



# 2024 Y.E.S. COURSE CATALOGUE



**DUE FEB. 1**

Pick 1 Full Day  
OR  
1 AM & 1 PM Class

# Burlington High School Year End Studies (YES) Session

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# 2024

*May 30- June 12, 2024*

FULL COURSE DESCRIPTION BOOKLET and POLICIES

# Year End Studies (YES) Session

## Overview

BHS concludes the second semester of school with the Year End Studies session. As part of the academic school calendar, the YES session offers all students of the BHS community exciting alternatives for learning. These non-traditional courses expand student understanding and inspire new student interests. Intensive, interest-driven opportunities enhance enthusiasm for learning and strengthen relationships within BHS and the Burlington community.

## Session Dates

The 2024 YES Session will run from May 30th through June 11th, 2024. Presentation of Learning day (POL day) will take place from 9:00-1:00pm on Wednesday, June 12th, 2024.

## Options

Students could opt to participate in:

- Two half-day courses (morning/afternoon)
- One full-day course (9:15-2:15pm)
- BTC class and one half-day YES course

### AM & PM Courses Schedule:

8:00-9:15 Credit Recovery

9:30-11:30 Morning Course

11:30-12:10 Lunch

12:15-2:15 Afternoon Course

2:30-3:30 Credit Recovery

### Full-Day Course Schedule:

*9:30-2:15 and include a  
lunch break.*

## Registration

Course descriptions will be accessible on the BHS website for students to read prior to registration. An online registration form will be available for all students to complete from Wednesday, January 24th through Thursday, February 1st. Students will select their top five choices for full-day classes or select five morning classes and five afternoon classes. Course assignments will be posted by April 5th. **There is no add/drop period for YES classes.**

## Attendance

All students must attend and participate every day during the YES Session including the Presentation of Learning (POL) day. Reminder: The YES session is an intensive 10-day session and part of the academic school year, please schedule all appointments before the start of YES or in the afternoons after 2:15pm. Please plan family vacations after the last day school Wed., June 12th. *\*Any absences will be reviewed by the YES Session coordinators and administration to determine if a student will receive YES credit.*



## Grading

Credit/No Credit

## Graduation Requirement

Successful completion in YES Session for each year at BHS is a graduation requirement. **A special note to seniors:** Seniors who fail to earn YES Session credit will NOT be eligible to attend the graduation ceremony or receive their diploma. The senior must successfully complete a YES Session option for credit recovery (see section below).

## Options for Students Who Do Not Earn Credit for the YES Session

Students who fail to earn YES credit can recover the YES Session credit by successfully completing one of the following:

- Meet with Principal and YES Coordinator to identify an alternative POL day
- Attend an academic camp or institute (prior approval required)

*\*If a student is not eligible for the above options, a meeting with YES coordinators and administration is required to develop a plan for recovering YES credit.*

## Credit Recovery

Credit Recovery is for students who fail a course during the regular school year with an overall average of 53%-59%. Credit for this course is earned pending teacher approval.

## BTC Students

Students participating in BTC programs will attend their BTC classes as regularly scheduled AND participate in one YES course. For example, if you take a morning BTC class you will take an afternoon YES course. If a BTC student is interested in a full day course or trip they must have written permission from their BTC instructor to enroll.

## Athletics

If a student opts to take an off-campus course, the student must arrange their own transportation back to the school if an early dismissal is required. **VARSITY ATHLETES:** Students choosing to participate in a course with overnights please be aware this could impact your playoff season. Please communicate with your parents and coaches before making your decision.

## Questions?

Please email the YES Committee if you have questions or concerns at [yes@bsdvt.org](mailto:yes@bsdvt.org)

# No Independent Study in 2024

The YES Committee will not be accepting Independent Study Proposals for the 2023-2024 school year. Although this was a difficult decision, we are excited to see all students actively participating in the amazing course offerings.

# Full Day Classes

## **A Walk on the Wild Side (of Burlington)**

Burlington is WAY wilder than you think. Get outside and explore the wild side of our city in this YES course. You'll get to know some of your non-human neighbors - from birds, to trees, to wildflowers. Expect to be outside every day walking or occasionally canoeing. We will make connections with a variety of local experts and organizations as we explore the natural communities of Burlington. Specific writing connections include keeping a nature journal.

## **Active Recovery for Athletes**

If you are someone that works out but finds that you're sore all day and slugging through your next workout without improvement, then it's time to look into incorporating rest and/or active recovery into your day. This program will involve low-intensity exercise including walking, hiking, cycling, yoga and active stretching. Students will learn the benefits of active recovery by taking a hands-on practice approach followed by reflection and research into their personal exercise interest/program. Students should have an exercise program that they are already practicing in their own time. Active recovery can promote muscle recovery and growth through the increased blood flow. Students can find benefits in the low-intensity activity as a mental reset, preparing the body for another key workout.

## **Advanced Lake and Pond Fishing Session**

Are you interested in fishing in the Burlington Area? Do you want to improve your skills and knowledge of fishing, with a variety of gear, lures, and bait? In this full-day YES course you will travel to a variety of lakes, ponds, and rivers each day, honing your fishing skills. Some experience with fishing is highly encouraged as well as a willingness to learn. You will be expected to have a current fishing license for this course. You will be expected to reflect on your experience each day to work on building your skillset. By the end of this course you will have all the knowledge you need to continue with this lifelong hobby. (Youth Licenses are \$8, Adult Licenses are \$28).

\*Credit Recovery students are not eligible for Advanced Lake and Pond Fishing as an earlier start time on several days will conflict with Credit Recovery.

## **Advanced Mountain Biking**

We will ride mountain bikes all over the state of Vermont while learning about bike maintenance, trail maintenance and community impact for trails. Students will have to reflect after each day's ride in a daily riding journal, noting what they liked about the daily trails and what they didn't like as well as personal growth reflections. Vermont is one of the most beautiful places to bicycle in the world- discover why for yourself! We will do day-long Mountain bike rides around the area and teach you how to properly ride longer distances, what mountain biking is all about, and learn some Vermont history and geography. We will also learn about community involvement in building trails and look at some other places that are riding on private land but the trails are public, such as Kingdom trails. Not recommended for Beginner Mountain Bikers.



## **Art of Science (also offered in AM and PM Options)**

Full Day Option: Students will use drawing and painting to explore the natural world. Different mediums and techniques will be taught and explored by observing natural materials such as rocks, plant and animal specimens, landscapes, and portraits. While being a skilled artist is not required, a desire to create art is. Students write reflections for their work. The full day course is recommended for those who love to draw for long periods of time.

Half Day Option: This course is offered in both full and half-day options. The half-day course is recommended for those with little or no art experience. See "Art of Science" in 1/2 Day Options below for more details.

# Full Day Classes *continued*

## **Baker's Dozen**

Modeled after the cooking shows found on the FoodNetwork that some of us own up to binge watching, this course will focus on baking basics and beyond. No worries if you cannot bake and are just learning or can bake like a pro- this full day will focus on the sweet and savory of baking. We will have competitions with local judges, bake offs, mystery boxes, trips to local bakeries, visits to local farm to table organizations, and more! Just like chefs, you will be given a mise-en-place journal to keep your recipes, recipe notes, and any additions or learning notes you'd like to keep. You will use your mise-en-place journal and any pictures you take to create a group presentation for the ending POL.

