

The cover features a dark grey background with a fine grid pattern. A large, light grey silhouette of the state of Vermont is centered on the page. The text "RUTLAND HIGH SCHOOL YES PLAN" is printed in white, bold, sans-serif font across the middle of the Vermont map. The top-left and bottom-right corners of the cover are cut off by red diagonal bands. The year "2019" is printed in white, bold, sans-serif font in the bottom-right red band.

**RUTLAND
HIGH
SCHOOL
YES PLAN**

2019

OVERVIEW - Student cover artwork by: Hannah Hanson

Year End Studies (YES Plan) offers a variety of learning experiences for all Rutland High School students. The program is designed to provide half-day and full-day courses, seminars, field experiences, internships, community service and other teaching and learning opportunities. No students receive financial compensation for any of these learning experiences. Students are offered a myriad of enrichment courses giving them the opportunity to explore or enrich their learning beyond what has traditionally been offered during the school year. **All students are encouraged to participate in a School to Work program prior to graduation.** A normal and expected course load includes either: one (1) full-day YES Plan course or two (2) half-day YES Plan courses. **Students may not repeat YES Plan Enrichment courses they have already taken.**

SCHEDULE*

Credit Recovery	8:00AM	-	8:55 AM
Morning Class	9:00 AM	-	11:15 AM
Lunch	11:15AM	-	11:40 AM
Afternoon Class	11:45 AM	-	2:00 PM
Credit Recovery	2:05 PM	-	3:00 PM

*Some YES Plan experiences may require specific schedules appropriate to course and School-To-Work placement needs.

ATTENDANCE

Year End Study Dates: May 31 to June 14, 2019 (Dates are subject to change pending school cancellations) Students must attend and participate in Year End Studies, an integral element of the academic year. School attendance policies and all school rules and procedures remain in effect. Students must attend 11 of the 12 days during YES Plan, which includes Open House, in order to receive credit. **The Attendance Committee will consider special and unique circumstances, but only upon rare occasions will exemptions be granted. YES Plan daily absentee lists will be published at the end of the day.** Seniors are required to attend YES courses through and including the AM session the day before graduation.

CREDIT

Successful participation in Year End Studies for each year at Rutland High School is a graduation requirement except for students enrolled in Stafford Technical Center's full day programs. A special note to seniors: a failed Year End Studies course by a senior will result in that senior not being eligible to participate in the graduation ceremonies. The senior will receive a diploma upon successful completion of a Year End Studies option (see options below). These options are available only after the end of the school year.

OPTIONS FOR STUDENTS WHO FAIL 2018 YEAR END STUDIES

Note: All options must be pre-approved by the Rutland High School Principal.

- Take a summer course for credit.
- Take a summer academic camp course for credit.
- Take a night course at Stafford Technical Center, Community College of Vermont or other educational facility.
- Perform thirty (30) hours of community service for each half day class (60 hours for a full day), which must be approved by the guidance counselor and the Rutland High School principal. A journal is required.

COURSE FEE WAIVERS

Students should consider all course options. Any additional costs for programs should not be a determining factor. For programs that incur additional fees, (admission fees, travel expenses, etc.) student fees may be waived by the YES Plan Committee or other arrangements may be made to allow student access. **Independent Study and School-To-Work Experiences are not eligible for course fee waivers.**

COURSE FEE REFUNDS

Students who select courses that require a fee will only be eligible for refunds until May 1st. Students will forfeit their fee if they make schedule changes after May 1st.

ENROLLMENT

Class enrollments will be limited to the number listed in the course description. Students will select their course choices in March 2019 through an online scheduling process. This process will be explained in detail to students prior to their selection.

GRADING

Student grades will be determined by the degree to which a student has demonstrated proficiency in identified course standards. Teachers will use the school-wide transferable skills and proficiency scales to grade students at the conclusion of YES plan. Final Grades will be reported on a 0 through 4 point scale with half point increments. This grade will not be calculated into the student's GPA, nor will it be credit bearing, but successful completion is required for graduation. Grades will be entered into Jump Rope and tied to a specific transferable skill. The standard will be calculated as a part of the student's transferable skills transcript. Grades will also be entered into Infinite Campus and become a part of the student's academic transcript. A half-day YES plan will hold a weight of 10, and a full-day will have a weight of 20.

4- In addition to score 3.0 performance, the student demonstrates in-depth inferences and applications that go beyond what was taught.

3 – The student has met the standard.

2 – The student has gained an understanding of the vocabulary and simpler processes of the standard.

1 – With help, the student can demonstrate partial success with the vocabulary and simpler processes of the standard.

0 – Little or no evidence of achieving the standard.

SCHOOL-TO- WORK EXPERIENCE

All students are encouraged to enroll in at least one service-based learning opportunity in the community as an alternative to regular YES Plan courses offered on campus. These off-campus opportunities may be career-oriented “shadowing” experiences, internships, or community service projects in schools or other non-profit agencies.

