

<b>Building Birdhouses</b>	<b>Mr. Crowell</b>
<p>This seminar is for those interested in going outside, designing and building, and appreciating wildlife. We will start by looking at the map of our campus and going outside to look at its features. We will then look at what kinds of birds normally nest in our area and pick suitable places for bird nests. The next step is to get creative and build appropriate birdhouses to be placed around campus. Naturally, we can decorate them to give our potential new neighbors a stylish place to live. We can build as many we have time to make. You will enhance our campus and have something to show off to your friends and family as the happy bird couples move in to their new homes this spring.</p>	
<b>Costuming the Musical</b>	<b>Ms. GP</b>
<p>In this seminar, we'll use our creative energies to make costumes for the students who will be performing in the school musical. This year's musical is "Pirates of Penzance." We'll have lovely maidens who need fancy gowns, pretty bags and hats trimmed with flowers; pirates who need some swagger, and silly policemen who need props. We'll be using fabric paints, silk flowers, old shirts, fun fabrics and an assortment of treasures to help make our fellow students look fabulous on stage.</p>	
<b>Crafty Kids</b>	<b>Senorita</b>
<p>Do you like hands-on projects, designing, and being creative? If so, this seminar is for you. We will make a variety of unique handmade items. Some of these items will even be from other cultures. No experience necessary, just an interest in crafting!</p>	
<b>Design Squad: Inventing and Engineering</b>	<b>Ms. Novak</b>
<p>In this seminar we will explore engineering and inventing through fun hands-on activities. Each week students will work in teams to design, invent, and build engineering projects. They will bring prototypes home to test them, take data and report back results to their team. Projects topics include toy design, electricity and circuits, helping others, green design, simple machines, and structures. A materials fee of \$15 is recommended, with scholarships available.</p>	
<b>Environmental Film Festival</b>	<b>Mr.</b>
<b>Stewart</b>	
<p>Students in the seminar will organize a film festival event to showcase environmentally themed films that celebrate Earth and inspire understanding and stewardship of the environment. Students will identify key issues/topics that they wish to highlight, select films that highlight each, and plan an event. Students will be in charge of film selection, from previewing trailers all the way through to communicating with filmmakers to secure screening rights. In addition, they will be in charge of creating and scheduling an event here at school or at a public venue. Anyone interested in learning more about local and global environmental issues and sharing them via film should sign up for the "Environmental Film Festival" seminar.</p>	

<p><b>Engineering Seminar</b> <span style="float: right;"><b>Ms. Brice</b></span></p> <p>Do you want to build a ping pong catapult - shoot and score? Would you like to test the best paper airplane designs - and then create one of your own? Do you want to wire up a waterbot? If you like to build, problem solve, and have fun - this is the seminar for you!</p>
<p><b>First Responders</b> <span style="float: right;"><b>Ms. Berner</b></span></p> <p>In this Seminar we will explore the different roles of First Responders. Firefighters, Police, EMTs, SWAT officers, and even our own School Nurse will talk about what their roles are and what their daily workings look like. You will gain an understanding of what skills and training you need to be successful in these high stress, highly essential professions. You will also have the opportunity to tour the Harwich Public Safety building, explore different rescue vehicles and learn about First Aid and CPR as well as assemble your own first aid kit. This seminar is not for the squeamish, it will include high stress topics, and discussion and visuals of blood. There will be a \$15 fee for supplies, scholarships are available.</p>
<p><b>Food Science</b> <span style="float: right;"><b>Mr. Niles</b></span></p> <p>Do you like to eat? Do you like to cook? How does the Maillard reaction change a bland piece of bread into a crispy piece of toast? How can you measure the speed of light using a microwave oven and a candy bar? How in the world do food scientists make meaty hamburgers out of plants instead of cow muscles? Do you ever wonder how inedible bits of matter are transformed into delicious meals? To explore the answers to these and other questions, join Mr.Niles and a group of fellow explorers as we probe the amazing chemistry behind humanity's love affair with food!</p>
<p><b>Game Night</b> <span style="float: right;"><b>Ms. Nowack</b></span></p> <p>When is the last time you played Candy Land? Shoots &amp; Ladders? Go Fish? Join this seminar to end your Fridays with a good old-fashioned family game night with your CCLCS "family" of peers! We will play classic favorites like Life and Monopoly, and explore some new contemporary hits like Ravine. Games will always be open to suggestion, so if you have a favorite at home, feel free to bring it in to share with the crew! You will also have the opportunity to collaborate with friends to invent a game of your very own.</p>
<p><b>Girl Boss</b> <span style="float: right;"><b>Ms. Prchlik</b></span></p> <p>AMBITION BEGINS HERE. In this seminar, we will investigate a new reality where women are making progress personally, professionally, and in the service of others. Your origin story will be your biggest asset. Develop a story that tells the world who you are, what you believe in, and where you are going! As an entrepreneur, create a vision for yourself and for what you want. This vision will be firmly rooted in your values, creativity, and artistic view of the world. You will learn how to develop a webpage, design a product, and</p>

