

Draper 3
Winterim Catalog
2018-19

Winterim Guide Secondary-2019

Draper 3

Contact information:

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Introduction

American Preparatory Academy is excited to introduce the Winterim program for the 2018-2019 school year. The Winterim term runs from January 3rd through January 18th during normal school hours. The day will be divided into three periods and a lunch plus a core class period for each student to keep up with their regular studies.

Students will have the opportunity to choose two or three courses from the Winterim catalog depending on their grades and attendance at the end of term 1. Students with an AP class will continue their AP classes through Winterim. These courses are designed to take students deeper into subject areas than they may cover during the normal scope of a course and to explore areas that are not covered in our daily curriculum. By the end of each 12-day course, students will have completed the equivalent of a quarter's worth of curriculum and have a completed culminating project they can add to their resume or portfolio.

In addition to the skills and knowledge gained, 9th-12th grade students will have the opportunity to receive .50 credits of elective credit towards their high school graduation.

Registration and Scheduling

Winterim Courses will be filled according to a student's academic standing, attendance, and behavior. Courses will be selected through a Google Form where students will be able to

choose their 1st through 5th choices. Not all students will get their first and second requests, so please make sure the third, fourth, and fifth requests are classes the student is interested in. Students who do not choose a 3rd, 4th, and 5th choice will be assigned to a class of the administration's choice and according to class size.

Students will be unable to change Winterim requests once they have been submitted without talking to Mr. Sheneman, Mrs. Hollinger, or Mr. Christensen and submitting a change course form. Students requesting changes to their schedule must do so at the Jr. High or High School office. Students will be allowed to change Winterim requests one time only - please consider requests carefully before submitting them. The last day to change your course requests is November 9th, 2018.

Final Winterim schedules will be processed and distributed to students during December.

Courses with Fees

Some Winterim options have a cost associated with the course. These fees are kept as minimal as possible while still covering expenses like field trips, supplies, or other items necessary for the course. Without these fees, we would be unable to offer many of the exciting opportunities available during Winterim.

If you are scheduled for any Winterim courses with a fee, you must pay the fee before November 20th, 2018 to remain in that course. Any student who doesn't pay the required fee will be dropped from the course and rescheduled. Please see Mr. Sheneman for information regarding fees or fee waivers.

Winterim Scheduling Priority

Due to the limited number of spaces in some Winterim courses, there will be some courses that have a higher demand than there are seats available. All students will have a Winterim priority score that will determine in what order they are registered for courses. These scores will be calculated from the number of tardies, missing assignments, uniform infractions, and office referrals a student has had as of the end of 1st term. These are factors that are entirely within student control; we believe that this will fairly reward those who have been diligent in their school responsibilities during the first portion of the year.

Math, Latin, & Language Arts Boot Camps

Students who are not making progress in their Math, Latin, or Language Arts classes may be scheduled into a Boot Camp for one of their Winterim courses. These classes will focus on fundamental skills acquisition and prepare students for standardized testing. The curriculum of these courses will be individualized to each student based on recommendations from their Math or Language Arts teacher. Boot Camp will replace one elective class during Winterim - students in Boot Camp classes will still attend at least one elective Winterim course.

We will be making decisions about which students to place in these classes in late November to early December. To give students an opportunity to adjust to their academic habits, we will send home letters to all students who are being strongly considered for these courses. Students will still be allowed to sign up for two Winterim courses, but one of those may be changed to a Boot Camp class if they haven't increased their proficiency by December.

COURSE OFFERINGS

Arts

Introduction to Poetry

Teacher: Ms. Bernkopf

Fee: None

This is a class for those who love how authors are able to weave their words into images that drip off the pages and curl up in your mouth, letting the words hum inside your body and and resonate within your mind. This class explores the classic and contemporary poetic forms where students will be learn how to write descriptive poetry in strict and free forms. If you have ever enjoyed poetry, written poetry, or have no clue what poetry is but are interested in learning more about the subject, come check it out! This class will include peer edits and an introduction on how to submit your work to literary magazines for publication.

Fiddle 101

Teacher: Mrs. A. Neilson

Fee: \$10

Open to all string players, guitarists too. Learn popular fiddle tunes, improvise solos, and arrange your own foot-stomping songs.

Beginning Guitar

Teacher: Mrs. A. Neilson

Fee: \$10

Requirement: Must Provide your own guitar

Students will learn to read music and play Guitar using chords and finger style picking. Repertoire will include pop songs and classical music.

Digital Scrapbooking

Teacher: Mrs. Kersh

Fee: None

Teaches students how to record their life story in a fun and creative way. Using a computer program/website students will be able to create digital scrapbooks, using their own pictures, that they can keep forever. The website will save your book forever for free or you can pay to have it printed and mailed to you.

