

## What can Lowell High School Offer You?

How do you like to spend your time after school? Did you know that how you choose to spend this time could be one of the most important ways you shape your future?

Extracurricular activities are a critical component of your college application, and you need to impress colleges with your interests. But you might not know what good extracurricular activities look like or what you should be spending your time on.

We've got you covered here in our guide to Lowell High School clubs and activities. Read on to get some inspiration for how to spend your valuable free time during high school!

An extracurricular activity can be almost anything that isn't required for high school credit or paid employment. These activities will become very important later, such as when you are applying to colleges, because they help you develop your talents, interests, and passions.

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*"With so many options here at Lowell High School, all students should be able to find an extracurricular that they are interested in and can develop a passion for!"*

*- Head of School, Michael Fiato*

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See Mr. Thornton in the Student Activities Office located inside the cafeteria with any questions regarding current or proposed clubs. Contact him at 978-441-3735 or [tthornton@lowell.k12.ma.us](mailto:tthornton@lowell.k12.ma.us)

LHS Club	Advisor	Location	Time
<b>After-school Band</b>	Mr. Tileston	Band Room /Cawley	Tues/Thurs/Sat
<b>After-school Choral Arts / Show Choir</b>	Mr. Winslow	Chorus Room	Tuesday and Thursday nights with Competitions on the weekends
<b>After-school Dance Ensemble</b>	Ms. Uribe	Irish Auditorium	Monday, Tuesday, & Wednesday
<b>After-school Theatre Arts Program</b>	Mr. Machado	Burgoyne Theater	Daily
<b>Anime Club</b>	Mr. Gervais	Little Theater	Third Friday of the month
<b>Best Buddies</b>	Ms. Verzone and Mrs. Ronan	Room 558	Monthly After School
<b>Black Unity Club</b>	Ms. Bryanna Laughlin	Room 610B	Every other Tuesday from 2:45-3:45
<b>Business Professionals of America</b>	Mrs. Taylor	Room 629	Wednesdays
<b>Chess Club</b>	TSgt. Smith ROTC	Room 008 in ROTC	Tuesdays and sometimes Wednesdays. Matches are played on Thursdays
<b>COMPASS Program</b>	Ms. K. Keefe	Room 810	Mon-Thurs

<b>Culinary Club</b>	Ms. Brassard	Rm 017 across from Courtyard Restaurant	Select Tuesdays 2:40-4:00 pm
<b>Environmental Club</b>			
<b>Expression Sessions Poetry Club (Through the COMPASS Program)</b>	Ms. Hoffman	Room 711	Tuesday & Thursday From 2:45-4:00
<b>Flags &amp; Color Guard</b>	Mr. DeFrank	Cawley / FA Cafeteria	Tues, Thurs, and Sat
<b>Future Educators of America</b>	Ms. Pigeon	Room 214A	Last Tuesday of the month
<b>Gear Up</b>	Mrs. Winn or Ms. Santiago	Room 206	Students Apply in 206
<b>Girls Who Code (new this year)</b>			Tuesdays at 2:30
<b>Have a Hat Club</b>	Ms. Levasseur	Room 019	Every Monday - 3:15 p.m.
<b>ILC- French Chapter</b>	Ms. Ameduri	Room 223	Monthly
<b>ILC- Assistant Advisor</b>	Ms. Yoraliz Amezquita	Room 224	Monthly
<b>ILC-Khmer Chapter</b>	Mr. Prak	Room 526	Every last Thursday of the month at 2:30
<b>ILC-Latin Chapter</b>	Mr. Arwe	Room 137	Monthly
<b>ILC-Spanish Chapter</b>	Ms. Dyson	Room 101	Monthly
<b>International Language Club (ILC)</b>	Ms. Dyson	Room 101	Monthly
<b>Journalism Club /</b>	Mr.	Room 145	Thursdays 2:35-

