

Winterim 2010 Catalog

February 16-19, 2010

STUDENTS ARE TO RETURN CLASS REQUESTS NO LATER THAN FRIDAY, DECEMBER 18.

The goals of NOVA's Winterim experience are to:

- Provide varied enrichment opportunities and new experiences that are not possible within the structure of the regular curriculum.
- Provide opportunities for students and teachers to interact in ways that are different from the regular classroom interactions.
- Strengthen our community by providing for fun and relaxed experiences between our staff, parents and students in smaller groups.

Schedule

- Tuesday, February 16, - All-school Skate and Movie from 8am to 2:35pm
- Wednesday to Friday, February 17-19 – One morning workshop each day from 8-11am and One three-day afternoon workshop from 11:30am-2:35pm.
- Lunch will be from 11 to 11:30am
- Afternoon pick-up time will be at 2:35pm each day.

General Information

- **Students are to return class requests no later than Friday, December 18.** Classes will be assigned on a first-come, first-served basis. Paperwork MUST be signed by a parent or it will be returned to the student.
- For morning classes offered more than once; only choose one.
- Class size, for most courses, is limited. Choices will be assigned "first-come, first-served," based on the date and time the form was turned in. Be prepared to enjoy a second or third choice if you don't receive your first choice.
- Some classes will travel off campus. Others will be held at NOVA. All classes will meet at NOVA in the morning. All classes will return to NOVA for afternoon pick-up.
- Some classes require a fee to cover transportation, admissions, and/or supplies. We have tried to keep the prices reasonably low. Please find a mix of classes that will be a good fit for your family's budget.

All School Skate and Movie

Tuesday, February 16, 2010

Join the whole school for a day of skating and movie watching. At Skateland, you can strap on the old rental skates and skate serenely around the ring, or if you don't feel like putting up the effort, you can just fall again and again, bruising various parts of your body until you're black and blue. If you've had enough skating, you can hang out in the food area and drink pop (after this you may need to visit the wonderfully chic restrooms). Near lunch time you will stumble out, dazed from lack of light and songs like "I'm a Barbie Girl" and "Hokey Pokey" whirling around in your head. After recuperating at NOVA for lunch, you will set off with your classmates to the Capitol Theatre where you will watch a movie the title of which is kept secret. After being wowed by the wonderful film and the camaraderie of an all-school movie, you will be sent back to NOVA where you can hook up with your carpool and go home. Be there or be square!

Cost: \$6

8:00 AM	Arrive at NOVA
8:30 to 10:30	Skate at Skateland
11:00 to 11:30	Lunch at NOVA
12:00 to 2:00 PM	Movie with Olympia Film Society at Capitol Theatre
2:35	Pick up at NOVA

Three-day Afternoon Workshop Choices

Wednesday, Thursday, Friday - February 17, 18, 19

Luminary Stars & Artist Trading Cards

Bring the magical glow of a star-shaped paper lantern into your home. Stars measure about 15" in diameter and are constructed from natural reed (framework) art paper, glue, and masking tape. Battery-operated LED lights illuminate the simple, elegant form. Stars can sit on shelves or get mounted on a bamboo pole for carrying into festive night time celebrations such as Olympia's Luminary Procession in the spring. When your luminary is complete, learn how to make Artist Trading Cards! These mini-collages are satisfyingly quick, and a fun way to manifest your inner Picasso, superhero, naturalist, space explorer, comic, etc. Limitless possibilities and plenty of time to create several to trade, collect, or give away to friends and family. Bring an old magazine, calendar, paper for sharing and cutting up!

Cost: \$10

Maximum Class Size: 10

Animation 101

Learn a variety of cool and unique animation techniques. Produce 2D, 3D, pixilation and/or stop-motion animation shorts! Student work will be showcased at TCTV studios on a Saturday after class. Student work will be posted on YouTube - Channel TYMCAST.

Cost: \$20

Maximum Class Size: 10

Primitive Weaponry/Atlatl Making

Create the weapon to hunt mammoths or smash the foreleg of a mastodon! By the end of the class, you will have made a fully functional atlatl and competed in a variety of contests using your atlatl.

