

# Enrichment Week

*The World is Your Classroom*



## Course Catalog

March 2 – 6, 2009

*Saint Mary's College High School*

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## *The Philosophy of the Enrichment Week Program*

*Saint John Baptist de la Salle believed that Lasallian Educators are with their students from morning to evening; this meant that the education envisioned would be characterized by a fraternal relationship between teacher and students. The Lasallian Educator is totally immersed in the life of his/her students and shares their interests, their worries, and their hopes. Lasallian Educators are not so much schoolmasters pounding truths into their heads, as they are an older brother and sister who help them to discern within themselves the call of the Spirit, to come to a better understanding of what is real, to recognize their abilities, and thereby to discover progressively their place in the world.*

*Adapted from "The Declaration"*

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A part of Saint Mary's mission is to educate the whole person by promoting the intellectual, spiritual, physical, and social development of each student while at the same time creating community. The administration, faculty, and staff are committed to living this commitment to educate the whole person through the curriculum, co-curricular programs, and day-to-day contact with students. Enrichment Week provides an additional means to develop and extend the school's mission. During this special week each student will have an opportunity to choose and participate in a course that is of particular interest to him/her. The curriculum for Enrichment Week is developed by the faculty and contains a mix of academic, travel, career exploration, and recreational classes.

Participation in Enrichment Week is mandatory for all students, but the choice of specific classes is up to each individual student and his/her family. Since the program is an addition to, rather than a part of the regular curriculum, courses carry fees which cover the cost of their materials, equipment, and/or transportation.

Please look carefully at the course offerings and make the choices appropriate for your children, paying particular attention to when and where each course meets each day. A lunch fair will be held in early January allowing students the opportunity to learn more about each course. Registration will take place later that same week.



# Policies & Procedures

## Enrichment Week Courses

All Enrichment Week courses are philosophically based on our Lasallian Educational Outcomes (LEOs). Each course is developed and/or coordinated by a Saint Mary's faculty member. All courses correspond with one or more of the following categories. Students are expected and encouraged to take a course from a different category each year. In this catalog, courses are identified according to a catalog number as indicated below:

1. College and/or Career Exploration
2. Educational and/or Cultural Experience
3. Recreation and/or Physical Wellness
4. Service and/or Spirituality

## Priority Numbers

Priority numbers determine the order in which students may register for Enrichment Week courses. Priority numbers are posted when the catalog is distributed.

## Course Registration

Students will register for Enrichment Week courses online through PowersSchool on January 14 & 15. Registration forms need to be printed out by the each student then signed by a parent/guardian and returned no later than Friday, January 16. Forms will be collected during homeroom on January 15 & 16. Failure to turn in a signed registration form will result with the student losing their priority number.

**The Enrichment Week Registration Form is not only used to register a student in a course, but it also serves as a permission slip for the student to participate.**

## No Repeated Courses

Students are expected to take a different course each year and they are encouraged to take one class from each category throughout their four years at Saint Mary's. Students are not allowed to repeat a course unless approved by the course instructor and the Enrichment Week Director prior to registration day.

## Transportation

Many courses require some off-campus travel. The majority of off-campus travel is usually done by public transportation (BART or bus). Since many students have BART tickets or a bus pass, students are responsible for the costs of local public transportation to course sites, unless otherwise specified in the final course itinerary. Transportation outside of the Bay Area will be part of the course cost and arranged by the school. We are always in need of parent volunteers to drive. Parent drivers help keep course costs down. If you would like to volunteer as a driver, please contact Cathy Molinelli via email at [cmolinelli@stmchs.org](mailto:cmolinelli@stmchs.org).

## Course Itinerary

Every teacher will provide the school and each registered student with a course itinerary. This itinerary will provide day-to-day details, including meeting and departure times, activity schedules, locations for each day, and transportation information.

## Enrichment Week Parent Meetings for Overnight Trips & Immersions

Some courses require that a parent and the student come to the Enrichment Week Parent Meeting to meet the teacher, complete the required permission forms and obtain insurance/health care information. Some travel courses, and all immersion programs; have been sponsoring on-going meetings with students and parents. The required forms for these courses will be completed in one of these sessions.

Students and their parents will be required to attend the **Enrichment Week Parent Meeting on Monday, February 23, at 6:30pm**. This is a mandatory meeting. Failure to attend this meeting may result in a student's inability to participate in an overnight/travel course. Students traveling with the Immersion Programs (El Salvador, New Orleans, Montana and East Bay) will meet at 7pm in Auditorium that same evening.

## Paying for Enrichment Week Courses

For courses under \$150, Saint Mary's will bill families by mail the first week of February for the full cost of the course. For courses over \$150, the fee will be divided into two installments. The first installment will be mailed during the first week of February and the second installment on March 2<sup>nd</sup>. This two-payment program is for families who are current on their tuition payments or have been cleared by the Finance Office. Please contact Mr. Joseph Adams in the Finance

Office if you have any questions or concerns regarding the billing and payment cycle. Mr. Adams can be reached via e-mail at [jadams@stmchs.org](mailto:jadams@stmchs.org).

### No Refund

Students missing a course or a portion of a course due to an excused or unexcused absence or any tardiness will not receive a refund of money used to pay for the course. Most courses have pre-paid for materials, supplies, outside instructors, and transportation.

### Cancellation of a Course or Increase in Fees

As courses are developed, teachers create a course budget and cost. Sometimes admission fares, transportation, or food costs change from the time the course was developed to the time the course is actually held. If there is an increase in course cost, students will be notified in advance.

If a course is cancelled due to lack of enrollment or for another unforeseen reason, students will be offered an opportunity to join another course that has an opening. Students may also be encouraged to create an I.I.P. (*Individual Internship Program*) for themselves based on the theme or subject of the course that was cancelled. The Enrichment Week Director will work with these students in creating their I.I.P.

### Transcripts

Enrichment Week courses will appear on students' transcripts.

### Attendance & Tardies

**All school policies described in the *Student-Parent Handbook* are in effect during Enrichment Week. Please refer to the handbook for details.**

- All school policies regarding attendance and tardiness are in place during Enrichment Week.
- If a student is ill during that week, parents need to phone in the absence to the Main Office. Notes are required when the student returns to school.
- Students are required to complete the course in which they have enrolled. If a student misses a portion of the course because of an excused absence, s/he must make up the hours missed through an individual internship that must be approved by the Enrichment Week Program Director. The internship must be completed before the end of the semester.
- All unexcused tardies will be handled by the Enrichment Week Director. Students who are off-campus and have unexcused tardies will serve detention by arrangement with the Vice Principal.
- If a student misses a half-session (over 2 hours) it will be considered an absence.
- If a student misses a portion of the course due to an unexcused absence, it will be considered truancy; please refer to the Student/Parent Handbook for consequences on truancy.

