



Interim Fair Day



Thursday, October 26, 2023

FlexTime Interim Fair Schedule

Interim 1	10:10-10:20
Interim 2	10:25-10:35
Interim 3	10:40-10:50
Debrief/Q&A	10:50-10:55

Select your top 3 choices and visit them during interim rounds on Interim Fair Day

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Interim Week Course Description - 2023-2024

Title: Artists' Studio

Teacher: Cruickshank

Credits Applied: 2.5 Elective

Requested Donation: \$25

Required Materials:

- Art media that you'd like to bring in or materials that will be provided or purchased on your behalf by the teacher.

Learning Outcomes:

- Painting techniques
- Organization
- Problem solving
- Manual dexterity
- Innovation
- Mural design and creation

Course Description:

Calling all artists or would-be artists! Don't find enough time to make the art you want to make? This Interim may be for you. It is the Interim if you want to explore almost any visual art. You will make a plan for the week such as: "I will create a short comic book story." or "I will prepare a portfolio of my artwork for college." or "I will design and paint a mural panel for the Oceana walls". Every day you will immerse yourself in making art. We will find a way to showcase your art either online or exhibit in the school somewhere.

If you don't know exactly what you want to do, I will introduce 3 or 4 projects for you to explore as I guide you through the creative process. There are numerous possibilities: mural painting, printing, drawing, assemblage, comic making.

Ambitious and wild ideas are encouraged; all possibilities considered.

Tentative Schedule:

- **Monday:** Studio
- **Tuesday:** Studio
- **Wednesday:** Studio
- **Thursday:** Studio
- **Friday:** Studio

Interim Week Course Description – 2023-2024

Title: **Chinese History & Culture**

Teacher: Mrs. Jennifer Shuen

Credits Applied: 2.5 Elective

Requested Donation: \$30

Required Materials:

- Layers, comfortable shoes, a refillable water bottle

Learning Outcomes:

- Students will gain a basic understanding of Chinese history and culture.
- Students will learn the roots of Chinese characters.
- Students will interact with one another by making authentic Chinese food.
- Students will learn to play popular Chinese games: Mahjong and Chinese chess

Course Description:

Students spend one day in San Francisco Chinatown to experience Chinese culture with an option to eat lunch at an authentic Chinese restaurant where students order and pay for their own lunch.

Students take the ferry to Angel Island to visit the early 20th-century immigration detention facility and learn the stories of some of the immigrants.

Students spend three days in school to learn:

1. Chinese dynasties
2. Important historical figures
3. Chinese philosophies
4. Emperor Qin
5. Four Chinese inventions
6. Make Chinese one or two Chinese dishes
7. Play Chinese chess
8. Play Chinese mahjong

Tentative Schedule:

On Monday, Wednesday, and Friday - meet at Oceana at 8:30

On Tuesday and Thursday meet at Daly City Bart Station at 8:30 and dismiss at Daly City Bart Station at 3:00

Daily Plans (Tentative):

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Chinese history• Chinese culture• Important Chinese figures• Making Chinese food• Chinese chess game• Chinese mahjong	<ul style="list-style-type: none">• Chinatown tour• Golden Gate Fortune Cookie Factory• Chinese Historical Society• lunch in a Chinese restaurant	<ul style="list-style-type: none">• Chinese history• Chinese culture• Important Chinese figures• Making Chinese food• Chinese chess game• Chinese mahjong	<ul style="list-style-type: none">• Ferry• Angel Island	<ul style="list-style-type: none">• Chinese history• Chinese culture• Important Chinese figures• Making Chinese food• Chinese chess game• Chinese mahjong

Interim Week Course Description – 2023-2024

Title: Washington D.C. (*Close Up*)- 11th, & 12th grade students only

Teacher: Peters/Schwab/Bussell

Credits Applied: 2.5 Elective

Cost Per Student: \$2361.00 - This covers costs: airfare, hotel, instruction, local transportation, security & food.

All students are encouraged to participate in fundraising activities.

Required Materials:

- Signed agreement with parent permission
- Personal items and spending \$
- Comfortable walking shoes

Learning Outcomes:

- Learn about students from other parts of the US with different political opinions
- Develop a better understanding of political ideologies
- Learn the background and purpose of the memorials and monuments
- Understand how the federal government operates
- Meet with members of Congress or their staff

Course Description:

Close Up is a non-profit organization that runs programs for students in Washington, D.C. We will spend 6 days, 5 nights in Washington D.C. meeting our members of Congress, watching a committee hearing, visiting the U.S. Supreme Court and participating in study visits of the monuments, memorials and museums. For more information, visit Close Up's website at: <https://www.closeup.org/>.

Tentative Schedule:

Saturday 3/30	Sunday 3/31	Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
<p><i>Fly to D.C. on Saturday 3/30</i></p> <p><i>Explore D.C. with OHS</i></p>	<p>Welcome Dinner</p> <p>Group Orientation</p> <p>Issues Debate: d engage with a liberal and conservative DC insider</p>	<p>Three Faces of Democracy Study Visit</p> <p>Jefferson FDR Memorial MLK Memorial</p> <p>Smithsonian Institution Exploration</p> <p>Current Issues Discussion/ Debate</p>	<p>War Memorials Study Visit: WWII Vietnam & Korean Memorials</p> <p>Lincoln Memorial</p> <p>National Politics Seminar</p> <p>U.S. Marine Corps Memorial</p> <p>Mock Congress Workshop</p>	<p>Capitol Hill Day</p> <p>Meet with your members of Congress or their staff</p> <p>Attend and observe Congressional Committee Hearings</p> <p>Explore the U.S. Capitol Visitor Center</p> <p>Explore the Library of Congress,</p>	<p>Community Action Workshop</p> <p>Neighborhood Study Visit</p> <p>Air Force Memorial</p> <p>Arlington Cemetery</p> <p>Closing Reflection</p> <p>Banquet and Dance</p>	<p>Fly home</p>

