

30th ANNUAL NATIONAL HIGH SCHOOL ACTIVITIES WEEK

OCTOBER 11-17, 2009

*Activities not only develop character –
they absolutely expose character.
(Character is the qualities or features that
distinguish one person from another)*



Special Days for Celebration:

National Be A Sport Day – Sunday, October 11

National Fine Arts Activities Day – Monday, October 12

National Officials Day – Tuesday, October 13

National Youth Health Awareness Day – Wednesday, October 14

National Coaches/Sponsors/Advisors Day – Thursday, October 15

National Fan Appreciation Day – Friday, October 16

National Community Service/Participation Day – Saturday, October 17

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“This experience is invaluable in developing character and equipping students with the life skills necessary to function effectively in their future career’s, communities and personal relationships.”

-Bob Lucey, Football Coach, University Place, WA

“The most important thing I have been taught from speech and drama is speaking in front of people. I may still get the jitters before I go before the judges, but from being involved in these extracurricular activities, I have learned to always be confident when you hit the spotlight and let all your fears wash away. Without speech or drama, I wouldn’t be where I am today – a confident human being, ready for any challenges life throws my way.” - Natalie Rohlk, Student Participant, North Dakota

“Through her experiences with speech and the One-Act Play, Natalie is becoming a confident public speaker, a thoughtful observer and one who can listen to and exchange ideas with others. These are the attributes of citizens who want to be agents of change in their communities and who are ready to accept their right and responsibility to participate in civic life.” – Julie Rohlk, Natalie’s mother, North Dakota

“As the parent of three sons who have all been participants in a number of sports and co-curricular activities, I believe their involvement has given them prime opportunities for character growth and development far beyond what the classroom setting can give.”

– Karen Grogan, Parent, Manchester Missouri

WHY HAVE A NATIONAL HIGH SCHOOL ACTIVITIES WEEK?

“High school sports and activity programs provide one of the best bargains in our . . . nation and will continue to do so as long as our nation supports them as an integral part of the education of our young people. Not only do these programs teach the . . . young people who participate in them valuable life skills lessons, such as ethics, integrity and healthy lifestyles, they also provide the best entertainment value in our nation.”

-Robert F. Kanaby, Executive Director, NFHS

The National Federation of State High School Associations created *National High School Activities Week* in 1980 to increase the public's awareness of the values of interscholastic activity programs. During this week, schools will promote the values inherent in high school athletics and other activities such as speech, music, drama, band and spirit squads.

National High School Activities Week provides an opportunity to remind the public that every community already has in place a comprehensive program for addressing many of society's concerns, by:

- Finding and nurturing the best effort of each young participant;
- Encouraging students to stay in school, perform better academically and become better citizens;
- Demanding respect for fair play and appreciation for the equitable application of procedures, rules and regulations;
- Providing instruction; for healthy lifestyle
- Challenging social stratification, racism and sexism through the active pursuit of teamwork and school spirit.

“We have fundamental, empirical evidence that interscholastic activities provide a successful way in which to create healthy and successful citizens.”

-Robert F. Kanaby, Executive Director, NFHS

THE CASE FOR HIGH SCHOOL ACTIVITIES

(WHAT ARE THE OVERALL VALUES OF AN ACTIVITIES PROGRAM?)

“My experiences with athletics and co-curricular activities have allowed me to become that well-rounded individual that will be able to accept victory graciously and use losses as a motivational and educational tool.”

- Erica Rollins, Former Student Participant,
Clinton, MS

PARTICIPATION IS A VALUABLE PART OF HIGH SCHOOL EXPERIENCE:

- **Activities are Inherently Educational.** Activity programs provide valuable lessons for practical situations – teamwork, sportsmanship, winning and losing, and hard work. Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.
- Of the students listed in the 1998 USA Today's All-USA High School Academic teams, 75 percent were involved in sports, speech, music or debate.
- Students who spend no time in extracurricular activities are 49 percent more likely to use drugs and 37 percent more likely to become teen parents than those who spend one to four hours per week in extracurricular activities (U.S. Department of Education. *NO Child Left Behind: The facts about 21st Century Learning*, 2002.)
- In their 2006 report, *Effects of Title IX and Sports Participation on Girls' Physical Activity and Weight*, Professors Kaestner and Xu of the University of Illinois at Chicago, found that the dramatic increase in sports participation among girls in the aftermath of the passage of Title IX was associated with an increase in physical activity and an improvement in weight and body mass among adolescent girls.
- A *Harvard Educational Review* article found that participation in extracurricular activities in high school appears to be one of the few interventions that benefit low-status, disadvantaged students – those less well served by traditional educational programs – as much or more than their more advantaged peers. (2002)
- In a survey of high school students, the Minnesota State High School League found that 91 percent said students who participate in school activities tend to be the school leaders and role models. 92 percent said that participation in school activities provides an opportunity not found in a regular classroom setting to develop self-discipline.
- A study by the Department of Health and Human Services found that students who spend no time in extracurricular activities are 57 percent more likely to drop out of school; 49 percent more likely to use drugs; 37 percent more likely to become teen parents; 35 percent more likely to have smoked cigarettes; and 27 percent more likely to have been arrested than those who spend one to four hours per week in activities programs.
- School-age children who are unsupervised during the hours after school are far more likely to use alcohol, drugs and tobacco, engage in criminal and other high-risk behaviors, receive poor grades, and drop out of school than those children