First Lego league Club

Teacher: Mr. Frogue and Dr. Jones
\$40-\$70

Fee:

This class is for FLL club members only.

Join our mission and blast into orbit. FLL will compete in a nationwide competition applying engineering principles to create solutions to potential problems that plague space travel. The club will create Lego robots to conquer a variety of tasks encountered by space travelers. The club meets every Tuesday. Consult Dr. Jones or Mr. Frogue for information on joining the club.

Drawing

Mr. Hollinger

Fee: \$20

This course will focus on simple drawing techniques like shading, cross-hatching, and stippling using pencils and pens. Techniques will be put into practice with simple shapes and single light sources culminating with combining multiple everyday random objects into a complex "organic machine" drawing. Students will be provided a drawing pad, quality pencils of different hardnesses, pens, kneaded erasers and blending sticks which will be theirs to keep.

Stage Makeup Magic

Teacher: Mrs. McGirr

Fee: \$30

Learn how to transform yourself through stage makeup! In this class we will learn about the basics of stage makeup - a necessary skill for all actors, dancers, and performers - plus we will learn and practice fantasy makeup, old age makeup, bruises and scars, special effects, and character makeup design. Even if you are not a performer, stage makeup skills come in handy for Halloween or cosplay, plus it is a marketable skill you can develop as a career or side job.

Film and Video Productions (the Sequel)

Mr. Thorup

Fee: None

Students will work in small production teams to produce awesome video content from start to finish. We will look at what it takes to run an effective production team, study elements of videography, and practice capturing and editing content.

This class will use iMovie as its editing software when in the classroom and employ the use of GoPro cameras for the most part. If a student has their own video camera they wish to bring, they are welcome to do so.

Become a Master Painter: Watercolor, Acrylic, & Oil

Mrs. Coleman

Fee: \$30

Come explore the world of painting! We will be experimenting with the various mediums of Watercolor, Acrylic & Oil paint, using a variety of techniques and methods. Some of our projects will be of a more

traditional nature: landscapes, still-lives, observational studies, while other projects will be more experimental. We will learn to use all different types of brushes and palette knives in our studies (of course we will watch some Bob Ross for inspiration...) , and will closely observe the work of painting masters such as Michelangelo, Monet, Bierstadt, Sargent and a smorgasbord of other Hudson River School artists to facilitate a well-rounded experience! The cost of the class goes towards purchasing quality materials such as canvas, brushes etc. that you will use to enhance your experience. This is a class you won't want to miss!

Intermediate Knitting

Teacher: Ms. Krill

Fee: \$7

Requirements: Must have prior experience knitting and provide your own knitting needles.

Students with prior experience knitting (those from last year's Winterim class who mastered the knit stitch or have basic knitting skills) will build on their skills and learn about new stitch patterns for their knitting projects. Students will put their new skills to use in making a scarf that they can take home. Yarn and supplies (not including needles) for the scarf project will be provided, any additional yarn for individual projects must be provided by the student. If time permits, we may also work on an intro to amigurumi, the Japanese art of crocheting small stuffed animals.

The Art of Brush Lettering

Mrs. Dye

Fee: \$30

Learn how to do brush lettering. Have you ever wanted to be able to do the fancy wording? Come join us. Make signs. Decorate posters. We will do it all.

Improve with Improv(isation)

Teacher: Ms. Sanders

Fee: \$30

Hone your advanced improvisational skills! Or if a beginner, come learn the skills that make for creative, hilarious and expressive improvisational theatre. Yes, there are rules and structure that allow for excellent improvisation! We will also have a one day workshop with the award-winning *Off the Cuff* Improvisation Team from Cedar City, who are masters of the art of improvisational theatre.

WINTERIM PLAY--Law and Order: Fairy Tale Unit (TWO blocks)

Teacher: Ms. Sanders

Fee: \$30

Actors and wannabe actors! Come join the WINTERIM PLAY: *Law and Order, Fairy Tale Unit*. The plot: In the fairy tale criminal justice system, the characters from fairy tales and nursery rhymes are represented by two separate yet equally ridiculous groups--the fairy tale police who investigate fairy tale crime, and the fairy tale district attorneys who prosecute the fairy tale offenders. These are their stories.

Join us to rehearse and perform this One Act Winterim Play-- Law and Order: Fairy Tale Unit. You will need to sign up for TWO units of Winterim to be in this production. No after school rehearsal is

required, except for dress rehearsals on January 16 and 17. Production dates are January 18-19.

The Power of a Poster

Mrs. Clayton

Fee: \$8

Posters are powerful. With posters you can conquer the minds of others and motivate, persuade, warn, instruct, and convince for good.

Students will understand the elements of a good poster, gain the skill of free-hand lettering for "bold statement" posters, design posters for upcoming school events or campaigns, work collaboratively, and persuade for good through practicing purposeful design and authentic art.

