we help with smaller productions put on by drama classes, conceptualizing, building and installing sets right in the drama room. This is both a conceptual and hand-on experience. See your ideas come to life. This is a good club for those who are interested in creative, hands-on careers or education pathways: architecture, structural engineering, design work, trade work, etc.

Time of Year: Throughout the school

Frequency and Duration of Meetings: Once per week during the First and Third terms, and approximately twice per week during the Second term.

Requirements of Membership: A love of art and design

Number of Participants: Unlimited

SMUS COLLEGIUM MUSICUM



Adult Advisor: Mr. Butterfield

Purpose of Activity: To provide music students with an opportunity to sing music in harmony in a small ensemble. The group will perform throughout the year.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Tuesdays, 5:30-7:30 pm

Requirements of Membership: By interview

Maximum Number of Participants: Unlimited

SMUS TALKS (PLANNING COMMITTEE)



Adult Advisor: Mr. Geddes

Purpose of Activity: The SMUS Talks Club aims to provide those who are passionate about TED-style talks to take part in one. Students could get involved either as a presenter, an event organizer or a technician. It is a good opportunity for participants to improve many skills, such as public speaking skills, organizational skills, time management skills and communication skills.

Time of Year: This is a student-led club and meetings will take place as needed to organize one or two events throughout the year.

Frequency and Duration of Meetings: In months leading up to the event, there will be approximately one meeting every week. Frequency increases as necessary closer to the event.

Requirements of Membership: The club welcomes students from Grades 9-12 who are interested in participating in the event in any way, either as organizers, speakers, or technicians.

Number of Participants: 8-12 students on the organizing team

SPOKEN WORD CLUB



Adult Advisor: Mrs. MacDonald

Purpose of Activity: Students will meet for writing workshops and to do improv activities and spoken word performances. Major events we will prepare for during the year will include Victorious Voices (Victoria Spoken Word competition) and Hullabaloo (Vancouver Spoken Word competition).

Time of Year: Throughout the school year

Frequency and Duration of Meetings: TBA

Maximum Number of Participants: Unlimited

SWING BAND



Adult Advisor: Mr. Farish

Purpose of Activity: This extra-curricular ensemble is open to students in Grades 9-12 who enjoy playing music from the big band era, swing, ballads, light rock and jazz. Approximately three performance opportunities take place during the year.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Each Wednesday and Friday from 7:15-8:00 am

Requirements of Membership: A minimum of two years playing experience (preferably more)

Number of Participants: Unlimited

T.G.I.F. (TEENS GROWING IN FAITH)



Adult Advisor: Mrs. Hawes

Purpose of Activity: To offer an opportunity for those of the Christian faith or anyone interested in matters of faith to meet on a weekly basis to discuss relevant issues, work on community-building and initiate various activities (chapel presentations, movie nights, etc.). The format is relaxed and social; students are encouraged to lead the sessions and provide ideas for discussion.

We also try to provide service to our school. Previously, we gave out chocolate valentines and also organized a movie night in the Lecture Theatre. We're hoping to build on those events and expand our activities.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Every Friday at lunch (boarders will be provided with a bag lunch)

Requirements of Membership: An interest in issues relating to the Christian faith

Number of Participants: Unlimited

VICTORIA FOUNDATION



Adult Advisor: Mr. Cook

Purpose of Activity: The Victoria Foundation Youth In Philanthropy group works to support the foundation’s motto of “connecting people who care with causes that matter.” Funds (\$2,500) are given to the group to distribute to local charities. The group explores their own values and priorities in order to align them with the needs of Victoria.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: The meetings take place once per week or every two weeks (as required). Students are required to identify possible charities and are then expected to make site visits to these organizations. If the opportunity arises to volunteer, then this is also encouraged. Group decision-making processes are explored with the consensus model being used most predominantly. Presentation of the grants to the charities is encouraged which may include public gatherings.

Requirements of Membership: This council is open to all students in Grades 10 to 12 who are interested in service both in and outside of the school. However, a selection process may take place in order to identify participants who are actively engaged.

Number of Participants: Maximum of 20 people and preference will be given to members involved previously.

VOLUNTEER CLUB

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Adult Advisor: Ms. Parker

Purpose of Activity: The Volunteer Club aims to provide service opportunities for students, with a goal of joining the school and the local community together. Seeking a balance between environmental and humanitarian services, we co-operate with teachers, school clubs, councils and local organizations.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly meetings during lunch with additional ones when needed

Requirements of Membership: The club welcomes students from Grades 9 to 12 who are passionate about serving both the school and the local community.

Number of Participants: Unlimited

WELLNESS CLUB



Adult Advisors: Ms. Cecill, Ms. Erwin, Mr. Primrose

Purpose of Activity: To provide a forum for increasing Health and Wellness among the Senior School students. This club is student centred and offers a forum for increasing awareness of the healthy mind platter and its role in our personal health and wellness. Various activities and initiatives will be undertaken to focus on the aspects that lead to health and wellness. Easing the stress of daily life and offering alternatives to create life balance such as mindfulness is a large component of this council.

Activity Examples

- Creating artwork to display around SMUS as visual reminders about wellness;
- Small gestures of appreciation;
- Facilitating guest presenters (music breaks, led meditation, yoga, nutritionist, group walk/sport, etc.);
- Planning a lunchtime wellness fair;
- Organizing student-led assembly presentations (weekly wellness theme); and
- Planning a wellness and balance chapel.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Once a week in the art room at lunch for September and October, then as required.

Requirements of Membership: Interest in wellness for self and others and a desire to make a healthy difference at SMUS and beyond

Number of Participants: Unlimited

YEARBOOK CLUB



Adult Advisors: Ms. Cecill, Mrs. Bateman

Purpose of Activity: To work together to create a piece of the school's history. This club designs the school yearbook and develops skills related to photography, writing, computer graphics and layout using InDesign.

Time of Year: Throughout the school year

Frequency and Duration of Meetings: Weekly meetings with more frequent meetings near deadlines. Workshops related to specific skills will be offered at the start of the school year.

Requirements of Membership: The desire to work to create a great yearbook.

Number of Participants: Unlimited

To Learn. To Lead. To Serve.



St. Michaels
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