

WINTERIM 2019

MONDAY, MARCH 4 – FRIDAY, MARCH 15, 2019



Lawrence Academy
Groton, Massachusetts

table of contents

| | |
|---|----|
| Introduction | 1 |
| Course Sign-Up Form | 2 |
| Liability Waiver Form | 3 |
| Arc of Opportunity | 4 |
| Belize: Kayaking and Snorkeling in the Caribbean | |
| Beyond Monopoly: Modern Board Game Design | 4 |
| Building the Elegant Canoe | 6 |
| Chess | 6 |
| Clay and Kiln: Pottery Making | 7 |
| Dominican Service Project: Kids and Community | 7 |
| Don't Hold Your Breath (SCUBA) | 8 |
| Eat, Dance, and Love Latin America | 9 |
| eCoRica | 9 |
| Fly Fishing in Andros Island, Bahamas | 10 |
| Give Kids the World | 11 |
| Greece: Supporting the Refugees | 12 |
| Head Start: Social Emotional Learning through Volunteering | 13 |
| Humans of Morocco | 13 |
| In Darwin's Footsteps: Evolution and Environmental Responsibility in the Galapagos Islands | 14 |
| Mind, Body, Spirit: The Way of Karate | 15 |
| Quilting is Sew Easy | 16 |
| Rustic Arts: Rustic Furniture Building | 16 |
| Service and Sustainability in Costa Rica | 17 |
| Sports Journalism | 17 |
| The Family Tree | 18 |
| The System | 19 |
| Two Chinas: Ancient Gardens and Alibaba | 19 |
| Watercolor | 20 |
| Windrush Farm | 21 |
| Web Reporting & Social Media | 22 |
| Yoga Beyond the Mat | 22 |

Introduction

Winterim is the centerpiece of Lawrence Academy's commitment to experiential education — learning in the concrete and physical world of activity as a complement to learning in the vicarious and symbol-filled world of traditional classrooms. It brings something different to our campus. It is an opportunity to explore a wider range of subjects and skills than is otherwise possible in a regular classroom, through risk-taking, discovery, inquiry, and reflection. It is a chance to learn in a variety of settings and from a variety of professionals. It encourages deeper, more intense faculty-student relationships as we redefine our roles as student and teacher in side-by-side endeavors. In short, Winterim reminds us that learning is not restricted to classrooms and that learning is a lifelong adventure and a joy.

Course Selection

On page 2, you will find the Course Signup Form. Parents should take an early and active role in helping their children select the courses that would be most stimulating and beneficial for them. Please note that some course descriptions include advisories with important information about health and skill requirements, as well as information about early departures and late returns. Since it is not possible for each student to get his or her first choice, **students should consider their second, third, fourth, and fifth choices very carefully, as chance may easily put them in these courses and changes after this lottery has happened are very unlikely to be able to be made.**

Note: Students may not enroll in the same course twice during their time at Lawrence Academy.

Senior and junior selections are due by 1:30 p.m., Wednesday, Nov. 28, 2018.

Sophomore and freshman selections are due by 1:30 p.m., Wednesday, Dec. 5, 2018.

The later sign-up for sophomores and freshmen is designed to allow those students to see what courses remain open after senior and junior selections have taken place. Students who might not see their families prior to these dates can secure the necessary parent permission in two ways:

1. Having their families sign permission for a number of courses (more than five) over Thanksgiving vacation.
2. Having their families phone or fax permission to the school in care of Tony Hawgood, Winterim director.

Please Note: BOTH sides of the selection form need to be dated and signed in order for it to be considered complete.

Credit

Winterim is a graduation requirement and must be passed. If a student does not earn credit for a Winterim course, he or she will be required to make up the missing requirement during the following summer. To make up this obligation, students may either enroll in a two-week (or longer) Outward Bound course (or similar, approved program) or perform 50 hours of community service. In the event that a student selects the latter, the service must be pre-cleared with the Director of Winterim prior to beginning, to be sure it meets the requirements.

Students should understand that all school rules, including the prohibition of alcohol and illegal drugs, remain in force during Winterim (both on and off campus). Violations will result in disciplinary action and could result in the loss of Winterim credit.

Absences

Winterim runs from Monday, March 4, until 6:30 p.m. on Friday, March 15, 2019. **Students MUST remain until 6:30 p.m. on the final Friday or risk losing Winterim credit.** Given the short, intensive nature of the program, absences are not permitted. Any absences may result in loss of Winterim credit and will require summer make-up.

Legitimate illnesses and emergencies will be dealt with on an individual basis, but the time will quickly come when too much of the course has been missed, and a full make-up will be required. In the spirit of course completion and group experience, early departures for vacation will result in automatic loss of credit.

Financial Aid

Four endowment funds — the Claire Saltonstall '76 Memorial Fund, the Conway Endowment Fund for Winterim Scholarships, the Richard H. Gagné Winterim Scholarship Fund, and the Sanford Williams Family Endowment Fund — provide income that supports Winterim financial aid.

The deadline for applications for financial aid is Friday, December 9, 2018.

Seniors receiving financial aid for tuition but who have not yet been on a travel course or have not received any Winterim scholarship aid in the past need only inform the Winterim director in writing that they are interested in an award without providing a rationale. All other students may apply for assistance by submitting a letter to the Winterim director that outlines which courses they are selecting and how they feel they will benefit from taking these particular courses. Although seniority is taken into consideration when evaluating financial aid requests, anyone in any class may apply for a modest grant.

Financial Risk and Insurance

Once a student is placed in a course, the school begins to make financial commitments based on the expectation of the student's participation in that course. For this reason, the family is responsible for the cost of that course even if the student must drop the course, regardless of the reason. Additionally, if their child needs to enroll in another course, the family is also obligated to pay the cost of the new course.

The risk of travel cancellations has increased greatly with the rising global threat of violence and pandemics. For this reason, all students in travel courses will be required to purchase travel insurance through a group policy offered by the school. School decisions about whether to cancel travel courses will be guided by the prudent monitoring of developing circumstances in individual locales and by State Department advisories. In all cases, families are responsible for the full cost of the program. The school will work with the insurance company, if applicable, and our vendors to recoup as much of the program costs as possible.

The On-Campus Program

The on-campus Winterim program runs in the spirit of the off-campus program. Therefore, all boarding students are required to participate in evening activities that are designed to be enjoyable and to bring the residential community together. After dinner, Mondays through Thursdays, students either choose an activity from a few different options or participate in an activity for everyone. To help defray the cost of these activities, all boarders in on-campus courses will be assessed a \$150 activity fee for the two weeks. Day students are welcome and encouraged to attend any of these activities by signing up for them in advance. They will be charged a fee on a per-activity basis.

Course Sign-Up Form

Student Name: _____

Grade: 9th 10th 11th 12th *(Please circle one.)*

Fill out both sides of this form completely and submit it to the director of Winterim by the deadline.

Senior and junior forms are due at 1:30 p.m., Wednesday, Nov. 28, 2018.

Sophomore and freshman forms are due at 1:30 p.m., Wednesday, Dec. 5, 2018.

Parents and guardians should take an active role in Winterim course selection. Final decisions about travel courses will be guided by developing circumstances and by State Department travel advisories. Please note that some course descriptions include advisories with important information about health and skill requirements, as well as early departures and late returns.

Note: Winterim runs Monday, March 4 until 6:30 p.m. Friday, March 15, 2019.

(Students MUST remain until 6:30 p.m. or risk losing Winterim credit.)

Please note: Once students have been placed it will be difficult if not impossible to switch courses so please think carefully about all five courses.

I hereby permit _____ to take the following Winterim courses:

1. _____ \$ _____
2. _____ \$ _____
3. _____ \$ _____
4. _____ \$ _____
5. _____ \$ _____

In signing this permission, I/we agree to pay the stated cost of the course by the stated date when billed. I/we assume the risk that, if my/our child must drop the course after being placed in it, I/we will remain responsible for the cost of the course (see section on Financial Risk in the Introduction). All programs will be billed as soon as course placement is confirmed.

Parent/Guardian Signature

Please complete the liability waiver on the following page.

Arc of Opportunity

Ms. Feldman and Mr. Gagnon

Maximum students: 12

Cost: 0–\$100 (depending on the need to rent a van)

What will I do during this course?