who have the opportunity to benefit from constructive activities supervised by responsible adults. In a Harris poll, more than one-half of teachers surveyed singled out “children who are left on their own after school” as the primary explanation for students’ difficulties in class.

- In telephone interviews of a national sample of teens in 2001, 54% said they wouldn’t watch so much TV or play video games if they had other things to do after school. The same survey found that more than half of teens wish there were more community or neighborhood-based programs available after school, and two-thirds of those surveyed said they would participate in such programs if they were available.
- Bonnie Barber concluded that making diverse clubs and activities available to a wide range of students is important. The opportunity to embed one’s identity in multiple extracurricular contexts and to experience multiple competencies facilitates attachment to school and adjustment. Activity participation is also linked to affiliation with peers who are academically focused. Adolescents can benefit from this synergistic system when they have opportunities to participate in diverse activities. (*Organized Activities as Developmental Contexts for Children and Adolescents, 2005*)

“Co-Curricular participation should go hand in hand with classroom learning. With proper guidance by high school personnel, it can all become a positive experience toward good character and citizenship development.” – Monica Hickman, Parent, Omaha, NE

ACTIVITIES SUPPORT THE ACADEMIC MISSION OF SCHOOLS:

They are not a diversion but rather an extension of a good educational program. Numerous studies over the past thirty years have consistently reported that students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than the overall student population.

- Grade point averages of students in athletics, speech, music, debate, drama, cheerleading, and other programs rank well above the students who do not participate in school activities
- According to the National Governors Association Center for Best Practices, students who participate in the arts nine hours or more each week for at least a year are four times more likely to be recognized for academic achievement, win a school attendance award, participate in a science and math fair and win an award for writing. They are also three times more likely to be elected to a class office.
- A 2007 Minnesota State High School League Survey of 300 Minnesota high schools showed

that the average GPA of a student-Athlete was 2.84, compared with 2.68 for the non-participating student, and that student-athletes missed an average of only 7.4 days of school each year, compared with 8.8 for the non-participating student.

- A study published in *Medicine & Science in Sports & Exercise (August 2007)* found that students who took part in more vigorous sports like soccer or football, did approximately 10 percent better in math, science, English and social studies classes.
- According to the College Entrance Examination Board, music students scored about 11 percent higher than non-music students on the 2001 SAT. Students with coursework/experience in music performance and music appreciation scored higher on the SAT than students with no arts participation. Students in music performance scored 57 points higher in the verbal area and 41 points higher in math, and students in music appreciation scored 63 points higher on verbal and 44 points higher on math.
- The *Journal of Adolescent Research* reported that extracurricular activity participation is linked to lower rates of dropping out of school, greater civic involvement and higher levels of academic achievement. Moreover, research tracking participation from eighth through twelfth grades and examining outcomes in the postsecondary years concluded that consistent participation has positive effects. (2003)
- Extracurricular activities stand out from other aspects of adolescents’ lives at school because they provide opportunities to develop initiative and allow youth to learn emotional competencies and develop new social skills. (*Journal of Leisure Research, Winter 2005*)
- A study conducted by Boston University reported on a survey of 1,115 Massachusetts high school students. Survey results indicated that athletes were significantly less likely to use cocaine and psychedelics, and less likely to smoke cigarettes. (*Adolescence, Winter 2001*)
- A study by Search Institute indicates that co-curricular activities play a central role in student’s healthy development.
- Activities participants have fewer instances of drug or alcohol abuse and are involved in fewer cases of delinquency than non-participants.

“Athletics and activities provide a place for the very talented to showcase their talents and possibly earn a college scholarship, but for most students, athletic and activities provide a place for them to grow and find themselves. I am a product of the latter....”

