

Fall Intensive Catalog 2023-2024



Polaris K-12 School

Intensives are a wonderful opportunity to learn with other teachers and students. They will take the place of our regular classes from Thursday, August 17th through Friday, August 25th. Please read through this catalog and complete the [\[online registration linked here\]](#). Because there are a limited number of spaces in each class, it is necessary to fill out 3 different choices, as prompted in the registration form. All registrations received by April 21st will be given equal consideration. The deadline for all Intensive requests is April 21st, 2023.

Intensive confirmation will occur on April 27, 2023 via class lists posted in the Polaris Lobby. In August, Secondary Intensive schedules will be visible in Student and Parent Connect → Schedule (Period AM/PM, Day N, Term Q1).

Once your Intensive is confirmed, you can pay the fee online at

<https://parentconnect.asdk12.org/>

Fees must be paid by Wednesday, May 17th to keep your spot.

Some of the Intensives cost money, but we do not want that to dissuade you from choosing the class you are most interested in. Our school works hard to raise scholarship money for students who might need assistance paying for your class. If you are in need of an Intensive scholarship, please fill out the [Intensive Scholarship Application](#) after confirming your scheduled class (available April 21) Scholarship applications are due Wednesday, May 3rd by 8:30 AM.

Secondary Intensive offerings:

Polaris Sixth Grade Intensive 2022; 6

Hiking & Berry Picking; 7-12

Seven Days with Socrates; 8-12

LARPing; 7-12

Poisonous Plants of Alaska; 7-12

Five Fingers Six Strings; 7-12

Play Ball! (Wiffle Ball); 7-12

Cryptology; 7-12

Debate; 9-12

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 teacher explaining why you want to take that particular one and why you feel you are qualified. If there is room in the class, the teacher will work with you and your family to accommodate your needs.

Secondary Course Catalog

Polaris Sixth Grade Intensive 2023

Automatic enrollment for all 6th Graders (no need to sign up on the request form!).

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!

For more information regarding the transition to 6th Grade, please visit www.polaris.asdk12.org → [SECONDARY → Welcome to 6th Grade](#)

Moderator: Heidi Postishek and Allie Burris

Credit: 0.25 Elective, Transition Strategies

Fee: \$25

Grades: 6

Seven Days with Socrates



In Socratic Seminar we seek deeper understandings of complex questions through a cooperative dialogue where we evaluate our assumptions and logically consider our own and others' ideas. A teacher's role is one of a fellow learner: one who seeks to understand and to ask questions as well, not as a final arbiter. In a highly guided process, participants will first read a text independently, defining words and ideas and asking questions. Then we will meet in small groups to gain a deeper understanding of important historical documents such as the Declaration of Independence and Martin Luther King Jr.'s "Letter from a Birmingham Jail." We will also seminar poetry, short fiction, song lyrics, and visual texts. Lastly, students and teachers will discuss, as a whole class, some of the world's greatest thinkers.

Instructors: Mindi and Joe

Credit: .25 Language Arts, Language Arts Seminar OR Literature, American Seminar

Fee: none

Grades: 8-12

LARPing

In this intensive we will be learning about the different cultural weaponry of the world. Students will be encouraged to explore the various cultural aspects of the world and will be required to choose one weapon to learn about extensively. After which as a class we will be learning about how each culture implemented the weapons into their battles. We will be learning how to use and wield weapons properly and safely under adult and professional supervision.

Instructors: Faith and Lily G.

Credit/ASD Name: .25 PE, Recreational Games

Fee: \$35

Grades: 7-12

Hiking and Berry Picking

Do you know your blueberries from your huckleberries, your low bush cranberries from your high bush cranberries, or your currants from your bane berries? Do you know where to find watermelon berries or lingonberries?

The name says it all: in this intensive, we will hike in various areas in and near Anchorage while searching for edible berries to bring back with us. The goals of the intensive are to:

- Identify berries both edible and inedible berries in our natural environment.
- Identify the habitats that support the edible berries that we're searching for.
- Prepare for safely hiking several miles in the wilderness.
- Hike safely in our local wild places and return with delicious berries to eat.

The fee for this intensive will go toward purchasing a copy for each student of the best Alaska berry book on the market and a berry bucket. Additionally, you will need shoes and apparel appropriate for hiking and berry picking in all weather conditions, a backpack, bug repellent, and the ability and desire to walk several miles per day.

For the success of this intensive, we will need parent drivers for at least 2 outings. Also, make sure that your parent can drop off and pick up in an alternate location in Anchorage at least 3 days of the intensive.



Instructor: Christian Haich

Credit: .25 PE, Outdoor Recreation

Cost: \$20

Grades: 7-12

Rock Climbing

Rock climbing strengthens muscles, improves balance, coordination, and focus. You can't be thinking about something else while you're on the wall. We'll adopt the supportive and encouraging culture of climbing as we work to improve our own skills. In addition to physical activity, students will learn the vocabulary of the sport and a handful of knots that should be useful on or off the walls. The school days of Friday August 18, and Monday, Wednesday and Friday of the following week will start at the Alaska Rock Gym, then we'll have parent volunteers get us back to Polaris for lunch. Field trip permission slip, and parental completion of the Alaska Rock Gym liability waiver will be required on Thursday, August 17.