Are you an outgoing person who enjoys getting to know different people? Is helping others something that you really like to do? During this course, students will spend each day volunteering at ARC Community Services, a center in Fitchburg, Mass. that provides employment and daily activities for adults with mental and physical challenges. Students will support and participate in a variety of activities with individuals who attend the day programs at the ARC. Activities may include: taking part in craft projects and games, helping with educational training, assisting ARC staff with activities, and accompanying ARC participants on recreational trips into the community.

What will I learn in this course?

The goal of this course is to give students an opportunity to help others while enriching their own lives. Participants in this course will interact with ARC clients on a daily basis, and they will learn about the joys and challenges that individuals with special needs may experience in their daily lives. Participants in this Winterim course will need to be actively and willingly involved in all activities. They should be friendly, outgoing, patient, and ready to extend themselves to join in activities and establish relationships with the people who attend ARC's programs. Students also need to participate actively and thoughtfully in daily reflection activities and discussions about their experiences. Each student will also be required to complete a culminating assignment to reflect on the experience as a whole. There will likely be a few choices for how they can complete this final reflection.

General Information

Students joining the ARC will be away from LA campus during the day. The program will start sharply at 8:00 a.m. each day, and students will leave campus at 8:30 in the morning to travel to the ARC. Students will return in the afternoon and gather as a group before dismissal at 3:00 p.m. Students will have limited access to cell phones throughout the day. The leaders will have their cell phones at all times in the event that anyone in the group needs to be reached. If there are any health concerns, please let the program leaders know so that we can make any necessary arrangements to support student participation. Likewise, the LA kitchen will pack a lunch for each student (students will eat at the ARC with the clients), so please let the program leaders know about any food allergies. Pre-requisite: Time schedules are rigid. Therefore, students have to be on time each day (no late drop off or early pick up). Excused absences will have to be signed off by the Director of Winterim.

Who will lead the course?

Lawrence Academy faculty members Liza Feldman and Jared Gagnon will lead the course and will be present and involved in all aspects of orientation, transportation, training, and volunteering. Staff members at ARC will also support the Lawrence Academy students.

Belize: Kayaking and Snorkeling in the Caribbean

Mr. Johnson and Ms. Huggins

Maximum students: 16

Cost: \$3,000

Advisory

Students may be required to have certain vaccinations to travel to this location. Students must visit their family physician or a travel clinic to obtain vaccinations and information. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

Students will explore the pristine landscapes and diverse coral reefs in the Southwater Caye Reserve and nearby regions in the Caribbean, off the coast of Belize. Each day we will kayak and explore uninhabited islands, and complex mangrove channels. We will snorkel along untouched coral reefs, including the incredible Belize Barrier Reef, a section of the second largest coral reef system in the world. While

snorkeling, we will also explore the busy undersea community of exotic creatures in order to understand its complex ecosystems. Other activities will include fishing, swimming, interacting with the local Garifuna inhabitants and, whitewater kayaking and exploring the Belizean rainforest. Our group will be completely self-sufficient, staying at Paradise Lodge on Tobacco Caye in southern Belize, at the Billy Hawk Caye Guest Houses, in cabins on Glovers Reef and in tents in the rainforest by the Moho River. All three island locations are surrounded by diverse mangrove islands, tidal seagrass flats, and pristine coral reefs teeming with marine life. While there will be extensive kayaking over the course of 10 days on the water, students do not need a background in kayaking.

What will I learn in this course?

Students will learn basic and advanced paddling strokes, navigational skills whitewater paddling skills and how to use Belizean hand lines and nets to fish. Students will also be taught basic snorkeling skills so that they can snorkel the incredible reefs in this part of the Caribbean. Students will learn about the island ecosystems and marine ecology. They will experience cultural interactions with the local Garifuna people as well as learning about the ancient Mayan culture. Students will help cook meals, prepared local style (and taught by native Garifuna's) to complete the experience. Students will cook and clean the fish that they catch. There will be numerous opportunities to gain leadership and communication skills and build personal confidence through group activities. While this expedition will be exciting and adventurous, safety will be our first concern.

Who will lead the course?

Our guides will be from Island Expeditions, who has been leading trips in Belize since 1987. We will have Belizean guides, who have a wealth of experience and skills relating to the environments, languages and customs of their native land, along with North American leaders who accompany the group, and are trained to North American standards in Wilderness First Aid, Swiftwater Rescue and Kayaking Instruction.

Our local leaders will be Lawrence Academy faculty member Scott Johnson and Natasha Huggins. Scott Johnson had co-led the LA Outdoor Program for many years. He has also led numerous Winterim trips. Scott Johnson and Natasha Huggins thoroughly enjoy getting to know other people and other places and look forward to mingling with the Garifuna and the Mayan people.

Beyond Monopoly: Modern Board Game Design

Mr. Dawson and Mr. Scott Smith

Maximum students: 15

Cost: \$150

What will I do during this course?

There is a world of board games that is well beyond games such as Monopoly in terms of design quality, depth, and complexity. Students in the course will be introduced to this world of modern games, the best of which are engaging, deeply strategic, and tactical. Through play and discussion, we will analyze and categorize the games in order to understand their mechanics. Students will form into groups to develop their own game design. Prototypes will be built so that they can be test-played by everyone and revised. The goal for each group will be to produce a playable prototype for an original board game.

What will I learn in this course?

Designing an original game with a small group will require the students to be dedicated, creative, analytical, and intensely collaborative. The work required to take an initial idea to an original, working prototype is complicated and time-consuming, but also very rewarding. Many of the principles involved and the skills needed in board game design are similar to video game design, and many other creative, professional fields.

Who will lead the course

Scott Smith and Zack Dawson will be the primary instructors. Zack Dawson is an amateur game designer, while Scott Smith has recently had his first game design move towards production.

Building the Elegant Canoe

Mr. Balch and Mr. Mucha

Maximum students: 10

Cost: \$1,295

Advisory:

You must be able to transport your canoe off campus at the end of Winterim.

What will I do in this course?

During this Winterim course you will both learn and employ the “stitch and glue” monocoque method of boatbuilding to produce your very own wood and fiberglass kayak. Combined with acquiring fine finishing skills, you will produce a canoe that will become a family heirloom. The boat you make and the skills you learn will endure a lifetime!

A canoe is a lightweight narrow craft, typically pointed at both ends, open on top, and propelled by a single-bladed paddle. The word canoe originated from the Carib kenu (dugout), via the Spanish canoe.

Canoes have been found that date back 10,000 years. They are probably the oldest of all boat designs.

Over the two weeks of this Winterim course, you will transform a stack of lumber into one of the most beautiful canoes ever designed; the Heirloom Canoe. Specs for the Heirloom Canoe: Length: 16'; Materials: Mahogany, Fiberglass, Brass fittings; Beam: 3'6"; Weight Capacity: 650 lbs.

What will I learn in this course?

You will learn about canoe design through construction and acquire the variety of skills needed to craft a beautiful and sturdy canoe.

Who will teach this course?

Current LA faculty member Mark Mucha and former Lawrence Academy faculty member Chris Balch. Chris has built boats with school, scout and camp groups for many years. He has designed and built several original kayaks, canoes, pirogues, and sailboats. Latin teacher Mark Mucha grew up on a lake, and enjoys all types of watersports. He is extremely excited to learn the art of canoe building and to take the new craft out on the Nashua River.

Chess

Mr. Curran and Mr. Williams

Maximum students: 16

Cost: \$250

Advisory

Students should be aware that we will play a lot of chess. There are, however, many chess-related activities in which students will be participating, as well as numerous documentaries and films they will be watching. Students are expected to participate throughout the two weeks in every drill and competition. Chess has been known to fatigue the body and mind.

What will I do during this course?

This course will allow students to explore the game of chess and learn why its depth and variations have fascinated players for centuries. Students will learn the basics through instructional talks and exercises and, most importantly, by playing the game with each other. Friendly competition will be encouraged as students try to outplay each other in a ladder format as well as during in-house tournaments. A professional player, Lou Mercuri, will attend several sessions in order to teach more advanced strategy and tactics. As students' skills improve, both their level of play and their enjoyment will increase. Their knowledge and understanding of the games will be filled out through learning the history of the game and watching related films.

