



# **Spring Intensive Catalog 2021-2022**

Polaris K-12

Intensives are a wonderful opportunity to learn with other teachers and students. They will take the place of our regular classes from Monday, May 2nd through Friday, May 13th for elementary and May 2nd through May 19th for secondary. 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 March 25 will be given equal consideration. The deadline for all Intensive requests is March 25th, 2022.

Intensive confirmation will occur on March 31st. For elementary students, this will be sent home via their family group teacher. Secondary Intensive confirmations will be visible in Student and Parent Connect→ Schedule (Period AM/PM, Day N, Term Q4).

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

**<https://parentconnect.asdk12.org/production/parentportal>**

**Fees must be paid by Friday, April 15th to keep your spot.**

Many 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 [\[Intensive Scholarship Application linked here\]](#). Scholarship applications are due Thursday, April 7 by 8:30 AM.

Elementary Intensives offerings:

**ICE: Imagine, Create, Explore; K-2**

**Art and the Outdoors; K-2**

**Gardening with a Splash; K-2**

**Geology Rocks; K-5**

**Video Game Design & Coding; 3-5**

**“Inside Out” of our Feelings with Art; 3-5**

**Outdoor Games; 3-5**

**Electricity; 3-5**

**Hiking; 3-5**

Secondary Intensive offering:

**Spring into Algebra; 6-7**

**Emerging Writers; 6-12**

**Dungeons & Dragons; 6-12**

**Hike & Bike 2022; 6-12**

**Ultimate Field Sports!; 6-12**

**Ukulele & Island Culture; 6-12**

**Dance; 6-12**

**Find Your Future; 11-12**

**Health; 8**

**1, 2, 3, Dance with Me; 6-12**

Teacher recommended grade levels are indicated. If you are interested in taking an Intensive that is not in your grade level, you may write a letter to the Intensive teacher explaining why you want to take that particular class and requesting permission to join it. Due to curriculum content, students will not be scheduled in intensives outside of their grade level without instructor permission.

# Elementary Course Catalog

## **ICE: Imagine-Create-Explore**

Are you an innovative kid who likes to spend time creating new things? Do you like to use your imagination and dive into play? Are you someone who is curious and likes to explore your surroundings? Then this may be the intensive for you. We will spend our time creating new art pieces, diving into dramatic play activities and exploring and playing in the outdoors. This is a play-based intensive that will focus on creativity, social skills and cooperation.



Fee: \$15.00

Grades: K-2

Teacher: Marie

## **Art and the Outdoors**

Do you love the outdoors? Do you want to explore different art techniques? Join Mike and Jenna as we integrate the art and outdoors! This intensive will include painting, drawing, writing, math, literature, origami, building, and unstructured outdoor play in our habitat.



Fee: \$25.00

Grades: K-2

Teacher: Jenna and Mike

## **Gardening with a Splash of Cooking!**

Whatever the weather does, let's get our hands dirty, get outside and plant flowers, veggies and herbs. Plan to head out and explore Anchorage Gardens, bird watch and picnic. When our hands are not in the dirt, we will have them in some kind of fun cooking project- no bake cookies, fresh bread, fresh fruit salad... If it rains, we have plenty to do inside, painting flower pots, creating bird houses- not to mention curling up in our "garden spot" with a good book. Fun times ahead! All expenses included in the fee.

Fee: \$50.00

Grades: K-2

Teacher: Rachel Gregory

## Geology Rocks!

Did you know that we have roughly 20,000 earthquakes in Alaska every year? How about that all seven of our continents actually came from one SUPER continent 240 million years ago? Join my intensive and learn more about our amazing Earth. Let's dig for gems and fossils, make models of land formations, and explode volcanoes together!

Fee: \$60.00

Grades: K-5

Teacher: Tess

## Outdoor Games

Do you like to play baseball, kickball, sprout and other outdoor games? Well, this is the intensive for you. Rain or shine, we will be outdoors, so you must be prepared for the weather and wear appropriate clothing.

