REDCOATS
CO-CURRICULAR HANDBOOK

INSIDE:

THE BEAUTY OF GOVERNOR SIMCOE
ART AND DRAMA AND MUSIC, OH MY!

ATHLETICS, ROBOTICS AND MORE
THE CLUBS AND ACTIVITIES THAT
MAKE UP THE SIMCOE EXPERIENCE
EXTRACURRICULAR ACTIVITIES can help your child grow in and out of the classroom, but the key is keeping it fun. From playing soccer, taking music lessons or belonging to a club, extracurricular activities outside the classroom can have a positive impact on children.

“Children’s participation in organized extracurricular activities has been associated with positive short- and long-term outcomes,” says Anne Guèvremont, the lead author on a Statistics Canada study on organized extracurricular activities. The paper drew upon US data reports that involvement in extracurricular activities has a positive impact on academic achievement and pro-social behaviours. Extracurricular activities also help reduce school drop-out rates as well as emotional and behaviour disorders.

“One of the great benefits of extracurricular activities is creating new opportunities to learn to think about themselves and to learn what they like and don’t like,” says Tracey Starrett, a writer and course director at York University in human resources and communication. Finding the right extracurricular activity is a learning experience for the entire family. “When you’re child is 2, parents are probably making the choices for them. Usually, it’s something that interests the parent,” says Starrett, the mother of a son, 9, and a daughter, 12. “Obviously, as children get older, they’ll start expressing their interests. At 4 or 5 they’re going to let you know whether you chose the activity for them and whether they like it or not.” She advises that parents try a wide variety of activities, because your kids will eventually gravitate towards the things they like. Trying different activities will also help children discover something they enjoy – even if it’s an activity that may not have interested you initially.
One great benefit is that students will learn about time management and prioritizing things in their life. We get very used to juggling a variety of different tasks and commitments. Our teens need to learn how to do this as well, and getting involved in these activities can give them some practice at it.

Getting involved in extracurricular activities also allows students to get involved in diverse interests. It is important for students to be very diverse in their interests. These activities allow them to explore various interests that they may have.

Getting Involved in Diverse Interests
Extracurricular activities allow your child to make a contribution in some way. It shows that they are getting away from just thinking about themselves and contributing to something else. This is important in their growth as a person.

Learning About Long Term Commitments

Teens learn about long term commitments when they are involved in extracurricular activities. When they join they commit themselves to that activity for a period of time. If they don’t hold up to their end of the deal, no doubt they’ll hear about it from their peers and perhaps even teachers.
Students will have the benefit of building solid relationship skills as well when they get involved in extracurricular activities. They need to get involved in social activities and learn how to appropriately act in social situations and these activities give them a chance outside of school to do this, while they are still being supervised by adults.

Being involved in school activities helps to raise self esteem. Students struggle with self esteem, and these activities are a way that they can build confidence. Everyone wants to find something that they are good at, and extracurricular activities provide them with a way that they can get involved and really shine.

IN THE SIMBOTICS PROGRAM, STUDENTS participate in two worldwide robotics competitions: FIRST Robotics Competition (FRC) and VEX Robotics Competition (VRC).

FIRST involves over 3000 teams and 40 000 students from around the world who design and build mechanical, electrical, and software components of the robots.

VEX is a year round robotics program comprised of smaller teams that each design, build, program, and compete with their own robots. This provides an opportunity for younger students to gain confidence and skills as they begin their robotics experience.

This initiative is organized through the Gr. 10 Careers/Civics classes.

