

Semester 1 Elective Classes Descriptions

General Electives

Advanced Culinary Arts: Project Food Truck taught by Molly Bond. Project Food Truck is an advanced, hands-on culinary course designed for students who are ready to take full ownership of their skills and step into the world of culinary entrepreneurship. This course places students in the driver's seat as they conceptualize, develop, and operate a student-run food truck experience, serving real customers in a dynamic, fast-paced environment. Students will apply advanced culinary techniques while also learning the business side of food service, including menu development, cost control, marketing, customer service, and daily operations. Emphasis is placed on professionalism, leadership, teamwork, and problem-solving under pressure. Throughout the course, students rotate through key industry roles including Head Chef, Sous Chef, Prep Chef, Front of House, and Back of House. This rotation ensures that each student develops a well-rounded understanding of kitchen operations and guest experience while building confidence and leadership capacity. This course is ideal for students who are serious about pursuing careers in Culinary Arts, hospitality, or entrepreneurship, and who are ready to take initiative, work collaboratively, and represent the program through real-world service. **Prerequisites are Intro to Culinary Arts and Intermediate Culinary Arts.**

Art I taught by Holly Walker. Art I is the gateway art course at FBCS. This one-trimester course is recommended for all high school students as a comprehensive basic art introduction. Students will study two-dimensional mediums of art including: drawing, pen and ink, colored pencil, graphite, pastels, water-soluble mediums, watercolor painting, acrylic painting, and mixed-media collage. Students will explore the basic Elements of Art including: line, color, texture, space, value, shape and form. Students are encouraged to balance skill-building with projects of personal relevance and free choice.

Art II taught by Holly Walker. Art II is a hands-on art course covering the elements and principles of art. Students will learn how the elements and principles of art relate to contemporary art as well as historical works. Students will create unique pieces using two-dimensional mediums including: drawing, pen and ink, colored pencil, graphite, pastels, water-soluble mediums, watercolor painting, acrylic painting, and mixed-media collage. As a culminating activity, students create their first 3-piece concentration of work based on a singular theme. As with Art I students are encouraged to balance skill-building with projects of personal relevance and free choice.

Choir taught by Rachel Askew. This introductory choir class is designed for students with a love of singing and a desire to build their musical skills—no prior experience required! Students will learn the fundamentals of vocal technique, including breath support, pitch accuracy, tone production, and diction. The course also introduces basic music theory, sight-singing, and ear training to help students read and interpret music confidently. Emphasis is placed on developing ensemble skills and listening to others. **There are a few outside of school commitments that occur.**

Intermediate Culinary Arts: Yes We Can taught by Molly Bond. This course is a hands-on culinary arts course rooted in the cottagecore lifestyle, where students reconnect with food in its most

natural and meaningful form. This class explores the art of foraging, seasonal cooking, farm to table experiences, and traditional food preservation techniques such as **canning**, pickling, drying, and fermenting. Students will learn how to identify and responsibly harvest wild and locally available ingredients, then transform them into nourishing, handcrafted foods. Alongside culinary skills, the course dives into the economics and philosophy of the slow food movement, emphasizing sustainability, community, and mindful consumption. Through creative projects and real-world applications, students will gain a deeper appreciation for where food comes from, how it can be preserved, and how simple, intentional practices can support both personal well-being and local economies. Students will also gain entry level skills to enter into the world of Farmer's Markets.

Prerequisite is Introduction to Culinary Arts.

International Film taught by Michael Bigley. This discussion and research-based elective will watch a selection of recent international films with the goal of exploring contemporary culture in other parts of the world. The class will help select the films with the goal of covering as wide a range of cultures as possible in the course of the semester.

Intro to Culinary Arts: Daily OPS taught by Molly Bond. Step into the heart of the kitchen and discover what truly keeps a restaurant running. Daily OPS is a hands-on course designed to prepare students for entry-level, real-world restaurant jobs by mastering the essential skills employers are looking for. In this class, students will learn the foundations of professional kitchen operations, including dishwashing systems and efficiency, kitchen cleanliness and sanitation, proper food storage and date checking, inventory management, and organization. Students will also earn their Food Handler's Permit, making them job-ready and highly valuable in the food service industry. This course focuses on pride in your work, attention to detail, teamwork, and building strong habits that translate directly into success in any kitchen environment. Whether you plan to pursue a culinary career or simply want to gain practical, employable skills, this class will give you a strong and confident start.

Intro to Theater taught by Rachel Askew. This course introduces students to the fundamentals of theatre, including acting, stage terminology, and basic performance skills. Students will explore voice, movement, and improvisation while gaining confidence in performing in front of others. Students will also learn the basics of acting through character development, script analysis, and scene work. Emphasis is placed on expression, memorization, and collaboration in short performances.

Lifetime Health and Fitness taught by Lora Scott. In this course, you will take control of your fitness as we explore a variety of fitness activities. A major component of this course is designed around you composing, revising and utilizing a daily fitness routine. This is a great opportunity for those of you who get tired of sitting and need to move!

