

Steller Secondary School 2016 Spring Intensives

Community Gardening

Do you love to garden and want to reap the benefits of growing things? Do you want to spend two weeks outside playing in the dirt? Are you interested in helping with community gardening projects at Steller and throughout the community? Do you want to spend most of Intensives outside, playing in the dirt? If so, this intensive is for you. We will be working in Steller's Peace Garden preparing beds, planting areas, and working on sustainable projects; such as a water capturing system and composting. We will also work with community organizations around Anchorage on gardening projects. These include working at North Star Elementary to help them with their community garden, visiting and volunteering at the Botanical Gardens, and working with Yardicopia. Students will also have a chance to create their own salad and herb container gardens to take home with them and enjoy throughout the summer. Students will have the chance to explore topics such as permaculture, sustainable gardening, composting, and more.

Teacher: Leigh Anne

Grade Level: 7-12

Cost/Fee: \$30 to cover the cost of your container garden

You will need to provide your own gardening gloves

Credit: Community Service Elective (H9966QALT/M9966QALT)

Biking

Bike around Anchorage! Join us as we explore Anchorage's vast network of paved trails including the Coastal Trail, Ship Creek Trail, and Chester Creek Trail. Learn bike maintenance and safety, as well as the issues around making Anchorage a more bike-friendly city. We will also have the opportunity to improve the trails we will be riding on. Get yourself and your bike all tuned up for summer riding! Bike and helmet required. See Danielle or Ashley if you would like to participate but do not have a bike.

Teacher: Ashley and Danielle

Grade Level: 7-12

Cost/Fee: \$5-10

Credit: .25 Physical Education

Mosaics

Since ancient times, man has used mosaic as a technique of decorative art. Depending on the region and on the period, this art developed in different ways, adopting different techniques, materials, colors and esthetic patterns. Starting from the simple arrangement of pebbles into a pattern by primitive man to indicate direction or convey a message, this technique has gradually developed and found new applications: from covering floors, to the decoration of villas and cathedrals, down to the modern expressions of mosaic art.

In this Mosaic Art Intensive, students will produce two primary pieces of Mosaic Art: one flat and one 3-Dimensional. Students will be required to bring their own 3-D substrate from home (e.g. vase, mirror, bowl...)

Materials that will be provided are:

- Wood substrate (for flat piece)
- Mosaic Tiles etc.
- Adhesive
- Grout

Students are encouraged to bring items from home to add to Jean's collection of tile. Items such as: marbles, beads, and colorful tiles would be perfect!

Teacher: Jean

Grade Level: 7-12

Limit: 20 students

Cost/Fee: \$75 each

Credit .25 Elective

Pyrography

The art and science behind the ancient form of wood burning. Students will learn the basic process of wood burning the first week and then the art of shading the second week. Students will work from pattern to start with and then may be allowed to draw their own patterns.

Teacher: Gerald

Grade Level: 7-12

Cost/Fee: \$50.00

Credit: .25 Elective

The Technology of Science Fiction

The only way of discovering the limits of the possible is to venture a little way past them into the impossible. Clarke

Science fiction has long been a path for products of the imagination to become reality. This intensive will explore how different technologies first presented in literature or film evolved into tools we use now in every day life, may be developed in the future, or would require a whole new understanding of the rules governing the universe to ever happen. The class will go under the sea with Jules Verne, explore the final frontier with the Enterprise, and travel through space and time with the Doctor. Along the way will visit nanotechnology on a Fantastic Voyage, get in touch with feelings at a dollhouse, and hopefully find serenity.

Teacher: Mike

Grade Level: 7-12

Cost/Fee: 2 Bags Microwave Popcorn

Credit: .25 Science Elective

Freakonomics Intensive

Students will be playing a variety of video games focusing on cooperation, competition, strategy, fairness, trade and policy issues related the environment, and international trade. You will be able to earn money (yes, real money) by playing the games. In addition, we will be taking the Alaska Railroad to Seward to visit the Alaska Sealife Center and spend the night camping at the harbor campground. The fees for the trip will be approximately \$80 to cover the cost of the train and the program at the Sealife Center and camping.

Other topics addressed in the games are anthropology, sociology, psychology, behavioral economics, and neuroeconomics. Students will have the opportunity to earn at least enough playing the games to recover their fees. You can take this class to qualify for a quarter of the semester requirement for economics.

If you have ever wondered about why people make the choices they do, this is the class for you. This is hands-on economics with real incentives (real cold cash) and fun, fun, fun. We will also be instructed by visiting UAA professors, Kyle Hampton and Jim Murphy.

Teacher: Ken

Grade Level: 7-12

Cost/Fee: \$80

Credit: .25 Elective or .25 of the semester requirement for Economics

Orienteering

Orienteering is an active sport that uses a map and compass, where participants navigate the landscape using only specific reference points along the way. Orienteering offers many benefits, but its real attraction is that it is **fun!** It is a joy to walk and run through forests and fields on the ultimate quest of finding balance between mental and physical exertion, knowing how fast to go and still be able to interpret the terrain around you, and executing your route choice successfully.

