



Westmount High School

Established in 1873

A College Board Advanced Placement School



Westmount High School List of Extracurricular Activities (ECAs) 2023- 2024

Participation-based Physical Activities

Fitness Club: During lunch on Days 1, 2, 3, 5 and 9 with Mr. Lavoie, Dr. Castonguay, & Mr. Douglas
Students are invited to come take advantage of the school fitness center and weight room.

The Royal Knights Dance Troupe: Wednesdays after school in the Auditorium with Ms. Mapp
Students will learn how to choreograph and dance to styles from Ballet, HipHop, Contemporary to Afro-Caribbean styles in preparation for performances throughout the year.

Wellness Club: During lunch on Day 5 with Ms. Bakouri in room 110 and sometimes the fitness centre
L'objectif est d'amener les élèves à avoir des outils pour cultiver leur bien-être et avoir confiance en eux.
Well-being and self-confidence. On fait, du yoga, des écritures dans les journaux, des marches lorsqu'il fait beau, des testes de personnalité...

Artistic and Cultural Activities

Comedy Club: Thursdays at Lunch in room 207 with Jeff Schouela
Learning how to become a comedian through improvisation, games and fun discussions that build self-confidence. The purpose of this activity is to provide students with a creative outlet as well as an opportunity to connect with their peers in a fun and productive manner.

Graphic Design Club: Thursdays after school in room 109 with Hakeem
Interested in learning how to use Photoshop and other programs to create designs for t-shirts and all kinds of other events? Join the Graphic Design Club!

Improv Club: Fridays after school with Mr. Stewart in room 319
Come one come all! Improv is the art of creating theater on the spot! We will be playing improv games, working on scene work, and character building.

Junior Wind Ensemble: Wednesdays after school with Ms. O'Sullivan in room 101
This is an after school musical ensemble for students in grades 7 and 8. Mr. Cox will run the rehearsals in the music room and the auditorium. Repertoire will only be band music aimed at performances. All students enrolled in grade 7 and 8 music are welcome

Musical: "Legally Blonde": with Ms. Stevenson in the Auditorium

A full production of the musical, "Legally Blonde" to be performed in the spring. This began with an audition period, and then continues with regular rehearsals (two times a week). Students will be acting, dancing and singing, in full costume with sets, props etc.

Photo Club: Days 2 and 7 after school with Mr. Phelan in Room 108

A weekly club focusing on photography, in which students learn technique and put it into practice. The photo club involves a mix of lessons in class and active outings. While home-based in a classroom (room 108), weekly club meetings may take students out into the community, to local parks, or on architecture walks downtown.

Purple and White Revue: with Ms. Chung

Talent show to be held on March 21st 2024 for students of all grades to showcase their wonderful talents!

Senior Wind Ensemble: Thursdays after school with Mr. Cox in room 101

This is an after school musical ensemble for students in grades 9, 10, and 11. Mr. Cox will run the rehearsals in the music room and the auditorium. Repertoire will only be band music aimed at performances.

WHS Jazz Band: Tuesdays after school in Room 101 with Mr. Cox

This is an after school ensemble that rehearses once a week. It is open to any instrument that students play at school along with piano, bass, and guitar. Mr. Cox will run the rehearsals and the ensemble will perform in the jazz, rock, and latin styles.

The Westmount Highlights: Tuesdays after school with Mr. Shapiro in the Library

Do you want to be a YouTube star!? With over 500 subscribers, the Westmount Highlights club is accepting new members for the 2023-2024 school year! Members of the TWH Crew learn how to write, produce, edit and publish a polished weekly YouTube show for the Westmount High School community.

Knights, Camera, Action!

Scientific Activities

Robotics: with Mr. Leclaire

Days 2,3,5 and 6 at lunch: First Tech Challenge/CAD

Monday, Wednesday, and Fridays after school: First Robotics Competition/Programming

Team members have the opportunity to participate in the design, construction, operation of robots and compete against other schools. Students will learn an introduction to both mechanical and electrical engineering but also the value of teamwork and collaboration.

Clean Air Club: Check Daily Bulletin for specific times with Mr. Green and Mr. Douglass in rooms 316 & 207

The purpose of the club will be to engage students in learning about Clean Air at WHS and work on specific fundraising projects.

Socio-Educational Enrichment Activities

Board Game Club: Days 3 and 8 at lunch with Mr. Meades in room 117.

The Board Games Club is for students who love playing all kinds of board and card games. Sign up and see what new games we're bringing in this year!

Book Club: Every other Wednesday with Ms. Mlynaryk after school in the library

Club where students will read a total of 3-4 books throughout the year and meet biweekly to discuss with other members and the librarian. Open to students from Sec 1 through 5!

Battle of the Books: Tuesdays after school with Ms. French in the library

Club where members read from a list of 12 pre-selected novels and compete as a team of eight in an EMSB

wide trivia competition. Open to students from Sec 1 through 5!

Chess Club: During Lunch on **Day 3 and 5** in Room 306 with Mr. Chan
Students are invited to come play chess with their peers!

Magic the Gathering Club: During lunch on days 4 & 9 with Ms. Provencher in room 117
Play friendly casual constructed games! We have a handful of extra decks of cards, but you are encouraged to bring your own.

Trivia Club: During Lunch on Days 1 and 5 in Room 303 with Mr. Lavoie
Students will get the chance to compete against one another in trivia challenges. Match wits with the best in the school!

Community Engagement Activities

Food Appreciation Club: During lunch on day 4 in room 120 or 110 with Ms. Bakouri
Faire découvrir aux élèves les choix les plus sains pour se nourrir. Ajouter un volet nutrition et instruction lié à la santé. Découvrir des produits du terroir.

Health and Wellness Space: During lunch on Tuesdays, Wednesdays, and Thursdays with Ms. Samantha and Ms. Erin in room 120
A calm space where students are invited to engage in various de-stress activities such as coloring mandalas, legos, play-doh, journaling, origami, cozy reading, braiding, puzzles, sudoku, etc.

The G.R.A.V.Y. Initiative: with Ms. Ahmed
The GrassRoots Awesome Volunteering Youth Initiative offers various volunteer opportunities to students throughout the school year such as helping out at a foodbank or aiding in food deliveries

Tutorial/Homework Help

EXTRA EXTRA Tutorial Club: During Lunch on Days 1, 2, and 3 with Ms. Parades in room 106
Students are invited to come and receive additional academic support and reviewing of course material

Student Support Spaces/Open Classrooms

Open Chat Club: During lunch on Days 4, 5, and 8 with Ms. Parades in room 106
Allowing a safe space for students to eat, chat with friends within a fun and music filled environment that is comfortable and non-threatening. Students are free to dance and sing along to the music if they so wish!

Open Class/Support Space: During lunch on Days 2, 3, and 8 with Mr. Ruddick in room 201
A supportive space for students to spend their lunchtime

Open Class: During lunch on Days 1, 3, 4, 5, 6, 7, 8, 9 with Mr. Drever in room 121

Cheerleading Team: Thursdays after school with Ms. Angie
The cheer team at Westmount high will bring spirit and joy to all. The team will consist of boys and girls because it will be open to all genders and ages. The children will learn simple dances as well as cheers/chants to perform at team games and other school events like the talent show.

Craft Club: Once a week with Ms. Sipos and Ms. Anania
Club where students can explore various crafting mediums such as knitting, embroidery, jewelry making, and many more!