

Polaris K-12 School



Secondary Winter Intensive 2020 Catalog January 6 - 17, 2020

Intensive Registration Window: October 22nd - October 25th

Scholarship applications due: November 15th by 8 AM in the front office

Intensive fees due: November 22nd



Model U.N. Winter Intensive

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 2020. 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 type: .25 HS Social Studies Elective

Fee: \$50.00
Grades: 9-12

Children's Literature

In this K-12 intensive we are going to study children's literature. For secondary students, we will analyze narrative structures and major themes as seen in classic and contemporary children's literature. You will get a chance to revisit your favorites and discover new stories. As a K-12 intensive, we will also make art, cook recipes inspired by children's stories, and do some writing. Writing will consist of literary analysis and making an original children's story. Join us if you love to read, write, cook, and create.

Teachers: Jenna Baldiviez & Mindi Vogel
Credit: .25 MS or HS LA elective

Fee: \$25.00
Grades: K-12

Motion Picture: Classic American Film

In this intensive, we will be viewing and responding to many classic American movies and learning about the history of American film, and you will 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, you will have the skills to analyze, describe, and enjoy film as an art and entertainment form. Together we will view films ranging from *Casablanca* to *Star Wars*. **FYI – 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: .25 MS or HS LA Elective

Fee: No Fee
Grades: 8-12

Norse Mythology

Come explore the mysteries of Norse mythology. Experience the stories of Odin, Thor, Freya, and their kin not just by hearing and reading them, but by making them your own and telling them. Learn the ancient and modern art of storytelling, craft and read with our elementary school partners, cook, and enjoy a final feast of food and stories in fine Viking tradition.

Teachers: Marie and Mira
Credit Type: .25 MS or HS LA Elective

Fee: \$20.00
Grades: 3-12

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 motions to make the audience laugh. 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 on Friday, January 17, and Saturday, January 18. Do NOT sign up for this intensive if you cannot make this commitment in addition to attending EVERY rehearsal.

Moderator: Christian
Credit Type: .25 MS or HS PE Elective

Cost: \$150.00
Grades: 6-12

From Fibers to Fashion

For this intensive, stay warm and dry as you learn the ancient arts of sewing, spinning, knitting, and dyeing wool! We will learn how to turn raw wool into colorfully dyed hats and scarves. We will also learn the art of machine and hand sewing. We will create a variety of projects including a quilt constructed from student designed squares. There will also be a field trip to the only business in Anchorage where the clothes are both designed and produced. Sign up for the opportunity to learn a lifelong skill, all while making fun projects! This course is perfect for people new to fabric arts, and those who are already expert knitters and sewers. Come join us for a fun and cozy two weeks of exploring traditional fabric arts!

Teachers: Tom Parker and Julia Wigren
Credit: .25 Art Elective

Fee: \$70.00
Grades: 6-12

Salt, Fat, Acid, Heat

Play with your food! Apply a few simple guidelines as you learn to cook just about anything. We'll spend the first week, learning basic concepts and techniques as we prepare meals for our lunches. The second week we'll take a more experimental approach to our cooking as we introduce more variety and challenge students with unfamiliar ingredients. Dishes will be mostly vegetarian as students learn how to prepare healthy, inexpensive meals that taste great.

Teacher: Bryan
Credit: .25 MS or HS Science

Fee: \$60.00
Grades: 7-12

Martial Arts

Martial Arts is a seriously fun intensive where students will be using their bodies every day to gain better fitness, coordination, and learn martial arts. We'll do conditioning, blocking, striking, kicking, breaking boards, self defense and Hapkido, working with a Bo Staff in weapons training; and we will work with our local Brazillian Jiu Jitsu club on grappling techniques and groundwork. We will also have Mixed Martial Arts Guests come to share stories competition and training.

Come and benefit not from my own skills as a certified Level 2 Coach and 2nd Degree Black Belt in Tae Kwon Do, trained by the Olympic Coach in Colorado at the Olympic Training Center and a 9th Dan Black Belt in TKD, but also come and benefit from the astute teaching from different skilled martial artists that will be our guest teachers.

- *This intensive requires a commitment to intense physical activity every day.*
- ****Families will be required to sign a waiver for this intensive.****

Teacher: Andrea
Credit: .25 PE

Fee: \$35.00
Grades: 8-12, 6/7 only with
Instructor Permission



DUNGEONS & DRAGONS

Of Dungeons Deep and Caverns Old

"But it is one thing to read about dragons and another to meet them."

-Ursula K. LeGuin, A Wizard of Earthsea

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



Teacher: Jeff
Credit Type: Language Arts Elective

Fee: \$25.00
Grades: 8-12



Polaris Skiing & Snowboarding 2020



Teachers: Allie, Damon, and Heidi

Grade Level: 6-12

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 the first week and M/T/R/F* the second week. The first Monday (1/6), students will be on campus for normal school hours. On regular 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. On the second *Friday, we will leave Polaris at 11:45AM for afternoon lessons and NIGHT SKIING! We will return to Polaris by 9PM. The second Wednesday (1/15), is a Rest & Recovery day – NO SCHOOL for ski/snowboarding students. Conveniently pay half by December 15th and the second half by January 24th or speak with teachers for an alternative payment plan. Need based scholarships are also available. See detailed information - including the full registration packet and skill level explanations - online at Polaris.asdk12.org or see Heidi in RM231.

Eight-Lesson Packages – BEST VALUE!

New to the sport or looking to dramatically increase skill level

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 at Level 1, 2, and 3 must enroll in an eight-lesson package. Students enrolling in eight-lesson packages will have first registration priority.

PACKAGE A

Season Pass Holders

\$220 – 8 Lessons

\$120 Transportation

\$340 TOTAL

PACKAGE B

Lessons & Lifts

\$220 - 8 Lessons

\$240 Lift Ticket

\$120 Transportation

\$580 TOTAL

PACKAGE C

Lessons, Lifts & Rentals

\$220 – 8 Lessons

\$240 Lift Ticket

\$120 Transportation

\$120 Rentals

\$700 TOTAL

Four-Lesson Packages

Highly skilled athletes looking to significantly advance their performance

Four-lesson packages are available for skill levels 4,5, and 6 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

\$160 – 4 Lessons

\$120 Transportation

\$280 TOTAL

PACKAGE E

Lessons & Lifts

\$160 - 4 Lessons

\$240 Lift Ticket

\$120 Transportation

\$520 TOTAL

PACKAGE F

Lessons, Lifts & Rentals

\$160 – 4 Lessons

\$240 Lift Ticket

\$120 Transportation

\$120 Rentals

\$640 TOTAL

Two-Lesson Packages*

Most experienced athletes looking to polish and refine their skills

Two-lesson packages are available for confirmed skill level 6 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 Coach Damon to enroll in this package.

PACKAGE G

Season Pass Holders

\$80 – 2 Lessons

\$120 Transportation

\$200 TOTAL

PACKAGE H

Lessons & Lifts

\$80 - 2 Lessons

\$240 Lift Ticket

\$120 Transportation

\$440 TOTAL

PACKAGE I

Lessons, Lifts & Rentals

\$80 – 2 Lessons

\$240 Lift Ticket

\$120 Transportation

\$120 Rentals

\$560 TOTAL

Lesson prices reflect up to a 50% discount offered from Alyeska's Mountain Learning Center to our Polaris Students through Group Rates for the Intensive.