Interim Week Course Description – 2023-2024

Title: College Tour Adventure

Teacher: Mr. Levin, Senor Diaz, Mr. Rock

Credits Applied: 2.5 Elective

Requested Donation: \$0

Required Materials:

- Journals

Learning Outcomes:

- Greater familiarity with Bay Area and local (within 2 hours) colleges and the different programs they offer
- An ability to answer the questions:
 - “Is college for me?”
 - “What are my goals in attending college?”
 - “What do I want in a college?”
- Familiarity and confidence in navigating the college application and financial aid process
- Building a sense community

Course Description:

Each day, we will explore a range of colleges in different areas of the Bay and further abroad. Our trips will include college tours and a variety of activities designed to familiarize you with college life, the opportunities available at college, and the cultural/recreational opportunities in nearby areas. Prior to and throughout the interim, you will also briefly learn the ins and outs of applying to colleges and financial aid. Prepare for a week of learning, exploration, (good food) and excitement!

If you will be the first in your family to attend college, we especially encourage you to apply!

This interim has special funding which means it will prioritize juniors who are first generation college students

Tentative Schedule:

Monday: San Francisco college tour day

-Students will meet on campus and take a bus at 8:30am to start touring college campuses in San Francisco

-Students will spend the day touring SF State, San Francisco University, and SF City College potentially

-Students would also take a side trip based on student interest

Tuesday: East Bay college tour day

- Meet on campus and take the bus

- Students would visit UC Berkeley, CSU East Bay

- Potential side trips: Jack London Museum

Wednesday: South Bay college tour day

- Meet on campus and take the bus

- Students would visit Stanford, San Jose State, Santa Clara University, and local community colleges (SJ Community College)

- Potential side trips: San Jose TECA museum, art museums

Thursday: Sacramento area college tour day

- Meet on campus and take the bus

- Students would visit UC Davis, Sacramento State and potentially community colleges (Sac City college, West Valley)

- potential side trips: Old Town Sacramento, seeing downtown Davis, ride a double decker bus

Friday: Monterey Bay area college tour day

- Meet on campus and take the bus

- Students would visit UC Santa Cruz, CSU Monterey Bay, and potentially Middlebury Institute of International Studies and maybe community colleges

- potential side trips: Monterey Aquarium, Cannery Row, beach day

Interim Week Course Description - 2023-2024

Title: Cooking Around the World-*The Original started in 1998...Before Gordon Ramsay had a TV show.*

Teacher: Ryan Reidy

Credits Applied: 2.5 Elective

Requested Donation: \$40 for consumable supplies

Important Information:

- The Oceana Food & Nutrition room/classes **ONLY** allow vegetarian cooking.
- No meat will be purchased, cooked or “sold” as part of this interim course.
- If you have an apron, bring it. If not wear clothes that can get dirty!
- Students are not allowed to bring their own knife sets.
- Some specialized cooking equipment may not be available in the Food & Nutrition room, discuss with the teacher if you have specialized equipment at home that you want to bring.

Learning Outcomes:

- Students will learn basic food preparation and safety skills
- Students will gain practical experience in restaurant management, food purchasing, menu planning, marketing, meal delivery and sales.
- Students will need to: budget for menu planning, meet deadlines, respond to customer feedback and maintain a successful restaurant where sales income exceeds food costs.
- Students will practice various roles in restaurant operations like: cooking, baking, food service, cashiering, and clean up.

Course Description:

If you could not fit the Food & Nutrition class into your busy academic schedule OR you are in 9th/10th grade and you want to build your Foods skills; this interim is for you. Student teams will design a pop up restaurant theme where they create daily menus, purchase supplies at local markets, test recipes, market their restaurant and conduct sales to the Oceana Staff. If their restaurant is successful, they will have more money to invest in future menu offerings. Students are encouraged to incorporate culturally relevant vegetarian and vegan dishes into their restaurant and menu themes and explore their creativity. Interim Advisory days will include forming teams, determining which local markets to walk to and begin planning themes and menus.

Tentative Schedule:

- **Monday:** Food Safety and basic food preparation demonstrations and skill building. Teams will begin to build restaurant themes. Teacher prepared meals with student support
- **Tuesday:** Finalize menu plans, walk to local markets and purchase foods. Begin preparations for Restaurant opening day: marketing, individual roles and test recipes.
- **Wednesday:** Restaurant opening day: food preparation, sales and clean up.
- **Thursday:** Finalize menu plans, walk to local markets and purchase foods. Begin preparations for Restaurant closing day: marketing, individual roles and test recipes.
- **Friday:** Restaurant closing day: food preparation, sales and clean up.

***Each day, stress and creativity breaks will be held in the Oceana Garden!**

Interim Week Course Description: 2023-24

Title: Courtroom Drama!: Careers in Law, Mock Trial, and the Justice System

Teacher: Coreen Hartig

Credits Applied: 2.5 Elective

Requested Donation: \$50

Required Materials:

- Appropriate clothes and shoes for walking, visiting courts, law offices, and a law school

Learning Outcomes:

- Learn about the justice system
- Become familiar with the different courts
- Learn about different types of careers in law
- Learn about trial procedures through mock trial fun
- Practice public speaking

Course Description:

This interim is about the law and what it means to be a lawyer, but it is also about having fun, practicing public speaking, and bonding together. We will visit different courthouses, a law office and/or a law school. We will also practice being lawyers by working through a mock trial murder case where students will practice being attorneys and witnesses. The donation cost is to cover transportation costs.

Tentative Schedule:

Monday: Introduction to the justice system, the mock trial case we will work on during the week, and a visit from a practicing attorney.

Tuesday: Field trip to a courthouse (federal, superior or the 9th Circuit Court of Appeals). At Oceana we will work on learning how to make direct examination questions.

