



NMHS

YEAR END STUDIES

(YES) Plan '19

WHY & HOW

NMHS concludes the school year with the Year End Studies (YES) plan. The YES plan offers exciting alternative learning opportunities to all students in the NMHS community. These non-traditional courses expand student understanding and inspire new student interests. Intensive, interest-driven courses enhance enthusiasm for learning and strengthen relationships within NMHS and the Northfield community.

Options:

Students may sign up for one full-day course or two half-day courses. Juniors or Seniors who are interested in a work study/job shadow as their afternoon half-day course must meet with Mr. Parkman for approval.

Habits of Success of All Learners:

The YES plan affords students the opportunities to earn Performance Indicators (PIs) that are assigned to each course. However, as these are not traditional courses with grade books, it is the students' responsibility to collect and present evidence in Protean for PI verification.

Regarding this student choice, it is important to teachers and students alike to provide a fun venue for learning and for students to interact with each other and the faculty in an authentic way. YES is a time to come together, build relationships, and engage in low-stress experiential learning for its own sake. That being said, we still aim to provide students with a way to showcase their valuable learning and earn PIs for the activities in which they are engaged. Students may also earn additional HoS PIs if they can provide authentic and sufficient evidence.

Course Registration:

Course registration will be through an online form that is emailed to students in mid-January. High School students will complete the form in TA or on their own; middle school students will complete the form during their TA period. Students should select their top 4 choices for morning and afternoon courses, or full day courses of interest. Course assignments will be posted by mid-spring.

Fees:

Some courses have fees attached to offset the cost of materials or travel. Students who are interested in a course that has a fee, but who are unsure of their ability to contribute, should meet with Mr. Parkman. Scholarship money is available.

Attendance:

The YES plan is a required part of the academic school year. Please schedule all appointments before the start of YES plan, or, in the afternoons after school. Please plan family vacations after the last day of school.

FULL DAY COURSES

<u>Course Title:</u> Build a Disc Golf Course Instructor(s): Ben Parker and Luke Foley	HABITS OF SUCCESS Performance Indicators
<p>Description: Build a Disc Golf Course is a full day, two week YES Plan course. We will work together to build 4-6 disc golf holes in the school forest near the outdoor classroom, and Garvey Field. Construction will include clearing fairways, moving brush, creating and installing signage, building tee boxes, and installing permanent disc golf baskets. If we finish early, we will play as much disc golf as we can on the new course.</p> <p>Class Size: 24 Eligible Grades: 6th – 12th Course Fee: none</p>	<p>Respectful Learner 1D Problem Solving: Applies problem solving strategies to responsibly manage daily academic, environmental and social situations.</p> <p>Responsible Learner 2F Citizenship: Contributes to the welfare of the classroom, school, and community, and participates in school and/or community service.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>

<p><u>Course Title:</u> Celebrating Vermont's Ancestral History: a view of land and food</p> <p>Instructor(s): Sandra Drown, Misse Axelrod, Judy Knapp</p> <p>Description: The course theme focuses on the history, traditional practices, and contributions of native agriculture and land stewardship in Vermont. Students will dive deep into practices and value of land use. Activities will include planting the schools 7 Sisters Garden, field trips to the community forest where hikes with special guests will teach how to read the landscape. A visit to Drift Farmstead will provide real farm experiences as well as visiting and reading the landscape. Abenaki special guests will teach how to work with nature to build useful tools and herbal medicine.</p> <p>Class Size: 24</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: \$25</p>	<p>HABITS OF SUCCESS</p> <p>Performance Indicators</p> <p>Respectful Learner 1D Problem Solving: Applies problem solving strategies to responsibly manage daily academic, environmental and social situations.</p> <p>Responsible Learner 2F Citizenship: Contributes to the welfare of the classroom, school and community, and participates in school and/or community service.</p> <p>Engaged Learner 3A Curiosity: Asks questions, seeks to understand why and values multiple perspectives.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
---	--

