

Bow High School ~ Intersession 2012 ~ Activities Packet

Intersession is a unique learning experience that allows currently enrolled BHS students the opportunity to explore interests in an informal and relaxed setting. The Bow School Board has approved the offerings in this booklet, which has been prepared as your guide to select an Intersession activity.

Intersession will take place Wednesday, April 18 through Friday, April 20, 2012.

ALL students are expected to participate in Intersession for the three full days.

Assessment for Intersession is part of a BHS student's permanent transcript. Grading will be as follows: SP ~ Successful Participation, NP ~ Non Participation, or EP ~ Excused or Exempt from Participation.

Seniors are expected to participate in Intersession, they will be given first priority in the placement process. Notes from parents will not excuse (EP) students from participation.

Overnight and day trips have been arranged for any BHS student who is in "good standing" demonstrated by positive effort in classes, school attendance, and good citizenship in the school and community. Students who fail to meet these requirements will not be allowed to participate in such trips. Students are considered ineligible for overnight trips if they have been involved in any major or repeated violations of the BHS Code of Conduct.

Students and parents are asked to make 7 Intersession choices on the selection form which can be found on the last page of this booklet.

A parent/guardian's signature is REQUIRED on the selection form.

Intersession Time Line

November 4th – The Intersession packet of activities will be posted on the BHS website and parents will receive a copy of the packet through the Messages link on the Home Page of the Parent Portal.

November 8th – Intersession discussion in Advisory. Sign up sheets will be distributed.

November 15th – Community Meeting "All you need to know about Intersession". Faculty and staff will present information about their activities for students.

November 18th – Intersession activity Request Forms are due and will be collected in Advisory. Students must be present in advisory to submit their request.

December 2nd – Students will receive confirmation cards in Advisory

December 9th - All Intersession groups will meet during break.

December 15th – All Intersession groups will meet, One half of Intersession money due to ensure student placement (non-refundable)

DAY ACTIVITIES

A Culinary Mini-Institute

Don Gage and Nancy Smith

Activity Objectives:

- Learn techniques in the art of baking
- Learn techniques in the art of entrée preparation
- Learn techniques in the service end of culinary arts
- Learn plating techniques

Like cooking? Ever think about it as a career? Then explore the culinary arts with three working days in a culinary institute at Southern New Hampshire University. We will study the culinary arts by working in actual teaching kitchens. One day will be spent learning baking techniques, one day will be spent learning in culinary classrooms/kitchens and the final day will be spent learning the service and preparation skills necessary to produce a lunch at a functioning restaurant. This mini institute includes both classroom and hands- on kitchen experience. Lunch is provided each day.

Cost \$150

Number of Students: 16

All About Carting!

Christopher E. Naimie

Activity Objectives:

- Engineering analysis of 2 and 4-stroke motors
- Math/Physics analysis of kinematic and dynamic data collected at track
- Go-Cart Racing at RT106 Race Park (Concord, NH)
 - Individual time-trial driving of go-carts on road course
 - Group practice (5 go-carts per 10 lap event) on road course
 - Heat races (5 go-carts per 10 lap event) on road course
 - Heat races (5 go-carts per 20 lap event) on oval

This intersession will incorporate physics, mathematics, engineering, and tactile/experiential components of go-carting. Students will expand their understanding of how mathematics, engineering, physics, and data collection can be applied to go-carting specifically and automobile operation more generally. They will be actively engaged by driving the go-carts, analyzing data, disassembling a 2 or 4-stroke motor, and reflecting on their data analysis to improve their driving skill. Positive relationships will be promoted by their working with their classmates, their teacher, and the staff at RT106 Racepark.

Cost per: \$150-200

Number of Students: 15

AMC White Mountain Trekking

Christine Bourque & Drew Groves

Activity Objectives:

- Lifelong activity
- Physical well-being
- Appreciating and exploring the natural world- ecology
- Respect nature and individuals while in a challenging environment

Students will spend 3 days exploring several challenging day hikes in or near the White Mountain National Forest. Attention will be given to the proper equipment for varied conditions while in the wilderness, appreciation of natural habitats and biological diversity, and individual physical well-being in remote locations.