## **BHS Goes To Deutschland!**

Students will travel to Munich, Dresden and Berlin for a total of 10 days from June 4th - June 14th, 2024. Goals of this trip will not only be to improve overall language skills, but to also learn about the history and culture of Germany. In particular there will be a focus on World War II, the Holocaust, East vs. West Germany and the rise of right wing extremism in Germany today. Together we will create a group blog about our trip!

## **Drone Mapping of Burlington**

More and more, drones are used to survey areas and gather data – from mapping wildfire hotspots in Canada, to flood damage in Montpelier. In this course you will learn to pilot drones, use them to gather data, and process that data to develop detailed maps of the Burlington area. With these maps you'll be able to tell a story, and you'll develop web apps to share your written analysis with others. This course brings together physics, data analysis, UI design, biology and environmental science to solve real-world problems. This course will run out the of UVM Spatial Analysis Lab.

## **Exploration of Aviation**

Interested in a career in aviation or just fascinated by the concept of flight? Spend most YES days at the Burlington International Airport learning about aviation from aviation professionals. Students will learn about all phases of flight: from navigation and flight planning, to calculating weight and balance, to pre-flighting an aircraft, to communicating with Air Traffic Control, to flying aircraft themselves using realistic flight simulators. We will examine the different systems that intertwine to provide the industry with layers of safety. The airport will be our classroom, as we work to connect students with the VT Tech Professional Pilot Technology Program, the Burlington Air Traffic Control Tower, Heritage Flight, Beta Technologies, BTV Airport Operations, the Army National Guard, the Air Guard, the National Weather Service, the Vermont Flight Academy and the Burlington Technical Center Aviation Program.



## **Graveyards and Creemees**

Students in this course will act as historical detectives, working to piece together the untold stories of ordinary citizens from our city's past. We'll tour several cemeteries, slowing down to look at the art and symbology of grave-stones. We'll spend time cleaning graves. We'll meet with local historians, who will help us to explore the diversity of Burlington's past residents (notable women, Black veterans of the Civil War, Italian immigrants, the city's Muslim and Jewish communities, indigenous Vermonsters, etc), from the distant past to more recent times. For the project, you will work alone or in pairs to produce a short, photo-driven profile of a person who lived in Burlington. The course involves a lot of walking, some community service in our cemeteries, and ample time for quiet thinking and exploring the graveyards on your own. We'll also keep one foot firmly anchored in the present by finding a different place to get a creemee (or another excellent snack) on each day's mission.

# **Full Day Classes *continued***

## **Growing Grassroots**

Learn about local produce and local government with Lieutenant Governor David Zuckerman on his farm in Hinesburg. Students in this course will have the opportunity to explore agriculture, enterprise, politics and service through an experiential, practical, and engaging experience. Use food as a vehicle for creating both personal and social change, nourishing yourself and your community in the process. Learn about the methods and means of providing more healthy and sustainable food options for the people of Burlington and beyond. Work and learn in the fields, on the farm and at the Farmer's Market. From cultivation to commerce to culinary, come get your hands dirty and lean in to discuss and become more active and knowledgeable about issues you care about. We will present our learning through a collaborative journal and presentations that reflect a myriad of related topics.



## **Hiking in Vermont**

A variety of hikes will be completed throughout the class. Introductory hikes include walks on the bike path, through Ethan Allen Park and into the Intervale. We will progress to more rigorous hikes on Camel's Hump and finish with a hike up the highest mountain in Vermont, Mt. Mansfield. These ending hikes can be very difficult and we ask that you are in a condition to complete 4 hours of hiking up a mountain. In this class we will learn about the proper preparation necessary for day long hikes, study topography and learn the benefits that hiking has on the cardiovascular and respiratory systems. We will also learn specifically about each place we visit particularly the plants and animals of the region. Students will create a google slide presentation to convey their research and discoveries regarding the various places we visit for our hikes as well as what they learned about hiking, diet and personal health. You should be in relatively good shape in order to enjoy long hikes, like being outside and have an open mind for any destination our feet may take us.



## **History of Hockey**

Are you interested in learning more about hockey and how the game started? In this course we will be learning about where the game was invented, where it is played, and the progression of the game throughout the years. We will also talk and reflect on our practices and learn about the development of the equipment and how it has changed over the years.

## **Lifeguard Certification**

Students who take this full-day class will spend their YES time earning their life-guard certification. Students will be eligible to work at a pool or in open-water situations after successful completion of the class. Students must be 15 years of age or older and be able to swim, tread water and dive with confidence. The mornings will be spent in the pool learning life-saving techniques and the afternoon is spent in the classrooms learning about professional conduct. Students will be writing daily in their notebooks and will have written assignments around the curriculum. The afternoon session will also include first aid training and CPR certification. Class will meet at the YMCA of Burlington each morning and will be dismissed from the same location. Transportation to and from is up to the students. There is a \$300 cost to take this class and a limit of ten (10) students.





# **Full Day Classes *continued***

## **Montreal Exploration: Culture & History**

Ever wanted to learn more about Montreal & Canada? Less than 3 hours away, French-speaking Montreal is home to almost 2 million and a rich cultural hub of Canada. In this course we will, as a group, plan a multi-day trip to Montreal with site-seeing, food-enjoying, museum-walking, and general exploration. Come learn more about the great northern city with us! This course will have travel costs of up to \$500 associated, less with fundraising, none turned away for lack of funds! Students joining need to have a U.S. Passport or hold a Legal Permanent Resident card.

## **Sewing Sustainable Fashion** (also offered in AM and PM)

In sewing sustainable fashion we will learn how to make our dream sustainable wardrobe by tailoring and modifying thrifted items and (if we can't find what we want second-hand) making our own clothing or accessories from scratch. Have you ever found the most amazing jeans while thrifting and wished you could turn them into a fabulous jean skirt? Do you have a favorite dress that you wish was just a little bit shorter? Do you have an idea for the most perfect shirt that you want to bring to life? This class will help you do all these things and more! We will sew clothes and accessories, we will dive into the evils of fast fashion, and we will make a journal documenting how our sewing skills and our ideas about sustainability and the clothing industry change over time.

## **Teacher Helper Program**

Students in this program will be working as volunteers in our BSD middle and elementary schools. The end of the year is a crazy time in our K-8 schools and many of our schools are understaffed. Students will be paired up with a K-8 BSD teacher of their choice (likely a former teacher of theirs, but not necessarily) to provide classroom assistance for the duration of the YES Program. Connections with the cooperating teacher will be made in advance and all expectations of students will be made clear before the program begins. Students will daily journal their reflections of the day. This is an excellent volunteer opportunity for BHS students, especially those who are considering a career in education.

