



Interim Course Catalogue: 2020



St. Teresa's Academy's Mission Statement

St. Teresa's Academy educates young women to think critically, encourages them through Catholic values to love the dear neighbor without distinction, and empowers them to change the world.

INTERIM WEEK

Launched in 2019, St. Teresa's Academy's Interim Week, a time of innovation, creation, and discovery, introduces students to new ideas, experiences, and environments. STA's teachers have designed unique experiences that focus on exploratory, hands-on, and interactive learning with the goal of fostering knowledge outside of the normal academic schedule, allowing learners to broaden their appreciation and awareness for the world in which they live.

With the goal of developing actively engaged learners, Interim Week courses explore and demonstrate St. Teresa's Academy's core beliefs:

1. We believe in the transformative power of a community guided by the tradition of the Gospel of Jesus Christ.
2. We believe that recognizing each person's authentic self and the multitude of differences that exist in our society creates a meaningful community built on mutual respect and dignity for all.
3. We believe that the female perspective is to be valued and that the female voice is the catalyst necessary to enact change in our world.
4. We believe true growth comes through care of the whole person in mind, heart, body, and spirit.
5. We believe that each student has an innate intellectual curiosity and as such, rigorous education is creative, individualized, challenging, embracing of risk and supportive through failure.
6. We believe that each student has a responsibility as a global citizen to address injustice.



Interim Week Details

REGISTRATION PROCESS

Registration opens at **11:40 am on Wednesday, October 30 for all students.** Using a google form, students will rank their top 5 choices.

We will use the registration time stamp, grade-level seniority, and order of preferences, to create each student's Interim Week schedule. We will do our best, but we cannot guarantee that every student will receive their first choice. Students will be notified of their Interim schedule in mid-November.

INTERIM WEEK FEES

Many Interim courses are free of charge, but if a course has a fee to cover expenses, the student's smart tuition account will be invoiced in November. The Bistro lunch program will operate as usual on campus, but if a student's interim experience is off campus she might need to bring her own lunch or bring money to pay for lunch.



Indicates students are **required** to bring money to cover the cost of lunch.



Indicates that interim experience has a course fee.



Indicates that some or all of the interim experience will take place **off campus.**



Indicates that some or all of the interim experience will be led by a current **STA student.**

FORMAT

Each student will choose to participate in either one class that meets for 5 hours each day or two classes that meet for 2 ½ hours each day. This structure gives teachers and students the flexibility to go out in the community, become engrossed in new subjects, and dive into topics with more depth than they would normally be able to in the time constraints of a standard classroom.

Students will meet at St. Teresa's Academy from 8:30 a.m. - 2:30 p.m. unless otherwise noted in the course description. Attendance will be taken daily, and will be factored into student attendance records.

Arriving on time is essential during Interim Term. St. Teresa's Academy cannot accommodate students arriving late if their experience has already left campus.

Students will participate in their selected experiences for three days from January 8 to January 10, 2020.



All Day Courses

Go Outside. Go Within. - The Majesty and Mystery of the National Park System \$ 🚗

Instructors: Kelly Finn and Riley Cowing

Students: 9th, 10th, 11th, and 12th

Cost: \$10

"Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean." The words of renowned environmentalist John Muir celebrate the connection between nature, emotional health and creativity. This experiential class will examine the inspiration that led Muir to advocate for national sacred spaces. We will read and discuss a variety of texts to explore how going outside can help us center ourselves internally. During the morning session, we will focus on various activities that deepen our knowledge of the National Park System, such as Skyping with a National Parks ranger and learning how to nature journal. In the afternoon we will read, write and share, to nurture a deeper connection between our emotional and physical selves. We will also take a trip out to Ms. Finn's property in South Kansas City to spend a day traipsing through the woods, learning to build a fire, making granola, and communing with nature. This class lays the foundation for the June National Parks trip to Grand Canyon, Bryce and Zion National Parks, but class participants aren't required to travel with the trip.

Barkley: A Design Thinking Challenge \$ 🚗

Instructors: Jarrod Roark

Students: 10th, 11th, 12th

Cost: \$20

Empathize. Define. Ideate. Prototype. Test. These core components of Design Thinking meet real-world application in this course hosted at the headquarters of Barkley, a leading firm in advertising, marketing, and research. Students will meet all day at Barkley, located at 1740 Main Street in the Crossroads. Experts in the field will introduce students to collaborative ideation and problem solving within the world



of advertising. Students will also meet with clients seeking innovative ways to market or brand an idea, product, or service. Then, in small groups, students will engage in a Design Thinking Challenge and create advertising campaigns to pitch to professionals on the final day. Barkley is “always looking for people with heart and hustle.” Students should bring both heart and hustle to this professional environment and be prepared to “make ideas that move fast.” Students must provide their own transportation to and from Barkley.

Living Lightly: an experiential introduction to philosophy and practice of nomadic living 💰 🚗

Instructors: Kim Sirridge

Students: 9th, 10th, 11th, 12th

Cost: \$45

Born in Eastern Tibet, Yondenzang Akyung spent his childhood herding animals, traveling with the seasons, and living off the land. Tibetans are some of the millions of nomadic people that exist today. Despite a world full of modern convenience and consumerism, nomadic lifestyles continue to persevere across the globe. Join Yondenzang and his family (including Ms. Sirridge’s sister, niece and nephew) for a taste of Himalayan cuisine, arts and handicrafts, music, games, imagery, meditation and mindful teachings honoring this unique way of life.