What will I learn in this course?

Chess increases a player's ability to think both strategically and tactically. Remaining aware of options, variations, threats and potential attacks existing in every chess position hones the student's perceptive abilities and memory. Many parallels can be drawn between the skills needed to excel in chess and the skills needed to be successful in life.

Who will lead the course?

LA faculty member John Curran and Matthew Williams are avid chess players and are eager to teach others the beauty of the educational value of chess. Our outside professional is a highly rated player who once defeated the former World Champion of Chess, Karpov, in a simultaneous exhibition.

Clay and Kiln: Pottery Making

Ms. McBride and Ms. Whitlock

Maximum students: 16

Cost: \$350

What will I do in this course?

Did you love working with Play Doh and were devastated when your creations dried up and cracked apart? Are you curious about pottery and the art of creating different items with your own hands? Then pottery making is the perfect course for you to perfect your skills. This class will focus on the simple hand-building techniques of pinch, coil, and slab. Utilizing these techniques, we will shape the clay into cups, bowls, and other unique objects. Surface decoration will be explored through imprinting objects to create textures, painting colored slips, and relief carving. Pottery will be fired and glazed, making it durable and food-safe.

What will I learn in this course?

Students will learn about the history of ceramics and different techniques and firing methods used all over the world. Each day we will practice and improve hand-building skills and sculpting techniques, and see projects through from inception to completion. We will also explore the relationship between the natural world and the art we create. Students will share their ideas and build objects both communally and individually. In the culminating days, there will be a wrap-up discussion, evaluation, and critique of the work created during the course. Students will be evaluated on their participation and practice during the process of creating pottery.

Who will lead the course?

Shana Brautigan runs her own pottery studio, Rooted in Clay, and is a teacher for budding artists of all ages. Shana is an expert in building wood-fire kilns and is listed on the New Hampshire State Council on the Arts and Arts in Education and Community Arts Roster (www.rootedinclay.com). Faculty leaders Elizabeth McBride and Maggie Whitlock teach French, and both have a love for expression through art. They are thrilled to be learning about pottery alongside the students!

Dominican Service Project: Kids and Community

Mr. Moore and Mr. Cabot

Maximum students: 16

Cost: \$2,950

Advisory

Students may be required to have certain vaccinations to travel to this location. Students must visit their family physician or a travel clinic to obtain vaccinations and information. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

On this service-learning trip, you will work with Dominican children and make friends, build a performance platform, and clean a mangrove river estuary. You will explore culture and improve your Spanish in a beautiful tropical setting. The Mariposa Foundation, in the town of Cabarete on the north coast of the Dominican Republic, is a non-profit center dedicated to supporting young women from disadvantaged families. The Foundation's mission is rooted in the Girl Effect (www.girleffect.org).

You will spend your days mentoring the girls who come to the Foundation to learn and play, and you will work to improve the Foundation's facilities. You will immerse yourselves in Dominican culture by visiting some of the girls' homes, by building a performance platform at the Foundation with local workers, and by cleaning up and removing plastic from the Yásica River, an important nearby waterway.

In addition to this vital work at the Mariposa Foundation, two excursions are planned: a trip to climb, slide, and jump along the famous Waterfalls of Damajagua, and a trip to La Boca to see where the Yásica River meets the sea and to swim, explore, and eat a traditional Dominican lunch of chicken, rice, and beans called La Bandera.

What will I learn in this course?

The experience of visiting an area of significant poverty and working side-by-side with people of another culture can be life changing. You will have intercultural experiences that will allow you to learn as well as to teach. Having the chance to make friends and get close to the Dominican children of the Mariposa Foundation will allow you to experience the Spanish language in an immersion setting, although no background in Spanish is required for the trip. During the trip, Spanish language lessons will be provided at three levels: beginner, intermediate, and advanced.

Who will lead the course?

Mrs. Patricia Suriel, executive director of the Mariposa Foundation, will oversee our work on the island. Mrs. Suriel was awarded the Crystal of Hope Award in Vienna, Austria, and she has received the Outstanding Citizen Award from the U.S. Embassy in the Dominican Republic. Lawrence Academy has worked with Mrs. Suriel and the Mariposa Foundation for the past sixteen years, and Mrs. Suriel is the parent of an LA alumna. Lawrence Academy leaders will be Spanish teacher Nate Cabot, and Associate Head of School and Spanish teacher Robinson Moore. Both have traveled extensively in the Dominican Republic and are fluent in Spanish.

Don't Hold Your Breath (SCUBA)

Mr. Sugerman and Mr. Moyo

Maximum students: 14

Cost: \$3,000

Advisory

This course will depart on Sunday, March 3. This course is appropriate for those with no diving experience, though participants must be able to swim and will be required to pass a swim test given by the dive instructors. The first week will involve becoming PADI certified. Students with asthma, respiratory problems, anxiety, or claustrophobia, or significant allergies, may not sign up for this course. Participants must provide their own masks, fins, snorkels, and dive booties. Students may be required to have certain inoculations. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

The underwater world is an incredibly effective classroom that facilitates opportunities to challenge those who venture into it, both physically and mentally. The goal of this course is to provide you with the option to explore both of those realms while also experiencing the life of Curacao, an island off the coast of Venezuela. In Don't Hold Your Breath, you will learn to respect the ocean by studying it and exploring it in a hands-on way in one of the most beautiful and amazing shore dive sites in the world. You will earn your PADI Open-Water SCUBA certification and then use your newfound diving skills to study aquatic life under the sea. In addition to SCUBA diving during the day, we will also have at least one night dive to explore the underwater creatures who are nocturnal. Time outside the water will be spent studying for your certification tests, preparing meals for our group and sharing daily tasks, as well as making use of every opportunity to deepen your understanding of marine science and the environments of Curacao.

What will I learn in this course?

You will undergo PADI SCUBA training, with the opportunity to earn Open Water SCUBA Diver certification. Basic instruction includes a three-part training course with tests: confined-water skills, written work, and open water checkout dives. You will explore firsthand the wonders and mysteries of life under the sea, while also learning tropical marine science and how marine conservation efforts continue to protect and enhance this unique habitat. You will keep a daily journal about your experiences, both to record all observations and lessons learned, as well as to note your personal growth and learning experiences.

Who will lead the course?

Lawrence Academy will partner with Broadreach, an experiential educational organization. Broadreach will provide two PADI SCUBA instructors to facilitate the program. The instructors will support the group 24 hours a day, and at least one instructor will have advanced medical training (WFR or EMT). Additionally, Sean Moyo and Joel Sugerman will be accompanying this course. Sean teaches history, and Joel teaches theatre, and both teachers will become PADI SCUBA certified along with the students on this trip.

Eat, Dance, and Love Latin America

Ms. Mestre-Price and Ms. Beleno-Carney

Maximum students: 16

Cost: \$685

Advisory

Students must feel comfortable eating and cooking different kinds of food and be open to dancing to several types of Latin American music during the two weeks of Winterim.

What will I do during this course?

Latin America is full of diversity, culture, and traditions and it is known for the hospitality and happiness of its people. This course explores three different regions of Latin America: The Caribbean, Central America, and South America. We will learn about the important history and traditions of each region. We will interview people from each of these regions to find out more about life “on the ground” and visit an art museum to experience some of the art. Latin American food is varied, tasty, and colorful, with delicious ingredients as diverse as the culture itself. Each country has many famous dishes that we will cook and learn about the regional differences. During the first week, we will cook two meals daily and we will learn about the history behind it. We will also have the opportunity to visit Cuban, Colombian, and Peruvian restaurants. Dancing is a big aspect of this culture and for the second week we will have the opportunity to learn how to dance to and perform Salsa music. By the end of this course, you will create a piece of art and cook a Latin American dish.

What will I learn in this course?

In this course you will learn about and experience some aspects of the cultures of three different regions of Latin America. You will do this in a practical, fun way through dancing, creating art, and cooking dishes from the Caribbean, Central, and South America. Over the course of two weeks, you will be cooking traditional meals, visiting restaurants and museums, and learning how to dance the Cuban salsa through the guidance of a professional instructor.

Who will lead the course?