## **Women Hiking**

Hiking can be a wonderful way to discover local trails, make new friends, get fresh air and exercise in the great outdoors. While our hikes will range from introductory to challenging, this program will work on building confidence and an open mindset to conquer new challenges. Meet with other like minded female students and explore the beauty of Vermont. Students will keep a journal and record at the summit of each hike. We will use their writing, along with pictures that are taken, to create a visual representation of the journey students took both around Vermont and personally during this YES program.



# 1/2 Day MORNING/AM Classes

## **African Dance**

Students will learn how to do the Azonto dance. This dance involves a set of hand movements that either represent everyday activities or often show hilarious intentions. Students will be introduced to a variety of physical movements aimed at helping them learn the rudiments of African dance. African dance is fun and a form of exercise. It can help committed dancers reduce stress levels and boost energy. Additionally, students who work diligently in this class could ultimately tone their body, improve their strength, increase their energy, and give themselves more opportunities to be flexible. Students will learn about the history and origin of African dance. Students will write an essay on how African dance has evolved over the years.

## **All Things Disney!**

Do you love Disney? Then this is the spot for you! Come and immerse yourself into the World of Disney. We will be exploring the history of Walt Disney, the company, and the parks. Get ready for many Disney themed activities and adventures. There will be games, arts and crafts, possibly cooking fairytale treats, writing movie reviews, and more!

## **Art of Science** (also offered in PM and Full Day Options)

Half Day: Students will use drawing and painting to explore the natural world. Different mediums and techniques will be taught and explored by observing natural materials such as rocks, plant and animal specimens, landscapes, and portraits. While being a skilled artist is not required, a desire to create art is. Students write reflections for their work. The half-day course is recommended for those with little or no art experience.

## **Basic computer programming with JavaScript**

Have you ever wondered how apps and games work? If yes, come learn the basics of JavaScript, a staple in the coding world. In this YES course we will learn many basic JS commands. We will be studying and learning about the multiple applications JS code can have such as: drawing, basic animation, creating working buttons and even basic game design. After each daily lesson you will apply that specific function and create your own personal version. Students will learn how to find shortcuts in code, creative thinking and problem solving and gain an understanding on how the technology around us functions. Come gain an understanding in a continuously growing field.

## **Basketball Referee**

Blow the whistle! Take the first step to becoming a basketball referee. In this course you will take turns both playing and refereeing basketball in order to learn the rules, hand signals, and positioning on the floor. After completion of this course, you should be ready to officiate middle school basketball, AAU, and work towards a career as a high school. Learn from current high school and college officials. Become a junior IAABO official.

## **“Best” of BCL: Systems of the City**

Students will explore the systems of our city, making connections, hearing from leaders and citizens, and reflecting on their own experiences living in Burlington. We will use the inquiry method of asking questions to find more questions as we learn about the past, present and future of Burlington. Each day will be unique, using a different mode of moving around the city, with our home base at the ONE Community Center. Students need to be ready to bike, walk, use city transportation, and get on the water as they look into the layers of our city systems. This YES program will be led by staff of the Burlington City & Lake Semester.

## **Burlington Reviewed:**

Calling all critics! Explore Church Street, the Waterfront, local parks (and more)- and review them all! We will read reviews like John Green’s essays in *The Anthropocene Reviewed*, which range in topics from sunsets (five stars) to viral meningitis (one star). Then we will use our critic’s eye to review things like that new restaurant in the Old North End, the new bike path on Pine Street, the benches at Battery Park, or anything else related to Burlington.

# 1/2 Day MORNING/AM Classes *continued*

## **Chess Fundamentals and Variants**

Learn about Chess strategies and explore a variety of chess variants [Bughouse, Speed Chess, 2-move Chess, Giveaway Chess, and more]! In this course we will learn Opening strategies, study Middle Game tactics, practice Endgame positions, and then put them to use in traditional games. But we will also introduce new variants of chess that include working with a teammate, changing how pieces move, and testing your problem solving skills! Take your love of chess.com and bring it to life! Students will write reflections regarding chess problems they are introduced to as well as annotate their games and reflect on their moves.



## **Drumline AM** (also offered in PM)

In this course, students will explore the world of drumming through learning the basics of drumline (marching percussion). By the end of the course, each student will be able to perform a beat as well as perform a composition as a group on the marching drums. Students will either write a reflective piece on the experience at the end or create their own “beats” on the drums.

## **Exploring Nature in Chittenden County**

Do you enjoy walking in the woods? If so, come start your day on various trails around Burlington. We will be identifying birds, plants, trees, and trying to spot various wildlife (last year we saw a fawn bedded down on the side of the trail!). A birder will join us on one of our hikes to help us identify birds while supplying us with binoculars! A botanist will help us learn more about our local flora. You will be taking pictures and journal daily, documenting what you’ve seen at each location.

## **Fitness Unified**

This course is open to ALL BHS students. We will exercise, play games, learn new skills, build on strengths, celebrate all abilities, advocate for ourselves and our peers, make connections to the community, journal in our fitness logs, and work together to make BHS a more inclusive place for everyone.

## **Forensics**

Are you a fan of crime dramas? Thinking about a career in forensic science? This YES course will introduce you to some of the basics of crime scene investigation. We will examine types of evidence, perform hands on activities, and interact with community members who have made forensic science a career. Throughout the course, we will keep a journal of our learning that will help guide us in creating our presentation of learning - a mock crime scene!

## **Fun with Paper mache**

This course is a hands-on art fabrication class. At the end of the course each student will have designed and produced a paper mache sculpture, painted in the style of Oaxacan folk art Alebrijes. No previous experience in art is necessary, just an open mind and a willingness to try. The primary focus is to enjoy the meditative quality of working with one’s hands, learn about working with paper mache and having fun. Students will keep a daily written journal, where they record notes on the process, and reflect on their progress. Students will keep a journal reflecting on their process of creating their sculpture.

## **Game Play and Creation**

In this course, you will play, review and create different types of games. We will play many types of games including card games, board games, strategy and cooperative games. We will also play outdoor games like Capture the Flag, Four Square, and Kick the Can. Students will review games played at the end of each class. Students will then work to create their own game to include rules and materials in order to have peers play their game. Students will also reflect daily on the games learned and played.

# 1/2 Day MORNING/AM Classes *continued*

## **Give Blood, Play Rugby**

Join our two-week YES rugby class for a great experience that combines skill-building and teamwork. Whether you're a rugby enthusiast or a newcomer, this program promises a fast-paced, engaging journey on the field, fostering not only athletic prowess but also lasting connections with fellow participants. Students will write a pamphlet advertising the sport and comparing it to other popular sports they may already understand.

## **Jump start to Summer Reading**

Would you like to read your favorite book in 10 days? Then this is the class you want to take, if you enjoy reading, or you would like to read your favorite book but you have no time. Bring in your book, pick one from our BHS Library, or get one from the Fletcher Library, where we will go at the beginning of the course to get a book and/or to get your Library card for future references. You will have the right environment for reading, the right music, and/or maybe a cup of coffee while you read (if you like coffee). If weather permits, we will go outside to enjoy our reading. We will also keep a shared Daily Log, where you will write the summary for that day. Finally, at the end of the course, you will make an Oral Presentation using Book Creator (ideal for your PLC's evidence!). Whenever you read, write, and talk about it, research shows that you can remember more about the book you read.

