

Teacher(s)

All Good News, Vol. 3**Mr. Bates, Mr. Stewart**

Students in the "All Good News" seminar will explore journalism and video production as they create bi-weekly news segments that dive into local, regional, and global topics. In keeping with the spirit of "All Good News", we will focus on positive stories and issues of importance to our students. Our work will be broken into four parts: brainstorming topics, researching/interviewing, filming, and editing/producing. Final news shows will be available to the CCLCS community via YouTube.

An American Movie Musical**Mr. Girardin**

Do you enjoy music? Like to unwind with a good movie at the end of the week? Want to impress your friends and family with your knowledge of iconic movies and music!? Then this seminar is for you! We watch several great American Movie Musicals, including Singing in the Rain. We discuss the artistic and cultural significance of each movie and eat a lot of popcorn! We have a lot of fun!

Backcountry Basics**Ms. Novak, Mr. Novak**

Have you ever wanted to expedition into the wilderness? In this seminar, you will learn and practice many of the skills needed to plan and execute wilderness expeditions. Students will spend time in the classroom learning new skills and then have opportunities to practice those skills outside. Topics include "Leave No Trace" wilderness principles, safety and self-care in the wilderness, backcountry gear, navigation, knots, and meal-planning to name a few.

Book Buddies**Senora**

CCLCS will once again partner with The Family School/Saltbox School in Brewster to offer a "Book Buddies" seminar. Every Friday, our students will share their love for reading with preschoolers who are just starting to enter the magical world of books. It is a chance to form meaningful bonds with younger children in our Cape Cod community. Students will learn how to engage these young minds in the process of reading by asking them questions about the pictures in the books they choose from the library. They will help them to recognize letters and guide them in sounding out words as well. This is an opportunity to hone literary mentoring skills, as well as to simply share a smile and some happy moments of pleasure reading with inquisitive youngsters who love to learn from older kids. They will remember their "Book Buddies" for many years to come. Join in the reading fun!

Calligraphy**Ms. Greenwood**

Many people have been fascinated by the art of lettering and calligraphy through the ages and in this seminar students will learn traditional and inventive ways to create text using india ink, markers, pens and brushes. They will practice western calligraphy styles including Roman, Gothic and Chancery Cursive and also try Chinese Calligraphy using bamboo brushes. They will create works of art that incorporate beautiful lettering for greeting cards, murals and posters. Students will be invited to exhibit their work in the community.

<p>CCLCS Beacon</p> <p>HOT OFF THE PRESS! READ ALL ABOUT IT! Be a part of the CCLCS Beacon, the school newspaper! Students will learn the history and importance of news, how to craft a compelling story, learn interview skills, and work on their writing skills. From opinion pieces to photojournalism, reviews, interviews and sports updates, social gatherings and town events, the CCLCS Beacon will lead you in the right direction with up-to-date and riveting coverage of our school and communities!</p>	<p>Ms. Ryan</p>
<p>Cute Meals</p> <p>Sometimes school lunch isn't something to look forward to, and mom's packed lunches aren't always the cat's meow, either. But imagine a lunch so great that it would be the envy of all your friends. Learn to make incredibly cute lunches inspired by the Japanese <i>bento</i> box. There's a tradition in Japan of decorating the food in a bento box to look pleasing to the eye (called "kawaii"). <i>Bento</i> is similar to packed lunches that might contain a sandwich or fruit. However, Japanese <i>bento</i> users like to have cute lunch boxes. In this seminar we will prepare <i>bento</i> lunches and come up with creative ways to incorporate healthy foods in cute ways. This Seminar does have a \$35 cost to help defer the expense of food.</p>	<p>Ms. Prchlik</p>
<p>Food Forest Initiative</p> <p>Have you ever noticed the garden by the soccer field? Want to learn more and spend more time outside this fall? Sign up for this seminar. Learn practical skills and build confidence as a forest gardener in this place and time-based seminar. We'll start by looking at native Cape Cod forests and the Wampanoag food traditions to discover the strong native plants that may nourish us into the future. Come take a walk through the natural habitats of wildlife and human beings as we explore the forest garden and the numerous edible opportunities all around us.</p>	<p>Ms. Remillard</p>
<p>Girl Power</p> <p>What does the expression "like a girl" really mean? In the Girl Power Seminar, we'll explore this topic as well as many other issues middle school girls face everyday. Girl Power is the ultimate girls group. In this seminar you'll have the opportunity to talk with peers about things like managing social situations, peer conflict, sources of stress, as well as discover your strengths. We'll talk about the role media plays in our perception of what women should look like, and we'll decide how to define what "like a girl" should mean. If your interested in making new friends and finding out how you can make a difference, join us in Girl Power!</p>	<p>Ms. Berner</p>
<p>Hiking the Cape</p> <p>Do you like walking and being out in nature? Do you like exploring new paths and seeing new scenery? In this seminar we will hike some of the Cape's most well known and fun trails. Each hike is roughly 1 - 2 miles. Bring your sneakers, wear comfortable clothes, and get ready to check out some new places by foot!</p>	<p>Senorita</p>

