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# **Winter Intensive Catalog 2022-2023**

**Polaris K-12 School  
January 9-20, 2023**

Intensives are a wonderful opportunity to learn with other teachers and students. They will take the place of our regular classes from Monday, January 9th through Friday, January 20th. 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 November 4th will be given equal consideration. The deadline for all Intensive requests is November 4th, 2022.

Intensive confirmations will be available on November 17, 2022 in Secondary Student and Parent Connect → Schedule (Period: AM+PM, Days: N, Term: Q3) or via Elementary Family Group communication.

**Once your Intensive is confirmed, you can pay the fee online at <https://parentconnect.asdk12.org/>  
Fees must be paid by Thursday, December 1st 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](#). Scholarship applications are due Wednesday, November 23rd by 8:30 AM.

Elementary Intensives offerings:

**Investigating S.T.E.A.M.; K-2**  
**All About the Alphabet; K-2**  
**Around the World; K-2**  
**All About Dinosaurs!; K-2**  
**Mythical Creatures; 3-5**  
**Let's Dance!; 3-5**  
**Dungeons & Dragons; 3-5**  
**3D Sculpture Projects; 3-5**  
**Creative Arts & Writing; 3-5**

Secondary Intensive offering:

**Chess; 6-12**  
**A Study in Watercolor; 6-12**  
**Dungeon Masters; 6-12**  
**Glass Mosaics; 6-12**  
**Juggle, Juggle, Juggle!; 6-12**  
**How to Start a Band; 6-12**  
**Strategic Simulations; 6-12**  
**Skiing & Snowboard; 6-12**  
**Disney's Wonderful Adventure; 6-12**  
**New Vaudeville; 6-12**  
**Science Fiction Inventions; 6-12**  
**Classic American Film; 8-12**  
**Model U.N.; 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.

# Elementary Course Catalog

## Investigating S.T.E.A.M.

If you're a curious kid who likes to build, create and figure things out, then this might be the intensive for you. We will explore all areas of S.T.E.A.M. - science, technology, engineering, art and math. We will learn about the STEM engineering process and write about our explorations.

# S.T.E.A.M.

Teacher: Marie  
Grades: K-2  
Cost: \$15.00

## All About the Alphabet

Do you love art, games, and cooking? Join me as we use books to create art, do daily cooking projects, play games, and learn all about the letters of the alphabet.



Teacher: Jenna  
Grades: K-2  
Cost: \$25

## Around the World

Come travel the world with me! Every day we will step into a new country and learn about what makes that place so wonderful. We will get the chance to make art, sing songs, learn dances, and make food from Ethiopia to Mexico!



Teacher: Tess  
Grades: K-2  
Cost: \$30

## All About Dinosaurs!

Calling all Polarian Paleontologists! Come back in time with me to learn all about dinosaurs! Select your own dinosaur for a special research project, read about dinosaurs, and further your learning with hands-on activities! I hope to see you there!



Teacher: Teagen  
Grades: K-2  
Cost: \$25

## Let's Dance!

Come learn about and try different styles of dance! From ballet to jazz, from lyrical to hip hop, we will learn about the history of the different styles, do some art, and most importantly, try them out. After learning different styles, we will create routines and perform for others.

Teacher: Zada  
Grades: 3-5  
Cost: \$20



## Sticks & Stones, Paper & Wire, 3D Sculpture Projects

Students in this intensive will learn the techniques and tools to craft and shape sculptures with a variety of materials. We will make several sculptures together as we explore this art form. Students can expect to develop fine motor and precision skills. Imagination and interest will guide the process. Let's get creative with sculpture projects!

Teacher: Arika  
Grades: 3-5  
Cost: \$50

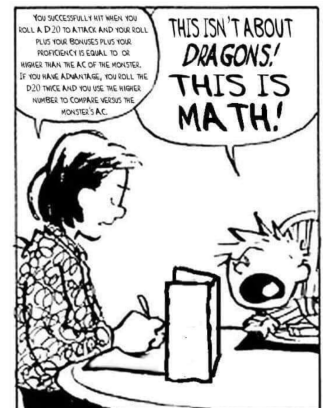
## It's Your Turn to Roll/Role - A Beginners Guide to Role-playing and Dungeons & Dragons

Are you yearning to adventure into the medieval world of fortress towns, dive deep into ancient caverns in search of lost cities, rescue a missing heir, or protect small villages from ravaging giants or marauding bandits? Or maybe you are ready to track a dragon back to its lair and relieve it of its gold and treasure?

This ***kid-friendly***, role-playing Intensive will introduce you to the world of Dungeons and Dragons. The campaigns will be *designed for kids* and facilitated by secondary students as the "Dungeon Masters".