Cost: \$80 - 100

Number of students: 18

Beantown Express!

Dave Raynard & Gina Aubin

Activity Objectives:

- Students will effectively plan, budget, and problem solve.
- Students will investigate historical aspects of Boston.
- Students will explore educational and cultural experiences of Boston.
- Students will develop team-building skills.

Working together, students will explore BeanTown on three separate day trips to this historic city. On day one we will visit the Museum of Science, examining the exhibits and presentations. Day two will feature a tour of Fenway Park, an exploration of the entire city on the famous Duck Tours, and the cultural experience of Blue Man Group. Day three will include an historical explanation of the city via the Prudential Observation Tower, walking the Freedom Trail, and exploring Faneuil Hall at Quincy Market.

Cost: \$125

Number of Students: 30

BHS PGA Golf

Chris Gaudreau, Bill Dodge, Jim Kaufman

Activity Objectives:

- Lifelong skill
- PGA instruction
- Rules and etiquette of lifelong skill
- Interpersonal skills

Three days on NH links learning a lifelong skill, including 36 holes of golf, indoor practice, and PGA instruction.

Cost: \$180 - 200

Number of Students: 27

Black and White Photography

Kathy Veilleux

Activity Objectives:

- Students will explore and appreciate the designs and patterns that surround us
- Students will plan, execute, process and develop an idea from concept through completion
- Students will learn how to use the darkroom tools and practices to create their own 8x10 black and white photograph

The end result of this activity is that each student will plan, shoot, develop, print and frame their own 8x10 black and white photographs. We will take a day trip to either Boston, the mountains or the coast to take pictures with "old style" film Single Lens Reflex (SLR) cameras. We will augment the days' shooting with digital cameras for comparison. The students will learn how to load the film into the camera, basic shooting techniques, how to develop the film, create a test strip, choose the best picture for developing, mixing and proper handling of darkroom chemicals, exposing, developing and drying the print, and finally mounting for framing. The cost includes lunch for 2 of the 3 days. It is not required that each student have their own SLR, but if they do have access to one that would make things smoother. So far I have access to four; students can share.

Cost: \$40-50

Number of Students: 15

Chillin' n Grillin'

Ben Forbes & Leesa Hudak

Activity Objectives:

- Learn how to construct and decorate an Adirondack chair
- Learn how to prepare and grill a variety of foods.
- Learn safety techniques for using basic hand tools and a gas grill.

Ever go to the perfect backyard BBQ and wonder how people put everything together? Here's your chance to find out – we will be constructing and decorating Adirondack chairs; we will also prepare some great BBQ basics on the grill.

Cost: \$100-150

Number of Students: 30

Close Encounters of the Bow Kind

Sam Dixon and Brenda Mitchell

Activity Objectives:

- To learn filmmaking skills including costuming, prop making, storyboarding, and other pre-production techniques.
- To study and create special effects
- To explore and use the editing program Final Cut
- To explore theories and ideas regarding the known and unknown universe.
- To explore the science fiction genre (space exploration) through film

A long time ago, in a galaxy far, far away, several bold intersession participants will **boldly go where no intersession participants have gone before**—Alien High, a school in outer space that might just have **chompy, crushy things in the hallway**. **To infinity and beyond**, these participants will explore the universe **in peace, and with goodwill**. Packed with a **9000 model supercomputer**, students will create planets and alien species, maybe near **Zeta II Reticuli or LV-426**. Using makeup and costuming and special effects, we will film our TV show *Alien High*, a story of alien teenagers and their alien teacher. And remember, **we're not the only thing flyin' around out there. Or the biggest. So freeze those knees, my chickadees**, and if you're a bit nervous, **it's perfectly normal paranoia. Everyone in the universe gets that. Just don't forget your towel**.