You will spend the first two days becoming acclimated to traditions of nomadic life as you recalibrate your ‘footprint’ in today’s society. Experiences may include an introduction to Buddhism (mindfulness, meditation) at the [Rime Center](#), [Tibetan calligraphy](#) and weaving, Himalayan food preparation, instruction in cultural norms, reverence for natural resources, authentic photo/video accounts, etc. On Friday (weather permitting), you will travel to Lawrence to spend the day in a [traditional Mongolian yurt](#), sinking into the harmonic rhythm of nomadic life via walking meditation, mindful eating, and a traditional tea ceremony. Your goal is to leave this experience with a greater understanding and gratitude for the vast interconnectedness of the universe, your own essential impact within it, and a respect and awareness for other people, cultures, and the world around you.

Evaluation will consist of willing and active participation, openness to new perspectives, and observational/reflective journaling. Fee includes transportation, food, artistic materials, journal and Buddha board. Note: you will be asked to power off all technological devices in order to maximize your present, authentic experience.



“Mayor Lucas,” a project in conjunction with the University of Kansas

Instructor: Eric Thomas, University of Kansas, William Allen White School of Journalism and Mass Communications

Facilitator: Megan Schaefer and Denise Simeone

Students: 10th, 11th, 12th

Cost: None

During the spring of 2020, students from the University of Kansas journalism school will document the mayor of Kansas City, Quinton Lucas, as he begins his first full year in office. The project offers St. Teresa’s students the chance to be part of this project -- both during interim term and beyond. STA students will research the data and policy behind the mayor’s policy goals. Two people with deep St. Teresa’s connections will be your guides: Eric Thomas is the former publications adviser at St. Teresa’s and now teaches journalism at KU. Morgan Said, a former St. Teresa’s student journalist, is now the communications director for the mayor. The STA students’ research may possibly culminate with an in-person interview with the mayor during interim term. Students with an interest in journalism, politics, government or public policy will be challenged to think and research in new ways.

Yoga: Not Just For Stretching! 🌿 💰 🚗

Instructor: Mimi Harman

Students: 11th, 12th

Cost: \$25 plus bring \$10.00 cash for lunch/donation

Did you know that yoga actually means “to yoke together” or become one?

Did you know that the physical poses are actually just one part of the eight limbs of yoga?

Did you know that Kansas City hosts over 43 yoga studios all with different teachers and various classes?



During this 5 hour, 3 day course we will learn of yoga's origins and goals and begin to practice it! We will visit 2 of the many studios in the area and spend one day participating in aparigraha or generosity by eating and volunteering at Kansas City's first "pay what you can" cafe. Come learn more about this physical, mental and spiritual discipline as it relates to you, your faith and your lifestyle! No level of previous experience required - all are welcome!

Feminism and Disney: Prentiss Ruins Your Childhood

Instructors: Shana Prentiss

Students: 11th, 12th

Cost: None.

"It won't cost much, it's just your voice." Ursula, *The Little Mermaid*
This course will explore how feminism is represented (or misrepresented, as the case may be) in popular Disney films. Using excerpts from the book "Good Girls and Wicked Witches", we will examine the social impact that Disney's female characters have had on girls over the decades. Each day we will watch and analyse a new film and students will apply their knowledge by rewriting a scene from one film to reflect positive female representation. This Interim course is a sampling of the course *Women and Media*, being offered by Mrs. Prentiss for the 2020-21 school year.

Kansas City Perspectives: Food, Art, Music, and Poetry 🌱 \$ 🚗

Instructors: Sarah Taber and Andrea Arredondo

Students: 10th, 11th, 12th

Cost: \$60

Have you ever wondered about the hidden and artistic corners of your city? Students in this class will get out and explore Kansas City—its cultural neighborhoods, its eateries, its literary and artistic figures. We will have lunch in a neighborhood as a way of engaging in Kansas City's various cultural settings. We will eat a Syrian lunch one day, soul food on another. We will explore 18th and Vine and tour the Local no. 627 Mutual Musicians Foundation, stopping to hear some jazz; we will go to KC's West Side neighborhood and meet Latino artist and poet Jose Faus at his studio. Throughout, we will examine how Kansas City is home to a variety of perspectives, some of which we miss in our everyday bubble. Each day we will end class with a creative response, culminating with an optional final project in either writing, art, or music.



This class includes a fee for transportation, artist donations, and daily lunches. Maximum 20 students.

So You Want to Start a Business? \$

Instructors: Kelsey Romine

Students: 10th, 11th, 12th

Cost: \$30

Have you considered starting your own business? Do you already have a side gig and want to create a brand to help you expand? This could be a nanny or babysitting business, sewing or embroidery, a podcast or online course, or maybe you have something else in mind or are already doing.