The course will be led by faculty members Mary Ann Mestre-Price and Elena Beleno-Carney. Both enjoy cooking and dancing and sharing their Colombian traditions with students. Our dance instructor will be Elsa Ferreira. Ms. Ferreira is from Argentina, and has been a wellness coach and a Zumba instructor in Devens, MA for the last few years.

eCoRica

Mr. Engstrom and Ms. Mordeno

Maximum Students: 14

Cost: \$3,000

Advisory:

Vaccines will be recommended. This program is rustic and students will be exposed to hot, humid weather and will be learning in remote environments surrounded by wild animals (including bugs). Students will need to know how to swim. Students with a history of physical or mental health concerns will have limited access to standard support networks. Medical history does not necessarily preclude a student from participating in the program, but should be considered by parents before selecting this program. Rice and beans are served for almost every meal in Costa Rica and many of the spices may include gluten; therefore true Celiac disease may be difficult to accommodate.

What will I do during this course?

Explore wild tropical ecology of Costa Rica with us! We will be hiking in the cloud forests and coastal jungles seeing how humans have impacted these habitats. Students will be part of reforestation and sustainability initiatives in these invaluable and diverse habitats while working at field stations with researchers and naturalists. We will see first-hand how humans have changed tropical forests and how we can be part of their recovery. While observing how elevation impacts biodiversity as we travel from the central mountains to the coast, we will be documenting our experiences through nature journaling. Along the way, we will set up trail cameras to look for elusive ocelots and jaguars, and help with sea turtle nesting research projects. Explore and learn in this unique lush environment, where you will also live amidst its beauty.

What will I learn in this course?

Students will learn to observe the effect humans have on the natural world, including but not limited to their own contribution. Students will develop their curiosity about the natural world by collecting data, looking closely for details and patterns, and reflecting on the whole environment. Each student will learn how to live simply, contribute to the group's safety and cohesion, and support each other's growth and development through empathy and understanding.

Who will lead the course?

Steve Engstrom has led travel Winterims and other programs studying ecology in the Amazon rainforest, SCUBA diving in the Caymans and exploring the Galapagos Islands. Mr. Engstrom studied tropical ecology while living in Costa Rica in college and is thrilled to return to one of his favorite places in the world.

Dina Mordeno has traveled with students many times, and will lead the students through the nature journaling component of the course as well as support a safe and engaged group dynamic.

Broad Reach will also provide two leaders in addition to local guides with a deep knowledge of Costa Rican ecology and diversity.

Fly Fishing on Andros Island, Bahamas

Mr. Margraf and Mr. Potter

Maximum students: 12

Cost: \$3,000

Advisory

This will be an intense fishing Winterim. Students should not sign up for this program if they are not prepared to fish and learn about fishing all day, each day. We will be out on the flats at least six hours per day after working with our instructor. While some general knowledge of fishing will be helpful, this course is designed to get students interested in the art and skill of fly fishing. Some fishing equipment will be provided, but we strongly encourage students to bring their own gear, if they have access to it. This includes spin rods and lures as well. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

Situated on a series of Oceanside flats just north of the North Bight, Mount Pleasant Lodge on Andros Island is home to some of the best bonefishing in the world. With the help of Yellow Dog Fly Fishing Adventures, a fly fishing travel guide service out of Bozeman, Mont., we have secured Mount Pleasant Lodge as our home away from home for this two-week period. This 200-acre property is owned and operated by Bruce Farrington and his daughter Stacy, and has been in their family for generations. While they will provide us with all meals, accommodations and property guidance, we will be spending the majority of our time wading the flats in search of that tail flap or fin rise of a bonefish or permit before gently placing our flies in front of their mouths (or so we hope). Yellow Dog has reserved one of their most experienced guides, Solomon Murphy, to instruct us on fly fishing in general (for novices) and on the intricacies of bone fishing for our first two days on the property. Be prepared to be patient and in the moment. There is a reason why it is called fishing and not catching. Learning the art of fly fishing in one of the most sought-after fly fishing locations in the world will provide all of us with a skill that we can enjoy for the rest of our lives.

What will I learn in this course?

Goal 1 – Students gain an appreciation for the art and skill involved in fly fishing which they can enjoy for the rest of their lives.

Goal 2 – Students will learn about the lifecycles of bonefish and the fish and invertebrates that make up their food sources, and the ecosystem of the flats environment we are fishing on.

Goal 3 – Students will learn to practice and become comfortable with the patience necessary to delay gratification.

Goal 4 – An appreciation of and respect for a natural environment and ecosystem very different from that which they are accustomed to.

Goal 5 – To use fly fishing as a form of mindfulness that will help them to focus on the moment and not worry about outside distractions (like cell phones, computers, and iPads).

Who will lead the course?

Chris Margraf and Kevin Potter have been running Winterim programs or other school-sponsored trips outside of New England for the past twenty years. Both have a working knowledge of fly fishing and fishing in general. Solomon Murphy will be our expert instructor for our first two days on site.

Give Kids the World

Ms. Bell and Ms. Poulin

Maximum students: 16

Cost: \$2,500

Advisory

This Winterim begins on Sunday, March 3, a travel and orientation day. We depart campus for the Manchester airport at 5:00 a.m. and return to campus on Friday, March 16 via an early morning flight into the Manchester, N.H. airport. This Winterim will end at 6:00 p.m. on Friday after the Winterim night. This is a service-based Winterim, requiring compassionate and focused work for 3-4 hours at a time. You will be directly serving children with life-threatening illnesses and their families, and therefore, you may experience intense emotions. In addition, closed-toed comfortable shoes, and appropriate conservative clothing, per the organization's dress code, will be necessary. This is a cell phone-free Winterim. They will be collected/returned at the Orlando airport.

What will I do during this course?

At *Give Kids the World*, you will create happy memories simply by being exactly where you are supposed to be in that moment, engaging with children and their families. Volunteering on this Winterim might mean serving ice cream for breakfast, welcoming children onto the carousel or other rides, delivering pizzas, playing games at the pool, leading party activities, greeting visitors at the castle, or a wide array of other service activities, including some behind-the-scenes work for the organization. Often you will work alongside at least one other student from our group; however, you could be working with several other adult and young adult volunteers as well.

About 1800 volunteers each week keep all activities and venues running at *Give Kids the World*, an 84-acre resort in Kissimmee, Florida with 168 family villa accommodations, entertainment attractions, and fun activities, specifically designed for children with special needs. GKTW is a non-profit organization that fulfills the vacation wishes of children with life-threatening illnesses and their families. Their purpose is to allow families to experience a memorable, joyful, cost-free one-week visit to the Central Florida attractions, and to enjoy the magic of GKTW Village for as long as there is a need. They believe that happiness inspires hope.

You will live in a safe and private resort community and work as a team to prepare meals. In addition to the hard work of volunteering, you will also get to experience some of Central Florida's attractions, like visiting Universal Studios and Islands of Adventure.

What will I learn in this course?

On the *Give Kids the World* Winterim, you will learn to appreciate the diversity of human conditions, working in close proximity with adults and children of varying abilities. You will be challenged in many ways and will develop the important human skills of kindness, awareness, empathy and determination. Collaboration and communication skills will also be essential elements of your learning through this experience.

Who will lead the course?

The professional staff members at *Give Kids the World* will guide students in the variety of tasks that need to be executed each day. Cheryl Bell and Kimberly Poulin will be the Lawrence Academy faculty on the trip and in addition to volunteering alongside the students, they will help students to process and reflect on their experiences through discussion and writing. Mr. and Mrs. Colotti (Kimberly's parents) are additional "house parents" for the Winterim, assisting with the shopping and general supervision at the house and resort area. Chef Kevin Marshall will work with the group to prepare their meals at the house.

Greece: Supporting the Refugees

Ms. McGowan and Ms. Shaikh

Maximum Students: 16

Cost: \$3,000

Advisory

Students may be required to have certain vaccinations to travel to this location. Students must visit their family physician or a travel clinic to obtain vaccinations and information. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory. We are returning to Logan Airport from Athens on March 15 at 7:35 p.m. and then driving to Lawrence Academy. This a service Winterim and students will be expected to do physical activity every day.

What will I do during this course?