Cost: \$40-50

Number of Students: 20

Deception, Destruction & Dastardly Deeds

Paul Cohen, Derek DeAngelis

Activity Objectives:

- To expose students to the mathematical field of cryptography.
- To expose students to the historical impact that espionage and covert operations have had in determining the outcome of conflicts and politics.
- To offer students the chance to learn about espionage techniques and how they are used in today's world.
- To provide students the chance to learn how history has been affected/influenced by the role of spies, saboteurs, and covert operators.

This activity will afford students the chance to learn about espionage, cryptography, codes, and history, and how each of these pursuits are interconnected.

Cost: \$20

Number of Students: 40

Good Clean Fun

Brenda Barth and Heidi Pauer

Activity Objectives:

- Students will examine their place in the natural world.
- Students will develop an increased appreciation for healthy choices for recreation and for stress reduction.
- Students will explore activities that will use creativity, imagination, and team work.

Are you most content outdoors? Do you wish you could just slow down and enjoy the simple things in life? Do you look at a kid's playground with envy? When was the last time you went on a nature walk, blew bubbles, flew a kite, created art just for fun, or went on a scavenger hunt? If you can't remember the last time you did those activities, or if you did them yesterday, then this Intersession choice is for you! We will explore what it means to be unplugged and creative with our activities. You will have a lot of say in what we do day to day, but one thing is for sure, it will be good, clean fun!

Cost: \$0

Number of Students: 30

Green Glam

Angel Burke, Maureen Ariel, Lucy Mottola

Activity Objectives:

- By participating in this intersession students will be actively involved in promoting positive relationships in an active learning environment by:
- Understand the importance of recycling on the environment
- Create new fashion designs from recycled articles while learning basic sewing skills.
- Identify ways to reduce our carbon footprint.
- Understand that our actions are directly or indirectly connected to the environment

Explore how to go green with fashion. We will start by creating new fashion items from recycled articles found at thrift stores. This intersession will include shopping at thrift stores, creating new articles of clothing, jewelry making from recycled products and exploring locally grown food. You will learn how to reduce your carbon footprint while still dressing fashionably.

Cost \$75

Number of Students: 30

Guitar Workshop

Paul Bourgelais

Activity Objectives:

- Students will work on guitars
- Students will practice guitar maintenance
- Students will apply music theory

Do you know how to play guitar but want to improve? If the answer is: YES! Then try this 3-day guitar workshop.

Students will work on guitar styles, playing chords, melodies and soloing. Students will practice guitar maintenance and repair, play in an ensemble, and apply music theory to the guitar, Garage Band and recording.

Cost: \$0

Number of Students: 15

Sea Perch Remotely Operated Vehicles (ROV)

Stan Wawrzyniak and Marcel Duhaime

Activity Objectives:

- Introduce students to the engineering design process.
- Introduce students to buoyancy principles.
- Introduce students to building techniques for submersible ROVs.
- Introduce students to ROV controls and operations.

Students will work in teams of two to design and build an underwater remotely operated vehicle using readily available resources and materials. All efforts will be made to minimize costs. This activity will conclude with an underwater competition held on-site.

Cost: \$50 – 100

Number of Students: 20

Vertical Dreams

Jacob Ross and Cliff Chulada

Activity Objectives:

- Obtain outdoor adventure skills from professionals
- Learn the history of NH forests
- Observe flora and fauna in NH forests
- Demonstrate interpersonal skills and group skills

This outdoor adventure is not for the faint of heart. On day one tour the tree tops as you zipline from treetop to treetop at over 200 feet above the ground at Alpine Adventures in Lincoln N.H. ending in a fantastic 80 foot drop at over 50 miles per hour. Day two we take an off road safari where you will travel in a Pinzgauer to do some off road mudding to remote sites on Barron mountain, seeing the flora and fauna of NH forests. Then spend some time in "Thrillville," moving over suspended bridges, cargo nets, rope ladders, Powerfan free fall and end with a courage testing free fall swing. On the last day we change it up and head to Vertical Dreams rock climbing. Beginners and experts will enjoy a day of climbing, belaying and team building. Note: this is an outdoor activity that will run rain or shine. Students are expected to bring their own lunch.