Wednesday: Field trip to a law school or law office (to be determined). At Oceana we will work on learning how to make cross examination questions.

Thursday: Field trip to a courthouse (federal, superior or the 9th Circuit Court of Appeals). At Oceana, work on making opening and closing statements.

Friday: Trial Day! Practice in the morning. After lunch, we will perform our mock trial and invite other students to be our jury.

Title: Exploring Filipino Culture: A Week-Long Immersion

Teacher: John Carlo Chan & Liberty Cajayon

Course Description:

This immersive, interactive, and fun filled week course invites participants to embark on a captivating journey into the vibrant and rich tapestry of Filipino culture. From the artistry of traditional crafts to the mouthwatering flavors of Filipino cuisine, this program offers a comprehensive exploration of the Philippines' unique heritage. Practices, and culture exchange immersion opportunities are open to anyone interested in discovering the rich cultural heritage of the Philippines. Whether you're Filipino or not, you are welcome to explore this cultural program that aims to provide unique opportunities for cultural immersion and exploration.

Course Objectives:

- Gain a deep understanding of Filipino culture, its historical roots, art and its significance in today's globalized world.
- Develop practical skills in cooking Filipino dishes and creating traditional Filipino arts and crafts.
- Learn fundamental elements of the Filipino language to facilitate cultural exchange and communication.
- Experience firsthand the customs, traditions, and practices of the Filipino people through interactions with local communities.

Interim Week Course Description – 2023-2024

Title: **Fishing and Crabbing at the Pacifica Pier**

Teacher: Bundoc

Credits Applied: 2.5 Elective

Requested Donation: \$20 (Fishing rods and accessories)

Required Materials:

- Fishing rods
- Reels
- Baits
- Other fishing and crabbing equipment and accessories (hooks, weight, jig heads, sequins, barrel swivels, fastlock snaps, fishing beads, etc.)

Learning Outcomes:

Students are expected to

- Learn about fishing rules and regulations in California
- Appreciate the beautiful and bountiful Pacifica local beach
- Work individually or as a team and develop the value of patience
- Learn engineering, like knot tying and make lures move in the water to attract a strike
- Catch fish and crab, clean them and be one with nature

Course Description:

Fishing and crabbing at the Pacifica Pier means endless hours of fun that can be equally enjoyable, relaxing and stress relieving. Having a walkable beach around, students get to enjoy and appreciate the beauty of their local community. In this interim course, students will have the opportunity to learn some survival fishing and crabbing skills. They will be introduced to proper fishing techniques like casting rods, baitcasting spinning reels, setting hooks, using live bait and setting up the right fishing gear to match the hatch.

Important note:

* This interim only offers student activities that are doable at the Pacifica Pier and not fishing on a boat or off the coast.

Tentative Schedule (Subject to Change)

8:30	Meet at Oceana, Room 102
8:30-9:30	Orientation and Community Building Activity, Mini Lesson (History of Pacifica Pier, Types of Fishes, CA Recreational Fishing Regulations, Fishing Tips for Beginners, Licensing)
9:30- 9:45	Walking trip to fishing site (Pacifica Municipal Pier)
9:45-10:30	Setting up fishing gear, demonstration and casting
10:30-2:30	Fishing/ Crabbing
2:30-2:45	Walk back to Oceana
2:45-3:00	Reflection
3:00	Dismissal

Interim Week Course Description – 2023-2024

Title: Food and Fun in SF

Teachers: Alyssa Owyang and Jeannette Herbert

Credits applied: 2.5 elective

Cost: \$100/student (*all students will be asked to help fundraise to meet our goal*)

Required Materials:

- Signed permission form
- Clipper card or bus passes (optional)
- Exploring gear: dressed in layers, comfy walking shoes, bag, water, student ID, snacks
- Access to phone or camera
- Extra spending money (optional)

Special Needs/Requests: Please let us know of any allergies or dietary needs.

Learning Outcomes/ Goals:

- ☐ Students will get a sense of food and culture in popular areas of San Francisco
- ☐ Students will get to enjoy time in popular outdoor spaces in San Francisco
- ☐ Students will learn about where food is grown and sourced
- ☐ Students will get to visit different museums/attractions
- ☐ Students will learn different routes of public transportation
- ☐ Students will work together to document our adventures throughout the week

Daily Plans (Tentative):

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Chinatown • SF MoMa • Yerba Buena Gardens 	<ul style="list-style-type: none"> • Exploratorium • Ferry Building • Farmers market • Salesforce Park 	<ul style="list-style-type: none"> • Mission Dolores Park • Art Walks • Museum 	<ul style="list-style-type: none"> • Berkeley UC Berkeley • Farmers market • Farm to table 	<ul style="list-style-type: none"> • Half Moon Bay • Elkus Ranch

Course Description:

Food and Fun in SF interim is exactly what it sounds like! We'll be exploring different parts of San Francisco each day, trying different cuisines, and doing some other fun activities while we're at it! We'll be spending some time in different neighborhoods of San Francisco such as the Mission, Embarcadero, and Chinatown. Some activities will include spending time outdoors, visiting museums, and of course eating yummy foods! What's better than food, culture, art, and the beautiful outdoors!?!

Interim Week Course Description – 2023-2024

Title: Getting to Know the REAL Bay Area--Strike, Rebellion, and Revolutionary Action: San Francisco's Proud History of Insurrection

Teacher: Christopher Korp, Dakota Milwee

Credits Applied: 2.5 Elective

Requested Donation: \$50 for BART

Additional Information: This Interim will consist of five days of guided tours that will allow students to walk the same picket lines as the strikers of the 1934 West Coast General Strike--which sent shockwaves through union hiring halls and corporate boardrooms around the globe. San Francisco's waterfront was the epicenter of this labor rights battle--and many a labor martyr was created on the docks, piers, and warehouses that jut into San Francisco's frigid bay. Many of the professors, staff, and librarians of the J. Paul Leonard Labor Archives and Research Center will be helping lead or inform these tours, and they will also be facilitating a mock labor contract negotiation session on the SFSU campus. This week will be rich in history and help connect students with the Bay Area's righteously rebellious past.