The **School-To-Work Experience deadline is May 24, 2019**. All applications, interviews and program approvals must occur prior to the deadline. **(See Process Steps below.)**

PROCESS STEPS FOR SCHOOL TO WORK EXPERIENCE

- 1) Pick up a Student Statement of Interest form from Mrs. Renfrow in room White 16. Fill out this form completely and submit it to her.
- 2) Submit a word processed proposal detailing the academic component of your YES Plan. This must show how your YES Plan experience will prepare you for the world of work, how it relates to the classes you are currently taking at RHS, or how this experience will prepare you for college or a career.
- 3) Have the Employer Contract signed by your site supervisor. You can pick up this form in White 16.
- 4) Have a parent or guardian sign all forms.

MONITORING PERFORMANCES FOR OFF-CAMPUS EXPERIENCES

Faculty members will help establish off-campus volunteer work settings for interested students and will supervise and evaluate students in those experiences. Mrs. Renfrow will review each student’s program design on the Work Experience Application, will schedule a conference with the student prior to the service-based learning experience. Students will be required to keep a guided journal, self-reflection form, hourly log and present a project at the YES Plan Open House. Teachers will be assigned to supervise students engaged in Independent Study courses based upon the agreement signed and approved on the Work Experience Application.

GLOBAL STUDIES/STEM CONCENTRATION

Notations are provided for Yes Plan courses that fulfill Global Studies or STEM Concentration requirements.

Full Day Courses

A Crash Course in Sustainability: An Exploration of how Humans and the Ecosystem can Live in Harmony

Taborri Bruhl

Full Day

12 Students

In the midst of a daily barrage of bad news about the environment, have you wondered if we are all hopelessly doomed? Join Mr. Bruhl in this all-day course for a hands-on, in-depth look at how humans are poised to do better. We will visit many off-site locations, and look at renewable power systems, innovative living systems like co-housing and land unions, electric vehicle and charging technology, recycling centers, and organic farms, as well as exploring the role of government policy, how to calculate and lower one's personal carbon footprint, and other topics related to living sustainably on the planet. Because we will meet off-campus many times, only students with transportation will be eligible to sign up.

Being Active and Eating Healthy

Elaine Beal

Full Day

20 Students

Students will spend their day exercising and eating healthy to feel good. The morning session will be at Pine Hill Park where students will run, jog, and/or walk on the many fun trails. In the afternoon students will prepare foods to compliment a healthy lifestyle. Students are responsible for providing their own transportation to Pine Hill for the morning and then to R.H.S for the afternoon session.

Choose Kindness

Sara Gregory, Glenn Williams

Full Day

15 Students

Students will review and brainstorm a list of different acts of kindness and possible places to visit based on those interests/acts of kindness that the students brainstorm. Students will plan and schedule trips in the community, they will plan shopping lists and shopping trips for any items needed for the acts of kindness the group decides to carry out. Students will be expected to keep a daily journal and create a visual presentation for the end of the course.

Culture Kitchen! (Global Studies)

Yoshi Aday, Jennie Gartner

Full Day

16 Students, \$150 fee

Ever wonder what makes the batter for sweet and sour chicken taste so good? How about the skill involved to make the perfect sushi roll? Or, have you ever wished you had an aunt who could tell you tales of how she learned to make the perfect pizza crust? Regardless, you know you're tired of Easy Mac and that \$2 dollar convenience store pie (which sits like a rock in your gut) isn't cutting it anymore. It's time to join Culture Kitchen!

While learning cooking 101 skills and using locally grown ingredients, students will be recreating internationally-inspired dishes. We will also visit ethnic markets and sample food from some diverse restaurants in Albany, Burlington and New York City. By the end of the course, students will have enlarged their cooking repertoire and realize the rich potential that exists to creating these wonderful cuisines in their own homes! Fees are **estimates** for restaurant meals and shared hotel rooms for NYC trip.

Estuaries and Wetlands**Full Day***Dawn Adams, Michael Ellis*

12 Students, \$55 fee

Discover the wonders of Rhode Island estuaries and Vermont wetlands in estuaries and wetlands. In part one of this YES plan, students will spend three days and three nights at the Narragansett Bay Estuarine Research Reserve (NBERR) located on Prudence Island in Rhode Island. Learn about rocky shore, open bay, and salt marsh ecosystems on the New England coast through classroom and hands-on experiences and learning games. Participate in an invasive Asian shore crab study and a sampling survey of salt marsh plants. Learn challenges facing migratory birds due to habitat loss and climate change. Identify birds by their song as well as by sight. Contribute to a stewardship habitat restoration project. In part two of this YES plan, learn about Vermont wetlands through classroom activities and day field trips in Rutland County. Help restore wetlands in Rutland County, by participating in community service projects and/or gathering data for water quality studies at various locations. Enrollment limited to 12. Fee not to exceed \$ 55.00. No refunds after May 1, 2019.