Cost: \$325 - 350

Number of students: 17

Overnight Activities

A Taste of New England

Helene Begley, Cheryl Joseph

Activity Objectives:

- Students will understand the importance and application of teamwork
- Students will explore career choices and evaluate importance
- Students will evaluate workplace diversity and its connection to individuality
- Students will embrace the entrepreneurial spirit and “can do” work ethic

Explore New England's culinary flavors through experiencing tours and tastes of local businesses that have become successful in the region. This intersession will take you to York, Maine to tour the facilities, observe a cooking demonstration and partake in a meal at Stonewall Kitchen. The following day we will travel north to the Lakes Region of New Hampshire touring Spring Ledge Organic Farm in New London. Vermont is the next destination for some “hands-on” experience in baking at King Arthur Flour in Norwich. Moving through the state, we will tour and sample Ben and Jerry's Ice Cream and visit the Shelburne Farm or Cabot Creamery where cheese is the main attraction. Touring Vermont Teddy, participants will also make a bear. This intersession is an overnight with a one-night stay in Burlington, Vermont. The fee covers van transportation, hotel, meals and all activities.

Cost: \$300 - 335

Number of Students: 18

Adirondack Adventure

Michelle Cadorette, Gay Longnecker, Lily Woo, Tara Mack

Activity Objectives:

- Develop students' appreciation of the “Olympic Spirit” and of US Olympic history
- Introduce students to new sport experiences (curling, bobsled, luge, skeleton, biathlon)
- Encourage students' appreciation of the Adirondack Mountain scenery
- Expose students to diverse travel experiences and work with them to be ambassadors for Bow High School
- Foster appreciation of ‘small town America’ and “vintage” dining

Love the Olympics? Love being outdoors? Love having fun? Join us as we travel to Lake Placid, NY! We'll tour the U.S. Olympic Training Center, the Mt. Van Hoevenberg Bobsledding Complex and the Ski Jumping Center where students will experience the sensation of being at the top and looking down the 120 meter ski jump. We will visit the Olympic Ice Arena (home of the US Men's Hockey Team's “miracle on ice”), see the 1932 and 1980 Lake Placid Winter Olympic Museum. We plan to rent ice time at the arena and organize the first ever BHS Curling Tournament.

As we travel the five hour journey to Lake Placid, we will stop briefly in Queechee Gorge and see Vermont's “Little Grand Canyon”. Once in the Adirondacks, students will see cascading waterfalls and lots of beautiful views along the way. Our hotel, High Peaks Resort, will provide some delicious meals and one night, we will dine at the vintage restaurant Howard Johnson's. Students will have time to walk around Mirror Lake and have time to patronize some local shops in Lake Placid's village. Remember: in Lake Placid the Olympics are not every four years - they're every day!

Cost: \$250 - 275

Number of Students: 24

Amazing Newport

Connie Evans and Lisa Ziebell

Activity Objectives:

- To contrast 21st Century life with mid 19th to 20th Century life of servants and their wealthy employers
- To learn about Newport's history
- To learn about Rhode Island's tolerance and freedom of religion in the 1700's

We will visit 4 mansions, go to the oldest synagogue in America and learn about historic Newport on a Lantern Tour of Colonial Newport.

Cost: \$200-220

Number of Students: 18

Baltimore, MD - Sandtown Habitat for Humanity

Anne Barnea & Sgt.Lougee

Looking for a community service AND a fun trip? Then this is your intersession activity! We will fly from Manchester to Baltimore Wednesday morning and work with the Sandtown Habitat for Humanity all day Wednesday and Thursday and on Friday morning. Our evening and other activities will include a night at Baltimore's Historic Inner Harbor and a Friday afternoon tour of Oriole Park at Camden Yards. We will fly back to Manchester late Friday afternoon. YOU MUST BE 16 to participate in this Intersession activity.

