

Can You Dig It?

Kiernan McGowan

Week 3

Location

CFS

Costs

\$10 for lunch for field trip

Brief Description of Course

Here's an explo you will really "dig!" Come along to explore the world of archaeology through experiences in the classroom at CFS and on field trips. Learn what it is like to be an archaeologist and uncover the secrets of the ancient past, rewrite the history books, and come face to face with long forgotten cultures. The past isn't always what it seems and this is your chance to get a brand new, dirty, and up front perspective on what you don't always learn in history class. Grab a shovel and get ready for the hands on approach to history that is changing the way we see our world.

By the End of This Class You Will Know...

- What the study of archaeology is and the basic theories behind archaeological excavation
- Answers to ancient secrets like King Tut's curse, the location of Atlantis, the mystery of Machu Picchu, and even pieces of American history that you haven't heard before.
- How to be like Indiana Jones (the world's most famous archaeologist)!

Activities During the Week

We will begin the week with activities to learn about archaeology. We will practice some of the strategies archeologists use in examining ancient cultures, look over some famous archaeological sites, and try to solve some of the past's most well kept secrets. We will also visit an archeology lab and see some archeologists at work. At the end of the week, we'll visit a dig that is right in our own back yard and learn about how we can go on with the study of archaeology in our every day lives.

Before You Sign Up, Make Sure You Know

This will be a small Exploratorium designed for the student who wants a challenge from school right up until the end! Be ready to seriously engage and participate.

Cape Lookout: The Edge of the Earth

Christel Greiner

Week 3

Location:

Cape Lookout, Outer Banks NC

Costs

\$25.00

Brief Description of Course

Ahhhhh....the Outer Banks. Beach, sand, turtles, waves, wild horses. How else would you want to spend the last days of school? Imagine three days of learning, playing, and relaxing at the beach to end an exciting year of Middle School at CFS. In this Exploratorium you'll have opportunities to interact with the natural world of Cape Lookout National Seashore. You'll have time to study, observe, explore, play, relax, and reflect. Be sure to bring your journal or sketchbook to capture some majestic moments of our journey or simply reflect on your experiences of the year.

By the End of This Class You Will Know. . .

- The physical environment of Cape Lookout National Seashore.
- The habitats and ecosystems of sea turtles, wild horses, birds, and local marine life.
- How you can protect and preserve our treasured coastline.

Activities During the Week

Once we arrive, we'll be setting up in our cabin on the beach. Around the cabin we'll be exploring the beach, shelling, playing Bocci Ball and other beach games, cooking our meals, playing group games, writing, drawing, star gazing, and just relaxing. A short beach drive away is the outstanding Cape Lookout Lighthouse and Ranger Station. We'll tour the lighthouse and hike with a park ranger from "sea to sound" exploring the natural environment and learning how we can help protect it. A beach clean up will give us a chance to give back and serve the area before heading home to CFS.

Before You Sign Up, Make Sure You Know...

Participants must be responsible and willing to help with cabin maintenance, including set-up, cooking meals and mealtime clean up. Students should have an appreciation for aquatic life and coastal nature and be prepared to do an in depth study of them both.

Fantasies & Fairytales

Rachel Galper

Week 3

Location

CFS and local school

Costs

None

Brief Description of Course

Telling and listening to stories of make believe is a time honored ritual throughout the world. Stories have the power to awaken hope, magic, a deep sense of possibility, and the thrill of adventure. In this workshop, we will use our favorite tales as the jumping off point for creating and sharing our own. Music, movement, song, poetry, improvisation all join forces as we become the storytellers we truly are!

By the End of This Class You Will. . .

- Understand the basic elements of a strong story
- Create one or more stories of your own
- Learn ways to engage your audience as a storyteller
- Give yourself a new storytelling name
- Create a story keeper
- Share your creations with children from another school
- Develop greater confidence in yourself

Activities During the Week

During this workshop, we will be listening to fairy tales, fables, and myths from around the world, including some of your favorites (please bring the books). Using the theme of *home* (going, coming, leaving, losing, finding...), we will learn to create new beginnings and endings for some of these stories and experiment with music, movement, song, poetry, and gesture to make them come alive. We will also travel to a school in Durham to exchange and co-create stories with their students.

Before You Sign Up, Make Sure You Know...

Bring any vintage and glittered clothing and accessories (or clothing you can decorate), small and special found objects for your story keeper, notebook and pencils, your favorite children's stories, and any musical instruments you wish to use.

Graffiti... NOT!