En garde: Stage Combat/Swords

Mr. Latham

Fee: \$30

Learn how sword fighting is used in Film and Theatre, and learn the sword style of Italian Fencing. Sword Fighting is different in reality to what you see On The Screen, but learning how to embellish for the sake of performance is an incredible skill, and is a lot of fun. Come, draw swords, and create a performance that will make the audience wonder whether it's a performance, or the real thing!

The Art of Paper - From Origami to Pop-Ups

Teacher: Ms. Kunz

Fee: \$10

At first glance, paper may seem ordinary, but with some creativity, it can be turned into something extraordinary and magical. This class will be part art, part history, part geometry, and part science. We will start by learning how to make paper. Then, we will craft several exquisite and intricate paper art-forms, including origami, paper-cutting, quilling, and pop-ups, while at the same time learning a bit about the fascinating cultures that developed these folk arts. Finally, students will create a paper construction masterpiece of their own.

Art through the Ages: Medieval through the Renaissance

Ms. Coleman

Fee: \$10

Come learn more about art from Medieval times through the Renaissance! In the Medieval period we will explore weaponry, castles, books of hours, mosaics & so much more! Then we will wander through time, stopping to learn about a variety of art periods with all their unique quirks and charms. Finally we will arrive at what some historians have called the "height of art" with the Renaissance. Not only will we learn about Italian masters like Bernini, Raphael, and Michelangelo, but of Northern masters as well from Flanders & Germany such as Jan van Eyck, Bosch, and Albrecht Durer.

Part of the course will focus on the history behind the art, while the second is focused on completing artworks that correlate with the period we are studying. We will be creating some amazing pieces: including our own coat of arms, designing medieval weapons, attempting our hand at miniature painting & charcoal drawings in the Renaissance "Window on the World" style! What could be better?!

Advanced Drama One-Act Play

Teacher: Mrs. McGirr

Fee: None

Advanced Drama Students Only

This class is required for all Adv. Drama students who have been cast in the one-act play for spring theatre competition.

Intensive Performance Acting Workshop

Teacher: Mrs. McGirr

Fee: None

Join this performance workshop to prepare an individual performance piece (a scene, monologue, or pantomime) with extensive time dedicated to character development and application of various acting methods. Strongly recommended for all students preparing for spring theatre competition, but open to anyone in grades 9-12.

Auditioning and Singing Broadway

Teacher: Mrs. Thompson

Fee: \$5

Learn proper singing technique for the musical theatre style of singing. Learn skills to have a strong audition -- whether for a choir/ensemble or Broadway show.

In class we will: warm up, work on proper tone and support for musical theater, select and learn a 16-bar audition piece, discuss and practice aspects of a strong audition, perform solo audition for class, learn group number and perform at Winterim assembly.

Pep Band

Teacher: Mr. McCawley

Fee: None

Introduction to basic Pep band repertoire. Class geared towards preparing material and performing at basketball games during the last week of Winterim and possibly after.

Humanities

Ghost Stories

Mr. Greenwood

Fee: None

There is something in the corner of your eye. Something lingering . . . dead, but not dead. There are whispers, moving shadows, a cold feeling on the back of your neck, and you suddenly understand that we are never actually alone; something is always watching.

Ghost Stories will examine the idea of ghosts through different cultures and ages in literature, radio drama, television, and film. We will experience ghost stories that are folkloric, fictional, and also some that are allegedly true. Why do we keep telling these stories? What is their social, cultural, and symbolic significance? This class is not intended to frighten you, but the faint of heart need not apply. Some PG-13 films will be included and will require parental permission.

College Writing

Teacher: Ms. Bernkopf

Fee: None

This class is ideal for 10th, 11th, and 12th grade students. If you are planning on attending college and you want a taste for how the collegiate level works, this class is for you! This will be an introduction to a composition class at the university level. We will be covering material from all areas; technology, gender, food, the American Dream, and literature. You will be learning how to read college level literature, how to write at the collegiate level, and how to listen and respond in a mock-college setting. What a great opportunity to prepare you for the real deal!

Discovering the Ancient Greeks

Teacher: Ms. Krill

Fee: \$5

Before the Romans, there were the Ancient Greeks, one of the most influential civilizations in the world. Daily lessons will cover topics including important events in Greek history, famous Greek people, mythology, religion, culture and the basics of Ancient Greek language. Students will also learn about art and architecture and have an opportunity to do some art projects inspired by the Ancient Greeks, including designing their own ancient Greek coin, vase painting design and a mosaic.

