

[LINK](#) to Choice Form

Choices must be submitted by 8am on Friday, January 16th. Seminars may be full and close after this time.

Teacher(s)

204 Basketball**Mr. Rose**

Our students will travel to the Harwich Cultural Center (The 204) for basketball games and related activities. Mr Rose will run different basketball activities and referee games. * This seminar will cost \$25/ student to cover the cost of the gymnasium rental

Go With the Flow**Ms. O'Leary**

The Yoga Seminar will be a fun, welcoming space where students can stretch, breathe, and relax. There is no experience needed! Yoga helps improve focus, balance, flexibility, and confidence, while also giving students tools to manage stress from school and life. Whether you want to move, calm your mind, or just try something new, this class is a chance to feel stronger, more relaxed, and more focused, both in and out of the classroom.

Hiking**Ms. Haven & Ms. Wolfelin**

Who wants to sleep better, boost their brains, have camaraderie, reduce stress, and activate their immune systems? Hearty New Englanders (and those that want to be more hearty), UNITE! In this seminar, we will bundle up in layers and hit the hiking trails of Hawk's Nest. Experience apricity on sunny days, and maybe even the gift of snow in this outdoors-in-just-about-any-weather seminar! ****Please don't sign up if you took Hiking First Term!***

Incredible World of AI**Mr. Schmidt**

Get ready to explore the incredible world of Artificial Intelligence from the smart tech you use every day to the mind-bending ways AI creates art, solves global challenges, and will shape your future jobs. Through fun, hands-on activities, you'll discover the basics of how AI learns and tackles problems, and even sparks important discussions about what's fair and right. Join us to get creative and prepare to be an innovator in a world increasingly powered by intelligent machines!

Jr. Umpire**Mr. Roberts**

Our Junior Umpire Training program offers middle school students a unique opportunity to master the rules of the game while developing essential leadership and decision-making skills. Participants will gain the confidence to officiate youth games, fostering a deeper connection to their community and the sport of baseball.

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 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!

Let’s Sit and Knit

Ms. Metz & Ms. Graham-Pye

Whether you know how to knit or not, join Ms. Metz and Ms. GP for this knitting seminar. We will make a hat to donate to local organizations that support people who are homeless. We will make a fancy, fun, fluffy pillow! And, if there's time, we will handweave a big, fuzzy blanket. Join us for a cozy time of knitting, chatting, and helping others while we're at it. \$30 fee for supplies. First class will be a trip to the yarn store.

Lines that Last- Drawing & Clay Tiles

Ms. Johnson & Ms. Doherty

Draw it. Clay it. Carve it! Students will start with black-and-white Sharpie drawings full of lines and patterns, then transfer their designs onto clay tiles. They’ll use the Sgraffito technique to carve their drawings into the clay and bring their artwork to life.

Make Your Own Book

Ms. Crema

Step into a world where stories come alive—one panel at a time! In this fun, hands-on seminar, students will dream up their own graphic novels or children’s picture books, from the first spark of an idea to characters that leap off the page. Whether you love to write, draw, doodle, or are just bursting with imagination, this workshop welcomes all levels of writers and illustrators. Come explore storytelling, art, and creativity in a supportive space where there’s no “right” way—just your way. Bring your imagination and let your story begin!

Math Counts

Mr. Parsons

Do you love to solve math puzzles? Do you love to compete against other students and schools to show off your math skills? Math Counts is a national middle school mathematics competition that builds problem-solving skills and fosters achievement through four levels of fun, in-person “bee” style contests. This will be a fun, interactive, and collaborative experience for all 6-8 graders!

