

[LINK](#) to Choice Form

Teacher(s)

Amazing Race**Ms. Wilkinson**

The Amazing Race is a show that combines adventure and challenges. In this seminar, we will embark on our own amazing race. Every seminar, teams will be faced with an Amazing Race style challenge. We will enjoy watching some of the actual reality show, as well. If you enjoy teamwork, tackling unusual challenges, and appreciate watching the global adventures of actual contestants, then this seminar is for you.

Backgammon**Ms. Schwartz**

Do you like games of chance and strategy? Join us to learn about and play the ancient game of backgammon, a game that has had a special history on the outer Cape. We will learn the fundamentals of the game as well as some basic strategy, and we'll learn how to use the doubling cube. Backgammon is a fascinating combination of luck and strategy - join us to hone your skill and test your luck!

Chess**Mr. Novak**

Chess is sometimes called "The Game of Kings." In this seminar, you will defend your king in epic battles! Chess is unique among games. Chess can be serious and brainy, or ridiculous and loud. It can be relaxing and friendly or incredibly tense and competitive. It is sometimes straightforward, while other times, it is a fiendishly difficult puzzle. We will immerse ourselves in the world of chess – using chess clocks, recording our games using algebraic notation, solving puzzles, and examining the history and famous players of chess. We will learn to identify tactics and strategies, openings and endgames, opportunities and traps. Learn how and where to find online resources, including ways to get a rating to measure your skill against others, locations of puzzles, famous games, books of openings established online chess sites, and an assortment of software. We will examine variations of chess, such as speed chess (Blitz), and the fast and exciting multiplayer variant known as Bughouse. Be brave, young warrior. Protect an entire kingdom from the comfort of your chair!

Dream Weavers**Ms. Greenwood**

Students will have fun weaving on basic frame looms, bead looms and cardboard looms as they experiment with weaving techniques using color and texture. They will learn how to create fiber art projects such as coiled baskets, wall hangings and tapestries using colorful yarns and recycled materials.

Personal Finance for Middle Schoolers**Ms. Haven**

Six Weeks to Build Your Basic Personal Finance Foundation! Week 1: Saving & Budgeting, Week 2: Credit and Debit, Week 3: Education, Careers, and Entrepreneurship, Week 4: Investing, Insurance, and Identity Theft, Week 5: Global Economics, Week 6: Marketing and Consumerism.

Girl Power**Ms. Berner**

What does the expression "Like a Girl" really mean? In the Girl Power Seminar, we will 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 how to discover your strengths. We'll talk about the role that 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 you're interested in making new friends and finding out how you can make a difference join us in Girl Power!

Happy Little Paintings**Ms. GP/ Ms. Sims**

From realistic and fantastical landscapes to painting with unconventional tools, we will explore color and creativity in this paint-based workshop. Bring some painting knowledge, or none at all, an open mind and enthusiasm to this seminar! Let's see what we create!

Know Your Musical Roots**Senora H**

Do you love to listen to rap music? Or, perhaps you're a fan of pop or rock music? How about country or folk music? Have you ever stopped to wonder where these musical forms came from? Well, it's time that you knew your "musical roots!" In this seminar, we will be exploring American "Roots Music," a term used to refer to a broad range of musical genres which includes blues, gospel, jazz, traditional country, zydeco, tejano, and native American music. We will see how these genres are the "roots" of modern-day music. Each student will decide on a favorite musical group or singer to research in order to discover who influenced them (in other words, which musical groups and singers were their "roots"). We'll share these "root" bands with one another, and we'll each make a "Musical Tree" (similar to a Family Tree) with the student's choice artist as the "trunk," tracing their roots back to the source. There will be "branches" as well, as we discover which newer artists were influenced by the original "trunk" artist. A playlist will be created by each student that will be played on the air on WOMR, Cape Cod's community radio station. All of the students in the seminar will be invited to take a field trip to the station and be a guest deejay, should they choose to do so. So, what's playing on your earbuds? Come share it with other music lovers, and get to know your musical roots!

Legos with the Office Staff**Office Staff**

Think you have what it takes to be a Lego Master?? In this seminar, members of the office staff will challenge teams of students to innovate and create lego masterpieces each week! Bring your creativity, problem solving and lego skills!!

March Madness**Coach Paul**

Help organize CCLCS' first ever March Madness Basketball Tournament! This seminar will be half playing basketball (outside at CCLCS) and half planning for a March basketball tournament to help fundraise for CCLCS. Passionate about the sport? Like to get involved? Want to help make an awesome new event happen? This seminar may be for you!

My Reading Life**Ms. Remillard**

Need more time for your reading life? Join this seminar to settle into a good book every Friday afternoon (lap blankets encouraged!). Take a break in the middle of seminar time to make tea and bake cookies while creating book journals and discussing your novel with other book lovers. If you find it easy to get lost in a book, to reflect and create art, and to eat the occasional cookie, then this is your seminar (students provide their own blank journal for art and writing).