– Rich Piatcheck, Athletic Director, Tinley Park, IL

“Participating in activities outside of my usual classes has allowed development of leadership skills in my own way, enabled me to become more independent in my decision-making, and the opportunity to gain experiences that I may never had attained with out my extracurricular activities....I have been able to step out of the box when it comes to experimenting with how to be a leader....At the same time that I am improving upon my leadership skills, there is also improvement upon my social skills and work ethic with a variety of different people. Another character trait one gains from working in different activities is the ability to become a more independent thinker. I don’t always have someone to back me up in the choices I make so there has been a need for me to learn trial and error, I’ve learned the difference between bad choices/actions and good choice/actions.

– Tatiana Baker, Student Participant,
New Castle, DE

ACTIVITIES FOSTER SUCCESS IN LATER

LIFE: Participation in high school activities is often a predictor of later success – in college, a career and becoming a contributing member of society.

- Activity programs such as student government, music, speech, drama, debate, and athletics teach valuable lessons in teamwork, sportsmanship, winning and losing, hard work, self-discipline, and skills to handle competitive situations – all valuable tools after the high school years.
- Results of a survey of individuals at the executive vice-president level or above in 75 Fortune 500 companies indicated that 95 percent of those corporate executives participated in sports during high school. In addition, 54 percent were involved in student government, 37 percent in music, and 18 percent in the school’s publication.
- The American College Testing Service compared four factors in predicting “success” after high school. The one yardstick that could be used to predict later success in life was achievement in school activities. Not useful as predictors were high grades in high school or high ACT scores.
- The College Entrance Examination Board found that high SAT scores did not necessarily indicate success in a chosen career. Teens that were active in school activities were found to be most likely to succeed in their chosen profession and make creative contributions to their community.
- Participation in extracurricular activities provides all students – including students from disadvantaged backgrounds, minorities and those with less-than-distinguished academic achievements in high school – a measurable and meaningful gain in their college admissions test scores according to researchers Howard T.

Everson and Roger E. Millsan (*College Entrance Examination Board, 2005*).

- In a 2006 research project published by the Center for Information & Research on Civic Learning & Engagement (CIRCLE), it was found that 18-to 25-year-olds who participate in sports activities while in high school were more likely than nonparticipants to be engaged in volunteering, voting, feeling comfortable speaking in public settings, and watching news.
- An extensive study commissioned by the Alberta Schools’ Athletic Association found in that Canadian province an average of 78.3% of Alberta’s top corporate CEOs and members of the Legislative Assembly had participated in interschool sports. Nearly 80% indicated that being involved in school sports significantly, extensively or moderately complemented their career development and/or academic pursuits. This same study pointed out that a normal participation rate for students in high school sports is around 30 to 35%. (2006)
- The corporate and political leaders surveyed in Alberta cited the following benefits associated with their involvement in high school athletics: teamwork, discipline, goal-setting, leadership, independence, self-confidence, stress relief, character development and personal growth, fair play, and acceptance of others. (2006)

ACTIVITY PROGRAMS ARE A BUDGET BARGAIN:

- Activity programs account for a minimum of the total school budget and the values gained from these programs far outweigh the costs to be incurred if the activities programs should be cut.
- The NFHS has determined through information received across the country that at a cost of only one to three percent of an overall school’s budget, high school activity programs are one of the best bargains around.

ACTIVITIES PROMOTE MORE THAN WINNING:

- Studies report that the number one reason girls and boys participate in high school sports is to have fun. Conversely, lack of fun is the leading reason for dropping out of participation. Winning is not seen as a major benefit by high school participants. Skill development is considered a crucial aspect of fun -it is considered more important than winning even among the best athletes.

THE CONCLUSION OF ALL THESE VARIOUS STUDIES IS THAT ACTIVITIES ARE NOT A DIVERSION BUT RATHER AN EXTENSION OF A GOOD EDUCATIONAL PROGRAM.

“I believe that, while our students learn various athletic skills and develop the ability to flawlessly perform a solo or deliver an eloquent speech, the real value in all of these programs is to develop good character in our students and give them the tools they need to become valued citizens in our communities.”

-Bryan Kramer, Athletic Director, Minot, ND

PROMOTION IS NECESSARY:

High School Athletic and Fine Arts Activities can be a positive influence on every community and on the academic programs of every school. It is in these vital programs – sports, music, speech, drama, debate – where young people learn lifelong lessons which are important as those taught in the classroom.

Unfortunately during these times of limited school finances, there is a growing indifference supporting high school activity programs by the general public resulting in the move to cut these valuable programs.