Required Materials:

- Comfortable walking shoes
- Dress in layers
- Access to a camera--mobile phone or otherwise (cameras will be provided to students who do not possess their own).
- Lunch or lunch money for each day

Learning Outcomes:

- To learn how using collective action can make positive changes that governments, on their own, seem incapable of making.
- Learn how company/labor contract disputes are settled and negotiated.

Course Description:

- A week-long dive into the often-overlooked history of the 1934 General Strike in San Francisco.

Tentative Schedule*:

- **Monday:** Union Square
- **Tuesday:** South of Market and the waterfront (Led by Professor Catherine Powell from SFSU Labor Archives)
- **Wednesday:** North of Market waterfront.
- **Thursday:** Inner Mission and Mock Labor Contract Negotiations at San Francisco State University
- **Friday:** Free Speech Movement at UC Berkeley

** A detailed schedule will be sent with your student as we approach interim week. We are working with the people at SFSU, and we might spend one more day there.*

Interim Week Course Description – 2023-24

Title: Hand Embroidery and Embellishments

Teacher: Coach DeVore

Credits Applied: 2.5 Elective

Requested Donation: \$30 (students receive an embroidery kit that they can keep)

Required Materials:

Provided for interim:

- Embroidery kits (including needles, thread, and hoops)
- Fabric swatches and scraps for practice and projects
- Beads, charms, ribbons, and other embellishments

Provided by students:

- Clothing items you want to mend and/or upcycle (decorate, repurpose, etc)
- (Optional) Additional crafting supplies you would like to use for your projects
- (Optional) Additional crafting supplies you would like to share with the group

Learning Outcomes:

- Students will learn and practice embroidery basics, including how to prepare the fabric and hoop and perform a variety of stitches.
- Students will learn and practice methods for mending loved clothing with embroidery.
- Students will learn tips and tricks for different embellishments including but not limited to beading, sewing scraps, and fabric safe inks, and will produce their own multimedia fiber arts.

Course Description:

Together you will learn and practice different embroidery techniques. There will be main projects that everyone will work on throughout the week as well as the opportunity to work on other projects you may come up with. One main project will be a visible mending project where students bring in a piece of clothing or an accessory that has some sort of damage they would like to mend. For our other main project, there are multiple ideas which we will narrow down as a group during our advisory meetings before interim week, including a patch swap or a collaborative wall hanging.

Each day will include a few skills or tips and tricks, time to work on the assigned main project(s) and any personal projects, and scheduled breaks. Specific embellishments/decorative elements that are covered will also be based on student interests discussed before interim week. We will visit the Museum of Craft and Design in SF and stop at SCRAP, a creative reuse center in the city, for materials to use on our projects.

Tentative Schedule:

Monday:

- Going over embroidery basics and practicing
- Brainstorming for projects

Tuesday:

- Working on main projects

Wednesday: *off campus for part of the day*

- Visiting the Museum of Craft and Design
- Visiting SCRAP
- Working on main projects (when we return to campus)

Thursday:

- Working on main and personal projects

Friday:

- Finalizing our projects
- Group showcase of our work

Interim Week Course Description – 2023-2024

Title: Hardly Strictly Shark Strings: Grab your guitars and ukuleles (or whatever else you got with strings)--let's make music together!

Teacher: Dan Arzaga

Credits applied: 2.5 elective

Requested Donation: \$20 (to help stock our supply of tasty snacks and drinks)

Required Materials:

It is very much preferred that participants bring their own instrument (acoustic guitar, electric guitar with small amp, ukulele, banjo, violin, etc). *A very limited supply of stringed instruments will be available for use.

Learning Outcomes

- Learning or improving a skill
- Being artistic and creative
- Building self-confidence
- Stepping outside one's comfort zone
- Working together toward a group goal
- Having an exciting and/or challenging shared experience with their peers

Course Description:

Participants will be joining a supportive community of musical artists with the goal of bringing free music to The People here on campus during Interim Week. Musicians, at whatever level (beginner to shredder), will use "rehearsal time" to work on their technique, learn or teach skills in collaboration with others, learn songs (cover tunes or bravely write their own material), and possibly form duets, trios, and jam session partnerships. All participants will be required to work on their "set list" and perform as a "street musician" (solo or with others) at some point beginning mid-week, in the courtyard, cafeteria, or main hallways of Oceana during nutrition break or lunch--just like the French Quarter in New Orleans!

We'll schedule time to give the fingers a rest by viewing fun, music-themed films and being inspired by concert footage of the legends of our craft throughout different musical genres. And when the weather forecast is looking good, maybe we'll stretch our legs and lungs for a little bit and find inspiration up on the trail or down by the pier and beach.

