

Cooking Around the World

Focusing on 5 Countries

Italy



France



Greece



India



Mexico



Watching, Learning, Cooking, Eating (and Cleaning)

Need I say more?

Watching: Chefs with inspiring cooking shows teaching how to make food from Italy, France, Greece, India, and Mexico.

Learning: This class will be packed with new techniques - how to make homemade pasta and pizza dough, how to make an authentic Mexican salsa, how to make a smooth sauce, etc. We'll cook many different dishes, including at least one vegetarian item every day (and likely multiple vegetarian items). We'll also cook some meaty things, so you'll learn these techniques, as well.

Cooking: Yes, there will be LOTS of cooking. So much cooking. Come ready to cook!

Eating: And then we'll eat!

Cleaning: (We have to clean LOTS of dishes in this class and everyone will be expected to pitch in.)

Cost \$20

More Details: Laura = teacher. Elective credit = 0.25. Potential to either bring home extra food or sell it to make money for op group. We can decide that together.

Bob's Intensive Course Description

Winter 2025

Basketball Camp - Steller Style!



Image artist is Philip Fleckenstein

Grade Level: 6-12

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: \$0.00 = FREE!!!!!!



Sally's **COZY BOOK CLUB**

WANT TO CURL UP WITH A GOOD BOOK? MAYBE ENJOY SOME TEA OR COCOA AND SHARE WHAT YOU ARE READING? THIS INTENSIVE IS FOR YOU! IN THE COZY BOOK CLUB WE WILL READ BOOKS THAT INTEREST US, SHARE WHAT WE ARE READING WITH THE GROUP, AND MAKE A FEW PROJECTS TO ENCOURAGE READING. COZY UP AND LET'S PUT A DENT IN THE 'TO BE READ' PILE.

Grades 6-12
Elective credit
FREE!

FILM MAKING: FROM MONSTER TO THRILLER

Learn the basics of short form script creation, camera operation, lighting, sound design, special effects and editing. Or if you have experience in film making extend your craft and coach a workshop in your area of expertise. We will focus on the power of good story telling, camera angles, lighting and sound design to create tension and terror.

Expectations: work on a short film or your own & work with a team to create a complete short film.

Be ready to participate in all aspects of film making: from story boarding to editing/from writing to acting.

- Aspects like location scouting will require time outside of school hours.
- Walking permission to leave school grounds in necessary-- dress warm.

GRADES: 6-12. CREDIT: .25 ELCTIVE COST: FREE

HIP HOP

Explore the 4 elements of Hip Hop including Break Dancing, MCing, DJ ing, and Graffiti Art. Special guest instructor and member of Legendary Rock Force Crew, Icey Ives.

Cost: \$150
(scholarships available)

Grades: 6-12

Credit: P.E. or Elective

Supplies: Good Attitude

Teacher: Jean



DJing

Graffiti Art

MCing

Break Dancing

Play & Record

Embark on a rollercoaster of a musical journey. Learn to *LISTEN* to music more critically and in more ways than ever before. *UNDERSTAND* music as a dance of interfering sound waves amongst an ocean of frequencies that only make it to your ears through amplification and compression. *CREATE* your own songs... or at least learn how to technically create an original song using Digital Audio Workstation (DAW) software. *RECORD* instruments, sounds, speech, or anything else with the right tools and creative processing through effects and equalization.

PROJECT OPTIONS:

- Curating and mixing music as a DJ
- Composing your own songs on the DAW
- Recording your own music or as a band
- Designing interactive light shows for music with DMX control (expert help available)
- Scientifically diving into the physics of sound
- Supporting technical production for another intensive
- Or even learning to produce a real event (who remembers the Covid-times party in the field?!)

SEVERAL MIDI
KEYBOARDS AND
DJ CONTROLLERS
WILL BE
AVAILABLE

BRING YOUR OWN
HEADPHONES
(WIRED IF POSSIBLE)



Cost: Free
Credit: .25 Elective
Grades 6-12

POTTERY INTENSIVE



This class will be an introductory course to pottery. Students will learn and explore throwing pots on a wheel as well as sculptural techniques such as coil pottery, pinch pot and slab building. Each technique will be taught in an introductory lesson and then students will have time throughout the intensive to practice each skill. The course will include other skills needed to achieve a final product, such as trimming, glazing, and surface design. Due to the nature of pottery and the kiln firing timetable, students may not have time to glaze all their pieces of work during intensive hours, and some pieces will need to be glazed after intensives end, during the last week of school. The course fee covers clay, glazes, and other materials needed for the class. Students will keep all their pieces, except at least one that will be sold during a fundraiser for the school.

Teacher: Julia
Credit: .25 Art
Grade: 6-12
Fee: \$30



SEQUENTIAL ART WORKSHOP

**2-WEEK
INTENSIVE**



**MAKE COMICS, GRAPHIC NOVELS,
WEBCOMICS, STORYBOARDS, ZINES
AND OTHER SEQUENTIAL ART. LEARN
CHARACTER DESIGN, PANELING, PACING, DIALO-
GUE, LETTERING, INKING; CREATE & PUBLISH
YOUR OWN PIECE**

Unleash your inner storyteller in this fast-paced, creative intensive. Over the two weeks, we will dive into the world of sequential art, learning how to design dynamic characters, craft compelling storylines, and bring it all together through the art of sequential storytelling. From thumbnails to finished pages, students will explore paneling, pacing, dialogue, and visual style while building their own original comic project. Whether you're into superheroes, slice-of-life, or experimental narratives, this course will give you the tools to create, collaborate, and publish your own unique voice!

