

Souhegan High School

WINTERSESSION 2012

Program Guide and Course Catalog

March 11 - 16, 2012

Welcome to Wintercession 2012!

Wintercession is a week-long program for sophomores in which groups of faculty and students explore a specific topic or theme, project or adventure, in an experiential manner. Course offerings include studies in specialized skills, academics, community service, field studies, culture, and outdoor adventure.

On the pages that follow you will find brief descriptions of the exciting courses offered this year. Course offerings are designed around the interests and expertise of tenth grade faculty members, as well as the interests of the students in the class of 2014.

The scheduling of Wintercession is strategically placed; it minimizes conflict with sports seasons, school productions, and other extracurricular activities, allowing for participation of all students.

Following Wintercession week there will be class time devoted to debriefing experiences and participating in a sophomore class culminating conference. All courses run Monday through Friday, unless stated otherwise in the course catalog.

For more information, please contact Andy Emerson at aemerson@sprise.com

Wintercession Statement of Purpose

Wintercession allows sophomores to take advantage of a variety of educational opportunities sharing similar passions and interests with a group of peers. Souhegan recognizes that experiential learning is an important component in a student's education.

Wintercession strengthens student learning through unique opportunities for in-depth cultural and academic investigation, greater student personalization, and reflective practice.

Wintercession courses are grounded firmly in the Souhegan Mission Statement principles of active stewardship, expansion of comfortable limits, pursuit of passions, and self-empowerment.

Courses challenge participants to emulate the Souhegan Six through being actively engaged in their learning; asking questions, collaborating, and seeking solutions.

Dates to Remember

October 5th, 2010 The Wintercession Open House - from 6:00 to 7:00 pm. Location: A115 and A116, in the Annex.

October 12th, 2010. All forms and a \$100 deposit are due by the end of the day to Maggie Salvas in the Division I Center. Make all checks payable to the Souhegan Activities Fund, with your child's name in the memo.

December 7th, 2011 – Second payment Due to Maggie Salvas in the Division I Center. Make all checks payable to the Souhegan Activities Fund, with your child's name in the memo.

February 8th, 2012 – Final payment Due to Maggie Salvas in the Division I Center. Make all checks payable to the Souhegan Activities Fund, with your child's name in the memo.

March 11th – 16th, 2012 - Wintercession Week!

Wintercession Course Selection Information

Behavioral Expectations

The behavioral expectations for students during Wintercession are outlined at the back of this brochure and include information which is available in the student planners, as well as online. Take time to read these documents and discuss their meaning. While this will be done with students in Advisory, it is also important that parents understand the meaning behind these documents. We encourage you to have these conversations with your child.

Course Selection

Once again the tenth grade has designed a wide array of courses to meet the needs and interests of all students. We strongly recommend that you read through each course description with your student to assist him/her in making the strongest choices. Students must pick the top five courses they would like to participate in to ensure they will be placed into a course to best match their interest levels.

Once courses have been selected, students will be placed into the lottery system for course selection. ***Students must submit all forms and deposit to be included in the lottery system.**

The Lottery

In an effort to be equitable, we have chosen a lottery system to assign students their Wintercession Courses. Each student that turns in his/her paperwork on time will be randomly assigned a number. This number determines the order in which students are assigned their courses. It is important that you guide your student carefully in choosing the top five courses to assist us in placing them in courses that will maximize their interests.

To be eligible for the Wintercession Lottery, student must turn the following paperwork by October 14th:

- 1 Signed Behavior Contract
- 2 Course Selection Form (with TOP FIVE choices selected)
- 3 Signed Parent Permission Form
- 4 \$100 deposit (except those requesting financial aid)

Or if interested in the Independent Study Option

- 1 Behavior Contract for Wintercession
- 2 Course Selection Form with “**Independent Study**” option clearly selected
- 3 Parent Permission Form
- 4 Typed Independent Study proposal that meets the criteria described in this Course Catalog

***No deposit is required for Independent Study candidates**

***\$10 Dollars from each student’s course cost will be used to help cover the cost of running the Wintercession Program.**

Financial Aid

If you need assistance, check the financial aid request box on the course selection form. This information will be kept strictly confidential. You will be contacted by Souhegan to discuss what financial assistance plan is best suited to your needs.

Baltimore – Habitat for Humanity

Cost per student: \$550 + \$50 tax deductible donation to Habitat

Number of students: 15

Location: Baltimore, MD

Type of course: Community Service, physical activity, and cultural content

**This course will leave on March 11th and return on March 16th, 2011.*

**The donation is used to help offset the costs of construction materials for the homes while we are there.*

Students must be **16 years old by March 11th to participate in this Habitat for Humanity course.*

What will I be expected to do during this experience?