Mock Trial

Ms. Strakele & Ms. Joseph

Do you love crime dramas? Do you like to debate your ideas and stand up for injustices? Were Cinderella’s step sisters really evil? Should Goldilocks go to jail for breaking and entering? Is the Big Bad Wolf guilty of identity theft? Join us as we try Abuela Alma from Encanto and bring it in front of a jury of peers, in this years Mock Trial Seminar. *You must be familiar with Encanto to be part of this Seminar, we will not be watching the movie during class*

Movie Analysts**Ms. Berner**

What makes a movie a classic? Why is that some movies seem to pass the test of time - remaining popular decades later, while others may experience their 5 minutes of fame before becoming quickly forgotten. Why are some plot lines, like Cinderella, repeated and redone. In this seminar we will watch some of the tried and true favorites that have captured the attention of generations, and whose taglines have become common language, and decide why. Become a Movie Analyst watch and analyze movies for elements like, plot line, character development, writing, genre, and cinematography to see if we can find the common denominators and predict which movies of this time will be the next classics. (Movies are rated pg - parents please keep in mind some pg ratings from the 70s, 80s, and early 90s may look more like pg13 today)

School Musical: Annie**Ms. Anziano & Mr. Girardin**

Continue working on this year's school musical production of Annie, Jr! The current cast of Annie from Term 1 will automatically be assigned to this seminar to continue preparing for the final performances Annie, Jr. This term, the cast will be focusing on staging, acting skills, and choreography for all scenes and musical numbers. In addition to Term 2 seminar time, "Tech Week" will take place March 16-20. Students in the cast will miss part of each school day that week, and will have ~2 late pick up days (dates TBD) at the 204 Cultural Center Theater in Harwich. Final Performances open to families and the public will be the evenings of Friday + Saturday, March 20 + 21.

Paper Crafts**Ms. Mason**

In this six-week paper crafts class, you will be creative and make projects you want to keep and use. You'll design your own stationery, create a memory scrapbook, decorate a bullet journal, and even make a full year of greeting cards for birthdays, holidays, and special moments. Along the way, you'll learn cool paper-crafting techniques, try out lettering and design ideas, and personalize every project to match your style. Whether you love drawing, organizing, or just being creative, this class is a fun way to express yourself and leave with a stack of handmade creations you'll be proud of!

Quantum Mechanics**Mr. Novak**

How does our universe work? We will cover one explanation, Quantum Mechanics. What does it mean to be quantum? How does that define and affect the properties of the world around us, and the very spacetime we live in? How did quantum mechanics help us discover what most of the universe is made of? Or how do we know what is in our nearest star, the Sun? How do we know the universe is getting bigger? And how do we know the universe is more than 13.77 billion years old? Come get a better understanding. Of everything.

Quiz Bowl**Mr. Mason**

Have you dreamed of being on Jeopardy? Now is the time to show off your range of knowledge. Come be part of the Quiz Bowl team and try your hand at a fast pace, buzzer beating game of fun. Bring your friend and score more points in this trivia style game. Listen, learn and win with Quiz Bowl.

Robotics**Mr. Crowell & Mr. Merrill**

In this hands-on robotics seminar, students will explore the fundamentals of robot design, mechanics, and programming while building and coding functional robots from the ground up. Participants will work with sensors, motors, and control systems to solve engineering challenges involving movement, automation, and decision making. Through collaborative problem solving, students will gain experience with basic circuitry, mechanical systems, and block based or text based programming languages such as Scratch or Python. The seminar culminates in a final project in which students design, build, and program a robot to complete a real world inspired challenge, emphasizing creativity, critical thinking, and practical STEM applications throughout.

Skating**Ms. Wilkinson & Mr. Bates**

Come enjoy the rink and skate with friends! We will be headed to Charles Moore Arena in Orleans to skate every Friday. Learn how to skate, help teach a friend how to skate, or improve your current skating abilities. ***There will be a \$45 fee associated with this seminar and this seminar is limited in space due to van usage. *Please don't sign up if you took Skating First Term or Last Year!***

Shine a Light on CCLCS**Mr. Stewart**

Help shine a light on the past, present, and future of CCLCS. Students in this seminar will tackle a variety of challenges from digging through the historical archives in the attic to creating a series of videos for social media and visioning our future as we look toward another 30 years. There will be something for everyone, from the data nerds and historians to the TikTok posters and creative thinkers, all with a shared goal of making CCLCS the best it can be.