market it! Find out who you really are and do it on purpose! <https://capecodchokers.com/maybdone>

### Indoor Gardens

**Ms. Wilkinson**

Just because it's winter, it doesn't mean we can't plant! In this seminar, we will focus on things that we can do indoors when it comes to gardening. From making terrariums to fairy gardens to designing pots, this seminar will allow us to bring the green indoors during these cold winter months. There will be a \$30 material fee for this seminar. Scholarships are available.

### Knights of the Checkerboard

**Mr. Novak**

Chess is sometimes called "The Game of Kings." In this seminar, you will become a Knight of the Checkered Board, and defend your king in epic battles! Chess is unique among games. Chess can be serious and brainy, or ridiculous and loud. It can be relaxing and friendly, or incredibly tense and competitive. It is sometimes straightforward, while other times, it is a fiendishly difficult puzzle. We will immerse ourselves in the world of chess – using chess clocks, recording our games using algebraic notation, solving puzzles, and examining the history and famous players of chess. We will learn to identify tactics and strategies, openings and endgames, opportunities and traps. Learn how and where to find online resources, including ways to get a rating to measure your skill against others, locations of puzzles, famous games, established online chess sites, and an assortment of software. We will examine variations of chess, such as speed chess (Blitz), and the fast and exciting multiplayer variant known as Bughouse. Be brave, young warrior. Protect an entire kingdom from the comfort of your chair!

### Mock Trial

**Ms. Ryan, Ms. Strakele**

Do you love crime dramas? Do you like to debate your ideas and stand up for injustices? Does hearing the introduction music to Law & Order make you smile? Then Mock Trial might be the place for you! Join us as we delve into Massachusetts law and break down a case written by real life lawyers. Students will choose parts (either a layer or a witness) and plan out their case based on a state given case. After preparation, we will travel to Orleans District Court to plead our case in a real courtroom, against the Nauset Middle School team. \*Please note\*: There IS an AFTER SCHOOL COMMITMENT that all participating students will have to agree to in order to participate in this seminar. After school sessions will start after winter seminar ends and will go until May. Any questions, see Ms. Ryan or Mrs. Strakele.

### Not the Last Butterfly

**Ms. Garran**

Music and art will come together as we create and install our mural in conjunction with our participation in *The Butterfly Project*. *The Butterfly Project* is an international project which is hoping to paint 1.5 million ceramic butterflies in honor of the children who lost their lives in the Holocaust. Students in this seminar will work on creating a meaningful

installation that will be the first of its kind in the state of Massachusetts and one of many special displays worldwide. Our work will be featured on *The Butterfly Project's* web site and perhaps in local media.