Habitat for Humanity is a nonprofit, nondenominational Christian housing organization. They welcome all people to join in building simple, decent, and affordable houses in partnership with those in need of adequate shelter. The group works with families based on need and their willingness to work in a partnership with Habitat. We will be joining the Sandtown Habitat in the rehabilitation of row houses. Students, and teacher chaperones will be housed in a youth hostel and will cook most of their own meals.

What will I learn form this experience?

Through this course, participants will gain not only carpentry skills, but also a deeper understanding of a culture very different from that of Amherst, New Hampshire. Students will have the opportunity to talk and work with people who grapple with poverty and discrimination on a daily basis. They will also participate in activities that will shed light on the issues facing the families of West Baltimore. Students will also learn how to work as a member of an efficient team as they work together toward a common goal.

In what way do the skills and content learned in this course connect with the content at Souhegan?

Students will become active stewards of the nation by involving themselves in a community effort to build a family's home. Through respect, courage, and trust our student group will volunteer their time and energy exposing themselves to the varying needs of people in our American society. Students will also have an opportunity to explore some of the culture and traditions of the mid-Atlantic region in historic Baltimore. Above all, this course is designed to engage students who have gifts, passions, or intentions of helping those who might be in need of assistance.

Community Service

Cost per student: \$50

Number of students: 8

Location: Local New Hampshire Service Agencies

Type of course: Community Service

What will I be expecting to do during this experience?

The Community Service program at Souhegan consciously promotes learning through service. This program develops an awareness of the need for helping others, builds self-esteem, and stimulates knowledge of people with broader needs and experiences. You will be working at local service agencies in and around Amherst and surrounding towns.

What will I learn from the experience?

Students participating in this Wintercession program will research local organizations and agencies and spend a day volunteering at any of the following sites: New Hampshire Food Bank, Manchester Soup Kitchen & Shelter, Nashua Head Start, Crotched Mountain Rehabilitation Center, SHARE and Families in Transition. The agencies will also give an overview of their programs – history, community need, and funding. The goal of this week is to promote social awareness and offer an opportunity for students to learn new skills in relating to others and hopefully, develop stronger empathy for those in need.

Students will keep a daily journal and write a reflection piece at the end of the week. Transportation and lunches for the week are included.

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

As a reflection of the Souhegan High School mission statement, this curriculum inspires students toward active stewardship of family, nation, and globe. This course is centered on the ideals of the Responsible Citizen school-wide rubric.

Costume Making/Design

Cost per student: \$280

Number of students: 6-12

Location: Souhegan

Type of course: Creative Arts

What will I be expecting to do during this experience?

Students will learn how to design, create, and alter costumes for a stage production.

During this week you will learn from a professional designer from Riverbend to create costumes for a stage production. You will learn the detailed process of designing and costuming a theatrical production including basic concepts of clothing design, creation, machine and hand sewing, fitting and alterations. This is a hands-on class with students creating costumes for actors in the Spring Musical.

How does this learning connect to the Souhegan curriculum?

You will be working collaboratively with other students as well as the directors and actors to make a show come alive on stage. You will be demonstrating the following Souhegan Learner Expectations:

- Effective Communicator: script writing and acting
- Collaborative Worker: participating as a member of a team of designers working with directors and actors.
- Complex Thinker: synthesis of costume construction techniques, artistic design, and practical application.

Student work will be presented on stage during the Spring Musical at Souhegan. Students will journal their experience throughout the week with a note/sketch book.

Do you have a passion for design? Want to learn artistic techniques in costuming? Do you want to see your creations on stage? This course is for you

Culinary Boot Camp

Cost per student: \$310

Number of students: 9

Location: Souhegan, Amherst, Boston and other Day Trips

Type of course: Culinary Experiences and Career Exploration

What will I be expecting to do during this experience?

Do you have a passion for cooking? Are you thinking about a possible career in the field of Culinary Arts? Interested in testing your culinary skills? Would you like to work side by side with a professional chef? This is a total hands-on, on your feet, immersion week! Some of these experiences will include off-site day trips, while others will be in the Life Skills room at Souhegan. Put your passion and skills to the test. During the week you will experience the excitement of a fast-paced environment. Improve your skills while learning new skills. Our day trips may include: A Culinary Walking Tour of Boston's North End or China Town, a Bakery, Southern New Hampshire University Culinary School, Chez Boucher Culinary School, a local restaurant and more.

What will I learn from the experience?

You will gain knowledge in the field of Culinary Arts, experience a sample of culinary careers, be instructed in the concepts of baking and cooking, and participate in the 'behind the scenes' production of foods. Your will experiences will be a balance of both savory and sweets. Skills building will also include knife skills and Mise en Place.