In this course, you will hear from Micala Quinn, a local woman who has built a business from home and inspiring women all over the country (and the world) to do the same. You will create your own brand, possibly including a color scheme, logo, business cards, and flyers to use for your own business. You will come out of the course with all you need to hand out to future "investors" to continue to grow your business. We will discuss business ideas, marketing strategies, and present your business plans to the group.

This is fun even if you don't have a side business right now but dream of one someday!

A Tale of Two Cities Study Abroad Course Prep \$

Instructors: Dr. Stephen Himes

Students: 10th, 11th

Cost: If you're not going on the trip, \$30 for books.

This course is for students approved for the A Tale of Two Cities study abroad course next summer. For this course, we will read Claire Tomalin's biography of Dickens, Oliver Twist, a short history of the French Revolution, and one or two other texts. The readings are specially selected to provide a context for some of the activities on the trip. We will also learn how to read a Tube map, package for extended international travel, and we'll take a field trip to the Nelson-Atkins Museum of Art to learn how to "read" a painting.



Quilting Workshop at the National Quilting Museum: Artistry and History

Instructors: Craig Whitney and Lisa Dibble

Students: Limited to students enrolled in the Research and Design: Artistry and History elective

Cost: None

The National Quilt Museum is a destination for quilters and art enthusiasts worldwide, annually the museum receives visitors from all 50 States and over 45 foreign countries from every continent. Located in historic downtown Paducah, Kentucky, the museum's three galleries feature exhibits of the finest quilt and fiber art in the world. The museum's vibrant and breathtaking exhibits and primary gallery feature quilts from the museum's collection and diverse traveling exhibits which include over 600 works of art. For this course, designed for students enrolled in Research and Design: Artistry and History, we will travel to Paducah, Kentucky to participate in an intensive quilting workshop to kickoff our work for the semester.

Do you want to be a lawyer? 💰 🚗

Instructors: Alice Amick, M.A./J.D. and Barbara Cusick, J.D.

Students: 11th, 12th

Cost: \$10

This course offers an exploration of career paths in the legal profession. Topics will include law school, the bar exam, a variety of practice areas and law-related careers. Guest speakers will share their experiences, including perspectives on issues facing women and minorities. We will visit UMKC School of Law, a courtroom and a law firm. Students will provide their own transportation or carpool. An STA permission slip is required. Students will do a film activity pertaining to law practice. Students will participate in one group lunch (\$10 each).

The 7 Habits of Highly Effective Teens 💰

Instructor: Susan Spence, M.Ed



Facilitator: Angela Sweeny and Jennifer Petree

Students: 10th and 11th

Cost: \$21

Utilizing Sean Covey's book [The 7 Habits of Highly Effective Teens](#) students will be guided to apply personal-development and leadership principles to increase their self-esteem, challenge current self-perceptions, and develop a personal mission statement. This will be an interactive classroom that will utilize free-draw activities and small group discussions. The philosophy that "all change begins with me" will be the theme throughout this course.

Half Day Courses

eCybermission Intensive Work Days

Instructors: Mary Montag, Sarah Stranz, and Renee Blake

Students: 9th* (All freshmen will enroll in one section of eCybermission)

Cost: none

eCYBERMISSION is a web-based science, technology, engineering, and mathematics (STEM) competition that promotes self-discovery and enables all students to recognize the real-life applications of STEM. Teams of three or four students work together to solve problems in their community, while applying the engineering design process. Students will use these Interim Week days to continue working on their projects.

*This is a required half-day course for all current 9th grade students. Students will be assigned to the morning or afternoon session based on their Biology class section.

Building Better Experiences Through Design: Dimensional Innovations



Instructors: Matthew Lewis

Students: 9th, 10th, 11th, 12th

Cost: None

We're surrounded by experiences everyday, but what separates amazing experiences from the mediocre? Experience design. Learn what "experience design" really is and see it in practice at Dimensional Innovation's headquarters located at 3421 Merriam Drive, in Overland Park. You'll meet with a variety of industry experts as you tour the design, technology, and fabrication space. Then students will be challenged to think through an experience in a physical space or an experience with a product they believe to be mediocre and brainstorm ideas for improvement. On the last day, students will present their concepts and ideas to a team of professionals. Students should be open to new ways of thinking, and ready to push the limits of their creativity!

ACT Math & Science Prep 💰

Instructors: Revolution Prep (Faculty Moderators: Debi Hudson and Abby Jelavich)

Students: All 11th graders and 12th graders, if applicable for college testing deadlines.

Cost: \$249 + tax - Payment must be made directly to Revolution Prep at

<https://www.revolutionprep.com/courses/29846/> by Dec. 6.

This math & science ACT prep course will be live online with Revolution Prep tutors designed to assist in the STEM area. The mini workshop will prepare students for the February ACT. Daily homework will be assigned and students must bring Surface Pros to each class. A fee of \$249 will be paid directly to Revolution Prep (details on payment will be emailed to registrants).

World Dance 💰 🎓 🚗

Instructors: Andrea Skowronek, Jazzmin Earl, and Genesis Jeffries

Students: 9th, 10th, 11th, 12th

Cost: \$20



World Dance will be an off-campus experience at the City in Motion Dance Theater studios in mid-town Kansas City. Professional Latin Dance and West African teachers will introduce the cultural history of their dance forms and then teach an energetic dance class!

