

Extended Class Descriptions 2018-2019

Extended Class Requirements for Students:

- All students are required to write 5 journal entries per week (one page long)
- Attend bi-weekly conferences with advisor
- Participate in Decision-Making
- Participate in CPR (Circle of Power and Respect) and other community building activities
- Read 40 articles per year
- Submit bi-weekly Writing Group
- Participate in All-School Read and complete all assignments
- Complete 1 research project related to the extended class topic
- Participate in class discussion and be prepared to speak in front of others
- Travel to all destinations decided upon by the class
- Initiate and develop activities with other extended classes
- Fulfill additional requirements specific to extended class

DIY

Adrienne LaLiberty

Although the concept of "doing it yourself" is not new, the "DIY" culture has exploded with the development of social media. With sites like Pinterest and YouTube, DIY has become accessible to everyone through multi-step tutorials. Throughout this course, we will investigate the DIY culture by completing projects that involve up-cycling and repurposing. Additionally, we will also be putting DIY into action with projects that are guided by a mix of student choice and feasibility.

Young POETS

Mariana Barry

Did you know that the first known poem was written over 4,000 years ago? Poetry has existed since before man could even write. As an ancient form it was sung, performed and captured the incredible histories of our world. Over time, it has continued to evolve but one thing has always remained-its ability to express the complexities of the human condition. There is a poet in every one of us...and it will be the goal of this class to discover, embrace and release the poet within. In this same way, we all have a story to tell. This class will follow the direction of your innermost writing and artistic desires. You will maintain a journal, read various poets, participate in poetry readings or slam, attend class trips and discover what it is you WANT to say! We will have guest artists, poetry/writing workshops and will put on an end of the year slam for the school.

Fashion and Beauty

Erica Favaloro

Throughout history, fashion has greatly influenced the fabric of societies all over the world. Mark Twain once wrote “ clothes make the man.” Beauty is in the eye of the beholder, and can be fleeting, but fashion never gets old. Let’s learn how fashion and beauty change from one part of the world to another. We will study different time periods, and the different styles of dress associated with those time periods. Projects will include sketching your own designs, as well as researching famous design houses. We will also learn about what it takes to be a model, as well as a fashion designer.

Our Future: Skills For Living after High School

Walter Jahnke

Whether you go to college or have a job there are multiple skills you need for a successful life. How do you make sure you are a responsible citizen? What does it entail being a good citizen? What do you need to vote? How do you balance proper nutrition with and having tasty meals with a budget and busy work schedule? How do you rent an apartment or buy a house? How can you invest money to have money to do what you want? How do you fill out your taxes? In this class we are going to learn all the skills to be successful after high school. You are going to explore various careers, how to make a plan for your future and the future of our country.

ReMix

Mary McGohan

“Reach high, for the stars lie hidden in your soul. Dream deep, for every dream precedes the goal.” Tupac Shakur

Have you always wanted to learn about the history of music and how it impacts our lives? Do you want to discover new music styles and new artists? This class will focus on how history has evolved over time, different music styles and the people who have shaped the movements, and how music can play a positive role in your life. We will learn about the music industry, careers associated with music, and research roots of music. Come with an open mind and open ears to learn how music finds a balance in your life.

As a requirement of Extended class you will be required to complete 5 journal entries a week, participate in bi-weekly writing groups, read 40 articles per year, complete various dance based research projects, read biographies, participate in conferences, decision making and participate in the All School Book Read.

Hot Topics: the Extended class not the store in the mall

Wasa Boupavong

Hot Topics is the study of the world around us. Each class, YOU will be gathering and discussing newsworthy events. Students will utilize different media outlets including the world wide web, television news, social media, radio and of course, the newspaper and magazines. Students will also be expected to *participate* in daily small and large group discussions, as we analyze major topics on a local, state, national and world wide level.

Zoology: Animal vs. Wild

Dan Sullivan

How do creatures produce poisons and venoms? How does hibernation work? How do seahorses reproduce? Flight: who win the flying game: birds, bats, or insects? Are you curious to learn how creatures function as they do? Perhaps you want to become a veterinarian or a more-skillful pet owner? In this hands-on course we will scan the globe to study the unique characteristics, behavior, and physiology of many groups: *Mammals, birds, reptiles, amphibians, fishes, insects, echinoderms, mollusks and more.* We will also discover how and why many creatures are threatened to the point of extinction. This will include dissections (optional), the collecting of live species, and field trips to the Seneca Park Zoo, Mendon Ponds Park, Lake Ontario and Peace Works Farm.