More information can be found at www.simbotics.org

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<table>
<thead>
<tr>
<th>SOS</th>
<th>SPIRIT SQUAD</th>
<th>STUDENT SENATE</th>
<th>SIMCOE TRAVEL</th>
<th>WATERLOO MATH</th>
<th>YEARBOOK</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE SIMCOE OUTREACH SOCIETY (SOS) is an opportunity for students to make a difference in their school, local community and the world. Students plan initiatives to support a wide variety of organizations and to build awareness in our school. Some initiatives have included: We Scare Hunger, We Are Silent, and Zinc Saves Lives. We have collected gifts for Christmas for Gillian’s Place, backpacks for Zambia, and items for Community Care.</td>
<td>The Simcoe Spirit Squad is a group of high energy, spirited students who are working hard to build a culture of school spirit and fun here at Governor Simcoe. Spirit Squad is open to all students from grade 9 through 12. Activities include buy-ins, pep rallies, spirit days, Christmas Assembly, Candygrams and more!</td>
<td>STUDENT LEADERS COME TOGETHER TO plan and implement events and activities. Promoting school spirit is the priority of the council. By holding assemblies, seasonal promotions, and a semi-formal they hope to involve all of the student body in making Simcoe a great place to spend four years!</td>
<td>THE BATTLE OF VIMY RIDGE HAS considerable significance for Canadians. It has been a symbol of national unity, an achievement along our road to nationhood. 2017 was the 100th anniversary of the battle, a very special moment indeed. Simcoe students had the privilege of attending this historic event.</td>
<td>STUDENTS IN ALL GRADES HAVE the opportunity to compete in the University of Waterloo Match Contest. Top achievers can win Governor Simcoe Certificates and University of Waterloo medals. Copies of past contests are available to students to practice prior to the contest. Our math teachers look forward to helping you to prepare for, and to participate in the contest.</td>
<td>A CHANCE TO BE PART OF the creation and publication of Simcoe’s yearbook. Whether your interest is graphic design, production, photography, writing, editing, fundraising, or logistics, there is a job for you! Be an integral part of creating lifetime memories for you and your fellow Redcoats!</td>
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They Let The Creative Juices Flow

Curiosity and creativity can be developed. They just need the right environment. Creativity should be nurtured the right way, using the right methods. Arts, music and writing etc. are all creative pursuits. When students participate in such things, new doors are opened. They will start doing things differently, and innovative.

Most post-secondary institutes and employers look at look at co-curricular activities that students are involved in while they are in high school. They want to see that students are involved and well rounded. The activities that teens are involved in reveal a lot about them.
SO MANY CHOICES . . .
WHAT SHOULD I DO?

Quality Over Quantity And Do What You Love

• The Golden Rule for choosing extracurricular activities: do what you love (or at least what you’re interested in). Develop interests and follow your passions, whatever they are.

• Psychological research says that people who do what they enjoy are happier, healthier, usually more successful people.

• Your enthusiasm for an activity -- or lack of it -- often comes through in college, university or employment applications.

• When you complete applications, it’s important to explain what you do, why it’s important to you, what you have learned from it and how you will continue it after high school.

• When choosing extracurricular activities, go for quality, not quantity: 2, 3, 4 activities or sports over a number of years.

• Develop a couple or a few interests and act on them every which way you can.

• Extracurricular activities are a major way you can show how unique and qualified you are.

• Community service involvement is useful because it demonstrates how you are interested in getting beyond just yourself.

How To Get Started?
Whether you want to learn more about politics, public speaking or cooking, you can find an activity that will help you explore that interest. Here are some ideas for starting your search:

• Ask your friends what groups they belong to.
• Check your school’s bulletin boards or website.
• Talk to your school counselor or your teachers.
• Think about starting your own club or group.

How To Get Started?
Participating in sports helps develop teamwork and leadership as kids work together to win the game. Being exposed to various levels of skill and talent gives kids the opportunity to imagine what they can achieve. Pushing their limits to improve in a sport creates the desire to expect more from themselves and gain the respect of others.

High school is an important time for teenagers to keep fit and explore opportunities in a broad range of sports and physical activities. Regular activity will help to maintain healthy body weights. It’s also a chance for some to pursue excellence and achievement in sport.

