



Urbandale High School Clubs and Organizations 2022-2023

Academic Decathlon – Academic Decathlon provides a forum in which teams of diverse students engage in rigorous academic preparation through cooperative interaction. Students compete in 10 categories using written, verbal and listening skills after studying the curricular theme. For 2022-23, the theme is The American Revolution and the New Nation. We meet every Tuesday after school in Mrs. Forristall’s room (236) or you can sign up to take the class in the fall.

ACE Mentor Program The ACE Mentor Program is open to any high school student who has the curiosity and drive to learn about a career in design and construction. Already, more than 50,000 students have enjoyed the exciting projects, informative field trips, and other engaging activities that make up the ACE experience. *There is no substitute for experience.* The ACE Mentor Program is driven by the committed and enthusiastic participation of volunteer mentors who are practicing professionals in their respective fields. Who are ACE mentors? In our experience, ACE mentors tend to be members of a local community in which an ACE affiliate is located. Clearly passionate about what they do, they often make significant contributions to their communities as role models, trusted friends, and career advisors. For more information, please see Mrs. Cicero (Room 330), the school liaison for this program.

Anime Club – This group meets once a week in Mr. Bachmann’s classroom (Room 220), generally on Fridays after school from 3:15-4:00 p.m. During club meetings, members discuss and view anime and manga, eat snacks, do crafts, and play games related to anime. There are books and videos that may be loaned out. Donations of books and videos that are school appropriate are accepted.

Best Buddies – The mission of this group is to provide an opportunity for high school students to be matched in a one-to-one friendship, as a peer buddy, with individuals who have intellectual disabilities. A student can also choose to be an associate buddy, doing whole group activities, but not being matched one-to-one. Social experiences and relationships are a part of life; unfortunately, individuals with intellectual disabilities have historically been excluded from many of the social opportunities that most people enjoy. Peer buddies contact their buddy weekly, and spend time with them (hanging out, going to a movie, etc.) twice a month. Whole group activities also count as a contact for the month. Meets every other Tuesday from 6:00-7:30 p.m. Please see Mrs. Black (Room 130) for further information.

CORE (Community of Racial Equity) Club is a youth-led organization of school groups in central Iowa working together to create sustainable change in our communities through equity, education, and building leadership. Our focus at UHS is to empower students of color, and to create change towards racial equity in the education system. This club is open to all who are committed to racial equity and change. We will meet after school every week, in person at UHS (in Ms Ibra's room, 112), along with having additional opportunities to meet with other CORE chapters in central Iowa. Co-sponsors are Ms. Ibra and Ms. Hoesly.

Cyber Defense Club is for students interested in exploring and developing their interests in Cyber Security. Everyone is welcome to come and learn about these topics. The UHS Cyber Defense club is partnered with members from Dupont-Pioneer who provide support. The club meets one day/week after school in Room 618. This club annually competes at the IT Olympics Cyber Defense competition at ISU in the Spring. Club sponsors are Mrs. Jacques (Room 618) and Mr. Hermon (Room 614).

DECA – An Association of Marketing students – Members attend career development and leadership conferences. State competition winners attend a national conference for 5 days. Seniors meet during class or after school. Sophomores and Juniors have a 10-minute meeting, twice a month, before school. All students are welcome. The sponsor is Ms. Odegaard (Room 237).

Esports Team is a team that competes against other schools, all recognized under the Iowa High School Esports Association. We have the ability to compete in Smash Brothers Ultimate, League of Legends, Overwatch, Rocket League, SMITE, and Mario Kart 8. The Esports team is open to all who want to be a part of an Urbandale team and compete against other schools. For more information, reach out to Mr. Sonntag (Room 141).

Fishing Club typically meets once a month. Activities include:

- Discussion about all types of fishing
- Guest speakers
- Fishing outings
- Improvement projects for local bodies of water
- Fish leaderboards and friendly competitions

We have a google classroom to keep everyone informed and share announcements. See Mr. Wilcutt (Main Office) for more information.

Gaming Club meets weekly after school in Room 221. We have several different gaming consoles and screens to set up each week to play a variety of games. Our club enjoys playing console games but we are open to changing things up at times with board games or browser games. The Gaming Club works to provide a positive environment for students to come together and play, discuss, or watch games with people that have similar interests and hobbies. For more information, reach out to Mrs. Reed (Room 221).

German Club promotes an awareness of the culture of German-speaking countries by offering various German-related social and educational activities/events, such as having an Oktoberfest party, designing a German Club T-shirt, doing a bicycle tour, German movie nights, making lanterns, selling Advent calendars and German candy, carving pumpkins, having a Christmas party with caroling, a Carnival party, playing German board/card games, having an international dinner with other world language clubs, going on a field trip to a German restaurant, doing a German scavenger hunt, etc. Any student interested in anything German can join German Club, no matter if they are enrolled in the German program or not. Meetings will be held at least once a month in the German classroom (room 211). Please contact Herr Koepfel for more information.