STA Senior Genesis Jeffries will also teach a Stepping dance form. The tradition of stepping is rooted within the schoolyard song and dance rituals practiced by historically African American fraternities and sororities beginning in the 1900s.

Move and groove and smile as you dance to the percussive rhythms of World Dance! No experience required.

Virtual Restaurant Business Management

Instructors: Kayla Leatherman

Students: 9th, 10th, 11th, 12th

Cost: None

Ever dreamed of owning your own restaurant? Come test your entrepreneurial skills through the virtual restaurant challenge! This online simulation allows students to explore the many decisions a restaurateur makes every day. Are you the next Emeril? Gordon Ramsey? Come find out and grow your restaurant empire with me during Interim Week! (NOTE: If you are interested in joining DECA, a marketing organization, you can compete in this simulation at state and national levels.)

Uncovering joy in creativity

Instructors: Riley Cowing

Students: 11th, 12th

Cost: None

Creativity is a continuous learning process -- refining your craft, exploring the work of other creatives, embracing mistakes as you practice new skills and so much more. That process is exciting, and at the same time it can bring fear and doubt to the surface. Although we may be full of ideas and want to put them onto paper, we are often in our own way when it comes to completing the final product. I believe that every person and creative has a voice that is worthy of sharing with the big, beautiful world around



us. Through a series of prompts, writing exercises and reading work of other writers, I hope to help you jumpstart your creative practice and uncover the joyful elements of the creative process.

(For students who took Finding Your Voice last year – this class is an expansion on that material.)

Defying Gravity \$ 🚗

Instructors: Andrew Meyer

Students: 9th, 10th, 11th, 12th

Cost: \$60

Have you ever climbed a ladder? If your answer is yes, you have all the experience needed for this class. For three days, your goal is to defy gravity. We will take a trip to one of the seven wonders of North Kansas City, RoKC climbing gym. Over the three days, you will get the opportunity to soar to new heights as you solve puzzling routes on the boulder and top rope walls. On “top” of having a “rockin” good time on the wall, you will have the opportunity to become belay certified. Once you experience the fun and empowerment of climbing through the team building and climbing games, you will be “hooked” on climbing. No experience is required. If you love heights or are terrified of heights, this is the class for you. You will come to the realization that you can conquer any obstacle in your path. Lastly, as they say, if you can climb a ladder, you can climb a wall.

If you were to do this on your own, you would be spending upwards of \$250 dollars for an equivalent experience. The highly discounted cost we are receiving gives you a 3-day climbing and gear pass as well as belay certification. Once you are belay certified, you will be able to take your climbing to another level. For those who are unable to drive themselves, there is a way to find carpools. We will sort this out when the sign ups are complete. If you have any questions or concerns please reach out to Mr. Meyer.

If anyone wants a snapshot of what they could potentially get involved in, RoKC is holding a showing of a climbing film called Reel Rock at Rockhurst High School. The link to the trailer can be found [here](#) and if you are interested in attending the information can be found [here](#).

Spain in KC 🚗

Instructors: Julia Amigo and Julia Gargallo



Students: 11th, 12th

Cost: None

In this course, with the intent of expanding cultural awareness and fostering cultural competence, students will explore various themes related to the culture of Spain and its connections with KC . The course will include field trips to the Nelson Atkins, UMKC, and the Plaza as well as experiences like riding the KC streetcar and tasting churros. Students will be exposed to authentic masterpieces and will become digital visitors of the most important sites and museums in Spain. The course will be taught in English.

Linux and Server Hosting \$

Instructors: Alexa Varady

Students: 10th, 11th, 12th

Cost: \$40

There are many types of servers that we use every day without realizing - web servers, file hosting servers, mail servers, and more. In this course, we will look at how to turn a Raspberry Pi into several different types of servers and how to connect to it remotely using its IP address. In the process, you will also learn about the Linux operating system and how to use Terminal commands, as well as some basic HTML and CSS.

Gateway Read-a-thon

Instructors: Carrie Jacquin

Students: 9th, 10th, 11th, 12th

Cost: None

Rediscover the joy of reading! Challenge yourself to meet a personal reading goal or just kick back with a good book or two in a cozy setting. We'll set a community goal for number of pages over our time together and display counts on the tote board. Those who read three Gateway nominees will be eligible to vote in March, and those who read 10 of the read-down list for 20-21 qualify as reader selectors. All books and readers welcome! Gateway nominees for 2019-20 and most of the read-down list for 20-21 will be available.



Philosophy and Ethics in Star Trek TNG

Instructors: Dr. Jamie Banister

Students: 9th, 10th, 11th, 12th

Cost: None

Star Trek isn't just "sci-fi." Come explore the philosophical and ethical dimensions of Star Trek: The Next Generation (TNG). We will watch at least 2 episodes per class, each followed by discussion. At the end of each day, each student may be asked to write a reflection responding to specific questions/prompts for the episodes as they relate to real-life questions. Proposed episodes (TV-PG): "Measure of a Man"; "The Masterpiece Society"; "The Wounded"; "The High Ground"; "The Outcast"; "Tapestry."