Media Studies taught by Rachel Castor. Have opinions? Interested in video, radio, or journalism? Join fellow high school students in publishing a school newspaper and podcast. Students will work with faculty and staff to propose stories, opinion articles, interviews, art contests, and more.

Networking Foundations Lab taught by Skyler Kent. Curious how the internet actually works behind the scenes? In this class, students will use Packet Tracer™—a free and easy network simulator—to experiment with real networking concepts. You'll build and troubleshoot your own virtual networks,

learn what all those blinking lights on a switch actually mean, and get a solid intro to how devices communicate. No experience needed—just a willingness to click around and try things out.

Play Production taught by Rachel Askew. This course offers students the opportunity to experience the full theatrical process by either creating an original play or performing a published work. Students may choose to focus on playwriting—developing scripts through brainstorming, drafting, and revision—or on performance, where they will audition, rehearse, and act in a selected production. Throughout the course, all students will engage in key elements of production, including script analysis, character development, staging, and collaboration. Writers will participate in workshops and staged readings of their original pieces, while performers will refine acting techniques and bring scripts to life on stage. Emphasis is placed on creativity, teamwork, problem-solving, and effective communication. The course culminates in a final performance or showcase featuring student-written works, performed scenes, or a full production.

Photography taught by Holly Walker. In this course, students are granted free Adobe Creative Cloud licenses for using Adobe Lightroom and Photoshop to edit photos and create unique compositions. Students will identify elements of composition and learn how to apply the elements in their work. Students embark on a series of field trips to various scenic locations for photo shoots. Locations include Dover Bay, Sand Creek Trail, Bay Trail, Downtown Alley, the Historic Museum, Memorial Park, and Evan's Brothers. Other projects include historic photography and portraiture. This beginning photography course covers the basics of composition through a series of directed photo projects. You will learn how to compose interesting photographs using line, shape, space, contrast, texture and perspective. Assignments will also cover still life, portraiture, and lighting. Digital camera required.

Sculpture taught by Holly Walker. Sculpture is a hands-on art course where students explore how to turn ideas into three-dimensional forms. Using a wide range of materials and techniques—including paper mâché, pottery, wire sculpture, soft sculpture, needle felting, assemblage, and Sculpey—students will experiment with building, shaping, and constructing original artworks. Along the way, they will learn key sculptural concepts such as form, structure, texture, and balance while developing craftsmanship and creative problem-solving skills. This course encourages imagination, experimentation, and personal expression as students bring their ideas to life in 3D.

Select Choir taught by Rachel Askew. This audition-based choir is designed for dedicated and experienced singers who are ready to perform at an advanced level. Students in this ensemble will refine their vocal technique, sight-reading skills, and musical interpretation. Emphasis is placed on blend, balance, musical expression, and professional-level ensemble performance. Students will also develop leadership and collaboration skills. There are a few outside of school commitments that will occur. **Audition and instructor approval are required for enrollment.**

Sewing taught by Holly Walker. This beginner sewing class is designed for students with little to no experience in sewing. The course will cover essential sewing techniques, including hand sewing and machine sewing, while exploring different fabrics, tools, and patterns. Students will learn how to create a variety of simple projects such as tote bags, pillowcases, stuffed animals, and clothing items, while gaining an understanding of garment construction and fabric care. By the end of the course, students will be able to follow sewing patterns and complete basic sewing projects independently.

Student Ambassadors taught by Scout Gates. Become a Student Ambassador of FBCS. Ideal candidates for this class will have strong communication skills and enthusiasm for FBCS. Leadership student ambassadors will act as role models, peer mentors, and guides. You will learn and apply skills in marketing, graphic design, communication, event coordination, and administrative assistance.

Tech in the Real World taught by Skyler Kent. Curious about technology but not sure where to start? This course is a low-pressure introduction to how technology shapes everyday life and every career — even the ones you wouldn't normally think of as "tech jobs." Students will explore the devices and systems they use daily, build confidence with essential digital skills, and investigate how technology has transformed a career field they're interested in. Through a hands-on research project, students will examine how technology entered their chosen career, how it's used today, and what future innovations might mean for their field. No experience is needed, just curiosity and an interest in your own future.

Technical Theater taught by Rachel Askew. Students explore the behind-the-scenes aspects of theatre, including set design, lighting, sound, costumes, and stage management. They will work directly with the high school and middle school theater classes to bring their productions to life. Outside of school, commitments will be required.

Yearbook taught by Michael Bigley. Join the yearbook team and work together to create a lasting memory for the entire school. Students will develop a yearbook theme and produce the book from start to finish. In this course, students will gain skills in the following areas: page design, publishing techniques, copy writing, editing, photography, record keeping, time management, teamwork, marketing, and leadership skills. Students are tasked with producing a timeless, creative, and innovative publication which will record our school's community, memories and events. Students will be required to attend school activities to take photographs and gather information to be used in the yearbook.

Literature Electives

Legends & Fairy Tales taught by Michael Bigley. Knights in shining armor, damsels in distress, wicked stepmothers and noble outlaws: you know the characters, and you know their stories. This class will cover some of these legends in their original forms, which you might find surprising, and look at how they've been adapted and why they've endured so long in so many different forms.