<p><u>Course Title: DUNGEONS & DRAGONS: A Student Driven Adventure, Full-Day Dungeon Master Edition</u></p> <p>Instructor(s): Eric Howard</p> <p>Description: Description: If you know what Dungeons & Dragons (D&D) is and are a regular Player Character (PC) or Dungeon Master (DM), come to this full day course where <u>you</u> will be creating the adventures. You will be building worlds and scenarios for 3-5 student PCs who will navigate these worlds and help tell an ever changing and developing story with their reactions to stimuli, dialog, interaction, and deeds. To enhance this experience, you will be supported in developing interesting and appropriate storylines and plots with the aid of a guest history lecturer to help set the scene, as well as a Skyped-in author, and a D&D podcaster, to discuss important literary elements such as the hero's journey and components of good, dynamic storytelling. It's time to tell your story and get involved in one of the most interesting games in the world!</p> <p>Class Size: 5 (By Application)</p> <p>Note: Application required Those interested in the DM class must get approval. Meet with Mr. Howard and/or submitting a D&D résumé or letter of interest showcasing experience as either a Player Character or a Dungeon Master. If you have no experience but are still interested, see Mr. Howard ASAP. Those dedicated and willing to start familiarizing themselves with the Rulebooks <u>now</u>, will be considered.</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1E Conflict Resolution: Knows and applies strategies to peacefully resolve conflicts individually and within a group.</p> <p>Responsible Learner 2D Revision and Reflection: Seeks and accepts feedback to reflect on progress and experiences in order to revise and improve</p> <p>Engaged Learner 3B Creativity: Generates new ideas and pursues alternative solutions supported by evidence.</p> <p>Effective Learner 4A Purpose: Adjusts communication to suit the audience, context and purpose.</p>
---	--

<p><u>Course Title:</u> Eat Your Way Around The World</p> <p>Instructor(s): Karen Hatch, Dot Higgin</p> <p>Description: Do you love to eat? Would you like to travel? Though we will not leave Vermont, we will bring the world to Vermont. This course will give you an opportunity to develop your culinary skills, and your understanding of how food fits into different cultures around the world...then eat it. This course may include guest speakers, chefs, and trips to guest kitchens.</p> <p>Class Size: 20</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS</p> <p>Performance Indicators</p> <p>Respectful Learner 1F Lifelong Learning : Identifies and actively pursues interests in preparation for lifelong learning and growth.</p> <p>Responsible Learner 2C Preparedness: Completes individual and group work using organizational strategies according to deadlines and expectations.</p> <p>Engaged Learner 3A Curiosity: Asks questions, seeks to understand why and values multiple perspectives.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
--	--

MORNING COURSES

<p><u>Course Title:</u> The Art of Nature (Part 1) and T-Shirt design (Part 2)</p> <p>Instructor(s): Shane Heath, Meg Lyons</p> <p>Description: One week of the YES course will involve students using Cricut Design Software (on computers) to design logos and images that will be printed onto iron-on heat vinyl transfer material and ironed onto T-shirts. These custom t-shirts can then be tie-dyed. Students will make at least 3 t-shirts that they will get to keep or give as gifts.</p> <p>The other week of the course will be creating art inspired by and sourced from nature. This may entail drawing or painting scenes and specimens from nature, creating sculptures from natural materials, using plants to dye fabric, using leaves/feathers in printmaking or sun printing, pressing plants and flowers, or nature photography. Students will make art that they can keep or give as gifts, and have the opportunity to collaborate on art installations for the school.</p> <p>Class Size: 24</p> <p>Eligible Grades: 6th - 12th</p> <p>Course Fee:</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Engaged Learner 3B Creativity: Generates new ideas and pursues alternative solutions supported by evidence.</p> <p>Effective Learner 4E Innovation: Identifies opportunities for innovation and collaboration.</p>
<p><u>Course Title:</u> Ballet</p> <p>Instructor(s): Amy Urling</p> <p>Description: Ballet is an artistic dance form involving making shapes with the body through jumps, turns, leaps, partnering, etc. As you participate in barre and center floor work, you will learn the terminology and technique needed to become a strong and beautiful dancer. In addition, you will be invited to help choreograph and participate in a performance for the NMHS Talent Show. All levels are invited.</p> <p>Class Size: 16</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2B Adaptability: Demonstrates flexibility to learn, unlearn and relearn by changing focus and goals as the situation demands.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>

