



Westmount High School

Established in 1873

A College Board Advanced Placement School



Westmount High School List of Extracurricular Activities (ECAs) 2025- 2026

Participation-based Physical Activities

Weight Training: During lunch on Days 2, 6, and 9 with Mr. Lavoie, Dr. Castonguay, & Mr. Douglas

Students are invited to come take advantage of the school fitness center and weight room.

The Royal Knights Dance Troupe: Wednesdays after school in the Auditorium with Ms. Mapp
Students will learn how to choreograph and dance to styles from Ballet, HipHop, Contemporary to Afro-Caribbean styles in preparation for performances throughout the year.

Indoor/Outdoor Track and Field - Indoor Track & Field with Mr. Christie takes place Tuesdays and Thursdays after school. Join us for active running, jumping, and throwing in a supportive and energetic environment. All students are welcome to participate.

Artistic and Cultural Activities

Musical: "Mean Girls": with Ms. Stevenson

Rehearsing and Producing the Broadway Musical, Mean Girls! This is an auditioned activity. For details, check the bulletin or speak with Ms. Stevenson.

Purple and White Revue: with Ms. Chung

Talent show to be held on March 27, 2026 for students of all grades to showcase their wonderful talents! Please keep an eye out for announcements of auditions and rehearsals in the school bulletin.

The Westmount Highlights: Tuesdays after school with Mr. Jay Lemieux 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 2025-2026 school year! Members of the TWH Crew learn how to write, produce, edit and publish a polished weekly YouTube show for the Westmount High School community.

Knights, Camera, Action!



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Choir Club - led by Ms. Stevenson and Mr. Longo, meets every Tuesday from 3:30–4:30 in the Music Room/Auditorium/B100. All students are welcome to join and explore their voices in a fun, collaborative setting. Stay tuned to the daily bulletin for updates and announcements.

Junior Band Every Wednesday after school with Mr. Longo in Room 101. Junior Band is a concert band for students in Sec 1-3. We will be performing at both of the music concerts. It is your chance to spend more time on your instrument, develop important ensemble skills and rejoice in knowing that you are officially a BAND KID!

Guitar Club - Join Mr. Longo in room 108 every day at lunch to learn some guitar, jam some tunes with friends and sing it out! This is your chance to get some guitar tips and learn more about everyone's favorite instrument!

Jazz Band (EMJB) - Every Tuesday after school in Music Room.Auditorium with Mr. Cox. Regular music ensemble that will rehearse and perform all year.

Senior Concert Band - Every Monday after school in Music Room.Auditorium with Mr. Cox. Regular music ensemble that will rehearse and perform all year.

Scientific Activities

Robotics: with Mr. Leclaire

Every day after school: First Robotics Competition/Programming

Team members have the opportunity to participate in the design, construction, operation of robots and compete against other schools. Students will learn an introduction to both mechanical and electrical engineering but also the value of teamwork and collaboration.

Girls Who Code: Every Thursday after school with Ms. Aktar and the GWC Team an after-school activity that lasts for around 8 weeks. Students will have the opportunity to explore coding in a fun and supportive environment, led by students from McGill University, for 1 hour per week.

Socio-Educational Enrichment Activities

Board Game Club: Days 3 and 7 at lunch with Mr. Meades 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!



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Puzzle Club - Puzzle Club runs every lunch period in STEP 122 with the STEP resource team. Come challenge yourself with fun puzzles and games while building problem-solving skills in a relaxed setting.

Book Club with Ms. Mlynaryk during lunch in the library
Club where students will read a total of 3-4 books throughout the year and meet to discuss with other members and the librarian. Open to students from Sec 1 through 5! Look for more information in the daily bulletin.

Battle of the Books after school with Ms. French in the library
Club where members read from a list of 12 pre-selected novels and compete as a team of eight in an EMSB wide trivia competition. Open to students from Sec 1 through 5!

Chess Club: Mondays after school with Mr. Jones in Room 116 starting October 6th
Students are invited to come play chess with their peers and be trained by a Chess Champion Marc-Antoine Lomandong.

Trivia Club: During Lunch on Day 8 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!

Tutorial/Homework Help

Knowledge Knook Tutorials and Homework Club - Monday-Thursday after school in STEP 122. Visit the Knowledge Knook to prep for a test, get a jump on your homework, or meet with a tutor for extra support across a range of subjects!

EXTRA EXTRA Tutorial Club: During Lunch on Days 1, 2, and 3 with Ms. Parades in room 106
Students are invited to come and receive additional academic support and reviewing of course material

Francais Langue Seconde for Beginners - Every Wednesday after school in room 202 with Ms. Outland

This activity is meant for all students who are struggling with French. This activity targets students who are complete beginners of French (CECRL level A1.1, A1.2 or A2.1). The focus of the activity: compréhension orale, compréhension écrite, production écrite et production orale.



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Student Support Spaces/Open Classrooms

Breakfast Club - Free breakfast served by Student Council in Room 120 every morning except Wednesday between 7:30am and 8:00am. Tutorials coming soon!

Grad Committee - Grad Committee meets once a week for 1 hour in Room 212 with Ms. Sipos and Ms. Anania. Students work together to plan and organize fundraising activities in support of graduation events.

The International Club - Day 1 at lunch with Mr. Loomer.

Attention citizens of Planet Earth. The International Club is a place to play word games, practice speaking English and connecting with friends from all over the world. Students will organize games and activities. Be ready to contribute ideas.

Community Engagement Activities

Westmount Knights for Change - Every Day 2 at Lunch in Room 105 with Dr. Jafralie

We're the Westmount Justice Knights—a crew of curious, caring students who believe in fairness, respect, and speaking up. If you've ever wanted to make a difference, learn about the world, or help build a kinder school and community, this is your space. No experience needed. Just bring your voice, your heart, and your courage. We're stronger together—and we're just getting started.