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

Students will be working across a variety of curriculums. These may include, yet not be limited to business math, marketing, advertising and promotion, technology, food science and culinary arts.

D.C. State of Mind: History, Art, Politics and Culture

Cost per student: \$560

Number of students: 16

Location: Amherst, NH and Washington, D.C.

Type of course: History, Photography and Wellness

What will I be expecting to do during this experience?

Do you want to see our founding documents? Have you ever thought about where the President works and lives? Do you want to see DC's newest monument? Did you know that you can experience flavors from all over the globe on just one street. Are you dying to see the Hope diamond or experience World War II through the eyes of a child? If your answer is yes, then this Wintercession trip is for you. You will explore monuments, museums and other cultural points of interest such as the Lincoln Memorial, the Capitol Building, the Smithsonian Institution, and the Washington Monument. At the end of the week, the group will put together a creative piece of work that depicts its DC State of Mind.

What will I learn from the experience?

You will learn about the history of the capital city as well as some of the stories behind its design and architecture. You will have a deeper understanding of the history and the politics of the United States government. You will have a chance to explore and learn from the exhibits at the different museums at the Smithsonian institution. After spending three days in Washington, D.C., you will have an understanding of how to get around parts of the city on foot and by the Metro.

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

This course will directly connect to many levels of sophomores' American Studies courses by asking them to draw on what they have learned, and then build on that knowledge. Students will also broaden their knowledge and critical thinking skills as they work collaboratively to navigate their way around Washington, D.C. In addition, students will get to experience the energy and atmosphere of our nation's capital during an election year.

Delaware – Habitat for Humanity

Cost per student: \$480, this does not include the \$150 tax deductible donation

Number of Students: 12

Location: Middletown, Delaware

Type of Course: community service, physical activity, historical content

**This course will leave on Sunday March 13th and return on March 18th, 2011.*

**The donation is used to help offset the costs of construction materials for the homes while we are there.*

**Students must be 16 years old by March 13th to participate in this Habitat for Humanity course.*

What will I be expected to do during this experience?

Habitat for Humanity is a nonprofit, nondenominational Christian housing organization. They welcome all people to join in building simple, decent, affordable houses in partnership with those in need of adequate shelter. The affiliate works with families based on need and their willingness to work in a partnership with Habitat. We will be joining the Habitat in the building of homes. Students (and teachers) will be housed in a nearby hostel and will cook most of their own meals.

What will I learn form this experience?

Through this course participants will gain not only carpentry skills, but also a deeper understanding of a culture different from that of Amherst, New Hampshire. Students will have the opportunity to talk and work with people who grapple with issues of poverty and discrimination on a daily basis. Students will also learn how to work as a member of an efficient team as they work together toward a common goal.

In what way do the skills and content learned in this course connect with the content at Souhegan?

Students will become active stewards of the nation by involving themselves in a community effort to build a family's home. Through respect, courage, and trust our student group will volunteer their time and energy exposing themselves to the varying needs of people in our American society. Students will also have an opportunity to explore some of the rich history that frames our country's evolution in historic Philadelphia and nearby Wilmington. Above all, this course is designed to engage students who have gifts, passions, or intentions of helping those who might be in need of assistance.

Desert Rock Climbing – Joshua Tree National Park

Cost per student: \$560

Number of students: 10

Location: Joshua Tree, California

Type of course: Wellness, outdoor education

What will I be expected to do during this experience?

We will leave the chilly Granite State and immerse ourselves in the arid world of the Mojave dessert, exploring its hidden valleys, scaling its steep rock faces and observing its inhabitants.

In what way do the skills and content learned in this course connect with the Souhegan curriculum?

We will offer a stark contrast to the New England environment investigated through the sophomore science curriculum, by exploring the desert southwest. As a unique enrichment of the outdoor education component of Souhegan's wellness program, students will learn to safely navigate the massive boulders and slabs of this rock climbing mecca.

What will I learn from this experience?

Among the skills to be covered will be: proper belay technique, equipment use, effective communication, route finding, anchor placement, and principals of movement. Camp craft skills acquired will include meal planning and preparation, shelter building, responsible group membership, and how to get a good night's sleep away from home.

***Please be aware that a significant commitment to fundraising will be required to make this experience doable, due mostly to the increased cost of air travel.**

Diversity Through the Arts: Culture, Cuisine, and Performance

Cost per student: \$560

Number of students: 24

Location: New England and Manhattan

Type of course: Cultural and Historical

What will I be expecting to do during this experience?