Barbarians

Teacher: Mrs. Leitch

Fee: None

So, barbarians.... Crazy people swinging an axe in just a loincloth, right? Well, kind of. This class will explore the non-Roman cultures of Europe during the late empire and early medieval periods. Celts, Germanic tribes, and Vikings each had unique, vibrant, and beautiful cultures and mythologies which still affect us today. Come learn why the Romans were so afraid of the Celts, what happens to Thor at the end of the world, the secrets of ancient weapons and ships and more!

Folklore: Myth and Legend in the Western World

Teacher: Mrs. Leitch

Fee: None

Folklore is the study of the stories we tell and why we tell them. If you have ever wondered whether King Arthur and Merlin were real, if Bigfoot really is wandering around the Pacific Northwest, the best remedy for the hiccups, or just why you have seen at least fifteen movies about Cinderella, this may be the class for you.

Shakespeare's Much Ado About Nothing

Mrs. Clayton

Fee: \$6

Laugh and appreciate the dramatic irony of Shakespeare's comedy, *Much Ado About Nothing*. Expect to read and understand the play, participate in fun group activities, think critically, perform scenes in class, design and don costumes, plus, write creatively. (\$6 for book purchase that you keep)

Contemporary Lyrics as Poetry

Mrs. Clayton

Fee: None

We listen to music almost daily and we're emotionally affected whether we admit it or not. Have you noticed that most songs are poems just accompanied by melody and rhythm? Explore dozens of contemporary songs and discover how and why they are poetic. Prepare to settle into the mood of each

song as the classroom turns into a makeshift concert hall. Research your favorite song and get approval to analyze and listen to it with the class.

Once upon a time...

Teacher: Mrs. Kersh

Fee: None

Students will learn and develop skills to write their own short fictional stories. It will provide a fun environment to get feedback from peers, work on new or already existing stories, and learn or refine writing techniques.

Fairy Tale Evolution

Teacher: Ms. Allen

Fee: None

This course is a study of classical fairy tales. Students will examine the original telling of the story and later adaptations in literature and film. They will also evaluate modern interpretations of the story. Each student will read a modern version of a fairy tale we've discussed, and write a paper that compares and contrasts it with the versions studied in class. Students will also create their own modern version of a classical fairy tale.

The Real Middle Earth

Ms. Thacker

Fee: \$10 or a copy of *Fellowship of the Ring*

Have you ever wondered where Tolkien came up with all of his ideas for the amazing world of Middle Earth? History and fantasy collide in this exploration of Tolkien's inspirations for *The Lord of the Rings*. We'll look at the myths, lands, and people of Old England, Scandinavia, Ireland and beyond that helped breathe life into Tolkien's characters and creations and how Tolkien's vision was translated onto the screen with so much of his sources of inspiration left intact. Reading *Fellowship of the Ring* will be a requirement for this course.

Dragons, Aliens, & Superheroes

Teacher: Ms. Kunz

Fee: None

The phrase "Here Be Dragons" was once used to indicate dangerous or unexplored territories on a map. In this class, we will seek after these fanciful, other-wordly, mysterious, perilous, and magical worlds in fiction. From Greek mythology to Marvel comics, from Tolkien to 1,001 Arabian Nights, from Brandon Sanderson's Cosmere to The Hitchhiker's Guide to the Galaxy, we will read, view and discuss a sampling of fantasy, sci-fi, and superhero fiction. We will also learn how speculative fiction has evolved over time and debate what has motivated its recent adoption by mainstream pop culture. In addition, students will work on their own speculative fiction project (e.g., a short story, a world-building project, a comic book, a short film).

Debate: Like a Boss

Mr. Latham

Fee: None

Do you finally want to learn whether Red is better than Blue? Come learn the basics of debate, how to

create an argument, and argue against your friends in this class. Learn the importance of public speaking, inflection, pace, tempo, and see how it's done by the Greats. Learn how your speaking can develop into other skills and how to use logic and reasoning to turn things to your advantage.

OutBreak!: A Short Course in Pandemics

Ms. Ochs

Fee: None

What can we do to prevent outbreaks of infectious diseases from becoming epidemics or pandemics? In this course, you'll learn the facts about infectious diseases and responses to outbreak situations. We will analyze past epidemics and pandemics from the Black Death and the Spanish Flu epidemic, to the AIDS and Swine Flu epidemics of today. This class will feature simulations of disease outbreaks where the students will work cooperatively to prevent a pandemic.

So That We Know How to Live: A Course in Death and Dying

Ms. Ochs

Fee: None

Death & Dying is intended to provide an overview of issues and circumstances that describe death, loss, and dying in our society. We will explore our own attitudes, emotions, behaviors, beliefs, and reactions related to death and the process of dying. A fact-based consideration of topics includes: cultural and historical differences in concepts of death and grief, and individual differences related to preparation, adjustment, and coping.