### Behavior Issues during Enrichment Week

- Inappropriate behavior will incur consequences during the Enrichment Week course, as well as disciplinary action at Saint Mary's upon the students' return.
- *On-Campus*: A student who is sent out of class while taking a course on campus is to report to the Main Office. The Enrichment Week Director will determine appropriate disciplinary action.
- *Off-Campus Day Courses*: If a student on an off-campus course is asked to leave for behavioral reasons, the instructor of the course will phone the school and speak to the Vice Principal for him/her to determine whether the student will be picked up by a parent at the course site or the instructor will send the student home after consultation with the student's parents.
- *Off-Campus Overnight and Travel Courses*: All school policies described in the *Student-Parent Handbook* are in effect during Enrichment Week, regardless of where the course is held. At the required parent meeting(s), the faculty member will discuss with parents what the procedure will be if a student needs to be sent home from the activity for his/her behavior. Inappropriate behavior will incur consequences during the Enrichment Week course, as well as disciplinary action at Saint Mary's upon the students' return.

If you have questions in regards to Enrichment Week courses, planning and/or preparation, please contact: **Cathy Molinelli** via email at [cmolinelli@stmchs.org](mailto:cmolinelli@stmchs.org).

If you have questions DURING Enrichment Week, please call:

Saint Mary's Main Office  
Cathy Molinelli

510.526.9242  
510.559.6249



# Immersion & Service Opportunities

## Outdoor Education: Counselor Opportunities

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### Caritas Creek

Project Number: 7450

#### Caritas Staff (Mr. Davis)

Cost: \$20

CYO Caritas Creek is an environmental education program that stresses direct and active learning in nature, community building, and social and spiritual growth. Volunteers will be responsible for being cabin counselors to eight elementary-age students and an assistant to a teacher/naturalist during the daytime hikes. Volunteers will develop leadership and childcare skills. This is a fun way to get to know others, help elementary-age students, and enjoy nature. *Students must attend a Caritas training and be accepted into the program by the CYO staff and Mr. Davis.* **Open to sophomores, juniors and seniors only.**

*Course Category:* 1, 2, 3, 4

*Min./Max Enrollment:* 8/16

*Where and When:* Leave from school at 8:30 am Monday – arrive Saint Mary's by 3pm on Friday

*Meal(s):* All meals provided.

*Supplies/Materials:* List provided at meeting prior to departure.

*Transportation:* Provided by CYO.

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### Exploring New Horizons

Project Number: 7360

#### Horizon's Staff (Ms. Molinelli)

Cost: \$20

As a week-long outdoor school counselor, students explore and study the natural world while developing valuable leadership skills. Counselors are in charge of a group of seven to ten 5<sup>th</sup> and 6<sup>th</sup> grade students. They must get them to meals, hikes, and evening activities on time with their pencil, water bottle and rain jacket. This only scratches the surface of the responsibility and work each student assumes as a counselor. Counselors act as enthusiastic role models with their campers, taking pride in how well their students did during an activity. A naturalist, who acts as a counselor coordinator, checks in with each counselor daily, listening to concerns, and successes. Although a week of being a counselor for *Exploring New Horizons* is challenging, the benefits can last a lifetime. Visit [www.exploringnewhorizons.org](http://www.exploringnewhorizons.org) for more information. **Open to sophomores, juniors and seniors only.**

*Course Category:* 1, 2, 3, 4

*Min/Max Enrollment:* 8/20

*Where and When:* Leave from school at 5:30 pm Sunday, March 2 – arrive Saint Mary's by 21pm on Friday, March 7.

*Meal(s):* All meals provided.

*Supplies/Materials:* List provided at meeting prior to departure.

*Transportation:* Provided by Exploring New Horizons.

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### Walden West Science Camp

Project Number: 7115

**Horizon's Staff (Ms. Molinelli)****Cost: \$20**

The Walden West science program is an outdoor school program designed for fifth and sixth graders. Each session spans five days and four nights during which students, accompanied by classroom teachers, live and learn in an outdoor environment. The program is operated on the premise that students learn best through hands-on activities. Lessons in the natural sciences are brought to life with the hope that through education, students will develop an understanding and sense of appreciation for the environment. The Walden West science program emphasizes learning by doing. Students are immersed in activities that stimulate their interest in science and the outdoors.

As a volunteer, you will be responsible for being cabin counselors to eight elementary-age students and an assistant to a teacher/naturalist during the daytime hikes. In addition, you will develop leadership and childcare skills. This is a fun way to get to know others, help elementary-age students, and enjoy nature. Visit <http://www.sccoe.org/waldenwest/> for more information. **Open to sophomores, juniors and seniors only.**

*Course Category:* 2, 3, 4  
*Min./Max Enrollment:* 6/16  
*Where and When:* Leave Saint Mary's on Sunday, March 1 at 5:30 pm.  
 Return to Saint Mary's on Friday, March 6 by 2pm.  
*Meal(s):* All meals provided.  
*Supplies/Materials:* List provided at meeting prior to departure.  
*Transportation:* Included in program arranged by Walden West.

**Community Service:****Extreme Home Improvement****Project #: 7130****Mr. Bertero****Cost: \$ 75**

This course is designed to be much more than a Home Improvement project for our Saint Mary's student. It is also designed as an outreach opportunity and an opportunity to offer a 'helping hand' to an elderly resident, of our Saint Mary's community. This project entails renovating the residential landscape of a home that has become unmanageable and overwhelming to an elderly resident to maintain.

We encourage any student who enjoys the experience of working in a garden, grabbing a hammer and mending fences to enroll in this course. The project requires a cooperative team approach in designing & executing a project to renovate the landscape for an elderly homeowner.

*Course Category:* 1, 2, 3, 4  
*Min./Max Enrollment:* 8/16  
*Where and When:* Kensington/Arlington Park  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Work clothes & gloves.  
*Transportation:* Provided by school.

**Mural Preparations & Painting for Saint Leo the Great Elementary School Project Number: 7385****Mr. Olivier****Cost \$75**

Get ready to produce a painted mural on the site of Saint Leo the Great Elementary School in Oakland! All designs and drawing of the final 'cartoon' of the imagery onto the gym wall will be completed before Enrichment Week begins. The actual painting of the mural with the 8<sup>th</sup> grade class will be the activity of the week. If enough students demonstrate interest, a secondary mural placed in a classroom may also take place and the group would be divided between the two projects.

*Course Category:* 1, 2, 3, 4

*Min./Max. Enrollment:* 8/16

*Where and When:* Meet at school site: Monday – Thursday: (9:30am - 3:30pm) and Friday: (9:30am - 12:30pm), following with a lunchtime celebration of the completed mural(s).

*Meal(s):* Bring lunch daily.

*Supplies/Materials:* Supplies are included in the course costs.

*Transportation:* Meet at school site.

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**We Need You! Service at the Public Library**

**Project Number: 7340**

**Mr. Thomas**

**Cost: \$20**

Part of the mission of Saint John Baptist de La Salle is one that is shared by America's public libraries: to make knowledge and wisdom available to the poor. Let's take the opportunity of Enrichment Week, to give back to public libraries. Our closest public library, the North Berkeley Branch Library needs teen volunteers to shelve books, magazines, DVDs, CDs; to cut out RFID chips and clean dirty books; to straighten the lobby and take down outdated flyers. This is service to your local library. Sign up for this Enrichment Week course to learn about public libraries in the best way possible, by serving them.

*Course Category:* 1, 2, 4

*Min./Max. Enrollment:* 4/8

*Where and When:* Meet daily at the North Berkeley Branch Library

*Meal(s):* Bring lunch daily.