You will be thrown into the lifestyle of a seasoned city traveler, and soaking up all that the wonders Manchester, Boston, and New York have to offer. You will travel to unique and specialized sections of the city that offer a fresh window into new exotic worlds, which we will absorb by enjoying different types of food, performances, and art. And what better way to experience these things than by becoming active participants ourselves! Whether it's through acting workshops, interactive comedy clubs, or exploring national landmarks, we will be immersed in discovery through experience. All of this will be done in an effort to expand our horizons through different cultures and ways of living outside of the day-to-day of usual New Hampshire.

What will I learn from this experience?

You will learn to appreciate foreign cultures and lifestyles different from your own. You will learn how to navigate a city and spend money wisely. You will learn the rich history of each city through a variety of different avenues. Through theater and movement workshops, you will learn some of the foundation skills all performers need. In short, you will learn how to become more worldly.

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

You will “inspire and honor the active stewardship of nation and globe” by investing in the learning of different cultures. You will “push [your] comfortable limits” through various workshops and interactions with new people, new places, and new lifestyles. You will have the opportunity to engage in conversations with professionals from all walks of life around what it takes to “make it” in the city, making you more Effective Communicators. As a community that strives to have students be a part of authentic real world learning experiences, this is a wonderful opportunity for anyone curious about diversity and is interested in exploring people and cultures outside their typical environment.

FACE IT! Mask Making & Improvisational Drama

Cost per student: \$440

Number of students: 10

Location: White Mt. Region, NH

Type of course: Art, Physical Theatre

What will I be expecting to do during this experience?

Offered this year for the first time to Souhegan students, come join this incredibly creative course and embrace a unique opportunity to combine the artistic challenge of creating your own individual performance mask and developing the character that lives behind the mask!

Bringing a willingness to play and a willingness to risk will enable one to develop spontaneity in all daily activities. And a total commitment to these activities will allow each person to discover their potential for not only creating a mask and character, but breathing life into them. The group will perform together as participants and observers in a rich playground for the imagination.

This course is off-campus, held in a rustic camp setting, and secluded in the beautiful White Mountain region. We will be cooking, eating, and enjoying our free time together! Snow soccer anyone? There will be ample time to reflect; daily journaling allows us to reflect on and capture snapshots of growth over the week.

What will I learn from the experience?

- Participants will learn a variety of methods to build simple and complex masks.
- Mask-makers will explore ways to coax a mask to come alive through movement, voice, and improvisation.
- Everyone will discover ways to successfully communicate through individual work and as an ensemble.

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

Making masks and mask performance develops creative problem-solving skills, working cooperatively, discovering imaginative resources from within to accomplish the work, and taking the individual out of the comfortable zone; pushing comfortable limits to grow into a more creative and flexible person in a safe setting.

Please note that the course runs from Sunday afternoon and returns Saturday late morning. Transportation to and from Amherst provided.

Guerilla Film: On Location 2012

Cost per student: \$385

Number of students: 6

Location: South Windsor, CT, Amherst, NH and surrounding areas

Type of course: Creative Arts, Technology

What will I be expecting to do during this experience?

Lights, camera, action! Attention future filmmakers, actors, and writers. Your mission, if you choose to accept it, is to create an original piece of film from start to finish in just six days!

During this week you will experience the excitement of producing a film from beginning to end. This will be a fast-paced experience, where time is of the essence. This year we have decided to go on location to shoot our film, and will be splitting our time shooting in both Connecticut and New Hampshire. You will be asked to deal with issues that face even the most experienced filmmakers as you stretch the limits of your creative and artistic abilities. We will have access to professional camera and sound equipment to help us film our masterpiece. Students will also get instruction on professional editing and software effects software to piece our story together.

The group will work on developing the genre, storyline, and script as a unit. And it will be up to everyone in the production company to work together to pull off this once in a life time opportunity.

What will I learn from the experience?

You will gain knowledge and experience with all aspects of the film-making process. You will also be instructed in the basic concepts of script writing, filming, and post-production techniques that will both introduce those unfamiliar to the film making process, and enhance the knowledge of those more experienced film makers.

How does this learning connect to the Souhegan curriculum?

You will be working collaboratively to focus on various aspects of film, including the use of satire, metaphor, and color as a method to deliver your message. You will be exposed to the following Souhegan Learner Expectations:

- Effective Communicator: script writing and acting
- Collaborative Worker: participating as a member of a team of directors, actors, and editors
- Complex Thinker: synthesis of film-making processes and techniques

*Fresh off our award winning short film "Speed Date" in 2011, It will be my hope that we will enter our finished piece in the New Hampshire High School Short Film Festival again this year.