## **Lawn Game Cup**

Come join us and compete in various lawn games! Throughout the two weeks we will work in teams competing against each other in order to determine a final champion. Students will complete daily reflections outlining the highs and lows of the day, what they would like to improve on, etc. On the P.O.L. day, students will share how to play the games, how to improve their skills and how teamwork helps them learn and grow.

## **Lifetime Outdoor Games**

This class will introduce several outdoor games for fun with family and friends like kickball, bocce, bag toss, horse shoes, wiffle ball, flag football, and the like. No need to be particularly athletic to learn and play these sometimes competitive but mostly fun outdoor games. Written Component: Students will research and present the origins of the games using a written script for part of POL Day. Students will write a reflection of the week's activities and share their writing with the YES instructors and peers.

## **Lights! Camera! Action! Movie Making 101**

Welcome to the world of movie making. Students will use WeVideo to create cinematic pieces that reflect elements of effective movie making. Students will focus on camerawork, effective audio and sound effects, lighting, titles/motion graphics, and green screen use. Students will capture video with personal phones, school iPads and borrowed DSLR cameras to plan, shoot and edit well-wrought short features. In the planning stage, students will create storyboards and peers will give written critiques to each other.

## **Makeup Artistry**

Are you interested in a career as a makeup artist? If so, come learn how to build your own business and become a freelance MUA. In this YES course we will learn how to build our own skin inclusive kit and techniques of application. We will be studying and applying makeup on models for the following makeup applications: wedding/glam, runway/editorial, natural/mature skin, drag/impersonator, and theatrical/FX/horror. After each daily application you will photograph your work of art and build a stunning portfolio. Students will learn how to interview clients, maintain proper hygiene standards, and write contracts of service for clients. Come get creative and gain independence in a booming trade.



# 1/2 Day MORNING/AM Classes *continued*

## **Mini Murals**

Do you love painting? Painting with friends? In this course, you will work together to create miniature murals for BHS! Make your mark on the school with your creative art. Students will plan their creations and reflect through writing.

## **Poker: Skill not luck**

Can you tell if someone is lying to you by their body language? Students in this course will learn various ways to apply strategic thinking and problem solving while learning about and playing poker. Students will track their observations and progress in a daily journal. They will also learn and reflect on how to take these new strategic properties and apply them to different social settings, i.e. being able to read people better.

## **Running for Health, Fitness and Fun!**

Be outside! Be active! Enjoy the waterfront with friends! New runners will appreciate our low-stress “run-walk” format, while more experienced runners will benefit from our structured training program, which could include longer runs and speed-specific workouts. Regardless of a runner’s level of experience, all students will have the opportunity to learn about nutrition, the health-benefits of running, and the elements of a sustainable training plan. Former “Running” participants remarked that they liked the “go at your own pace” format and the fun games used for warming-up and cooling-down; and students always enjoy the “bake your own energy bars activity”, too.

## **Sewing Sustainable Fashion** (also offered in PM and Full Day options)

Have you ever found the most amazing jeans while thrifting and wished you could turn them into a fabulous jean skirt? Do you have a favorite dress that you wish was just a little bit shorter? Do you have an idea for the most perfect shirt that you want to bring to life? This class will help you do all these things and more! We will sew clothes and accessories, we will dive into the evils of fast fashion, and we will make a journal documenting how our sewing skills and our ideas about sustainability and the clothing industry change over time.

## **Skatepark AM (also offered in PM)**

Calling all skaters, rollerbladers, BMXers and scooter enthusiasts to meet us at the skatepark on beautiful Lake Champlain. We will identify and record different developmental practices to establish and improve fundamental park skills. Students will be instructed in skatepark etiquette, participate with local community partners for outdoor clean ups, and learn about modern approaches to skate-friendly community design. Students considering taking this course must be able to handle hours of physical activity, everyday, and ride for extended periods. Safety will be paramount for this course and students must provide their own safety equipment including a helmet, as well as elbow, wrist and knee protection. We request you provide your own wheels, however, local sourcing may be a possibility (please contact instructor). We hope you will join us for this very unique half day course.

## **Strength Training for Women**

This class is for beginners who want to learn their way around a weight room and feel comfortable lifting in a public place like the YMCA. Learn about the major upper and lower body muscles and how to strengthen them using a variety of techniques including weight machines, free weights, bands, and body weight exercises.

## **The Films of Greta Gerwig and Noah Bombach**

This course will explore the films of Hollywood supercouple Greta Gerwig and her partner Noah Bombach. We will watch Gerwig’s three solo directorial performances, Lady Bird, Little Women, and Barbie as well as two of Bombach’s films, The Squid and the Whale and Francis Ha. We will watch all of these films with an eye toward common content, themes, and filmmaking techniques.



# 1/2 Day MORNING/AM Classes *continued*

## **The Simpsons and Society**

The Simpsons is the longest running animated series on television. Nearly everyone in America is familiar with the characters in this series. Why, however, has this series become iconic in our society? Are Matt Groenig characters believable ones? Are they “stock characters” based on literary archetypes, satirical responses to the flaws in society or are they just creations whose sole purpose is to amuse and entertain? Students will be required to keep a journal recording their analysis and/or personal observations of the episodes being viewed and discussed during each class.

## **Vampire Lore: Dracula, Buffy, Blade, Twilight and more!**

Join us on a journey through time and learn about vampire lore and history from the first documented story of vampires to their modern day portrayal in film and television. In this YES program we will explore the real-world inspiration for vampirism, the similarities and differences between various lore, the Great New England Vampire Panic, and the vampire media frenzy of the late 2000s/2010s. Some of the classes will be held in local cemeteries to help us connect to the material. Students will create vampire hunting guides filled with specific tips and tricks.

## **Vermont and a Changing Climate**

Are you interested in understanding more about Climate Change? This short course is meant to be informative and thought provoking as we make connections between global climate change and Vermont ecology. In this YES course we will learn how to prioritize climate change issues and focus on what we might do as individuals to support Vermont ecosystems. Students will become knowledgeable in climate change language and develop a basic understanding of ecological systems that are impacted by current climate warming trends.

## **Walking for Wellness**

Students will experience walking as a simple, yet effective, way to boost activity levels while improving overall wellness. In this course, students will create a typical walking program for health and fitness, based on their own goals and motivations. Students will be introduced to the multitude of physical and mental benefits that a typical walking program can provide. We will discuss and implement various walking techniques, engage in stretching and cool down activities and learn about proper nutrition to fuel our wellness goals. Students will track their progress daily and will reflect on their experiences throughout the course. Students should expect to walk outdoors around different Burlington locations under most weather conditions each day of the course. Sneakers and comfortable clothing are required to participate.

## **Wilderness and Remote First Aid**

Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable, and even when bad things happen, sometimes the wrong care can make things worse. By learning a few basic skills, you can make the difference between a good outcome and a bad one-and maybe even save a life. Students will take active notes, maintain a journal of daily exercises and concepts. Students will also learn and practice the recording of a SOAP Note, a documentation method used in healthcare. This course is heavy with medical terminology. Students must pass a written and practical exams for certification. Students need to be 16 or older to take this class. There is a \$70 fee for this class.