Gastronomy

Deb Rowe-Jarrett

Please, don't yuck my yum! Why don't we all agree on what tastes good? Does food have to be unhealthy to taste delicious? Something must be wrong with the other person's taste buds if they don't agree with us—right? Gastronomy is the art of food eating. It is also the study of food and culture, with a particular focus on gourmet cuisine. As cuisine has evolved and transformed over time, chefs have come to the fore as innovators, visionaries and artists. Topics to be covered in this extended class may include, but not be limited to, an introduction to: Culinary Arts, Safety & Sanitation, Product Knowledge, Nutrition, GMOs vs. Non-GMOs, Food Cooperatives, Spices, Celebrity and Local Chefs, Local Restaurants, Culinary Math, and International Cuisines. Everybody has a favorite food—so what's yours?

Healthy Living

Mary Mon

“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” -Buddha

The Healthy Living Extended Class will be focused on learning the basic principles of living a healthy life and incorporating those principles into daily life. This class is designed to encourage students to choose healthy behaviors that will positively affect their overall well-being. The topics that will be studied include: diet, nutrition, personal fitness, personal care, consumer health, and several other topics related to maintaining a healthy lifestyle. Students will be required to participate in physical activities including yoga, running/walking/hiking, crossfit, weight training, aerobics and various other types of exercise. Students will learn the basics of nutrition and assess their nutritional needs based on their activity level, lifestyle and goals. In addition to diet, nutrition and exercise, students will also learn skills that will help them liberate themselves and others from self-hatred and negative body images. Students will think about their bodies and body image as related to broader issues of social justice and the harm caused from stereotypes.

What's Up Doc?

Karen McCann

This class will focus on learning about the human body and disease. We will learn about the different fields within the healthcare industry. We will have different speakers from all the different aspects of the healthcare industry and visit several colleges to see about their programs and how students can best prepare for success.

How does the human body fight disease? What are the major diseases affecting people and how do we prevent/treat these diseases? Be prepared to also do some labs in this class. I would also like your community service to be done within the healthcare industry. Please make sure your health records are up to date and you get your flu vaccine before the school year starts so that we are free to visit and participate/volunteer at local healthcare establishments.

Crime and Punishment

Gil Rosa

Many of our ideas of crime and punishment either come from media or our environment. What if you found out that many of the ways we look at the criminal justice system are not accurate? In pursuit of the American Dream, many criminals and/or law enforcement agents blur the lines of what is right and wrong. This class will focus on the role drugs, organized crime and the criminal justice system play in Rochester and across America. After studying various aspects of the criminal justice system, we will visit a prison, meet with several different law enforcement agencies and view several trials.

Making the Big Bucks—Financial Literacy

Negussie Tsadkan

You will come into contact with money almost every day for the rest of your life. When you are at work, you are earning money; when you are at the mall, you are spending money. Used poorly, money can be a source of anxiety and lead to financial problems. Used wisely, money

can be a tool to help you achieve your goals and dreams. I believe that financially literate young adults are able to make smart decisions and responsible plans for achieving their financial as well as educational goals, whether that means financing a car, college education, starting a business or buying a computer. This class will use basic economics principles to help students develop the knowledge, reasoning skills, and confidence that will allow them to take responsibility for their high school education and to understand that human behavior is a result of choices, not chance. We will bring speakers from banks, investment offices, government agencies and area colleges to learn the financial knowledge first hand from the professionals in the field. Further, we will collaborate with the Financial Literacy Coalition of NY, and local banks to further our understanding of the world beyond high school.

Introduction to Dance

Aylin Rodriguez

This course explores the physical language of dance, and provides instruction on a variety of dance styles/genres and performing practices. Students develop skills in inventing and structuring movement through improvisation and by creating solo and group choreography. Moreover, it introduces students to dance by engaging with the multiple purposes of the art form through an assortment of hands-on experiences, by exploring the history and current state of dance as a form of creative expression and social, religious, and cultural practice, and by investigating dance as it relates to other artistic disciplines. We will participate in extensive readings, discussions, videos, written responses, collaborative projects, and attend live dance events, such as SOTA's Dance Concert.

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CSI

Holly Taylor

The gravitational pooling of blood, called livor mortis, can indicate a victim's time of death by analyzing the discoloration in the lowest point in the body. If you want to learn more about the science that allows the dead to speak then the CSI extended class is for you. There are many avenues of forensics that we can explore. From DNA analysis to Toxicology the exploration of

forensic science is endless. In this class we will learn about crime scenes and do labs relevant to CSI. We will look at old crimes and how they were solved using various techniques. You will be required to keep a journal, participate in all extended class outings, participate in CPR and decision making. We will read current event articles that relate to our class and we will participate in the all school read. Who knows, maybe we can even create a murder mystery! (No we won't really murder anyone.)

Drawing and Sketching

Ed Wilson

Drawing and Sketching is a visionary way of understanding the world through art shapes and forms. Students will be introduced to the history of art and how it has impacted our world, civilizations and cultures. Students will examine different shapes by drawing objects, the human anatomy, and parts of nature. Each student will have a sketch pad to create a portfolio as an example of their development and understanding. The creations will hopefully be displayed for the school community. Students with the use of drawing and sketching will find the rewards from a therapeutic perspective by experiencing art as a stress release.