Cost: \$500

Number of students: 10

Denmark

Dan Calder & Amanda Guilbert

Activity Objectives:

- To experience the history and culture of Denmark
- To learn about everyday life as a house guest of a Danish family
- To teach the students in Haslev Gymnasium about Bow, NH
- To participate in a science focused project

We are planning a science focused educational exchange with students from Haslev, Denmark. While in Denmark we will live with Danish hosts and attend school at Haslev Gymnasium, thereby having each visitor come away with unique experiences. Students will participate in excursions to the Danish parliament, several cathedrals, visit the Little Mermaid as made famous by Hans Christian Anderson, as well as visit the Danish countryside. As the Danes have visited us in the past, so shall we be open to their hospitality as they open their homes and offer a glimpse into one of the most energy-efficient societies in the world. **Proposed Travel dates: Saturday, April 14 - Saturday, April 22, 2010**

Cost: \$1,350 – 1,500

Number of Students: Already determined

Dolphins and Tigers and Fun, Oh My!

Leslie Bean & Martha Rae

Activity Objectives:

- Develop students' appreciation of the importance of animal rescue and protection
- Learn about exotic cats; tigers, lions, leopards and more by visiting Big Cat Rescue Sanctuary
- Introduce students to "Winter", the bottle-nosed dolphin featured in the movie, *A Dolphin's Tale* and the ever expanding field of marine biology and prosthetic engineering
- Expose students to the diverse wildlife and fauna of the coastal habitat on Caladesi Island home to sea oats, piping plovers and other gulf shorebirds.
- Explore the "Old World" Greek village of Tarpon Springs and its history of sponge diving

Love animals? Like the outdoors? Like travel and adventure? Then join us as we travel to Tampa, Florida for an experience of a lifetime. We'll begin our adventure at the Clearwater Marine Aquarium which is the official home of Winter, the tailless dolphin made famous in the newly released movie, *A Dolphin's Tale*. We will spend time behind the scenes on a guided tour learning about Winter, his artificial tale and watching trainers care for sea turtles, otters, sharks and more! We'll walk the beach dunes at Caladesi Island State Park, spend some time relaxing on the beach and watching the native shorebirds; perhaps we'll even see dolphins swimming in the gulf as we watch a breath-taking sunset over the Gulf of Mexico. Our next day is a day for fun, adventure and more animal experiences in the Dark Continent at Busch Gardens.

Our final day will begin with a guided tour of the Big Cat Animal rescue sanctuary, home to more than 100 large cats of 15 different species. We'll be seeing these magnificent animals from as close as 3-6 feet away as we learn about their lives, facts about the species and wildlife issues. Our final experience will be in Tarpon Springs a town settled by Greek immigrants from the Dodecanese Islands in the late 19th century to harvest sponges, which grew in abundance offshore. We'll visit the sponge docks and learn how natural sponges were once collected.

We plan to leave NH on Wednesday morning and return late Friday night. This is an all-inclusive trip with \$360 budgeted for airfare. A \$400, non-refundable deposit is due December 6th. You can learn more about the places we'll visit at <http://seewinter.com> and <http://bigcatrescue.org/>

Cost: \$680 - 720

Number of Students: 12

Peru Trip

Heather Rosenbleeth & Colony Barrett

Activity Objectives:

- Learn about the culture of Peru-past and present
- Use the Spanish language in a native setting
- Perform community service
- Learn about Peru's history

Students will fly to Peru where they will visit a school or orphanage and spend time doing activities with students. We will continue our tour with visits to some of their famous and historical sites including Machu Picchu.

Cost: \$2,700

Number of Students: Already determined

New York City

Grace Freije, Jeanette Lizotte, Melissa Cook, Denise Gridley

Activity Objectives:

- To experience and learn the history of famous landmarks in NYC.
- To learn the culture and backgrounds of the different NYC neighborhoods
- To experience the culture and atmosphere of a Broadway show
- To learn the differences of a large city life compared to small town NH

We Love New York! With our personal tour guides, we will explore the neighborhoods of New York City; visit the memorial fountains at Ground Zero, take in Rockefeller Center, experience High Line Park, lunch at Grand Central Terminal (Station) and shop in China town, along 5th Ave and Times Square. We will take a step back in time on Ellis Island and wave back at the Grand Lady (Statue of Liberty) as we take a short cruise around New York harbor and then see her again from the top of the Empire State Building.