**SPORTS @GOVERNOR SIMCOE**

Ideally, all high school students will have acquired physical literacy and fundamental skills during their elementary schooling, and they will have developed physical fitness during their middle school years. These skills and capacities are needed to participate in sport and activity at high school, and they are essential to stay active for life.

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**Competitive Spirit**

Being exposed to various levels of skill and talent gives kids the opportunity to imagine what they can achieve. Pushing their limits to improve in a sport creates the desire to expect more from themselves and gain the respect of others.

**Teamwork**

Participating in sports helps develop teamwork and leadership as kids work together to win the game.

**SEASON: SPRING**

THE SEASON RUNS the month of April (Pre-Zone, Zone and SOSSA). Tryouts begin after March Break.

**SEASON: SPRING**

(Practices 1-2 Days/Week, 1 or 2 Games/Week)

THE BOYS BASEBALL TEAM STARTS indoor tryouts in March. The outdoor season begins at the end of April and ends the beginning of June. The team plays 7 league games, plus playoffs and may enter one tournament.

**SEASON: FALL/WINTER**

(Practices 4-5 Days/Week, 2 Games/Week)

THE JUNIOR/SENIOR BOYS BASKETBALL TEAM BEGINS tryouts at the end of October. The team competes in 4-5 tournaments throughout the season. By March, the team will play over 40 games.
GOLF (BOYS/GIRLS)

SEASON: FALL
(Practices 5 days a week, 2 League Games a week)

SIMCOE HAS A proud tradition of winning and helping students play at the University and the CFL levels. We are proud to have alumni like Lirim Harjallahu and Steve Patrick call the Redcoats their team. The aim of Governor Simcoe Football is to provide a venue where young people can learn COMMITMENT, RESPECT and PRIDE. The philosophy of our teams is one of inclusion, excellence and fun. There is a position for everyone in football, so come out and become part of the family.

SEASON: FALL/WINTER
(1 Practice/Week, 3 Tournaments)

GOLF is a team and individual sport with a tournament format. Approximately four tournaments are played in our league. Normally, Zone and SOSSA events are held at Twenty Valley Golf and Country Club. Male golfers need to score less than 100 to compete at Zone while girls need to shoot under 120.

SEASON: FALL
SEASON: FALL/WINTER
(Practices daily, 1-3 games per week)

FIELD HOKEY IS A fall sport that runs from the beginning of the school year until mid to late October. No experience is necessary to join the team! Playing field hockey is a great opportunity to meet new friends and try a new sport. We usually play in 1-2 tournaments during the season including one on turf. Hope to see you in September!

SEASON: FALL
SEASON: FALL/WINTER
(Practices 5 days a week, 3-4 meets)

CROSS-COUNTRY IS A Fall sport with boys and girls teams in three age groups: midget, junior, and senior. The team trains on the trails near the school on a daily basis from September to late October. Individual runners and teams have an opportunity to qualify for SOSSA and OFSSA based on performance.

SEASON: FALL
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(Practices 5 days a week, 2 League Games a week)

THE JUNIOR/SENIOR GIRLS BASKETBALL TEAM BEGINS practices on the first day of school. The team enters 3-4 tournaments during the months of September and October. By the end of the season, the team will have played over 40 games.

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The rowing season begins in November with land workouts. Students not participating in other sports should expect to workout 4-5 days a week until March. After the March Break, students hit the water and racing begins in early May. Rowing is open to any student who wishes to compete. Senior athletes compete at regattas throughout Canada and the U.S. Some of our athletes move on to the National Team and represent Canada internationally. Simcoe crews consistently are among the best in the country and have won more than 45 National Championships since the program’s inception.

SEASON: NOV-JUNE
(4-6 Practices/Week)

Ski and Snowboarding
Less than two hours away in scenic New York state is the Holiday Valley Ski Resort. Governor Simcoe’s Ski and Snowboard Club ride down on a coach bus once a week in the afternoon. We enjoy 7 hours of skiing or snowboarding and fun before getting back at 11pm. Rental equipment is available. Proper ID (i.e., Passport) is a must. Weather/Exams dependent.