*Transportation:* Meet at Library, 1170 The Alameda, Berkeley

### **Immersion:**

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**El Salvador: Pilgrims of Peace**

**Project Number: 7220**

**Ms. Graviss & Mr. Mihaly**

**Cost: \$1,200**

Begun in 2000 by a former Saint Mary's teacher who had ties to El Salvador, this immersion trip takes students to the small town of Guarjila in Chalatenango, el Salvador. While there, students live with families of the Tamarindo Youth Group. We live simply and spend our days in community and solidarity with the youth of Guarjila. We also visit important cultural and historic sites and see the natural beauty of the Central American country. Spanish and English are spoken. Participants of this trip find their faith, sense of self and understanding of the world challenged. They also form lasting friendships and a commitment to serve humanity.

***Enrollment is closed. Students applied for this immersion trip in September.***

*Course Category:* 2, 3, 4

*Where and When:* Details provided by the instructors.

*Meal(s):* All meals provided.

*Transportation:* Arranged by the school.

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**New Orleans: Bay to the Bayou**

**Project Number: 7170**

**Ms. Shafai & Mr. Ferreira**

**Cost: \$900**

This immersion program takes students to New Orleans to see the devastation left by Katrina and to share in the hope and determination of the people. We will help restore the lives and property of those devastated by Hurricane Katrina but more importantly, we will build relationships with people. We will meet families and young people who are rebuilding their lives and their city after this disaster – a disaster that was both natural and human made. Participants will also learn about the history of the region, experience the struggles the people are still trying to overcome, learn about our Lasallian connection to the area by meeting with other Lasallian students, and take in the culture and the richness of the New Orleans.

***Enrollment is closed. Students applied for this immersion trip in September.***

*Course Category:* 2, 3, 4

*Where and When:* Details provided by the instructors.

*Meal(s):* All meals provided.

*Transportation:* Arranged by the school.

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**Oki-Ni-Soo-Ka-Wa (Blackfeet Reservation)**

**Project Number: 7200**

**Mr. Forte & Ms. Cook**

**Cost: \$600**

Ten students have the opportunity to travel to Browning, Montana to participate in a cultural immersion on the Blackfeet Indian Reservation. While in Montana, students will work with Head Start Students, elementary students, and the elders of the community. Students will prepare lessons for the school-age groups which could include science, art, and/or history activities. As part of the immersion program, students will focus on four areas of personal development: faith, social justice, service, and reflection. To prepare for the immersion experience, students will study aspects of Blackfeet culture through readings, videos, and discussions. Upon return from the experience, there will be follow-up meetings to share the experience with the Saint Mary's community.

***Enrollment is closed. Students applied for this immersion trip in September.***

*Course Category:* 2, 3, 4

*Where and When:* Details provided by the instructors.

*Meal(s):* Meals provided in the course costs.

*Transportation:* Arranged by the school.

**VENAVER – East Bay**

**Project Number: 7350**

**Ms. Martin & Mr. Sommers**

**Cost: \$80**

Lasallian schools are places where service to others is a key element. This immersion course challenges students to do just that: learn and serve! Spend your Enrichment Week serving food, helping the elderly and helping children right here in the East Bay. In addition to service work, students will have the opportunity to reflect on their service work while participating at a retreat at the beautiful and relaxing Retreat Center in Lafayette. During this overnight retreat, students will explore their call to service together and have fun playing games, watching movies and cooking for each other.

*Course Category:* 2, 3, 4

*Min/Max Enrollment:* 8/16

*Where, When:* Meet on campus each day: 9am-2pm for service in the East Bay.

*Meal(s):* Bring lunch Monday – Wednesday only.

*Supplies/Materials:* Journal, pen, camera, simple modest clothing, work shoes.

*Transportation:* Provided by school. Students provide own BART tickets.



# On-Campus and/or Local Courses

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## A Haunting Historic Tour of the Bay Area

Project Number: 7292

Mr. Minor (C. Molinelli)

Cost: \$180

Stories of the paranormal throughout the Bay area will be a fun, informative course that will challenge each student to think about ghost stories and spirits. Through videos, short readings, a lecture from a local agency specializing in paranormal activity and field trips to local spots, we will investigate the possibilities of hauntings and spirits. Field trips may include but are not limited to, a visit to the USS Hornet in Alameda, the Winchester Mystery House in San Jose, The Moss Beach Distillery, the Brookdale Hotel & Mystery Spot in Santa Cruz and other local spots in the Bay Area. An open mind and a positive attitude are necessary for this course.

This course continues during a special nighttime flashlight tour the Friday following Enrichment Week: Friday the 13<sup>th</sup>! Come get spooked while we once again visit the same site that we visited during the previous week. You can decide if the Winchester Mystery House is haunted or not!

*Course Category:* 1, 2

*Min./Max. Enrollment:* 8/20

*Where and When:* Meet on-campus each day: 9:00 am – 2:30 pm. Additional date: Friday, March 13 from 5-11pm (admission and transportation included in course costs)

*Meal(s):* Lunch provided on Wednesday & Friday; students provide own lunch on other days.

*Transportation:* Provided by school (parent driver's needed on some days)

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## Alif is for Arabic

Project Number: 7310

Ms. Mahoney

Cost: \$150

Contribute to greater global awareness and understanding by learning more about Arabic language and culture. Each day we will work with spoken and written modern standard Arabic followed by various cultural activities. These will include: films and music from the Arab world, cooking and eating food from various countries where Arabic is the dominant language, instruction in belly dance, and visits to such cultural sites as a mosque and/or embassy. Students should be willing to engage in two hours of language instruction per day.

*Course Category:* 2, 3

*Min./Max. Enrollment:* 8-16

*Where and When:* On-Campus daily: (9am–2pm)

*Meal(s):* Bring lunch daily, some lunches provided by instructor.

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## American Classic Movies:

Project Number: 7370

Nate Fripp (Mr. Puck)

Cost: \$50

Watch, discuss, learn and enjoy as we see how diversity has captured the imagination of Americans in recent history. Together, we'll look at cultural and historical context and sheer artistic value of enduring works of drama, comedy, musicals, animation, and suspense. Two thumb's up! Come one and all.

*Course Category:* 2

*Where and When:* Meet On-Campus: Monday – Thursday (9am–2pm) and Friday (9am-12pm)

*Min./Max Enrollment.:* 5/25

*Meal(s):* Bring lunch money or lunch daily, snacks provided.

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## Build Your Own Addicting Game

Project Number: 7460

**Instructor TBD (Mr. Conlan)****Cost: \$125**

Learn to use Adobe Flash to create your own web based Flash game. Think the World's Hardest Game is far too easy. Create your own and show the world that you've got the gaming skills. Throughout the week, you will learn how to create the same games that you play online. Using detailed tutorials, you can create any of the following games: Racing, Object Shooting, Card, Side-scrolling Shooters, Platformers, Snake, Survival Horror, Artillery, Sniper, and more.