Students who want to work hard and make a difference in people's lives will find this experience very rewarding. We begin our journey by traveling to Athens, then on to the town of Chalkida, where we will settle into our house where we will be staying for the duration of Winterim. Weekdays we will be traveling 20 minutes by van to the UN Refugee Center known as Ritsona. The Center is a temporary home for 700 refugees, mainly from Syria and Iraq. Much-needed projects such as repairing and painting picnic benches, distributing clothes, creating a garden pergola, and painting a mural, will fill our days. Our goal is to help with light infrastructure projects to rebuild the identity of people who have found themselves living in a day-to-day struggle of uncertainty.

Our hard work will be rewarded during our weekend, as we will spend Saturday exploring the ruins and markets of Athens. Sunday will include a day trip to the Evia, the second-largest island in Greece. This will be a great opportunity to experience and photograph the more laid-back aspects of Greek culture. Time for photographing the people we encounter and our surroundings will be regularly available. Evenings, we will be editing these photos to ultimately create a photo book. Arabic lessons, regional cooking lessons as well as nightly debriefing will be our way of winding down and taking in the day's experiences.

What will I learn in this course?

Students will be learning about migration, immigration and the refugee crisis affecting people from many nations. Our students are expected to show compassion to people we encounter and engagement in our daily work projects. Full participation in all evening and weekend activities is required. Students will be learning to live effectively with their peers and leaders.

Cross Cultural Solutions will be our guides in Greece handling our accommodations, meals and instruction. Additional instructors will help with Arabic lessons and regional cooking lessons.

Who will lead the course?

Laurie is an artist/educator who has led many travel winterims around the world. She is a culture junkie and is looking forward to connecting with the people at Ritsona and the opportunity to practicing her knowledge of the Greek language.

Kira, a third-year teacher at Lawrence Academy and avid traveler, teaches Conflict and Change in Society. This course investigates governments throughout the world and how/why people come together to form these political structures. She is excited to lead this Winterim course to engage in the world changes that she teaches students about by gaining a first-hand experience in Greece.

Head Start: Social Emotional Learning through Volunteering

Mr. Army, Ms. Rafferty, and Ms. Ritter

Maximum students: 24

Cost: \$100

Advisory

Students in this course must be immunized against tuberculosis. The Lawrence Academy Health Center can provide such immunization if needed. Each participant must provide proof of prior immunization in writing before February. The fee for transportation and materials will be shared equally by all participants.

What will I do during this course?

The goal of this course is to provide an experience through which we can serve families who are in poverty and the tireless teachers who practice their wonderful work in early education in this important national organization called Head Start. Our students will work as classroom teachers for two weeks at Head Start facilities in Lowell, Mass., where 3- and 4-year-olds come to school every day. Each participant will work with a professional, an aide, and about 20 children in a classroom and on the playground, assisting a teaching team throughout the day. Additionally, students will have the opportunity to create their own social emotional learning activity after spending a week learning about social emotional learning and the importance both in and out of the classroom. The course will culminate with a presentation of students' self-designed activities.

What will I learn in this course?

We will learn about child growth and development, about parenting, about children and families in poverty, about federal support for early education, about social emotional learning, and about early childhood education by working as a teacher at Head Start. Participants will also be required to spend time with our group in our own classroom, discussing what we are seeing and what goes on at several levels behind and beyond what we are seeing. Each participant will be expected to participate eagerly in role plays, small group discussions, and seminars, as well as complete a final project where they will design their own social emotional learning activity.

Who will lead the course?

Mr. Army, Ms. Rafferty and Ms. Ritter will lead this course. Mr. Army is a math teacher at LA, and is a varsity hockey coach and JV lacrosse coach at LA. Ms. Rafferty is a 9th and 11th grade English teacher as well as the head JV girls' soccer and basketball coach. She is a native of Lowell and is excited to serve her beloved hometown this Winterim! Ms. Ritter works in the college counseling office and coaches skiing and girls' varsity lacrosse at LA. She has her master's in education, and loves learning about how people learn in and out of the classroom.

Humans of Morocco

Mr. Barker and Mr. Igoe

Maximum students: 16

Cost: \$3,000

Advisory

Morocco is a Muslim country, and modest dress is required. For girls: Shoulders must be covered, tops must be high cut and loose fitting, and skirts/dresses must be at least knee length. For boys or girls, jeans are fine. **Yoga pants are not.** We will be eating local Moroccan food. "American" food may be scarce. A 35 mm digital camera and laptop are required. A few cameras are available on a first-come, first-served basis. Students may be required to have certain vaccinations to travel to this location. Students must visit their family physician or a travel clinic to obtain vaccinations and information. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

"Photography records the gamut of feelings written on the human face, the beauty of the earth and skies that man has inherited, and the wealth and confusion man has created. It is a major force in explaining man to man." – Edward Steichen, photographer, 1879-1973

Who are these people inhabiting Morocco? How are they unique? How are they like us? You will be photographing amidst a backdrop of ancient Roman ruins, fortress walls, mosaics, and waterfalls. Imagine an entire walled city that is painted blue! People will think you've used Photoshop!

We will be visiting five main areas in Morocco, including small Berber villages, the world-famous city of Casablanca, and the bustling city of Fes. We will be meeting with local artisans, such as rug weavers and tanners, to learn about their crafts and have them become subjects for our photographs. Lively outdoor markets will be used for creating "street photography" as well as sampling the traditional food.

You will be using your camera to understand a magical region and the people that inhabit this varied landscape. Lessons in photography will send us off each day inspired to meet people and create meaningful photos of our surroundings and authentic portraits. We will be staying in lovely Moroccan homes, called riads, and taking trips by private bus to surrounding towns to find people who will become the subjects of our individual photo books. Family-style meals and editing your photos taken that day to create your photo book will be an important part of our evenings.

What will I learn in this course?

You will be learning how to photograph people using your eyes, your heart, and your camera. Good camera technique, editing your work, writing accompanying text, and layout design to create your photo book are some of the aesthetic elements that will be covered. You will be learning about Moroccan culture: the food, art, and customs.

Who will lead the course?

Broadreach, a trusted high school educational trip organizer, will be our guides in Morocco. LA faculty members Colin Igoe and Robbie Barker will be leading this course.

In Darwin's Footsteps: Evolution and Environmental Responsibility in the Galapagos Islands

Ms. Foster and Ms. Ryan

Maximum students: 16

Cost: \$3,000

Advisory

This course will involve some physical challenges, such as occasional moderate hiking. Students should also be prepared to camp. Participants must be able to swim. Students may be required to have certain inoculations. A valid U.S. passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

We will be following the wake of Darwin's infamous voyage on the HMS Beagle to the Galapagos Islands, where we will observe and research wildlife, conduct field-based research, study the unique evolution of organisms, and analyze human ecological footprints and sustainability efforts in this fragile ecosystem. Students will embark upon their own personal research project, and using material and information obtained from our Galapagos exploration, Ecuadorian scientists and field notes, they will present their research to the group and to the community.

What will I learn in this course?

Students will have the opportunity to learn about evolution, ecosystems and sustainability efforts through the lens of the Galapagos Islands. Our LA students will be researching flora and fauna, studying wildlife in their natural habitat, analyzing evolution on the islands, participating in reforestation efforts, and undertaking sustainability tasks to earn a greater appreciation for our planet Earth. By using the Galapagos as a case study, students will be better able to understand global sustainability trends and what communities and individuals can do to protect this unique ecosystem and ecosystems around the world.

Who will lead the course?

Damon Corkin, a Lawrence alumnus from the class of 1995, is the director of Andean Discovery, the outfitters who have organized and will lead our adventure (www.AndeanDiscovery.com).

Trained Andean Discovery guides and certified Galapagos guides and scientists will be with us for our entire stay. Ms. Foster, a History and English teacher who has led The System Winterim for three years and is an outdoor enthusiast, is excited to head off to the Galapagos Islands and explore their unique ecosystem. Ms. Ryan, a Math teacher who has done seven Winterims with Andean Discovery, is thrilled to be back in the Galapagos to be learning more about evolution and sustainability efforts there. Both teachers are passionate and eager to learn more about how the Galapagos evolved and what is being done to protect the Earth for generations to come.

