

FIELD DAY PLANNING PACKET

September 29, 2017



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2017 Field Day Schedule

- 7:50 – 8:30 Advisory
- Take attendance and e-mail absences to Maggie Vincent
 - Freshmen- Create advisory portfolios
 - Sophomores and Juniors- Determine if they still need to include reflections or work samples from last year and go over the requirements for this year
- 8:35 – 8:50 Class Meetings
- Review the events and participants and secure substitutes where necessary
 - Come up with a theme for the class mural
- 8:50 – 9:05 Practice the Class Talent Show
- Each class put together a class talent show. Please allow students to practice their show in front of their classmates.
- 9:05 – 9:20 Creation of SPIRIT Rap
- Please review the acronym, SPIRIT, with each class.
 - Each class should create a rap to help students remember what SPIRIT stands for.
 - **S**upportive, **P**ositive, **I**ndependent, **R**eflective, **I**nspiring, **T**houghtful
- 9:20 – 9:30 Break and Dismiss to the Main Field
- 9:30 – 9:45 Water Balloon Toss (center of soccer field)
- 9:45 – 9:50 100 Meter Dash (track)
- 9:50 – 10:00 Tug of War (grass behind the bleachers)
- 10:05 – 11:40 Various Activities

10:05 – 11:40 Activities

- Pumpkin Carving (grass near the bleachers)
- Pumpkin Painting (art room- Ms. Hourihan's room)
- Class Mural (art room- Ms. Hourihan's room)
- Cake Decorating (room 226- Mr. Becker's room)
- Bake-Off (room 226- Mr. Becker's room)
- Kickball (lower field)
- Flag Football (½ soccer field)
- Ultimate Frisbee (½ soccer field)
- Catch and Release Fishing- Biggest Fish/Most Fish (pond near baseball field)

10:05 – 10:50 Activities- Session One

- Ladderball (behind soccer goal closest to school building)
- Doubles Tennis (tennis courts)
- Kan Jam (behind soccer goal closest to school building)
- Paper Sculpture Competition (grass near the bleachers or choir room)
- Foul Shooting Contest (WHS gym)

10:55 – 11:40 Activities- Session Two

- Corn Hole (behind soccer goal closest to school building)
- Volleyball (gym)
- Singles Tennis (tennis courts)
- Lawn Darts (behind soccer goal furthest from the school building)
- Egg Drop Challenge- STEM Activity (room 113- Mrs. Britchi's room)

11:45 – 12:05 Lunch for all (junior parking lot)

12:05 – 12:10 Attendance

- Students meet with advisors in the junior parking lot

12:15 – 1:00

- Capture the Flag (½ soccer field)
- 3 on 3 Soccer (½ soccer field)
- Chip Shot Golf (lower field)
- Game Room (choir room)
- Badminton (middle school gym)
- Ping Pong (middle school gym)
- 3 on 3 Basketball (high school gym)
- Class Quiz Bowl Competition (room 216- Mr. O'Connor-Hall's room)
- Marshmallow Tower- STEM Activity (room 113- Mrs. Britchi's room)
- Class Mural Completion (art room- Ms. Hourihan's room)

1:00 Everyone Reports to the Gym

1:10 – 1:15 Egg Drop Challenge in Action

1:15 – 1:35 Class Relay Race Competition

- Stage One- 3-Legged Race
- Stage Two- Crab Walk
- Stage Three- Potato Sack Race
- Stage Four- Wheelbarrow Race
- Stage Five- Leap Frog

1:35 – 2:05 Class Talent Show Performances

2:05 – 2:10 Class Rap Performances

2:10 – 2:20 Winner Announced

2:20 Dismissal

Prepared Performances

Class Talent Show

Each class will be given up to five minutes (cut-off at the 5 minute mark) to showcase the wonderful talent from members of their class. This can be in the form of musical acts, artistic renderings, dances, etc. This is not a lip sync or dance off. Instead, this year’s judges are looking for a well-rounded program that smoothly transitions between each polished act. Consider creative ways to incorporate your classmates’ outstanding talents. All acts must be school appropriate with no profanity, explicit content, inappropriate clothing, or inappropriate props. Consideration will be given to classes who incorporate costumes, props, and/or other creative approaches.