*Course/Category:* 1, 2, 3  
*Min./Max. Enrollment:* 8/16  
*Where and When:* On-Campus Daily: (9am-2pm)  
*Meal(s):* Bring lunch daily.  
*Supplies:* Provided by instructor

**Circus Fun****Project Number: 7320****Splash Circus Theater Instructors (Mr. Mohun)****Cost: \$185**

Come one! Come all! Learn circus arts at the Splash Circus Theater in Emeryville. Classes will include the following: static trapeze (including doubles), rope, Spanish web, cloud swing, hoop and aerial fabric, trampoline, tumbling, juggling and balance apparatus. Challenge your body and your mind.

*Course Category:* 2, 3  
*Min./Max. Enrollment:* 8/20  
*Where and When:* Meet at Splash Circus Theater: Monday - Friday (9am-1pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Basic exercise clothes.  
*Transportation:* Students provide own transportation to Splash Circus Theatre.  
 Located at 4701 Doyle Street, Building F, Emeryville, 94608

**Cooking with your Senses****Project Number: 7365****Ms. Tracy Paulding (Ms. Molinelli)****Cost: \$190**

Becoming a good cook has to do with more than simply learning recipes. Like any other art the tools you use are an extension of what motivates and inspires you. In this way the chef must cook by *feel*. Knowledge, skill, practice and heart- these are the ingredients for a stellar meal, whether it is a bowl of soup you've made for yourself in 10 minutes, or a 7 course, gourmet meal you've prepared for a loved one.

This class is designed to familiarize you with a myriad of culinary tools and your sensory connections to them. Be prepared to get your hands dirty, experiment with flavors, learn about your own tastes, and cook. We will bake bread and make soup, create "ooh" and "ahh" inspiring appetizers, marvel over the mouth-watering sensation that is Pavlova and much, much more. Whether you are new to cooking or have already developed a gastronomical passion, at the end of this course you will have a new (or renewed) confidence in the kitchen. Come with an appetite! We will cook up some treats, make some salsa and join 2 other EW courses for a celebration Friday afternoon.

*Tracy's love for cooking is informed by her fascination with ritual, human connections and stories, and the roles that food plays in weaving these elements together. She is a long-time student of Chanoyu, the Japanese Art of Tea, as well as other tea traditions and has worked in various culinary fields for the last 20 years. Her current work is with Teance, a local tea importing business, and with Paulding & Company- a creative kitchen, where she works closely with her mom, teaching cooking and feeding people.*

*Course Category:* 1, 2, 3  
*Min./Max. Enrollment:* 12/15  
*Where and When:* On-Campus: Monday – Thursday (9am-1pm); Friday (1-5pm) El Sabor de Salsa will be listening to music & dancing, and Spoken Word will perform original works with a Bust.  
*Meal(s):* Lunch included in cost.  
*Supplies/Materials:* Provided by Instructor

**Culinary School: Kitchen on Fire!****Project Number: 7128****Chef Olivier Said (Ms. Molinelli)****Cost: \$275**

Travel the globe through the comfort of the kitchen, in our one of a kind hands-on cooking class series, "Cooking Around the World", with Chefs Mike C. and Olivier Said of "Kitchen on Fire." Over the five days, we'll learn the cuisines and cooking techniques of Asia, Europe, Africa/Middle East, North America, and Latin America.

Discover new and exotic ingredients, flavors, and the cultural food traditions of the peoples from all over the planet. Learn all the tips, tricks, and techniques of the pros to make you a confident cook, no matter the type of cuisine!

*Course Category:* 2*Min./Max Enrollment :* 20/24*Where and When:* Meet at Kitchen on Fire, Monday – Friday (10am–2 pm)*Meal(s):* Included in cost.*Transportation:* Provide own transportation to "Kitchen on Fire", located at 1509 Shattuck Ave., Berkeley (next to Chez Panisse)**Culture in San Francisco****Project Number: 7335****Dr. Mullane****Cost: \$190**

Ever see "The City" through the eyes of a fourth generation native? Why not join this course and tour San Francisco's neighborhoods and historic sights on both feet and wheels (cable car, trolley, and street car). We will focus on one area of the city per day. We will visit Chinatown, North Beach, the Mission, Nob Hill, Russian Hill, Coit Tower, Fisherman's Wharf, and Ocean Beach. We will picnic in Golden Gate Park, eat a very Mexican lunch, see a stage performance, and dine at a special restaurant. So put on your walking shoes and sign up now.

*Course Category:* 2, 3*Min./Max. Enrollment:* 8/16*Where and When:* Meet each day at a specific BART station in San Francisco: Monday-Friday (9am–3pm)*Meal(s):* Lunch is provided.*Transportation:* Students provide own transportation.**Driver Education & Training****Project Number: 7277****Safest Way Driving School (Mr. Simril)****Cost: \$395**

All inclusive! Earn your required Drivers Training Hours and your Drivers Education together with one course and one payment. **Students must be 15 ½ years of age to enroll in this course.** All students will be issued a "Student License" to allow them to concurrently do drivers training behind the wheel. The California State Law does not allow anyone to obtain their Learners Permit before the age of 15 and one half years of age. This course will take place on campus at Saint Mary's. You will complete Drivers Education in this week from 8:00am to 12 noon each day in class. While you will begin your Drivers Training hours this week, you may have more driving sessions outside of this specific week. As soon as you sign up and pay for this course, you will be able to call Safest Way and set up your three - two hour driving sessions, having at least one (if not all 3) during Enrichment week.

*Course Category:* 2*Min./Max. Enrollment:* 30/40*Where and When:* On-Campus: Monday–Friday (8am–12noon)*Meal(s):* Bring lunch daily.

**El Sabor de Salsa (A Taste of Salsa)****Project Number: 7386****Ms. Morales****Cost: \$190**

Join some of the Bay Area's finest professional Salsa dancers and musicians to learn about how this American – yes, American – style of music and dance came to be. From its beginnings in the Puerto Rican and Cuban communities of 1960's and 70's New York City, Salsa continues to be a truly delicious blend of the best ingredients of Afro-Caribbean rhythms and traditional Latin music often incorporating R&B, pop, rock, and jazz elements. The phenomenon of Salsa music and dance continues to thrive in cities across the United States, Latin America, and the rest of the world. Come learn about the development of Salsa, listen to Salsa bands and musicians, and learn how to groove to this irresistibly danceable music! This is a week of Salsa music and dance lessons, culminating in a *fiesta* with a Salsa DJ and live Salsa band to practice and show off what you've learned. ALL students – men, women, experienced dancer, or enthusiastic novice – are welcome to join in on the fun. We will celebrate on Friday in the afternoon with the Salsa Band, dancing and food. Joining us will be 2 EW groups; Spoken Word will celebrate with a Bust & Cooking With Your Senses will cook up some treats to help celebrate a fun Enrichment Week.

*Course Category:* 2, 3*Min./Max. Enrollment:* 20/30*Where and When:* On-Campus in the auditorium: Monday – Thursday: (10am–3pm) Friday (4 -7pm)*Meal(s):* Bring lunch or snacks.*Supplies/Materials:* Comfortable clothing; jazz or ballroom dance shoes (optional).**Empowering Ourselves: Self-Defense for Women in Real and Cyberspace Project Number: 7429****Ms. Giamartino, Instructor (Ms. Harkness)****Cost: \$190**

Every few minutes, a woman is physically assaulted in our country. With rising crime rates, the realities of cyber bullying and stalking, and the growing problems of self-destructive behaviors, it is critical for young women to be educated and prepared. This course offers you a chance to feel empowered and able to defend and protect yourself.

