


All Intensive Descriptions

****PLEASE NOTE GRADE LEVEL****

<p>#Do You Even Lift Bro?!</p> <p>Description:</p> <p>Do you lift? Do you want to know how to lift? If you are currently into the gym and wanting to continue your training or just curious about a high intensity lifting experience join our 3 day intensive work out program with the third day being a competition. Your strength, endurance, and technique will be tested. Awards will go to first second and third place. We will also work on nutrition to properly fuel the body. This is not for the faint of heart! Be ready to work hard during this intensive! Bring it! This intensive can be used as part of a physical challenge for 10th grade passage.</p>	<p>Teacher: Ms. Lepine</p> <p>Ms. Monette</p> <p>Learning Targets:</p> <ul style="list-style-type: none"> -I can learn how to fuel my body to be able to perform at a high intensity level. -I can craft healthy and sustainable snacks and meals specific to my bodies need -I can improve my lifting form and techniques to aid me with my ability to perform in college level sports and general fitness. 	<p>GradeLevel: 11-12</p> <p>Capacity: 25</p>
<p>“Not Yet Master Chefs” Cooking Intensive</p> <p>Description: </p> <p>In the Not Yet Master Chefs intensive we will be learning some basic recipes and cooking techniques. On day 1 we will make meatballs and sauce and have meatball subs for lunch. On day 2 we will make home-made baked macaroni and cheese. Day 3 will be a student choice day: you will be given a budget to plan your meal, find recipes, make a shopping list, buy your groceries, and cook (hopefully) delicious food. Whether you are brand new to the kitchen or are an experienced cook, this intensive is for you! Students will be asked to contribute \$10-\$20 for this intensive.</p>	<p>Teacher: Mr. Holland</p> <p>Learning Targets:</p> <ul style="list-style-type: none"> -I can correctly follow a recipe. -I can plan a meal and make a grocery list that fits into my budget. 	<p>GradeLevel: 12</p> <p>Capacity: 15</p>
<p>A Happy and Healthy Me: Leave Your Stress Behind</p> <p>Description:</p> <p>Do you feel stressed out a lot in your life? Do you wish you had strategies for dealing with the stress? Do you want to find more peace, balance and relaxation? Join us in this intensive as we investigate different ways to lower our stress levels and deal with difficult situations that we face on a daily basis. Our focus will be on learning more about ourselves and what we need as individuals to be healthy and happy. We will learn about and practice stress management, create arts and crafts projects, and be kind to ourselves and others.</p>	<p>Teacher: Ms. Fanolis</p> <p>Ms. DeNigris, Ms. Pupek</p> <p>Learning Targets:</p> <ul style="list-style-type: none"> -I can recognize and discuss situations that are stressful. -I can brainstorm strategies to alleviate stress and help me relax. -I can actively participate in stress relieving and relaxation activities. -I can reflect on who I am and how to be happy and healthy. 	<p>GradeLevel: 6-8 GIRLS</p> <p>Capacity: 16</p>
<p>Annie: The Musical!</p> <p>Description:</p> <p>Annie is one of the most well-known musicals of all time! Annie is a story about a group of orphans in New York City, living under the care of the horrible Mrs. Hannigan. “Tomorrow,” “Hard Knock Life,” and “Easy Street” are three popular songs from this musical. We will be choosing 1-2 musical numbers and developing and memorizing dance choreography/songs in preparation for the Intensives celebration, when we will perform! Students in this intensive must commit to being present each day and be willing to dance and/or sing, work with others, and have fun! Students should come in comfortable clothes they can move in (sweatpants or athletic clothing) and bring a water bottle and snacks. Being able to sight-read music is not necessary.</p>	<p>Teacher: Ms. Magrath</p> <p>Learning Targets:</p> <ul style="list-style-type: none"> -I can work with an ensemble to master song and dance sequences from Annie. -I can show courage and self-discipline in working with my peers to prepare for our performance. 	<p>GradeLevel: 6-12</p> <p>Capacity: 15</p>
<p>Baking Science with the Developmental Skills Students</p> <p>Description:</p> <p>Did you know there are four classrooms at Renaissance for developmentally disabled students? Have you met any of the students in these classrooms? Now is your chance! You have the chance to work with students who are your age but are cognitively 3 months to 3 years old. You will get to know them and help them in their intensive which is baking cookies and desserts! Preference for this intensive will be given to 10th graders for passage, but it is open to all grades.</p>	<p>Teacher: Ms. Kroll, Ms. Goulet, Mr. Rufi</p> <p>Learning Targets:</p> <ul style="list-style-type: none"> -I can support the learning and daily functioning of students with disabilities. -I can reduce or increase a recipe based on servings (multiplying or dividin. -I can use substitutions in recies. -I can understand the importance of certain ingredients (chemical reactions). -I can create alternative recipes to suit all dietary needs (gluten free, vegan, etc.). 	<p>GradeLevel: 6-12</p> <p>Capacity: 8</p>
<p>Caribbean Culture</p> <p>Description:</p> <p>Wha Gwaan peoples!! Caribbean Culture invites you to another year on the island. This year we will be performing an act of service by providing gifts to a local nursing home. We will continue to embrace popular cultural traditions playing Dominos & Ludee while vybing to our Reggae & Soca music. We will indulge in popular Jamaican foods such as curried chicken, jerked chicken, rice and peas, and more. We will create a dance inspired by dancehall and Soca music. This intensive will not take you to the Caribbean but will definitely take the Caribbean to you!</p>	<p>Teacher: Ms. Warren</p> <p>Learning Targets:</p> <ul style="list-style-type: none"> -I can demonstrate compassion while providing service in my community -I can participate in popular Caribbean cultural traditions. -I can demonstrate friendship and respect to all as I learn more about the Caribbean culture 	<p>GradeLevel: 6-12</p> <p>Capacity:</p>