Deutsche Sprache, Essen und Geschichte

Teacher: Mrs. Lawyer

Fee: \$10

This class will introduce the basics of the German language and its checkered past. This course will culminate with a delicious lesson on German food at Siegfried's Delicatessen in Salt Lake City.

Introduction to linguistics

Teacher: Mrs. Lawyer

Fee: None

This class will introduce the fundamental basics of linguistics and its various areas of study. Linguistics is the study of languages in general and how they are structured.

French for Travelers

Teacher: Mr. Olsen

Fee: None

Science & Critical Thinking

Leveling up IQ

Dr. Teh

Fee: None

This class will level up your creativity and thinking skills through fun and world famous puzzles.

Bedazzle your friends when you could proof fundamental algebra formulas, identify a liar, solve geometrical and colour puzzles and find the best objective solutions to political and game decisions!

Projects Class/Sterling Scholars

Teacher: Dr. Jones and Ms. Allen

This course is for students in the Polymath Scholars Class, Sterling Scholar nominees, in the Lego League, the Green Car project, or Benches to Bedsides. In this course students will be given the opportunity to work on any of those projects.

Amazing Ocean Animals: An Introduction to Marine Biology

Teacher: Ms. Krill

Fee: \$5 (Living Aquarium Entrance Fee)

Have you heard of the dumbo octopus, a species of cephalopod that resembles the beloved cartoon elephant Dumbo? Or what about the mola mola, the world's largest bony fish? In this class students will learn about the world's oceans and many of the amazing animals that inhabit them, from tiny plankton to the great blue whale. This class will include a field trip to the Living Planet Aquarium where students will get a chance to see some of the animals they have learned about in person.

Magic The Gathering

Mr. Wright

Fee: 35\$

Learn to make competitive decks and winning strategies in the exciting card game Magic the Gathering. In this class we will be learning about the rules strategies involved in the card game Magic The Gathering. The first week will be focused on learning the mechanics and gameplay of Standard Rules. The second week will focus on statistical analysis of how to build a deck in the Draft format of game play. The fee for this class will go to providing everyone with similar cards to make gameplay fair and fun for everyone. The last 3 days or so will be for a tournament with a prize for the 1st,2nd, and 3rd place.

Intro to Human Biology

Mr. Thorup

Fee: None

It's like the user manual to your own body- we will be studying the organ systems, including the skeletal, muscle, cardiovascular, endocrine, and exocrine systems. If we have time we will also dabble a little into neurology. With each system, our focus will be on what it is, what it does, and what happens when things go wrong.

This will be treated as an intro to a college style human physiology course where the content will be 20% anatomy, 80% physiology. Each day will be a lecture followed by a short study time and a lab or quiz.

Astronomy

Dr. Jones, Dr. Teh

Fee: \$25

This course will begin with a discussion of astrophysics and will include discussions of the Big Bang model of the universe, gravity, black holes, galaxies, planets, and stars. Students will then be introduced into the tools of astronomy - including telescopes and neutrino experiments. During the last part of the course, we will spend time observing the night skies with telescopes.

Breaking News: How to look past spin.

Mr. Wright

Fee: None

Learn to find the calm in the eye of the storm and find solid evidence to understand what is going on in the world around you. This class will look at current events in the news. The goal of this class will be to develop the skill of reading a biased news source and finding unbiased facts in the story. In today's world there is such a large amount of information available it is hard to find facts and truth. We will read news paper articles and internet articles covering events from different angles. The hope is that by looking at both sides of an argument we can find unbiased facts that both sides agree on.

Extreme Science

Mr. Wright

Fee: None

Take your mind to the limits of human thought. The point of this course will be to look at the cutting edge of science and technology. We will read articles and papers about new exciting technologies and discuss the importance and implications these technologies have in relation to our society. The focus will be on physics and engineering. The course will be more exploratory in nature than analytical. We will cover basic physical principles that the research and technology are involved with then go from there. Students will be encouraged to find interesting articles and bring them to class to discuss.

Physics of Flight

Mr. Hollinger

Fee: \$10

Similar to the Flight section of the former Physics with Tech course, this class will focus on the physics and engineering associated with flight. Building various gliders and a rubber-band powered plane from balsa wood, students will try and solve the same problems that aircraft engineers struggle with everyday--how to increase thrust and lift, while decreasing weight and drag.

Extreme Science

Mr. Wright

Fee: None

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3D Modeling and Printing

Mr. Hill

Fee: \$10

Introduction to the principles of 3d modeling and drafting. Students will learn how to model and draft real world objects and bring them to life with the power of 3d printing.

Survey of Computer Science

Mr. Hill & Dr. Jones

Fee: None

This course is designed to give students an introduction into modern computer science. We will discuss and use a wide range of computer languages including C, Java, PHP, Python, Assembly, Arduino as well as web development tools including HTML, CSS, and Javascript. Students will be given the opportunity to work on personal projects. If you think you may be interested in computer science or web development - this is the course for you.