Independent Study

Cost per student: \$0

Number of students: 12

Location: Dependent upon individual's plan

Type of course: Varied

This course represents an option for those who are very excited about exploring a topic that is not covered by other Wintercession courses. It requires you to be self-directed, motivated, and conscientious.

In order to be considered for the Independent Study Option, you need to submit a formal proposal that outlines your intended course of action. The proposal should address the following questions:

- What will you do during this experience?
- What is your proposed itinerary, or daily schedule?
- What will you learn from this experience?
- In what ways will this learning connect with the Souhegan curriculum?
- Who is the adult (or outside expert) who will oversee your experience?
 - What are his or her qualifications? What is his/her phone number, email, and other contact information

Your proposal is due at the same time as all Wintercession course selections and deposits. The proposal must be typed and submitted for approval to the Independent Study course leader. Once your proposal has been approved, you will be asked to meet periodically with your course leader during advisory to fine tune your course, and work on what outcomes will be a part of your experience.

There is NO deposit required for the independent study option. The behavioral contract is required for participation.

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Metalsmithing: Making Jewelry and More!

Cost per student: \$335

Number of students: 8

Location: Local

Type of course: Creative and artistic content

**The cost of this course is \$325 minimum. Depending on what you may choose as materials throughout the week there may be additional fees.*

What will I be expected to do during this experience?

Making one (hopefully one a day!) piece of jewelry / body adornment; or formed piece (ie box, bowl, sculpture) and bringing a design concept into reality. Physical skills will be used to cut, file, solder, connect, and hammer to complete in a professional manner.

What will I learn from this experience?

You will learn the basics of working with metal in wire and sheet form. This includes terminology; design; tools and uses; finishing; and experimentation.

In what ways do the skills and content learned in this course connect with the Souhegan curriculum?

Students will learn about the history and mechanics of metal, including environmental impact of metal and stone mining. Students will be able to experience an expansion of art and design from a drawing to a three dimensional item in metal. Math skills will be put to use.

Who is leading this course?

Sussy-Rose Shields is a self taught jeweler who has a degree in design, art, and environmental education. She teaches others the basics of jewelry making, in an effort to keep the passion of handcrafting alive.

Sussy is an accomplished metal smith with 34 years of working experience in the jewelry field. Her award winning designs are in collections around the globe. She is a state juried Member of the League of New Hampshire Craftsmen (since 1988), and maintains a studio at the Riverview Artist Mill in Wilton, NH.

Mind, Body, and Heart

Cost per student: \$385.00

Number of students: 9

Location: Kripalu Center in the Berkshires, NH Power Yoga in Merrimack, Strikeback Dynamic Defense Systems, Hampshire Hills

Type of course: Wellness and Health

What will I be expecting to do during this experience?

In keeping with Souhegan's Mission Statement's aspirations to develop and empower the mind, body, and heart, participants will explore the nourishment of their body through an intense focus on exercise, nutrition, and wellness. Students will challenge their comfortable limits through participation in workshops on self-defense, kickboxing, vinyasa yoga (a challenging heat-based, flowing style of yoga), nutrition, stress management, leadership and outdoor recreation. The culminating experience will take students to Kripalu Center (www.kripalu.org/) in The Berkshires for two days.

Required Reading and Journal – Students will be given a print copy of each of these articles but should they need another copy each article can be found on Kripalu website listed above. In addition, students will keep a journal with goals and daily reflections.

“Thriving in a Stressed-Out World,” by Garrett Sarley (Dinabandhu)

“Why Do Yoga?,” by Garrett Sarley (Dinabandhu)

“Yoga as a Technology for Life Transformation,” by Timothy McCall

“Nutritional Changes: Making a Beginning,” by Laura Didyk

“Time Out: Finding Peace in a Harried World,” by Eva Herriot

“What? Me Worry?” by Laura Didyk

What will I learn from this experience?

We will be working with the following New Hampshire State Standards for Health Curriculum:

- Health Education Standard 3 – Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Health Education Standards 6 & 7 - Goal Setting Health Education Standard: Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

Oklahoma City – Habitat for Humanity

“Stewardship of family, nation and globe.”

Cost per student: \$560 + \$150 tax deductible donation to Habitat

Number of students: 15

Location: Oklahoma City, OK

Type of course: Community Service

An additional \$150, per student, tax-deductible contribution to Habitat for Humanity is also required. Please pay with one check (**\$700 to SHS Activity Fund**) as the local affiliate likes one check. You will receive a letter from the school declaring your \$150 portion as going directly to Habitat Oklahoma City.

**This is a No Cell Phone learning experience.*

***Students must be 16 years old by March 11^h to participate in this Habitat for Humanity course.**

What will I be expecting to do during this experience?