Game On! Benefits of Collaborative Board Games

Instructors: Dr. Jamie Banister

Students: 9th, 10th, 11th, 12th

Cost: None

Can your team save the world from a pandemic? Safely escape from an island with some ancient treasures before the island sinks? Come find out! Collaborative board games (e.g., Pandemic) have become popular in recent years. Unlike traditional competitive board games, the players must work together to defeat the game. Everyone wins or everyone loses, just like in team sports, and each person has a unique role that they play. We will be discussing the design and benefits of collaborative board games as well as playing some of the most popular ones, including Forbidden Island and Pandemic. Prior experience is not required.

Exploring Colleges: Games, Technology & The Selective Admission Process

Instructors: Debi Hudson

Students: 11th

Cost: None



This session is ideal for juniors who truly want to explore and learn about the selective college admission process and about colleges in the U.S. and abroad. Games, admission case studies, student research, online video tours, Skype session with STA grad attending college abroad, career & aptitude test, and many more activities will be part of this interactive session. There will be approximately 30-40 minutes of homework (college research and aptitude test sections) each night.

Women in Finance 🚗

Instructors: Rebecca Hare

Students: 11th, 12th

Cost: None

What's the deal with money and why is the future bright for women in finance? In this course, students will take a deeper look at what it means to pursue a career in finance. Students will be able to tour, American Century Investments, an investment firm near STA. Students will also learn about the importance of women in the finance field and why this is a career for young women to consider.

Who are the happiest people on earth and how did they get so happy?

Instructors: Rebecca Hare

Students: 9th, 10th, 11th, 12th

Cost: None

Have you ever wondered who are the happiest people on earth and why are they considered the happiest? This course will dive into these two questions and explain who the happiest people on earth are and how they got to be so happy. We will learn about specific lessons on happiness that can be applied directly to your own life. This course will also provide opportunities for students to define their own ideas of lifelong happiness.

Femininity & Masculinity: What Lies Are We Telling?

Instructors: Anne Papineau



Students: 9th, 10th, 11th, 12th

Cost: None

In this course, we will delve into the sociological construct of gender norms and its impact on females and males through the documentaries *MissRepresentation* and *The Mask You Live In*. We will discuss the influence of media on our sense of self and the values we hold. Through analysis and reflection, we will learn just how similar males and females are and the common struggles that we share.

Embroidery Workshop \$

Instructors: Anne Papineau

Students: 10th, 11th, 12th

Cost: \$10.00

Ever wanted to learn the basics of hand-stitched embroidery? This workshop will teach you all you need to know to begin. You will learn about the materials and equipment, the fundamental stitches, and how to design your own pieces, including lettering. By Day 3 of the workshop, you will be working on your own piece that will be ready to hang, make into a patch for a jacket or backpack, or give as a gift to a loved one. You will choose between several piece designs, created by Ms. Papineau, that will celebrate STA and Kansas City!

All materials will be provided, including: wooden embroidery hoop, piece of cotton fabric, needle, fabric pen, sewing scissors, and a selection of embroidery floss.

Car Maintenance for the College Bound Teen

Instructors: Matthew Lewis

Students: 11th, 12th

Cost: None

As you prepare to get your first car or anticipate that drive off to college you may be nervous and anxious about taking care of your car. This class will teach you the basics of car maintenance and safety. We will cover topics such as how to change a tire, what is under your hood (parts of an engine), jump starting your vehicle, and other car related topics. Not just looking at pictures and diagrams, you will get a chance to change your own tire and look at the layout of your car so you can feel confident if something goes wrong. This class will be informative for both new and experienced drivers looking to understand their car to a greater degree.



You want a career in?

Instructors: Mary Rietbrock and Vickie Albritton

Students: 9th, 10th, 11th, 12th

Cost: None

Do you have ideas about what you may want to be when you grow up? How do you approach career planning? This course will give you the opportunity to research a variety of career options. Interest inventories will be used to help you identify strengths and interests. These tools will guide you into career paths for further investigation. After identifying an area of interest, how will you make it happen? Students will research colleges and universities to find matches with their area(s) of interest, costs and job placement after graduation.

Brain Games \$ 🚗

Instructors: Maddie Watts and Andrew Boland

Students: 11th, 12th

Cost: \$40

In this class, students will learn the science behind decision-making, whether that be a split second choice or a drawn-out puzzle over time. Students will work on problem-solving skills as an individual and in groups. Students will learn the anatomy and physiology behind the brain and what takes place when a person is making choices.

Students will work through different brain games and then will put what they have learned to the test in a group challenge both on and off-campus.

The class fee will cover our in-class brain games on Thursday and our off-campus Breakout Room on Friday, and students will transport themselves to and from the River Market for Breakout Room.

Theology and Media \$

Instructors: Jennifer Greene

Students: 10th, 11th, 12th



Cost: \$10

An expansion of a conversation about who/what influences us from our course on Christian Morality, this class will take a closer look at several kinds of media. We will examine the hows and whys of our own personal use of social media and generate ways that we can make sure we are well informed and ethical users of all media. It will include a broad survey of how different religious communities are expanding their use of social media to reach people in this new era.

I'm first! Exploring college options.