<p><u>Course Title:</u> Bring your Pinterest Board to Life</p> <p>Instructor(s): Carrie Gilman, Jess Sweeney</p> <p>Description: Social-scrapbooking at its finest! You've seen the ads in the magazines, you've admired the pallet projects, make-up art, pajama pants, tote bags, lavish hair braids, and phone cases...and now, if you dream it, and pin it, we do it. With some special guest stars, you too can bedazzle Nikes like Sweeney, learn the perfect cat eye from Gilman, and do some light wood-working to boot. Bring your Pinterest Board to Life with us!</p> <p>Class Size: 20</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1F Lifelong Learning : Identifies and actively pursues interests in preparation for lifelong learning and growth</p> <p>Engaged Learner 3A Curiosity: Asks questions, seeks to understand why and values multiple perspectives.</p> <p>3B Creativity: Generates new ideas and pursues alternative solutions supported by evidence.</p>
---	---

<p><u>Course Title:</u> Building Bird Houses & Birding In Vermont</p> <p>Instructor(s): Cynthia Fortin, Tom O’Grady</p> <p>Description: Students will learn how to identify our feathered friends both by ear and by sight through visiting the town, fields and forests of Northfield. At the same time, students will build their own birdhouses and bird feeders to take home so they can help create bird habitats to increase the songbird populations of Vermont!</p> <p>Class Size: 18</p> <p>Eligible Grades: 6th - 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2F Citizenship: Contributes to the welfare of the classroom, school, and community, and participates in school and/or community service.</p>
--	---

<p><u>Course Title:</u> Contemporary Yoga</p> <p>Instructor(s): Leslie Sellars, Ann Bushey</p> <p>Description: Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There are a wide variety of yoga practices and this course will focus on the asana (physical movement) and pranayama (breath work) of Hatha yoga. We will move through sun salutations and standing postures and end each class with a relaxing shavasana (corpse pose).</p> <p>Class Size: 15-20</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee:</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1C Self-Respect: Cares for own physical and mental wellness, keeps safe physically and emotionally, and shows self-control.</p> <p>1F Lifelong Learning: Identifies and actively pursues interests in preparation for lifelong learning and growth.</p>
<p><u>Course Title:</u> The Great Northfield Baking Show</p> <p>Instructor(s): Katie Vincent, Leslie Striebe</p> <p>Description: In this session we will explore different aspects of baking and film the process of becoming an amateur baker. From bread to cakes and French patisserie to gluten free baking we will learn technique from experts in each area and then practice creating our own baked creations. The final day each person will bake a show-stopper to be presented to expert judges. We will film and edit our learning experiences through the two weeks and in the end will have the first episode of the great Northfield Baking Show.</p> <p>Class Size: 24</p> <p>Eligible Grades: 6th - 12th</p> <p>Course Fee: None</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p> <p>Responsible Learner 2C Preparedness: Completes individual and group work using organizational strategies according to deadlines and expectations.</p>

<u>Course Title: The Majical History Tour</u> Instructor(s): Michael Macijeski	HABITS OF SUCCESS Performance Indicators
<p>Description: How much history is out there in central Vermont? Tons! Hop on the Majical History Tour and join us for jaunts around the area. Stops will include Norwich University's Sullivan Museum, which is linked to the Smithsonian, and the Northfield Historical Society. Explore some of the stuff and meet some of the people and places that have made our area great!</p> <p>Class Size: 12 Eligible Grades: 6th - 12th Course Fee:</p>	<p>Engaged Learner 3A Curiosity: Asks questions, seeks to understand why and values multiple perspectives.</p> <p>3E Analysis: Reasons logically, looks for connections, compares and contrasts, finds patterns, makes inferences and determines importance.</p>

<u>Course Title: Need to Read</u> Instructor(s): Lorraine Monmaney	HABITS OF SUCCESS Performance Indicators
<p>Description: Need to read for pleasure! This is for students serious about wanting to REALLY read... silently! We will share our book with the "need to" readers every now and then. Hopefully, by the end of the YES plan you will have a book list to indulge in for summer reading!</p> <p>Class Size: 12 Eligible Grades: 6th – 12th Course Fee: none</p>	<p>Respectful Learner 1B Personal Integrity: Takes responsibility for actions, perseveres, and demonstrates honesty.</p> <p>Effective Learner 4A Purpose: Adjusts communication to suit the audience, context and purpose.</p>