Working with self-defense and martial arts expert Terri Giammartino, we will embark on three days of assertiveness training in a safe and non-competitive environment. In classes held at Saint Mary's and her Emeryville dojo, we will explore the body as a target and as a weapon. Basic striking and blocking techniques will be taught, using various kinds of targets. "What if" games will simulate situations and teach techniques that work effectively while standing, sitting, and lying down.

We'll also view film clips and participate in a panel discussion with expert guest speakers about cyber crime, stalking and bullying, domestic violence, eating disorders and cutting, and learn about resources for women facing these issues. We'll view ways to offer volunteer assistance or support to women dealing with domestic violence. Finally, we'll finish our week with a celebratory restaurant lunch.

*Course Category:* 2, 3*Min./Max. Enrollment:* 8/24*Where and When:* Meet at Emeryville Dojo: Monday–Wednesday (9am–1:30pm)

Meet at Saint Mary's room 511: Thursday (9:30am–1:30pm)

*Meal(s):* Bring lunch daily. Group lunch at a restaurant on Thursday.*Supplies/Materials:* Comfortable clothing*Transportation:* Group will make arrangements to travel to dojo together; school van, carpool, or bus.  
*Emeryville Dojo:* 4770 San Pablo Ave, Unit B; Emeryville, 94608**Golf: A Lifetime of Enjoyment and Challenge****Project Number: 7260****Mr. Henning & Mr. Filson****Cost: \$175**

Golf is much more than attempting to hit a small white ball toward an elusive target. Golf is a tradition with a rich history, a social pastime for friends and family, and a physical and mental challenge that can never be completely mastered. Golf is even a reflective experience that teaches a lesson with every round. This course will include classroom instruction on the history and rules of golf, as we teach the fundamentals of swinging a golf club. Emphasis will be placed on the social possibilities and etiquette with golf that make golf fun and safe. We will play four different golf courses with appropriate challenges for all players.

*Course Category:* 3  
*Min./Max. Enrollment:* 16/28  
*Where and When:* On-Campus: Monday & Friday (8am–3pm)  
 Meet at golf course: Tuesday & Wednesday (8am–3pm)  
 Meet at golf course: Thursday (9:30am–6pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Golf clubs needed.  
*Transportation:* Students provide own transportation. Some students may be driven by teachers.

**Introduction to Video & Film-Making**

**Project Number: 7380**

**Mr. Rogers**

**Cost: \$20**

This course is designed for the student who is interested in learning how to make movies. Using a digital video camera, iMovie software, and a creative mind, students will spend the week developing, filming, and editing their own short film. Students will meet on campus daily and spend their mornings and afternoons going over the basics of developing a storyboard, filming techniques, and editing. An "Academy Awards" presentation will culminate the week. Students who have creative, imaginative minds are encouraged to sign-up!

*Course Category:* 2  
*Min./Max. Enrollment:* 8/16  
*Where and When:* On-Campus: Monday – Friday (9am–2pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Students may need a digital video camera with all cords, plugs, microphones.

**Music as a Social Commentary**

**Project Number: 7420**

**Mr. Palladino**

**Cost: \$ 100**

Have you ever listened to the words that exist beyond the catchy instrumentals in music? Do you realize that musicians often use music as a form of social protest or commentary? The purpose of the course will be to explore how the roots of many musical genres started as a form of social protest. The course will look primarily at the roots of blues, classic rock in the Bay Area, and also the beginnings of hip/hop. Day trips throughout the Bay Area will be taken to help understand the places that define the counter-cultural movement. We will visit the Haight & Ashbury, "People's Park" in Berkeley.

*Course Category:* 2  
*Min./Max Enrollment.:* 6/16  
*Where and When:* Meet On-Campus daily in room 224: Monday-Thursday (9am-4pm)  
*Meal(s):* Bring lunch daily.  
*Transportation:* BART throughout the Bay Area. Students provide own BART ticket.

**Potter's Studio**

**Project Number: 7185**

**Mr. Johnston (Ms. Molinelli)**

**Cost: \$225**

Come enjoy a week of creating pottery at this local studio. A Potters' Studio instructor will teach students the art of creating pottery from start to finish while working with recycled clay, and firing their own pieces. *"Over thirty years ago, a handful of potters in Berkeley decided to open a studio where they could work and teach. These friends had the idea to create a place where anyone who was interested could have a place to work with clay. They called this studio "The Potters' Studio". Today, several generations of potters later, 'The Potters' Studio is still going strong...A special, precious place the Potters' Studio."*

*Course Category:* 1, 2, 3  
*Min. /Max Enrollment:* 6/9  
*Where and When:* Meet at The Potters' Studio: Monday – Friday (10am-2pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Provided by instructor.  
*Transportation:* Provide own transportation to Potters' Studio: 637 Cedar Street, Berkeley 94710

**Printmaking and Bookbinding at the Kala Institute****Project Number: 7275****Ms. Jaeger****Cost: \$295**

Are you another Gutenberg? Learn about the history of print making and bookbinding right here in Berkeley at the KALA Art Institute. You will spend a week learning from experienced printmaking and bookbinding professionals. Experience letterpress printing, carve printing blocks and learn about the inking process. You will finish the week learning how to do simple binding which will preserve your work in a finished book.

*Course Category:* 2, 4*Min./Max. Enrollment:* 8/16*Where and When:* Meet at Kala Institute: Monday-Friday (9am-2pm)*Meal(s):* Bring lunch daily.*Transportation:* Provide own transportation to *Kala Institute, 160 Heinz Ave., Berkeley***Run (or Walk) Then Fun !****Project Number: 7195****Mr. Lawson****Cost: \$175**

Want to get your exercise, eat a great lunch then have some fun? Come join me as we go on some scenic jogs in San Francisco, Berkeley, Oakland and Marin. After we eat lunch we will take in some great sights. You can run or walk at your own pace – eat as much as you like – and have a ton of fun going to the SF Zoo, Muir Woods, Fisherman’s Wharf and China Town, and the brand new Academy of Sciences in Golden Gate Park.

*Category:* 2, 3*Min./Max. Enrollment:* 8/16*Where and When:* On-Campus: Monday – Thursday (9am-4pm)*Meal(s):* Included in course costs.*Supplies/Materials:* Jogging attire & shoes*Transportation:* BART (students provide own tickets as needed), van and parent drivers.**SAT Prep****Project Number: 7423****Ames Seminar (Mrs. Hack)****Cost: \$550**

In this comprehensive SAT prep class offered by Ames Seminars, students will learn general test-taking strategies, how to succeed on each question type (Reading, Math and Writing) and practice on real SAT tests. Computerized score reports enable students to analyze results in order to improve scores. In class, students will analyze sentence completion questions, review frequently tested grammar concepts, learn how to create a strong argumentative essay and review all math concepts. Ames will facilitate the class from 8:30 – 12:30pm. After a lunch break, students will participate in a seminar on the college application process facilitated by the Saint Mary’s college counselor. The seminar will cover types of applications, which tests to take, and how to present personal and extracurricular information to college admissions offices.