Exploring the Historical Landscapes of Vermont (Day Hikes)**Full Day***Ann Marie Mahar, Michele Geisler, Stephen French, Conrad Tuerk*

36 Students

Students will be exposed to the natural history of Vermont through a rigorous hiking program. Students can expect to travel by foot between six and twelve miles a day on the steep, rugged and remote trails of Vermont and upstate New York. To meet the strenuous demands of the course, students are expected to be in excellent physical condition. Students should be equipped with proper footwear and clothing, and should bring plenty of food and water each day. A community service project is another major component of the course, as the class will help build trails at Pine Hill Park to foster a sense of teamwork and community. Finally, students are required to keep a reflective and comprehensive journal that details their learning, including the area's flora and fauna, and sense of accomplishment.

Food and Fashion in History**Full Day***John Peterson, Claire Groby*

20 Students, \$40 fee

While food and protection from the elements are basic necessities for life human beings have enriched their lives since prehistoric times by embellishing the garments they wore and enhancing food to improve taste. This course will look at the changes that have taken place in costume and foodways over the centuries and around the globe with hands-on activities that involve cooking period recipes and examining and possible reproducing historic clothing artifacts. Field trips are planned to the Sheldon Museum and the Fleming Museum in Vermont and Old Sturbridge Village in Massachusetts. Students are asked to pay \$40 each to help defray the cost of museum admissions and food.

German Cultural Exchange (Global Studies)**Full Day***Meaghan Marsh, Patricia Alonso*

20 Students, \$1,500 fee

Our students will complete a two-week cultural exchange with Grafing Gymnasium in June. Students will live with their German exchange family. During the school day, we will complete a group research project analyzing current events around immigration. In September we will host the same German students for two weeks.

Japan Today (Global Studies)**Full Day***Ron Eisenman*

15 Students, \$30 fee

Explore Japanese cooking, culture, and language. This YES plan includes trips to Boston and Albany. Students will learn how to cook delicious Japanese foods such as homemade Ramen and teriyaki chicken. Every day, we will study basic Japanese spoken and written language. Students will also construct your own project based learning activity around a major aspect of Japanese culture. We will also watch Japanese movies and play mahjong. The fee is \$30 which covers food, subway, museum entrance fees and a meal at a restaurant. Payment is due before 5/1 and there will be no refunds after 5/1.

Jazz Ensemble**Full Day***Brent Barnett*

20 Students

The YES Plan Jazz Ensemble course is limited to the year-long members of this performing group and is a continuation of the Jazz Ensemble course.

Leadership Through Adventure**Full Day***Jason Cassarino, Adrienne Weld*

24 Students, \$50 fee

This YES Plan will engage students to promote leadership skills and the value of teamwork. Through the Adventure courses, Rutland High School Low/High Ropes Course, and Service Learning Project the students will be able to identify the importance of basic leadership skills, improve communication skills and recognize the value of teamwork and collaboration. Students will be responsible to maintain a journal throughout the course. \$50 Fee NO refunds after May 1st.

Mountains to Sea:**The Effect of Glaciers on the New England Landscape (STEM)****Full Day***Erica Wallstrom, Detlef Hagge*

12 Students, \$60 fee

Today, Martha's Vineyard is home to sand dunes, black dogs and the rich and famous. This was not always the case. Glaciers use to cover all of New England in a mile thick sheet of ice. This dominating feature scraped and scoured the surface and deposited these ground up sediments on Martha's Vineyard, Nantucket and Cape Cod. During this YES Plan, we will explore the evidence left behind by these ice sheets and how they shaped the topography of Vermont as well as coastal Massachusetts. We will be doing a series of day trips exploring local sites impacted by glaciers as well as a longer field excursion to Cape Cod and Martha's Vineyard. There will be camping and moderate hiking involved.

Musical Theatre-The Music Man

Cathy Archer, Matt McDonough, Sarah Koon

Full Day

More than 24 Students

Looking for actors, singers, dancers, musicians, backstage artists and crew to be a part of the Y.E.S. plan musical."The Music Man" is a feel good musical about salesmanship, building confidence, finding true love and a small town that rallies around a con artist turned band leader. It will be performed at the Paramount on June 20th and 21st Actors/singers/dancers will be given tools to develop character, memorize lines and work with other actors. The students working on the backstage elements will learn about and use the knowledge of lighting, costume, set, props and sound design to design and create the backstage elements of this production. The students in the pit orchestra will develop their skills in playing with and for dancers and singers. All aspects of a production will be studied. There will be rehearsals prior to the beginning of Y.E.S. plan and the schedule during regular Y.E.S. is as follows- 11:30-5 for actors and 2-6 for backstage people.

Outdoor Pursuits and Trail Design in Vermont

Nathan Bellomo, Joe Doherty

Full Day

24 Students, \$35 fee

Are you someone who enjoys the great Vermont outdoors? Do you like to hike, mountain bike, canoe/kayak, and other outdoor activities? This YES Plan will provide you the opportunity to experience each of those among others. You will get the chance to spend your day outside enjoying that fresh Vermont air. We will experience multiple activities in a fun and collaborative way! *Must have a functional mountain bike. * \$35 fee for equipment costs.

Pottery and Yoga

Stefanie DeSimone

Full Day

15 Students

Come to Creative Structure for an immersion style pottery class, where you will see daily demonstrations of building techniques. You will create your own ceramic work that embodies different learned techniques. Alongside our pottery curriculum, you will also able to engage in a daily yoga practice, as well as learning self care routines for better daily planning and managing.