<p><u>Course Title:</u> Northfield Haunted Historical Walking Tours</p> <p>Instructor(s): Justin Zabrosky, Cheryl Kissel</p> <p>Description: Over the years, in the dead of night, a number of people have seen Northfield's Phantom Gravedigger making rounds in St John's Roman Catholic Cemetery located within walking distance of the school. Let's explore our history and experience the goosebumps of our past. This walking adventure is open to all ages but not the weak of heart as we explore the history of our town. We will learn about the glory days of Northfield and its rich history of military education, mining and mill working as we look for abandoned mines and hidden tunnels; we will explore haunted libraries where books jump off the shelves, and see if we can answer the myth surrounding the Pigman of Northfield.</p> <p>Class Size: 24 Eligible Grades: 6th – 12th Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p> <p>4D Literacy: Demonstrates the essential communication skills of reading, writing, speaking, and listening required for living in a global society.</p>
<p><u>Course Title:</u> Photo and video editing using GIMP and OpenShot</p> <p>Instructor(s): Timothy Moynihan</p> <p>Description: Gimp and OpenShot are powerful open source programs which are used to edit and add effects to digital photography and digital videos. In this course you will choose your primary focus of either still photography or moving videos. We will work on developing artistic or storytelling goals, production of images or video footage, and then we will work on using these digital editing platforms to develop our final product.</p> <p>Class Size: 16 Eligible Grades: 6th – 12th Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2E Technology: Uses digital media responsibly to demonstrate learning and to access, manipulate and learn from information.</p> <p>Effective Learner 4F Self-Efficacy: Demonstrates confidence in communication of newly acquired ideas, knowledge and understanding.</p>

<p><u>Course Title: Quilting</u> Instructor(s): Cheryl Holt</p> <p>Description: Do you have a drawer full of old t-shirts that just don't fit anymore but have so much sentimental value that you just can't throw them out? Sign up for this YES plan and you will learn how to use your old t-shirts to make a fun keepsake quilt! You will need at least 9 t-shirts and some calico cotton fabric to use for the borders. If you don't have any t-shirts but are interested in learning how to make a quilt, or you have already made a t-shirt quilt and are interested in trying something new, you can also sign up for this YES plan. I will have an alternative quilt pattern that will be available!</p> <p>Class Size: 10 Eligible Grades: 8th – 12th Course Fee:</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2D Revision and Reflection: Seeks and accepts feedback to reflect on progress and experiences in order to revise and improve.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
--	---

<p><u>Course Title: Swimming & Water Safety</u> Instructor(s): Liz Vooris</p> <p>Description: This course is for both new and experienced swimmers. We will work on stroke fundamentals and technique so you can swim with confidence this summer! Class will take place at the Norwich pool and will meet American Red Cross standards.</p> <p>Class Size: 12 Eligible Grades: 6th - 8th Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1C Self-Respect: Cares for own physical and mental wellness, keeps safe physically and emotionally, and shows self-control.</p> <p>1F Lifelong Learning : Identifies and actively pursues interests in preparation for lifelong learning and growth.</p>
---	---

<p><u>Course Title:</u> Volleyball</p> <p>Instructor(s): Richard Kendrick</p> <p>Description: This course is designed for both beginners or experienced players of the game of volleyball. Our course will focus on the 4 basic skills of serve, bump, set and spike. A combination of skill introduction and practice will be mixed with constant playing of games.</p> <p>Class Size: 12-16</p> <p>Eligible Grades: 6th - 12th</p> <p>Course Fee: none</p>	HABITS OF SUCCESS Performance Indicators
	<p>Respectful Learner 1E Conflict Resolution: Knows and applies strategies to peacefully resolve conflicts individually and within a group.</p> <p>Engaged Learner 3F Synthesis and Application: Synthesizes information from a variety of sources and experiences into new understanding; applies knowledge and skills.</p>

<p><u>Course Title:</u> Window Boxes and Herbs for our School Community</p> <p>Instructor(s): Jyl Snyder</p> <p>Description: Would you like to improve our school community by growing herbs for school lunch menus? Come and join me in researching the use of herbs and in building window boxes for planting the herbs to beautify our classroom windows. These herbs can be grown and used to enhance our school lunches. We will be both in the wood shop building boxes and outdoors for planting . The finished boxes will be donated to the school from our YES class.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th - 12th</p> <p>Course Fee: none</p>	HABITS OF SUCCESS Performance Indicators
	<p>Responsible Learner 2F Citizenship: Contributes to the welfare of the classroom, school, and community, and participates in school/ community service.</p>