Pathways to Peace**Ms. Woelflein**

Do you want to learn how to make and keep friends? Do you want to know how to build and maintain relationships in a peaceful and positive way? If a conflict arises with a friend, do you know how to resolve it? Nauset Regional High School Student Volunteers will be working with us to learn how to develop and enhance positive and supportive connections with each other! Students will learn to value and use proactive strategies to promote peace in everyday life.

Platform Tennis**Mr. Bates**

Mr. Bates will be bringing 11 students to the Chatham Platform Courts at Eastward Ho to learn one of the greatest winter sports on Cape Cod. Yes! You read that correctly. Platform Tennis is an **outdoor** racquet sport generally played in cool or cold weather. The court is smaller than a tennis court and is surrounded by tightly strung wire fencing that lets players keep the ball in play after the ball hits off the court and bounces off the screens. Platform tennis is a game of finesse, patience and strategy. It can require speed, power, and quick thinking. It can be highly competitive or just plain social. Please be aware that we will be outside during the duration of the seminar no matter what the weather. There will be volunteers from the club that will assist Mr. Bates to help everyone quickly learn the game.

Rubik's Cubes and Other Puzzles**Mr. Stewart**

Have you ever watched with wonder and amazement as a classmate solves a Rubik's Cube? Have you tried many times and given up? In the "Rubik's Cube & Other Puzzles" seminar we will work together to break down the steps and learn to solve the classic 3x3 puzzle cube. We will begin each seminar with some other puzzle work to get our brains warmed up and then will devote our time to mastering the algorithm that will let us solve the cube with ease. If you are an experienced cuber, you are welcome to sign up and share your knowledge with us and compete in some friendly speed solving challenges. Cubes will be provided but you are welcome to bring your own.

Stitch and Chat**Ms. Novak**

Come stitch your Friday afternoon away with friends in a fun, peaceful environment! Soothe your soul by working with beautiful, vibrant colored thread, soft textures, and the calming noise of the needle and thread passing through fabric that has been stretched tight. Learn over 20 common embroidery stitches, chat with friends, and explore how embroidery can teach us some things about life such as: taking care of ourselves is important, our work does not have to be perfect, it is fun to try new and different things, creativity feeds our brains, it is okay to put your feet up and rest sometimes. At the end of the seminar, you will have a completed embroidery sampler with labeled stitches to use as a reference for future embroidery projects. There is a \$25 materials fee for this class, with full and partial scholarships available.

The Next Butterfly Mural**Ms. Garran**

Make your mark on CCLCS' history and facility by collaborating to create the next great mural in conjunction with our participation in the Butterfly Project. This mural will celebrate the visual and performing arts which have helped the human spirit endure tremendous hardship and adversity. *This seminar is open to seventh and eighth grade students only (as they have experienced the Holocaust unit in 7th grade).*

The Self Care Seminar**Ms. Quenneville**

Learn the importance of self-care through restorative practices, movement and creative expression. Life can be busy, chaotic, & full of tasks to complete. Learning how to best manage our time, tune into our own needs & celebrate small successes can all help lead to self love and bigger success down the road. The practice of journaling, poetry writing, reflection, Neurographic art techniques and adopting an attitude of gratitude can lead to increased relaxation and stress reduction. Goal setting, resistance exercise & learning to be present in the moment are also key components to proper self-care. Students will be expected to have an open mind, follow directions & reach for balance in their lives. There is a fee of \$20 involved for this seminar to pay for supplies and the use of the Masjah Studio next to our school campus.

Vivid Slime**Ms. Motta**

Do you love hands-on activities and making a mess?? In this seminar students will make their own slime every week. We will follow a new slime recipe each week. The slimes that we will make are stretchy/fluffy slime, butter slime, galaxy slime, glow in the dark slime and more. This seminar is a great choice for kids that love hands-on activities and experiments. Note: All students will be responsible for helping in the clean up process. There is a \$15 materials fee for this class, with full and partial scholarships available.

Willy Wonka Musical**Ms. Emily, Mr. Girardin**

Theater is BACK at CCLCS! This winter, we will return to our tradition of Musical Theater with Roald Dahl and Leslie Bricusses' wonderful musical comedy, *Charlie and the Chocolate Factory*. Auditions for specific roles will be held during seminar time, and there are several singing, dancing, and acting roles and a whole lot of fun for everyone- especially the "Oompa Loompas"!!! All are welcome to join, however, be aware that signing up for the musical is a commitment! There *will* be required rehearsals outside of seminar time, before and/or after school, to get ready for performances, and the rest of the cast will be counting on you. At least one evening performance will be scheduled, as well as a "production week" during school hours.

Winter Skating**Ms. Smith, Ms. Booras, Mr. Crowell**

It is reported that more than 3,000 years ago people in Finland sharpened and strapped bones to their feet to navigate walking on ice. And so began ice skating. Today, thousands of people around the world lace up ice skates and take to an ice rink or frozen pond for fun and exercise. This seminar is for anyone who would like to spend their Friday afternoons skating. Because we have the ice to ourselves during this time there is a **\$35 fee** per student for this seminar. No skating experience required, and rental skates are available free of charge! Scholarships are available!