Habitat for Humanity is a nonprofit, nondenominational Christian housing organization. They welcome all people to join in building simple, decent, affordable houses in partnership with those in need. There are local affiliates that work with families based on need and their willingness to work in a partnership with Habitat for Humanity. Habitat builds homes and hope. We will be joining the Oklahoma City affiliate in the building of homes, hope and supporting sustainable neighborhoods.

During the week we will spend 4 days (eight hours each) engaged in carpentry, installing vinyl siding, painting, cleaning and other activities to help build a home. We will be housed in a nearby dorm and will cook most of our own meals.

What will I learn from the experience?

During this week of working with Habitat you will gain not only building skills, but also a deeper understanding of a culture different from that of Amherst and Mont Vernon. You will have the opportunity to talk and work with people who grapple with issue of social justice and housing. You will find that your ‘comfortable limits of thought, tolerance and performance’ are challenged and expanded. At the end of this experience the new relationships you have formed with local workers and families as well as building a home, will no doubt be ‘empower to your mind, body and heart’.

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

During this week long experience you will work as a part of a team to help build a home. You may have several different roles within your group, depending on the goal at that time. Learning to work with others collaboratively to accomplish something, such as building a home or completing a science project, is valuable skill used throughout life. Although you may not know the person holding the other end of the two-by-four you both have a common goal. The Souhegan Learner Expectations are embedded within this course.

On My Own Two Feet: A New England Wilderness Trek

Cost per student: \$ 305

Number of students: 10

Location: MT Monadnock to the summit of MT Sunapee

Type of course: Wellness, Outdoor Education

What will I be expecting to do during this experience?

Stretching 50 miles from Mt. Monadnock to the summit of Mt. Sunapee, the Monadnock-Sunapee Greenway Trail traverses both the peaks and valleys of New Hampshire's southern wilderness areas. This course challenges students to trek the Greenway in conditions less tame than those of summer, and in weather that will span the spectrum from delightfully spring-like to old man winter's last cold licks.

You will learn to pack an efficient pack, cook tasty mountain meals, to pick a good campsite, to set up and take down your tent, to sleep comfortably on snow, to read a map and use a GPS, to start a fire in poor conditions, to read the weather, to push yourself, to push others, and to grow a little stronger in many ways every step of every day. You will learn to keep warm, to stay safe, to enjoy simple pleasures such as a cup of piping hot chocolate on a chilly day.

You will grow close to your course companions as you share triumphs each day on the trail. Campfire meals, conversation and camaraderie supplement the routine of daily challenge and allow for friendships forged from shared endeavor... friendships that endure.

Accept this challenge of wilderness travel. Join this mission to trek from Monadnock to Sunapee. There is so little to lose, and so much to gain.

What will I learn from the experience?

This expedition represents the type of educational experience Wintercession is all about. A superior range of wellness, experiential learning, and outdoor skills are developed and practiced during the course. This course is about accepting group and personal challenge and wanting to experience personal growth. You sign up for this course because you are ready!

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

This course will focus on teaching students what it truly means to be a collaborative worker. Individuals will constantly push their comfortable limits as they learn about the winter camping experience. It will take an entire group effort to set up camp and complete the duties of the day.

Please: No cell phones. This is wilderness!

San Souci au Quebec

Cost per student: \$560

Number of students: 48

Location: Quebec City, Canada and Amherst, NH

Type of course: Cultural experience, historical content, outdoor winter education
physical activity

What will I be expected to do during this experience?

Bienvenue a Quebec! In a region known for its beauty, Quebec City fulfills its role as a provincial capital and the only capital of the French language and culture in North America.

This trip is a combination of cultural experience and outdoor winter adventure. We will visit Quebec's winter carnival which includes a tour of the ice hotel, Chateau Frontenac, and an afternoon of outdoor adventure where you will cross country ski, and snow shoe. We will embark on an evening tubing adventure at Valcartier Winter Sports Park and explore the history of Quebec City through a guided walking tour of the old fortress city.

Other attractions include an in-depth exploration of the only fortified city in North America as well as dog sledding. Please be ready for delicious French cuisine, significant walking in the winter outdoors, and a complete immersion into a different culture. This course requires all participants to hike, walk, sled, climb, ski and spend significant time in the great outdoors in March when temperatures can average 10° F!

What will I learn from this experience and what is the curricular connection?

You will experience ethnicity and culture at its best. The province of Quebec offers a unique historical perspective in learning about the struggle to gain sovereignty from Canada, an all-English speaking country. The walking tour focuses entirely on the history of how Quebec was discovered and developed.

