



Winter Intensive Catalog 2023/24

Polaris K-12 School
January 8-19, 2024

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 in our traditional core classes allow. Our upcoming Winter Intensives will take the place of regular classes from Monday, January 8th to Friday, January 19th. 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 November 3rd will be given equal consideration.

The deadline for all intensive registration requests is November 3rd, 2023 at 3PM.

Intensive confirmations will be available to view on November 17th, 2023 via Parent/Student Connect. All students will also receive a paper confirmation in their family group or advisories that same day.

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

Fees must be paid by Friday, December 1st 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 November 22nd by 8:30AM.

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 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.

Elementary Intensive Offerings:

At a Glance:

- Swashbucklin' Pirates (Grades K-2)
- RealWorld Math (Grades K-2)
- Winter Wonderland (Grades K-5)
- Knitting (Grades K-5)
- Roller Coasters (Grades 2-5)
- Electricity (Grades 3-5)
- Eric Carle Art & Yarn (Grades 3-5)
- Can You Beat the Challenges? (Grades 3-5)
- Karaoke (Grades 3-5)

Swashbucklin' Pirates!

ARRR!!!! Shiver me timbers! Do you have a thing fer pirates, eye patches, adventure, and treasure? If so, join the Pirate Intensive for a swashbucklin' time on the high seas!

Grade Levels: K-2

Fee: \$30

Teacher: Teagen Stewart



RealWorld Math!

Calling all amazing mathematicians! This intensive will explore how we use math in everyday life. We will be cooking, creating art, building projects and working on math fact fluency. We will explore patterns, counting, grouping, telling time, measurement, money, addition and subtraction, and word problems. If you want to build those math skills then this is the intensive for you!

Grade Levels: K-2

Fee: \$30

Teacher: Marie Lacher

Winter Wonderland



Do you love snowmen, snowballs, snowflakes, cold winter nights and icicles? Then join the Winter Wonderland Intensive for all things snow! We will be making crafts, cooking, reading, and writing about all things winter related. We are sure to have *snow* much fun!

Grade Levels: K-5

Fee: \$30

Teacher: Sarah Ottum



Knitting

Whether you have knitted before and want to build new skills with colorwork designs, or if you have never tried doing anything yarn-related but think you might like to explore the fun of fiber arts, this intensive is for you! Everyone is welcome. We'll spend our days practicing finger knitting, knitting on needles, using lucets, and learning about the history of knitting in cultures around the world. Because knitting and books belong together we'll also be spending part of our day listening to read-alouds, audiobooks, or independently reading books related to knitting or other fiber arts. This intensive is going to be "wooly" fun.

Grade Levels: K-5

Fee: \$30

Teacher: Kyla Wilkinson

Roller Coasters:

Do you ever wonder about the science behind the fast-paced experience of a roller coaster? Do you like hands-on exploration of building ramps and jumps?



Join me for a wild ride while exploring some roller coasters around the world. Together, we'll jump into the history of roller coasters and discover what makes them move the way they do. You'll even get the chance to construct your own roller coaster using a variety of materials!

Grade Levels: 2-5

Fee: \$30

Teacher: Tess Vandiver

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).

Grade Levels: 3-5

Fee: \$30

Teacher: Kelly Hebert

Eric Carle Art & Yarn!

Our mornings will be an opportunity to try out crochet, wonder knitting, finger knitting and more.

We will be creating art, inspired by the painting process of Eric Carle, a loved author/illustrator.

For two weeks we will study: the biography of Eric Carle, painting processes used in Eric's art studio, learning the collage process, writing stories and creating a collaborative piece of art with me!

This will be a messy intensive so please come to school with appropriate clothing that you do not mind getting paint or glue on.

Grade Levels: 3-5

Fee: \$30

Teacher: Keana Graves

Volunteers are welcome!



Can You Beat the Challenges?

From tug-of-war to riddles, from running to puzzles, from art to escape room inspired activities, be ready to challenge both your physical and mental strength through a variety of challenges. Some activities will challenge your abilities to work with a group while others you will need to use your own knowledge to complete them.