Ida Trisolini

Week 3

Location

CFS

Costs

None

Brief Description of Course

Students in this class will design and paint murals on at least two of the MS bathroom walls. We will do it all from designing the picture to buying the paint and eventually painting our beautiful mural on the wall.

By the End of This Class You Will Know...

- How to enlarge a drawing to scale
- How to accurately estimate paint quantities based on square footage
- Specific detail painting techniques
- Write a budget for a project
- How to see a project through from conception to clean-up

Activities During the Week

We will design and execute murals on the walls of at least two of the bathroom walls in the MS. After we choose a theme, students will propose design ideas. Once a design is chosen, we will enlarge it to fit the wall and paint!

Before You Sign Up, Make Sure You Know...

You need no mural painting experience. Any skill level will be helpful. You will be doing lots of basic math as a part of this class. Students will earn 5 service hours.

MS Webpage & Computer Explorations

Robert Bittle

Week 3

Location

CFS

Costs

None

Brief Description of Course

We will explore various computer programs including Flash, DreamWeaver, iPhoto, iMovie, PowerPoint, etc. I am particularly interested in kids willing to work on the Middle School Website.

By the End of This Class You Will Know...

- You will develop a new MS webpage with a classmate, and still have time to explore other fun computer programs.

Activities During the Week

- Making a webpage with a partner
- Exploring various computer programs
- Photo sessions around campus

Before You Sign Up, Make Sure You Know...

You will have to be prepared to work cooperatively with a partner for some activities.

If Writing is Your Passion. . .

Caitlin Prillaman

Week 3

Location

CFS

Costs

None

Brief Description of Course

In this class, you will work on getting more comfortable with your own voice as a writer and at the same time to step out of your comfort zone to try something new. You will practice using different strategies to inspire your writing to take your voice to new yet to be explored places.

By the End of This Class You Will. . .

- Write at least one piece of short fiction and several poems
- Gain a greater appreciation for the writing process
- See a clear connection between writing, the environment and other art forms
- Listen to and share literary work with your peers

Activities During the Week

We will divide each of our days into two parts. In each of those sessions, we will begin with an experience to inspire us. These experiences will include artwork (our own and others), music, experiences in nature, and clips from a variety of films. We will use these experiences to set our writing into motion. Our writing will be focused on short fiction and poetry. We will have opportunities each day to share our writing in order to fuel our passion.

Before You Sign Up, Make Sure You Know...

- This class is for a small group of experienced writers who consider writing to be their passion. You need to be willing to share your work and to be coached in new ways of thinking about your writing.
- You will be asked to complete some writing assignments at home.
- Bring your favorite kind of paper and your favorite selection of pens!

A Marvelous Music Adventure

Natalie Gilbert

Week 3

Location

Musician's recording studio in Chapel Hill, Music Explorium in Durham and CFS

Costs

None

Brief Description of Course

If you'd like to have three days of musical FUN, this Exploratorium is for you! (You needn't know ANYTHING about music!) If you have always wondered what it is really like to be a musician, here's your chance. We will have the opportunity to experience "up close and personal" the lives of several local musicians, including going to a recording studio and making our own cd, as well as having a drumming fest at the Music Explorium.

By the End of This Class You Will Know. . .

- What it is like to record in a recording studio (we'll do this.)
- What it is like to play music all day and get paid for it.
- Hands -on musical experiences with some fantastic professional musicians.
- A day of drumming! (no experience necessary)

Activities During the Week

Come have a blast with this 3 day intensive exploratorium. Monday we will go to the Music Explorium in Durham and experience a drumming extravaganza. Tuesday we will visit a recording studio of local drummer and Nashville recording artist Jim Roberts, Wednesday we will have a visit on campus with David DiGiussepi, guitar and mandolin player and CFS' s very own Natalie Gilbert.

Before You Sign Up, Make Sure You Know...

You do NOT have to play an instrument to join this Exploratorium! If you DO play an instrument, bring it along.

Mostly Origami

Mary Chrestenson-Becker

Week 3

Location

CFS

Costs

None

Brief Description of Course

WANTED--nimble fingered paper folders and paper "engineers" to make Very Cool Things out of paper (stellated octahedrons, boxes and hexaflexagons to name a few). We'll do some traditional origami and unit origami with some other fun and entertaining paper creations (puzzles, mobius strips...) sprinkled in here and there! You might learn some geometry along the way, but you don't have to be whiz at math (or origami) to enjoy this class.

By the End of This Class You Will Know. . .