*As an adventurer*, you will learn game mechanics, build a character, create a handmade Hero's Journey journal in which to log your journeys, and engage your imagination with character role-playing and storytelling. Bonus additional skills: math, physics, pro-social skills, civics, and the art of "negotiation". The cost includes a set of dice, a Hero's Journey journal, and a miniature.

Teacher: Dawn  
Grades: 3-5  
Cost: \$25



## Creative Arts & Writing

Do you like painting, drawing with pastels, shading with graphite pencils and expressing thoughts and ideas through art and writing? Well, this is the class for you! We will learn

about local artists and develop strong writing skills on our daily adventures together. All materials purchased and pieces created will be yours to keep!

Teacher: Keana

Grades: 3-5

Cost: \$40



## Mythical Creatures



Are dragons real? What's the difference between a troll and an ogre? Can unicorns fly?



What's the deal with elves? If you have pondered these, and other serious questions, you will learn answers in this intensive. We'll look at the strange creatures that appear in literature and stories and see what we can learn from them. We'll explore why these creatures appear, and compare many

different kinds. There will be an opportunity to invent your own fantastic being, and the intensive will end with an otherworldly creature convention.

Teacher: Kelly

Grades: 3-5

Cost: \$25



# Secondary Course Catalog

## Chess

In a number of nations around the world, most famously, Russia, Bulgaria, Venezuela, and Armenia, Chess has been taught as a mandatory course. In some nations this has been the case for decades. The modern game of Chess has an extraordinary history going back centuries, the direct origins being traced as far back to the sixth century. As we learn Chess we'll discover a world where science, logic, art, geometry, math, language as well as competition are all fused together. This class will focus on play, strategy, and strengthening our minds.

Teacher: Mindi

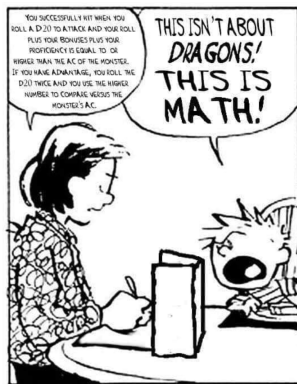
Credit: 0.25 Intensive Social Studies (SS Elective) (H7034, M7034)

Fee: \$0

Grades: 6 -12



## Dungeon Masters



Have you been wanting to lead an adventuring party through mazes, caverns, ruins, wilds, and dungeons? Do you enjoy diving into the world of D&D and are willing to lead 3rd-5th graders on adventures? Then this Intensive is for you!

The Elementary D&D Intensive requires 6-8 Dungeon Masters to introduce them to the role-playing gaming style of Dungeons & Dragons.

Opportunities:

- Lead a *published kid-friendly* campaign during week #1
- Create a *kid-friendly* campaign/series of one-shots for week #2
- Assist young adventurers with game mechanics and character creation/development
- Bonus: Time for DMs to play as a group almost every day.

Teacher: Dawn

Credit type: 0.25 Intensive Language Arts (LA Elective) (H7036, M7036)

Cost: \$0

Grades: 6-12 (Application Required for Grades 6-8)



## Disney's Wonderful Adventure

**THIS INTENSIVE REQUIRED PRE-REGISTRATION!** Science is SO many different things and students are surprised when they find out exactly how many STEM jobs there are besides traditional engineering and lab sciences. This intensive is my attempt to show students the amazing opportunities in the field of science as we explore one of the most iconic places in the United States. Students will take the week to explore Epcot, Animal Kingdom, Magic Kingdom, and so much more. We will also take a day to experience the Kennedy Space Center and take an eco-boat tour on the St. John River. Students will be treated to two YES seminars with Disney engineers and STEM outreach team members to show students opportunities outside of the traditional engineering and STEM jobs. We will balance time learning about Florida's unique ecosystem, space exploration, and engineering with a whole lot of fun! This intensive does offer Science Credit as we are exploring so many different fields of science and the possibilities they offer students.

Teacher: Jess

Credit: 0.25 HS: Science, Special Topics (Elective) (H2004QALT); MS: Physics, Structures (M707QALT)

Fee: \$2240

Grades: 7-12



## New Vaudeville

Join your fellow Polarians on stage in the dynamic, engaging art of physical comedy! We will team up with TBA Theatre to create and produce a 1 hour show of comedic skits where actors use bodies and expressions to charm their audience. This year's theme is, At the Disco! Be a part of a rollicking good time and a 20+ year Polaris tradition!

Please note~ This intensive meets off campus at UAA and APU. Students will need their own transportation to and from the intensive. Pick up and drop off times must be adhered to. There is no supervision after 2:00. Additionally, students committing to the New Vaudeville intensive are committing to 3 public performances: the evening of Friday, January 20th, and 2 shows on Saturday, January 21st. DO NOT sign up for the intensive if you cannot make this commitment and attend EVERY rehearsal.

