

Henry Munro MS Extra Curricular Opportunities 2024-2025



Please take a look at the extracurricular opportunities offered at Henry Munro for 2024-2025!

Participating in teams and clubs enhances a child's overall experience at school and is a wonderful opportunity to meet new people with similar interests.

If you have questions, please reach out to the staff member in charge of the team or committee.

CLUBS			
ACTIVITY	DESCRIPTION	SUPERVISING STAFF	TIMELINE
Lion's Pride	A meeting of members of the 2SLBTQ+ community and allies to spark change in our school!	Mme. Bergman & Ms. Sullivan	Year long activity
Yearbook	In the coming weeks we will begin a Yearbook Club with representatives from each grade.	Ms. Mills & Ms. G	Year long activity
Robotics Club		Mr. Yilmaz	October - June
Knitting Club		Mme. Hurford & Ms. Bowen	October - June
Art Club	We will begin with a Photography Club, then move to a Drawing Club, maybe after that an Anime Club. We will base the focus off student interest.	Ms. G and Ms. Rowney	Nov-May
Choir/Vocal Club		Ms. Jacobsen & Mr.	

		Gauthier	
Concert Band (7/8)		Mr. Gauthier	October - May
Jazz Band		Mr. Gauthier	November - May
Gardening		Ms. Piercey & Ms. Stratton	Fall and Spring
Trivia		Mr. Mick	Year long activity
Board Games Club		Mr. Lindsay & Ms. Rowney	October 21st -May 26th 10-10:45 on Mondays
Chess Club		Mr. Khan & Mr. Antoniak	
Leadership Club		Ms. Brown & Mme. Bergman	September to June
S-Club (making sandwiches for the Mission)	A chance to give back to our community! Together, we will make posters, gather ingredients, and make sandwiches for people who utilize the Mission for food and shelter. This activity will take place at school and sandwiches will be delivered by a teacher.	Ms. Costa, Mme Bergman & Ms.Bowen	
Library Club	A club for those who love books and want to help out in the library during recess. It also functions as a safe and quiet place for those who need it.	Mr. Chan	All year
Musical		Ms. Sullivan	TBD
Minecraft Club		Ms. Sullivan	All Year

Social Justice Club	A group of students that are passionate about making meaningful changes in our community and the world.	Ms Dalal and Ms Sarris	All year long
Peer Tutoring	This is an opportunity for our Grade 8 students to be involved as an academic and peer support for our Grade 6 or 7 students.	Ms. G and Ms. Rowney	All year
Tea & Talk	This is an SEL focused time for students who are struggling to feel connected to our educational spaces. It is conducted during a nutrition and lunch time, students report to the Student Success Room to engage in a wellness, social-emotional and mental health session. We sit, we discuss, we make plans and talk about strategies & we share cookies with tea!	Ms. G and Ms. Rowney	All year
Student Success Room (SSR)	This is year three of this space! It is open to all students, however some students are identified and scheduled in. This is a space where students can go for a further level of support with any of their academics. It is a quiet space with a low number of students from any grade. It is also a space for check-ins, re-engagement sessions, executive functioning support etc.	Ms. G, Mr. Lindsay and Ms. Rowney	All year
Wellness Room	This is a space for identified students who require a body break, social coaching, sensory space and mental health support. This space is monitored and coordinated by our amazing Educational Assistants	Ms. Kali, Ms. Lavell, Ms. Mia and Ms. Whitney	All year

Indigenous Circles	Bi-weekly a member of our board level Indigenous team comes into the school for an hour to run an Indigenous circle for our identified Indigenous students.	Ms. Allison Papineau, Ms. G and Ms. Rowney	All year
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INTRAMURALS

The gym will host intramural sports throughout the year. Times/activities will be posted on the announcements page on the school website- check back often!

October (skipping)	Ms Mainwood & Mr. Mac	
November (volleyball)	Ms Mainwood & Mr. Mac	
December (volleyball, dance, soccer)	Soccer-Mr. Lindsay, Mr. Sewell & Mr. Antoniak Volleyball/Dance - Ms Mainwood & Mr. Mac	December-January
January (skating, basketball, soccer)	Soccer-Mr. Lindsay, Mr. Sewell & Mr. Antoniak Volleyball/Dance - Ms Mainwood & Mr. Mac	December-January
February (skating, basketball)	Ms Mainwood & Mr. Mac	
March (skating, basketball, GLO)	Ms Mainwood & Mr. Mac	
April (juggling)	Ms Mainwood & Mr. Mac	
May (badminton)		

June (outdoor T&F, volleyball)	Outdoors	
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SPORTS TEAMS		
SPORT	COACH	DATE/TIMELINE
Junior Girls Soccer	Ms. Chinnick & Ms. Rowney	September-October
Junior Boys Soccer	Mr. Lindsay & Mr. Sewell	September-October
Cross-Country Team	Ms Mainwood, Mr Mac, Ms Young	September-October Regionals October 8th Boards October 23rd
Intermediate Touch Football	Mr Walker (Girls/GD) Mr Mick (Boys/GD)	September-November
Junior Tripleball (Volleyball) Intermediate Volleyball	Ms Mainwood (7/8 Girls/GD) Mr Mac (7/8 Boys/GD) Mme Hurford (6 Girls/GD) Mr Walker (6 Boys/GD)	November-January
Ultimate Team	Mr. Antoniak	Fall session : September-October Spring session : April-May
Hockey Club	Mr. Robinson, Ms. Mainwood, Mr. Walker & Mr. Antoniak	November -February
Junior and Intermediate Basketball	Mr Mac (7/8 Boys/GD) Ms Mills (7/8 Girls/GD) Mr Walker (6 Girls/GD) Mr Mick (6 Boys/GD)	January-March

Junior and Intermediate Badminton	Ms De Dominicis (7/8) Mr Walker (6)	March-April
Intermediate Soccer	Mr. Lindsay & Mr. Sewell (Boys/GD) Mr Mick (Girls/GD)	May-June
Track & Field	Mr Mac, Ms Mainwood, Mr Walker	May-June