- How to assemble origami models from many identical pieces
- How to fold more accurately
- How to follow oral and written origami instructions (better than you did before!)--how to problem solve when you are stuck
- How to make a cube, a stellated octahedron, perhaps a stellated icosahedron, a hexaflexagon, a box...
- How to "flex" a hexaflexagon
- How to make some "paper puzzles"

Activities During the Week

During this three-day Exploratorium, every day we will work on new origami projects--some will be unit origami--models made of multiple pieces that interlock. We'll spend some time making and playing with hexaflexagons--wonderful and intriguing paper "toys". Students will have a chance to pick a model to make following *written* instructions. We might have a sharing time, when we bring in models and instructions from home. Kids will be able to try their hand at making new models, new versions of old models, or old models using unusual paper. There will be lots of books to browse through for inspiration (and a book list to take home at the end). I'll share my favorite source for buying origami paper and we'll talk about using paper around the house for some projects. We will give our big muscles some exercise during breaks--and we'll stretch often! For an occasional change of pace, we will make small paper puzzle projects now and then. If the students would like to set up a display to show their creations to other CFS students (and perhaps parents) on the last day, we might be able to do that.

Before You Sign Up, Make Sure You Know...

What to bring to class every day--patience, confidence, glasses (if you need them for close work), clean hands, ideas and enthusiasm.

Podcasting

Matthew Ross

Week 3

Location

CFS

Costs

None

Brief Description of Course

Almost everyone I know now has an iPod. Next to almost everyone I know enjoys listening to some form of podcast (a regularly updated audio/video program that can be downloaded onto a mp3 player). Using the Mac Lab, students will be learning how to podcast and creating their own podcast on a subject matter of choice.

By the End of This Class You Will Know. . .

- More about podcasting and using your iPod
- How to create a simple podcast using Apple's GarageBand
- How to publish a podcast on iTunes

Activities During the Week

We will spend much of our time in the lab learning about and creating our podcasts. Some time in the beginning will be devoted to brainstorming topics and outlines, but the majority of time will be spent on the computer creating our podcasts. Instruction and guidance will be available throughout the week on an individual and group basis.

Before You Sign Up, Make Sure You Know...

How to use and are comfortable with an Apple computer, have an interest in podcasting, and have a topic in mind so that you are ready to get down to work on your own podcast.

Scrapbook and Slideshow

Henry Walker

Week 3

Location

CFS

Costs

None

Brief Description of Course

We will make a scrapbook of this year to be kept in Henry's room with those from the last 10+ years. Plus we will make a slideshow to present to the middle school the last day before summer vacation.

By the End of This Class You Will Know. . .

- How to choose pictures to put together a scrapbook
- How to choose pictures to put together a slideshow

Activities During the Week

Choosing pictures, gluing pictures, contact papering pictures. Slide show: choosing pictures and music cleaning up and doing a lot of sorting.

Before You Sign Up, Make Sure You Know...

Responsibility and creativity are vital. Plus, working with others is required so skills in getting along well with coworkers would be good

Beyond Yoga

Jamie Powell

Week 3

Location

CFS

Costs

None

Brief Description of Course

A 3 Day Adventure into Limitless You! Ok, so we know there is lots to explore in the vast regions of outer space, but what about the hardly explored territory of inner space? What is it like to be you? How is it to have your body and move around in your life? In this course, we will use different mind-body techniques like yoga, meditation, writing, and other body-friendly activities to create your personal daily self care routine that will prepare you for the best year of your life. I totally believe that world peace begins at home, and our bodies are our homes!

By the End of This Class You Will Know. . .

- We humans were not born with an instruction manual, perhaps because we are all so different, and require different things, but at the end of this course, YOU will create your own instruction manual for the care of your own personal body and mind.

Activities During the Week

Activities during the week will include: Ice breakers, meditation techniques, the use of sound with meditation, mantra. . .exploration of the Divine, journaling, and free writing. We will also participate in yoga classes including active and restorative yoga. We will learn yoga philosophy by studying the eight limbs of yoga. We will also learn about our body systems with emphasis on mindful eating, movement, and deep rest. (This is a learned skill!)

Before You Sign Up, Make Sure You Know...

Students who sign up for this course should bring an open and willing mind. This will be a safe space to explore new activities in order to know what fits for you and what does not. Some things we do might make you giggle, while some might stir up tears or other feelings. The intention of the workshop is to create a safe space where movement, feelings and self-expression are respected and allowed to blossom.

Participants will need a yoga mat, a pillow and blanket, a journal and pen, markers or crayons, clothes to move in (inside and outside), shoes to run or walk, a water bottle, a willingness to learn and an open mind and heart.