These attitudes of indifference by the general public undermine the educational mission of our schools and deny many students the opportunity to learn and grow through high school activities participation. Therefore, it is important that the public be informed about the positive role that the activities play - interscholastic sports to music, drama and debate, activities must be kept alive.

Only by informing the public about the advantages and values gained through activities participation can a well-balanced, well-rounded fine arts and athletic activities program can be maintained.

It is the belief of the SDHSAA that the promotion of *National High School Activities Week* provides a prime opportunity to inform the public in each community about the importance of having a well rounded activities program. *Activities Week* is a time to let your community know about your school’s activities program.

- The major purpose of high school activities should be an extension of a student’s education and a wholesome vent for after-school hours.
- The school and community should be made aware of how students feel about activity participation and what it has meant to them.
- The community must be made aware of the possible problems that may arise if students would not have the opportunity to be involved in activities that have helped mold strong values in others.
- The public should be made aware that too many times teams, bands etc. have been judged solely

on their win-loss record or honors won. Few notice the cooperation, leadership and other values that are learned in practice or rehearsal.

- Many forget that leading citizens of the community may have been not only the top scorer, debater or vocalist, but also, may have been the substitute, the student manager, or piano accompanist.
- Coaches and directors of athletic and non-athletic activities spend many hours helping students deal with problems which originated from everyday life.
- Industry and business often view a well-rounded activities program as necessary when re-locating in a community.
- Each of the days during *Activities Week* have been given a **special focus. During Activities Week every school should plan to show off their activities program as “an integral part of education” in their school and community.**

“Fine Arts involvement has brought me immeasurable character growth and has aided me in my learning processes. This development isn’t always attainable in the classroom because the experience an activity teaches isn’t often found elsewhere.” - Kristen Bush, Former Student Participant, Sterling, KS

“A good coach improves your game. A great coach improves your life.” - Michael Josephson, Josephson Institute (“Character Counts”)

WHERE TO GET ADDITIONAL INFORMATION:

For additional information on the importance and values of activity participation or for copies of the “*What High School Activities Mean To Me...*” testimonials, contact:

SDHSAA
PO Box 1217
Pierre, SD 57501
Phone – 224-9261
Fax – 224-9262

“Classroom and life experiences are complemented by sport experiences.” – Laurette Payette, Athletic Director, Shaker Heights, OH

“I strongly believe that the high school activities and athletics that I have been involved in throughout my life have directed me toward the right path and have aided in the development of my unique qualities that will help me to succeed and achieve in the future.

Among these multitude of characteristics that I have developed is the ability to work with others. Being involved in activities also means that I am involved with a variety of people with different backgrounds and personalities.....Whether it is playing in the band, making it through strenuous basketball practice, or picking up trash for the National Honor Society, these activities have helped me to develop the strategies needed to get along with others and help to better the atmosphere of the group.

In working with many different groups and dealing with a variety of challenges, one must also learn to become a leader in some shape of form. Being a leader does not necessarily mean that you have to step up and score the most points, win a tournament or even lead discussion in a class, it simply means that you are there to boost morale, add some beneficial element, and provide a good example for others to follow. I feel that by being involved in many different high schools activities, I have learned what the true meaning of leadership is, and it will only aid me in my future endeavors in life.

It seems that there is an infinite number of benefits that being involved in activities have provided for me. Although I could list many of these benefits, I would have to say that the most significant gift that these activities have helped me to uncover is a good work ethic. In order to succeed, I have had to learn to work diligently with a strong passion and desire for a positive outcome. Enduring an entire athletic practice, drilling all year long for the final concert, staying after to pick up trash, or even tutoring other students have helped me to be tolerant and persistent through some of the most excruciating circumstances.”

–Justine Sullivan, Student Participant, Lakin, KS

PROMOTING ACTIVITIES WEEK THROUGH LOCAL PLANNING

The key to the **Activities Week** promotion is involvement - **TOTAL INVOLVEMENT** - of school and community groups. The following is a list of suggestions to assist in publicizing and celebrating **Activities Week** throughout the week in your community.