We will enjoy dinner and pastry in little Italy, and then take in a Broadway show! We will visit Battery Park along the waterfront and take a stroll through Central Park on our way to the Metropolitan Museum of Art where you can see an original work of art by your favorite artist. Cost includes bus, tickets to all events, hotel, and breakfast at hotel on Thursday and Friday, dinner on Wednesday and Thursday nights, and one lunch included (TBA). Students will pay for their own breakfast on Wednesday and their own lunch on two days. We will be leaving at 7 AM Wednesday and returning around 6 PM Friday.

Cost: \$575 - 600

Number of students: 40

Stowe Away

Joy Dustin, Michelle Jaques, Michelle Downie

Activity Objectives:

- To increase awareness of the importance of physical fitness
- To become educated in eating to keep our bodies fit and healthy
- To discover new methods of managing stress
- To experience diverse forms of activity meant to promote wellness of both the body and mind

Students will stay at the Stoweflake Inn in Stowe, Vermont and experience multiple workshops each day focusing on fitness, nutrition and stress management. Classes will include those on physical fitness (including Nordic walking and yoga), healthy cooking and eating, meditation to relieve stress and the benefits of aromatherapy. The cost of this trip also includes three delicious, full-course meals each day, as well as all-day access to their award-winning spa and facilities. Please feel free to refer to the resort's website to see all they have to offer their guests (www.stoweflake.com)!

Cost: \$350-400

Number of Students: 24

White Water Rafting

Jackie Coe & Cathy Knowles

Activity Objectives:

- Environmental awareness
- Outdoor adventure
- Teamwork/team building

We will take 10 passenger vans up to The Forks, ME, and stay in cabins at Crab Apple Whitewater. We will be stopping off in York, ME for lunch on the way up. We raft during the day on Thursday, and there are the options of hiking, swimming, or paintball in the evening. Friday we have breakfast and depart for BHS.

Cost: \$275 - 300

Number of students: 18

Windy City Tour

Colleen DesRuisseaux and Jonsey Rainville

Activity Objectives:

- Historical aspects of the city of Chicago
- Learning to travel in a large city outside of New England

This will be a 3 day whirl wind tour of the Windy City – Chicago; Chi-town, baby. This city has a great history, and we will go on different tours and visit many famous places in our 3 days. We will visit Navy Pier, Cloud Gate, take a duck tour of the city, visit the city gallery in the historic water tower, look down from the Sears Tower sky deck, visit Millennium Park, see Michael Jordan's famous bronze statue, visit Lincoln Park Zoo and walk The Magnificent Mile (shopping and lunch). At night, we will take in a Chicago White Sox Game, and a dinner theatre production of the roaring '20's in Chicago called "Tommy Gun's Garage". Price is all inclusive: Airfare, transfers, Hotel, all meals and activities/tours. We plan to get an early morning flight out of Manchester on Wednesday morning and return Friday night. A nonrefundable deposit of \$250 will be due December 5th to Colleen to reserve airfare.

Cost: \$700-850 depending on flights

Number of Students: 12

Student Name: _____ Advisory: _____ Grade: _____

Detach and Return to Advisor by November 18, 2011

- **ALL STUDENTS** are expected to participate in an Intersession activity.
- **Overnight trips tend to fill-up quickly; please do NOT list all of your choices as overnight trips.**

Intersession Selection Request Form

1st Choice: _____

2nd Choice: _____

3rd Choice: _____

4th Choice: _____

5th Choice: _____

6th Choice: _____

7th Choice: _____

As a parent/guardian, I have read through the Intersession offerings and have worked with my child to choose an appropriate activity, both educationally and financially.

- **I understand the financial and time commitments involved with each of the activities that we have chosen.**
- **I understand that deposits are non-refundable and non-transferable to other Intersession activities.**
- **I have also made note of the time-line at the front of the packet, which includes the deadlines for this sheet and for the initial and final trip deposits.**

Parent/ Guardian Signature: _____ **Date:** _____