Cost: \$7

Maximum Class Size: 15

Crossfit for Teens, Gymnastics & Kickboxing

Got energy to burn? Try out these workouts and learn how to get in the best shape of your life!

Crossfit - Be the Paragon of Pumptitude! You will not use a machine, you will be the machine - this is an intro to Crossfit, probably one of the most intense workout programs available. Every day is different; the workouts are short.

Kickboxing - Learn real kickboxing! Get in shape! Sweat, train, and receive an introduction to one of the most effective standup/striking martial arts in the world. Posers need not apply!

Gymnastics/Tumbling for Sports & Conditioning - Release your inner acrobat! Become Jackie Chan or Jet Li! This class will help you gain the balance and conditioning skills through tumbling and basic gymnastics that will enhance your balance, physical conditioning, and overall abilities in other sports.

Cost: \$15

Maximum Class Size: 15

Introduction to Rowing

Learn to row on Puget Sound. This three-day class will introduce the participant to the basic vocabulary of rowing, equipment used and rowing style. Participants will learn to row on an ergometer, handle and carry an eight-oared shell, learn the difference between sweep and sculling as well as get to be in a boat (weather permitting) for a row.

Cost: None

Maximum Class Size: 16

Introduction to Multihull Sailing

Interested in learning "the ropes" of sailing? Then be deckhands on an Australian Trimaran in this three-day sailing class . You'll learn the basics of sail shape and control while developing your helmsmanship. We'll practice the basic moves of sailing such as tacking, jibing, reaching, and running, while learning what these terms mean (spinnaker what?) . If there is no wind, we'll use the motor to practice powering, piloting, and basic navigation. Rain gear is a must for this class if the weather looks wet.

Cost: \$15

Maximum Class Size: 8

Drivers Needed: 2

Basic Bike Maintenance & Ride

Learn basic bike safety knowledge, basic maintenance skills such as changing flats, gear and brake adjustments and good bike fit. This class is recommended for eighth graders to get prepared for the eighth grade field trip, but all are welcome. Don't forget your bike and helmet for the ride on Friday!

Cost: \$10

Maximum Class Size: 20

A Quilt for NOVA

Students will work together to design and create a quilt suitable for display at the school. First, we will brainstorm ideas of NOVA activities and concepts of what NOVA means to us. Then each student will create one or more blocks demonstrating these ideas, using fabric paint and markers on muslin. Each student will choose from a number of fabrics to measure, cut and sew a border for their block(s). As a group, we will then arrange a layout of blocks to create the quilt. Time permitting, we will hand-quilt the block top to the backing and batting.

Cost: \$10

Maximum Class Size: 12

Exploring Artists' Maps

Join artist Dana Squires in exploring maps from an artistic perspective, rather than a purely geographic one. We will look at creative ways of charting information visually, as well as look at maps made by artists, maps from other cultures, and maps of ideas (emotions? ones lunch? ones closet?), and unique conceptual maps. We will make a variety of our own maps in a variety of ways – collectively and individually. These aren't just maps that look cool – but maps that look at the world in a different way. Come prepared to think outside the box.

Cost: \$20

Maximum Class Size: 10

Nutrition: Health is a Choice

It all begins with attitude and explores topics in anatomy, health, mental health, and both childhood and adult diseases. Various specialized diets will be covered along with the need for vitamins and minerals, enzymes, probiotics and pure, clean water. Participating students will receive a nutritional workup and nutritional recommendation to improve health. For more information, contact the instructor at 360/507-0944.

Cost: \$20

Maximum Class Size: 10

School of Rock

This clinic introduces students to the fun world of being in a rock band! Students will be introduced to electric guitar, drums, bass, keyboards, and vocals. They will choose an instrument to concentrate on at the end of the first day. Day two will consist of group lessons on their chosen instrument. The professional teachers will separate them into bands and rehearse a song to perform for the other students at the end of the third day.

Cost: \$25

Maximum Class Size: 20

Wheel-Thrown and Hand-Built Pottery

Students will experience working with clay, using a variety of techniques. Each student will have his or her own potter's wheel at which to work, and the instructor will give instructions for making basic forms like bowls and small plates. In addition, the students will learn to use the slab roller, use plaster press molds, and learn the fundamentals of making fired pottery. All finished work will be glaze fired.

