



Westmount High School

Established in 1873

A College Board Advanced Placement School



Westmount High School List of Extracurricular Activities (ECAs) 2022- 2023

The Westmount Highlights (Co-Op Collective): Mondays from 4:00 – 5:30 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 2022-2023 school year! If you want to become a member of the TWH Crew, and get to learn how to write, produce, edit and publish a polished weekly YouTube show for the Westmount High School community, then come join our weekly club taking place every Monday at 4:00pm in the Library. Knights, Camera, Action!

Dance Club: After school on Wednesday in the Auditorium with Ms. Mapp

Students will learn how to choreograph and dance to modern music in preparation for performances throughout the year.

Comedy for Kids: 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!

Board Game Club: Wednesdays at lunch with Mr. Meades and Mr. Dylan 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!

Dungeons and Dragons: Wednesdays After School with Mr. Desjardins and Mr. Lee in Room 313.

Students will prepare characters and a campaign as Dungeon Masters.

Magic the Gathering Club: Thursdays After School w/ Mr. Lee in Room 313.

Students will need to bring their own cards and decks to play each other, but the club can provide other cards to help them. If there are enough students, a tournament or a league will be organized.

Guitar Club: Lunchtime - Day 1, 3, 5, 7, 9 with Mr. Bedard in Room 103

Guitar club creates an opportunity for anybody interested in learning to play the guitar to do so in a convivial environment. Open to all grades and skill level, this lunch time activity aims to create a space where students can meet likeminded musicians and explore what the world of guitar playing has to offer.

Meditation Club: Lunchtime Day 1 and 5 with Mr. Drever in Room 121\

Meditation Club will take place during lunch hours and offer a quiet, relaxing space for students. Students will learn the basics of Mindfulness meditation and we will have the chance to practice what we are learning. There will also be discussion about how stress and anxiety affect them and techniques (in addition to meditation) to help students through stressful times.

Musical: "Newsies": Monday and Friday with Ms. Stevenson in the Auditorium

A full production of the musical, "Newsies". This will begin with an audition period, and then regular rehearsals (two times a week). Students will be acting, dancing and singing, in full costume with sets, props etc.

Photography: Every day after school with Mr. Phelan in Room 108

Dive right into the creative world of digital photography! This is your chance to learn how to get better shots out of your camera or phone, find interesting photos wherever you are, and get the most out of your favourite shots.

Food Appreciation Club:

The food appreciation club celebrates food culture, cuisine, and traditions - a big part of Montreal life. This bilingual club meets to exchange, explore, and learn about cultural traditions, food sourcing, sustainability, and other topics surrounding food.

Clean Air Club: Check Daily Bulletin for specific times with Mr. Douglas and Mr. Green in Room 316

The purpose of the club will be to engage students in learning about Clean Air at WHS and fundraising for and building Corsi-Rosenthal boxes for classrooms throughout the school.

Art & Zen: Lunch in Room 211 with Ms. Mapp

A quiet space for students to practice their art while listening to calming music. Tea available on request.

Trivia Club: During Lunch on Day 4 and 9 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!

Chess Club: During Lunch on Day 3 and 5 in Room 306 with Mr. Chan and Mr. Lee

Senior Jazz Band: Wednesdays 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.

Junior Wind Ensemble: Tuesdays after school in Room 101 with Mr. Cox

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.