# 1/2 Day AFTERNOON/PM Classes

## #GenerationGiveBack

This course is designed to provide students with valuable hands-on experiences in community service while promoting a sense of social responsibility. Students will engage in meaningful volunteer work throughout Burlington, where they will be introduced to local non-profit organizations that provide services to people who are homeless. This course will help students reflect and gain a deep understanding of our community's needs, the social issues it is presently facing, and the importance of civic engagement. Up to 5 hours of community service credits can be earned for work performed outside of class time.

## Art of Science PM (Also offered in AM and Full Day)

Students will use drawing and painting to explore the natural world. Different mediums and techniques will be taught and explored by observing natural materials such as rocks, plant and animal specimens, landscapes, and portraits. While being a skilled artist is not required, a desire to create art is.

The half-day course is recommended for those with little or no art experience.

## Baseball Stat Deep Dive

Analytics are a major part of baseball. If learning about the different stats and how they can be used to find understated players, come learn how to build a roster and discover which players were overrated and underrated. In this YES course we will learn how to build a roster, determine which stats are more valuable than others and which players deserve more time in the spotlight. We will be studying and digging deep into the history of baseball looking at things such as: WAR, OPS+, AVG vs OPS, Wins vs ERA/WHIP. Students will learn and explain how to calculate a player's worth, Weigh cost vs value, and figure out if a player deserves more shine. Come learn how baseball stats can win or lose games.

## Beating the House, or not: the Math in Casinos

Students will learn the math behind Roulette, Blackjack, Craps, Three-Card Poker, Caribbean Stud, lotteries, Sportsbook betting, horse racing, etc. called the house edge, using various probability techniques. Randomness, single and multiple events, drawing with and without replacement, factorials and combinations are all topics covered, so some curiosity in math and success in Algebra is required. We will play all of these games and see first hand that the games are meant to have the player lose. We will maintain a set of daily notes, outlining the math used in these games.

## Bicycles! Maintenance, History, Policy, and Culture!

Would you like to get around in a way that's fast, efficient, (super-stylish), and good for you and the planet? There's no better way than bicycling! Collaborating with local bike shops and their expert mechanics, we will learn all the basics of bike maintenance, so you can confidently go wherever your wheels can take you! We'll give you the tools - literally and figuratively - to be an unstoppable force of motion, whether you're biking for fun, fitness, or to get from point A to B. Fixing a flat? Replacing a chain? Tightening your brakes? Customizing your ride? We've got it covered. Of course, we won't just be maintaining our bikes - we'll ride, exploring some of the amazing local adventures a bike can bring you! Finally, we'll learn more from local advocates about not only how bikes make our community better, but also how we can make our community better for bikes. "Bring your own bike" is encouraged but no student will be excluded.



## Book Love: Reading for Fun

Put down your phone and pick up a book! Read outside when it's sunny; in a library when it's not. Visit and learn about what Burlington's libraries have to offer and enjoy reading for fun! Keep a reading journal and create presentations for a gallery walk to share and recommend what you have read.

# 1/2 Day AFTERNOON/PM Classes *continued*

## Book and Author Society

Calling all book lovers and book writers. Come read and enjoy *Blowin' My Mind Like a Summer Breeze* by Benjamin Roesch. What's it about? Well, ever meet anyone who actually changed your life? "It's 1995 and The Cobb Family Band, led by Rainey's rock star parents, has arrived for a week-long gig at the Midwestern resort owned by Juliet's family. Dazzled by Juliet's carpe diem attitude, DIY tattoos, and passion for grunge, Rainey falls hard. And when Juliet gives Rainey a mixtape that unlocks her heart's secret yearnings, Rainey starts seeing herself—and her vagabond, show-biz life—through new eyes." Indulge in the pre-internet stylings of this 1990s coming of age story. Explore and narrate your life through your own mixed tape. Write and workshop your own coming-of-age short story with the author! Design your own book cover art. That's right. Meet Ben Roesch, former BHS English teacher and renaissance man!

## Diamond Art

Diamond Art is an art form that is basically a mix between paint by numbers and cross stitch. You will apply thousands of tiny sparkling "diamonds" to a sticky canvas to create your own shimmering Diamond Art masterpiece. No experience needed, however this art form requires strong fine motor skills and an ability to maintain focus. We will complete written reflections of our artistic experience.



## Dragon Boat

The goal of this course is to introduce high school students to the fastest growing water sport in the world, Dragon Boating. Students will learn about the Dragonheart Vermont (DHVT) organization and how it has grown from a single breast cancer survivor team into the 200+ members and 8 competitive teams that comprise the organization today. Students will also learn about the sport itself, understand the technical elements of the sport, and do a daily reflective journal. We will go over basic body mechanics and teach students how to prepare their bodies and minds for this sport. This will help students translate this to any sport they currently play or many other aspects of life as they mature. This course requires students to be on water.

*Dragonheart Vermont Mission:* Dragonheart VT strives to strengthen and empower breast cancer survivors and supporters through the challenging sport of dragon boating, instilling in its members the values of teamwork, fitness and community giving.

## Drumline PM (also offered in AM)

In this course, students will explore the world of drumming through learning the basics of drumline (marching percussion). By the end of the course, each student will be able to perform a beat as well as perform a composition as a group on the marching drums. Students will either write a reflective piece on the experience at the end or create their own "beats" on the drums.

## Fun with Paper Mache

This course is a hands-on art fabrication class. At the end of the course each student will have designed and produced a paper mache sculpture, painted in the style of Oaxacan folk art Alebrijes. No previous experience in art is necessary, just an open mind and a willingness to try. The primary focus is to enjoy the meditative quality of working with one's hands, learn about working with paper mache and having fun. Students will keep a daily written journal, where they record notes on the process, and reflect on their progress. Students will keep a journal reflecting on their process of creating their sculpture.



# 1/2 Day AFTERNOON/PM Classes *continued*

## **Improv**

Play improv games, work together to write your own comedy sketches, watch and analyze Saturday Night Live and other comedies, and get expert training from Vermont Comedy Club professionals and UVM professors and students. Improv teaches listening and public speaking skills, creativity, quick-thinking, writing/storytelling principles and so much more - all while having a lot of fun. No experience necessary, just enthusiasm! Embrace the first rule of improv - and say YES.

## **Intro to Photography**

This course will look at the basic techniques professionals use to up their photography game, including lighting, composition, and perspective. Students will then put those techniques to use in their photography. Students will write reflections on their favorite photographs, connecting their work to the techniques they learned in the course. No experience necessary! You will use your own phone or camera from home.



## **Knitting**

Want to learn how to make useful and artistic gifts with your own two hands? Then knitting is for you! Anyone can learn to knit but experienced knitters are also welcome. We will visit a local yarn store to pick out yarn and then knit a gift for the community- all over town. Students will learn to knit or further develop their knitting skills while making needed gifts for the community. We will be making items for the Humane Society, small stuffed animals for children in crisis, hats and scarves for the homeless and baby items. Each item will be accompanied by a handwritten note from the creator.