Mind, Body, Spirit: The Way of Karate

Mr. Burkholz

Maximum Students: 8

Cost: \$250

Advisory

Students should be in good physical shape. Students with physical injuries, which might limit their ability to participate in a physically active environment, should not take this winterim.

What will I do during this course?

This course is an introduction to the study of the Okinawan form of karate known as Uechi-Ryu, which blends traditional martial arts and self-defense with a strong focus on personal fitness and physical empowerment. Students will participate in a group format where they will practice all of the basic blocks, kicks, and defensive moves that are integral to the study of karate.

Students develop their karate skills by learning the basic katas of Uechi-Ryu. Katas are detailed choreographed movements that encompass all of the blocks, kicks, and defensive moves of Uechi-Ryu. Students will work in groups in order to better develop their skills. At the beginning of each class, students will participate in the beginning exercises meant to build up their physical stamina.

Students will practice mindfulness training at the beginning of each day in order to develop a more focused mind and to integrate the concept of mushin (focus without distractions) into their karate practice. Students will take part in yoga classes at Buddha's Nest Yoga studio in Groton several times per week with a professional yoga teacher in order to enhance their focus, flexibility and coordination. Students will visit Neil Stone's Karate Academy in Brookline, Mass., several times to observe classes and to interview karate students. Neil Stone, an 8th degree black belt master, will conduct several classes with the students and award them one or two green stripes on their white belts if their progress warrants it. Finally, students will keep journals focusing on their daily experiences.

What will I learn in this course?

The goal of this introductory course is to provide an expansive overview of the diverse elements of Uechi-Ryu karate. Uechi-Ryu consists of three related areas of training:

1. Training of the body to include flexibility, coordination, balance, strength, speed and stamina.
2. Training of the mind to include concentration, awareness, emotional discipline, confidence and serenity.
3. Training in self-defense to include timing, distancing, accuracy, techniques of blocking and counterattacking, and psychological principles of fighting.

Students will learn the art of karate by focusing on these three areas of training. In addition, the Eight Virtues of a Black Belt--modesty, courtesy, integrity, compassion, gratitude, self-control, perseverance and indomitable spirit, will be integrated into the curriculum. Each day we will focus on a different virtue and students will learn how to incorporate these virtues into their study of karate. Students will also learn how to integrate their yoga and mindfulness experiences (mushin) into their study of Uechi-Ryu. During this intensive training period, students will develop their self-discipline, their ability to focus and their self-confidence, which hopefully will carry into their everyday lives.

Who will lead the course?

Mark Burkholz has led 27 previous winterims. Mark has been a karate student for 20 years and is currently a 5th degree black belt. Mark has also been practicing Zen meditation for 42 years. Mark has also been a high school teacher for 40 years including 28 years at Lawrence Academy. Neil Stone is a 8th degree black belt with 32 years' experience. He owns and runs the Neil Stone Karate Academy in Brookline, Massachusetts. Neil Stone has been teaching students of all ages for over 25 years. Ann Dries is an experienced and certified yoga teacher who owns BuddhaNest Yoga in Groton.

Quilting is Sew Easy

Ms. Moseley and Ms. O'Connor

Maximum students: 16

Cost: \$450

Advisory

Students must have the use of a portable sewing machine (with instruction booklet) during the two weeks of Winterim.

What will I do during this course?

In this course you will be making beautiful quilts that reflect your creative ideas. Over the course of two weeks, you will produce two major quilting projects. As a service to your community, you will be producing a small quilt for a resident of the Seven Hills Pediatric Center. You will have the opportunity to visit with a resident, learn more about him or her, and create a quilt that is unique for the resident. When you have finished, you will be able to deliver your quilt in person. In addition you will design your own full-size quilt which you will complete and take home! You will be able to choose between using traditional patterns or newer ones such as watercolor or T-shirt quilting to display some unique expressions of yourself. You don't need to consider yourself a great artist; we will help you with the required design elements.

What will I learn in this course?

You will learn basic sewing and design skills. You will learn to design, plan, cut, piece, fill, back, and tie your quilts. This is a simplified process which does not require previous sewing experience. You will choose your own fabric during a trip to a local quilt shop. You will also learn to use the tools of the trade: sewing machine, needle, thread, rotary cutter, iron, and, inevitably, the seam ripper. You will be evaluated on the completion of your projects by the end of Winterim.

Who will lead the course?

The course will be led by faculty members Cindy Moseley and Jenn O'Connor. Both enjoy creating quilts and learning new skills along with the students. Our expert instructor will be Nancy Bell of Hollis, N.H. Ms. Bell was a home economics teacher for fifteen years and has been teaching quilting to children and adults for more than twenty-six years. Ms. Bell has been a past president of both the Hannah Dustin Quilting Guild and the New England Quilting Guild, and she has served on the board of the New England Quilt Museum Auxiliary.

Rustic Arts: Rustic Furniture Building

Mr. Matt Smith

Maximum students: 8

Cost: \$450

Advisory

Students will be working with and around power tools and will need to learn proper woodshop safety practices before beginning the building process.

What will I do during this course?

In this digital age, students are less in touch with manual skills; this course seeks to (re)acquaint students with the satisfaction of self-sufficiency. Working with their hands, students will design and build their own rustic furniture. Students will work under a one-week deadline with daily checkpoints. Students without woodworking experience can begin with a rustic Adirondack chair. Students with some experience can design and build a rustic farm table for the dining room.

What will I learn in this course?

In an attempt to teach life skills, students will work under professional deadlines for design, construction, and completion as they move through the various stages of furniture building. The course will be broken into design and planning (choosing a design from template, determining nature of finish, planning artwork), raw construction (gathering materials, chair construction, woodworking detail), and finishing (staining, painting, sealing).

Who will lead the course?

Matt Smith will lead this course. Mr. Smith is an enthusiastic woodworker who has built some coffee tables and restored antique furniture as well as construction projects around his house such as roofing, fencing, insulating, and painting. He designed and instructed the ADK Chair Woodworking Winterim last year.

Service and Sustainability in Costa Rica

Ms. Powers and Ms. Ruby

Maximum students: 16

Cost: \$2,700

Advisory

Students may be required to have certain vaccinations. Be sure to check with the student's doctor. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What will I do during this course?

During this week, you will adventure, serve and play in a beautiful region of Costa Rica! You will engage in meaningful service projects with established partners in a few communities of Guanacaste. We will serve at locations such as Santa Teresa Norte School, Hacienda Rio Cote Reforestation, and the community of Nuevo Arenal. Our service projects will focus on sustainability and will include such activities as helping with a community garden, partnering with students at a bilingual school, helping on sustainable farms, working with Dole partners at a local farm, and planting trees as part of an ongoing reforestation project. You will also enjoy time for adventures like zip-lining and exploring rainforest waterfalls. Your journey will be filled with Service Learning objectives, as we feast on local cuisine, have comfortable and community-based accommodations, and experience a true sense of the way life is in Costa Rica!

What will I learn in this course?

You will learn how sustainability affects the livelihood of people around the world. You will develop compassion for people of different cultures and socioeconomic groups and will be inspired to make choices in your own life that positively impact others and local and global sustainability. You will be required to participate fully in all service projects and keep a reflective journal in order to receive credit for this course. Most of the communities we work with are bilingual, but you will likely pick up some Spanish along the way.

Who will lead the course?

Ms. Powers and Ms. Ruby are science teachers at LA. They are both passionate about sustainability. They infuse those topics into the courses they teach and are constantly looking for ways to engage students to look beyond their own bubbles to the larger world. They will be partnering on this course with Vanessa Puleo, founder of Led2Serve. Led2Serve is a non-profit organization which mobilizes students, adults and groups for Service Journey experiences. They partner with existing organizations and communities to mobilize teams into their geographical area to provide service related projects, educational programs, and assistance in the community.

Sports Journalism

Mr. Wiercinski, Mr. Culley, and Mr. Karp

Maximum students: 18

Cost: \$1,330

What will I do in this course?