*Course Category:* 2*Min./Max. Enrollment:* 6/18*Where and When:* On-Campus: Monday – Friday (8:30am-2:30pm)*Meal(s):* Bring lunch daily.*Supplies/Materials:* Notebook, pencil, pen, and calculator.**Spoken Word****Project Number: 7345****Mr. Sutphin****Cost: \$175**

Use your voice, your truth, your joy, your pain and join a global movement that uses language to dream of new worlds. Led by Youth Speaks – the premier collection of poets, writers, spoken word artists, and cultural activists- this course creates a safe space to empower the next generation of leaders to fine, develop, publicly present, and apply their voices as creators of social change. Give birth to a start that is inside of you and learn how to share the light with the spoken words. Class meets three days at *Youth Speaks* headquarters in San Francisco and culminates in a public SLAM performance at Saint Mary’s College High School on Friday afternoon, March 6 at 4pm. We will join 2 other EW groups: El Sabor de Salsa who will be celebrating with music & dancing and with Cooking With Your Senses who will provide salsa and other treats.

*Course Category:* 2, 4  
*Min./Max Enrollment:* 12/16  
*Where and When:* On-Campus: Monday – Thursday (9am-1pm) and Friday (2-5pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials* Provided by instructor.  
*Transportation:* Provide own transportation to *Youth Speaks*, located at 290 Division Street, Suite 302, San Francisco. (Off Bryant St. near 10<sup>th</sup> St.)

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**Sports & Sportsmanship**

**Project Number: 7425**

**Dr. Hearne**

**Cost: \$60**

This week will include sports that are both individual as well as team sports. Students of different grade levels and different skill levels will play or compete side by side with an emphasis on sportsmanship, teamwork and self discipline. Some of the activities will include golf at Chabot golf course, Lacrosse on our new turf field, bowling at Albany Bowl, indoor soccer, and various non-traditional creative games. We will do weight lifting and some conditioning during the on-campus days of the week.

*Course Category:* 3  
*Min./Max. Enrollment:* 8/16  
*Where and When:* Meet On-Campus daily: (9:30am–2pm)  
*Meal(s):* Bring lunch and snacks daily.  
*Supplies/Materials:* Provided by instructor.

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**Sports/Journalism Odyssey**

**Project Number: 7180**

**Mr. Smith**

**Cost: \$175**

Enjoy attending sporting events? Have opinions about the games you wish could be read or heard? Join Mr. Smith for The Sports/Journalism Odyssey. Watch the Warriors at Oracle. See the Sharks at the Tank. Spend the afternoon at Golden Gate Fields. Go to games on campus, where you'll write and broadcast reports on what you see and what you think. Who needs the Chronicle or KTUV when you become first a fan and then a journalist.

*Course Category:* 1, 2, 3  
*Min./Max. Enrollment:* 8/16  
*Where and When:* Meet On-Campus daily: (10am-4pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Provided by instructor.  
*Transportation:* Provided by school.

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**Style and Sophistication**

**Project Number: 7300**

**Brother V. Kenneth, F.S.C. & Ms. McManus**

**Cost: \$195**

Back by popular demand! This course is designed for those students who are setting their sights on assuming their places in society, higher education and the business professional world. Beware! The demands of this week will be as great as the benefits it will give. You will be educated, informed and challenged in all areas of personal presentation and deportment.

If you are serious about having your horizons broadened, and your sense of self expanded, then this is the course for you! We begin with a presentation on the psychological impact of how one dresses and how one appears to others. Next, we will move into the various aspects of daily etiquette. Covered here will be everything from behavior and deportment to "Thank You" notes and elegant dining. Personal presentation follows this. For a two-day period, experts will take you through clothing choices, including color, fabric and style. Skin care, nail care, hair cut style and cosmetics are also a vital part of this ongoing educational session.

All of this is aimed at the serious student, male and female, who is interested in gaining personal growth, style and sophistication so necessary for success in today's professional world. If you are up for a genuine personal challenge that may just change you forever, you are welcome to sign up for this course.

*Course Category:* 3  
*Min./Max Enrollment:* 30/32  
*Where and When:* On Campus: Monday. Tuesday-Thursday students will meet at various sites TBD by instructor; for example; Nordstrom's, San Francisco Center, at Fifth Street Entrance. Students will also travel to Mont LaSalle Conference Center/Dining Room and Napa Outlet.  
*Meal(s):* Bring lunch daily or money to buy lunch, as determined by instructor.  
*Supplies/Materials:* All students taking this course must wear dress clothing each day.  
*Transportation:* Provided by school.

Do you enjoy live theater? The Bay Area is rich in stage productions all year long. We will attend a variety of performances in San Francisco and the East Bay, from small intimate playhouses to major theaters. We will meet at Saint Mary's some mornings for discussions about performances we have seen and preparation for upcoming ones. Plays may include performances at the American Conservatory Theater and/or the Berkeley Repertory Theater, a major musical, and other venues around our area.

**The course will meet Saturday, February 28 and Sunday, March 1** and run through the following Thursday; we expect there will be no performance on Monday. At least one performance will be a matinee, but most will be evening performances. The course fee of \$175 may be reduced once tickets are reserved. We will meet at local BART stations or parents will provide transportation to East Bay productions.

*Course Category:* 2, 3  
*Min./Max. Enrollment:* 10/20  
*Where and When:* As described above.  
*Meal(s):* Bring lunch or snacks when appropriate.  
*Transportation:* Provide own transportation to theatres. Students will travel as a group when possible on public transportation.

**3D Animation****Project Number: 7465****Instructor TBD (Mr. Conlan)****Cost: \$125**

Do you want to work at Pixar or Dreamworks some day? Start your 3D animation portfolio now. Learn to use industry standard tools to create amazing 3D computer models. Throughout the week you will use Blender, Maya, and Google SketchUp to learn the ins-and-outs of computer 3D models and animation.

*Course Category:* 1, 2  
*Min./Max. Enrollment:* 8/16  
*Where and When:* On-Campus daily: (9am–2pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Included in cost.

**Web Comics****Project Number: 7135****Mr. Thomas****Cost: \$25**

Fan of Penny Arcade, xkcd, 8-Bit Theater, Ctrl+Alt+Del? Want to create your own web comics? "But I can't even draw a stick figure!" You don't have to draw, you can make comics out of digital photos. You may have used Comic Life for an assignment, but how about mixing Photo Booth picture effects with Comic Life Magiq? Turn your goofy friends into comic book heroes or villains. In this class we will explore web comics using Scott McLeod's book *Reinventing Comics* and the Macs in the computer lab to create our own web comics.

*Course Category:* 1, 2  
*Min./Max. Enrollment:* 8/16  
*Where and When:* On-Campus: Monday - Friday (9am–2pm)  
*Meal(s):* Bring lunch daily.  
*Supplies/Materials:* Provided by instructor.



# Off-Campus & Travel Opportunities

**Biking: I Want to Ride My Bicycle!**

**Project Number: 7299**

**Mr. Ridgway**

**Cost: \$150**

Get ready for a long distance bicycle adventure! Get your road bike out, some overnight gear and we're riding to Winters, CA (about 80 miles each way). Plan on riding about 50 miles per day on mostly flat terrain. When we reach Winters, we will tour some organic farms and learn what goes into growing food.