<b>The LHS Review</b>	DeLossa		3:35
<b>Latino Connection (MCC)</b>	Ilse Bellido And Maria Cunha	Room 323	Mon & Wed 8:30-12:00 Tues & Thurs 8:30 to 2:00
<b>LHS Film Club</b>	Mr. Wilkins	TV Studio	Tuesd/Thursdays
<b>Math Club</b>	Ms. Chace	Room 216	Tuesdays
<b>Mock Trial</b>	Ms. Ernst	Room 021	Mondays at 2:30
<b>National Honor Society</b>	Ms. Colloca	Rm. 204, LT, Cafe	Monthly
<b>Outdoor Adventure Club</b>	Ms. Bauer	Room 128	Wednesdays
<b>Outdoor Adventure Club Assistant</b>	Ms. Newcomb	Room 128	Thursdays
<b>PALS (Partners in Achievement for Lowell Students)</b>	Ms. Snetsinger	TBD	TBD
<b>Pep Club</b>	Mr. Thornton	Student Activities	Tuesday at 7:30am
<b>Political Debate Club (formerly Model United Nations)</b>	Ms. Ernst	Room 021	Fridays at 2:30
<b>Rainbow Connection / Gay-Straight Alliance</b>			Thursdays at 2:30
<b>ROTC Drill Team</b>	MSgt. Casilli	Gym	6:30am Several Times a Week
<b>ROTC Honor Guard</b>	TSgt. Smith	Gym	6:30am Several Times a Week
<b>Science Fair / STEM Club (Freshman Academy)</b>	Ms. Adams	FA 851	Tuesdays 2:30 - 3:30

<b>Science/STEM Club and Science League</b>	Mrs. Steinberg	Room 643	Thursdays
<b>South Asian Club</b>	Mr. Quiles	Room 250	Bi-weekly on Fridays
<b>Step Team (of the Black Unity Club)</b>	Ms. Bryanna Laughlin	Gym Caf. Stage	Daily at 7:15 and on Tues. & Wed. in cafeteria from 2:40-4:30
<b>Student Bible Club</b>	Mrs. DeCarvalho	Room 702	Wednesdays
<b>Student Book Club</b>	Dr. Howe	Library	Monthly
<b>Tenacity Challenge</b>	Mr. Quiles	Room 248 and C House	Thursdays
<b>TRiO Regular Upward Bound</b>	Ms. Luz or Mrs. Khalifa	Room 125	Students Apply in 125
<b>TRiO Talent Search</b>	Mrs. Winn or Ms. Santiago	Room 206	
<b>Upward Bound Math Science Grant which focuses on STEM</b>	See Ms. Luz to apply	Room 125	
<b>Yearbook Club</b>	Ms. O'Leary	Room 249	Monday at 2:30

### ***Ethnic & Cultural Clubs***

- Black Unity Club
- French Chapter
- French Chapter
- International Language Club
- Khmer Chapter
- Latin Chapter
- Portuguese Chapter
- South Asian Club
- Spanish Chapter

### ***Precision Performance Clubs***

- Elite AFJROTC Honor Guard
- AFJROTC Drill Team

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*Here are some examples of what our clubs have to offer!*

### ***Performance Activities***

#### **Band**

The Band advisor oversees the bands participation in school and community events including football games and parades. Also, prepares the band for competitions and festivals.

#### **Show Choir**

Participation in Show Choir furthers instruction in the performance of singing & dancing at the competitive level & performance in school and community events. Members take part in many competitions throughout the year. Students also take part in annual productions of Broadway musicals.

### **Student Theatre Company**

Exploring the fundamentals of communication and theatre, students are instructed in the actor's tools: voice, body, imagination, improvisation and ensemble. Students are also provided the opportunity to learn technical aspects of theatre including lights, set building, sound & stage management.

### **Dance Ensemble**

Students will learn choreography for the winter and spring dance concerts as well as other performance opportunities that happen throughout the school year. Auditions are held at the beginning of the school year.

### ***Scholastic/Competitive Clubs.***

#### **Math Club & League**

With an interest in mathematics, all students are invited to broaden their appreciation & knowledge of math through participation in math leagues & contests. After-school meetings include the opportunity to explore more interesting & challenging aspects of mathematics and to prepare students for math contests & meets where they will compete against other high schools.

#### **Mock Trial**

Mock Trial is a club for aspiring lawyers, debaters, actors/actresses and anyone who enjoys learning about the real world in a fun way.