Does the life of a sportswriter seem exciting to you? Would you like to find out what it's like to write against a deadline? To interview professional athletes? For 10 days you will experience the life of a sports writer. Activities and events include touring The Boston Globe and WEEL, watching regional sporting events such as the Big East Tournament in Manhattan, Atlantic 10 Tournament in Brooklyn, Boston Bruins, and Celtics games. After each game, our journalists will write game articles to capture the action for your readers. Additionally, students will write feature articles based on interviews of the athletes and sports figures and observations of the sporting world. The course

will educate LA students about the life of a sports journalist. You will be under pressure to complete your articles and to muster up the courage to interview players and fans. You will also have the opportunity to create, design, and complete your own magazine, which will contain the articles written during the two-week course. This course will force you to work hard, but you will learn a great deal and have a lot of fun in the process.

What will I learn in this course?

Course participants will receive an introduction to the ins and outs of sports journalism and newspaper reporting. With the help of some preliminary instruction in accurate and concise writing and provocative interviewing, would-be sports writers will learn how to write effective game and feature articles. Participants are expected to complete a magazine that will be created and distributed to the Lawrence community during the Winterim Wrap-Up.

Who will lead this course?

Lawrence Academy faculty members Kevin Wiercinski, Mike Culley, and Artie Karp, all members of the history department, will lead this course. Mr. Wiercinski will lead this course for the 14th time. For Mr. Culley, it will be his tenth Sports Journalism experience. Mr. Karp has served as a leader of this course intermittently since its inception.

The Family Tree

Ms. Cooper and Ms. Thurber

Maximum students: 12

Cost: \$250

Advisory

Part of this program involves students undergoing testing of their own DNA via a commercially available test kit (the cost of which is included in the program fee). While it would still be possible to complete the program without this, it would be a much less rich experience, so we ask that only families willing to undergo the testing sign up for this program. During this program there may be a day or two when students will need to arrive to campus early so that we can drive to research locations – plenty of notice will be given in advance. Students should wear comfortable shoes and clothing for our walking tour of Boston's North End. Please advise leaders of any food allergies because we will eat at an Italian café. Students must bring their laptop and journal daily.

What will I do during this course?

You will explore your family's stories and history. You will work with a professional genealogist and travel to research facilities, where genealogy librarians will help you uncover clues to your family's past. You will work with the results of your own DNA from a test kit. You will perform some genetics lab work under the direction of science educator Dr. Biz Wright and will unpack DNA test results from others, along with their stories, giving you a model of how to proceed with your own future research. From these activities, you will also gain an understanding of the relationship between genealogy and genetics. You will compile and synthesize your findings in an artistic project of your choice. Examples of this project could be a folk song that tells the story of a family member, a short digital documentary film, or a play.

What will I learn in this course?

During this Winterim, you will begin your trail of discovery with yourself. You will submit your own DNA information to a test kit company in order to help you trace where your ancestors once lived, reaching across the globe. You will combine your own family stories with information found in your search through genealogical resources including Ancestry, Family Search, newspapers, census data, and more. Also, we shall watch some episodes of PBS' Finding Your Roots series, during which celebrities' DNA data is shared, illustrating and supporting the work that you will do during this two-week course.

Who will lead the course?

Jenny Cooper is the Director of Music and a genealogy enthusiast. Kelsey Thurber is one of our athletic trainers here at LA and an eager learner alongside our students.

The System

Mr. Feigenbaum and Ms. Majeski

Maximum students: 12

Cost: \$975

Advisory

In “The System”, we take trains to Boston, then subways, then walk to various courthouses, the State House and a prison. In week two, we will travel by plane to Washington D.C., where we take subways and walk a lot! Willingness to interact respectfully with the public, including people in the midst of some sort of personal struggle, is a must.

What will I do during this course?

We will travel on public transportation and travel early each morning to different parts of Boston, we will pass through metal detectors on our way into Suffolk Superior Court, Boston Municipal Court, U.S. Federal District Court, the Nashua Street Jail, and the Massachusetts Statehouse. We will sit in attendance at actual trials in session (two years ago we attended the Aaron Hernandez trial, among others), meet with judges, attorneys, state representatives and senators, and tour a real prison or jail, where we will see what it is like, and even meet with inmates. In week two, we will attend sessions of Congress (both the Senate and House), actual hearings of various subcommittees in both the Senate and House, meet with elected officials, federal public defenders, and generally get an overview of the map of our federal government.

What will I learn in this course?

Students will see and experience first-hand some of the realities of “the system”; mainly, that it is housed in real buildings and administered by real people. Students will see that people embroiled in the midst of the legal system are in various forms of struggle (nobody is in a good mood in a courthouse), and that our political system is a system that addresses problems. The list of problems and issues attended to by our elected officials is long and detailed and the considerations taken into account are many. Students will learn that there is a human face to our “system” and appreciate, hopefully, how different this reality is from whatever theory we read about in books, or illusions we see on TV and in movies. We will talk to many people in the field – lawyers, judges, corrections officers, police, state and federal elected representatives, administrative assistants – and hear from them directly about their experiences being a part of the daily workings of “the system”.

Who will lead the course?

Brian Feigenbaum and Raquel Majeski will lead this Winterim. Mr. Feigenbaum is an attorney and member of the Massachusetts Bar since 1984, and has led this Winterim for each year of its existence. Ms. Majeski is the Dean of Equity, Inclusion and Professional Growth at Lawrence Academy. The people we will meet and interact with are all currently practicing professionals in the legal and or political fields as attorneys, corrections and police officers, judges, elected officials, etc.

Two Chinas: Ancient Gardens and Alibaba

Ms. Liu and Mr. Brescia

Maximum students: 16

Cost: \$3,000

Advisory

Students may be required to have certain vaccinations to travel to this location. Students must visit their family physician or a travel clinic to obtain vaccinations and information. A valid passport for U.S. citizens and additional travel documents for international students are required. The purchase of group travel insurance through the school is mandatory.

What students will learn

Simultaneously a developing country and world power with a unique history, China is much more than The Great Wall. Students will begin to understand contemporary China by examining the sources of its growing economic power, symbolized by its factories, special economic zones, and one of its own engines of the cyber economy, Alibaba. At the same time, the magnificent gardens of Hangzhou and Suzhou offer insights into the prosperity and power of Ancient China. Students will learn the most about China from what they see, experience, and learn from the Chinese people themselves, including students in three different educational settings.

What students will do

Arriving in China's financial capital, Shanghai, home to 24 million citizens, students will begin their interactive education at the Shanghai Museum before getting a close look inside a joint venture automobile factory, one of many moving parts in China's economy. They will visit a school and at least one after-school enrichment program, a Children's Palace. Moving on to nearby Suzhou, students will see for themselves how ancient China's commerce relied on canals and how prosperity was defined and celebrated with its famous gardens, silk production, and embroidery (visiting an embroidery institute). A train will bring students to Hangzhou for a visit to the headquarters of Alibaba and also to a bike ride around West Lake, visiting a Buddhist temple and a second school for more peer-to-peer cultural exchanges. Returning to Shanghai on a bullet train, another symbol of Chinese technology, students will conduct their own research of The Bund, an area in Shanghai that straddles ancient and modern China, to draw conclusions about winners and losers in China as a result of the nation's economic success.

Who will lead this course

Hongbin Liu, Lawrence Academy's teacher of Mandarin, has led trips to China for her previous independent school and is eager to introduce students at LA during this second Winterim to China. Andrew Brescia, a diplomat's son who grew up living mostly in Asia and traveling throughout the world, is eager to team up again with Ms. Liu to offer more LA students a look inside what many predict to be the next great economic superpower. Mr. Brescia first visited Beijing and Wuhan in 2002 to attend a conference on innovation in the classroom.

Watercolor

Ms. Parker-Roach and Ms. Breton

Maximum students: 13

Cost: \$650

What will I do during this course?

Learning how to paint with watercolors is not as difficult as you may imagine. Through a step-by-step process, you can produce remarkably beautiful paintings. On the first day, you will be introduced to twelve watercolor techniques which will serve as a foundation throughout the rest of the course. Each technique will be taught through the demonstration, and you'll develop these techniques as you work on common projects chosen by the instructor. After the first day, you will spend your mornings learning new skills through demonstrations and applying them to a common painting that will be completed by everyone. Each afternoon, you will have studio time to work on pieces of your own choosing, with individualized feedback and help available from the instructor. As a group, we will spend a day visiting two or three museums in the Boston area, and we will likely spend one afternoon at a nearby museum, as well. The cost of the course includes watercolor pigments, various brushes and tools, watercolor paper, and museum costs, as well as instruction from the artist-in-residence.