1. Form an **Activities Week** Committee to develop a program of activities and promotion. This committee should be made up of activities participants, athletic and fine arts coaches/directors, school administrators, school board members, members of the business community, a member of the media and especially parents. **NOTE:** Many schools have found that a good nucleus to assist in promoting the week's activities is their Student Council (due to the Council's ability to get the entire student body involved in the planned activities).
2. The **Activities Week** Committee should develop a public awareness program (including - news releases and news conferences, athletic contests and public fine arts performances, etc.)
 - Prepare news releases/public service announcements for local radio and television stations and newspapers. These releases should make the community aware of the what, when, where, why and how of the designated days for **Activities Week** and about the activities program at your school.
 - Hold school assemblies, pep rallies and half-time activities at games, programs at band concerts, and at PTA meetings that deal with "Selling" the value of high school music, speech, journalism and athletic programs.
 - Develop a speaker's bureau to be used by the various civic and community groups. (The speakers could be student participants, coaches/directors, former participants or parents of participants.) These speakers could be scheduled to address the various groups during **Activities Week** and also be available for the remainder of the school year to promote your activities program.
 - Ask businesses to permit window displays dealing with **Activities Week**.
 - Secure a Mayoral proclamation designating **Activities Week** in your community.
 - Sponsor a poster or essay contest.
 - Prepare bulletin board displays.
 - Distribute posters, placards, flyers, etc. to inform the public.
 - Host a special luncheon or reception recognizing faculty and other community members who coach/direct, sponsor or officiate school activity programs.
 - Invite public officials to be guests at contests or planned activities and recognize their attendance.
 - Send letters to local pastors asking them to recognize participating high school students.
 - Ask civic organizations to recognize student participants, their parents or fans who are members of their organization.
 - Ask local merchants to advertise discounts during the week to those with a ticket stub or program from a school event.

“Being a part of a sports team, whether the star of the second string; a member of the band or orchestra; a hard worker on the student council, the newspaper or the school play; or an active member of the many clubs ... is the stuff of high school memories. These are what make a student feel like he or she “belongs”.... It’s where self-esteem can be developed.... It is where volunteerism can flourish and lead to strong commitments for their lives ahead....”

– Monica Hickman, Parent, Omaha, NE

SUGGESTED SCRIPTS FOR LOCAL ORIGIN PUBLIC SERVICE ANNOUNCEMENTS

*The following scripts are sample public service announcements to be used with your observance of **National High School Activities Week**. Work with local radio, TV or public access stations to broadcast the PSA's using your own local high school students.*

- Hi, I'm (student's name), I am a student at (school name) High School. I participate in (list all activities the student is involved in), won't you join me and the other activity participants from (school name) in celebrating **National High School Activities Week**, October 11 to October 17. A public service message from the South Dakota High School Activities Association and (school name) High School.
- Hi, I'm (student's name), won't you join me and (school name) High School in celebrating **National High School Activities Week**, October 11 to October 17. A public service message from the South Dakota High School Activities Association and (school name) High School.
- Communities across the country will be celebrating **National High School Activities Week**, October 11 to October 17. Support (school name) High School's celebration by attending the (event) on (date) at (time). Let's "pack - the - place"! A public service message from the South Dakota High School Activities Association and (school name) High School.
- Join (school name) High School and other schools across the country in celebrating **National High School Activities Week**, October 11 to 17. Plan to attend the (event) on (date) at (place). Remember, School Activities "Help Build the Foundation for Citizenship". A public service message from the South Dakota High School Activities Association and (school name) High School.
- Participation in high school cocurricular activities offers a plentiful supply of solid real-life examples of the positive values that we place such an emphasis on later in life. Most of us learned to play by the rules through high school activities. The importance of teamwork often was learned on a football field, or in a band, on a volleyball court, or during a concert or play. A public service message from the South Dakota High School Activities Association and (school name) High School.
- Good sportsmanship is learned, practiced and executed. Respect for the opponent, spectators, coaches and officials is necessary at all levels of athletics and activity programs. At interscholastic contests, everyone's behavior should be characterized by generosity and genuine concern for others. Display good sportsmanship the next time you attend a high school event. A public service message from the South Dakota High School Activities Association and (school name) High School.
- What do many of our nation's attorneys, politicians, and actors have in common? Besides being articulate and persuasive, they were probably involved in high school forensics. Every society needs leaders. High school forensics certainly does its share to train leaders for tomorrow. High school activities and academics make great curriculum partners. A public service message from the South Dakota High School Activities Association and (school name) High School.
- Where do high school students learn about competition, free enterprise, morals, values and how to succeed in our society? In uniquely staged high school activity programs. You can be a part of this valuable learning experience by supporting your local high school by your attendance at music, speech and athletic competitions. Join your friends at the main event ... meet them at a high school game! A public service message from the South Dakota High School Activities Association and (school name) High School.

“Athletics have an enormous impact on student-athletes. Opportunities to develop moral strength and integrity abound. Many of life’s lessons, such as learning to be a good winner and loser, respecting official’s decisions, playing by the rules, developing a good attitude and working to potential, can be learned in a safe athletic environment.”