Tentative Schedule

Monday	<ul style="list-style-type: none">• Rehearsal, musical collaboration; fun, music-themed film or inspiration from legends• Possibly a trail or beach walk
Tuesday	<ul style="list-style-type: none">• Rehearsal, musical collaboration; fun, music-themed film or inspiration from legends• Possibly a trail or beach walk
Wednesday	<ul style="list-style-type: none">• Rehearsal, musical collaboration; fun, music-themed film or inspiration from legends• Street musician performances at nutrition and lunch• Possibly a trail or beach walk
Thursday	<ul style="list-style-type: none">• Rehearsal, musical collaboration; fun, music-themed film or inspiration from legends• Street musician performances at nutrition and lunch• Possibly a trail or beach walk
Friday	<ul style="list-style-type: none">• Rehearsal, musical collaboration; fun, music-themed film or inspiration from legends• Street musician performances at nutrition and lunch;<ul style="list-style-type: none">◦ Maybe a big blues jam in the courtyard at lunch with everyone having a turn at a solo (Why not, right?)• Possibly a trail or beach walk

Interim Week Course Description - 2023-2024

Title: Jewelry and Crafts (10052)
Teacher: Ma Corazon Quinay
Credits Applied: 2.5 Elective
Requested Donation: \$40 (Includes jewelry making kit and craft supplies)

Required Materials:

Jewelry making kit (jewelry pliers, beading wire, wrapping wire, findings, clasps)

Kit pliers (needle nose pliers/chain nose pliers, round nose pliers, wire cutters and bent nose pliers for crafts, wire wrapping)

Beads: cowrie shell, clay beads, puka shell, beach shell, tiger & black coconut bead, heishi beads (assorted colors), stone beads, freshwater cultured pearl, swarovski crystal beads

Craft Wire (gauge silver, copper wire, elastic string)

Pendant (natural stone, resin pendant beads, water drop crystal beads, cubic zirconia alloy charms, assorted necklace pendants)

Glue stick, glue gun

Learning Outcomes:

In this Interim, students will:

- Develop practical and theoretical skills in the practice of jewelry making through designing, planning and making a piece of their own.
- Learn the history of jewelry making, elements of design, materials and process.
- Use a range of jewelry making techniques such as: stringing, wire wrapping, viking knitting technique
- Create jewelry using their own designs and explore their creativity
- Gain physical benefits and express themselves through the art of jewelry making
- Gain cognitive benefits by keeping their brains active through creativity and imagination
- Gain social benefits as they share their similar passion with other crafters
- Improve their visual and fine motor skills

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Course Description:

This interim is for students who want to learn jewelry making and some crafts that would be very useful in their daily lives. It will help develop their creativity and imagination and allow them to express their inner self by creating new designs. In this interim, we will explore the history of jewelry making and create our own earrings, bracelets, anklets, choker, necklaces and learn a few more crafts like napkin folding, clay art and egg mosaic. Those who participate in these activities can create a piece of jewelry with their own unique designs. Using beads to make jewelry is a great skill to develop for young and adults alike. Visual motor skills are also improved through beading as well as social skills as you are able to join a community with similar passion. It allows yourself to get lost in the moment, enjoy the creative process and let the ideas flow through you as you craft new designs. Jewelry creation is a wonderful way to relax and it lets your artistic thoughts flow freely. It gives you the freedom to explore and allows your creativity to take over.

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Tentative Schedule :

Monday	Tuesday	Wednesday	Thursday	Friday
Getting to know each other / Scavenger hunt	Social Games / Opening Circle	Mindfulness / Group Sharing / Reflection	Social Games / Circle Time	Exploring Individual Creativity
Introduction to jewelry making (tools, findings, beads)	The Color Wheel / Elements of Design	Ring Making : Wire Wrapping Technique	Jewelry Production : Earrings, Bracelets, Rings, Necklaces	Revisit and create jewelry from a favorite technique
Lunch	Lunch	Lunch	Lunch	Lunch
Technique 1: Stringing	Technique 2: Wire Wrapping	Ring Production	Technique 3: Viking Knitting	Jewelry Making: Design of their choice
Jewelry Production : Stringing Technique	Jewelry Production : Wire Wrapping Technique	Jewelry Set Production	Viking Knitting Jewelry Production	Classroom mini-exhibit / Culminating activity

Interim Week Course Description: 2023-24

Title: **Movement & Soccer**

Teacher: Ms. Torres and Mr. Leung

Credits Applied: 2.5 Elective

Requested Donation: \$20.00

Required Materials:

- Work out clothes
- Refillable water bottle (recommended)
- Athletic shoes



Not just soccer! You'll also have a chance to get job training as a referee (tentative), teach younger athletes, and take a trip to SF!

Learning Outcomes:

- Understanding diaphragmatic breathing and its impact on movement and performance
- Ability to self-assess movement quality and deficiencies
- Having a toolbox of strategies to address movement issues/ protect against potential injuries
- Understanding the three energy systems and how to train/fuel for each
- Understanding the basic rules of play
- Understanding the importance of teamwork

Course Description:

Want to spend a week playing a sport, getting better, and learning about the body? Join the Movement and Soccer Interim, where you will learn proper movement techniques, practice self-care strategies for your bodies, AND play soccer in various locations like the Beach, in San Francisco, and more! You will apply things you learn in this Soccer and Movement interim to the rest of your life. For example, how do you work in a team, how do you get better at a skill, and how do you take care of your body?

Tentative Schedule: This schedule is tentative and we are also looking into getting someone to come in to give students training to become a referee, possibly a day where students conduct a soccer clinic to younger soccer players and possibly learn to review footage of individual play.

Monday	Tuesday	Wednesday	Thursday	Friday
Intro to movement & proper technique	Soccer in San Francisco	Becoming a Referee!	Stretching and Soccer at the Beach	Review what was learned and teach younger kids.
Utilizing the Weight Room	Let's explore a few places to play soccer in SF. We will play, eat and play again!	Pacifica United Soccer Club will train students to be a Referee.	Let's head down to the beach to play soccer!	Championship Game
Injury prevention and teamwork				

Interim Week Course Description – 2023-2024

Title: Oceanography

Teacher: Paul J. Orth

Credits applied: 2.5 elective credits

Donation: \$20.00- \$30.00

Required Materials:

- Clipper card or bus passes (optional)
- Exploring gear: dressed in layers, comfy walking shoes, bag, water, student ID, snacks
- Access to phone or camera
- Extra spending money (optional)

Learning Outcomes: Increased oceanographic awareness, Hiking experience and skills, Increased awareness of Human impact on Ocean systems, Awareness of responsible behavior around trash and plastic waste materials, increased science lab experience, field experience including plankton collection and analysis and tidal pool observation.