Raising Your Cultural Intelligence (Global Studies)

Marsha Cassel

Full Day

20 Students

Would you like to be able to interact with people from different cultures with greater ease? This class will help you improve your "Cultural Intelligence." We will use videos, discussion, direct dialogue with guest speakers and documentaries to explore the beliefs, values, and behaviors that separate groups, whether they are international, generational, religious, regional, ethnic or social-economic. Prerequisite: an open mind and genuine curiosity.

Sing, Dance, Laugh & Eat Quiche (Global Studies)

Full Day

Paula Tordonato

12 Students, \$5 fee

FRENCH is more than just conjugating verbs. Here is your opportunity to learn more about the French world. You will be exploring the **FUN**damentals of French language and culture through song, dance, film, art, food, cooking and more. Experiencing French is more than just France-there is a whole big world full of Francophones! Join the adventure of visiting museums, restaurants and having fun while enriching your life!

STEM in the Elementary School (STEM)

Full Day

Laurie Bullock

12 Students

This course is intended for students who have an interest in teaching or working with children and the STEM fields. We will be looking at national standards in Science, Technology, Engineering, and Mathematics and creating hands on and exciting lessons for grades K-4. We will then travel to local elementary schools and teach lessons to students there. If you are creative, love working with young minds, and have an interest in teaching others, then this is the course for you! There is nothing better than sparking an interest in STEM learning at a young age. This YES Plan qualifies for STEM credit. **Students will need to provide their own transportation.**

**STrEAM: Through fly fishing
(Science Technology Ecology Art and Math) (STEM)**

Full Day

Michael Stannard

12 Students

This course will give students the opportunity to catch, identify, sketch, dissect and (or) catalogue many of Vermont’s fish, aquatic non-game animals, aquatic macroinvertebrates (water insects) and plants. Students will also perform water tests and upload their data to a watershed databases. Students will learn to gold pan, and visit a fish hatchery, fly rod manufacturing factory and the Orvis Fly Fishing School for lessons from an instructor. Students should be prepared to hike up to 3 miles each day. Students will find, identify and catalog creatures they discover in daily journal entries and photographs. Students may even have the opportunity to contribute their findings to the Vermont Reptile and Amphibian Atlas. We will be visiting many different aquatic habitats (e.g. ponds, marshes, swamps, streams, and lakes) where we will learn testing and sampling techniques for indicators of water quality and endemic species in these ecosystems. Our sampling will always take place from shore (no boats of any type or size allowed). Scientific equipment, gold panning equipment, computers and water testing equipment will be provided. Lunch, water, rain clothing, bug repellent, and other supplies are the responsibility of the student. Both instructors are certified in First Aid and CPR. **THIS YES PLAN REQUIRES A VALID VT FISHING LICENSE AND A FUNCTIONAL FLY ROD, REEL, LINE AND LEADER. STUDENTS ARE RESPONSIBLE FOR THEIR OWN TRANSPORTATION TO AND FROM OUR DESTINATION.**

The Holocaust on Film

Mike Carmolli

Full Day

16 Students

The objective of this YES Plan is to look at how films about the Holocaust both preserve and pervert history. Most movies based on actual events are not very historically accurate. That does not necessarily mean that they are bad. And being historically accurate does not automatically make for a good movie. All filmmakers, (writers, directors, producers, and actors,) are story tellers. Some of these people regard the actual events which inspired the film as mere guidelines or suggestions rather than requirements. Others do not consider the historical record to be optional, and go to great lengths to ensure authenticity. We will watch a number of films during this course. Each tells a different Holocaust story. Some are more historically accurate than others. I hope you will enjoy the films I've selected, and learn a little history as well.

Understanding the Modern Military

Travis Crewdson

Full Day

24 Students

Find out what it means to serve, to run toward danger, to never quit. If you ever wanted to know more about the US military, whether you think it is for you or not, this course is designed to pump you full of military know-how while providing a new and fun way to give you mental and physical challenges for yourself and your team. Come follow along to just learn and have fun, or if you are up for the challenge, show us what you can do and step into a leadership role, give each activity your full effort and get a taste of what it really means to serve. This course is open to everyone and although some activities may not be fully inclusive of all ability levels, there is fun for all. You'll handle and fire real military weapons and learn actual tactical maneuvers and hand-to-hand combat. This is not an easy YES plan. You will sweat, you will hurt, and I WILL make you struggle, but I will NOT let you quit. Your friends don't want to do this YES plan. Heck, they can't handle it. I dare you to sign up!

