

# The Pursuit of Happiness

What is happiness, and how do we increase it in our lives? Why is laughter so powerful? What is it about the act of creating that is so fulfilling? How does getting out in nature change the brain? We will explore these questions and more as we learn about and experiment with different ways of cultivating happiness. The first week we will look at the topic through the following themes: art/creativity, humor, nature, food and nutrition, relaxation and mindfulness, and physical activity. We will spend the second week spreading happiness to others through volunteer opportunities, random acts of kindness, and student-driven activities designed to make others laugh and to increase a sense of well-being in our community.

Grades: 7-12

Credit: Elective

Fee: \$0 - \$20.00

Teachers: Danielle and Ashley

Zangle Title: Pursuing Wellness

## Winter Camping Intensive-2016

This intensive is designed to acquaint students with the challenges and opportunities of outdoor activities in the Alaskan winter. Students are expected to learn and demonstrate various outdoor skills including cross-country skiing, ice skating, and snowshoeing. To that end, we will spend the first week introducing or reviewing the basics of the above skills as well as preparing for a 3 ½ day winter camping trip to the Rapids Camp and Yukla Yurts in Eagle River Valley. Students will learn the proper techniques and equipment needed to be comfortable and safe in a hostile winter environment. The yurts have a wood stove and bunks for four to six persons, but it is more like a heated tent than an insulated cabin, so keeping warm and comfortable will require effort and coordination on the part of the entire group. The rest of the group will sleep on the floor or in a snow shelter that we create outside the yurt. Students will have an opportunity to spend a night in either type of shelter and many may find that they prefer the snow shelter to the yurt (it's warmer). So, regardless of the intensity of the cold, students will have warm shelter available for the duration of the trip. In addition, there will be another teacher (Becky) on the trip. We will leave for the trip on Monday, December 19th at approximately 9:00 am and return on Thursday, December 22nd by 3:00 pm. Teacher: Ken

Fees: None: Students are expected to purchase/borrow/rent whatever gear and food they need for the class. Expect to be outside a lot.

Zangle Title: Wilderness Recreation

# Holiday Gift Boxes

Marla

Learn to make fancy holiday cookies, candies and beautiful containers for holiday gifts.

Goodies include:

1. Snow balls (russian tea cakes).
2. Decorated sugar cookies (learn to make and use royal icing to create sophisticated holiday designs on cookies similar to those shown below) the bulk of our time in week one will be spent decorating sugar cookies.)



3. Candied orange & lemon peel.
4. Peanut butter balls.
5. Pralines and/or turtles.
6. Snickerdoodle with Kisses.
7. Peppermint something.
8. ??? yet to be determined...

We are not eating or sharing our product at school!!!!

Please do not choose this intensive unless you are serious about producing a quality final product for gift giving. Much of the work is precise, detailed and time consuming.

**Credit:** elective intensive

**Grades:** 7-12

**Cost:** \$ 150.00 - covers materials and ingredients for a number of loaded gift boxes to take home for your family's holiday needs.

## Winter Safety and Avalanche Training

Backcountry ski/snowboard/snowshoe intensive. We will be exploring the mountains around Hatcher Pass and Manatoba Peak while staying in huts, yurts, and a lodge. We will practice our backcountry sports while learning the necessary safety skills for a lifetime of outdoor winter exploration. Are you ready to lead a group into the mountains?!?

**Credit:** Level 1 Avalanche Certification AND .25 PE

**Cost:** \$800

# Air, Rock, and Ice



Sick of winters where there is no snow, so it feels like there is nothing to do?

Interested in exploring new recreational activities around Anchorage?

If so, this Intensive is for you!