## **Michael Jordan Film Study**

In this program, students will do a deep dive into the legendary career of Michael Jordan through The Last Dance documentary. Students are invited to watch each episode, one at a time, and give them analysis questions to help them deepen their understanding about: principles of team cohesion, leadership styles, principles of performance psychology (grit, mental toughness, focus...), goal setting, dynasty creation, sport archetypes. Students will then implement these lessons through playing basketball at local parks, culminating in a park clean up day as a way to give back to the community. Students are expected to walk to local parks from BHS and be responsible out in the community. Students will respond to comprehension questions that they will fill out daily that go along with each episode.

## **Mindful Art Making**

Have you ever used art to feel calm and fill your soul? Art can be a great way to practice mindfulness! This course will explore art creation that can support your best you. Along with creating art, we will take short walks outside as well as explore different materials to tap into your creative side while focusing on supporting health. Students will incorporate reflection and writing into their art, considering the creative process through writing.

## **Needle Felting**

Embark on a two-week journey of Needle Felting! Discover the art of transforming wool weaving into unique sculptures using felting needles. Explore the history and cultural significance of needle felting, progressing from basic techniques to advanced creations. Students will be guided through color blending, three-dimensional sculpting, and diverse felting styles, allowing for individual expression. Participants will create unique projects, from adorable animals to abstract designs, fostering a sense of accomplishment and pride. Join us for this dynamic course where creativity knows no bounds, and every needle poke brings a masterpiece to life! Students will write a personal letter to the recipient of their gift expressing their hopes for that person and what the process of making the gift was like.



# 1/2 Day AFTERNOON/PM Classes *continued*

## **Paper Crafts: It's All Possible**

Do you have some paper folding skills you'd like to share with others? Or, are you new to paper crafts and looking to try a new hobby with friends willing to teach you new skills? If so, join us for a relaxing, productive, and entertaining morning of paper folding and other crafts. No matter your current skill level, we will all improve our understanding and appreciation for this exciting and rewarding pastime. While we learn and improve our skills, we'll explore the history and evolution of traditional paper folding from its roots as an ancient Japanese and likely Chinese hobby. As interests and needs develop, students will be encouraged to expand and improvise with other materials such as dollar bills, wall paper or duct tape crafts. Decoupage, Quilling, Card Making, Scrapbooking or Jewelry making... any personal paper crafting goal is possible in this class. If you have a curious mind and desire a relaxing place to grow your skills while making simple (or not so simple) masterpieces with greater proficiency, a morning of Paper Crafting may be a good fit for you. Students will write instructions and a transcript for their final "how to" video.

## **Preparing for College Athletics**

This class is meant to introduce students to the process of becoming a college athlete. Many students have not been taught the recruiting process, the expectations of being a college athlete, or even grasp their own reality. The students will be expected to write personalized introduction letters to prospective schools. They will also interact with college athletic coaches over email during the class. In addition to navigating the formal process of interacting with collegiate athletic programs, students will learn about the physical demands and effects it has on the body. Students will spend time learning various exercises and lifts that will improve overall strength and ability. In addition students will look at college athletic training programs and how to balance the program demands in their lives.

## **Puzzling Through the Ages**

Do you enjoy completing jigsaw puzzles? Ever wonder how jigsaw puzzles are made? Take this class to enjoy completing jigsaw puzzles from a variety of decades and styles. Students have the option to branch into 3D puzzles and other types of jigsaws as well. We will explore the history and evolution of jigsaw puzzles as well as their use in brain research. For the presentation of learning day, students will create an interactive timeline that demonstrates the knowledge they've gained.

## **Rock Climbing**

In this class, students will learn the basics of rock climbing during several indoor and outdoor rock climbing lessons for a small student fee. Students in this course must be physically active and able to climb for extended periods of time, potentially in uncomfortable weather conditions. Students will write about their growth in their climbing skills and challenges they face, and use these reflections to create a presentation of learning at the end of the course.

## **Sailing and Leadership**

Adventurous? Enjoy water? Want to try some new leadership skills? This course may be for you! Students will walk each day to the Community Sailing Center where they will learn the basics of sailing while putting new leadership skills into action. No prior experience is necessary. Come see what Burlington looks like from the lake. Students are expected to take a written test at the end of the course to earn certification. When students pass, they are able to rent boats at the sailing center. There is a student fee of \$60. Students will journal about their experiences both on the water and leading a team. In addition, throughout the course students engage in writing tasks to help demonstrate their knowledge of a boat, points of sail and additional variables of sailing that can be incorporated in the POL.



# 1/2 Day AFTERNOON/PM Classes *continued*

## **Sewing Sustainable Fashion** (also offered in AM and Full Day Options)

In sewing sustainable fashion we will learn how to make our dream sustainable wardrobe by tailoring and modifying thrifted items and (if we can't find what we want second-hand) making our own clothing or accessories from scratch. Have you ever found the most amazing jeans while thrifting and wished you could turn them into a fabulous jean skirt? Do you have a favorite dress that you wish was just a little bit shorter? Do you have an idea for the most perfect shirt that you want to bring to life? This class will help you do all these things and more! We will sew clothes and accessories, we will dive into the evils of fast fashion, and we will make a journal documenting how our sewing skills and our ideas about sustainability and the clothing industry change over time.

## **Skatepark PM** (also offered in AM)

Calling all skaters, rollerbladers, BMXers and scooter enthusiasts to meet us at the skatepark on beautiful Lake Champlain for a few hours of fun during YES. This course will allow you to spend time making connections with new friends while improving your skatepark skills. We will identify different developmental practices to establish and improve fundamental park skills. We will achieve this by spending time each day putting these practiced skills to use at a park near you. In addition to the physical demands, students will be instructed in skatepark etiquette, participate with local community partners for outdoor clean ups, and learn about modern approaches to community design that finally include recreational spaces to skate, blade, BMX or carve on your scooter. Students considering taking this course must be able to handle hours of physical activity, everyday, and ride for extended periods. Safety will be paramount for this course and students must provide their own safety equipment including a helmet, as well as elbow, wrist and knee protection, even if you do not typically wear this gear and especially if you are a beginner. We request you provide your own wheels, however, local sourcing may be a possibility for those who do not already have, nor can afford equipment (please contact instructor). Accompanying all this time outside, there will be a required writing component for the course that will include daily journals and reflection about your growth in ability and understanding of the fundamentals. We hope you will join us for this very unique half day course.

## **Stephen King on Page and Screen**

Stephen King is perhaps the most recognizable name in popular fiction today; he has sold more books than any other living writer, his books have been made into numerous films, and the only time one of his novels went out of print is when he insisted that his novel *Rage* be taken out of circulation (we'll discuss why). In this course, students will keep a journal recording their analysis and/or personal observations of King's short story collection *Night Shift* and the novella *Rita Hayworth* and *Shawshank Redemption* (as well as their Hollywood interpretations) in an attempt to answer the following questions: What is the appeal of the horror genre? What is the relationship between the written text and its film representations? Is there a relationship between popular fiction and sociocultural anxieties?