Grade Levels: 3-5

Fee: \$30

Teacher: Canzada Maruskie

Karaoke

This intensive is for students who like to sing and dance. We will experience a variety of songs and explore several music genres. Students will explore song composition to understand how music, voice, and lyrics synthesize to create a powerful mode to communicate the artist's ideas, emotions, and stories. We will learn to analyze literary devices such as metaphor, simile, imagery, alliteration, hyperbole, rhyme, and repetition. Karaoke is a fun way to work on reading fluency.

Grade Levels: 3-5

Fee: \$30

Teacher: Arika Drake



Secondary Intensive Offerings:

At a Glance:

- Drums, Drums, DRUMS (Rock Drumming 101) (Grades 6-12)
- Lost in the Mist (Grades 6-12)
- Strategy Board Gaming (Grades 6-12)
- New Vaudeville at TBA Theater (Grades 6-12)
- Nothing but Nets (Grades 6-12)
- Glass Mosaics (Grades 6-12)
- Planting & Posing | Painting & Poets– A Creative Experience (Grades 6-12)
- Time to Escape (Grades 8-12)
- Horror Cinematography (Grades 8-12)
- Model United Nations (Grades 9-12)
- Skiing and Snowboarding at Alyeska (Grades 6-12)

Drums, Drums, DRUMS! (Rock Drumming 101)

Do you have an interest in learning to play the drums? Are you already a drummer and interested in learning new skills? Do you play another instrument and have an interest in increasing your sense of rhythm? During this intensive, we will learn the fundamentals of rock drumming. We will also study rock drumming legends and learn from master drummers. The intensive will culminate with you learning to play an approved, pre-selected song of your choice.

From beginner to advanced, all skill levels welcome!

Grade Levels: 6-12 *Class size is limited.*

Fee: \$50

Credit: (.25) Music Elective

Teacher: Andrew Mullins

Lost in the Mist

The lands of the British Isles are home to myths, legends, and lore as old as the mist enshrouded isles themselves. These have come down to use as stories, songs, epics, and folk wisdom. We will be exploring lore from England, Ireland, Scotland and Wales, including the Seelie and Unseelie Courts, the Arthurian legends, and the Ulster and Finnian cycles.

Grade Levels: 6-12

Cost: \$10

Credit: (.25) LA Intensive

Teacher: Mira Starr

Strategy Board Gaming

Command grand armies of the Republic or raise up the levies to defend the homeland. In Strategy Board Gaming, you will have the opportunity to lead armies such as those of Zenobia or Boudicca. Reenact Sherman's campaign of total war or lead Hannibal's armies to the gates of Rome? The choice is yours... Examples of games that we currently have: Risk, Axis and Allies, Settlers of Catan & Stratego.

Grade Levels: 6-12

Fee: \$10

Credit: (.25) Social Studies Intensive

Teacher: Jeff Bevier

New Vaudeville (Physical Comedy)



Join some of 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 their bodies and expressions to make the audience laugh. Be a part of a 20+ year Polaris tradition!

This intensive meets off campus at UAA and APU, so you will need to arrange transportation to and from the intensive. Additionally, when you commit to the New Vaudeville intensive, you are committing to 3 public performances: the evening of Friday, January 19, and two on Saturday, January 20. Do NOT sign up for this intensive if you cannot make this commitment to participate in ALL practices and shows.

Grade Levels: 6 - 12
Fee: \$225

Credit: (.25) Intensive Phys/Health
Teacher: Christian Haich

Nothing But Nets!

Who's ready for fun times and some good competition in the gym?! We will be playing sports involving "nets," which will include volleyball, badminton, pickleball and basketball. We will be working on skill development, learning rules and improving sportsmanship through drills, games and movies. There will be plenty of competition as well, with tournaments in each of the sports we play. There may also be an opportunity to take on some faculty and see how you fare against old people.

