

# Fall 2025 Intensive Catalog



**Secondary: August 14 - 22**

*K-12 Dismissal at 2:00, August 14-22*

**Registration Request Window: April 24-30**

**Confirmations: May 2**

**Payment Deadline: May 16**

## **Intensive Information**

Intensives are a pillar within the Polaris Academic program— they offer a unique opportunity for teachers and students to learn and engage in new experiences, lessons, and activities while also providing a chance to dive deeper into content than our traditional core classes allow.

**Our upcoming Fall Intensives will take the place of regular classes for our secondary students from Thursday, August 14 - August 22.** Secondary students have the opportunity to earn a .25 credit for their upcoming intensive courses. Students and families are encouraged to read through the Intensive Catalog to preview our intensive course offerings and then complete the registration process via the [Intensive Registration Google Doc \[Linked Here\]](#). The registration window to submit requests will be from April 24 at 3:00 PM to April 30 at 11:59 PM.

**PLEASE NOTE: All 6th and 9th-grade students will automatically be enrolled in the 6th-grade Transition Strategies and/or the 9th-grade Freshman Academy Intensive. No registrations submitted for students in those grade levels will be accepted.**

*Secondary Students*— If you are interested in taking an Intensive that is not in your grade-level range, you may write a letter to the Intensive Course Teacher explaining why you want to take that particular course offering and why you feel you are qualified. If there is room in the course, the teacher will work with you and your family to accommodate your request.

## **Registration Information**

**The deadline for all intensive registration requests is April 30 at 11:59 PM.**

All students & families must submit their registration requests via the [Intensive Registration Google Doc](#). Due to the limited number of seats available in each class, it is necessary for all students to select three (3) different choices, as prompted in the registration form. All requests received by the deadline will be given equal consideration. Any student who does not have a request in by the deadline will be automatically placed in an intensive that has an open seat. No exceptions will be made.

Intensive confirmations will be available to view on May 2 via Parent/Student Connect. All elementary students will also receive a paper confirmation in their family group.

## **Payment Information**

**Once you receive your Intensive confirmation, associated fees can be paid online via [ParentConnect](#).**

**Fees must be paid by May 16 to reserve your child's spot in their confirmed intensive.**  
*Any student without intensive payment as of the first day of intensives will not be able to attend their intensive class until payment is received.*

If your family needs financial assistance to cover or offset the cost associated with a given intensive, please fill out the [Intensive Scholarship Application \[Linked here\]](#). Our school and our Polaris PTA works hard to raise scholarship money to provide equal access for all students to any given intensive. Please note, for intensives with large monetary costs, partial scholarships will be considered, but full scholarships are unlikely to be available in order to help support as many students/families as possible.

**Scholarship applications are due May 7 at 8:30 AM.**

Options at a Glance	
7-12	Specialty
Seven Wonders of the Ancient World Harvest Alaska Begin with Zen (Yoga, Journaling, & Mosaics) Rockclimbing! Skateboarding! Two Wheels Looking for Dirt (7th graders must have prior approval from intensive instructors)	6th Grade Transition Strategies (all 6th graders automatically enrolled) 9th Grade Freshman Academy (all 9th graders automatically enrolled)
10-12	
Making Musical Instruments	

<b>6th Grade Transition Strategies</b>	<b>Grade: 6</b>
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Becoming a middle school student is both a wonderful and challenging time. This long-standing Polaris Intensive was created to help tweens prepare for the transition into the Polaris Secondary program with confidence. Each 6th Grader will receive a personal copy of the Big Life Journal for Tweens. Together we will study, discuss, and apply principles that will help tweens handle the tough issues and big decisions they face. This study is presented in an entertaining style that will guide teens to develop a growth mindset, become positive and resilient, and find confidence in who they are. During this Intensive, you will get all of your questions answered about the move to Secondary, pre-register for your first semester as a 6th Grader, participate in team initiatives, build relationships within your graduating class, and have a ton of fun!

*All 6<sup>th</sup> graders will be automatically enrolled unless previous arrangements have been made for travel intensives.*

**Course Instructors:** Allie Burris & Arika Drake

**Fee:** \$25

**Course Credit:** 0.25 Elective; *Name: Transition Strategies*

<b>Seven Wonders of the Ancient World</b>	<b>Grade: 7-12</b>
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From the past, we have context for our present, and our ancestors had some serious engineering skills! There is only one of the original “Seven Wonders” still standing (The Great Pyramid), but through study, we can rediscover a world of astounding ancient engineering projects. Students will learn about engineering in the ancient world and use these skills to construct their own versions of the “Seven Wonders.” *For high school students, this class will meet .25 of the World History Semester 1 graduation requirement, with another quarter offered during winter intensives.*

**Course Instructors:** Jeff Bevier

**Fee:** \$25

**Course Credit:** 0.25 Social Studies Elective; *Name: Humanities (MS), Ancient Civilizations (HS)*

## Harvest Alaska

Grade: 7-12

Plan it, pick it, catch it, clean it, eat it. From berries and fish to mushrooms and caribou, Alaska offers an abundance of natural foods that we'll explore. We'll take field trips to pick berries and wild mushrooms and, if the silver salmon run looks promising, we'll try our hand down at Ship Creek. Students will also plan an adventure of their own, considering harvesting regulations, land ownership, mode of travel, as well as the food, clothing, and shelter they'd need to bring with them.