## **Studio Production**

This course is for students looking for hands-on experience in video production with our local VCAM (Vermont Community Access Media) studio. Students will explore three-camera studio production to write, design and produce their own short films. This could include advocating for an important cause, making a music video, producing a mini-movie, filming a green screen video short, etc. Students will dive into the art of post-production using editing software and they will apply new skills in composition, lighting, and audio techniques to bring their creative visions to life. The entire YES program will take place at the VCAM Studio Media Factory. Students will be expected to navigate the City Bus system to get to and from the Media Factory for this half-day YES session.

# 1/2 Day AFTERNOON/PM Classes *continued*

## **Swimming for Health and Safety**

Do you want to learn to swim? Do you want to feel safer around pools, lakes and rivers? Do you want to improve your technique and fitness so you don't get tired when you go in the water? If so, join us for "Swimming for Health and Safety!" This YES course is suited for both the complete newcomer and expert swimmer alike. This course makes use of the YMCA in Burlington, where we will practice in both the lap pool and in the deeper pool. Swimmers will get a chance to track their development over time, as we will practice swimming a safe distance from 50 to 200 meters. Students will create a training plan and keep a swim journal for P.O.L.

## **Tap!**

Come explore the history of tap dancing and how it has changed throughout the decades! Not only will you learn about tap legends (such as Fred Astaire, Ginger Rogers, Gene Kelly, Ellen Powell, the Nicholas Brothers, and Gregory Hines), but we will also learn about the influential tap dancers of today (Savion Glover, Chloe Arnold, Michelle Dorrance, Anthony Morigerato, and more). Students will learn how to tap dance by practicing the basic steps of tap, combinations, and tap routines of different genres. Students will write journal reflections focusing on their own experiences learning to tap. Students will also research, write, and present about a tap dancer of their choice.

## **Taskmaster**

Looking at the "Taskmaster" British comedy show, this YES program requires creativity, analytical thinking, collaboration, and sportsmanship. The Taskmaster is a mysterious individual that challenges the wit and wisdom of high school students who dare to put their reputations on the line. The class will analyze and study tasks performed by celebrities while simultaneously performing unique, challenging, and ridiculous tasks themselves, judged by a variety of criteria and compete for the ultimate goal; Champion of Taskmaster. Students will create and add to a daily blog.

## **The Game is Afoot: The Enduring Popularity of Detective Sherlock Holmes**

Students will learn about Sir Arthur Conan Doyle and his inspiration for Sherlock Holmes. How this fictional detective, one of the first fictional crime scene investigators, had an impact on criminal investigation and forensic techniques. What it was like to live in Victorian England, the time period of the Sherlock Holmes' stories, how the character of Sherlock Holmes has been adapted and modernized and why his popularity endures. Students will collaborate to write their own mystery which includes elements from Sherlock Holmes to present at POL Day.

## **The Good Life**

This YES program will lean on philosophy, brain science, psychology, and other areas of interest in an attempt to uncover the secrets to living "the good life". We will look at a variety of cultures, behaviors, beliefs, and attitudes that have proven track records for positive life outcomes in order to wrestle with the question of what the good life means or looks like. Why are some people and some cultures "happier" than others? What does success look like and how do we get there? Students should leave this class a little more capable of taking on the world. Students will journal to reflect on these questions.

## **World of Heroes**

In this class, we will write responses to prompts for movies and class reflections, we will also write the background and story of your own unique superhero!

## **Yoga**

Through a combination of postures, breathing techniques and mindfulness exercises, students will develop valuable skills to manage stress, improve focus and cultivate a sense of inner peace. We will learn about some of the history of yoga and the various styles & forms of yoga. We will take classes at local yoga studios to get a sense of the many different styles available to us in Burlington. No experience in yoga is necessary, and all poses can be modified to fit any experience level. Students should expect to participate in a yoga practice each day of the course. Students will write journals each class to reflect on their feelings.

# Year End Studies (YES) Session Registration Planning Sheet

This sheet is designed to assist you in preparing to register for the 2024 YES Session.

**WHO** needs to register for YES Session? All BHS students grades 9-12

**HOW** do you register? Registration will be done through an online form found on the BHS homepage.

**WHERE** can you register? Any computer with Internet access will allow you the ability to register.

**WHEN** do you register? Anytime January 24-February 1st. This is not a first come, first serve process.

**WHAT** will you need other than your course choices?

- school e-mail address
- advisor's name

NOTES:

## FULL DAY COURSE CHOICES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## MORNING COURSE CHOICES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## AFTERNOON COURSE CHOICES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# FULL DAY Courses At-A-Glance

See full course descriptions for more details

**A Walk on the Wild Side:** Explore the wilderness in Burlington by walking to a different natural area every day with experts there to discuss the birds, trees, and wildflowers.

**Active Recovery for Athletes:** Students will practice active recovery (low-intensity exercise including walking, hiking, cycling, yoga and active stretching) and learning of the benefits it brings to their own exercise program.

**Advanced Fishing:** Travel each day to a fishing spot and work on improving your fishing skills.

**Advanced Mountain Biking:** Ride Mountain Bikes up hill and then down, all over Vermont's lovely green hills.

**Art of Science:** Draw and paint to explore the natural world (also offered in a half day session for those with little or no art experience).

**Baker's Dozen:** Learn how to bake or hone your baking skills in this all day course.

**BHS Goes To Deutschland!:** Students will travel to Germany to improve language skills and to learn about the history and culture of Germany.

**Drone Mapping of Burlington:** In this course you will learn to pilot drones, use them to gather data, and process that data to develop detailed maps of the Burlington area.

**Exploration of Aviation:** Students learn about aviation and have the opportunity to fly a plane themselves.

**Graveyards and Creemees:** Take a tour of Burlington's graveyards, learn about our city's history, and keep one foot firmly in the present with delicious snacks.

**Growing Grassroots:** Learn about local produce and local government with Lieutenant Governor David Zuckerman on his farm in Hinesburg.

**Hiking in Vermont:** From the Burlington bike path to Mount Mansfield, come explore and learn about Vermont's trails, geography, and topography while getting your steps in through Hiking in Vermont.

**History of Hockey:** Play the game on and off the ice and learn the history, traditions and development of hockey.

**Lifeguard certification:** Become a certified lifeguard and start saving lives!

**Montreal Exploration: Culture & History:** Explore the culture and history of Montreal on a multi-day trip.

**Sewing Sustainable Fashion:** Learn how to sew your own clothes and how to tailor second-hand clothes (also offered in AM and PM sessions).

**Teacher Helper Program:** Students will be paired up with a K-8 BSD teacher of their choice (likely a former teacher of theirs, but not necessarily) to provide classroom assistance.

**Women Hiking:** Create and be a part of a positive female environment and enjoy the beauty of Vermont by hiking a variety of trails!

# 1/2 Day MORNING/AM Classes At-A-Glance

See full course descriptions for more details

**African Dance:** Learn the basics of African dance while listening to songs from Africa.

**All Things Disney!:** Explore the World of Disney through movies and activities.

**Art of Science:** Draw and paint to explore the natural world (also offered in PM and in a full day session for those with little or no art experience).