****This course requires two forms of identification. A passport and/ or a license or raised seal birth certificate.***

Urban Adventureteering

Cost per student: \$ 460

Number of students: 12

Location: Portsmouth, Boston, New York City

Type of course: Wellness, History, Art, Literature, and Ecology

What will I be expecting to do during this experience?

You will learn how to work with a team of your peers to follow clues in a competitive race. Urban Adventureteering is an activity combining artistic ability with "treasure-hunts" in cities around the region. You will seek out hidden treasures by cracking codes and following clues.

Teams will stamp their discoveries in a personal Adventureteering log, then use their own stamp, called a *signature stamp*, to leave behind a record of their accomplishment, writing a note about the experience of their adventures.

Day trips to Milford, Portsmouth, and Boston. Along with a two night stay in The New York City International Hostel (includes transportation via Bolt Bus).

What will I learn from the experience?

In order to be the best team possible, you will need to do the following:

- Learn to use a compass and map effectively
- Learn to work collaboratively as a team by effectively communicating and planning
- Learn to create a team and signature stamp
- Learn to be a complex thinker by creatively "cracking" clues
- Learn historic, artistic, literary, and ecological connections to regional urban areas

In what ways do the skills and content learned in this course connect with the Souhegan Curriculum?

Students are asked to focus on the following Souhegan Learner Expectations and content areas:

- Effective Communicator, Skilled Information Processor, Knowledgeable Person, and Complex Thinker.
- US History, American Literature, Ecological Sciences, and Visual Art

Who Are We and Where Do We Live?

Cost per student: \$450

Number of students: 10

Location: New York City, Philadelphia, Washington D.C., Eastern Shore of Maryland

Type of course: Social Studies, Science, Math

What will I be expecting to do during this experience?

Students will explore and experience different cultures that comprise our American patchwork as they explore the geography of where they live. Students will discover how immigration has evolved over the past 100+ years by visiting three major American cities. They will visit Chinatown, Little Italy, and Ellis Island in New York City. They will experience the cultural diversity of the Reading Street Market in Philadelphia and witness the blending of culture and politics in our nation's Capital. The course will close with a hands on study of the ecological impact we have had as a nation on one of our most important waterways when they visit the Chesapeake Bay on the Eastern Shore of Maryland.

Students will visit neighborhoods, tour museums, and eat foods that will demonstrate the many cultures that make up our American Culture. In addition, students will have an opportunity to visit a college campus in each city in order to understand the role higher education plays in the American experience.

Students will use a myriad of skills as they play an integral part in the planning of the trip. They will develop itineraries, plan routes, set budgets and conduct business as they plan the details of the course.

How does this learning connect to the Souhegan curriculum?

Students will be working collaboratively to plan the course. The course requires students to demonstrate competency in several of our Academic Learner Expectations. In addition, the course will focus on immigration, 20'th century American history and literature, and ecology. All of these topics are components of the 10th grade curriculum.

Students will have some limited required reading prior to the course and will keep a video travel log of the experience.

Behavioral Expectations for Wintercession

Wintercession courses are school experiences, and therefore the "Souhegan Six" along with the "Rules of the Road" as explained in the student handbook, will apply and will be strictly enforced just as they would during a normal school day.

We expect that all members of the community will follow all school policies both here and while participating in a Wintercession course.

All courses have busy, fun-filled itineraries and to make certain that each experience is educational and successful, we ask that you commit to the following:

- *Respect and encourage the right to teach and the right to learn at all times.*
- *Be actively engaged in the learning; ask questions, collaborate, and seek solutions.*
- *Be on time to fulfill your daily commitments.*
- *Be appropriate; demonstrate behavior that is considerate of the community, the campus and yourself.*
- *Be truthful; communicate honestly.*
- *Be responsible and accountable for your choices.*

In addition, the students are expected to adhere to the drug, alcohol, and tobacco policy as listed in the "Rules of the Road."

If a student does not meet the standards of expected behavior at any time during the school year he or she risks losing their financial contribution and opportunity to participate in Wintercession.

If a student does not meet the above expectations during their Wintercession experience he or she will be sent home at the parent's expense.

Behavior Contract for Wintercession

Contract for Overnight Trip for Student and Parent

Due Wednesday, October 12th, with Course Selection, Health Release, and a \$100 deposit.