*Pre-trip conditioning is mandatory.* The cycling club will be going on a variety of rides, in preparation. You must participate regularly or assure Mr. Ridgway of your physical conditioning.

***Students and parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 25, at 7:00 pm.***

*Course Category:* 2, 3

*Min./Max. Enrollment:* 6/16

*Where and When:* Meet On-Campus: Monday (9am-12pm)  
Meet On-Campus: Tuesday (8:30am-4pm)

*Meal(s):* Bring money for additional snacks and food.

*Supplies/Materials:* Bike, spare inner tubes, overnight bag, sleeping bag. Not necessary, but helpful: cycling clothes (padded shorts, gloves, toe clips or clip-less pedals)

*Transportation:* Depart from and return to Saint Mary's on bikes.

**CloseUp: Washington, D.C.**

**Project Number: 7105**

**Ms. Long**

**Cost: \$2,000**

CloseUp Washington, D.C. is a 6-day, 5-night program that exposes high school students to how our government really works. Meet your member of Congress and their staff, visit memorials, engage in discussions and debates with policy analysts, and explore Washington D.C.'s unique neighborhoods. We'll be part of a group of 250-300 sophomores, juniors, and seniors from around the country. A variety of activities and a Friday night dance. Hotel accommodations; air/bus/metro transportation.

***Space still available! See Ms. Long for details.***

***All Students and their parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 1, 2, 3

*Min./Max. Enrollment:* 8/16

*Where and When:* March 2009

*Meal(s):* Included in course costs.

*Supplies/Materials:* List provided by instructor.

*Transportation:* Included in course cost arranged by Close Up.

**Dive Hawaii**

**Project Number: 7145**

**Mr. Halverson**

**Cost: \$1,500**

The ideal candidate for this adventure is a certified SCUBA Diver. For the student who is willing to take the classroom part of the PADI Certification here, you can become Ocean Certified in Hawaii and join us on this adventure.

The ideal candidate should have an adventurous spirit; we will be staying at International Hostels in the Waikiki area and the North Shore of Oahu. This means sleeping in dorms, cooking our meals together and

with other travelers & cleaning up. We will be travelling on public transportation around the island, so pack light. The ideal candidate should have an interest and curiosity about the Hawaiian Culture; we will learn about Hawaiian history/culture and while visiting some historical sites on Oahu.

***This course registered in October; airline travel was required and early registration was necessary. All Students and their parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 1, 2, 3  
*Min./Max. Enrollment:* 6/9  
*Where and When:* March 2009  
*Meal(s):* Most meals are included in course costs.  
*Supplies/Materials:* List provided by instructor.  
*Transportation:* Included in program arranged by school

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**Julia Morgan & the Enchanted (Hearst) Castle**

**Project Number: 7243**

**Brother David**

**Cost: \$350**

Hearst Castle was THE party place for the Hollywood elite of the 1930's. William Randolph Hearst built his lavish estate for the purpose of entertaining guests in the most opulent style possible. Our course will include a trip to Hearst Castle, and a study of Julia Morgan, one of the the first woman to graduate from UC Berkeley's school of engineering and the architect of Hearst Castle. We will visit Cal Berkeley as well as Cal Poly San Luis Obispo on our travels.

***Students and parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 25, at 7:00 pm.***

*Course Category:* 1, 2, 3  
*Min./Max. Enrollment:* 6/16  
*Where and When:* Meet On-Campus to travel to Hearst Castle: Monday (8am), return to Saint Mary's on Tuesday (5pm)  
Meet at N. Berkeley BART: Thursday (8am), return by 3pm  
Meet at N. Berkeley BART: Friday (9am), return by 2pm  
*Meal(s):* Bring lunch or money to purchase lunch as needed, some meals included.  
*Transportation:* Provided by school.

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**Oregon Shakespeare Festival**

**Project Number: 7235**

**Ms. Ross**

**Cost: \$600**

For this Enrichment Week experience students will travel to Ashland, Oregon for the Shakespeare Festival (note that the plays are not only by Shakespeare). Students will attend 3 plays and gain an appreciation and understanding of both the literal and visual aspects of theater. To enrich the play experience, students will discuss each play in depth. Students will also have a chance to tour and explore three different and distant stages on the Theatre campus: Elizabethan Stage, Angus Bowmer Theatre and New Theatre. Additional activities include: miniature golfing; video games; nightly board games; indoor swimming and gift shopping, visiting Lithia Park, and eating out.

***Students and parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 2, 3  
*Min./Max. Enrollment:* 12/16  
*Where and When:* Meet On-Campus: Tuesday at 7am to leave and; return Friday by 5pm.  
*Meal(s):* Some meals included.  
*Supplies/Materials:* Walking shoes and a warm jacket.  
*Transportation:* Arranged by school.

**Rome, Italy****Project Number: 7125****Ms. Gonzales & Mr. Fulay****Cost: \$2,100**

Rome, the Eternal City, was once the center of the world. To this day, Rome is a center for great art, modern culture, ancient civilization, and the heart of Catholicism. For centuries, people have gone to Rome for business, to marvel at works of art, to get in touch with a glorious past, and to make journeys of faith. What a place for enrichment! The Enrichment Week program will explore the many rich layers of the Eternal City. We will focus on the history of ancient Rome as we walk along the Forum and enter the Coliseum. We will gaze upon marvels of the Renaissance, living on canvas and on marble. Along with the millions of pilgrims throughout the centuries, we will visit and pray in St. Peter's Basilica and the other great churches. Then, of course, there's the pizza, pasta and gelato! Through this week, students will get a "taste" of Rome - its history, its art, its modern face and its religious significance.

***This course registered in October; airline travel was required and early registration was necessary All Students and their parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 2, 3*Min./Max. Enrollment:* 14/16*Where and When:* Parents will drop off February 27, Friday and pick up on March 7, Saturday from San Francisco Airport.*Meal(s):* Most meals are provided.*Supplies/Materials:* List provided by instructor.*Transportation:* Included in program arranged by school**Skiing & Snowboard Adventure****Project Number: 7155****Mr. Shum & Mr. Banks****Cost: \$600**

Do you think you have what it takes to take on Mr. Banks and Mr. Shum on the slopes? Or are you a novice looking to up your skill level? Either way, join us for a ski and snowboard adventure at one of Tahoe's premiere destinations. We will leave Monday afternoon, March 2 and return Friday afternoon, March 6. Tuesday, Wednesday and Thursday will be spent skiing and snowboarding.

***Students and parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

**Star Wars: Attack of the Panthers!****Project Number: 7120****Mr. Conlan & Mr. Pickens****Cost: \$1,500**

Spend the week in Orlando, Florida learning about NASA and experiencing the wonders of Space Travel. The week consists of visiting the Kennedy Space Center, having lunch with an astronaut, participating in astronaut training, watching a rocket launch, and experiencing Epcot. The history and future of NASA will play a significant role throughout the course. The students will also spend significant time with hands-on simulations and experiments at different science centers in the Orlando area.