– Stewart Marsh, Athletic Official, Salt Lake City, UT

SAMPLE PRESS RELEASE FOR THE LOCAL NEWS MEDIA

(The following is a sample news release to be used during your observance of ***National High School Activities Week***. Customize this press release to your own school and send it to your local newspapers to publicize your school's activities.)

*(School Name) High school is joining schools across the country in celebrating the 30th Annual Observance of **National High School Activities Week**, October 11-17, 2009. Principal (principal's name) stated, "The week will emphasize the value of athletic and non-athletic activities programs to both the student participants and the community as a whole."*

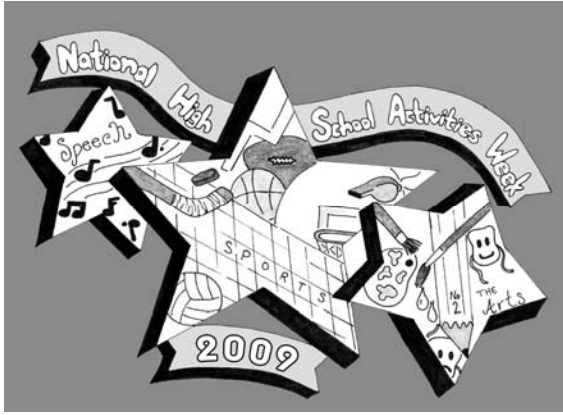
(Principal's name) emphasized that, "The activities program of (School Name) High School involves (number) percent of the student body while using only (number) percent of the school budget. That's a tremendous bargain, and the community needs to know it. Even more important are the educational experiences which activities provide our students. School activities are really laboratory courses in physical and emotional development. School activities programs are developing this community's future leaders"

Numerous studies have shown that participants in high school athletic and fine arts activity programs excel in a variety of ways and that high school activities are not a diversion but rather an extension of a good educational program. Students participating in activities programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students that are not involved in activities.

*(Principal's last name) is urging community groups to support the week by any means they have. This might include raising funds for school activities, planning programs which highlight school activities and promoting attendance at school events. Groups interested in learning how they might assist the school in promoting **Activities Week** or the activities program in general should contact (principals last name) at (telephone number).*

“Personally, the arts have taught me the wisdom to separate my dreams from reality, but at the same time they have given me the discipline and passion to make those dreams a reality at all costs. Because even if I do not succeed, I know that I am still a better person for having tried.”

– Robbie Sublett, Former Student Participant, Bishop, TX



NATIONAL HIGH SCHOOL ACTIVITIES WEEK OCTOBER 11-17, 2009 TO PUBLICIZE OR CELEBRATE THROUGHOUT THE WEEK

TO PUBLICIZE OR CELEBRATE THROUGHOUT THE WEEK:

- ✓ Public-service announcements on the value of high school activities given to local radio and television stations and newspapers
- ✓ Place Activities Week and the value of activities information on the school web site
- ✓ Make morning or home room announcements about Activities Week
- ✓ School phone messages
- ✓ Hold an Activities Week poster or essay contest
- ✓ Prepare posters or bulletin board displays
- ✓ Hold an assembly or pep rally for Activities Week
- ✓ Secure a Mayoral proclamation for Activities Week
- ✓ Invite public officials to be guests at contests or planned activities and recognize their attendance
- ✓ Send letters to local civic organizations or pastors asking them to recognize participating high school students and their parents who are members of the organization or church
- ✓ Display school board members photos with athletes or fine arts participants around school or in school event programs
- ✓ Ask local merchants to advertise special discounts during the week to those with a ticket stub or program from a school event

“Knowing how to be a ‘good loser’ and ‘gracious winner’ are what high school activities are all about. Character can be defined as ‘how you are and what you do when no one is looking’.Our country and educational systems are built around the concepts of citizenship and freedom. Student participation in activity programs strengthens citizenship development and team-building skills that our next generation of leaders desperately need if we are going to continue to be world leaders.”

-Patrick Halloran, High School Principal, Coal City, IL.



SUNDAY, OCTOBER 11 NATIONAL BE A SPORT DAY

Purpose: A day to encourage a renewed awareness and discussion about the importance of sportsmanship, ethics and integrity to the conduct of interscholastic programs.

WHAT YOU CAN DO:

- ✓ Make up positive cheers, chants or songs
- ✓ Print bookmarks with sportsmanship ideas; ask the school library to slip them into all books
- ✓ Hand out incentives to faculty, staff and students "caught" being a sport
- ✓ Use table tents in cafeteria, reading lounges or library for sportsmanship messages
- ✓ Welcome visiting teams with an announcement over public address system
- ✓ Make posters for contest
- ✓ Cheer good plays by opposing team

“Sportsmanship, character and integrity are not mutually exclusive. They are the essence of good coaching...sport is the perfect venue for teaching our athletes not only the value of sportsmanship, but also how to act in order to display sportsmanship.”