Course Description:

This course will involve investigating the ocean and things that live in, near, or on it! This includes animals, plants, and even people. We will spend most of the interim week **outside** involved with activities on or near the ocean, depending on the weather and other factors. This will include beach walks, workshops/ field trips, and experiments dealing with the ocean. (See last year's Itinerary below, shown during Interim fair)

You should expect to wear comfortable clothing that can keep you warm, dry, and comfortable. You should plan to bring some or all of the following: COMFORTABLE WALKING SHOES, a camera, binoculars, Lunch/Snack and spending money?

Itinerary for March 27th - 31st, 2023- 2024 is TBD depending on FT availability and collected funds. Ideally, we will have 2-3 days of Field trips and 2-3 of on campus activities around ocean science and ocean stewardship that may involve hikes to Sharp Park beach. Some of the places being considered include Aquarium of the Bay/ Crissy field/ National Marine Sanctuaries : The Marine Mammal Center main complex at Ft Cronkite in Sausalito ; Tide pools at either Pillar Point in HMB or Fitzgerald Marine preserve in Moss Beach : Ana Nuevo state park to see the Elephant seals. Below is a possible itinerary for 2023 some things still need to be booked and set up

Monday: Hike to Sharp park Beach/Mori point*

Tuesday: Hike to Sharp park Beach tide pools /pier**

Wednesday: Meet at Daly City Bart ~ 9:00 am Aquarium of Bay & Pier 39

Thursday: Meet at Linda Mar Park and ride SamTrans 117 to HMB: Pillar Point tide pools

Friday: Hikes around campus and/or to Sharp park Beach

Interim Week Course Description – 2023-2024

Title/ Theme: Outdoor Education

Teacher: Michal Nozik

Credits Applied: 2.5 Elective

Required:

- 10th - 12th graders

Course Description:

The San Mateo Outdoor Education Program offers an exciting learning opportunity for elementary and middle school students. Sophomore, junior, and senior high school students serve as cabin leaders/teacher assistants in these programs. The cabin leader plays an integral role in promoting the goals of the program which include:

- Fostering an understanding of the interdependence of people and nature
- Integrating a multi-disciplinary curriculum
- Providing a living situation that promotes a sense of personal worth as well as respect for the rights of others
- Offering growth in a safe environment

As a cabin leader, the high school students' duties are to:

- Lead a cabin of elementary school students
- Facilitate problem solving
- Set the tone for cabin behavior
- Be a positive role model, advisor, and friend
- Plan activities for students' free time

The San Mateo Outdoor Education Program serves public, private, parochial and alternative elementary, middle, and high schools throughout the San Francisco Bay Area. The San Mateo Outdoor Education Program is located at the San Francisco YMCA Camp, four miles from La Honda.

Interim Week Course Description – 2023-24

Title: **Pedaling and Planting**

Teacher: Mr. Menard (and possibly Mr. Duca)

Credits Applied: 2.5 Elective

Requested Donation: \$30

Required Materials:

- bike & helmet (*If student does not have a bike or helmet they will be provided*)
- lunch
- backpack or bag
- comfortable clothing and shoes
- signed permission slip and behavioral contract

Learning Outcomes: Students will be able to...

- display biking etiquette and ability to follow rules of the road and safe biking techniques.
- demonstrate riding essentials such as fixing a flat, caring for the environment, and assisting others.
- identify characteristics of safer biking routes and explore healthy transportation options.
- create a planting plan that involves plants according to their season and environmental needs
- identify the characteristics of nutritious soil and apply ways to improve its condition for plants

Course Description:

Please note that cycling is an inherently dangerous activity, a helmet must be worn at all times and any student that is riding or behaving in a dangerous manner will be removed from the class and parents may be required to pick the student up.

Each day will involve at least one bicycle ride to a local garden, and time spent working in a community garden or Oceana's garden. Students will learn safe biking routes around the Pacifica area, biking essentials, and experience the thrills of mountain biking. Students must know how to ride a bicycle prior to the start of the class.

Fundraising opportunities: Donation Requests, Concession Sales at Sports Events, Discount Card Sales

Schedules for the week are tentative and weather dependent.

Possible itinerary:

- Intro to biking, safety, laws, essentials. Gardening orientation in the school garden
- Bike around Mori Point Trail network and the Quarry. Volunteer in the Pacifica Gardens.
- Bike to Linda Mar Beach. Volunteer with the Sanchez Library Garden rehabilitation.
- Bike to Montara Mountain. Volunteer with the Sanchez Library Garden rehabilitation.
- Mt. Bike in Golden Gate Park. Tour the Golden Gate Community Garden and Botanical Gardens

Interim Week Course Description – 2023-2024

<u>Title:</u>	Photographing San Francisco
<u>Teacher:</u>	Mr. Weiss
<u>Credits Applied:</u>	2.5 Elective
<u>Requested Donation:</u>	Requested donation to cover BART fares: \$20.00

Additional Information:

- Students will be expected to shoot at least one roll of film per day (36 shots) or the equivalent in digital. (Students who choose to use film will be responsible for the extra expense. Film and processing costs for a roll of film vary; from less than \$5.00 a roll to over \$15.00 a roll depending on the film used and where the processing is done.)
- Students can bring their own lunches and snacks, or food may be purchased on site.

Required Materials:

- Digital camera, cell phone, or film camera.
- Camera batteries & memory card or minimum of 5 rolls of film

Learning Outcomes:

- Photographic composition, camera operation, film choice, exposure, focus, and elements of artistic photography. An expanded knowledge of areas of San Francisco of scenic or other photographic interest.

Course Description:

We will meet and dismiss at the BART station in Daly City. We will make daily trips to San Francisco on BART and MUNI. We will visit and photograph various locations. During our trips there will be instruction in photographic techniques. Time permitting, we will visit photographic exhibits and galleries.