Instructors: Abby Jelavich

Students: 11th, 12th (By invitation from Ms. Jelavich)

Cost: None

For juniors or seniors that identify as first-generation college students, this interim week course will involve campus tours of two local universities - most likely UMKC and Rockhurst University. As a group we will learn about these campuses and will also spend significant time discussing how to prepare for a campus visit, including questions to ask on a tour regarding academics, student life and first generation college support programs. On the third day of the class we will bring in a panel of college representatives to discuss tips for navigating college visits and the search and application process.

Knitting 101 \$

Instructors: Alexandria Hardin

Students: 9th, 10th, 11th, 12th

Cost: \$15

Knitting: not just your grandma's hobby. If you like crafts, learning new things, making things with your hands, and seeing a project develop, knitting is for you! Learn the basics about how to start a project, the essential (and creatively named) "knit stitch", and ending a project. Students will learn how to follow a pattern for a small project, which students may try to finish in class or take home to continue. Evaluation is based on active participation in learning, written reflection of the process, and the success of producing a piece of knitting.



Beginning Chinese Yoyo (Diabolo) \$

Instructors: Chiun-Pei Lin

Students: 9th, 10th, 11th, 12th

Cost: \$35

Have you seen Chinese acrobatics? Are those shows fascinating? One of the traditional acrobatics' performances is Chinese Yoyo, also known as diabolo.

This course will introduce students to the traditional Chinese Yoyo. In addition to understand what diabolo is and the history of it, students will learn how to start a diabolo, how to balance it, how to control its direction, and 3-5 tricks, such as whipping, jump, grind, up the string, the leg trick, stopovers, etc.... After the interim, diabolo is yours to keep.

Vegan 101: The WHAT, WHYs, and HOWs of Veganism \$

Instructors: Sarina Farb and Caitlyn Kogge

Students: 9th, 10th, 11th, 12th

Cost: \$15

Come eat some delicious plant-based cheeses, ice cream, and main dishes with us! Ever wonder what vegans eat? How they get enough protein and stay healthy? Or wonder why some people even want to give up meat in the first place? In this course we will take a hands-on route to answering all of your questions about veganism, including cooking/sampling lots of different vegan foods and watching and discussing several videos and documentaries. Students will be evaluated on their engagement and participation in the activities and discussions.

Music Theory Crash Course

Instructors: Steve Perry

Students: 9th, 10th, 11th, 12th



Cost: None

Designed for students who wish to improve their basic music-reading skills, with specific study of music notation, including time signatures, rhythmic patterns, solfeggio, key signatures, melodic and rhythmic dictation. Curriculum is taken from basic fundamental concepts of AP Music Theory. This course is designed for students who already possess a basic understanding of music literacy.

Learn & Burn: Kinesiology & its Applications to Fitness

Instructors: Katie Weber

Students: 9th, 10th, 11th, 12th

Cost: None

Kinesiology is the study of movement. Having proper movement, alignment, and form is essential to having a successful and safe workout. In this class, students will learn the physiological and biomechanical fundamentals and apply these to various workouts. This class will be structured with an informational session followed by a workout to apply new knowledge. The class will be studying: high intensity interval training (HIIT), Pilates, and circuit training (feat. strength training). Expect to learn and burn!

*Students will be expected to be in proper fitness attire and must have a yoga mat.

Classical Architecture in Kansas City

Instructors: Amanda Hawley

Students: 11th, 12th

Cost: None

In this course we will explore the legacy of classical architecture in Kansas City. This course is designed for students who are interested in the intersection of classical studies, art, and architecture. Students will be introduced to the basics of classical architecture through a series of short lectures at the beginning of every class. We will then spend some time each day making visits to different sites around the city, such as the Nelson Atkins Museum of Art, to see and discuss examples of the architecture in person. Prior knowledge of the ancient world (from a Latin class or previous interim week class) is recommended.



Get T-Wrecked \$ 🎓 🚗

Instructors: Amanda Hawley, Allyson Fox and Sally Swinney

Students: 9th, 10th

Cost: \$20

335 million years ago, our earth looked vastly different than it does now. Over the course of millions of years, the land masses of the world changed drastically from the supercontinent Pangaea to what we know today. Through the process of plate tectonics, Pangaea drifted apart, leaving us with the 7 continents: North America, South America, Antarctica, Africa, Europe, Asia, and Australia. This class is broken up into two parts: part of this course will follow how the continents broke up millions of years ago, how the oceans are divided, and the topography of the land over the course of these changes. There will be a special focus on the Midwest and the Western Interior Seaway. The other part of this course will focus on the prehistoric animals that lived in these different time periods. From dinosaurs like the T-Rex to underwater monsters like the Mosasaurus or Megalodon, our planet has seen some amazing and powerful creatures. On the third day we plan to go to a museum of natural history so you can see the remnants of history for yourself. We hope to teach you about the amazing power of our planet and the animals that have called it home.

Tapping into Something Great \$

Instructors: Kate Absher

Students: 9th, 10th, 11th, 12th

Cost: \$20

This course will delve into the history of tap dancing in America – it's origins from early American slavery and Irish immigrants to famous hoofers Fred Astaire, Bill Robinson, Gene Kelly and Gregory Hines. We will learn basic tap steps that will culminate in a short routine in class. If you've never tapped, this is the course for you!