-Phil Vaccaro
Director of Athletics & Student Activities, Reading MA



MONDAY, OCTOBER 12

NATIONAL FINE ARTS ACTIVITIES DAY



Purpose: A time to focus on the millions of students, coaches and sponsors involved in music, speech, journalism, student council and the other fine arts programs.

WHAT YOU CAN DO:

- ✓ Recognize fine arts participants at pep rally
- ✓ Have reception for students interested in joining fine arts programs; invite current participants
- ✓ Create posters for display on lockers of students involved in fine arts
- ✓ Invite middle school band students to perform with high school band at football game
- ✓ Present a program by fine arts students at an elementary school or a local nursing home
- ✓ Invite local actors or musicians to perform with students
- ✓ Do feature story in school or local newspaper
- ✓ Present drama skit during lunch
- ✓ Organize youth talent “American Idol” or “Star Search” program for community
- ✓ Have former band members return to play with the current band

“Participation in band, chorus, speech and theatre helps students cultivate self-discipline, develop self-confidence and improve communication skills.”

-Debra J. Woodard

Director of Performing Arts, Gurnee, IL



TUESDAY, OCTOBER 13

NATIONAL OFFICIALS DAY

Purpose: A time to salute the approximately 500,000 individuals who serve as contest officials and judges.

WHAT YOU CAN DO:

- ✓ Host breakfast for officials who help in sports and fine arts
- ✓ Class competition of "You Make the Call" and feature questions regarding sport rules
- ✓ Have round-table discussion with students, officials and parents
- ✓ Donate sportsmanship book or video to library on behalf of officials
- ✓ Send certificates of recognition and appreciation letters to officials
- ✓ Post signs thanking officials
- ✓ Provide NFHS Sportsmanship cards to all officials who work contests at your school

“The leadership qualities that competition promotes encourage individuals to make the 110 percent commitment necessary to be successful in life.”

-Louis A. DeGorge
High School Basketball Official & Vice Principal,
Fair Haven, NJ



WEDNESDAY, OCTOBER 14

NATIONAL YOUTH HEALTH AWARENESS DAY

Purpose: A time to promote education and prevention efforts that encourage healthy lifestyles.

WHAT YOU CAN DO:

- ✓ Offer pre-game meal with nutritional analysis
- ✓ Hold student workshops on health issues
- ✓ Hold an assembly to recognize school nurse, trainer and team doctor
- ✓ Offer students opportunity to "shadow" health professionals
- ✓ Create and display bulletin boards and posters dealing with healthy lifestyle issues
- ✓ Ask students to prepare resource directory of community agencies
- ✓ Read a "health tip of the hour"
- ✓ Hold assembly with guest speakers, such as nutritionists, and local county health officials

***“High school activities – where else can one learn such valuable lessons?
I encourage every young person to play it smart and get involved!”***

-David Bethea

Former Student Activity Participant, Hampton, AR



THURSDAY, OCTOBER 15

NATIONAL COACHES/SPONSORS/ADVISORS DAY

Purpose: A time to recognize the contributions of high school coaches.

WHAT YOU CAN DO:

- ✓ Ask non-coaching faculty to serve as "coach of the day" to give them different perspective
- ✓ Honor different coaches and advisors each hour of the day
- ✓ Recognize coaches and sponsors and their families on public address system during events
- ✓ Invite retired coaches to attend practice or event
- ✓ Play "Name that Coach" - clue game
- ✓ Send letters or e-mails of thanks to a coach, sponsor or advisor
- ✓ Host breakfast for all sponsors and coaches

“The fact that the coach or advisor acts as the surrogate parent and, more importantly, as a role model to his or her athletes and students cannot be overemphasized.”

-William S. Wassel
Headmaster, Braintree, MA



FRIDAY, OCTOBER 16 NATIONAL FAN APPRECIATION DAY

Purpose: A time to thank the spectators who support activity programs throughout the year.

WHAT YOU CAN DO:

- ✓ Offer tailgate party with hot chocolate and refreshments
- ✓ Offer free event program to "selected fans" (based on wearing school colors or some other criteria)
- ✓ Give Booster Club members coupon for free pop and popcorn
- ✓ Introduce parents of players and cheerleaders during pregame ceremony
- ✓ Give school shirt to most avid fans (student and adult)
- ✓ Present cushion chair to a dedicated adult fan
- ✓ Dress up in your school spirit outfit
- ✓ Let a "fan of the week" sit on bench with team

"Some small town values are stored up for a lifetime."