Teacher: Rachel

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

Fee: \$225

Grades 6-12

## Science Fiction Inventions

There's **nothing better** than *crazy-cool* Sci-Fi inventions!

The Star Wars Millennium Falcon? What about Dr. McCoy's medical device that will fix your broken arm in a few seconds? A transporter? Uh-hello - a lightsaber?! How about ordering any deluxe meal from a machine that can legit produce food?

What innovative things do we have today that are originally from the sci-fi world? Okay - face transplants ARE real but not quite at the level of Mission Impossible - yet!

Join the Sci-Fi Intensive this winter: explore elements of Sci-Fi from infamous, and lesser-known, sources....

Then, create your own futuristic Sci-Fi Invention!

Teacher: Andrea

Credit Type: 0.25 Intensive Science (Science Elective) (H7033 & M7033 )

Fee: \$25

Grades 6-12



## Strategic Simulations

Do you have what it takes to be a top general such as Dwight D. Eisenhower? Maybe the logistics side is not your strong point but commanding your troops in battle such as the great Celtic queen Boudicca is more your cup of tea. Regardless, in Strategic Simulations you will have the opportunity to demonstrate your abilities as a great commander.

Strategic Simulations is a board games intensive with a slight twist. We will be playing several board games that are based upon the use of strategy to win. Students will be in teams and each team will field a captain to play a game. We will do a brief amount of research on each game and see if there are historical comparisons that we can apply. This is easy for games such as Axis & Allies, but more challenging for Settlers of Catan. Teams will compete through playing a variety of strategy games, with everyone vying for the penultimate prize of Top General.

Teacher: Jeff

Credit Type: 0.25 Social Studies, Special Topics (Elective) (H3012QALT & M7102QALT )

Fee: \$20

Grades 6-12

## How to Start a Band

Have you ever wanted to start a band, but don't know where to begin? Come find out in the "How to Start A Band" intensive class! In this intensive, we will explore and experience different types of bands and music ensembles, and learn about choosing and arranging music, practice strategies, live and recorded performances, website/social media development, and participating in community-oriented music events. All voices and instruments welcome!

Teacher: Adam

Credit Type: 0.25 Music (Elective) (H7305QALT) or Band (M9098QALT )

Fee: \$0

Grades 6-12



## Layers of Light and Shadow: A Study in Watercolor

Veil painting is a watercolor technique that uses thin layers of color to almost sculpt a picture. This is an organic and meditative style of painting perfect for deep winter as we explore the play of light and dark in color and shape. We will also be taking a chance to explore Goethe's color theory, part of which is still used as a basis for the color wheel.

Due to the nature of the painting style, we will be working on multiple pieces simultaneously, and end up producing several 'practice' pieces, as well as at least 2 more complex ones.

Teacher: Mira

Credit Type: 0.25 Painting (Elective) (H5140QALT/ M5140QALT)

Fee: \$20

Grades 6-12



## Juggle, Juggle, Juggle!

Have you ever seen a performer on the street or in the circus and thought, “I wish I could do that!”? Well now is your chance! In this intensive, you will be introduced to juggling balls, juggling clubs, juggling rings, diabolos, poi, hoops, object balancing, flower sticks (also called devil sticks), and unicycles. Each student will set learning goals based on what experience they have with each prop and what they would like to achieve. Then, students will work with Christian to accomplish those goals. This intensive is open to all experience levels.

Teacher: Christian

Credit Type: 0.25 Individual Recreational Activities (PE) (H6666 & M6666QALT)

Fee: \$20

Grades 6-12

## Model United Nations



The Model UN program is a combination UAA/ASD project where students learn about other nations and represent their nation at the annual Model UN conference at the UAA campus in February 2023. It is a great program that explores world issues and exposes students to other cultures around the world. It also helps students develop speaking, organization, mediation and leadership skills. For the college minded, Model UN programs look great on scholarship and college applications. For others, it is a fun way to meet people and learn about the world around you.

Teacher: Larry

Credit: 0.25 Model UN (SS Elective) (H3461QALT)

Fee: \$0

Grades: 9-12

## Classic American Film

In this intensive, students will be viewing and responding to many classic American movies. Together we will view films ranging from Casablanca to Star Wars. We will learn about the history of American film and be introduced to the basics of understanding film as literature.

We will study the “building blocks” of film including, narrative, mise-en-scene, cinematography, sound, and editing. By the end of the intensive, students will have the skills to analyze, describe, and enjoy film as an art and entertainment form.

