

# Winter 2007 Whitman OST Course Catalog



**Classes listed in alphabetical order. Please turn in your registration form on Thursday, January 5<sup>th</sup> or Friday, January 6<sup>th</sup>.**

**African Dance/Drumming Ensemble** (Wednesdays): "African Arts For All To See!" is our traveling program of West African drumming, dance and singing. This activity exposes students and audiences to African traditions and helps to increase their awareness of Africa's distinct ethnic cultures.

**Associated Student Body/ Student Leadership (ASB)** (Tuesdays and Thursdays): This winter, the ASB will be facilitating school dances, a magazine sale, a canned food drive, assemblies and council meetings. Through the year they will also be working on the new basketball court that is going to be installed at the back of the school. (Kae Waller, Room 218, Tuesdays & Thursdays)

**Art Ignites Minds w/Seattle Academy of Fine Art** (Thursdays): Taught by professional artist-instructors, AIM immerses young teens in stimulating, age-appropriate art projects that allow them to develop as artists, communicators and problem-solvers. Each artist-instructor works and new and returning students as a group and on an individual basis to develop each student's comfort level, ability and competency. AIM artists study 2-D design, drawing, painting, printmaking and more in weekly class sessions. AIM artists learn the cultural, historic and personal significance of the visual arts through viewing examples, observing hands-on demonstrations and developing their own personal artwork. (Nate Herth, Room B-02)

**Bowling** (Tuesdays): THIS CLASS WILL ONLY BE OFFERED IF WE GET A CHAPERONE! This is a great opportunity to play a sport and to gain knowledge while having a really good time off school grounds. This class is at Sunset Bowl in Ballard, but pickup will be at Whitman at 4:30pm.

**Drama Club** (Tuesdays and Thursdays): Teamwork and drama skills will be emphasized as Whitman's up-and-coming stars get ready for this spring's musical production. Students will write, rehearse, gather props and costumes, and then perform a show this Spring. (Michelle Gillette, Auditorium)

**Ending Violence** (Tuesdays): Sometimes we wonder how we can better our community and ourselves. This is a wonderful opportunity with Mr. Wells and Ms. De Vargas to learn leadership skills, interpersonal skills, and the ability to end violence before it happens around you.

**Gay Straight Alliance** (Thursdays): Students will work with positive role models to explore concerns and attitudes they have toward sexuality. A safe environment will be built that will allow students to learn how to communicate with peers and explore their concerns, fears, and attitudes that affect them or have been part of their life, both positive and negative.

**Hip Hop Dance** (Thursdays): Students learn the fundamentals of breakdance and will have the opportunity to combine newly learned skills with dances they already know - allowing them to creatively explore dance, and develop the basic skills for a new form of dance. They will also create group routines with their peers. As the instructor, I will work with the students, mentoring them as they develop their dance.

**Homework Club** (Mondays and Wednesdays): Need help with your homework? Get it here!! Ballard High School students, Seattle Pacific University students and many others are taking on getting you help with the MANY questions you might have about your homework.

**Indoor Rock Climbing @ Vertical World** (Tuesdays): Build a solid foundation of climbing skills including rope handling, knots, belaying and climbing techniques. Make new friends while enjoying time on the rock! All instruction at Vertical World Gym is provided by professionally trained climbing instructors. An additional release to Vertical World will be required of these participants

**Leadership 101** (Wednesdays): Any student is welcome to join this leadership program that will focus on team work and interpersonal communication; personal economics and decision making; and creating and implementing a service project. Students who complete this class will be eligible to join **Parks Department Teen Councils**.

**Magic: The Gathering** (Thursdays): Magic; The Gathering reinforces a number of skill sets including analytical skills, math, strategy, vocabulary strengthening, reading interpretation and more. Students design their own decks of cards and continually tinker with the design to optimize individual deck strengths. The game is a wildly popular, fun, interactive game that can be played between two to twenty players at once.

**Mariachi Band:** (Tuesdays) This is an exciting opportunity for students to learn the instruments and repertoire of Mariachi, a traditional Mexican music. The students will learn instrumental and vocal techniques, as well as learning to read music and memorize songs. This is a wonderful time to connect with your own Hispanic culture or learn something new about another culture. (Megan Cleary, Room 202)

**Multi-Media Art Series:** (Mondays) A variety of artistic techniques and materials, including wire, wood, paper mache, canvas and fabrics will be used in students creating artwork that expresses the unique characteristics or culture of the student. This is a wonderful opportunity for students to create and share their culture and skills with others. The students will be motivated to have ownership of their work by moving a piece to completion, title the work, write an artist's statement and speak about their art. (Nicole Appell and Nadine Smith, Room B-02)

**Music Production:** (Mondays) Students will work together and as individuals to create positive music and original poems. Through the guidance of a professional artist, these students will perform their work and build confidence in the process.

**R/C Landsailing:** (Tuesdays) Do you like to know how things work? Enjoy putting things together? Each student in the class will construct a R/C Landsailer from a kit with the guidance of the instructor. When complete, students will be able to compete with the other middle and high school teams as proud members of the Whitman Landsailing Team! (Keith Richards, Room 220)

**Science Tutoring / Club** (Mondays): The Science Tutoring Program will enable students, in an individual or small group team setting, to become active participants in improving their knowledge and application of science curricula and global environmental issues. The Program will help students become more adept at applying scientific principles to problem solving skills, and will better prepare them for the logic- and comprehension-based portions of mandated testing programs. (Anthony Hughes, Room 103)

**Stained Glass Mosaics** (Thursdays): This class will focus on studying mosaics in cultures around the world with an emphasis on students creating their own. Students will complete several pieces and learn new skills related to handling grout, solder, and glass. Students will be educated about universal precautions for body fluids and take responsibility for the organization and cleaning up of the art room. Students will also be encouraged to consider alternative designs and elements of design when creating their pieces. (Pam Hartman, Room 10)

**Weightlifting** (Wednesdays): The fitness program will address cardiovascular activities, flexibility, strength training and nutrition through interactive instructional strategies. Class time will also be spent learning about the anatomy and incorporating various tools to encourage reading, writing and math.

Through our program students will:

- improve their ability to set and achieve health and fitness goals
- increase their self-esteem and confidence through goal setting and physical achievement
- learn about good nutritional practices.
- have the opportunity to interface with positive adult role models and learn the value of sportsmanship.

**Yoga** (Thursdays): The students will learn another approach to being in the world and an awareness of how they interact and move through their environment. Yoga is more than just stretching, strengthening, and balancing the body. Yoga is a philosophy of existence. Yoga teaches one to bring awareness to the breath and choose to use the breath to relax the body and mind. Yoga also teaches focus of the mind and control of the body. With the practice of yoga, one becomes more in tune with their body.