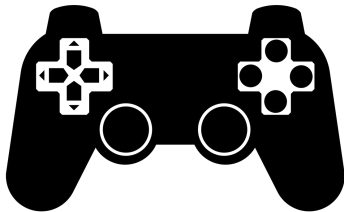


Fee: \$25.00

Grades: 3-5

Teacher: Keana

## Video Game Design & Coding



Attention, all gamers! Do you love coding? Would you be interested in designing your video game? If so, come and join the video game design and coding intensive! Spend time perfecting your coding skills, create and design your own game, develop storylines and characters, and have the chance to speak to a real

video game developer! Hope to see you there.

Fee: \$15.00

Grades: 3-5

Teacher: Sarah

## Electricity

Why do you get shocked sometimes when you go down the slide on the playground? We're going to do a lot of experiments to figure out why that happens, where electricity comes from, what it is, and how to make electrical sparks. We'll also study history to find out how people made discoveries about electricity and who some of those scientists were. Lots of the experiments we do will be the same as people did around two hundred years ago. We're going to make gadgets that you can take home to teach other people about electricity and do more experiments on your own. No batteries required (We'll make our own).

Fee: \$15.00

Grades: 3-5

Teacher: Kelly

## “Inside Out” of our Feelings with Art

Exploring all different forms of art media while building social emotional strategies. We will explore print making, stamping, painting, collages, handwork and much more. We will also be exploring culinary arts, musical arts, theater arts and dance arts. This will be a wonderful opportunity to grow in artistic expression while gaining a growth mindset for social emotional awareness.

Fee: \$40.00

Grades: 3-5

Teacher: Rachel VanderMartin

## Hiking

Welcome outdoor explorers! Grab your gear and let's go. We will be hiking on local trails, treasure hunting on beaches, and playing at parks. Additionally, students will make DIY nature projects.

*This intensive relies entirely on parent volunteers to transport and chaperone the field trips.*

Fee: \$25.00

Grades: 3-5

Teacher: Arika

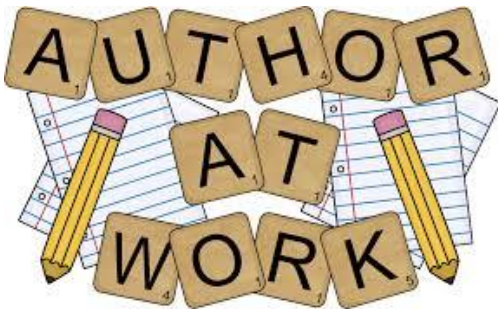




# Secondary Course Catalog

## Emerging Writers

Do you love to write? Are you a budding poet, flourishing storywriter, or even future famous author? Would you like to write in a relaxed, social atmosphere? This creative writing intensive encourages students to challenge themselves technically and artistically through guided daily writing workshops, one-on-one instructor support, group editing sessions, and creative presentations of their work. We will seek inspiration from our city and the nature that surrounds us, to explore both inner and outer landscapes.



The ultimate takeaway of this intensive is that writing is a way to communicate understanding, demonstrate acquired knowledge, share experiences, defend claims, promote entertainment, connect with others, and experience enjoyment and beauty.

There will be field trips that require parent drivers and chaperones.

Fee: \$15.00

Teachers: Joe & Mindi

Grades: 6-12

Credit: .5 Language Arts Elective

## Health

Health Class: required ASD class for 8th graders who have not yet taken it. This course offers health instruction methods that are active and promote personal responsibility, lifelong learning, critical thinking, cooperation, and uses interdisciplinary approaches. Topics include personal health, nutrition, physical development, social development, mental health, human sexuality, substance abuse and use. These areas are interrelated and lead to total positive functioning of the individual in their environment.

Fee: None

Teacher: Jess

Grade: 8

Credit: .5 PE

Students will explore Pre-Algebra concepts to help them prepare for taking Algebra. A few of the topics that will be covered are: Graphing and Writing Equations of lines, Functions, Exponents, and Quadrilaterals. Students will learn about these topics by conducting experiments, building a quadrilateral family tree, creating infographics and digital art, and solving a murder mystery. If students successfully complete the intensive, they will be recommended to take Algebra during the 2022/2023 school year.

