

Good afternoon, Ravens!

Through our generous parent community and the Canyon Crest Academy Foundation, we are excited to offer **free** enrichment courses to all CCA students afterschool. Enrichment Courses provide opportunities for our faculty to teach subjects they are passionate about outside of the core academic course of study. Students will not receive a grade for their participation. These **inclusive** experiences are designed to explore areas of interest and, more importantly, to create positive student connections amongst our staff and school community.

Our first cycle of enrichment will begin the week of September 29<sup>th</sup> (NEXT WEEK) .Teachers will share additional details and course expectations with interested students during the **first planned session.**

In addition, please note the addition of our new afterschool Peer Tutoring program in the College and Career Center!

### **Enrichment Course Options Fall 2014**

## **Disc Golf**

**Course Name:** Disc golf

**Instructor:** Farrar

### **Course Description/Curriculum:**

Can you throw a Frisbee? Do you want to play a game that is impossible to win? Well then the exciting and sometimes frustrating world of Disc Golf is waiting. Think of golf with Frisbee Discs, though the discs are not officially Frisbee Brand. These discs are denser and have a smaller diameter than a traditional Frisbee. Sometimes called Frolf, the goal is to get your disc into a basket in the least amount of throws. At CCA, there are no baskets, so different targets like trashcans and trees will be substituted.

Check out this video: [http://www.youtube.com/watch?v=TVd3yepgj\\_Q](http://www.youtube.com/watch?v=TVd3yepgj_Q)

The course will be a mix of instruction on the different types of shots and actual practice. If you don't have discs, that is fine, there are some spares available. There are no grades, and no homework assignments. Bring a hat and sunscreen because we will be outside for most of the course.

**Time:** Mondays 3:15-5:15 with a possible field trip to Kit Carson Park TBD

**Place:** Room D106

# Japanese Culture Class

**Course Name:** Japanese Culture

**Instructor:** Donald Quinn

**Course Description/Curriculum:**

The Introduction to Japanese Culture course serves as an opportunity for all students, parents, and Canyon Crest Community members to become responsible global citizens. The course emphasis on modern and traditional Japanese culture will cultivate a deeper understanding, appreciation and respect of Japanese people. Everyone will be immersed in the multitude of perspectives representative of Japan today.

We will survey a wide variety of cultural themes including but not limited to historical and human geography, individuals who made significant contributions, both historical and modern, the impact of technology on Japan in the modern era (1952-present), an examination of social relationships and hierarchy, holiday traditions, local and national festivals and celebrations, leisure-time activities, regional cuisines, traditional and contemporary music, the role of transportation in daily life, and changing trends in clothing and fashion. Students will draw connections between modern Japanese culture and their own.

Students will be able to explain Japanese culture through Anime and games such as pokemon. Students will be able to speak and comprehend very basic greetings and set expressions in Japan typically heard in Japanese restaurants, supermarkets, hotels, airports, train stations, department stores, Japanese high schools, etc. and even in Japanese speaking homes in America. Student will be able to explain and demonstrate the Japanese tea ceremony, Ikebana (flower arrangement), Japanese calligraphy, instruments such as the Taiko and Koto, use of chop sticks, proper etiquettes and mannerism (the do's and don'ts) in regards to: business meetings, dinner table at home, restaurants, stores, shops, proper exchange of greetings, how to wear Japanese traditional clothes, riding the train, bus and taxi, shopping, eating out, etc.

Students will be able to explain how cities and geography influence Japanese culture, lifestyle and products.

Those in attendance, students, parents, community member, etc. will help create the course as it goes along. There are no grades, and no homework assignments.

**Time:** Mondays 3:30pm - 4:30pm. Perhaps a few Saturday morning field trips will take place.

**Place:** Room D-107 and a few field locations in San Diego County.

# Surfboard Shaping/Design

**Course Name:** Surfboard Shaping/Design

**Instructor:** Mr. Shakeri

## **Course Description/Curriculum:**

This enrichment course is designed with the intention to broaden and enhance the surfing experience. Each and every surfboard design gives a different feel of the waves in the ocean. Some minor design features can produce drastic results. Those who surf have a close relationship with their board. The goal of this course is to provide insight into how the various design features provide a different ride on the waves and an even greater appreciation for the culture we hold close to our hearts.

Over the course of 8-10 weeks the course will cover the evolution of surfing and board design. The students will study the various features that make up the anatomy of board. This will follow with a day of designing templates and learning about techniques in shaping. Once given the background knowledge the students will have the option of taking turns to team shape a board for use in surf PE at the Shapers Studio in North Park. If they desire they can sign to shape their own personal board. Other sessions will include learning about board artwork, a visit to the Mingei Museum, observe glassing and a final day at the beach to enjoy their new creation.

**Time:** Wednesdays 3:30 – 5PM (additional times/possible fieldtrips discussed at first meeting)

**Place:** Mr. Shakeri's Room D204

# Positive Communication Skills

**Course Name:** Positive Communication Skills

**Instructor:** Rayna Stohl

## **Course Description:**

Learning how to effectively communicate is no easy feat! Humans often react based upon emotions and impulses, which can lead to hurt feelings, not feeling “heard,” and frustration and disappointment. Many teenagers have difficulty talking to adults, and very often, their own parents. There are tools to help, and when put into practice, these new skills can make life

much more enjoyable and pleasant. It's exceedingly important for teens to learn how to advocate for themselves while also gaining the ability to listen openly to the other party.

This course will utilize education, practicing new communication skills within the safe environment of the group of students and CCA Dance Instructor, Ms. Stohl, and real-life experiences. Students will leave this course with a newfound sense of empowerment and control over their own voice, and their dreams for their lives.

**Time:** 3:15-4:15 PM on Mondays

**Location:** Large Dance Studio in the Gym

## **Peer Tutoring**

**Where:** College and Career Center

**When:** Monday – Thursday 3:15PM – 5:00PM

In addition to these amazing Enrichment Course opportunities, our CCA Foundation supports our new afterschool 'peer tutoring' program in the College and Career Center. Starting on Wednesday, October 1<sup>st</sup>, two CCA upperclassmen (on a rotating schedule) will provide academic assistance and tutoring during our Study Hall. All are welcome!

Thank you, Canyon Crest Academy Community, for supporting the CCA Foundation's mission of enriching the experience of every child, every day!

Go Ravens!

Mr. Mueller