Class Talent Show Rubric

4- Excellent Wow! You were great!	3- Good Not bad! Not bad!	2- Fair Needs more practice.	1-Poor Ummmm.....	
Preparation Memorized Brought props, music, or other necessities Well rehearsed	Outstanding preparation evident. Brought everything necessary.	Good preparation. A little more practice needed. Most, if not all, props present.	Difficulty due to lack of preparation. Props needed not brought. More practice needed.	Obvious problems due to lack of preparation. This is still a “work in progress.” Not ready to perform for large audience.
Delivery/Quality In tune singing/playing polished dance moves, quality acting No/few mistakes Skill impressive for age	Performs at a level that definitely engages audience. Very few or no mistakes. Consistently in tune and with good tone and timing; polished moves; well-rehearsed	Performs at a level that engages the audience most of the time. Few mistakes. Fairly consistently in tune with good tone and timing, mostly polished moves, or well-rehearsed	Performs at a level that might engage the audience. Some mistakes. Not consistent with in-tune singing, tone, timing, dance moves, or acting	Performs at a level that does not engage an audience. Many mistakes. Not singing or playing in tune, poor tone quality, sloppy dance moves, or acting; unrehearsed
Stage Presence Confident Serious about act Comfortable performing Engages the audience	Strong sense of confidence on stage. Facial expression & body language are confident. Performers are serious about performing.	Confident and has few problems performing. Facial expression & body language are fairly confident. Facial expression and body language fairly comfortable	Appears somewhat uncomfortable performing. Some problems due to nerves. Some facial expression & body language uncomfortable	Visibly uncomfortable. Problems with audition due to confidence. Facial expression/body language uncomfortable. Not a serious effort or act
Creativity Touches to make the act “special” Dress, appearance	This act is special, unique and exciting! There are special touches in performance, costume, or act and it is very memorable.	This act shows creative aspects. It is memorable.	This act shows some creativity. It is somewhat memorable.	This act lacks creativity and is not very memorable.
Overall Score	Wow! A great act! Bravo!	Pretty good!	Could be better.	Not ready this time.

SPIRT Rap

Each class will create an original rap (of approximately two minutes) based on the school's SPIRIT acronym. Raps should touch upon all aspects of the acronym and be memorized by the performers. Whole class participation is highly encouraged (consider printouts for non-performers). The rap must be school appropriate with no profanity.

Supportive, **P**ositive, **I**ndependent, **R**eflective, **I**nspiring, **T**houghtful

SPIRT Rap Rubric

Category	4 Points	3 Points	2 Points	1 Point	Score
Creativity	The rap contains many creative details and/or descriptions that contribute to the audience's enjoyment. The students have really used their imagination.	The rap contains a few creative details and/or descriptions that contribute to the audience's enjoyment. The students have used their imagination.	The rap contains a few creative details and/or descriptions, but they distract from the overall rap. The students have tried to use their imagination.	There is little evidence of creativity in the rap. The students do not seem to have used much imagination.	
Content	Rap accurately represents the SPIRIT acronym.	Rap represents the SPIRIT acronym but makes 1 mistake.	Rap represents the SPIRIT acronym but makes 2 or more mistakes.	Rap does not represent the SPIRIT acronym.	
Beat/Rhythm	A beat or rhythm was identified in the rap and maintained throughout the entire rap.	A beat or rhythm was identified in the rap and maintained throughout most of the rap.	A beat or rhythm was identified in the rap and but was not maintained throughout the rap.	No beat or rhythm was present.	
Volume/ Projection/ Annunciation	Rapper was flawless in the presentation of the rap.	Rapper(s) was heard and maintained a serious composure, but made 1-2 mistakes while presenting.	Rapper(s) was heard clearly, was occasionally silly, and made 3-4 mistakes while presenting.	Rapper(s) could not be heard or could not get through the rap in a serious manner.	

Class-Themed Projects

Hallway Decorating

Each class will decorate their designated hallway from 6:00 p.m. – 7:30 p.m. on Thursday, September 28. Hallways will be judged from 7:30 p.m. to 8:00 p.m. on the 28th. Participants must arrive with all necessary supplies and work together. The class themes are below. This is a class-specific activity where only the members of each WHS class are allowed to participate. All decorations should be appropriate and in good taste (no negative connotations).

Class Themes

- Seniors- Glow in the dark jungle
- Juniors-Alice in Wonderland
- Sophomores- Dreams
- Freshmen- Circus