Volunteering in your Community (Global Studies)

Brett Lertola, Karen Nawn-Fahey

Full Day

20 Students

Would you like to go off campus? Would you like to make a difference in your community? Then join the Volunteering in Your Community YES plan. In this course students will volunteer for different organizations in the Rutland area and learn about some of the most pressing issues that our community is facing today. These organizations may include the Wonderfeet Kid's Museum, Rutland Free Library, Community Cupboard, Open Door Mission and more. Students will learn about how each organization helps the community. They will be exposed to topics such as early childhood education/literacy, poverty, housing and more. Students will have the opportunity to volunteer in multiple capacities to meet the needs of these various organizations. They can expect to do tasks such as cleaning, landscaping, painting, sorting items, window washing etc. Students will be responsible to choosing one of the organizations at the beginning of the course to report on during the YES plan open house. Journal entries with photos and comments will be required daily. Students who sign up for this YES plan should be ready to work for the entire day and represent RHS appropriately in the community. **Students are responsible for their own transportation to and from all locations!**

You've Got a Friend!

Jennifer McNeil

Full Day

12 Students

Students will become Big Friends with primary age students at Northwest School. The primary classes and YES Plan participants will work together on activities that will establish positive relationships through literacy, theme based projects, exercise, and conversation. While high school students share their knowledge and perspective with younger students, Little Friends will share their enthusiasm for school and insights with Big Friends. Both groups will learn that friendships are reciprocal. This is a great opportunity for students who are interested in becoming an elementary school teacher to get a feel for the classroom. Students must enjoy working with young children and be able to be a positive role model for them. Students will be required to design an activity or project for the class and then facilitate the activity with them. **Transportation to and from Northwest School is required.**

AM Only Courses

10SNE1? (aka - Intro to tennis)

AM ONLY

Mary Haskell

12 Students

Learn the sport of a lifetime! Tennis is a sport where being young and fast does not necessarily make you the better competitor. We will spend our time learning the basics of the sport of tennis - from the layout of the court and scoring through the various swings & strokes that you will need to participate in an actual match. In addition, we will examine the intangibles (mental toughness, creativity?) that make someone a better competitor. Throughout the course there will be a focus on nutrition, conditioning and overall physical fitness. Students will participate in a rigorous training regimen that may include distance and interval training along with agility drills, conditioning and resistance training. Students will be expected to dress appropriately for a high level of activity every day - proper footwear is required! Students should have their own tennis racquet and be capable of maintaining a high level of activity. Students must be able to arrange transportation to the daily location. Students are not allowed to transport other students.

A Hero's Journey

AM ONLY

Chris Siliski, Hilary Poremski-Beitzel

20 Students

Several great stories and well-loved movies contain the secret to a happy life because they follow a pattern called the "Hero's Journey". In this course, you will learn about the hero's journey and how to identify it in well-loved stories and movies such as: Rudy, The Pursuit of Happiness, October Sky, Speak, Hunger Games, and more. Through movies, reading, journals, discussion and creative activities, you will also understand how the hero's journey applies to your own experiences, including what it takes to achieve your goals and become the "hero" of your life.

Books and Cookies

AM ONLY

Sarah Hagge, Abby Brodowski

20 Students

Do you miss the days when you had time to curl up with a good book of your own choosing, maybe even while enjoying freshly baked cookies and a glass of milk? Or have you not yet had the pleasure of this sublime experience? The aim of this course is simple: you will read as many books as you possibly can in these final weeks of the school year. You will select the books (fiction and/or non-fiction) with guidance and advice provided by avid readers, and you will not be required to write essays about them. Rather, you will keep track of your pages and participate in activities around global themes and then complete a final, creative project about your favorite book. Your teachers and fellow students will sign up to bring treats (like cookies!!). BYOM (or juice, coffee, or tea, if you prefer). We will read in comfortable locations on school grounds or outside when weather permits. We will take field trips to local reading-friendly environments, such as Phoenix Books. The most voracious readers will be awarded a prize at the end of the course.

Bridge to Honors Math*Michele Farkas***AM ONLY**

20 Students

This class is designed to help students move from CP level math classes into honors level math. Upon successful completion, this course will provide students who have completed Integrated Math 1 & 2 CP the opportunity to move into Integrated Math 3 & 4 Honors the next year. This class will focus on quadratic functions, the methods used to solve these functions, and additionally explore complex numbers. The pace will be rigorous and students will be expected to complete nightly practice problems. Students are placed in this YES Plan offering with the recommendation of their current math teacher.

Chess Challenge for Chess Players*Ellada Siliski***AM ONLY**

12 Students

Chess is a two-player board game builds logic, common sense, and a fast critical response. The objective of this Yes Plan is to help students understand the rules of chess and learn new strategies. Since this game involves a lot of peer interaction, it also creates an appreciation for a friendly environment where everyone is engaged in learning in a fun way. With this in mind, students are also going to: Learn about different famous chess players through research and present findings to the class; Watch a documentary about a controversial chess game, i.e. “Kasparov against the Deep Blue, chess playing computer” and analyze the controversial points brought up by both parties, etc.

How High School Students Are Perceived in Media*Cindy Trevino, Catherine Kraus***AM ONLY**

15 Students

In this course, we will be watching movies, tv shows, news clips, and reading news articles that depict what life is like for a current high school student. We will engage in class discussions about high school stereotypes and how students are perceived. Students will pick one to further research and present for the class.