***This course registered in October; airline travel was required and early registration was necessary. All Students and their parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 1, 2, 3*Min./Max. Enrollment:* 12/24*Where and When:* Parents will drop off March 1, Sunday and pick up March 6, Friday, from Oakland Airport.*Meal(s):* Most meals included in course costs.*Supplies/Materials:* List provided by instructor.*Transportation:* Included in program arranged by school.

**Touring London with EF Tours****Project Number: 7150****Ms. McCormick & Ms. Aschinger****Cost: \$2,100**

Are you barmy for fish & chips, or in need of a cuppa' with a biscuit? Travel with Ms. Aschinger and Ms. McCormick as we spend five days touring LONDON! Take in such sites as London Bridge and Windsor Castle, Trafalgar Square and Covent Gardens. Take the London Eye for a spectacular 25 mile view, or the Tube underground to visit the many cultural spots of London. Learn all about the Royals, sterling pounds, and the Crown Jewels. Watch the Changing of the Guard, or eat at the original Hard Rock Café. Learn as you go with guided walking and bus tours as we discover what makes London one of the most popular cities in the world. (Great for seniors studying English literature.)

***This course registered in October; airline travel was required and early registration was necessary. All Students and their parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 2, 3*Min./Max. Enrollment:* 12/24*Where and When:* Parents will drop off March 1, Sunday and pick up March 6, from San Francisco Airport.*Meal(s):* Most meals are included in course costs.*Supplies/Materials:* A journal and camera*Transportation:* Included in program.**Wilderness Experience****Project Number: 7192****Mr. Engleton****Cost: \$425**

There is nothing quite like experiencing the remote wilderness on your own two feet and carrying your own gear on your back. We will be foraging for wild edibles in the area and be immersing ourselves in the excitement and spontaneity of nature. Learn many incredible outdoor survival and camping skills like how to make fire without matches, how to build a primitive debris shelter, how to make and fire primitive pottery, and how to cook in the wilderness. The trip will be 8 days and 7 nights in the Los Padres National Forest. On day two we will set out with our packs and set up a trail camp 6-7 miles in the wilderness. We will spend our next four days playing in and around our trail camp before hiking back out to our base camp. Our last night will be spent in celebration at our base camp.

***Students and parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.***

*Course Category:* 6, 2, 3*Min/Max. Enrollment:* 4/8*Where and When:* Meet on campus, March 1, Saturday at 9am. Arrive back to campus March 7, Saturday by 5pm.*Meal(s):* Most meals are included course cost.*Supplies/Materials:* See instructor information sheet.*Transportation:* Arranged by the school. (Parent drivers may be needed)**Yosemite Institute in Olympic Park****Project Number: 7173****Mr. Davis****Cost: \$825**

Yosemite Institute is a national outdoor education program founded in Yosemite National Park to provide student access and instruction in national parks during non-peak periods. Students do not need to camp or cook in campsites as the program uses the park's lodging and cafeteria system to feed and house participants during the six day sessions. The program's popularity has encouraged them to open additional campuses in other national parks around the nation. During this year's Enrichment Week, Saint Mary's students have the opportunity to participate in the Yosemite Institute's program in the Olympic National Park.

This is a six-day, five-night program to the Olympic Peninsula of Washington State. The environmental education available covers a range of habitats from the seashore and tide pool exploration to rain forest investigations to a variety of inland evergreen habitats and may even include cross-country skiing up on Hurricane Ridge. The actual decisions about the areas to be visited will be made by the group as a whole once all the participants are known.

Olympic Park Institute feeds and houses participants in their new facility, the historic Rosemary Inn on Lake Crescent. We will travel to the park from the Bay Area via a combination of methods: airplane to the Seattle-Tacoma Airport, van to the ferry, the ferry to Port Angeles, and a van again to the middle of the park.

Participants can come from any grade level and need no previous experience. Students must be willing to take part in all the group activities.

The cost of the trip includes all meals and transportation in the Northwest. Some additional money will be necessary for personal expenses. Clothing and equipment will be discussed in meetings prior to leaving.

*Space still available! See Mr. Davis for more details.*

*All Students and their parents will be required to attend the Enrichment Week Parent Meeting on Monday, February 23, at 6:30 pm.*

Course Category: 2, 3  
Min./Max. Enrollment: 8/12  
Where and When: March 2009

Meal(s): Included in the course costs.  
Supplies/Materials: List provided by instructor.  
Transportation: Included in program arranged by the school.



## Individual Internship Program (IIP)

Individual Internship Program (IIP)

Project Number: 7332

Ms. Molinelli

Cost: \$20

IIP's are available to upper division students (lower division students only in exceptional circumstances) who want to create their own projects in order to explore a subject area or an interest that falls into one or more of the categories of all Enrichment Week courses:

1. College Visits
2. Career Exploration
3. Service Learning and/or Spirituality

This is an opportunity for you to do something really challenging, interesting, and rewarding. Be creative! Be productive! You are encouraged to explore all categories, not just colleges, especially service and career opportunities. Combining two areas can also lead to very interesting programs. If you do want to do research on colleges, we encourage juniors to take the IIP opportunity to explore various campuses because college classes are in session and students are around. Seniors can use this time to visit the schools to which they have applied—in some cases, students who have already been accepted may be able to visit before making a final decision. Projects must involve a minimum of 25 hours of work, activity, etc., and a written assignment will be required.

**DEADLINES:** There is a limited number of "spots" open for IIPs. If your IIP is not approved prior to registration, you will need to sign up for whatever course is available. Application forms are available outside Ms. Molinelli's office in St. Joseph's Hall.



# Student Course Selection Planner & Worksheet

All Enrichment Week courses correspond with one or more of the following categories. Students are expected to take a course from a different category each year. In this catalog, courses are identified according to a category number as indicated below:

1. College and/or Career Exploration
2. Educational and/or Cultural Experience
3. Recreation and/or Physical Wellness
4. Service Learning and/or Spirituality

**Sophomores, Juniors and Seniors**, fill out the following information from previous years. It will help you to determine which category you may need to explore and/or investigate during Enrichment Week this year. It is also an opportunity for you to create a plan for your future Enrichment Weeks.

**Freshman**, please use this planner to project what you would like to sign up for *this year* and plan your *future years* for Enrichment Week.

**Freshman:** \_\_\_\_\_  
Category Number                      Course Name

**Sophomore:** \_\_\_\_\_  
Category Number                      Course Name

**Junior:** \_\_\_\_\_  
Category Number                      Course Name

**Senior:** \_\_\_\_\_  
Category Number                      Course Name

**My choices for this year:**

1<sup>st</sup> choice: \_\_\_\_\_

2<sup>nd</sup> choice: \_\_\_\_\_

3<sup>rd</sup> choice: \_\_\_\_\_

**Notes:**





## Lasallian Educational Outcomes (LEOs)

*A Saint Mary's College High School Graduate...*

- *understands what it means to be a mature Catholic in today's society;*
- *is familiar with the personal, communal, and spiritual means available for continuing to become a well-integrated person;*
- *has an appropriate foundation for college-level courses and life-long learning, and possesses skills to pursue such ends;*
- *is actively engaged as the primary agent of his/her learning;*
- *understands diversity and seeks to build community amidst diversity;*
- *honors the presence of God in self and others;*
- *puts faith to work through service, especially to the poor and the oppressed.*