AFTERNOON COURSES

<p><u>Course Title:</u> Adventure Awaits!</p> <p>Instructor(s): Jessalyn Sweeney, Meg Lyons</p> <p>Description: Get ready for an adventure! In this course we will be exploring a whole bunch of exciting life-long activities. Hiking, Orienteering, Climbing/Traversing, Ninja Warrior-inspired challenges, and more. We will learn the basics, and challenge ourselves to take it to the next level. Be prepared for awesome adventures and Instagram-worthy documentation. Who wouldn't want to spend the afternoon outside gallivanting around the school forest and local trails/mountains? Vermont is known for outdoor recreation opportunities, so here's your chance to take part in some of those. Adventure Awaits!</p> <p>Class Size: 24</p> <p>Eligible Grades: 9th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1F Lifelong Learning : Identifies and actively pursues interests in preparation for lifelong learning and growth.</p> <p>Responsible Learner 2C Preparedness: Completes individual and group work using organizational strategies according to deadlines and expectations.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
<p><u>Course Title:</u> Archery</p> <p>Instructor(s): Timothy Moynihan</p> <p>Description: Archery is a lifelong sport enjoyed by competitors and hunters alike. During this activity we will cover the techniques of archery and practice target shooting. We will shoot recurve bows. We will practice daily shooting at both flat and 3D targets. If possible, we will visit local fish and game clubs to experience 3D archery courses used in official Vermont Bow Hunters Association competitions. We will also recognize achievement levels for target accuracy using the award levels of the Junior Olympic Archery Development Achievement Program.</p> <p>Class Size: 14</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2A Goals: Has clarity about purpose and intent, sets reasonable short-term and long-term goals, and makes plans to achieve goals.</p> <p>2D Revision and Reflection: Seeks and accepts feedback to reflect on progress and experiences in order to revise and improve</p>

<p><u>Course Title:</u> Babysitting Training</p> <p>Instructor(s): Leslie Striebe</p> <p>Description: Would you like to have the skills to make money starting in middle school? Take this course to learn about the safety skills, child care skills, first aid and rescue skills and life and business skills, otherwise known as babysitting. We will learn skills, CPR, crafting and snack making, and then work with the kindergarten kids across the street.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: \$10 per student</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1D Problem Solving: Applies problem solving strategies to responsibly manage daily academic, environmental and social situations.</p> <p>Responsible Learner 2F Citizenship: Contributes to the welfare of the classroom, school and community, and participates in school and/or community service.</p>
<p><u>Course Title:</u> Beautifying our Northfield Community With Flowers and Herbs</p> <p>Instructor(s): Cynthia Fortin, Jyl Snyder</p> <p>Description: It's time to get our hands dirty! Join us in beautifying our school and community gardens! We will be adding flowers and herbs to our existing school and community gardens. We will design some new gardens in and around our school. Come and get dirty but leave Northfield beautiful!</p> <p>Class Size: 24</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2F Citizenship: Contributes to the welfare of the classroom, school, and community, and participates in school and/or community service.</p>

<p><u>Course Title:</u> Cheerleading</p> <p>Instructor(s): Amy Urling</p> <p>Description: Do you want to show spirit, enthusiasm, loyalty, dedication and pride in your school community? Cheerleading is a sport which includes many athletic skills such as stunts, jumps, dance and chanting to promote school spirit. If you want to learn how to throw students in the air, create pyramids and choreograph a routine, then try out cheerleading. As a culmination, you will have the option of performing a routine at the NMHS talent show where you will have an opportunity to wear NMHS cheerleading uniforms (male and female uniforms are available).</p> <p>Class Size: 16</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2B Adaptability: Demonstrates flexibility to learn, unlearn and relearn by changing focus and goals as the situation demands.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
--	--

<p><u>Course Title:</u> DUNGEONS & DRAGONS: A Student Driven Adventure: Half-Day Player Character Edition</p> <p>Instructor(s): Eric Howard</p> <p>Description: If you are completely new to Dungeons & Dragons (D&D) or are a regular D&D player, come to this half-day course for Player Characters (PCs). D&D is a creative fantasy role-playing game involving pencils, paper, dice, miniatures, and a whole lot of imagination. If you select the half-day program, you will create wizards, warriors, rouges, clerics, or many other classes, and pick from a wide array of fantasy races. You will make decisions, and act as your avatar in quests created by other student Dungeon Masters (DMs). Help create and be part of a legendary story, and get involved in one of the most interesting games of all time!</p> <p>Class Size: 12-18</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1D Problem Solving: Applies problem solving strategies to responsibly manage daily academic, environmental and social situations.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
---	---