FYI – Those that sign up for this intensive be warned: THIS IS NOT RECREATIONAL FILM VIEWING. In this intensive you will be earning a Language Arts elective credit. There will be multiple writing assignments ranging from personal reactions to critical analyses. In addition to this, you will be expected to research and present on a topic ranging from an actor/director biography or an element of motion picture.

Teacher: Joe

Credit Type: 0.25 Motion Picture (LA Elective) (H0750QALT & M0750QALT)

Fee: \$0

Grades 8-12

## Glass Mosaics

Take the ancient art of mosaics into the 21st century with the beauty and drama of glass. Students will learn the basic elements of design, develop artistic plans, and create mosaics. Students will create at least two (and probably more) finished works during our 2-week intensive.

Teacher: Bryan

Credit Type: 0.25 Art Special Topics (Elective) (H5014QALT & M7014QALT )

Fee: \$75

Grades 6-12





Teachers: Allie Burris & Heidi Postishek  
Grade Level: 6-12

## Polaris Skiing & Snowboarding 2023

Credit Type: Winter Sports (H6674, M6674QALT)  
Fees: See Below



NO PREVIOUS EXPERIENCE REQUIRED! Drastically improve your technique or even learn an entirely new sport for life in just two weeks! Join us for 8 days of skiing or snowboarding with Mountain Learning Center Instructors at Alyeska Resort. We will be at Alyeska T/W/R/F both weeks. The first Monday (1/9), students will be on campus for normal school hours. On Alyeska days, the bus will leave Polaris at 9:00AM and travel to Alyeska Day Lodge for morning lessons and free ski/board afternoons. We will leave Alyeska at 4:30PM and arrive back to Polaris by 5:30PM. Students need to be picked up promptly at 5:30PM each evening. Conveniently make Payment #1 by December 1 and Payment #2 by January 27. Please contact Allie or Heidi if an alternative payment plan is needed. Need based scholarships are also available.

### Eight-Lesson Packages – BEST VALUE

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*New to the sport or looking to dramatically increase skill level, BEST choice for most participants!*

Eight-lesson packages are available for all skill levels and allow students to take full advantage of their time on the mountain while advancing their skill level by one, two, or even three skill levels in just two weeks! Students up through Novice must enroll in an eight-lesson package. Students enrolling in eight-lesson packages will have first registration priority.

#### **PACKAGE A**

##### **Season Pass Holders**

\$264 – 8 Lessons

\$150 Transportation

**\$414 TOTAL**

#### **PACKAGE B**

##### **Lessons & Lifts**

\$528 – 8 Lessons/8 Lifts

\$150 Transportation

**\$678 TOTAL**

#### **PACKAGE C**

##### **Lessons, Lifts & Rentals**

\$660 – 8 Lessons/8 Lifts/8 Rentals

\$150 Transportation

**\$810 TOTAL**

### Four-Lesson Packages

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*Highly skilled athletes looking to significantly advance their performance*

Four-lesson packages are available for upper intermediate and advanced participants only and offer direct instruction from the talented Mountain Learning Staff. Avoid bad habits and really sharpen your skills while learning more varied terrain and maximizing your experience on the mountain.

#### **PACKAGE D**

##### **Season Pass Holders**

\$176 – 4 Lessons

\$150 Transportation

**\$326 TOTAL**

#### **PACKAGE E**

##### **Lessons & Lifts**

\$440 – 4 Lessons/8 Lifts

\$150 Transportation

**\$590 TOTAL**

#### **PACKAGE F**

##### **Lessons, Lifts & Rentals**

\$572 – 4 Lessons/8 Lifts/8 Rentals

\$150 Transportation

**\$722 TOTAL**

### Two-Lesson Packages\*

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*Most experienced athletes looking to polish and refine their skills*

Two-lesson packages are available for confirmed Advanced, high school athletes only and allow our most experienced students to participate in one lesson each week and use the remaining time to set and achieve personal goals with extended time for independent practice. Two-lesson packages allow students with Season Passes to make the most of their investment. \*Students MUST have a pre-conference and prior approval from an Intensive teacher to enroll in this package.

#### **PACKAGE G**

##### **Season Pass Holders**

\$88 – 2 Lessons

\$150 Transportation

**\$238 TOTAL**

#### **PACKAGE H**

##### **Lessons & Lifts**

\$352 – 2 Lessons/8 Lifts

\$150 Transportation

**\$502 TOTAL**

#### **PACKAGE I**

##### **Lessons, Lifts & Rentals**

\$484 – 2 Lessons/8 Lifts/8 Rentals

\$150 Transportation

**\$634 TOTAL**

Lesson prices reflect a 20% discount offered from Alyeska's Mountain Learning Center to our Polaris Students through Group Rates for the Intensive.