Students will prepare a photographic portfolio after the completion of the interim week.

Tentative Schedule:

- **Monday:** Sutro Baths, Cliff House, Golden Gate Park
- **Tuesday:** Hyde Street Pier, Aquatic Park, Fisherman's Wharf
- **Wednesday:** 24th Street murals, Union Square, Chinatown
- **Thursday:** Pier 24 Gallery, Embarcadero, Ferry Building, Financial District, SoMa
- **Friday:** Golden Gate Bridge, Fort Point, Crissy Field

Interim Week Course Description – 2023-2024

Title: Pie Ranch: Life on a Farm

Teachers: Daniel Hagen and Laurie Hughes

Credits applied: 2.5 elective

Cost: \$100

Required Materials: Appropriate clothing for farming and camping.

Special Needs: Be open to new foods, new challenges, unplugging from technology, the outdoors and physical activities.

Skills to be Learned: Farming, nutrition, camping, cooking, food systems, food justice and cooperation.

Course Description:

Come spend one week at Pie Ranch just south of Pescadero, California. We will camp at the ranch from Monday to Friday, spending our days learning about farming and healthy eating. We will also have daily mindfulness activities. We will work with the farmers and their interns who live on the farm. There will be time for caring for animals, preparing the fields, harvesting, and cooking meals and baking pies. Each year there are new projects on the farm from planting pear trees to harvesting potatoes to clearing brush to putting in irrigation. Students will share the cooking and cleaning chores on a rotating basis. Students **will not** be able to take a shower during the week, but will have access to sinks to keep clean. This interim provides students with the opportunity to work on cooperative workers' skills, while learning a great deal about life on a farm. The cost of the trip is \$100, which includes food, transportation and the farmers' time teaching. We ask all students to try to participate in the fundraising events. Students are not required to have sleeping bags or other camping equipment, but it is helpful if they do.

Interim Week Course Description – 2023-2024

Title: **Science in the Bay Area**
Ribbit, Ribbit, Let's Go to an Exhibit

Teacher: Hodder/Mittal

Credits Applied: 2.5 Elective

Requested Donation: \$100 (pays for field trips: tickets and buses)

Required Materials:
• Walking shoes

Learning Outcomes:

Students will learn to...

- explore science topics that spark their curiosity
- identify new areas of science and technology that they would like to explore in more depth
- compare different ways of learning about science
- create a “Best of” guide to the science learning opportunities and resources in the Bay Area

Course Description:

In Science in the Bay Area, let your curiosity be your guide! Over the course of five days, we will visit Bay Area museums, planetariums, aquariums, and parks to explore our scientific curiosity about the world around us. Our destinations include the California Academy of Sciences, the Exploratorium, the Chabot Space Museum, the Tech Interactive in San Jose, the San Francisco Botanical Gardens, Muir Woods, and more. Play with museum exhibits, hike and explore the natural beauty of our region, stare at the stars in a planetarium, try out a few lab experiences with some experts, check out a cool IMAX movie, and test some new technology...come explore the world with us!

Tentative Schedule:

Mon: Explore our natural world: visit the California Academy of Sciences and the San Francisco Botanical Gardens

Tues: What can nature teach us? Take a hike in Muir Woods, a little beach time too?

Wed: Ready to play? Visit the Exploratorium, maybe the best hands-on science museum in the world.

Thurs: Venture into the world of space: visit Chabot Space Museum, with a short nature hike in the redwoods

Fri: Test out tech: visit the Tech Interactive, and explore a little bit of San Jose

Interim Week Course Description – 2023-2024

Title: Screenwriting and Movie Making

Teacher: Tony Marelich

Credits Applied: 2.5 Elective

Requested Donation: \$20 for sets, costumes, props, and art materials (but no one turned away for lack of funds)

Required Materials:

- Cell phone with a camera and a cable to download video from

Learning Outcomes:

- Students will learn the specific stages of making a film.
- Students will learn how to act based on a script.
- Students will learn how the film editing process works.
- Students will learn the basics of film directing and producing.

Course Description:

- This is a filmmaking class that focuses on the fundamentals of movie making through the creation of an actual student created short film. Students will learn about movie making fundamentals, then proceed to dive into creating a film: they will brainstorm ideas, create a storyboard, write a script, audition for roles, shoot footage across the Oceana Campus, compile footage, edit, create a soundtrack, a movie trailer, a poster and produce an actual finished short film.

Tentative Schedule:

Monday

- Introduction : Genre, Mise en Scène, Cinematography, Editing, Sound and Music, Producing, Directing.
- Story development, Storyboarding, Script writing
- Crew selection, Casting/auditions, Preliminary location scouting

Tuesday

- Rehearsals & Filming Day 1

Wednesday

- Filming Day 2 & Editing and post production

Thursday

- Audio engineering, Trailer creation, Titles, and Soundtrack

Friday

- Final editing, and Marketing and Distribution: Students will create a movie poster, and electronic images for social media.

Interim Week Course Description – 2023-2024

Title: Sports, Having Fun, and Being Active

Teacher: Mr. Johnston & Mr. Lai

Credits Applied: 2.5 Elective Credit

Requested Donation: \$20 per person for an off campus activity

Required Materials:

- Tennis shoes (No Crocs!)
- Comfortable clothes for workout and activity
- Water bottle

Skills to be Learned:

- Demonstrates competency in a variety of motor skills.
- Applies knowledge of concepts, principles, strategies and skills related to movement, performance, and maintaining a health enhancing level of physical activity and fitness.
- Exhibits responsible personal and social behavior that respects self and others.
- Interpersonal skills that increase their ability to work with others, effectively communicate, and develop supportive teammate relationships.