Grades: 6-12 Credit: Art Elective Cost: Free

MADI'S SOLAR & CIRCUITS

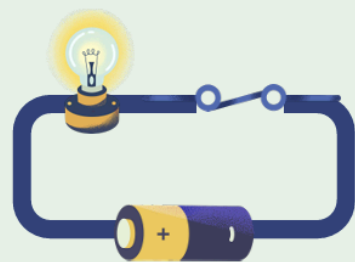
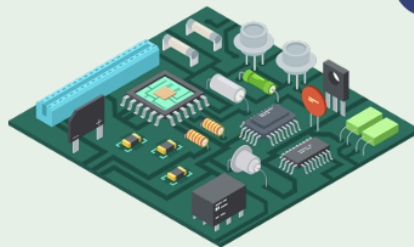
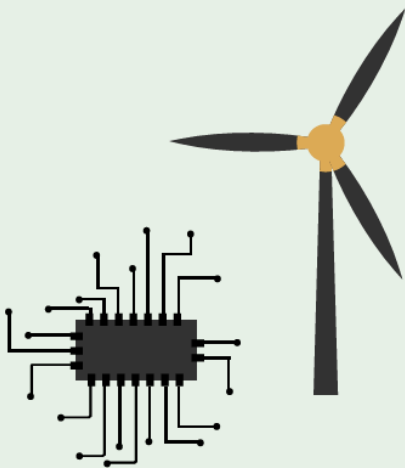
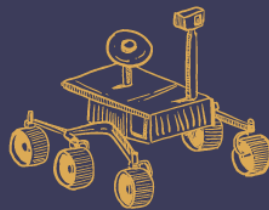


Come explore the exciting world of circuits, electronics, and renewable energy! In this hands-on intensive, you'll see how electricity flows through circuits and experiment with LEDs, motors, sensors, and more. You'll also learn how solar panels and wind turbines generate clean, usable energy. By the end of this intensive, you'll apply your new skills and programming knowledge to design and build your own robotics gadget powered by renewable energy. If you like to build, tinker, and problem-solve, then this is the intensive for you!

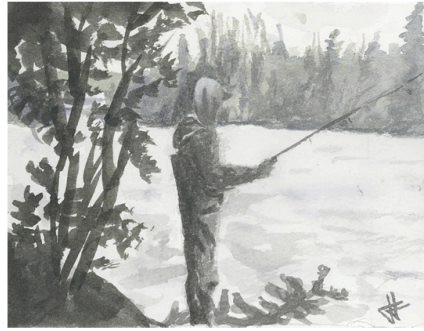
Grades: 6-12

Credit: .25 Elective

Cost: Free



The Joys of Watercolor



Watercolor painting is the best kind of painting (change my mind!) The beauty of the medium rests in the luminosity of semi-transparent colors, and the emphasis of form and shape over detail. If you want to learn how to harness the power of such beauty, this class is for you! We will spend our time learning the fundamentals of watercolor – proper paints, papers, brushes – and advance to more refined techniques. There will be a particular emphasis on specific skill-building; how to paint clouds, figures, trees, sunrises/sunsets, water, etc. Let's learn how to watercolor together!

Grades: 6-12

Credit: 0.25 Elective

Cost: \$80 (for a complete watercolor kit)



WINTER

SURVIVAL

COME SPEND TWO WEEKS LEARNING HOW TO SURVIVE
THE ELEMENTS WITH KATHARINE AND JESSICA

**BE PREPARED FOR WINTER, PLAY GMAES, AND
BE OUTSIDE!**

**SNOWSHOE, ICE
SKATE, AND
WINTER HIKES!**

**BUILD SHELTERS,
FIRES, AND KNOW
HOW TO STAY
SAFE!**

Cost: \$ 50
Credit: .25 elective credit!

The entire page is framed by a dark, intricate border. It features a variety of white line-art motifs: suns with rays, moons, stars, crystals, and floral patterns. Some elements, like a crystal and a sun, are larger and more detailed, while others are smaller and more delicate. The overall aesthetic is mystical and artistic.

Witches and Stitches

In this self-directed intensive, art and intuition intertwine.

You'll choose your own mysticism to explore: Palm Reading, Tarot Cards, Astrology, Healing Crystals, Psychic Readings, and more.

We'll blend what you've learned through art. It could be felting your familiar, embroidering your star sign, quilting tarot cards, beading crystal necklaces, etc.

There will be local guest speakers who will help be our spirit guides on our cosmic journey.

Grades: 6-12

Credit: 0.25 Elective

Cost: Free





World Building and Creative Writing and Art With Leigh Anne

Do you love creative writing and reading science fiction and/or fantasy stories that take you to different worlds? Thinking about writing your own stories or love to draw magical creatures? If so, this Intensive is for you. During our first week, Leigh Anne will guide you through the process of world building. World building is used to create fictional worlds for stories, games, or other media. You will work collaboratively to establish foundational elements of a fictional planet. You will work to develop the geography, species, history, and technology of this world. Then you will start to develop your own land in that world, thinking of its culture, history, government, and more. You will create a detailed map of the world and then use the world you have created to develop a personal project that could be a short story, graphic novel, art project, game, or some other creative outlet. This intensive will be great for those that want to escape reality and dive into an imaginary world of their own creation.

Credit: .25 Elective

Cost: Free

Grades: 6-12



YOGA

Intensive

— RELAX YOUR BODY —

PE Credit

Free

— REDUCE YOUR STRESS —

Ready to recharge your body, calm your mind, and boost your energy? Join this intensive and learn yoga poses that build strength and flexibility, discover breathing techniques to reduce stress and improve focus, connect with new friends that share your vibe, and explore mindfulness practices for balance on and off the mat.