

Teacher(s)

Birding 101**Mr. Crowell**

According to the preliminary findings of the 2016 National Survey of Fishing, Hunting, and Wildlife-Associated Recreation, more than 45 million people watch birds around their homes and away from home. So, if you are not birding, why not? Why miss out? You know you want to be a birder. Be one of the 45 million super-cool people and learn all about the birds we share our world with. We will be exploring off campus and learning the fine art/sport/skill of birding this fall.

Book Club**Ms. Kast**

Feeling busy? Want to dedicate more time each week reading for FUN? If so, this seminar may be for you. Each week, we will find a cozy place, get off the screens, and dedicate time getting lost in a good book!! Students can pick their own books of choice (we will start by browsing the 8th grade ELA classroom library), and will have opportunities to share suggestions, talk about characters, and reflect on favorite moments and quotes. By the end of term one seminars, our goal will be to create our own CCLCS Good Reads website to share our book suggestions to the community at large!

CCLCS Shark Tank**Ms. Ryan**

Are you the creative type who likes to invent new things? Do you think you have a great idea that everyone will love and use? Is there a product out there that you think you can improve? In CCLCS Shark Tank, we will model this seminar after the hit TV show! Students will have an opportunity to craft their ideas and inventions, turn it into something real, create a business plan, learn how to make and present a pitch, and see if you can snag some investors for your product!

Drawn to Nature**Ms. Allie**

Inspired by Claire Walker Leslie's nature journals, we will explore our natural surroundings right here at CCLCS. Through mindful "noticing" we will try to see things that we often overlook during the hustle and bustle of a regular school day. We will then draw what we see. This will be a wonderful experience of diving deeper into nature and documenting our experience creatively. If you love drawing and you love being surrounded by nature, come join this seminar!

Drones 101: Flying, Racing, Coding, Oh My!**Mr. Stewart**

Have you ever wanted to explore the world of drones? Students in the Drone 101 seminar will get a chance to pilot DJI Tello drones and hone their skills flying obstacle courses, going on aerial photo safaris, and racing their classmates. Students will also have an opportunity to create custom coded flights using Scratch coding that allow the drones to fly missions on their own. Before flying we will all earn our FAA Recreational Drone Pilot Certificates (FAA TRUST test) so that we are all legal to fly. ***NOTE: This seminar is limited to 7th and 8th students**

Hiking the Cape**Senorita Smith**

Do you like walking and being out in nature? Do you like exploring new paths and seeing new scenery? In this seminar we will hike some of the Cape's most well known and fun trails. Each hike is roughly 1 - 2 miles. Bring your sneakers, wear comfortable clothes, and get ready to check out some new places by foot!

Indoor Gardening**Ms. Wilkinson**

Just because the weather is turning, it doesn't mean we can't keep gardening. In fact, there is lots we can do to bring the outdoors inside. From making macrame plant holders, to planting bulbs in painted pots, to pumpkin art, we will keep our hands dirty during this seminar. There is a \$20 material fee for this seminar, but scholarships are available.

iPhone Photography**Ms. Berner**

For many people the iPhone has become a replacement for carrying a camera, and since it's usually on you, it's the perfect tool for capturing life's moments. In this seminar we will learn basic photography rules, how to set your phone's camera settings for optimal images, as well as some fun tips and tricks for taking great photos, as well as how to take advantage of all the tools the iPhone has to offer. We will also learn how to use editing tools to further enhance photos. Seminar will start with a lesson on how to adjust settings and use tools for that week before heading out to take pictures. We will travel off campus some weeks to visit some picturesque locations. Students will need to have an iPhone or access to an iPhone to participate in this seminar. They will also need to download the google slides app onto their phone, this will give them access to assignments/pointers when they are away from their computer and allow them to easily submit photos for credit. *Please note that each week a different subject/topic will be assigned.

Knights of the Checkerboard**Mr. Novak**

Play chess, and more -- discuss the long and storied history of chess, including its famous personalities, from the "raised to be genius" Polgar sisters and other women of chess, to Fisher and Kasparov, to the current world champion Magnus Carlsen. We will discuss the role of computers in chess, and how computers have managed to become formidable challengers through algorithmic approaches to piece value and positional value. Students will learn how to use a chess clock, read and record algebraic notation and standard notation, and enjoy chess variants, like the fast-paced multiplayer version of chess called Bughouse. Note: Students MUST create an account on the website <http://lichess.org/signup> You may be asked to solve a chess puzzle as a CAPTCHA. If you need help signing up, please contact Mr. Novak.