Course Description:

In this course students will be able to vote for the activities/sports they would like to participate in during Interim week. The activities and sports will be broken down into three sections a day. Students start the day with stretches and warm-ups. Then they will be participating in competitive and/or non competitive style team sports and activities. There is a possibility of one section of swimming and on the last day there could be an off-campus trip.

Possible Sports and Activities:

- Icebreakers.
- Sports: Basketball, Soccer, Ultimate Frisbee, Handball, Pickleball, Badminton, Volleyball, Flag Football, Hockey, Spikeball, Pickleball, Boxing, etc.
- Activities: Swimming, Hiking, Archery, and Bowling.
- Games: Capture the Flag, Warball, Tag, Crab Soccer, etc.

Interim Week Course Description – 2023-2024

Title: Think Fast! (Improv)

Teacher: Mr. Roberts

Credits Applied: 2.5 Elective

Requested Donation: \$20

Required Materials:

- Comfortable clothing for easy movement
- A sense of humor
- A willingness to take risks and try new things

Learning Outcomes:

- Creative solution making
- Team work
- Thinking and building within time constraints
- Short performances and skits
- Laughing and having fun
- Working through challenges

Course Description:

This interim is for anyone who loves to play games, perform, build things, and loves to laugh and have fun! You will get to work through challenges while thinking quickly. The week will be fun, random, and you will become better at “thinking on your feet” by the end!

We will do each of the following:

- Improv comedy like the games on “**Whose Line Is It Anyway?**” where you are given different scenarios to act out with no time to prepare.
- Team challenges like in “**The Amazing Race**” where you are given limited resources and must creatively solve the challenge.
- Games where you have to communicate effectively under pressure, such as **Taboo, Scattergories, and Family Feud**.
- A skit portion to create a short presentation that meets a variety of fun challenges.

Interim Week Course Description – 2023-2024

Title: **Thrifting and Upcycling**

Teacher: Ms. Poehler

Credits Applied: 2.5 Elective

Requested Donation: \$50, but no one turned away for lack of funds

Required Materials:

- No materials are required
- Useful materials: a phone or camera to take photos of interesting thrift store finds, some spending money if you want to make purchases (not required!), reusable shopping bags
- Patience, creativity, and curiosity are a plus

Learning Outcomes:

You will:

- Explore thrift stores in the region
- Use your patience, creativity, and curiosity to find items that bring you joy
- Find new and unusual ways to repurpose items
- Explore the negative consequences of fast fashion and consumerism
- Discover the environmental benefits of buying secondhand
- Confidently navigate the Bay Area on public transportation
- Practice savvy shopping and strategic decision-making (like, “Do I really need another [favorite clothing item here]?” and “This piece is 90% off, but is it worth it to *me*?” and “Will I *actually* sell it on depop?”)

Course Description:

Do you enjoy thrifting? Then this may be the interim for you! Join expert thrift shopper, Ms. Poehler, for a week of thrifting and upcycling fun. We will discover the benefits of buying used, the joys of creative repurposing, and the thrill of a successful thrift store hunt. We will visit several excellent thrift stores and see what we can find. Whether or not you buy anything, we’ll document our discoveries and share those finds with each other. Will you be the one to find the ugliest sweater, the best bargain, the choicest vintage piece, the shoes that would be the most difficult to walk in, the funniest coffee mug, or the knick-knack that people find the most confusing? Join us and find out!

Our on-campus days will include learning about the global secondhand trade and the perils of fast fashion, time to work on creatively repurposing clothes and other items, and possibly some imaginative storytelling.

Tentative Schedule:

Please note that days and activities are subject to change, but that we expect to take field trips on 3-4 of the days and be on campus 1-2 days.

Monday: Why thrifting and upcycling? Planning our field trips (on campus)

Tuesday: Field trip to Bay Area thrift store(s) -- San Francisco’s Mission District and South San Francisco

Wednesday: Field trip to Bay Area thrift store(s) -- Berkeley

Thursday: Field trip to Bay Area thrift store(s) -- Haight Street in San Francisco

Friday: share our finds, upcycling projects, contests and awards (on campus); possible afternoon field trip

Interim Week Course Description – 2023-24

Title: Urban Hiking

Teacher: Ms. Anderson

Credits Applied: 2.5 Elective

Requested Donation: 20-50\$ (depends on the itinerary we finalize as a group)

Required Materials:

- Comfortable walking shoes
- Layers of clothing
- Water bottle
- (Lunch)

Learning Outcomes:

- Appreciation for pockets of nature in the urban landscape
- Confidence and motivation to explore these pockets of nature
- Awareness of ways of building health and fitness into recreation (Physical stamina to participate in hikes)
- Experience with simple map-making and map-reading
- (And ability to reliably identify and avoid poison oak)

Course Description:

I want to finalize the exact itinerary of which hikes our group will do with whoever ends up in the group this year, but this interim will likely include 4 days of hiking, exploring different pockets of nature in and around the urban landscape of the Bay Area, plus 1 day to share photos, participate in a game show like competition about the areas we've visited, and celebrate our accomplishments!

A typical hiking day:

- public transit to the starting point of our hike
- Morning Map Meeting: an overview of our route for the day
- Following trails and exploring the outdoors
- Breaks for snacks, lunch etc. (sometimes in more natural areas, sometimes in urban areas with opportunities to purchase food)
- Afternoon shareout
- public transit back

Areas we may explore include: The Presidio, Twin Peaks, Glen Canyon, Golden Gate Park, Montara Mountain, Angel Island and more. This could include stops at World War II batteries, the Golden Gate Bridge, the Japanese Tea Gardens, AIDS Memorial Grove and beaches with room to stretch out or play ball.

NOTE: THIS INTERIM PROBABLY MEETS AT THE DALY CITY BART STATION 2-3 DAYS, AND ON THE OCEANA CAMPUS 2-3 DAYS