Cost: \$25

Maximum Class Size: 7

Where the Figure Meets the Chair

This sculpture class encourages the inquisitive student to use two 3-D forms that come together as a composition which uses each form creatively. The emphasis in this class is NOT on the ability to render a form/object/figure as it is in nature, but to explore and express ideas in sculptural juxtaposition.

Cost: \$17

Maximum Class Size: 6

T-Shirt Design

During this course students will learn the fundamentals of serigraphy (commonly called silk screening), through the design and printing of t-shirts.

Students will develop ideas and images, create their images on screens, and print their work onto t-shirts. This is a fun and interesting process, involving light and photo emulsion, and will allow you to use your creativity to design the style of t-shirt you would enjoy wearing.

Cost: \$10

Maximum Class Size: 10

Wednesday Morning Workshop Choices

February 17, 2010

Sailing Adventure

Come sail with Brennan and his Dad aboard their vintage Australian Trimaran. If the wind is light, we'll glide along looking for sea and wild life. If the wind is strong, we'll be going fast! We have a fuel efficient motor for touring the sound on no wind days (ask about green boating!). If it rains or you're cold the cabin has seating. For the adventurous, the large deck is where the action is. Dress warmly in layers. An inexpensive rain suit will break the wind while keeping you warmer and drier. Rubber boots and gloves are a plus. See Puget Sound while having the adventure of the Winterim !

Cost: None

Maximum Class Size: 8

Drivers: 2

Shellfish Farming in Puget Sound

Students will learn about the history of shellfish farming in Puget Sound, how shellfish are grown, and some of the challenges that shellfish farmers face today. This will include shellfish farmers' relationship and dependence on the environment and a healthy, functioning ecosystem. Instruction will be accompanied by a tour of the Taylor Shellfish Farms processing facilities and a chance for students to taste some of the locally grown shellfish. Students should dress warmly-the processing facilities are kept cold. Boots or other warm and dry shoes are also recommended as some areas may be wet.

Cost: None

Maximum Class Size: 30

Of Fish Bladders - Playing with Shapes

Of Fish Bladders (also known as Vesica Pices)– a look at Islamic art/tile patterns. This is an overview of Islamic cultural view of art, an exploration of pattern and math, various symmetries, and tessellation geometry. We will go through the step-by-step process of making hexagon tiles (heavy watercolor paper) by way of Islamic geometric principles, designing a rotational symmetrical pattern for the tile. End result – since Islamic art is not about self expression, the end product will be a group installation: a very cool wall of patterned tiles.

Cost: \$10

Maximum Class Size: 10

Scarves & Scones: A Time to Knit

Come enjoy a morning of knitting scarves and eating scones! For those who are new to knitting, we will be making knitting needles and learning how to knit a scarf. Experienced knitters who want to start a more advanced project should contact the instructor in advance to ensure proper needles, yarn, and patterns are available. Or bring whatever project you are currently working on! Enjoy a scone and a hot drink between rows!

Cost: \$8 (More if knitter needs experienced pattern)

Maximum Class Size: 8

Knowledge Bowl

Knowledge Bowl is a quiz bowl competition offered in many Washington high schools. We will learn the rules of Knowledge Bowl and then practice some actual Knowledge Bowl questions. We will then have a Knowledge Bowl tournament to decide the Winterim Knowledge Bowl champions.

Cost: None

Maximum Class Size: 16

Kayaking the Sound

Come enjoy some sound paddling time. We start and end with cocoa to warm us. Bundle up and come out! Whether you're interested in pirate songs, racing games, beautiful scenery, or searching for wildlife, you'll have fun laughing and paddling with friends!

Cost: \$9

Maximum Class Size: 9

Rock Climbing

On belay? Climb! Check out Olympia's Warehouse Rock Gym and go bouldering or go for elevation on the roped climbs.

Cost: \$10

Maximum Class Size: 20

Herbal Crafts at GRuB

Learn about plants you can grow in your own backyard that are GOOD for your body. This workshop will provide students an opportunity to learn about common medicinal herbs, their historic uses, and simple ways to prepare herbs for their own uses. We will also include a tour of the GRuB farm.