<p><u>Course Title: Exploring Essential Oils</u></p> <p>Instructor(s): Leslie Sellars</p> <p>Description: Essential Oils, known as nature's living energy, are the natural, aromatic liquids found in shrubs, flowers, trees, roots, bushes and seeds. In this course, we will learn the benefits of a variety of essential oils and create several products using oils for each student to take with them to use on their own. This course is a "make and take" class in hopes that students will learn how to use essential oils for a chemical-free lifestyle.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee:</p>	<p>HABITS OF SUCCESS</p> <p>Performance Indicators</p> <p>Respectful Learner</p> <p>1C Self-Respect: Cares for own physical and mental wellness, keeps safe physically and emotionally, and shows self-control.</p> <p>1F Lifelong Learning: Identifies and actively pursues interests in preparation for lifelong learning and growth.</p>
---	--

<p><u>Course Title: Family Trees and Family History</u></p> <p>Instructor(s): Cheryl Kissel</p> <p>Description: Learning about your family's history connects you with your relatives, your community, and historical events. In this genealogy course, you will be researching using online records and historical documents to find information to fill out the branches on your family tree. We may also interview family members and/or community members to record the stories that will make our family trees come alive.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS</p> <p>Performance Indicators</p> <p>Responsible Learner</p> <p>2E Technology: Uses digital media responsibly to demonstrate learning and to access, manipulate and learn from information.</p> <p>3D Evidence: Utilizes inquiry to support ideas, conclusions and solutions with valid evidence from active speaking, listening and reliable texts or media.</p>
--	---

<p><u>Course Title:</u> How to Write and Learn Good: Mr. M's Secrets of Skool Success</p> <p>Instructor(s): Michael Macijeski</p> <p>Description: NMHS Social Studies teacher Mike Macijeski will share the tips that have worked for him, including those that helped him win several scholarships. While student interest will help choose some topics and activities, they will include: Effective writing of several sorts, such as essays and on tests The kind of classroom behavior that will help you understand complex material best, how to study, review, remember, and understand what you learn.</p> <p>Class Size: 12-18</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Engaged Learner 3E Analysis: Reasons logically, looks for connections, compares and contrasts, finds patterns, makes inferences and determines importance.</p> <p>3F Synthesis and Application: Synthesizes information from a variety of sources and experiences into new understanding; applies knowledge and skills.</p>
<p><u>Course Title:</u> Hunter's Education</p> <p>Instructor(s): Tom O'Grady, Vermont Fish and Wildlife</p> <p>Description: Students will work under the supervision of the Vermont Department of Fish and Wildlife to try and gain their Hunter's Safety (orange) card. The course will cover firearm safety, outdoor education, wildlife education, as well as a live fire session to ensure safe handling of firearms. Students who pass the course will receive their orange card and will be allowed to hunt in Vermont with a license.</p> <p>Note: This course is only open to students that do not already have their orange card.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>

<p><u>Course Title:</u> Mountain Biking</p> <p>Instructor(s): Ann Bushey, Richard Kendrick</p> <p>Description: This course welcomes all levels of mountain bikers, even those who have never biked before. It is a physical activity, and will require some uphill riding, so a certain level of physical fitness is best. We will start with the basics, hope to have a few field trips and will have lots of fun. We will provide mountain bikes for all who do not have one, as well as helmets.</p> <p>Class Size: 20</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: \$20</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1C Self-respect: Cares for own physical and mental wellness, keeps safe physically and emotionally and shows self-control.</p> <p>1F Lifelong Learning: Identifies and actively pursues interests in preparation for lifelong learning and growth.</p>
--	--