Iowa High School Battle of the Books is for students who are interested in reading and competing in a knowledge- and memory-based quiz competition. Battle teams meet weekly on Wednesday from 3:30-4:30 p.m. in the Library Media Center to discuss and practice book questions as a team. Teams can be made up of 4 to 6 members and are responsible for reading the 28 competition books throughout the battle season. Additionally, each book battler must read and make practice questions for one of the competition books. The battle season begins in September and goes through the end of April of the following year. Students will have an opportunity to participate in an online qualifying battle in order to attend the state-wide grand battle competition in April. The sponsor is Miss Watson (LMC).

Key Club – Key Club is a service club (the high school branch of the Kiwanis Club) whose motto is “Caring—Our Way of Life.” The Urbandale High School Key Club invites and welcomes all students who are interested in having a good time while doing projects which serve the school, the local community, and the world community. At the school level, Key Club sponsors a Valentine rose sale and supports students and staff with various service projects in the building. At the community level, Key Club works in cooperation with the Urbandale Caring Corps to help with the fall and spring clean-up, as well as to deliver food and gifts to families at Thanksgiving and Christmas. Key Club also tries to do a service project each year to better our world. In years past we have provided vaccinations and mosquito netting. In the community, we have brought treats to our police and fire departments and donated to the Miracle League field, the Food Bank of Iowa, Special Olympics, and Iowa Homeless Youth Centers. In our school, we have done happiness projects each year. Key Club usually meets twice a month on Tuesdays, after school. The sponsor is Mrs. Gyure (Room 213).

Leo Club – This is the youth branch of the Lion’s Club. They provide volunteer service to the community through fund raising, serving at soup kitchens, adopt-a-family, etc. They meet once a month. Listen to the announcements for meeting dates and times. Mr. Davis (Room 116) is the sponsor.

Mock Trial – Mock trial is designed to introduce students to our legal system by providing a challenging, academic competition. The program offers students an opportunity for personal growth and achievement, emphasizing the importance of research, presentation, and teamwork. In addition to teaching students about contemporary public issues and the legal system, the program encourages teachers and students to develop learning partnerships with professionals from the community. Meeting times and locations are determined by the attorney/coaches. See Mrs. Forristall (Room 236) for contact information.

National Honor Society (NHS) – This is an organization that recognizes outstanding high school students and challenges them to become more involved in both school and community. Junior and senior students with a qualifying grade point average of 3.5 or above are eligible to apply for membership during spring semester. Selection of members is determined by a faculty committee and is based on excellence in the areas of scholarship, leadership, service, and character. NHS activities for each year are based on student interest. The time and day for club meetings will be determined based on the best fit for each year’s members. The sponsors for this club are Mr. Dirks (Room 104) and Mrs. Forristall (Room 236).

The Political Action Club will serve as a nonpartisan club offering a wide range of opportunities to provide students of all political backgrounds chances to become involved in political and civic opportunities. We will be conscious and sensitive of each member’s political backgrounds and guide discussions towards an essentially nonpartisan approach. We will be politically geared and any social or civic problems discussed

will have a distinctly political approach. The sponsors for this club are Ms. Fienup and Mr. Steenblock (Room 102).

Quiz Bowl practices on Mondays during ELP class and competes against other area schools in 4-5 tournaments during the year (most are on Saturdays). Any student can request a learning center pass to play quiz bowl. Students who can't attend during school can practice after school in Mrs. Forristall's room every Monday. For more information or to request a pass, see Mrs. Forristall (Room 236).

Robotics Club is for students interested in exploring and developing their interests in Robotics. Everyone is welcome to come and learn about these topics but students who have completed the Python (CSP) course or the Principles of Engineering course will have a leg up on the competition. We use the V5 Vex Structure System and code our machines using the Python language. The club meets one day/week after school in Room 616. The club sponsor is Mr. Hermon.

Support Groups – Groups are available through the UHS Counseling Department on an as-needed basis. If you have a concern you may be struggling with, please see your counselor as soon as you are able. If we find that there are other students that are concerned with a similar issue, we may put together a small group to help students cope and find support. These groups are offered at varying times, and are open to all UHS students. Please see your counselor if you have any questions or concerns you would like to work through.

Student Senate – This group plans functions for UHS such as dances, blood drives, charity and community service activities, and senior class activities such as the luncheon. Membership is elected. The sponsor for this group is Ms. Hanson and Ms. Bunce (Room 105).

TEC (The Equality Club) – The Equality Club is a group of students committed to helping all persons feel safe and connected at Urbandale High School. The group primarily focuses on issues impacting lesbian, gay, bi-sexual, transgendered and questioning students in our community. This student led group welcomes everyone: straight students, students with LGBTQ families, and students who don't have or need a label for their sexual orientations or gender identities. The group meets with Michele Hamilton.

UHS Ambassadors – Student Ambassadors assist new students and families with building tours, act as student-guides for new students in the building, and often help with outreach presentations and activities at school. Applications are accepted annually, in the spring. The UHS Counseling Department sponsors this group. See Mrs. McKenna (Counseling Office) for more details.

For information about UHS sports and performing arts, go to j-hawks.com.