Early Western Art and Architecture 🚶‍♂️ 💰 🚗

Instructors: Mike Egner

Students: 9th, 10th, 11th, 12th

Cost: \$24

"Good Lord Boyet, my beauty, though but mean,
Needs not the painted flourish of your praise:
Beauty is bought by judgement of the eye,
Not utter'd by base sale of chapmen's tongues."
-Wm. Shakespeare, Love's Labour's Lost, 1588

A more common sentiment might be "Beauty is in the eye of the Beholder", a phrase as old as Ancient Greeks of the 3rd Century.

And so it is with art and architecture. Spend time during Interim Week scratching the surface of the evolution of Western art and architecture. From the Cave Paintings of Altamira to Ancient Egyptian tomb reliefs to Ancient Greek sculpture and vase relief to Ancient Roman mosaics and graffiti from Pompeii, the art of the ancients evolved and inspired Western artists for centuries. We'll look at Stonehenge in Neolithic England, the Pyramids of Ancient Egypt, the iconic elegance of the temples on Athens' Acropolis, the feats of Roman engineering like the Colosseum, the Circus, the Pantheon, and the Aqueducts. Your instructor has visited and studied each of these places in Europe and the Middle East, and he will share the stories, the photos, and the impressions these iconic masterpieces make on those who see them first-hand.

We will divide some quality time in the classroom with some quality time at the Nelson-Atkins Museum with Mr. Egner as your instructor and guide.

Cost for each student is limited to round trip bus fare on the ATA Metro (\$2.50 RT) and lunch at Rozelle Court (about \$8-\$9), unless your own sack lunch is preferred.

CHEERS!!

Shakespeare on Stage 💰 🎓

Instructors: Arwen Dickson & Kate Absher

Students: 9th, 10th, 11th, 12th



Cost: \$10

This is a course to get students to appreciate Shakespeare better (and hate it less!) Willy Shakes intended for his words to be *heard*, not read. We will be dabbling in a brief history of Shakespeare in performance (including the supernatural curse of The Scottish Play!) and bringing some of his works to life with scenes from comedies and tragedies. Come ready to have fun through theatrical games, learning about the over 1700 words he invented, how he is connected to Dr. Suess and Abraham Lincoln and more! Students will prepare for the ESU Shakespeare Competition through monologue work.

Holiday of Food - חג אוכל - \$ 🎓

Instructors: Andrew Boland and Claire Smith

Students: 9th, 10th, 11th, 12th

Cost: \$15

It's the night of September 21 and you're celebrating the new year with raisin challah. How could that be? Learn about the customs and history of the Jewish holidays that occur throughout the year. Experience first-hand cooking and enjoying the traditional food that is associated with each holiday. The class will be divided into two parts: an introduction into the holidays for each season, and then a cooking course to cook the respective food for each holiday. After we will sit and enjoy the foods together as a class and process the day's lesson. Happy holidays! חג שמח!

What is Genius?: Michelangelo in Rome and Florence \$

Instructors: Kelly Fast

Students: 10th, 11th, 12th

Cost: \$20

Michelangelo Buonarroti "not only transformed the way art was made, but the role art plays in our collective conscious. In fact, he invented the very notion of **genius**...that **genius** flows from the peculiarities of an individual life and personality, not merely the application of great skill".



In this course, students will read and discuss several works about the life, art, politics, and philosophy of Michelangelo, taking a deep dive into his motivations, struggles, and spirituality. On the final day of class we will visit the Nelson-Atkins Museum of Art to study the bronze doors from Florence's Baptistery of San Giovanni, a work that Michelangelo called "The Gates of Paradise." Equipped with this knowledge, students will have the opportunity to travel to Rome, Florence, and Carrara from March 11-19, 2020 to experience, firsthand, the world's greatest artistic masterpieces, including the Sistine Chapel, St. Peter's Pieta, the Medici Chapel, and David.

In an age when everyone turns to Google for an immediate answer to every question that pops into their heads, this interim course will encourage you to think for yourself, explore individual interests, and build a deep knowledge of the arts, religion, philosophy, or engineering through the lens of Michelangelo.

Fungi's Eat Green 🎓

Instructors: Maddie Watts, Nora Lee, and Ava Larson

Students: 9th, 10th, 11th, 12th

Cost: None

Are you considering adopting a more environmentally sustainable diet but find it hard to navigate as a teenager? Then this is the course for you! The goal of this course is to help students become conscious of the environmental impacts of their diets without having to completely reconstruct it or give up their favorite foods. By discussing the different effects that certain products and companies can have on the environment, we hope to inspire STA students to become their own environmental advocates.