-Charley Schram

Fan/Spectator, Manilla, IA



SATURDAY, OCTOBER 17 NATIONAL COMMUNITY SERVICE / PARTICIPATION DAY

Purpose: A time to give back to your community and show your appreciation for their support of your programs. This day also can be used to promote fund-raising efforts that support interscholastic programs.

WHAT YOU CAN DO:

- ✓ Recognize business partners in programs or announcements at contests or events
- ✓ Offer free admission to an event to representatives of program advertisers
- ✓ Hold open house in gymnasium; invite alumni, businesses and media to attend
- ✓ Do radio, TV and community access station public service announcements with activities participants
- ✓ Offer school souvenirs at a fundraising community service project auction
- ✓ Put announcement on school marquee
- ✓ Offer “errand running” service for elderly
- ✓ Offer a beneficial service to business partners, i.e., clean parking lot, cut grass, etc.

***“Sports and activities... require intense concentration,
instant decision making, discipline, teamwork and drive for success.
These challenges are what make activities worthwhile.”***

-Jeremy Moyle

Former Student Activity Participant, Casper, WY

CONGRESSIONAL RESOLUTION

DESIGNATING "NATIONAL HIGH SCHOOL ACTIVITIES WEEK"

Whereas more than half of the students in this nation's senior high schools are involved in at least one co-curricular activity;

Whereas this other half of education plays a significant role in the total educational development of high school students;

Whereas participation in activities such as athletics, speech, music, debate, drama, and others generally leads to positive development for all and often leads to superior achievement;

Whereas participation and achievement in those areas often contributes to increased interest and performance in strictly academic areas;

Whereas both academic and co-curricular achievement contribute greatly to the social development and interaction of all high school students;

Whereas that development directly benefits local communities by channeling young people's interest and talents into positive efforts, and by instilling in them an early sense of civic duty and community pride;

Whereas former President Gerald R. Ford has acted as honorary national chairman of the effort to recognize the important role of co-curricular activities in this nation's high schools: Now, therefore, be it

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, that the President should designate "National High School Activities Week" in recognition of the valuable contribution that such programs make in developing the interests and talents of young people at the community level.

*Passed by both houses of Congress on December 16, 1982
and signed into law by President Reagan in December of 1982.*

**NATIONAL BE A
SPORT DAY**

October 11

**NATIONAL FINE ARTS
ACTIVITIES DAY**

October 12

**NATIONAL
OFFICIALS DAY**

October 13

**NATIONAL YOUTH
HEALTH AWARENESS
DAY**

October 14

**NATIONAL COACHES /
SPONSORS / ADVISORS
DAY**

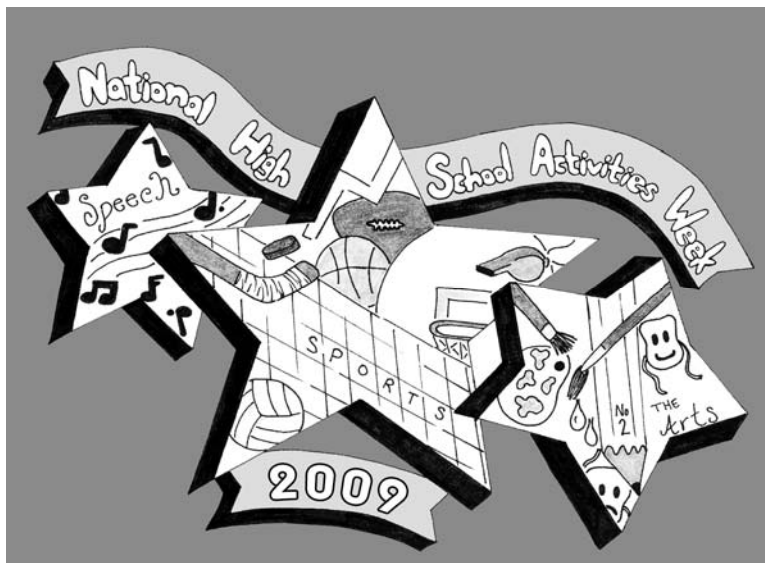
October 15

**NATIONAL FAN
APPRECIATION DAY**

October 16

**NATIONAL
COMMUNITY SERVICE
/ PARTICIPATION DAY**

October 17



National High School

Activities Week

October 11-17



National Federation

Of State High School Associations

www.nfhs.org

*Invest In The Future: Support Activities
- An Integral Part Of Education*