Student Contract for Wintercession:

- 1) I agree not to be in possession of or use alcoholic beverages, tobacco or illegal drugs including drugs that are not prescribed for me (U.S. Code). Any medications including prescribed over the counter will be registered with the trip coordinator.
- 2) I agree not to use, possess, or purchase any weapon.
- 3) I agree to have my luggage and/or room searched if their trip coordinator deems it necessary.
- 4) I agree to sleep (stay) only in my assigned room.
- 5) I agree to attend all functions and excursions that are taken at the direction of the trip leader. I also agree not to go off on my own without a chaperone.
- 6) I agree to follow any curfew imposed on me by chaperones or host family unless specific permission has been granted by the trip coordinator.
- 7) I agree not to drive any motorized vehicle.
- 8) I agree to act in an appropriate manner realizing that future trips depend on students' good behavior.
- 9) I agree that the trip coordinators have been clearly informed by me and/or my parents about any and all medical issues, medications, and other pertinent information regarding my health and safety.
- 10) I agree to abide by the Souhegan Six.

I understand that failure to adhere to this contract may mean my immediate and unconditional return. Furthermore, the decision to end the Wintercession course for any reason in addition to those noted above will be made by the trip coordinator and the principal or his or her designee. Costs incurred due to my return will be at my parents' expense.

Student Name _____

Student Signature _____ Date _____

Parent Contract for Wintercession:

I agree that I have informed the trip coordinator and chaperones about any pertinent health information (physical, psychological, prescription / over the counter drug) that may or may not be contained in the current health records of the school nurse.

I recognize that the violation of this contract may result in my child being sent home prior to the conclusion of the Wintercession course. I agree to be responsible for any extra transportation costs or other expenses that may arise due to my child breaking the rules of this contract or due to any other unforeseen emergency.

Parent Signature _____ Date _____

Wintercession 2012 Course Selection Form

Student Name _____ Team _____ Advisor _____

Please read course titles carefully as several of them have similar titles. Circle your Top 5 choices (1-5) with number 1 (for top choice), then choices 2, 3, 4, and 5 in order of your interest level.

1 2 3 4 5	Baltimore Habitat for Humanity (ages 16+)
1 2 3 4 5	Community Service
1 2 3 4 5	Costume Making and Design
1 2 3 4 5	Culinary Boot Camp
1 2 3 4 5	D.C. State of Mind
1 2 3 4 5	Delaware Habitat for Humanity (ages 16+)
1 2 3 4 5	Desert Rock Climbing
1 2 3 4 5	Diversity Through the Arts, Culture, Cuisine, and Performance
1 2 3 4 5	Face it! Mask Making & Improvisational Drama
1 2 3 4 5	Guerilla Film: On Location 2012
1 2 3 4 5	Independent Study
1 2 3 4 5	Metalsmithing: Making Jewelry & More
1 2 3 4 5	Mind, Body, and Heart
1 2 3 4 5	Oklahoma City Habitat (ages 16+)
1 2 3 4 5	On Your Own Two Feet: Wilderness Trek
1 2 3 4 5	San Souci au Quebec
1 2 3 4 5	Urban Adventureteering
1 2 3 4 5	Who We Are and Where We Live

Financial Aid Requested

****No deposit is required for Financial Aid requests or Independent Study candidates****

_____ Student's Signature

_____ Parent/Guardian's Name

_____ Parent/Guardian's Signature

Enclosed please find a \$_____ donation to support a Wintercession program for a student who is in need of financial aid

*****Checks only; payable to Souhegan Activities Fund, with student's name in memo*****

Parent Permission, Health Information and Release

Due Wednesday, October 12th, with Course Selection, Behavior Contract and a \$100 deposit.

I, _____, am the parent/guardian of _____ a minor, who desires to participate in the Wintercession Program, the week of March 11th – 16th, 2012. I acknowledge that I have been informed of the activity and the provisions for my child's Involvement.

I consent to my child's participation in Wintercession. In case of medical emergency, in the event that I cannot be reached, I authorize Souhegan High School, its agents, employees, and officers to procure treatment, including hospital care, to be rendered to my child by or under the supervision of any duly licensed doctor, dentist, surgeon, or health care professional.

Telephone _____ Cell Phone _____

Emergency Contact #1 Name _____ Phone _____

Emergency Contact #2 Name _____ Phone _____

Emergency Contact #3 Name _____ Phone _____

Family Doctor/Primary Care Physician _____

General information: Food/Drug Allergies _____ Other Allergies _____

Last Tetanus Shot _____ Present Medications _____

Chronic Medical Problems or Other Concerns _____

In consideration of these permissions granted, I release and hold harmless Souhegan High School, its wit agents, employees, and officers from any and all actions or causes of actions of any nature for personal injury or property damage, of any kind arising in any way from my child's participation in this activity. I further acknowledge that this release is binding on my heirs, successors or assigns, that I have read the foregoing and understand its significance, and that I have executed this document voluntarily.

Parent/Guardian _____ Date _____

Address _____

Health Insurance Company _____

Policy Number _____