How to Save the World: A Hero's Debate**Ms. Strakele**

Do you love superheroes? Feel like an expert on all things Marvel and DC, or are you interested in learning more? Do you like to argue with your friends over which character would outwit other superheroes, and why? If so, this is for you! Join this seminar to tackle end of the world scenarios! We will analyze through writing and debate to see which hero comes out on top!

Lighthouse Fantasy Football**Mr. Crowell**

Lighthouse Fantasy Football is an interactive competition in which groups of students compete against each other as general managers of virtual teams. Throughout the football season, students will have the opportunity to use 21st Century learning skills to create, collaborate, communicate, and think critically about how to best manage their imaginary football teams using the weekly statistics compiled by professional players in the National Football League.

More Trees, Please**Ms. Wilkinson**

Who doesn't love trees?! As the largest plant, they clean our air, cool our planet, filter our water, provide habitat for millions, are key ingredients in medicines, and are a vital resource for humans. Want to save some trees? Want to plant some? In this seminar, we will get our eco-warrior hats on, will learn a whole bunch about trees, create some cool art to highlight their power, beauty, and importance in this world, and educate and get our friends and family on board about protecting and planting more trees!

NANOWRIMO: Write Your Own Novel in a Month**Ms. GP**

Are you crazy enough to try to write a novel in one month? If so, join the tens of thousands of kids around the country who will take part in Nanowrimo (NAtional NOvel WRItting MOnth)! Our October classes will be gearing up for writing (no cheating - no advance writing), then in November we will hit the page and get writing. Nanowrimo has all kinds of ways to motivate us, we've got some cool swag and best of all, an opportunity to publish your work through Blurb when you've finished. Write on!

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.

Recycled Fashion**Ms. Bates**

Do you love fashion and following the latest trends? Do you want to be more environmentally friendly? Join Recycled Fashion to be more eco friendly and still look great on a budget! We will 'upcycle' old clothes, discuss how our clothes and other accessories are made/where they come from, the impact of different brands, and try to do our part in creating more awareness on these topics in our community.

Shark Smart**Ms. Haven, Ms. Nowack**

Do you enjoy learning about our marine ecosystem here on Cape Cod? How do sharks fit into that ecosystem? What is the impact of sharks on the tourist and fishing industries? What are the latest technologies related to shark safety? If these topics interest you, come join Ms. Emily and Mrs. Haven for some shark adventures that we hope will take us to local places like the newly renovated Atlantic White Shark Center in Chatham, the lab at the Center for Coastal Studies in Eastham, Woods Hole, and maybe even the Boston Aquarium. Let's get to know the locals!

Teachers in Training**Ms. Garran**

Do you miss the fun of elementary school? Be a Charter Buddy for a student at the Laurel School! If you have an interest in education, teaching and working with younger kids, this is a great opportunity. In this seminar, you will travel to the Laurel School and pair up with a 3rd or 4th grader. You will help your "buddy" get ready for the Laurel School's Art and Literature Fair, held in December. We will work on projects and writing activities. All students who take this seminar will learn how to support younger students as they learn and will serve as role models.

Touching Spirit Bear**Ms. O'Leary**

Meet Cole Matthews - a young delinquent teenager who can't help but get himself into trouble. After seriously harming another classmate, Cole is banished to a remote Alaskan island. As it turns out, surviving in these extreme conditions is the least of Cole's worries. Through the discovery of nature and Native American traditions & customs, Cole attempts to survive alone for a full year. Come join this Seminar to read the novel, Touching Spirit Bear and create our own totem poles and dream catchers.

Ukulele**Ms. Allie**

Let's learn how to play Ukulele together!! We will learn how to tune our Uks. We will learn basic chords and strumming. Finally, we will learn songs that we can play together or alone! Maybe we'll even perform what we've learned!!

Yoga**Ms. Kast**

Need to unwind at the end of the week? Want to improve your flexibility and strength? This class will break down the basic postures of yoga, and will teach you how to use your breath to calm down to better focus on your goals. ANYONE can do yoga. Sign up and join us for Friday afternoons of fun playlists and yoga !