WINTERIM PLAY--Law and Order: Fairy Tale Unit (TWO blocks)

Teacher: Mrs. Sanders

Fee: \$30

Actors and wannabe actors! Come join the WINTERIM PLAY.

The plot: In the fairy tale criminal justice system, the characters from fairy tales and nursery rhymes are represented by two separate yet equally ridiculous groups: the fairy tale police who investigate fairy tale crime, and the fairy tale district attorneys who prosecute the fairy tale offenders. These are their stories.

Join us to rehearse and perform this One Act Winterim Play-- Law and Order: Fairy Tale Unit.

You will need to sign up for TWO units of Winterim to be in this production. Pro

No after school rehearsal is required, except for dress rehearsals. Production dates

The Mighty Cartoon

Teacher: Mr. Greenwood

Fee: None

Cartoons are often perceived as childish. However, in the hands of master storytellers they can be a imaginative and powerful medium to explore difficult issues. Come with us to meet unlikely heroes, solve difficult problems, and take a look at important subjects such as racial and cultural identity, prejudice, managing and accepting mental illness, LGBT representation, diplomacy and compromise, and many other exciting and relevant topics. Our class will examine animated films and TV shows including *Adventure Time*, *Steven Universe*, *Batman the Animated Series*, *Moana*, *Persepolis*, *Nausicaa and the Valley of the Wind*, *Wallace and Gromit*, and others.

Girl Power!

Teacher: Mrs. Mirimanian

Fee: \$5

Calling all 9th-12th grade GIRLS! Through projects, activities and teamwork, you will learn more about yourself, uncover your leadership skills, and how you can inspire those around you. We will explore some of the most respected, empowering women in our history and how they became so impactful! This class will focus on the power of positive self-talk, healthy relationships, and empowering yourself. Join us for the ultimate "girl time!"

Stress Management Bootcamp

Teacher: Ms. Hall

Fee: \$5

Various stress management techniques and principles will be taught, discussed, and applied. Students will leave bootcamp with concrete techniques to manage stress and the confidence to apply the techniques that work best for them. We will learn the negative effects of stress and why we stress about all the different things we stress about! Stress management techniques will include self assessment, journaling, art therapy, music, yoga, meditation, visualization, cognitive reframing, communication strategies, and increasing self awareness. Join us for an enlightening class and get essential skills that can last a lifetime.

Science Experiments Extravaganza

Teacher: Mr. Mair, Ms. Dunn, and Mrs. Dye

Fee: \$30

A different experiment every day? Experiences in all types of science topics? Poly Density bottles? Fun with friends? If this sounds good to you, sign up for this science experiments class!

Utah Rocks!

Ms. Dunn

Fee: Possible Field Trip Fee

Massive lakes, volcanoes, glaciers, shallow seas, and sand dunes all shaped and created Utah into the beautiful state it is today. Learn, lick and discover Utah's story only geology can reveal.

Bonus: find out where to find cool minerals and fossils. Field trip dependent on weather.

History & Culture

World War II

Mr. Frogue

Fee:None

With more than 50 million people killed, World War II was the most devastating war to be fought in recorded history. This course will explore the causes, effects, technology, tactics, and heroes of that catastrophic conflict. This will be accomplished through, map study, lecture, documentary videos and computer research.

A parental waiver must be signed due to the graphic nature of some of the documentaries.

Classical Mythology

Teacher: Ms. Thacker

Fee: \$3

An in-depth look at the mythology that shaped the religion and culture of the Ancient Greeks, Romans, and Egyptians, with special guest appearances from Babylon, Carthage, and other ancient civilizations. We'll learn about and compare the major pantheons, creation myths, heroes, and monsters that make up each civilization's myths while creating our own myths patterned by ancient examples. If you love great stories, strange creatures, and heroes facing impossible odds, this class is for you!

Norse Mythology

Teacher: Ms. Thacker

Fee: \$3

The Norsemen were the most fearsome invaders of their age, and the gods they worshiped were every bit as epic and intense as they were. Join us as we explore the rock stars of mythology, from wise, one-eyed Odin to tricky shapeshifter Loki, to the manly but not so bright Thor and everyone in between. We'll also meet elves, dwarves, monsters galore, and every other strange and amazing creature the Norsemen dreamed up. Marvel fans, take note: We'll also be comparing the authentic Norse myths with Marvel's re-envisioning of Thor and his friends.