Cost: \$5

Maximum Class Size: 15

Eating Greek

The *NOVA Winterim* cruise ship is landing in the Greek Isles. Come make, then enjoy eating, a feast of authentic Greek dishes. The cuisine will include several meat and vegetarian dishes...entrees, appetizers, and dessert! Afterwards, you can take home the recipes so you can recreate the dishes at home. *Unfortunately, this is not suitable for those with major food allergies.*

Cost: \$8

Maximum Class Size: 8

Exploring Poetry & Writing

Everyone has a voice and everyone has a story. Exploring your mind, your vision and creating your destiny through poetry and creative writing. This class is an introduction to poetry and creative writing in a peer-education environment, including writing as a team, writing solo and reaching your personal perfection as a writer. Jose Gutierrez is a hip hop poet who can be heard on KAOS 89.3 every Friday at 3pm as DJ Luvva J.

Cost: \$15

Maximum Class Size: 15

Thursday Morning Workshop Choices

February 18, 2010

Sailing Adventure

Come sail with Brennan and his Dad aboard their vintage Australian Trimaran. If the wind is light, we'll glide along looking for sea and wild life. If the wind is strong, we'll be going fast! We have a fuel efficient motor for touring the sound on no wind days (ask about green boating!). If it rains or you're cold the cabin has seating. For the adventurous, the large deck is where the action is. Dress warmly in layers. An inexpensive rain suit will break the wind while keeping you warmer and drier. Rubber boots and gloves are a plus. See Puget Sound while having the adventure of the Winterim!

Cost: None

Maximum Class Size: 8 students

Drivers: 2

Word Games

Come one, come all, you word game lovers and spend your morning with Maestra and Boggle, Bananagrams, Pictionary, Balderdash, Wise and Otherwise! Watch out-Spanish words might creep into our challenging, wild and crazy episodes! Be game for the unexpected!

Cost: None

Maximum Class Size: Unlimited

Jewelry Workshop

Show off your creative side! Create a special gift for yourself or a loved one. Learn how to design and create earrings, bracelets, or necklaces. This is a fun and fulfilling activity. All materials and tools provided.

Cost: \$7

Maximum Class Size: 8

Culinary Ireland

The Isle of Eire is home to many wonderfully unique dishes. Cooking Irish foods will truly expand your culinary horizons...your taste buds will thank you! Some dishes are vegetarian--many are not. You can take home the recipes afterward. *Unfortunately, this is not recommended for those with major food allergies.*

Cost: \$8

Maximum Class Size: 8

Let's Bee Environmental

Did you know that we would not be able to eat if we didn't have bees? Bees need us and we need them! Let's make them a home. We will make cool houses for them out of bamboo. You can take one home for your yard and if you make another, you can leave one here at school! This will make our flowers grow! We will also watch an environmental video on the impact of bees and have a local guest speaker to share their wisdom. If we have extra time, we will make more to auction off to help our school auction fundraiser! Bee an environmental steward and make a home with me!

Cost: None

Maximum Class Size: 10

Building Cool Stuff

We will explore ways to build three-dimensional shapes using regular polygons. Then we'll attempt to build some super big geodesic designs using the "gumdrops and toothpick" strategy. When finished, these large projects will be given to Mr. Kenis for all to admire. This session is good for those who like to build models, put kits together and work with their hands.

Cost: \$5

Maximum Class Size: 12

Ultimate Frisbee

Play ultimate frisbee outdoors all morning in a big field! We'll use the official rules and official frisbees! All levels of players are welcome.

Cost: None

Maximum Class Size: 24

Poker

Come learn the rules of Poker, specifically Texas Hold 'Em. We'll play some practice hands and then have a Hold 'Em tournament. Ante up!

Cost: None

Maximum Class Size: 13

Glacial Heritage Prairie Restoration

Please come out and help preserve one of the most endangered eco-systems in the country! The South Puget Sound stunning mounded prairies were created thousands of years ago as the glaciers retreated and were then sustained by the fires of Native American tribes who lived on the land. Today, conservationists like you maintain our prairies through active management and restoration.