Poetry & Song taught by Michael Bigley. This discussion-based class will explore lyric poetry as it has been practiced throughout the world and history, both with and without music. Students will have the opportunity to select contemporary songs for class discussion on a rotating basis and will conduct either a creative or analytic project based on lyric poetry.

Project-Based Literature and Writing taught by Wendy Thompson. Use your reading, writing, and researching skills to create projects that reflect your interests. A self-selected, mastery-based project class with mentor support, individualized instruction, and adventure and learning created by your ideas.

Math Electives

Science Electives

Anatomy & Physiology (The Human Body) taught by Rachel Castor. Bones, Blood, and Birth! This yearlong course focuses on the human body systems, including integumentary, skeletal, muscular, nervous, cardiovascular, respiratory, digestive, urinary, and reproductive. This course is designed for college preparation, especially for biology and health career majors. **Prerequisites: Biology A & B or teacher permission.**

Aviation Weather and Basic Meteorology taught by Kevin Kless. This course introduces students to the fundamentals of meteorology and how weather directly impacts flight safety and operations. The course begins with basic meteorology concepts—including the atmosphere’s structure, temperature, pressure, humidity, air masses, fronts, clouds, and precipitation—before focusing on aviation-specific applications such as visibility, turbulence, icing, thunderstorms, wind shear, and fog. Students will learn to read and interpret weather reports (METARs), forecasts (TAFs), and charts, then apply this knowledge in the ICARUS lab by planning flights, encountering realistic weather scenarios in the flight simulators, and practicing critical go/no-go decisions, diversions, and emergency procedures. Emphasis is placed on developing sound aeronautical decision-making skills by combining foundational meteorological understanding with real-world flying situations.

Aviation Navigation taught by Kevin Kless. From Pilotage to GPS introduces students to the essential principles and techniques of safe air navigation. Students will master traditional methods including pilotage by visual landmarks, dead reckoning with time-speed-distance calculations, and the use of the E6B flight computer, while also developing proficiency in modern electronic navigation systems such as VOR, ADF, and GPS. Through classroom instruction, chart reading exercises, flight planning projects, and hands-on practice in the ICARUS flight simulators, students will learn to plan and execute VFR cross-country flights, perform diversions, and handle basic lost procedures. The course emphasizes building resilient navigation skills by combining classic aviation techniques with today’s technology, preparing students for real-world flying and success on the FAA Private Pilot Knowledge Test.

Physics taught by Kevin Kless. This year-long Physics course offers a rigorous, algebra-based introduction to the core principles of the physical universe for high school students who have completed 9th-grade Cornerstones of Science or received teacher permission. Students investigate mechanics (kinematics, forces and Newton's laws, work-energy, momentum, rotational motion, oscillations, and gravitation), fluid mechanics, and electromagnetism (electrostatics, electric fields and potential, circuits, magnetism, and electromagnetic interactions). Through hands-on labs, problem-solving, conceptual explorations, and real-world applications, students build essential scientific skills—modeling, data analysis, mathematical application, and evidence-based reasoning—while connecting everyday phenomena to fundamental physical laws, preparing them for advanced STEM coursework.

Sand & Stars – Geoscience taught by Rachel Castor. From black holes to volcanoes, this year-long course focuses on the structure and development of the Earth and its environment over time, including the formation of the universe and Earth’s place in space. The course is composed of segments from many disciplines, including geology, meteorology, oceanography, astronomy, seismology, climatology, geophysics, geochemistry, paleontology, hydrology, mineralogy, petrology, geomorphology, & volcanology. **Prerequisites: Cornerstones of Science A & B or teacher permission.**

Social Studies Electives

American Geography taught by Blake Wilkins. This elective geography course will be a comprehensive overview of the geography of America. Students will become familiar with important climatic, political, economic, physical, and cultural maps that help us visually understand our country. For a final project, students will create a StoryMap based on one of our National Parks.

Criminal Law taught by Blake Wilkins. This elective government course will introduce students to the world of crime and punishment. We will begin with the history of early criminal law codes, exercised by both state and non-state actors, and trace their development to the present day. We go over the various types of crimes and understand how criminal liability is defined. Students will then learn the ins and outs of criminal proceedings in modern American courtrooms and study several famous cases in American history. For our final project we will put on a Mock Trial.

The Nuclear Age taught by Lora Scott. The Nuclear Age is a semester-long social studies course that explores how nuclear science, technology, and geopolitics have shaped the modern world. Beginning with the scientific breakthroughs that made nuclear fission possible, students trace the development of nuclear weapons, the Cold War arms race, and the ongoing global efforts to manage nuclear energy and security.

Western Civilization: The Modern Era taught by Blake Wilkins. This history elective will cover the time period of 1500 to 2000, otherwise known as the Modern era. Our study will begin with the discovery and settlement of the New World and the unprecedented exploration of the planet by Western adventurers. We will then move to an examination of the Protestant Reformation, and its effect on the social and spiritual life of the West. In the following century we cover the Scientific Revolution and the development of early capitalism. The Age of Revolutions--both political and industrial--shape the next chapter of the Modern era. We close the course with a unit on the World Wars and globalization under American hegemony.