<p><u>Course Title:</u> Quilting</p> <p>Instructor(s): Cheryl Holt</p> <p>Description: Do you have a drawer full of old t-shirts that just don't fit anymore but have so much sentimental value that you just can't throw them out? Sign up for this YES plan and you will learn how to use your old t-shirts to make a fun keepsake quilt! You will need at least 9 t-shirts and some calico cotton fabric to use for the borders. If you don't have any t-shirts but are interested in learning how to make a quilt, or you have already made a t-shirt quilt and are interested in trying something new, you can also sign up for this YES plan. I will have an alternative quilt pattern that will be available!</p> <p>Class Size: 10</p> <p>Eligible Grades: 8th – 12th</p> <p>Course Fee:</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2D Revision and Reflection: Seeks and accepts feedback to reflect on progress and experiences in order to revise and improve.</p> <p>Effective Learner 4C Collaboration: Works effectively with others to advance learning.</p>
--	--

<p><u>Course Title:</u> Rockets and Kites</p> <p>Instructor(s): Shane Heath</p> <p>Description: Students will design, build, and fly box kites during the first week. During the 2nd week, students will each build two different rockets (from kits), which can launch over 1000 feet into the air. Students will learn the basic science of flight and rocket propulsion, including Bernoulli's Principle and combustion reactions.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Responsible Learner 2B Adaptability: Demonstrates flexibility to learn, unlearn and relearn by changing focus and goals as the situation demands.</p> <p>Responsible Learner 1D Problem Solving: Applies problem solving strategies to responsibly manage daily academic, environmental and social situations.</p>
--	---

<p><u>Course Title:</u> Team Sports</p> <p>Instructor(s): Joseph Bertrand</p> <p>Description: This course will give students a chance to participate in team sports that they might not have the chance to in PE class. Students will learn various aspects of sports such as being a leader, implementing team strategies, and being a good teammate. This course is hoping to create a fun, safe and competitive environment for students of any skill level to learn how to be part of a team. An example of some sports that will be covered are Flag Football, Ultimate Frisbee, Soccer, Wiffle ball and more!</p> <p>Class Size: 12-24</p> <p>Eligible Grades: 9th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1B Personal Integrity: Takes responsibility for actions, perseveres, and demonstrates honesty.</p> <p>1F Lifelong Learning : Identifies and actively pursues interests in preparation for lifelong learning and growth.</p>
---	--

<p><u>Course Title:</u> Transformation</p> <p>Instructor(s): Katie Vincent</p> <p>Description: Robots, monsters, extreme features, animals and camouflage; you will learn how to create them all. Over the two weeks, you will develop your stage makeup skills to visually transform yourself. Your face is the canvas for this creative course in how to use stage makeup to create a new image.</p> <p>Class Size: 12</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: None</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1C Self-Respect: Cares for own physical and mental wellness, keeps safe physically and emotionally, and shows self-control.</p> <p>Responsible Learner 2B Adaptability: Demonstrates flexibility to learn, unlearn and relearn by changing focus and goals as the situation demands.</p>
---	--

<p><u>Course Title:</u> Tree Identification</p> <p>Instructor(s): Liz Vooris</p> <p>Description: To develop an appreciation for the forest is to know the trees that make it up. We will take a daily hike around Northfield to identify trees through their leaf shape, bark, and silhouette. This course is ideal for students interested in environmental science and other pursuits in nature!</p> <p>Class Size: 12</p> <p>Eligible Grades: 9th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS Performance Indicators</p> <p>Respectful Learner 1F Lifelong Learning : Identifies and actively pursues interests in preparation for lifelong learning and growth.</p>
---	---

<p><u>Course Title:</u> Walk & Talk</p> <p>Instructor(s): Lorraine Monmaney, Carrie Gilman</p> <p>Description: This is literally – ACTIVE LISTENING! The beginning of each class every participant will bring a topic for conversation. Conversation starters will also be available for you to use. We will set out and start walking, two-by-two. While we are walking, you will present your topic to the person you are walking with – and discuss! Then, your partner will present their topic to you to discuss. We will then switch partners. We will stop mid-point and share with the group the various topics and then head back to NMHS. Make sure you bring walking shoes and comfortable clothing. If it is raining, we will still walk and talk (unless it is a torrential downpour and lightning!) - you may want to bring a raincoat and umbrella!</p> <p>Class Size: 24</p> <p>Eligible Grades: 6th – 12th</p> <p>Course Fee: none</p>	<p>HABITS OF SUCCESS</p> <p>Performance Indicators</p> <p>Effective Learner 4A Purpose: Adjusts communication to suit the audience, context and purpose.</p> <p>Respectful Learner 1B Personal Integrity: Takes responsibility for actions, perseveres, and demonstrates honesty.</p>
---	---