Cost: None

Maximum Class Size: 12

In Search of Lost Rhythm

Learn hand drumming fundamentals while exploring traditional Jamaican rhythms.

Cost: None

Maximum Class Size: 8

Natural & Homemade Body Care Products

Learn how to make your own body care products using 100% natural ingredients. You will make lotion, herbal body powder, and spray mists using herbs, essential oils, and other natural ingredients. You will also learn about some of the therapeutic uses of essential oils. Please bring clean, recycled jars or bottles from home to store your products.

Cost: \$5

Maximum Class Size: 15

Friday Morning Workshop Choices

February 19, 2010

Sailing Adventure

Come sail with Brennan and his Dad aboard their vintage Australian Trimaran. If the wind is light, we'll glide along looking for sea and wild life. If the wind is strong, we'll be going fast! We have a fuel efficient motor for touring the sound on no wind days (ask about green boating!) .If it rains or you're cold the cabin has seating. For the adventurous, the large deck is where the action is. Dress warmly in layers. An inexpensive rain suit will break the wind while keeping you warmer and drier. Rubber boots and gloves are a plus. See Puget Sound while having the adventure of the Winterim !

Cost: None

Maximum Class Size: 8 students

Drivers: 2

Settlers and Seafarers of Cataan

Settlers of Catan is a now-classic strategy board game. Each player collects resources on the Island of Catan and uses them to build roads, settlements, and cities on the island. Seafarers of Catan takes the basic game and adds the element of being able to travel between islands. We will have time to play both games. Both beginners and experienced players are welcome!

Cost: None

Maximum Class Size: 11

Jam Session

Bring your instrument and we'll make music. Instructor is an experienced guitar player who is open to playing music with people playing other instruments. Some musical experience necessary.

Cost: None

Maximum Class Size: 8

African Style Mask Making

In this course students will learn some of the design elements and uses of masks in Sub-Saharan African cultures. Students will then create their own African style masks with cut paper, paints, and other decorative materials. Students may create 2-3 masks during this session.

Cost: None

Maximum Class Size: 10

Archery

Hands-on experience with bows and arrows in a facility built for archery. You will receive target practice and personal instruction from an Olympic trained professional. You will hit the target before you leave that day – guaranteed!

Cost: \$10

Maximum Class Size: 12

Of Urban Forests

Urban forests are hugely important to the health of a city – providing oasis for people and animals among the “heat islands” of asphalt and concrete, and as carbon sinks – absorbing carbon dioxide from human activity. Take a walk through Watershed Park and then help remove invasive ivy in a small wooded area just a few blocks from NOVA. The wooded area will soon be a part of a new neighborhood park developed by the city of Olympia that NOVA students will undoubtedly enjoy for years to come. 7th graders can earn (2) community service hours for their participation.

Cost: None

Maximum Class Size: 20

Finding Your Still Life

Draw a still life drawing that emphasizes your own artistic interest/approach. Artist Dana Squires will lead this hands-on look at a variety of art elements as tools for self exploration/expression, and work with students to find their own artist muse, style and approach. End result – a finished still life that is unique to you.

Cost: \$10

Maximum Class Size: 10

Indian Vegetarian Cooking

Students will learn to make classic Indian dishes like Chapaathis, Raita, Lime Rice and a sweet dish from Semolina. Asha will also share information about Indian culture while students are cooking and sampling their dishes.

Cost: \$5

Maximum Class Size: 10

Capitol Adventure

Did you know our State Capitol dome is the fourth tallest self-supporting masonry dome in the world? Check out the architecture of this lovely gem and see what goes on inside! Session will be in so we can see some of the process of legislation!

Cost: \$2 for the bus

Maximum Class Size: 10

Nisqually NWR Nature Hike

The dikes are out and Nisqually is becoming a real estuary again! Check out this amazing place where fresh and salt water meet and the abundance of life that the area supports.

Cost: None

Maximum Class Size: 15

French Beaded Flowers

Make beautiful French beaded flowers. These flowers make lovely decorations or can be made into hair clips or pins. They make great gifts.

Cost: \$5

Maximum Class Size: 15