**Basic Computer Programming with JavaScript:** Learn the basics of a popular coding language and develop an understanding on how our technology functions.

**Basketball Referee:** Take the first step to becoming a basketball referee where you could make up to 100 dollars per game. Play basketball and learn the rules, hand signals, positioning on the floor, and more.

**“Best” of BCL: Systems of the City:** Be ready to bike, walk, and get on the water as you explore how a city works from its leaders to its citizens.

**Burlington Reviewed:** Explore Church Street, the Waterfront, local parks (and more) - and review them all!

**Chess Fundamentals and Variants:** Improve your chess skills, learn new openings, solve some puzzles and learn new versions of chess!

**Drumline:** Learn how to play in a drumline! (offered in both AM and PM)

**Exploring Nature in Chittenden County:** Enjoy soaking up nature on local morning hikes.

**Fitness Unified:** In this course open to all students, we will celebrate all abilities and advocate for ourselves and our peers through exercise, playing games, and learning new skills.

**Forensics:** Learn how forensic scientists collect and analyze evidence through hands-on experiments.

**Fun with Paper Mache:** Paper mache sculpture class that creates Mexican folk art lizards. (offered in both AM and PM)

**Game Play and Creation:** We will play and review a variety of board games and outdoor games and then create our own.

**Give Blood, Play Rugby:** Play Rugby! (no experience necessary)

**Jump Start to Summer Reading:** Read a book in 10 days and create a Mini-Book about it!

**Lawn Game Cup:** Students will participate in a variety of lawn games and compete throughout the week to determine Champions.

**Lifetime Outdoor Games:** Come join the fun of playing backyard outdoor games on the playing fields of OGBHS.

**Lights! Camera! Action! Movie Making 101:** Use WeVideo to make and edit short movies of their choice.

**Makeup Artistry:** Learn how to apply make-up like a professional.

**Mini Murals:** Come paint mini murals to help beautify BHS!

**Poker: Skill not Luck:** Learn the rules, subtleties and strategy of poker, mainly focused on Texas Hold'em.

**Running for Health, Fitness and Fun!:** Run at your own pace and with your friends this May!

**Sewing Sustainable Fashion:** Learn how to sew your own clothes and how to tailor second-hand clothes.

**Skatepark:** Learn how to skate, rollerblade, BMX, or hone your skills (offered in both am and pm).

**Strength Training for Women:** A female positive environment where students learn the names of muscles and how to make them stronger using various machines, and exercises at the YMCA. (beginner friendly!)

**The Films of Greta Gerwig and Noah Bombach:** We will study the films of Greta Gerwig and her partner Noah Bombach, two important, contemporary filmmakers, studying what they have to say about our world.

**The Simpsons and Society:** Students will watch, discuss, and reflect on episodes of the TV series “The Simpsons.”

**Vampire Lore: Dracula, Buffy, Blade, Twilight and More!:** Join our journey through stories, film and television to learn about vampire history and lore!

**Vermont and a Changing Climate:** Learn about the effects of Climate Change and future impacts on Vermont through film, discussion and the written word.

**W<sup>a</sup>lking for Wellness:** Improve your physical and emotional wellness with an individualized program where you walk around Burlington.

**Wilderness and Remote First Aid:** Students will learn about first aid for various remote outdoor situations.

# 1/2 Day AFTERNOON/PM Classes At-A-Glance

See full course descriptions for more details

- #GenerationGiveBack:** It's time to show up and help out; meet with various charities and non-profits, give back to our community, and support those in need!
- Art of Science:** Draw and paint to explore the natural world (also offered in AM and in a full day session).
- Baseball Stat Deep Dive:** Learn how General Managers determine a player's worth. Dive into baseball statistics.
- Beating the House, or Not: The Math in Casinos:** Learn the math and then try to "beat the house" at various games of chance like roulette, blackjack, craps, and poker.
- Bicycles! Maintenance, History, Policy and Culture:** Go on amazing, local biking adventures, and learn from biking advocates and bike shop mechanics - all while learning how to keep your bike in good condition.
- Book and Author Society:** Read *Blowin' My Mind Like a Summer Breeze*, create a mixed tape, and workshop your own coming of age story with the author, Benjamin Roesch.
- Book Love: Reading for Fun:** Read a book of your choice outside or at the library.
- Diamond Art:** Apply thousands of tiny diamonds to a sticky canvas to create a masterpiece.
- Dragon Boat:** Strengthen and empower breast cancer survivors and supporters through the challenging sport of dragon boating, where you paddle a long canoe as a team.
- Drumline:** Learn how to play in a drumline! (offered in both AM and PM)
- Fun with Paper Mache:** A sculpture class that creates Mexican folk art lizards (offered in both AM and PM).
- Improv:** Play improv games, watch comedies, and write SNL-like comedy sketches.
- Intro to Photography:** Learn about how to take great pictures while walking and exploring Burlington.
- Knitting for Beginners:** Students will learn the basics of knitting in order to create a finished product such as mittens, socks, or a knitted animal.
- Michael Jordan Film Study:** Learn about Michael Jordan through his documentary and implement his philosophy through playing basketball.
- Mindful Art Making:** Create art for mental health benefits and wellness practices.
- Needle Felting:** Learn the art of sculpting wool into almost anything you can imagine.
- Paper Crafts: It's All Possible:** Relax by learning and sharing paper crafts with your peers!
- Preparing for College Athletics:** Students will prepare/acquire skills for the college athletics recruitment process.
- Puzzling Through the Ages:** Solve jigsaw puzzles while researching how they are made!
- Rock Climbing:** Students will learn the basics of rock climbing through several indoor and outdoor rock climbing lessons for a small student fee (need-based scholarships available).
- Sailing and Leadership:** Students will learn to sail and leadership roles at the Community Sailing Center.
- Sewing Sustainable Fashion:** Learn how to sew your own clothes and how to tailor second-hand clothes.
- Skatepark:** Learn how to skate, rollerblade, BMX, or hone your skills (offered in both am and pm).
- Stephen King on Page and Screen:** Students will watch and discuss various Stephen King film representations and compare them to the literary works.
- Studio Production:** Students will create their own film project at the Vermont Community Access Media studio.
- Swimming for Health and Safety:** Learn swimming skills and track improvement in swimming strength.
- Tap!:** Come and learn about how tap dancing started and how it has changed. We will learn about important tap dancers as well as learn how to tap dance!
- Taskmaster:** Analyze this British comedy show and perform unique, challenging, and ridiculous tasks in order to become the taskmaster champion.
- The Game is Afoot: The Enduring Popularity of the World's Most Famous Detective Sherlock Holmes:** Students will learn in this course how Sherlock Holmes, the fictional detective and first crime scene investigator, had an impact on criminal investigation and forensic techniques in order to create their own mystery.
- The Good Life:** This course will attempt to philosophically answer the question, "how do I live the good life?", looking at various areas of human interest.
- World of Heroes:** Watch superhero movies and explore superhero worlds in order to create your own superhero!
- Yoga:** Learn about how to practice yoga, breathing techniques and mindfulness to help you feel better--physically, emotionally and mentally!