Harry Potter--spells, sorcery, and successful schooling

Teacher: Ms. Daines

Fee: \$10

An introductory course into the magic of Harry Potter. This class will delve into potions, spell-work, and the influence of mythology on the Wizarding World. Come prepared for Quidditch, house sorting, and magic of all types! Familiarity with the books and movies is recommended. We will be watching parts of the movies, so please make sure you are comfortable with the content and material presented.

Hamilton - The True Stories Beyond the Musical

Teacher: Ms. Kunz

Fee: None

This class will delve into the inspirational and captivating real lives and times behind Hamilton - The Musical. We will learn about the fascinating lives of the founding fathers, including Alexander Hamilton, George Washington, Thomas Jefferson, John Adams, and James Madison. We will also discuss some of the key events, battles, and documents that helped to lay the foundation for our great nation. Finally, we will consider how society's views and representations of these events and individuals has evolved over time, including viewing and discussing different popular cultural representations of these events.

Personal Skills

Mindful Yoga & Meditation

Teacher: Ms. Bernkopf

Fee: \$25 or Yoga mat

Come rejuvenate in yoga and meditation before the new quarter begins. This class explores ancient eastern practices and helps students find peace inside and outside of the classroom, school, and at home. With a little bit of effort and a little bit of ease, this class will help reduce anxiety and stress for the coming year, and will give you excellent tools to use for the next time you are put in a stressful situation. Students will be practicing mindfulness, yoga, and breathing techniques, and they will receive short lessons of the history of yoga and meditation.

Intro to Tae Kwon Do

Teacher: Mrs. Leitch

Fee: \$20

Come and learn the art of Tae Kwon Do. In the introduction to this Korean fighting style, you will learn the basic kicks, strikes, blocks, and stances that work together to create a well-rounded martial artist. You will also learn basic self-defense techniques as well as the history and philosophy of Eastern fighting styles. Please note that this is a beginning class and may not be the right choice for students with experience in martial arts training.

Golf

Teacher: Mrs. Gow

Fee: \$150

Learn history, rules and actual play of golf. We will be going to Impact golf (12101 S Factory Outlet Dr #105, Draper, UT) during session one and session two. There will be instruction provided by PGA professionals and Mrs. Gow will be helping and will take the students to and from school. Class sizes will be limited to 9 students per session. If you have your own clubs you can bring them to school and transport them to and from the lessons. If you do not have clubs there will be ones you can use during the lessons.

Keyboarding & Internet Skills

Teacher: Mr. Olsen

Fee: None

Learn to type at lightning speed, without looking at your hands! Become an expert at importing graphics into reports and projects! This course will teach you how to type by touch, with speed and accuracy, enabling you to type reports and papers quickly. It will also come in handy when you are using the internet or chatting online. In this course, you will also learn how to find, import, and save useful information and graphics from the internet. Additionally, you will learn the easiest ways to add pictures from the internet to your assignments, along with the rules and procedures for giving credit to internet sources. Spend Winterim with Mrs. Woodcox, refining your internet skills and learning the secrets to mad keyboard speed!

Chess

Teacher: Mrs. Gow

Fee: \$20

Learn history, rules and tournament play of chess.

Money for College, and Life

Teacher: Mrs. A. Neilson

Fee: None

Learn how to save for college, earn scholarships and apply for grants. We will also discuss how to afford your first car, apartment, study abroad and other life expenses after high school.

Zumba

Teacher: Mrs. Kersh

Fee: None

A latin dance based workout. Designed for beginners to advanced. Students will participate in doing

Zumba workouts each day and will work on creating their own Zumba dance.

Advanced Baking

Teacher: Mr. Andersen
\$50

Fee:

We'll explore choux pastry(cream puffs, eclairs), true scottish-style scones, Macarons, hand-held pies(sweet and savory), and crepes. We'll learn about the different types of fillings that can be used in each of these, as well--whipped cream, chocolate pudding, fruit fillings, and even some savory options.

Prerequisite: Must have attended Baking 101, or show some experience with baking (speak with Mr. Andersen prior to enrolling in class.)

Baking 101

Teacher: Mr. Andersen
\$45

Fee:

Let's learn about simple but versatile bread and pie dough recipes. With these we'll explore how to make cinnamon rolls, dinner rolls, and loaves of bread. We'll make a basic pastry dough and a cookie crumb crusts, then learn how to fill them with all sorts of sweet and savory fillings including Creme Patissiere (Pastry Cream), whipped cream, fruits.

Dungeons & Dragons 101

Teacher: Mr. Latham and Mr. Mair

Fee: \$10

There's Dungeons. There's Dragons! What more do you need? Join this Quest to learn about the history and lore behind D&D. Learn mythology, strategy, create your characters, and battle fabled monsters.

Fitness Food and Fun

Mrs. Neilson

Fee \$35

We will go through cardio bootcamps and muscular strength and endurance boot-camps which will include stations, competitions, obstacle courses and interval training in the gym.