MakerSpace 2019 (STEM)*Laurie Wilson***AM ONLY**

Less than 12 Students

This ½ day YES Plan course will focus on developing skills and attitudes that will enable students to learn and grow their ability to create objects, solutions and processes using 3D printing, laser cutting, e-textiles, circuits, prosthetic limbs, etc. Students will explore multiple areas/techniques for making and building before focusing on an independently directed project. Students will be working with members of the Rutland Makerspace: The MInt and students will be expected to contribute approximately \$20 for supplies. Some days will start at The Mint and students will need to provide transportation to the site in the AM on those days. After May 1st no refunds will be given.

Steps to A Healthier You*Nancy Ivey, Roman Smiechowski***AM ONLY**

24 Students

Not an athlete? Not a Problem. There are plenty of ways the rest of us can stay healthy. In this YES plan, you will learn about healthy lifestyles. Through daily walking and nutrition journaling, you can learn life long habits that will maintain/improve your well-being. In addition, students will research and present on a topic relating to the class.

The Art of Science and Tie Dye

Laura DesJardins

AM ONLY

12 Students, fee up to \$30

Far out, man! The bright colors and intricate patterns of tie dye have found their way into popular culture for more than 50 years. Though it is often associated with the groovy sixties, the origins of tie dye actually trace back millenia and have roots in social and political issues. In this YES Plan, students are exposed to the history of the art of fabric dying, develop an understanding of the chemistry that occurs during the process, practice mixing dye colors from dye powder and then creating “recipes” for their own, unique color palette, and have the chance to practice the advanced techniques that produce elaborate, eye-catching patterns. For a final product, students will use the techniques they learn throughout the weeks to plan and create a tie dyed garment or fabric to take home.

The Rutland Black and Blue: Satirical Website

Hunter Berryhill

AM ONLY

15 Students

“There’s an old saying about those who forget history,” Stephen Colbert once said. “I don’t remember it, but it’s good.” Satire is the great social equalizer that allows the insightful powerless to identify the flaws of the powerful, and joyously expose these flaws to the public. From Jonathan Swift and Oscar Wilde, to Jonathan Stewart and Stephen Colbert, western culture knows how to use words in order to effect social change. This YES Plan will focus on publishing a satirical website for the entire school to read, which will satirize the school, events, rules, and people of the Rutland High School Community in a respectful manner. If you enjoy writing, laughing, and analyzing the world around you, come join RHS’s first satirical newspaper, the Rutland Black & Blue!

PM Only Courses

19th Century Baseball

Hunter Berryhill

PM ONLY

16 Students

The historian Jacques Barzun wrote, “Whoever wants to know the heart and mind of America had better learn baseball, the rules and realities of the game.” If you are a fan of watching or playing baseball, this YES Plan will provide you an opportunity to learn about and play the game the way it was meant to be played: without gloves. We will research and learn vintage baseball rules in order to play baseball like it was 1886 (facial hair and woolen uniforms optional). Learn how to become a good striker, who knows how to drive in the aces with stinger after stinger. Learn how to handle daisy cutters as a basetender or a scout, as you aim to whitewash the muffins on the other team. (Sorry, no soaking allowed!) This YES Plan will teach you about the early days of our national pastime, show you what it was like to play ball in the 19th century, and offer you an opportunity to participate in the growing movement of vintage baseball. See you on the field!

Bookworms!

Ellada Siliski, Laura DesJardins

PM ONLY

24 Students

Do you like to read books? Do you like to talk to your friends about the great book you just read? Is the library your favorite place? Join the Bookworms! In this YES Plan the whole group will read the same book and engage in discussion about it. Next, students will choose from a list of books and enter into smaller book groups. Finally, we will visit the library where students will choose a book that interests them, take it back to the school, find a comfortable place to sit, and read to their heart's content. We will find different places to read throughout the weeks and enjoy snacks while we read. We can't wait for you to join us!

British Invasion: Sing the Songs

Daniel L. Graves, Hilary Poremski-Beitzel

PM ONLY

24 Students

In the 1960s, popular music in America was overwhelmed by songs from British singers. Songs sprang forth from pop and rock groups including the Beatles, Herman's Hermits, the Rolling Stones, and solo artists Petula Clark and Tom Jones. The class will sing songs from the British Invasion and examine their social contexts. Performances will be scheduled for in-school audiences, and we might sing at a local nursing home. Students' daily progress will be measured in relation to following of conductor's directions, constructive participation in the rehearsal process, and musical performance.

Horsing Around (STEM)

Terry Sweet

PM ONLY

less than 12 Students, \$20 fee

Come learn basic care, types of breeds, and some training. Students will learn the expense and time it takes to care for horses. Students will research and present about a breed of horse of their choosing. Cleaning tack, and visit a horse rescue. We may also visit a horse ranch for a trail ride.

Knitting in the Spinning World (Global Studies & STEM) **PM ONLY**
Laurie Wilson, Dina Spafford 24 Students

This 1/2 day course will include learning the basics of knitting and learning basics of wool fiber preparation. Students will knit and either explore several countries where knitting is popular or design and make a drop spindle for spinning wool. Students will have an end product for themselves as well as work together to make a hat or scarf as part of a community service project. Students will present their learning in a variety of modes.