Hallway Decorating Rubric

Category	4 Points	3 Points	2 Points	1 Point	Score
Visual Impact	<p>“This hallway blew me away!”</p> <p>“Fabulous!”</p>	<p>“This hallway is pretty cool!”</p> <p>“Nice Job!”</p>	<p>“Okay, I see where they were going with that.”</p> <p>“Pretty decent.”</p>	<p>“What?”</p> <p>“I don’t get it.”</p>	
Craftsmanship	<p>Decorations are really well constructed and used well.</p> <p>The craftsmanship and skills are excellent.</p>	<p>The hallway is attractive in terms of neatness. Decorations are of good construction and not very messy.</p> <p>The craftsmanship and skills are good.</p>	<p>The hallway is acceptably attractive though it may be a bit messy.</p> <p>The craftsmanship and skills are average.</p>	<p>The hallway is distractedly messy and/or the craftsmanship and skills are poor.</p>	
Completeness	<p>Space was utilized well. Decorations well distributed. It’s a big hall and the used it well.</p>	<p>Space was not utilized to its full extent and/or some items seem out of place.</p>	<p>Space is somewhat complete. Decorating was attempted. Didn’t plan for the size of the hall.</p>	<p>Decorating was barely or not attempted. Space not complete.</p>	
Originality	<p>Exceptional use of new ideas and originality.</p> <p>Obviously are thinking well outside the box.</p>	<p>Good use of new ideas and originality.</p> <p>Good use of theme but no big surprises.</p>	<p>Average use of new ideas and originality.</p> <p>Nothing unexpected here.</p>	<p>No use of new ideas and originality.</p>	
Class Theme	<p>Well constructed and exceeds standards of representing the class theme.</p>	<p>Represents the class theme well in decoration.</p>	<p>Limited use of theme in decorating.</p>	<p>No use of theme in decorating.</p>	

Class-Themed Projects (continued)

Showcase Decorating

Each class will decorate their designated showcase beginning on Monday, September 25. All showcases must be completed by 7:50 a.m. on Friday, September 29. Participants must provide all necessary supplies and work together to incorporate every class member into the design. Please follow your class theme for the hallway decorating contest. This is a class-specific activity where only the members of each WHS class are allowed to participate. All decorations should be appropriate and in good taste (no negative connotations).

Class Themes

- Seniors- Glow in the dark jungle
- Juniors-Alice in Wonderland
- Sophomores- Dreams
- Freshmen- Circus

Showcase Decorating Rubric

Category	4 Points	3 Points	2 Points	1 Point	Score
Visual Impact	<p>“This hallway blew me away!”</p> <p>“Fabulous!”</p>	<p>“This hallway is pretty cool!”</p> <p>“Nice Job!”</p>	<p>“Okay, I see where they were going with that.”</p> <p>“Pretty decent.”</p>	<p>“What?”</p> <p>“I don’t get it.”</p>	
Craftsmanship	<p>Decorations are really well constructed and used well.</p> <p>The craftsmanship and skills are excellent.</p>	<p>The showcase is attractive in terms of neatness. Decorations are of good construction and not very messy.</p> <p>The craftsmanship and skills are good.</p>	<p>The showcase is acceptably attractive though it may be a bit messy.</p> <p>The craftsmanship and skills are average.</p>	<p>The showcase is distractedly messy and/or the craftsmanship and skills are poor.</p>	
Completeness	<p>Space was utilized well. Decorations well distributed.</p>	<p>Space was not utilized to its full extent and/or some items seem out of place.</p>	<p>Space is somewhat complete. Decorating was attempted.</p>	<p>Decorating was barely or not attempted. Space not complete.</p>	
Originality	<p>Exceptional use of new ideas and originality.</p> <p>Obviously are thinking well outside the box.</p>	<p>Good use of new ideas and originality.</p> <p>Good use of theme but no big surprises.</p>	<p>Average use of new ideas and originality.</p> <p>Nothing unexpected here.</p>	<p>No use of new ideas and originality.</p>	
Class Theme	<p>Well constructed and exceeds standards of representing the class theme.</p>	<p>Represents the class theme well in decoration.</p>	<p>Limited use of theme in decorating.</p>	<p>No use of theme in decorating.</p>	

Prior Preparation Required Events

Cake Decorating

Love to decorate? This contest is for you! Teams will be given a cake and a variety of supplies to decorate their masterpiece. Judging will take creativity, neatness and effort into account. While there will be supplies provided for each team, please feel free to bring in anything special you might like to use for your cake.

Cake Decorating Rubric

Category	3 Points	2 Points	1 Points	Score
Overall Appearance	Appropriate size and shape for the best quality of design.	Appropriate size, but quality of design could be enhanced.	Size and shape are not appropriate and quality of design needs improvement.	
Icing	Spread evenly. Smoothly finished. No signs of crumbs. Dye is mixed properly.	Spread evenly. Sign of some crumbs. Color is consistent.	Uneven. Signs of crumbs. Color streaks in some areas.	
Neatness	Neat appearance. Decorations well balances and shaped.	Neat appearance. Well balanced but uneven shape of decorations.	Uneven cake shapes for the theme. A bit careless in the craftsmanship.	
Decoration	Appropriately followed the theme. Pleasing color scheme. Colors well blended and consistent throughout the cake.	Appropriate theme. Colors not bright and appealing.	Inappropriate or lacking a theme. Unpleasing color scheme.	
Difficulty	An original idea that pays attention to detail.	Cake looks ordinary.	Pays little or no attention to planning in detail.	
Creativity	Designed to attract audience attention.	Lacks originality.	Cake idea needs more thought.	