Antibiotic Resistance: Bugs vs. Drugs 💰

Instructors: Vickie Albritton and Mary Rietbrock

Students: 9th, 10th, 11th, 12th

Cost: \$10

MRSA, CRE, M. tuberculosis, C. difficile... these so-called "nightmare bacteria" and "superbugs" are consistently making headlines! The World Health Organization (W.H.O.) calls antibiotic resistance "one of the biggest threats to global health, food security and development today". Chances are, you have personal experience with antibiotic medicine. Bacterial infections are treated with antibiotics to restore health. How can this powerful agent of healthcare be a threat? Is the age of antibiotics coming to an end? We will explore bacterial infection, antibiotics in medicine and agriculture, how bacteria develop



resistance to antibiotics, and what this all means for our future. We will learn through microbiology labs, simulations, discussions and current events.

Christopher Nolan: 21st Century Storytelling

Instructors: Andrew Boland

Students: 11th, 12th

Cost: None

In this course, students will look into the works of acclaimed film director, Christopher Nolan. Nolan is known for his intricate storytelling and how he constructs a narrative. In the course, students will look at a variety of Nolan's works and how Nolan has changed the way storytelling is done within the film genre. Students will view, discuss, and deconstruct Nolan's film. Students will view a variety of different clips and films in their entirety. Such films that will be viewed include: *Memento*, *Inception*, *Dunkirk*, *Interstellar*, etc.

Powerlifting: Principles and Competition \$ 🚗

Instructors: Caitlyn Kogge

Students: 10th, 11th, 12th

Cost: \$10

Are you competitive and looking for a new challenge? Are you someone who enjoys working out but need a goal to work towards? Do you want to learn more about the weight training community? Powerlifting is a hobby, a community, and an Olympic Sport. In this course, students will learn the history of Powerlifting, cover basic technique, and learn competition principles. On the third day, we will host a mock Powerlifting meet where the girls will compete against each other and experience the competition format. This course will be split between two locations, STA and Kansas City Barbell, where gym founder, coach, and competitor (and the 2017 USA Powerlifting National Champion in the Equipped 74kg Masters class), Sean Dunston, will teach the girls in depth about competition strategy and technique, and guide the students through the mock meet.



Eat Your Feed \$

Instructors: Alica Stewart

Students: 9th, 10th, 11th, 12th

Cost: \$20

Have you ever wanted to try the food you see on Instagram or trending online? Participating in “Eat your Feed” will give you that opportunity. Each day participants will make a new dish and learn new kitchen skills while preparing trendy meals. Participants get to pick what we will be making! Before the class begins participants get to submit and vote on the dishes they want to prepare within this class.

FBLA Competitive Event Preparation \$

Instructors: Alica Stewart

Students: 9th, 10th, 11th, 12th

Cost: \$20

FBLA Members may use this dedicated time to take your competitive events to the next level. Complete your projects and make final edits before submitting them for districts. Taking a test? Come in and study with guided materials and practice tests. Doing a presentation? Come and rehearse and get feedback to make it outstanding.

The Art of Listening - Bach to The Beatles... And Beyond

Instructors: Steve Perry and Robert Pherigo

Students: 9th, 10th, 11th, 12th

Cost: None

Students will study the development of music in Western Culture. Focus will be on the Art of Listening, through the study of music examples from the Renaissance through Present Day, with exploration of



musical meaning. Students only need to bring their ears and an open mind. The ability to read music is not required.

Calm, Cool & Collected

Instructors: Kelly McKee, Amanda Whitcomb and Kathy Brodie

Students: 9th, 10th

Cost: None

High school can be challenging. There are so many events, tests, projects, activities....the list could go on. We all need some time to decompress and unwind. If this sounds like something you need, then this course is for you. We will offer various techniques to promote wellness in our everyday lives along with student led activities to help you manage daily stressors and life events. You will be exposed to a holistic approach to stress management including strategies such as mindfulness, emotional regulation and activities for the brain and body. Join us and learn how to stay calm, cool and collected.

The Fundamentals of Film Photography \$ 🎓

Instructors: Kate Dujakovich, Ella Tomasic, Eleanor Hatley, and Abby Farmer

Students: 9th, 10th, 11th, 12th

Cost: \$25

In a world where getting things done as fast and as easy as possible is often the main goal, we challenge you to take the time to slow down. As teenagers, we take hundreds of photos per week, ranging from Snapchat selfies to photos for our Instagram. As a consequence, the art of photography is often overlooked. Film photography requires you to take the time to plan out each exposure and consider artistic principles such as composition all on a 24/36 exposure roll of film. You will be able to experience every step of the developing process from taking the photographs, developing them in a dark room, and finally being able to see the photo that you created! From this student-led class, you will get to learn every step of the film development process, as well as a new understanding of the forgotten art of film photography!

Bead Weaving \$

Instructor: Renee Fietsam



Students: 9th, 10th, 11th, 12th

Cost: \$25

Have you ever wondered how tiny beads (called “seed beads”) are woven together to make jewelry and art? Come join us to find out! We will focus on beadwork made of size 11/0 beads – which have an outside diameter of only 2 mm! Using a needle and thread, the beads can be woven together using a variety of techniques. We will start with the spiral rope technique, and then move on to students’ choice of other techniques such as brick stitch, peyote, daisy chain, double St. Petersburg chain, and loom weaving. Students can expect to make 1-3 completed projects (bracelet, keychain, etc.) over the course of Interim Week. All materials will be provided. No previous experience necessary!

Ps: We will simultaneously be working on developing the virtue of patience.