Reflective Writing to Relax **PM ONLY**
Abby Brodowski 12 Students

In Reflective Writing to Relax, students will use the process of writing about themselves, their experiences, and their feelings after a wide variety of relaxing and thought-provoking activities. We will explore our tensions and stressors through yoga, meditation, connection to the natural world, and with the help of some professional relaxers. Students should be prepared to participate in all activities, share ideas with the group, and write every day. Also, students will produce an informational pamphlet or poster educating others about their favorite ways to relax. All transportation to field events is the responsibility of the student.

Reviving the Dying Art of Letter Writing **PM ONLY**
Sarah Hagge 20 Students

We are so accustomed to trying to express ourselves in 280 characters or less that we have begun to forget the slow, satisfying joy of corresponding with others through handwritten letters. Using the two-volume compilation Letters of Note as our guide, we will have fun experimenting with a variety of letter writing formats (letters, postcards, notes, memos, etc.) Students will find inspiration from famous and ordinary letter writers throughout history, and they will have the freedom to choose the actual recipients of their letters.

SAT Prep **PM ONLY**
Mary Haskell 20 Students, \$20 fee

This course is designed to familiarize students with the mathematics portion of the SAT's - the standard examination still used in assessing students for college admission. The course will include instruction, practice tests and discussion of strategies in an effort to assist college-bound students in attaining their best possible score.

Summer Cross-fit **PM ONLY**
Liz Filskov, Chris Siliski 15 Students

This Y.E.S. Plan is all about physical and mental wellness. Summer cross-fit training features outdoor walking, jogging, running, and cross-training. Cross-training includes yoga, Pilates, and weight-bearing exercises. If you are an athlete interested in cross-training to enhance your sport, this is the program for you. Non-athletes are encouraged and especially welcome to participate in order to jump-start a lifetime of physical and mental well-being! Come and reap the benefits of endorphins and sunshine.

AM and PM Courses

Baila! Latin Dance and Music in the Spanish Classroom

AM and PM

Karen Rogers

14 Students

Learn basic steps to some of the more popular Latin dances - salsa, merengue, cumbia, and tango among others. Research the origins of the different dances and music and the countries from which they originate. Watch film based on Latin dancing where you will learn about the dance as well as the cultures from which they originate.

CSI Rutland (STEM)

AM and PM

Susan Ponto, Jody Sabataso

24 Students

Students will learn how to unlock the mystery of crimes through a variety of science techniques such as fingerprinting, serology, toxicology, hair and fiber analysis. The result of the forensic scientist's work has real application with the life and death implications and impact upon the criminal justice system. All students will be required to create a research poster and make a short oral presentation describing an area of Forensic Science not covered by the course. There will be a final Crime Scene for which students will use all skills learned to solve the mystery. Students interested in achieving a "4" for the course will be required to complete the mystery writing portion of the course or do a second research project. This course offers STEM credit.

Heads Up Art History

AM and PM

Fred Lower

12 Students

Have fun improving your skills while learning the basics for drawing and painting famous heads and faces. We will look at some of the most famous (and not so famous) artists throughout history, visit a museum, and discover the secrets of the Renaissance use of light and shadow by modeling in color with pencil, paint, and pastel. Projects will range from traditional, indoor studio set up with easels and live model, to drawing outside, to mural size portraits.

School to Work

AM and PM

Clarena Renfrow, Kevin Browne

more than 24 Students

Students in grades 9-12 may participate in a school-to-work experience by writing an independent study proposal, using the guidelines provided by the school to work coordinator. Students may pursue job shadowing experiences in the community as alternatives to the regular YES Plan courses being offered on campus. These off campus opportunities should be career and/or skill oriented. If a student has participated in this YES Plan in previous years, they will not be permitted to work at the same site. All learning must be considered new learning. Students will need to complete a Guided Journal, Learning Experience Plan, Learning Agreement, Self Reflection Form, Hourly Activity Log and present a final project during the Open House at Rutland High School on the last day of YES Plan.

The Psychology of Intelligence**AM and PM***Ellie Davine*

14 Students

Human intelligence is the focus of this course. Are you “book smart”, “street smart”, or “art smart”? Have you ever wondered why some subjects come easy for you, while other subjects are difficult? Participants in this course will explore the different theories of human intelligences and the history of intelligence testing in the United States. Participants will personally reflect on their own intelligences and explore how this understanding can be beneficial to life choices. The course will include “intelligent” guest speakers from the community. The culminating activity will be to plan an experience for open house based on Howard Gardner’s theory of multiple intelligences.

U Design It! (STEM)**AM and PM***Gwen Hagenbarth, Michele Farkas*

20 Students

Have you ever wanted to design your own structure? A tree house? Gazebo? Sugar House? Shed? Do you think you might want to build a small structure in the future? A Playhouse? Ice Shanty? Covered walking bridge? Well then, this course is for you! You will learn from architects and construction experts in the field about how to create your own designs. You will visit structures such as covered bridges and apply their truss systems to your own building plans and corresponding model of the small structure that you could build someday. It could happen!