#### **Model United Nations**

Model United Nations club is for anyone interested in the world and learning how to debate. We discuss human rights and world issues as you learn skills to participate in a simulation conferences for the United Nations.

### **National Honor Society**

NHS is a student-run service club where members had to have attained a minimum GPA of 3.6 or higher by the end of their sophomore or junior year to fill out an application packet to join. Students must have also made efforts in meeting the three Lowell Public Schools pillars (Service, Leadership and Character) as well as academics. Getting involved in school and community groups will help students' gain membership to the NHS in the fall of their junior or senior year.

### **Science Club & League**

Monthly meetings for planning, plus monthly competitions in October through March. The Massachusetts State competition is in March. We compete against area high schools in four events each month during the competition season. Events are in all science and engineering disciplines.

### **Tenacity Challenge**

Students work on their leadership and competitiveness by competing in four categories: Math/Science, banner/artistic, English, and History. Competitions take place throughout the state and students develop skills that allow them to work together to achieve their goals.

### ***Classroom Extension Clubs***

#### **Business Professionals of America**

This organization provides the opportunity for the development of leadership skills, personal & professional growth, and career related competencies. Enrollment in business-related courses is preferred but interest in business related fields are all you need to succeed in this club.

## ***Special Interest Clubs***

### **Anime**

Students meet monthly to discuss and watch Anime. There are several Anime events that the students host each year and it allows them to be creative and expressive with Anime.

### **Best Buddies**

The Best Buddies program builds one-to-one friendships between students with, and without, intellectual and developmental disabilities. The club meets monthly.

### **Chess Club**

Meeting on Wednesday in the Cafeteria, members learn the skills & knowledge necessary to improve their chess playing ability. Students participate in after school matches that prepare them for tournaments against other high schools.

### **Environmental Club**

Members of this club participate in many activities such as recycling, pollution prevention activities and Earth Day. This club builds many skills, such as leadership skills in leading a recycling team, having fun learning about the environment, working as a team solving environmental problems, you can earn community service hours, and you can improve your college resume.

### **Future Educators of America**

Students explore teaching as a career option, gain a realistic understanding of the nature of education, the role of the teacher, and understand information about teaching as a profession.

### **League of Legends**

Massachusetts is one of the first states to offer its schools early access to a state-sanctioned esports league sponsored by the Massachusetts School Administrators Association. At Lowell High School we play League of Legends. We play on Tuesday's after school, from approximately 3:00 - 5:00 PM in Room 648. There is a fall season which will begin at the end of October for 10 weeks, there is a tournament at the end to compete for a state title.

### **Outdoor Adventure Club**

OAC holds bi-weekly meetings with one trip each month. Students will go into the country and wilderness, and be taught the techniques and teamwork it takes to undertake each activity. Whether it's hiking, camping, canoeing, or snowshoeing students will learn lifelong lessons that they will carry for the rest of their lives.

### **PALS**

- Team building and friendships
- Leadership activities that will build your resume
- Various activities such as Self-Defense class, Zumba, Yoga
- Tutoring and support with homework.

### **Pep Club**

School spirit is the focus of this club. Primary activities revolve around sporting events. Pep club members have an extensive involvement in Homecoming Activities for football. Having fun is the name of the game for this club.

**Rainbow Connection/Gay-Straight Alliance**

Open to all students interested in diversity, gay-straight issues, acceptance of individual differences, and the subjects of peace & non-violence. Students attend meetings, rallies, conferences, and workshops.

**Student Book Club**

Students meet on a monthly basis to discuss a selected book. Copies of each selection are available in the school library.

**The Lowell High School Yearbook**

The Spindle is the yearbook of the Senior Class. Any student is welcome to join and to help create our yearbook. If you are interested in photography, graphic design, and writing, consider joining the yearbook club.

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*You've just read a sampling of what Lowell High School has to offer you in addition to our outstanding academic program.*

For additional information on Lowell High School,  
please visit our website:

<https://www.lowell.k12.ma.us/lowellhs>

Check out our Clubs pages, and our Community Pages where you can see many photos of our students in action!