Fridays will include a trip to JL Sorenson Center in Herriman where the students will learn how to use several different types of exercise equipment and have the opportunity to participate in several types of fun and challenging exercise activities.

In addition we will taste food from a 12-fix plan to a leaner, healthier and happier life.

Beginning Swimmersize

Mrs. Neilson

Fee \$40

Students will travel to a local pool to participate in learning various swim strokes, fun water activities and challenging water competitions. If parents are interested in carpooling the cost will go down.

Team Sports

Teacher: Mr. West

Fee: None

This class will focus on multiple team sports. Students will learn about the history of each sport, the rules on how to play and officiate them, and skills that apply to all of the sports. The sports that will be covered within this course will be:

Wiffleball
Kickball
Badmitton
Pickleball

Rock Climbing

Mr. Swensen

Fee: \$130 (\$120 plus tax)

Instruct students on basic safety and skills of rock climbing. Basic procedures and courtesies of climbing in a gym. Proper technique of working a belay device, including all commands and calls, how to develop clear communication between climber and belayer. Teach students how to tie and check for all the knots involved. Instruct students on how to climb efficiently, by learning about balance and proper technique as well as how to identify different types of holds. Introduce students to bouldering, learn how to properly spot someone who is bouldering. This class will be held at Momentum Climbing located in Sandy at 220 West 10600 South. You must be able to provide transportation to and from the gym for yourself/student. APA WILL NOT be providing any.

Basketball

Teacher: Mr. West

Fee: None

This class will focus on the sport of Basketball. Students will learn about the history of basketball, the rules on how to play, proper way to officiate, and multiple basketball skills which include:

Dribbling
Shooting
Lay-ups
Free-throws

Team Handball

Teacher: Mr. West

Fee: None

This class will focus on the sport of Team Handball. Students will learn about the history of each sport, the rules on how to play, proper way to officiate, and multiple skills that apply to the game. The course will also focus on Olympic handball and students will be able to watch and learn all aspects of the sport.

Power Yoga with Meditation

Teacher: Ms. Hall

Fee: \$35 or Yoga matt & block

Beginning Power Yoga combined with Guided Meditation and Pilates for an amazing workout and stress reduction! Suitable for all fitness levels from the beginner to the advanced. Power Yoga combines strength training with flexibility, as well as mindfulness training for optimal focus ability and stress management. This 2 hour class will be broken down as follows: 60 min Power Yoga workout with focus on strength, flexibility, and spinal alignment, 20 min abdominal Pilates workout, 20 min guided meditation, and 20 min stress management technique taught and activity applied. Cost of class will include a yoga mat and block, or students can bring their own.

Fitness Bootcamp

Teacher: Ms. Hall

Fee: \$15

This class is designed to give you a taste of many different types of workout styles: High Intensity Interval Training (Hiit), Yoga, Pilates, Zumba Dance, Plyometrics, and Crossfit. By the end of this class, you will know how to develop a simple, yet challenging fitness program customized to your own liking. Suitable for all fitness levels. The class will focus on cardiovascular fitness using intervals and plyometrics; and will also focus on strength training with free weights, resistance loops, and personal body weight. Special emphasis will be given to developing core strength in every class. Come sweat and have some fun!

Ballroom Dance Team

Teacher: Ms. Price

Fee: None

MUST CURRENTLY BE ON THE BALLROOM COMPANY TO PARTICIPATE. This will be a chance for the ballroom dance team to prepare for their upcoming competition. We will work on technique and be learning new routines. Come Winterim time the current ballroom team members will need to be automatically entered into this class.

Body-Only Workout: No Equipment Needed!

Teacher: Mrs. Thompson

Fee: \$17

How to work out at home without any equipment! Build cardiovascular strength and tone muscles at home. (I was a certified personal trainer for 2+ years recently.)

Typical class:

Foam-rolling

Dynamic warm-up

Toning upper body, abs, lower body

Cardio

Stretch

Cost is for yoga mat and foam roller

Coasters

Fantasy Football

Mr. Thorup

Fee: None

We will study winning strategies for DFS, Dynasty, and Re-Draft fantasy football leagues. We will compete as a class in the DFS format during the playoffs.

This class will be studying the intricacies of each position in fantasy football and what makes players of those positions good or bad DFS or Re-Draft plays. We will use a lot of spreadsheets, learn how to build formulae and pivot tables in Excel, and use these to construct player rankings.

Each week students will build their "perfect" lineups and compete with that weekend's matchups.

Clarinet Choir

Teacher: Dr. Marin

Fee: None

Discover the unique sound of a clarinet choir, explore intonation, tone and musicianship as an ensemble, and enjoy playing music in a variety of styles in a friendly group. We will also cover high and altissimo registers and alternate fingerings!