Howe Center Programs

For the Love of Horses: Equine Mindfulness

Carolyn Ravenna, Sherry Greeno

Full Day

12 Students

For the Love of Horses!!!! Do you have an interest in horses and art? This class is designed to introduce students to the general care of horses while sketching various aspects of horsemanship. Students will have a hands on experience learning the skills needed to groom, tack, and love a horse. Students will learn how to effectively communicate with the horse on the ground and in the saddle. This class will take place off campus at a local farm. Each student will create a piece of art through paint, pen & ink or watercolor that will be on exhibit at the Howe Center. We will take a trip to a local horse ranch at the end of the course for a trail ride and to present final projects.

Nutritional Crockpot Cooking

Carolyn Ravenna, Sherry Greeno

Full Day

12 Students, \$10 fee

Students will become aware of the healthy choices available to them on a limited budget and plan healthy, affordable crockpot dishes. Students participants will also learn various cooking techniques, while reading and following the directions for a variety of nutritious recipes. By preparing each dish at home, students learn not just what to do but how to do it. Students will increase their nutrition, budgeting, shopping and cooking skills.

Present not Perfect

Jennifer McLemore

Full Day

less than 12 Students

In this course, students will practice mindfulness. Through journal writing, enjoying the outdoors, and exploring our own thoughts, students will spend less time criticizing themselves and others and spend more time being mindful of positive ways to interact and be. The class will primarily be outdoors enjoying the relaxing landscape of Vermont. Students will learn various recreational activities that cost little money that can lead to enjoyment of life away from the distractions of everyday.

School-to-Work

Jennifer McLemore

Full Day

20 Students

Students may pursue a job-shadowing experience in the community as an alternative to the regular YES Plan courses being offered at the main campus or Howe Center. The off campus opportunity must be career and/or skill oriented. Students will participate in a work experience that emphasizes the importance of appropriate workplace behavior and demonstrates a connection to their interests, basic skills, and work values. In addition, students will be given the opportunity to learn appropriate work-seeking behaviors and skills like resume and reference building, contact making, and dressing for success.

Outdoor Recreation

TJ Moran

AM ONLY

less than 12 Students

This course will focus on many different outdoor games and activities that students will encounter throughout their lives. By giving students a grasp of multiple games and activities the students can use game play to increase both mental and physical health for the rest of their lives.

Your Local Government

TJ Moran

PM ONLY

less than 12 Students

This course is designed to show students where they can access local, state, and federal entities in their community. This course will walk to most locations and there will be a reflective journal due upon completion of each day.

FERPA

The Family Educational Rights and Privacy Act (FERPA) afford eligible students certain rights with respect to their education records. (An “eligible student” under FERPA is a student who is 18 years of age or older or who attends a postsecondary institution.) These rights include:

1. The right to inspect and review the student's education records within 45 days after the day the [Name of postsecondary institution (“School”)] receives a request for access. A student should submit to the registrar, dean, head of the academic department, or other appropriate official, a written request that identifies the record(s) the student wishes to inspect. The school official will make arrangements for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by the school official to whom the request was submitted, that official shall advise the student of the correct official to whom the request should be addressed.
2. The right to request the amendment of the student’s education records that the student believes is inaccurate, misleading, or otherwise in violation of the student’s privacy rights under FERPA.

A student who wishes to ask the school to amend a record should write the school official responsible for the record, clearly identify the part of the record the student wants changed, and specify why it should be changed.

If the school decides not to amend the record as requested, the school will notify the student in writing of the decision and the student’s right to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the student when notified of the right to a hearing.

3. The right to provide written consent before the university discloses personally identifiable information (PII) from the student's education records, except to the extent that FERPA authorizes disclosure without consent.

The school discloses education records without a student’s prior written consent under the FERPA exception for disclosure to school officials with legitimate

educational interests. A school official is a person employed by the [School] in an administrative, supervisory, academic, research, or support staff position (including law enforcement unit personnel and health staff); a person serving on the board of trustees; or a student serving on an official committee, such as a disciplinary or grievance committee. A school official also may include a volunteer or contractor outside of the [School] who performs an institutional service of function for which the school would otherwise use its own employees and who is under the direct control of the school with respect to the use and maintenance of PII from education records, such as an attorney, auditor, or collection agent or a student volunteering to assist another school official in performing his or her tasks. A school official has a legitimate educational interest if the official needs to review an education record in order to fulfill his or her professional responsibilities for the [School].

[Optional] Upon request, the school also discloses education records without consent to officials of another school in which a student seeks or intends to enroll. [NOTE TO POSTSECONDARY INSTITUTION: FERPA requires a school to make a reasonable attempt to notify each student of these disclosures unless the school states in its annual notification that it intends to forward records on request.]

4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the [School] to comply with the requirements of FERPA. The name and address of the Office that administers FERPA is:

Family Policy Compliance Office

U.S. Department of Education

400 Maryland Avenue, SW

Washington, DC 20202