What will I learn in this course?

You will learn how to apply paint with the basic selection of brushes, produce visual effects through various techniques. You'll develop the basics of color theory as you learn to mix rich colors from a limited palette. You will discover when you need to use crisp, hard edges, and when and how to lose edges. With each painting will come an increased understanding of color, value, and composition. You will be evaluated by your active engagement and participation, and your willingness to experiment with new techniques. You will produce multiple paintings, including the common painting assigned by the instructor. These paintings will serve as the visual proof of your progress.

Who will lead the course?

Our instructor will be Joni Parker-Roach, a fine artist and the owner of NOA Gallery. She is also the curator of the gallery at The Groton Inn. Joni created an art school for all ages at the NOA Gallery and has been teaching students ranging from 6 years old to adults. A lifelong artist, she was educated at Worcester State University, and has also done coursework at Mass Art, New England School of Art & Design, and The Antibes Art Center (Antibes, France), as well. Joni continues her own studies through private lessons and workshops. She will be assisted by faculty member Leslie Breton, who has enthusiastically learned along with the students for several years.

Windrush Farm

Ms. Hallock and Mr. Abisalih

Maximum students: 12

Cost: \$690

Advisory

Students will be working with horses and clients with disabilities. They will need to be comfortable being around both. Students will also be working from 11:00 a.m. to 7:30 p.m. most days with one 8:00 a.m. to 5:00 p.m. day each week (most likely Wednesday). Students will need to have their own transportation to and from campus due to the timing. Students will also be completing physical tasks and should be in good physical condition for this Winterim.

What will I do during this course?

This course will explore and expose students to learning about therapeutic horseback riding through interactions with the horses, participants, and instructors at Windrush Farm. Therapeutic horseback riding is a program in which clients with disabilities participate in horse-related activities as a means of therapy. The goal of the therapy is to improve the physical and emotional health of participants while also furthering their behavioral and cognitive skills, independence, and sense of well-being.

Each day will be spent at Windrush Farm where students will interact with the horses, participants, and instructors. Over the course of the two weeks, each student will be assigned to a horse, which they will be responsible for caring for and working with in the therapeutic setting. The initial stages of the program will be geared towards observation and learning the basics of volunteering and how to handle both the animals and the clients. As the two weeks progress, students will develop the skills required to start planning their own lessons for the participants. These lessons will take into account all the skills, both horse-related and life-related, that will be conveyed to the riders during these sessions.

What will I learn in this course?

During this two-week course, students can expect to learn how to become proficient volunteers at therapeutic horseback riding. Students enrolled in this course will become comfortable working with individuals with a range of challenges and disabilities. They will learn how to communicate and design lessons that highlight the skills that the participants are working towards mastering. Students will also learn how to care for and ride a horse. Additionally, students will gain a proficient knowledge of handling horses and an understanding of the relationship that can exist between the horse and the rider. The hope is for students to gain the skill set necessary to pursue volunteering opportunities surrounding therapeutic riding programs in the future.

Who will lead the course?

This program will be based out of Windrush Farm in Andover, Mass. Mandy Hogan and program director Jen Wright, will be the two main leaders for this program. They are both Massachusetts-licensed riding instructors as well as PATH International registered/Advanced level therapeutic riding instructors, and Equine Specialist in Mental Health and Learning certified professionals. Students will be interacting with the rest of the farm's instructor team, who are also Massachusetts-licensed riding instructors and range from registered level through master level PATH International therapeutic riding instructors. Students will also interact with instructors who are also equine specialists in mental health and learning through PATH International.

Faculty leaders for this course will be Will Abisalih and Hannah Hallock. Hannah Hallock teaches in the Science Department at Lawrence Academy and has prior experience with both riding horses and volunteering for therapeutic riding programs. This will be her third year running the program. Will Abisalih teaches Physics for the Science Department, in addition to coaching skiing and boys' tennis; this will be his first year with the Windrush Farm Winterim. Starting his fourth year at LA, Will spent the past two Winterims volunteering with children who have life threatening illnesses at the Give Kids the World Village in Florida.

Web Reporting & Social Media

Mr. Bishop and Mr. Gotlib

Maximum students: 4

Cost: \$325

Advisory

Students should be proficient in writing and/or photography, with at least some exposure to social media. Experience with video is a plus. Access to an iPhone (or similar device) is a requirement. Students should also bring their laptops each day. **Please note:** While we expect to follow the “regular” schedule for on-campus Winterims, there will be a need for flexibility when experiences might happen later in the evening, etc.

What will I do during this course?

As a member of the Winterim News Team, students who participate in Web Reporting & Social Media will help the Communications Office cover all of the different experiences happening in and around LA’s annual experiential learning program. Students will publish actual posts to www.lacademy.edu, and to the official LA Facebook, Twitter, YouTube, and Instagram accounts in what is designed to be a resume-quality experience. The Winterim News Team will also cover themselves as we travel to various locations. Please note: Given the nature of the leaders’ professional contacts, many of our experiences will be athletics-related.

What will I learn in this course?

Heavy emphasis will be given to honing student skills in writing, social media photography, and videography. Working on deadline, and under institutional guidelines, students will get an in-depth look at journalism and public relations, as well as web/social media best practices. While we hope and strive for professional-quality results, students will be evaluated beyond their deliverables, attitude, and stick-to-it-iveness.

Who will lead the course?

Two members of LA’s Communications Office will take point on this Winterim. Prior to their arrival at Lawrence Academy, John Bishop and Jonathan Gotlib worked for the Boston Bruins and covered the team’s ascension to the Stanley Cup Championship in 2011. As the beat writer for BostonBruins.com, Mr. Bishop wrote about the hockey club each day, appeared as the face of bostonbruinsTV, helmed the team’s Twitter feed, and co-authored *Full 60 to History: The Inside Story of the 2011 Stanley Cup Champion Boston Bruins*. Mr. Gotlib was the bostonbruinsTV videographer and, like Mr. Bishop, traveled with the team on the road. Mr. Gotlib’s work, twice nominated for the New England Emmy Awards, appeared in *Behind the B*, NESN’s 24/7-style show covering the team.

Yoga Beyond the Mat

Ms. Johnson and Ms. Lawler

Maximum students: 16

Cost: \$690

Advisory

Students should expect to be physically challenged as we will be doing yoga each day. Students should discuss with their parents and physician if there is a question about the suitability of this program for their particular situation.

What will I do during this course?

Come explore the 5000-year-old body-mind discipline of yoga. Immerse yourself in its time-honored traditions as we travel through its history and experience its myriad benefits. As yogis, we will practice daily and come to understand each pose fully.

We will emphasize proper alignment, breathing techniques, meditation, and the powerful connection between mind and body. We will travel to local yoga studios to sample various styles of Hatha, Kundalini, and Bikram yoga, as well as the Chinese form of Tai Chi. Often mistaken to be only a physical discipline, yoga also offers benefits that stretch beyond the mat, promoting healthy nutrition and character development.

What will I learn in this course?

Students will develop a full understanding of yoga culture. In addition to physical benefits, students will develop better discipline; will learn to reduce stress, increase energy, improve concentration, and increase awareness of their world.

The yoga way of life is a commitment to overall wellness. A local chef and nutritional counselor will demonstrate healthy eating choices through cooking classes using wholesome and locally grown ingredients. Because yoga's philosophy is one of personal growth, one full day will be devoted to character development. With a local Grand Master, students will engage in a seminar that emphasizes goal-setting, controlling thoughts and habits, leadership activities, and attitudinal growth.

Who will lead the course?

Kim Johnson is a Registered Yoga Alliance yoga instructor and Reiki practitioner with over seventeen years of experience. She owns Namaste Yoga-The Athlete's Yoga where she trains high school and college age athletes. She is devoted to helping student/athletes prevent injury, enhance academic athletic performance, and overcome physical and psychological challenges. Erin Lawler teaches English at Lawrence Academy and has enjoyed practicing yoga for over fifteen years. She is looking forward to exploring the yogic lifestyle more deeply.