Know your Musical Roots**Senora HM**

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 even native American powwow 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 older but newly-discovered bands with one another, and we'll each make a "Musical Tree" (similar to a Family Tree) with the original artist as the "trunk," and trace 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. So, what's playing on your earbuds? Come share it with other music lovers, and get to know your musical roots!

Nanowrimo!**Ms. Graham-Pye**

Are you crazy enough to join the hundreds of thousands of folks who think they can write a whole novel in one month? We've had students do it! In 1999 twenty-one writers took part in the first National Write a Novel in a Month contest. Today, close to half a million people take part in what has become known as Nanowrimo. It's crazy - and LOTS of fun. We'll share ideas, support one another, and write, write, write. Take the challenge!

Off the Beaten Path**Ms. Hyora**

Cape Cod has had more than its fair share of authors, poets and artists for generations. The natural beauty of this place we call home provides inspiration for amateurs and professionals alike. In this Walk/Write/Draw seminar we'll explore some of the Lower Cape's hidden gems, from lesser traveled woodland paths to secret gardens. We'll take in our surroundings and take time to foster our self expression through creative writing, poetry or sketching. Bring your sneakers, your favorite pen or set of pencils, and your notebook or sketchbook. See you off the beaten path!

Origami Enthusiasts**Ms. Quenneville**

Origami, the ancient art of paper folding, has been around for centuries. People have literally been spending their time folding pieces of paper into incredibly cool forms, for hundreds of years. Why, you ask? Well, if must know, the process of folding a once square piece of paper into a fantastically cool creature is pretty magnificent. The possibilities of what one can do with a single piece of paper are completely limitless. Even better, origami can be entertaining, calming, relaxing and even inspiring. Its process is known to access all parts of the whole human brain, thus making you smarter, more creative, more patient and much, much more. As John Dalton once said, "This paper will no doubt be found interesting by those who take an interest in it." Do you find folding paper fun? How about creating creatures & awesome stuff from squares? If so, this seminar was folded just for you! :) Help us fold 1,000 paper cranes for cancer!

Roots and Shoots Club**Ms. Remillard**

Get out there into the community with Roots and Shoots! We'll start with some work in the school garden, plan a pollinator day for our school (go bees!), and make a map of potential service opportunities all around us. If you like to take charge and make a difference in your world, this is your seminar.

Skateboarding**Ms. Haven**

In this seminar, students will be given the opportunity to sharpen their skills in mastering skateboard and scooter tricks at local skateparks! What better way to kick off this school year than to kick off some cool ramps? All students must have knee and elbow pads as well as wrist guards and helmets. This seminar will be limited by the number of students we can transport to the skate park.

Steam Team**Ms. Novak, Ms. Nowack**

It's amazing what the human brain can dream up. Join Dream Team duo Ms. Nowack and Ms. Novak in a seminar geared towards creativity and science! In this seminar we will experiment, build, collaborate, and explore how imagination and creativity play a key role in science and engineering. Some sessions will set our young scientists head-to-head in challenges, while in others we may work individually, or collaborate as a group to build masterpieces of engineering.

The Great Ping Pong/Pickleball Tournament**Mr. Girardin**

We are going to have a lot of fun and learn the basics of ping pong and pickleball so that we can challenge each other to games. We might even try some trick shots and come up with new challenges. Kids with all skill levels are welcome.

Through Another Lens**Ms. Garran**

Come experience history through another lens! Students will begin the exciting work of helping to curate a permanent exhibit of our school's collection of Rowland Scherman photographs which will include conducting research on the Civil Rights Movement and collecting oral history of Cape Codders who have experienced their own struggles for equality.

Wilderness Survival**Mr. Bates**

CCLCS wilderness survival seminar will teach you the necessary skills to survive — and even thrive — in unexpected outdoor situations. Whether you are planning for your next backcountry expedition, preparing for a fishing trip, or looking for a fun skill building opportunity that enhances the overall experience of camping and backpacking trips, this seminar will be a wonderful introduction to the basics of survival in the outdoors.

Here are seven basic skills we will learn and master so you are ready to tackle any survival situation.

Building a Fire. A fire can keep you warm, ward off predators, and provide heat for cooking...

Creating Potable Water...

Tying Knots ...

Building a Shelter ...

Basic First Aid ...

Fishing and Trapping.

Yoga**Ms. O'Leary**

Come join Ms. O'Leary for an hour and a half of flow and movement, with a focus on both body and brain. We will work through poses together with verbal support and various access points. Each session will begin with an anchoring theme and conclude with a brief meditative and reflective moment. Beginners and more experienced practitioners welcome!

Namaste!