**Origami****Ms. Quenneville**

Origami, the ancient art of paper folding, has been around for centuries. People have literally been spending their time folding pieces of paper into incredibly cool forms, for hundreds of years. Why, you ask? Well, the possibilities of what one can do with a single piece of paper are completely limitless. Even better, origami can be entertaining, calming, relaxing and even inspiring. Its process is known to access all parts of the whole human brain, thus making you smarter, more creative, more patient and much, much more. Throughout this seminar we will explore the many bends and folds of square pieces of paper, study origami artists in the world, and visit a local elementary school to share our enthusiasm for origami. Our class will also work to complete a 1,000 paper crane project.

**Paint by Numbers****Ms. Remillard**

Ever wondered if you can color within the lines? Take this relaxing seminar where we will explore the art of paint by numbers, creating intricate masterpieces while flexing our fine motor muscles. Patience is required! Also, please bring your choice of a paint by numbers painting set.

**Pirates of Penzance (MUSICAL)****Ms. Allie, Mr.****Girardin**

"Pirates of Penzance"!!!! Come join us for this fast, furious, and fun musical about zany pirates and clueless police! Of course there are also fainting females fluttering about. This Gilbert and Sullivan musical will challenge your comedic timing and vocal expertise in an exciting and somewhat silly way. Please note that if you choose to participate in this seminar you will also be asked to rehearse after school on Tuesdays and Thursdays, as well as one full day during February vacation. Performances will be in the beginning of March and students will have one week of daily after school rehearsals prior to opening night.

**Paw Prints****Ms.****Greenwood**

Students who love to draw animals will learn how to create original prints from their drawings while helping animal welfare organizations in this seminar. Guest artists, gallery visits and visits to the Boston Animal Rescue League will inspire students as they create designs for limited edition original prints. They will create monoprints, collographs and block prints and learn ways to market their "Paw Prints" and use the proceeds to donate to local and national organizations that support the care of animals in need.

**Skating****Ms. Kast, Ms. Bates**

It is reported that more than 3,000 years ago people in Finland sharpened and strapped bones to their feet to navigate walking on ice. And so began ice skating. Today, thousands of people around the world lace up ice skates and take to an ice rink or frozen pond for fun and exercise. This seminar is for anyone who would like to spend their Friday afternoons skating. Most weeks we will head to the Charles Moore Ice Arena in Orleans to skate. No skating experience required! Any off-ice weeks will be spent learning more about ice sports! Because we have the ice to ourselves during seminar time there is a \$25 fee /person for this seminar. Scholarships are available!

### Understanding Your World Through Music

**Senora**

Dick Clark, the iconic host for so many years of American Bandstand, was quoted to have said “Music is the soundtrack of your life.” What are the songs that speak personally to you? In this music appreciation seminar, students will be given a chance to reflect on the social, emotional, cultural, and informational impact of music on their lives. They will be invited to create a musical map of their lives, illustrating the path that particular songs have played in accompanying them through their lives so far, and imagining through music where that path will lead them. Each student will also create a playlist that they will then be invited to play over the air as a guest deejay at Cape Cod’s community radio station, womr.

So if you are a music lover who sees your life in terms of a musical playlist, join others who share that passion and spend some time Understanding your world through music!

### Winter Sports

**Mr. Bates**

This action packed seminar will expose students to a variety of non traditional sports. We will be going to Mid Cape Racquet and Health Club for three sessions of Wallyball. Wallyball (known in some places as rebound volleyball) is a fast-paced sport that is volleyball played in a racquetball court, where it is legal to hit the ball off of the walls. The second half of the seminar will hopefully lend itself to playing outside in the snow. We will be holding our own winter olympics in this seminar and participating in such events as skiing, skating, and maybe even bobsledding, (let it snow!) Students will need to bring \$20.00 to offset the cost for using the rink and tennis club.

### Workout with Chatham Works!

**Ms. Haven**

Come work out at Chatham Works! Experience Chatham’s newest fitness and coworking facility and the variety of classes they offer. Each week will be a different fitness experience and is meant to introduce beginners to a gym space as well as give those with experience a new twist on some old favorites! Let’s get moving at Chatham Works where their mission is to help people live happier, healthier, better lives!! \*\*\*There is a cost associated with this seminar as well as release forms that must be completed for participation.