

## *Extra and Co-Curricular Activities*

- Altar Server:** Students in grades 4 through 7 assist at both parish and school Mass.
- Band:** The Archdiocesan Band Program is offered to interested students in grades 4 through 7. The band performs in several special concerts.
- Choir:** Choir is open to students in grades 3 through 7. The choir sings at school functions such as Mass, First Communion, and Christmas program. Choir members also perform at choral competition and may audition for District Honor Choir.
- Cheerleading:** The cheerleaders participate at athletic games, pep rallies, and competition. Try-outs are open to students in grades 5 through 7.
- Pep Squad:** Pep Squad is available for students in grades 1 through 5. The Pep Squad cheers at athletic games and pep rallies.
- Chess:** Students in grades K-7 participate and compete in individual city and state chess tournaments. Beginning and intermediate levels of play are available.
- Youth Ministry:** Youth Ministry invites all students beginning in 7<sup>th</sup> grade to participate.
- Sports:**  
Catholic School Athletic League (CSAL)  
Flag football, basketball, and cabbage ball - boys in grades 5 through 7 participate.  
Volleyball, basketball, and cabbage ball - girls in grades 5 through 7 participate.  
Girls flag football, grades 4-7.
- Metro League:  
Baseball and Inline hockey - boys in grades 5-7 participate.  
Bowling - available to 7<sup>th</sup> graders  
Cross-Country - students in grades 4-7 participate  
Soccer – students in grades 4-7 participate
- Jr. Beta Club:** Students in 7<sup>th</sup> grade participate in service projects and activities for school and the community.

<b>Safety Patrol:</b>	Our safety patrol assists with afternoon dismissal in the carpool line. Students in grades 5 through 7 volunteer.
<b>Scouts:</b>	Scout troops are available for interested boys in grades 3 through 7 and interested girls PreK-4 through 7.
<b>Student Council:</b>	St. Elizabeth's Student Council encourages leadership abilities, develops positive self-image, and encourages students to improve the school through service for fund raising.
<b>Quiz Bowl:</b>	Middle school students are chosen to be members of this academic team. The team participates in annual invitational tournaments.
<b>Social Studies Fair:</b>	Seventh graders expand their knowledge of the world around them through a major project, which includes a physical project, research paper, and oral presentation. Winners compete in regional and state fairs
<b>Academic Enrichment:</b>	Our middle school students participate in various academic enrichment opportunities. They participate in Holy Cross High School's Academic Olympics, The National Geographic Society's Geography Bee, and the National Spelling Bee.
<b>Duke University Talent Search:</b>	The Duke University Talent Identification Program is a program to identify academically talented students. Participation in this program offers students the opportunity to build their test-taking skills and learn more about their academic abilities. Students in 7 <sup>th</sup> grade participate.
<b>Drama Club:</b>	Students in grades 3 through 7 may participate in preparing and performing a play.
<b>Newspaper Club:</b>	Students in grades 5 through 7 produce monthly issues of school news and fun articles.
<b>Guidance:</b>	St. Elizabeth's Guidance program offers full-time guidance and support services to its school community. The counselor provides individual counseling for students with personal or academic concerns. The counselor meets with each grade weekly to teach guidance classes that are proactive in nature. The guidance classes address such topics as bullying, decision-making, self-esteem, peer pressure, safety, and friendship skills.
<b>Lunch Program:</b>	Students may bring a bag lunch or enroll in the lunch program. <i>Dino's Catering</i> brings lunches in daily. You may buy a 30-day meal ticket or a semester meal ticket, which works like a debit card.
<b>Milk Program:</b>	Milk is available at a yearly cost of \$35.00. Students may choose white or chocolate milk.