Instructors: Bryan and Margaret A.

Credit: .25 PE, Individ. Rec Activities

Fee: \$100

Grades: 7-12

Debate

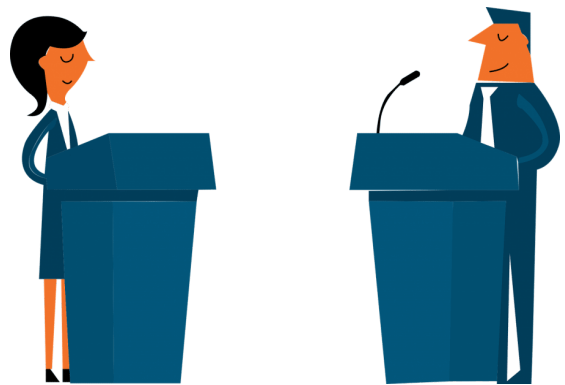
Debate is a structured discussion regarding an issue using logic, reason, and facts. This intensive will focus on learning about structured debate, researching issues, and discussing them in a competition style setting. Instructor:

Instructor: Larry

Credit: .25 Language Arts Elective/ Debate

Cost: none

Grades: 9-12



Poisonous Plants of Alaska



Alaska is famous for edible plants and wild berries, but there are some wickedly dangerous ones out there too. Those plants range from causing a mild rash to being fatal. In this intensive we'll find out what they are, where they're found, and what makes them dangerous.

The fee for this intensive will go towards purchasing a copy of an Alaskan plant ID book for each student.

Instructor: Kelly

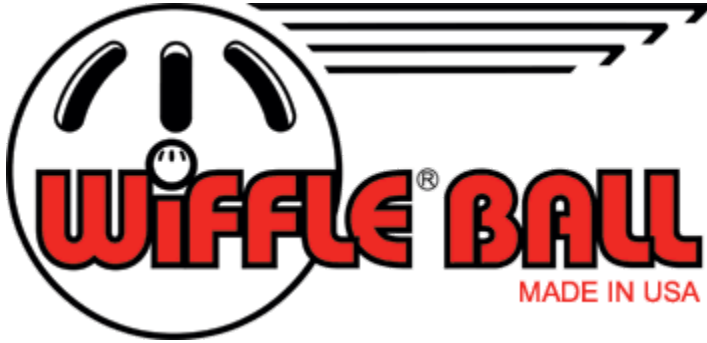
Credit: .25 Science, Ecological

Cost: \$15

Grades: 7-12

Play Ball! (Wiffle Ball)

Play Ball! Year two of the Polaris Wiffle Ball League (PWBL) is ready for another season of home runs and fun. We will learn the basic rules of baseball, while also learning about Wiffle ball. Teams will compete against each other for the coveted "Golden Bat" trophy (currently held by last year's squad, "The Moose"). No previous knowledge of baseball or Wiffle Ball is required.



Teacher: Jeff Bevier

Credit: 0.25 Physical/Health, Intensive (H7039 & M7039)

Fee: \$10

Grade Levels: 7-12

Cryptology

Cryptology is the study of codes and ciphers. Humans have had secrets, and ways to keep those secrets secret, for probably as long as we have had language. Codes and ciphers would have developed right alongside written language. We will look at methods of encrypting messages that span the entirety of human history, focusing on ones that can be encrypted and decrypted by humans. Ribbons, disks, books, and more can all be used to pass information. Learn how to break some of the most famous codes and ciphers in history, and come up with some of your own.



Teacher: Mira

Credit/ASD Name: .25 Social Studies / Social Studies Intensive

Fee: none

Grades: 7-12

Five Fingers Six Strings



Guitar Days: time to play! Whether you are a beginner without experience or have been playing for a while, join Andrea and Mike in an amazing opportunity to play for 7 days straight. We will follow curriculum in Guitar Zero to Hero with Dave Tran, an experienced guitar teacher that has a crystal clear, easy, step-by-step approach for everyone at all levels and allows you to track your practice. Guitar Zero-to Hero offers finger picking, chords, song libraries, and incredible learning graphics and instruction that make learning fun and easy. And since finger-tips need breaks, we will take a hike to Flattop one morning or afternoon to get some fresh air and stretch our legs.

What an incredible way to start the year!

Requirements

- An acoustic guitar (rentals are available at The Music Man, The Guitar Center, and a few other places in town). Borrowing works great too!
- An account with Dave Tran at Guitar Zero to Hero that is in place by the first day of the intensive on Thursday August 17
- A recording device that can be used to record you playing and interface with your computer to record your playing and growth several times
- A parent that commits to
 - Help drive to Flattop one day of the intensive
 - Complete the ASD Volunteer Approval and ASD Driver Requirements Forms by August 7, 2023
 - Help secure an account with Guitar Zero to Hero several days before school begins

Instructors: Andrea and Mike S.

Credit/ASD Name: .25 Elective (Music)

Cost: The cost to your family to establish an account with Guitar Zero to Hero (less than \$20)

Grades: 7-12

