



Foreign Food and Film



With Leigh Anne

This class will take students on a culinary and cinematography world tour. Each day we will experience the food and film of a different country or region, spending our time cooking food and then watching a film to gain cultural understanding and perspective. For example, we will learn how to make homemade pasta and watch an Italian foreign film, like *Life is Beautiful*. Another day, students will divide into groups and will be responsible for making one Indian dish, then we will share a meal and watch a Bollywood film. Students will reflect on the films through writing and discussion. Depending on the time, other activities or background information may be given and explored to further cultural and historical understanding. Foreign films do require students to read subtitles and students will need permission to watch PG-13 films. Students with food restrictions should be aware that some recipes will contain gluten, nuts, and other allergens. All students are still welcome to participate and effort will be made to accommodate for allergies, but due to cost and limits with making substitutions, students with high sensitivity should talk to Leigh Anne first.

Credit: .25 Elective

Grades: 7-12

Cost: \$30

Outdoor Escape with Beckyd

Design logic puzzles; create puzzles to be physically manipulated; and prepare to be outside for activities and field trips beyond Steller. Read a book based on games and puzzles written by a contemporary author to incorporate into Escape Room events and to participate in book group discussions. Restrict yourselves in a space indoors or outdoors until you solve a series of mental and physical puzzles to get out. We'll conquer an Avalanche Escape Room in Anchorage, solve a mystery disappearance at a gym with a lunch bar, go orienteering, and eventually build an elaborate escape room scenario at Valley of the Moon park for our final event.

Credit: .25 Elective

Grades: 7-12

Cost: \$50

Creative Writing

Teachers: Danielle Sjoden and Ashley Van Hemert

Grade Level: 7-12

Do you love to write but never have enough time to do it? Then join us for this creative writing intensive in which students will have the opportunity to experiment with different genres and styles of writing, participating in workshops to hone their skills and to give and receive feedback. Professional writers will be available to provide feedback and describe their professional lives. Each day we will explore exemplary published writing, respond to free write prompts, and then take time to develop individual writing projects. By the end, we'll be immersed in writing workshops, potential publishing opportunities, and practicing presentations for a final reading event.

Teachers: Danielle Sjoden and Ashley Van Hemert

Grade Level: 7-12

Class Fee: free

Credit: .25 elective



2x2 Never get bored!

With Jean

2 days x/c skiing, 2 days at the rock gym, 2 days crafting a ceramic mug, soup bowl and and a cookie bake-off, 2 days hiking and sledding, 1 day glazing mugs, 1 day downhill ski/ shred at Hilltop

Teacher: **Jean**

Grade Level: **7-12**

Cost/Fee: **\$150.00-ish**

Credit: **.25 elective**

Global Warming and Climate Change Mike

This class will spend 9 days studying the science of global warming and climate change.

Day 1 will begin by looking at how scientists measure the earth's temperature, and how we can make scientific estimates of climate and temperature over the earth's history.

Day 2 will look for the measurable signs of climate change, both biological, meteorological and geological.

Day 3 will look at the physical mechanisms through which carbon directly impacts temperature. We will do hands on experiments to demonstrate how different levels of Carbon dioxide impacts temperature gain in a closed system.

Day 4 will tell a tale of two planets. We will explore historical changes in the earth's climate through the last several ice ages, and look at Venus and discuss why it is the nearest example of a runaway greenhouse effect.

Day 5 will look at the global carbon cycle, and how the location and form of the carbon on earth impacts the planet, We will also study the natural mechanisms used by the earth to which have resulted in the historical carbon balance that led to the diversity of animals found in this era.

Day 6 Do humans REALLY have an effect?

Day 7 What's going on in the oceans? The chemistry of ocean acidification and its impact on quite frankly everything.

Day 8 Energy, exploring our choices, their impacts, and possible alternatives.

Day 9 Prepare for impact. How do we prepare for the future, mitigate negative outcomes, work for a sustainable future, and intelligently discuss and present our concerns.

As we work through these topics we will listen, debate, research, and present our ideas on what may very well become the defining issue of our times.

No Fee

7-12

.25 Credit

Welcome to the Apocalypse!

Brian



Should we listen to the street-corner prophets and start prepping for doomsday?

Through academia and action we will dispel our misguided fears while building our self-sufficiency skills!

We will explore the wide ranging theories of apocalypse including scientific, religious, medical, environmental, war, astronomical, and zombies. While this investigation will be entertaining, we will also keep our critical eyes open for evidence that fear is being used as a tool of control. The skill of critical analysis is vital in our world of fast-paced sketchy information, so a major goal of this class is to provide a new set of skills with which to filter media.

The second part of the intensive will focus on game-style learning (we will make our own RPG) along with projects and experimentation focused on survival. Can we grow food in Alaska year-round with creative solutions? Are high-tech approaches truly advantageous to traditional methods? Can you master classic survival skills like the bow-drill to make fire from sticks? Is there a piece of gear or invention you want to build?

