



Secondary
Fall Intensive Catalog
2024/25

Polaris K-12 School
August 15-23, 2024

Intensives are a pillar of 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 begin the school year for our secondary students and will run from August 15-23. Please read through this catalog to preview our intensive course offerings and complete the registration process via the [Intensive Registration Google Doc \[Linked Here\]](#).

Because there are a 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 registrations received by April 25th will be given equal consideration.

The deadline for all intensive registration requests is April 25, 2024.

Intensive confirmations will be posted in the Polaris Lobby on May 2nd.

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

Fees must be paid by Friday, May 17 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 Wednesday May 15th at 8:30am.

Course Offerings at a Glance:

- 6th Grade Milestone Intensive (6th graders only)
- 9th Grade Milestone Intensive (9th graders only)
- The World of Warhammer 40K (7-12)
- Improv and Puppets (7-12)
- Chess, Cribbage, and Cocina! (7-8)
- Secret Knowledge of Artists and Illustrators (8-12)
- Two Wheels Looking for Dirt (7-12)
- PreCalculus, A Prelude to Calculus (10-12)
- Sailing (8-12; 7th with prior approval) Registration Closed

Fall 2024 Secondary Intensive Offerings



Polaris Sixth Grade Milestone Intensive 2024

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!

Instructors: Heidi Postishek and Allie Burris

Grades: *Automatic enrollment* for all 6th Graders

Fee: \$25

Name/Credit: Transition Strategies/.25 MS Elective

Polaris Ninth Grade Milestone Intensive 2024

NEW for 2024! Our inaugural 9th Grade Intensive will welcome all 9th graders to the world of high school. 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!

Instructors: Larry Frick and Andrew Mullings

Grades: *Automatic enrollment* for all 9th Graders (unless previous arrangements have been made for travel intensives; no need to sign up on the request form!)

Fee: \$20

Name/Credit: Advisory Grade 9/.25 Elective



The World of Warhammer 40K



Explore the world of Warhammer. The Warhammer 40k intensive will be a deep dive into the land and lore of Warhammer. In this intensive we will be designing competitive scenarios and building gaming boards. Additionally, we will be assembling and painting both terrain and miniature games pieces. Time permitting, we will host competitive competitions within the Polaris community.

Instructor: Jeff Bevier

Grades: 7-12

Fee: \$25

Name/Credit: (.25) Art Crafts

The Secret Knowledge of Artists and Illustrators

People who draw or paint exceptionally well sometimes seem to have an otherworldly talent. They make work that appears beyond human ability. It's part of what makes art special and important.

But art, even the greatest and most timeless art, is made by people. How do they do it?

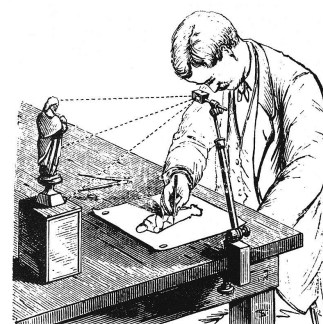
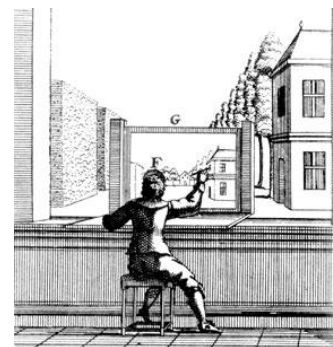
There are many practices artists and illustrators have that aren't obvious but make a huge difference in their work. They range from simple things like how to arrange a workspace to more complex techniques to reproduce images exactly. Some methods are so plain they're easily overlooked. This intensive will explore those things and we'll learn how to apply such "secrets" in our own work.

Instructor: Kelly Hebert

Grades: 8-12

Fee: \$20

Name/Credit: Intensive Art/.25 Elective



Improv and Puppets!



Join Rachel for a fun-filled intensive of improv games, skill building, and puppet exploration! Thespians will learn/review the core fundamentals and principles of improv theatre and transfer these skills into puppet creation, script writing, and performance. Guest artists from our Anchorage art community will be sharing their talent and all students will have an opportunity to take the stage if desired. A rollicking good time for all! You will learn the core fundamentals and principles of improv, focusing on various games and exercises that encourage trust, communication, agreement ("yes and"); active listening, character, status, and making your scene partner look good. After that, you'll start to apply these concepts into fully improvised scenes.

Instructor: Rachel Gregory

Grades: 7-12

Fee: \$40

Name/Credit: Art Creative (HS), Drama (MS) / .25 Elective

Chess, Cribbage, and Cocina!

It's not a mystery anymore! With the announcement of our new Spanish teacher comes this incredible opportunity for an intensive. Join Ilana and your peers to learn the strategic games of chess and cribbage and learn how to cook through a Latina and Spanish lens.

Instructor: Ilana Kerschbaum

Grades: 7-8

Fee: \$20

Name/Credit: Intensive Language Arts / .25 ELA Elective

Two Wheels Looking for Dirt!

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

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 steeps? 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 (mainly Kincaid and Hillside) *daily*.

Instructors: Andrea Evans & Gregory Hobson
Fee: \$30

Grades: 7-12
Name/Credit: Intensive PE / .25 PE Elective

PreCalculus, A Prelude to Calculus

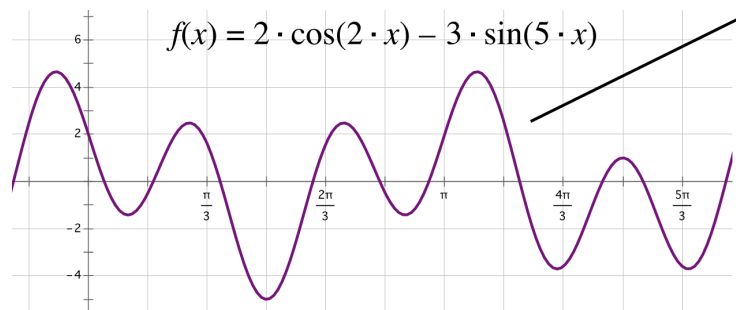
Have you completed Algebra 2 and are wondering what math class comes next? The answer: you're almost ready for Calculus! If you plan to take AP Calculus during the 2024-2025 school year, and you have not taken a PreCalculus course, then you must take this intensive. We will intensely study exponential functions, logarithmic functions, trig functions, rational functions, asymptotes, composite functions, function transformations, and analyzing function graphs. We're going to put the FUN in FUNctions! All of this will lead directly to your readiness for success in AP Calculus.

Instructor: Christian Haich

Fee: \$0

Grades: 10-12

Name/Credit: Math Special Topics / .25 Math Elective



Sailing Big Lake



Come sail away! We'll be learning to sail with the Alaska Sailing Club on Big Lake for low pressure sailing lessons intended for people with no previous sailing experience. We will start out with class time to learn the basics of sailing, including some remote control sailing on Westchester Lagoon on our first Friday, then we'll bus out to Big Lake for the second week of the intensive where we'll camp on the grounds of the Alaska Sailing Club. We will spend four days learning to sail before we come back to Polaris on the last Friday of the intensive. Learn to harness the power of the wind in this intensive!

Registration for this travel intensive has closed. Please contact Bryan Smith if you'd like to be added to a waitlist.

Instructor: Bryan Smith & Akara Anglin

Fee: \$250

Grades: 8-12; 7th graders with pre-approval

Name/Credit: Outdoor Adventure / .25 PE Elective