This Intensive is designed to introduce students to various recreational activities around Anchorage that can be done in the winter and other times. We will be going places multiple times, 2-5, so students can build skills. Activities include:

- **ROCK CLIMBING:** We will be going to the new rock climbing gym and learning rock climbing and bouldering skills. We will be climbing approximately four times at the gym and everyone, whether you are an experienced climber or have never been, will get lots of time on the walls.
- **SPEED SKATING:** We will be going to Cuddy Park and taking four lessons from Anchorage speed skating coaches on how to speed skate, which will challenge students brand new to skating and those that are pros on hockey or figure skates.
- **AERIAL SILKS:** We will be going to the new aerial silk fitness studio three times and testing our fitness ability while hanging from silk straps.
- **CURLING:** Kind of like team housework/bowling on ice, curling is a crazy Olympic sport that most of us have never tried. We will be spending one day learning this sport at the Anchorage Curling Club.
- **HOCKEY/SKATING:** Hopefully we have good ice at Steller and can take advantage of our own skate rink to build skills and play games.
- **MORE:** As the planning progresses, other activities, both at Steller and outside of it may be added. Possible classes include a cycle fit class at Anchorage Cycle.

Students should be prepared to walk to some of the locations, such as Cuddy Park and the Rock Gym. Other locations will require parent drivers. All equipment will be provided at each facility, along with coaching from trained professionals. Students will need warm clothes for skating and walking between Steller. Ice grippers are recommended.

Credit: PE

Teacher: Leigh Anne

Grades: 7-12

Cost: \$150-\$200 (I am still working with organizations to finalize the cost)

Remember there is money for those that can't afford this, so fill out a waiver form.

# Introduction to flight

Instructor: Troy

Grades: 7-12

Credit: elective .25

Cost: 40 to 100 Depending on model

This course will explore some of the history in flight through several mediums. Each student will build their own scale model of a real aircraft and learn of its unique place in history. Students will get to fly their models. The class will hear from professionals in the field and how they use their aircraft. Students will learn the logistics of flight through the study of maps to plot safe courses to distant lands. Also included will be the use of other media to inspire discussion and instruction all related to flight.

**Hope You Didn't Bring an Eraser!**

## Pen and Ink Intensive with Philip

**Cost: approximately \$50. Students will be responsible for purchasing supplies from a provided list. All materials purchased will be the student's own personal supplies for the intensive.**

**Get ready for some ink slinging mayhem and non-erasable terror! Students will explore the techniques of the time-honored medium of pen and ink by looking at traditional and innovative approaches to line drawing. This course will strengthen your skill set, teaching you how to use modern and traditional tools—including brush, marker, and technical pens. Students will learn by mirroring the methods of Da Vinci and the German Expressionists as well as modern artists, examining their use of the medium in comic books and illustrations.**



# Basketball Camp - Steller Style!

Teacher: Bob

Grade Level: 7-12

Sign up for an immersive basketball experience. We will focus on skills throughout, for the beginning player to the more experienced. Each day will start with warm-ups and skills building, followed by an assortment of games and tournaments at the end of each week.

Credit Count: P.E.

Class Fee: None

## PROJECT RUNWAY/REFASHION/RECYCLE JEAN'S WINTER INTENSIVE

THIS IDEA WAS INSPIRED BY PROJECT RUNWAY. I WILL FILL BOXES WITH CONSIGNMENT ITEMS AND PUT STUDENTS IN PROJECT GROUPS. GROUPS CHOOSE A SUITCASE AND REFASHION A GARMENT OUT OF THE ITEMS IN THE SUITCASE. THEY TAKE BEFORE AND AFTER PICTURES AND LEARN A VARIETY OF CONSTRUCTION TECHNIQUES ALONG THE WAY.

STUDENTS WILL ALSO WORK IN GROUPS DESIGNING A DRESS MADE FROM PAPER. STELLER RUNWAY FASHION SHOW WILL TAKE PLACE DURING THE LAST DAY OF INTENSIVES.

PARENT HELP IS NEEDED ALONG WITH DRESS FORMS!

COST: ABOUT \$50

# **Bergen's Swim Intensive**

Students will swim at a number of local pools, participate in the Polar Plunge fundraiser for Special Olympics at Goose Lake. We'll study the difference between saline and chlorine pools, do obstacle races in life jackets and floaties in the snow, and participate in other activities here at Steller. At the pools we'll learn to play water polo and improve swimming skills with the assistance of peer teachers.

**Cost: 50\$ or less**

**Grades: 7-12**

**Teacher: Becky**

**Credit: one quarter PE credit**