Prior Preparation Required Events (continued)

Bake-Off

Here is a contest for those aspiring bakers out there! During this time, participants will prepare a delight of their choosing to bake for the judges. This can be a favorite cookie, cake, pie, or other sweet treat. All recipes must be **submitted to Mr. Becker no later than 2:20 on Wednesday, September 27**, so he can purchase the supplies. If recipes are not given by the deadline, teams will be expected to bring in their own ingredients Friday morning.

Bake-Off Rubric

Category	3 Points	2 Points	1 Points	Score
Appearance/ Presentation	Item looks appealing. Any one of any age would want to try this item.	Item looks appealing. Would appeal to select groups such as women or children.	Item looks less than appealing.	
Taste	"Okay, can I have this recipe or will you make this for me on a regular basis?!?"	"Yum!"	"Okay."	
Recipe Provided	Easily read and followed recipe and instructions.	Recipe provided but hard to read.	No recipe	
Texture/ Consistency	"Wow! How did you manage this?!?"	Okay	Too dry or too runny.	
Over All	"This needs to be put into a recipe book!"	Tasty	Fair	

Pumpkin Carving

Each class will be given one pumpkin and tools for carving. Participants will be judged on creativity and attention to detail. Pumpkins do not need to be carved in a Halloween theme.

Pumpkin Carving Rubric

Category	3 Points	2 Points	1 Points	Score
Creativity/ Originality	Excellent creativity and originality shown in the carving of the pumpkin. End result shows a lot of thought and planning.	Pumpkin shows some creativity and originality.	Lack of originality shown in the carving of the pumpkin.	
Attention to Detail	Meticulous skill employed in carving out the fine details and is phenomenally displayed.	Pumpkin had some attention directed to the details.	Attention to details lacking.	
Presentation	It is clear that the students have presented the pumpkin in an interesting way to showcase its originality.	It is obvious that a good presentation was intended, but the pumpkin does not catch much attention in terms of presentation.	Carving of the pumpkin lacks evidence of presentation.	
Neatness	Inside and outside of the pumpkin is neat. Carving lines are not jagged (unless in areas meant to be).	Inside and outside of the pumpkin is neat. Carving lines are jagged and sloppy.	Inside and outside of the pumpkin is not neat. Carving lines are rough.	

Prior Preparation Required Events (continued)

Pumpkin Painting

Each class will be given one pumpkin and supplies for painting. Participants will be judged on creativity and attention to detail. Pumpkins do not need to be painted in a Halloween theme.

Pumpkin Painting Rubric

Category	3 Points	2 Points	1 Points	Score
Creativity/ Originality	Excellent creativity and originality shown in the painting of the pumpkin. End result shows a lot of thought and planning.	Pumpkin shows some creativity and originality.	Lack of originality shown in the painting of the pumpkin.	
Attention to Detail	Meticulous skill employed in the design/painting of the pumpkin and is phenomenally displayed.	Pumpkin had some attention directed to the details.	Attention to details lacking.	
Presentation	It is clear that the students have presented the pumpkin in an interesting way to showcase its originality.	It is obvious that a good presentation was intended, but the pumpkin does not catch much attention in terms of presentation.	Painting of the pumpkin lacks evidence of presentation.	

Spirit Week Scavenger Hunt



Beginning on Monday, September 25, each class will work to gather items listed below. The collected items should be placed in a box clearly marked by grade level and **submitted to Mrs. McManus no later than 2:20 p.m. on Thursday afternoon.**

Scavenger Hunt Items

- 1) A business card from a Town Official
- 2) A penny minted in the year 2000
- 3) A movie ticket stub
- 4) A receipt for gas equal to the year of graduation (sr,\$20.18, jr \$20.19, so \$20.20, fr \$20.21)
- 5) An item manufactured in Orange, CT
- 6) A family recipe from a local resident
- 7) The number of signatures from classmates equal to the year # of graduation
(For example, 2015 would gather 15 signatures)
- 8) A photo in front of a business owned by a current or former Westbrook graduate
- 9) The feather from the *laridae* family
- 10) A placemat from a restaurant in Westbrook
- 11) Sand from a Westbrook Beach
- 12) An 8 letter word or longer which can be formed ONLY using scientific periodical abbreviations
- 13) Convert our school's Core Values into a different foreign language; please specify the language of the translation.
- 14) A selfie with a former or current Westbrook Teacher of the Year
- 15) A sign promoting an environmentally friendly service (picture is ok)