During this intensive you will learn the basics of compass and map reading, navigation, and teambuilding. You **must** enjoy being outdoors all day – rain or shine – in the forests and parks around Anchorage. You will also need to dress appropriately in outdoor gear (which **must** include tennis/hiking shoes). Of course the best way to learn orienteering is to do it, so with a positive attitude and a thirst for adventure, let's Orienteer!

Teacher: Simone

Grade Level: 7-12

Cost/Fee: \$5-10

Credit: .25 Elective Physical Education

American Ninja Warrior Training at Pacific Rim Athletics in Eagle River

Come join us at Pacific Rim Athletics to learn some of the following:

TUMBLING PARKOUR: Progress from front rolls and cartwheels all the way to double backflips while learning how to apply flipping, tricking, and gymnastics skills to a wide variety of real-life environments and obstacles.

NINJA STRENGTH: Develop incredible levels of strength and mobility while learning safe and effective training methods for bodyweight strength training, calisthenics, hand balancing, and obstacle training.

BREAKDANCE POWERMOVES: Build the explosive power, upper-body strength, coordination, and cardiovascular endurance of breakdancers while learning the style and powermoves of this truly unique art form.

Teacher: Philip

Grade Level: 7-12

Cost/Fee: \$325 plus transportation fees (TBA)

Credit: .25 Physical Education

Martian Intensive

Combine one third space, one third botany, and one quarter sci-fi to create a Martian intensive. Stir in yogurt, a blindfold potato chip taste test, family potato recipes, time travel, planetariums, and lunches in worm beds. Enjoy a sneak preview about an upcoming book on space by a local author you already know. Plan to walk the length of Mars to nearby locations for field trips, pack picnics to eat in parks, watch a movie, produce a project, engage with expert speakers, and create fun and games all based on the book and movie *The Martian*.

Teacher: Becky

Grade Level: 7-12

Cost/Fee: \$25

Credit: .25 Elective

All Ultimate! All the Time!

The Intensive will focus on the most active of all Frisbee sports for two weeks straight: Ultimate Frisbee. Technique, rules, and games are the bulk of the time. Remember, the “spirit of the game” is always of utmost importance. We will play at the soccer field and hopefully take a couple trips to the Park Strip. Bring a disc and be ready for fun!

Teacher: Bob

Grade Level: 7-12

Cost/Fee: \$5

Credit: .25 Elective

Performance Dance

This intensive will increase your skills in movement and alignment. Class exercises will include bar and floor to promote endurance, flexibility, agility, balance and alignment. You will be challenged to work in various styles of dance. There will be opportunities to create and perform your own choreography or that of others. Students will work with guest artists. Please, if you are male, do not pass on this opportunity to get involved in interesting and challenging form of athletics.

Teacher: Troy

Grade Level: 7-12

Cost/Fee: Cost has not been evaluated completely. Hopefully not to exceed \$100 depending on class size.

Credit: .25 Elective Physical Education

The Walking Alive

Where can you go for an extended walk in the Anchorage municipality? How about hikes? How do you avoid getting eaten by a bear? Or a hungry teenager? Do you want to help keep our system of trails user-friendly? Is it safe to hike with headphones in? There are so many hikes right outside your back door. This intensive with Jason will take you outside to see what the Anchorage area has to offer the average hiker. We will learn how to pack for short hikes in the Alaskan wilderness and how to be prepared for the climate of Southcentral. You will learn how to be more bear aware and simple first aid for hiking related ailments. We will work with the municipality to do trail maintenance and clean up, so you will feel good about yourself and helping your community. This will be an intense walking activity, so you should be prepared to hike for several hours each day. You will also be responsible for bringing some of your own supplies. A packing list will come out prior to the first day.

Teacher: Jason

Grade Levels: 7-12

Cost/Fee: Free (but students will need to provide own backpack, food, and supplies)

Credit: .25 Physical Education

Art Revolution

Part art history--Explore one of the most revolutionary periods of American and European art history. At the end of the 19th century traditional and emerging artists began to “buck the system” to produce art for personal, rather than commercial fulfillment; giving rise to the various modernist movements of the 20th century.

Part art class--Learn traditional and nontraditional techniques for watercolor paints to produce your own impressionistic, expressionistic and abstract, works.

No “talent” required:

- You will not have to draw or sketch--unless you want to
- You will be given ample time to discover your own connection to art as you practice after the masters

Materials that will be provided Fee: \$70

- includes two (maybe three) brushes
- fine watercolor paper & backer board
- primary color paints to keep
- use of additional class supplies

Teacher: Marla

Grade Levels: 7-12

Cost/Fee: \$70

Credit: .25 Art Elective