

2023-24 High School

Trimester 3 Elective Classes Descriptions

General Electives

All About Sleep taught by Wendy Thompson. This class will look at sleep from multiple aspects: sleep cycles, sleep management, biological and medical influences on sleep, dream purpose and interpretation, restfulness, etc. If you like sleep and want to learn about or enhance it, think about it, sleep on it, then choose this class!

"Anything but a tree": a journey in genealogy taught by Lora Scott. Have you ever wondered about your family origins? Then you're in luck! In this class, you will explore your family's "origin story" using a variety of research techniques and technology.

Art Journaling taught by Holly Walker. What is Art Journaling? Simply put, art journals are creative "workbooks" that combine words and images in an artistic way. An art journal can serve many purposes: It's a place to practice art techniques, but it's also a place to explore your feelings and record aspects of your life. An art journal can reduce stress, help us make sense of the world around us and most importantly...it can be fun and playful! Media to be used will be watercolor, graphite, sharpie, ink, acrylic, colored pencil, collage, and water-soluble mediums.

Card and Dice Games taught by Wendy Thompson. Learn, play, and teach a variety of traditional and new card games such as Rummy, Hearts, Blackjack, and card tricks. Play dice games such as Yahtzee, 10,000, and Left, Right, Center. This class focuses on learning and using strategies, applying rules, and having fun socially and individually.

Crochet taught by Andrea Nye. Learn the basics of crochet to make washcloths, coasters, flowers and more.

East Coast Swing taught by Andrea Nye. Dance based on Lindy Hop, this fun partner dance is danced to swing music, rock and roll, and boogie-woogie. We can tear it up at Lost in the 50's!!!

Event Planning taught by Michael Bigley. Help make this year's prom the best one yet!

Exploring Folk Music taught by Gary Perless. Every culture around the world has its own unique folk music traditions. American folk music has roots in English ballads Scots Irish dance tunes, African rhythms, and many other cultures. We'll explore some of these, learning more about the cultures, instruments, and songs. No prior musical knowledge required, but if you already play an instrument or like to sing, we'll use your skills to learn to play and sing folk music.

Fun in the Sun: Summertime Yard Games taught by Wendy Thompson. Outdoor games will be explored in this course such as badminton, volleyball, croquet, corn hole, ladder toss, Frisbee, capture the flag, and other 'traditional' summer games. Students will learn game rules, practice, and compete. Must be willing to play every day. Tennis shoes and shorts highly recommended.

International Film and Animation taught by Michael Bigley. This class will watch very recent animated and live action films from as many foreign cultures as time allows. Class discussion and follow-up research will cover both the artistic techniques of the films as well as the insight into the cultures.

Mountain Biking by Misty Rains. This class requires a functioning off-road bicycle (we do not have any bikes to lend), as well as an appropriate helmet. You will need extra permission to leave campus to ride around area trails. We will also be working with local organizations to donate time to maintaining and building local trails. For indoor days, we'll be learning bike mechanics and constructing small drops and jumps to improve skills. This is a bike riding class - there is not an option to opt out of riding.

Nature Journaling taught by Rachel Castor. Explore natural areas of South Sandpoint as we walk, write, and draw our way through the wilds.

Project Runway taught by Holly Walker. Unleash your creativity with a high-energy crash course inspired by Project Runway! Get ready for a new fashion design challenge every week, giving you just seven days to bring it to life. Sewing skills are highly recommended, but not required. This course will culminate in a Project Runway fashion show at the end of Tri 3. Supplies are included, but some projects may be enhanced with your own materials.

Significant Military Battles in History taught by William Benage. Military battles that had a significant effect on the way future wars were fought or that changed the countries involved.

Sports Medicine taught by Angela Evans. This is a hands-on course focusing on prevention, treatment, and rehabilitating physical injuries to the body including fractures, dislocations, concussions and more! We'll learn ways to minimize injury with proper conditioning, nutrition, and hydration. We'll also cover the basic medical knowledge surrounding the body systems.

Student Newspaper taught by Rachel Castor. Resurrect the Bird's Eye News, student run and student led.

Sweet Treats Baking taught by Wendy Thompson. Bake sweet treats, including various types of cookies and sweet goodies, and a final treat of your choice to create and bake. Limit 12 responsible students.

Technology in Today's Military taught by William Benage. Several technologies used in weapons and other systems used by the US and other countries military services will be discussed. NO classified technologies are involved.

Traditional Chinese Medicine taught by Angela Evans. The history of TCM has evolved over thousands of years. This class will explore its beginnings and the components of TCM as it's practiced today. It includes a live acupuncture treatment, tai chi and uses of ancient herbal products. Be prepared to view healing in a vastly different way.

Walking and Writing taught by Michael Bigley. This class will have daily creative writing prompts based on observations in the real world. Students will carry a notebook and write at various locations within walking distance of the school.

Math Electives

Matrices taught by Lyndsay Holland. This branch of mathematics is useful for a variety of industries such as electrical circuitry, robotics, health care, encryption, and graphic design. In this course, students will learn how to perform operations with matrices to solve complex problems.

***Students must have taken and passed Algebra 1.1 and Algebra 1.2 to be eligible for this class.*

Science Electives

Dissection Madness taught by Rachel Castor. Explore the world of insects, reptiles, fishes and more by doing exploratory dissection. We will only be using specimens already in the school's collection.

Gardening taught by Misty Rains. This science credit course will be tending and prepping the high school garden beds. On non-gardening days we'll be taking walks, learning about plant growth and development, soil, and gardening techniques for our region. This is a science elective ½ credit course and cannot be taken more than once.

Insect Collection taught by Rachel Castor. Insects and Spiders and Bugs, Oh my! We will be collecting, researching, drawing, feeding, hatching and photographing native invertebrates.

Wildlife Research taught by Misty Rains. This science credit course will take place in the classroom and taking walking and van field trips. We'll be learning about biomes and biodiversity. Students will do a research project on a species of choice. We'll also be doing outdoor labs and research using handheld field computers.

Social Studies Electives

Cold War Movie History taught by Todd Claunch. Students in this class will learn about the Cold War through movies, lectures, and discussions.