## Intro



Teacher: Julia  
Credit: Math

This Intensive gives you the time and skills to develop a *solid plan* for your final year of high school and your first year of college, the work world, or the military. This Intensive is for everyone. Get a head start and a competitive edge on scholarships, admissions, resume writing, securing internships, and preparing for the work world. Work with your peers to develop a *professional quality digital scholarship portfolio* and a *personal action plan* with your goals and objectives listed by date. Hear from professional financial advisors, state financial aid counselors, admissions counselors, and former Polarians that are currently attending schools all over the country. This is the place to ask the questions that you have about how it all works after high school, regardless of whatever direction you are headed. You will also be given the opportunity to take a practice SAT or ACT test with Frontier Tutoring here at Polaris. They will provide you with a detailed score report that highlights trends and patterns in your performance. Single class enrollments at other schools will be accommodated for this Intensive. Please check in with Allie as soon as possible if that applies to you.

Credit: .25 elective, .25 LA elective ASD Name: Computer Fundamentals + Composition, Essay



## Ultimate Field Sports!

If you enjoy spending time outside, running around with your friends, and learning new games then this is the intensive for you! We will learn the basics of ultimate frisbee, frisbee golf, soccer and other field games throughout our time. We will also have the opportunity to imagine and create our own games to play. Many of our days will be fully at an off-campus location which will require you to be dropped off and picked up somewhere else than Polaris. Tentative locations are: Kincaid Disc Golf Course, Service Disc Golf Course, the Park Strip and Alaska Pacific University Disc Golf Course.

Fee: None

Grades: 6-12

Teacher: Gus

Credit: .5 PE

## Dungeons and Dragons

Delve deep into ancient caverns in search of lost cities. Protect small villages from the ravages of local bandits. Investigate the rumors of marauding giants. Track a dragon back to its lair in search of a great horde of coins (or butterflies, depending on the dragon).

If you are interested in creating a character and using your wits to role-play, you are welcome to the Dungeons and Dragons intensive. In this intensive we will be creating worlds, rolling up characters and writing the back stories of each. Learn how to be a dungeon master, a mighty wizard, or the Paladin that saves the day. Whatever you choose, in this intensive you will unleash the power of your imagination.

Public Figures who have either played or continue to play Dungeons and Dragons:

- Joe Manganiello
- Joseph Gordon-Levitt
- Michelle Malkin
- Steven Spielberg
- Steven Colbert
- Anderson Cooper
- Felicia Day
- Tim Duncan
- Judi Densch
- Will Wheaton
- Stephen King
- George R.R. Martin
- Elon Musk
- Vin Diesel
- Deborah Ann Woll



Fee: \$10.00

Grades: 6-12

Teachers: Jeff & Larry

Credit: .5 Language Arts Elective



## **Ukulele & Island Culture**

Are you longing for the sounds and sights of the islands? Join us for the Ukulele Intensive where we will explore the music, dance, and foods of Hawaii (and some other Pacific islands). The focus will be on the ukulele; its origins, history, musical styles, and place in modern culture.

Fee: \$20.00  
Grades: 6-12

Teachers: Dawn, Mike S., and Adam  
Credit: .5 Elective

## **1, 2, 3 Dance With Me**

Ever interested in learning how to dance? Maybe you want to show off to your friends, get a workout, or just be a part of a unified team doing something fun together. Come join us in Andrea's room as Ella teaches hip hop and urban to Polaris students! We will be going over styles of dances, different techniques, and basics of hip hop. Unlike previous dance intensives, this class will be about learning choreography, not creating it. Focused on understanding how our body works, we hope to grow a strong group of dancers as well as create new friendships.

Fee: \$20.00  
Grades: 8-12

Teachers: Andrea and Ella  
Credit: .5 PE



## **Hike & Bike 2022**

Hike and bike locally! Five hikes and five bikes! See and explore what is right out your back door - more than seven major bike trails covering 45 miles and accessible day hiking trails within easy reach. We will be covering basic bike maintenance, hiking/biking, shared trail etiquette and safety, and day trip nutrition with various guest speakers. For most day hikes, we will have alternative pick-up and drop-off locations. For biking, we will be departing and returning to Polaris. We will also be seeking trail support - both on the trail and by vehicle - from parents. Please keep this in mind when registering. Contact either Heidi or Christian with questions.

### **Required equipment:**

- ☐ Bike with gears (good working order; preferably tuned up)
- ☐ Helmet
- ☐ Day/Backpack
- ☐ Raingear
- ☐ Hiking/athletic shoes (ties and treads)

Fee: None  
Grades: 6-12

Teachers: Christian & Heidi  
Credit: .5 PE