SEASON: WINTER
SEASON: WINTER/SPRING
(3 Practices/Week, 1 Game/Week)

TRYOUTS AND PRACTICES BEGIN in February (indoor conditioning). There are several games followed by playoffs. The team has a chance to advance to the SOSSA and OFSAA championships.

SEASON: SPRING
(2 practices and 1 game per week)

PRACTICES START after March Break, open to grades 9-12. We play 5 games plus playoffs and we participate in both indoor and outdoor tournaments.

SEASON: SPRING
(3 Tournaments)

PRACTICES START after March Break, and is open to girls grades 9-12. We play 5 games plus playoffs and we participate in both indoor and outdoor tournaments.

THE TENNIS TEAM AT Simcoe has grown significantly. It includes sprints, distance running, jumps, throws, as well as para and ID events. It is open to girls and boys in all age categories, and there are no cuts: all who attend practices make the team. Conditioning is year round but intensifies in the Spring in preparation for the outdoor meets, which run from late April to early June, culminating in OFSAA.

SEASON: FALL
(Sept to Oct)

THE TENNIS TEAM AT the Zone Tournaments in September (Senior) and October (Junior). These tournaments welcome a wide variety of players from beginner to experienced players. It's a great way to get some exercise and meet some new friends right away in the school year.

SEASON: WINTER/SPRING
(4 Practices/Week, 1 Track Meet/Week)

THE TRACK PROGRAM AT Simcoe has grown significantly. It includes sprints, distance running, jumps, throws, as well as para and ID events. It is open to girls and boys in all age categories, and there are no cuts: all who attend practices make the team. Conditioning is year round but intensifies in the Spring in preparation for the outdoor meets, which run from late April to early June, culminating in OFSAA.

Goal-Setting

Achieving and setting goals are a big part of sports as kids realize their hard work and discipline helps them attain skills they need to score, to win, or to finish strong.

Physical activity develops a strong healthy body and increases quality of life. Sports are a fun way for kids to stay active and fulfilled. They are less likely to drink alcohol, do drugs or smoke. After realizing what it’s like to look good and feel great, they are more inclined to carry these habits into adulthood.

Healthy Lifestyle
Participating in sports helps build leadership skills. Sports teams give you an opportunity to surround yourself with competitive people and role models, and learn from them both. You can demonstrate your own leadership through team captainships and individual actions to improve your team’s success.

Leadership Skills

Positive Thinking

Exercise elevates mood and relieves stress so that kids can channel their energy towards something positive, like improving strength and endurance.
SCHOOL PROFILE

GOVERNOR SIMCOE SECONDARY SCHOOL

Students refer to Governor Simcoe as “OUR HOUSE” as we take great pride in the people and the building that is our academic home. Our logo references our four facets of learning.

We seek to:

Promote Intellectual Thought and Critical Thinking
Nurture Creativity
Support Our Students’ Mental, Emotional And Physical Health
And Prepare Our Students For A Technological World

These four facets are contained under the roof of “OUR HOUSE” while a Redcoat Soldier stands guard, paying homage to our historical background and tradition.

Have questions? You can contact us at:

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Fax Number: 905-934-3389
Website: http://govsimcoe.org/

Follows Us On Twitter
@simcoeredcoats

Download THE DSBN APP for iPhone, iPad or Android on our website
John Graves Simcoe fought against slavery and passed the *Act Against Slavery* in 1793 which lead to its abolition. By 1810 there were no slaves in Upper Canada. The British Empire did not follow suit until 1834.

In a letter dated 1791, the Duke of Northumberland called John Graves Simcoe “brave, humane, sensible and honest.”
GOVERNOR  •  RIDCOAT