Grade Levels: 6-12
Fee: \$15

Credit: (.25) PE Racquet Sports
Teacher: Greg Hobson

Glass Mosaics

Take the ancient practice of mosaics into the 21st century with the beauty of modern art glass. Students will apply the basic elements of design, develop artistic plans, and create at least two (and probably more) mosaics during our 2-week intensive. A selection of student work will be displayed at the Brayton Kaladi Brothers in February.

Grade Levels: 6-12
Fee: \$75

Credit: (.25) Art Special Topics
Teacher: Bryan Smith

Planting & Posing | Painting & Poets – A Creative Experience

This intensive will allow students to beautifully blend a variety of creative experiences into one— building their own course plan as they go. Students will engage in indoor gardening, yoga, painting, and poetry writing throughout each day.

Planting & Posing, led by Rachel, will provide students with the opportunity to construct wooden planters, create terrariums, succulent gardens and bird feeders, while finding your zen through meditation and yoga. Painting & Poets, led by Mindi, will provide students with an opportunity to read both classical and contemporary poets as well as study art history.

These are two separate intensives, but they have been braided together to provide a creative collective that promises to relax, restore, and inspire each student participant.

Grade Levels: 6-12
Fee: \$75

Credit: (.25) Intensive Art
Teachers: Mindi Vogel & Rachel Gregory

Time to Escape!

Discover the *strategies* used to design escape rooms through your attempts to get out of multiple escape rooms around Anchorage, and talk with the people who design them! *Then, come back to Polaris and build your escape room!*

**Parents are required to drive for this intensive; see the [Polaris Website for ASD Driving Requirements](#).

Grade Levels: 8-12

Fee: \$200

Credit: (.25) Intensive Science

Teacher: Andrea Evans



Horror Cinematography Intensive

Within the “Horror Cinematography” intensive students will be studying the art of film. Specifically, the art form of fright. There is a required signed parent permission slip for PG-13 rated movie viewings. Students will analyze multiple films and roles of fright. The cumulative project will expect students to perform their analysis within their own frightening film. It is encouraged for students to bring or make their own props.

Grade Levels: 8-12

Fee: \$5

Credit: (.25) Literature, Film

Teacher: Akara Anglin w/Student

Assisted Instructor Kaiden Warren

Model U.N.

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 2024. 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.

Grade Levels: 9-12

Fee: \$50

Credit: (.25) Model UN, SS Elective

Teacher: Larry Frick



Polaris Ski & Snowboard 2024



Teachers: Allie Burris and Heidi Postishek
Credit: (.25) Winter Sports

Grade Level: 6-12

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 Tuesday-Friday, both weeks. The first Monday (1/8), 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!

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

First time participants and students up through Novice **MUST** enroll in the eight-lesson package. 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 enrolling in eight-lesson packages will have first registration priority.

PACKAGE A
Season Pass Holders
\$352– 8 Lessons
\$150 Transportation
\$502 TOTAL

PACKAGE B
Lessons & Lifts
\$672 - 8 Lessons/8 Lifts
\$150 Transportation
\$822 TOTAL

PACKAGE C
Lessons, Lifts & Rentals
\$792 – 8 Lessons/8 Lifts/8 Rentals
\$150 Transportation
\$942 TOTAL

Four-Lesson Packages

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
\$256 – 4 Lessons
\$150 Transportation
\$406 TOTAL

PACKAGE E
Lessons & Lifts
\$576 - 4 Lessons/8 Lifts
\$150 Transportation
\$726 TOTAL

PACKAGE F
Lessons, Lifts & Rentals
\$696 – 4 Lessons/8 Lifts/8 Rentals
\$150 Transportation
\$846 TOTAL

Two-Lesson Packages*

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
\$168 – 2 Lessons
\$150 Transportation
\$318 TOTAL

PACKAGE H
Lessons & Lifts
\$488 - 2 Lessons/8 Lifts
\$150 Transportation
\$638 TOTAL

PACKAGE I
Lessons, Lifts & Rentals
\$608 – 2 Lessons/8 Lifts/8 Rentals
\$150 Transportation
\$758 TOTAL

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