Field trips are TBD, power plant visit, etc

\$0-25 Fee / depends on your project

Grades 7-12

.25 elective credit



Brazilian Jiu-jitsu and Becoming Bully-Proof

Teacher: Philip

Grade Level: 7-12

Description:

Prerequisites: None. Students must provide a mouth guard and wear athletic clothing.

Description:

Brazilian Jiu-jitsu is a grappling martial art based upon the use of proper technique and leverage to defend oneself against assailants. BJJ is used for self-defense and for sport grappling. BJJ teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique. Brazilian Jiu Jitsu training can be used for sport grappling tournaments or self defense.

Live drilling plays a major role in training. Jiu-Jitsu is a contact sport and students will get bumps and bruises and may be sore from physical exertion. Students will participate in proper stretching techniques, drilling of jiu-jitsu positions, and then the application of these techniques in live rolling.

Other than basic BJJ, students will be introduced to the Gracie “Bully Proof” system as part of a self-defense program. Within this program students will learn many techniques applicable to self-defense.

Once again, there is physical contact in this intensive as it is a grappling sport. Students will get bumps and bruises as well as an excellent workout. Please contact Philip with any questions you may have about this intensive.

Cost/Fee: \$10 Students must provide a mouth guard and have proper athletic clothing to participate.

Credit: PE

Bob

Drama/Theater Intensive

This Intensive will be focused on writing, producing, and acting in original student pieces. All of the writing, casting, and practicing will be done in the two week period of the Intensive.

The subject matter will be a variation on a theme. An idea will be put forth and the writers will develop the particulars from there. It is up to the groups to bring the visions to the stage. To ensure quality, you must be able to work through coordination and cooperation with others.

Here is your chance to create something unique with your peers and experience the final product of your imagination.

Credit Earned: Speech/Drama credit, English Elective credit, Elective credit

Fees: \$0+ ***Determined by students if they want costumes, sets, props, etc.***

Mini-Society



What does it take to create your own society? How do you come to a consensus about who shall lead? How do you exchange goods? How much is something worth? What do you do when people choose not to follow the rules? These questions and more will be answered when we create a mini-society.

Mini-society lets students create their own community, whatever that may be. It won't turn into a Lord of the Flies situation or Hunger Games. Participants will learn in a safe environment how governments are formed, how laws are made and how people exchange goods. Market Days allow students the opportunity to earn money which can be used to buy goods or services. Maybe a different system of trade will be established. Who will lead? Is it the prettiest or the smartest? Is it based on how tall you are or how long you can hold your breath?

Mini-Society is a national civics education program designed to teach students about the inner workings of a society. How that society works is up to the students with the teacher as a guide.

Grades: 7-12

Teacher: Jason

Credit: .25 elective

Cost: Free (may be some incidental individual cost that will be discussed once we meet)

Entrepreneurship Intensive

Want to start your own company? Alaska Business Week (ABW) will teach you how to run a business profitably and ethically. Join an ABW team with other students in a two-week business simulation. Pit your management skills against the competition to see who can provide the most profit for their company and the most benefit to their community.



Teacher: **Simone**

Grade Level: **9-12 (Middle School students with permission)**

Cost/Fee: **\$185 **Fill out a request for an Intensive Scholarship!**

Credit: **.25 elective**

Introduction to Drones-Ken and Nick Morrison

Ever wanted to know how to fly a drone? Gain a pathway to a future occupation flying Unmanned Aerial Systems (drones)! This is your chance to learn about the history of drones, their expanding uses in the 21st century, why they are so popular, how to fly one, and other information necessary to become skilled and responsible pilot.

a



be

Nick Morrison from Advanced Aerial Education will provide 15 drones for student use and will leading the class with assistance from Ken. Students will learn about the history of drones,

choosing a consumer drone, staying safe, legal issues, flight basics, when and where to fly, drone maintenance, FAA regulations, how to get a commercial license, and support and resources.

Students who do well in this course will be able to follow up with another course through Aerial to qualify for their commercial FAA license. This is a **growing industry that will need qualified personnel in the future and it's FUN!**

Grades: 7-12

Fees: \$120

Credit: Elective

Teachers: Nick Morrison and Ken

Ski/ Snowboard Intensive

This year the ski snowboard intensive may be taking place at Hilltop or Alpenglow for the first week and Girdwood the second. Just don't know what the weather will bring. If it brings a good dump who knows it may be Gridwood for the entire intensive. We will be having meetings after registration to come up with contingency plans for days we can't ski/ snowboard. Just in case. This intensive used to be the biggest intensive at Steller because we used to have a large community of skiers. It is a active and fun way to get a large amount of exercise in a short amount of time. You will be in better shape by the end of this intensive. The cost runs around \$800.

Grades: 7-12

Credit: 0.25 elective PE

Fee: \$800

Teacher: Troy