**We will need parental assistance driving for field trips, which will take place during the second week of intensives.**

**Course Instructors:** Bryan Smith

**Fee:** \$0

**Course Credit:** 0.25 Science Elective; *Name: Intensive Science (MS), Environmental Issue (HS)*

## Begin with Zen (Yoga, Journaling, & Mosaics)

Grade: 7-12

Kick off the new school year with Rachel in *Begin with Zen*. Mornings will start with Yoga, Journaling, and Reflection. Later in the day, we move to Mosaic Tiling~ creating a variety of beautiful projects and calming the mind in the process. Daily teatime and healthy smoothies add to the Zen. Skills learned (strengthening and calming the mind and body, goal setting, importance of a healthy breakfast- to name a few) will set us up for a calm, focused start to the academic year.

**Course Instructors:** Rachel Gregory

**Fee:** \$75

**Course Credit:** 0.25 PE Elective; *Name: Healthy Life Skills (MS + HS)*

## Rock Climbing!

Grade: 7-12

Join Akara in conditioning your body to reach its highest potential. We'll spend our days challenging our muscles to the point of failure. We'll be dividing our time between the Alaska Rock Gym, Polaris K12, and two Hiking adventures.

**This intensive will require parent/guardian assistance in transporting students to/from off-site locations most days. Details will be sent by email after registration.**

**Course Instructors:** Akara Anglin

**Fee:** \$150\*

\*Cost covers the cost of 3 days at the AK Rock Gym and Snacks

**Course Credit:** 0.25 PE Elective; *Name: Individual Rec Activities (MS + HS)*

## Skateboarding!

Grade: 7-12

Skateboarding, once dismissed as a silly pastime for children or delinquents, has evolved through several decades into a globe-spanning sport and culture still fighting for acceptance into many aspects of modern society. So, who wants to go skate?!

In this intensive, we will:

- Skate!
- Improve our basic techniques in pushing and riding, including setting goals and working toward improving no matter what skill level we start at.
- Learn from and critique each other constructively.
- Investigate the personal and cultural impacts of skateboarding.
- Investigate the history of skateboarding.
- Build a skateboarding community.

*\* Requirements:* to participate in this intensive, you must have a working skateboard and a helmet. If you have questions about how or where to purchase a skateboard, please ask Christian.

**Course Instructors:** Christian Haich

**Fee:** \$0\*

*\*Students are required to have the proper gear.*

**Course Credit:** 0.25 PE Elective; *Name: Intensive Physical/Health (MS + HS)*

## 9th Grade Freshman Academy

Grade: 9

Our 9<sup>th</sup> Grade Intensive will welcome all 9<sup>th</sup> graders to the world of high school, specifically high school here at Polaris K-12! In this intensive, you will not only form a community of fellow freshmen, but you will learn the tools to be successful in High School and beyond! Topics focus on community, lifelong learning, ethical responsibility, academic and personal excellence, and so much more!

*All 9<sup>th</sup> graders will be automatically enrolled unless previous arrangements have been made for travel intensives.*

### **Instructional Goals:**

- Introduce Freshmen students to college & career options & opportunities
- Introduce Freshmen students to high school information-credits, schedules, Alaska Performance Scholarship
- Introduce Freshmen students to habits and skills necessary to succeed in high school

**Course Instructors:** Larry Frick & Andrew Mullins

**Fee:** \$20

**Course Credit:** 0.25 Elective; *Name: Advisory Grade 9*

## Two Wheels Looking for Dirt!

Grade: 8-12; 7 w/prior approval

Do *you* dream of riding your mountain bike on our beautiful Anchorage single-track trail system *during school*? That's right - it's happening again!

### Calling all intermediate and advanced mountain bike riders!

Janice's Jive, Ticket-to-Ride, Bolling Alley, C\$, and so many more amazing mountain-biking trails await. Join Greg and Andrea for intermediate and advanced mountain biking, where you will grow your skills by working with our very own elite local riders. Obstacles? No problem. Going down steepes? No problem. Tracking, breaking, shifting? No problem! We might even practice manuals!

Students entering this intensive must:

- Have some experience riding a mountain bike
- Have a mountain bike that has been maintained, is in good condition, and fits the rider
- Have a properly fitted mountain biking helmet in good condition
- Be able and cheerfully willing to ride your bike for the entire intensive
- Coordinate transportation to and from the planned riding sites

**Rides will begin at an alternate location. Families need to plan to drive students and bikes to designated locations and return to pick them up daily (mainly Kincaid and Hillside).**

**Course Instructors:** Greg Hobson & Andrea Evans

**Fee:** \$25

**Course Credit:** 0.25 PE Elective; *Name: Outdoor Adventure (MS + HS)*

## Making Musical Instruments

Grade: 10-12

We will make a variety of musical instruments, including percussion, strings, and woodwinds. We'll also explore instruments from around the world and create some experimental pieces. Emphasis will be placed on craftsmanship and design. Measurement and basic woodworking skills, as well as an understanding of rhythm and tone, should improve through this intensive.

**Course Instructors:** Kelly Hebert

**Fee:** \$50

**Course Credit:** 0.25 Art Elective; *Name: Art Creative*