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College Visits	Teacher: Ms. Engebretson	Ms. Klinke	GradeLevel: 9-12
Description:	Learning Targets:		Capacity: 25
Don't wait until senior year to look at colleges. Join our intensive to visit different colleges in the area. We will meet with admissions, take tours, and think critically about what you want in a school after Renaissance.	-I can determine what is important to me in a college. -I can ask appropriate questions while visiting colleges.		
Commemorating Stan Lee	Teacher: Ms. Lough	Mrs. Sullivan	GradeLevel: 6-12
Description:	Learning Targets:		Capacity: 25
We will be watching Superhero movies directed by Stan Lee, embarking through the ages of Marvel and trying to find Stan Lee in each of the movies. We will compare the old with the new, including graphics, acting, and stories of the movies we watch. We will end the intensive with a trip to see one of the new superhero movies that come out in December at the cinema. This is a relaxing and fun intensive for everyone that wants to enjoy some movie time.	-I can use observation skills to find Stan Lee cameos in Marvel Movies -I can compare and contrast movies throughout the ages.		
Contemporary Dance	Teacher: Estefania Alicea	Gabriela Rodriguez	GradeLevel: 8-12
Description:	Learning Targets:		Capacity: 10
In this intensive you can learn how to do contemporary dance! If you've ever seen Dance Moms or World of Dance you have seen contemporary dance. We will learn the fundamentals of the style, learn about improv dancing and make a dance to perform at the intensive showcase.	-I can learn how to stretch properly for contemporary dance. -I can improve my own contemporary dance practice. -I can learn, practice and perform contemporary choreography taught to me.		
Creating a Better World	Teacher: Ms. Footit	Ms. Demicco	GradeLevel: 6-12
Description:	Learning Targets:		Capacity: 15
Do you want to help make a difference? We will join EL schools around the country who are finding ways to better our world. This intensive will work together, along with community members and students at other EL schools who have run successful Better World Days, to determine areas of need for our community. Students will go out into neighborhoods to conduct interviews with Springfield residents in order to ensure that projects we create will help those most in need. This intensive can be used as part of a service challenge for 10th grade passage.	-I can identify areas of need in my community. -I can brainstorm ways to help make a difference. -I can create a plan to help make a difference in my community on Better World Day.		
Destroyed Canvas	Teacher: Ms. Schraft		GradeLevel: 9-12
Description:	Learning Targets:		Capacity: 15
Students will get to create art through a different lens, destroying their canvas, building it up, and breaking it down.	-I can create altered art through various application methods. -I can write concise statements to express the meaning of my art and the path I took to create my final piece.		
Exploring Fiber Arts	Teacher: Ms. Ewing		GradeLevel: 6-12
Description: 💰	Learning Targets:		Capacity: 15
Students will learn about several different types of Fiber Arts. In particular they will learn about Spinning, Weaving, Yarn, Threads, Fabric and how to use this information to design, select the correct combination, and create the perfect craft project. Students will be asked to contribute \$10-\$20 for this intensive.	-I can use my new found knowledge to design and create a simple craft project as a gift or for myself.		
Extreme Volleyball	Teacher: Ms. Egbert	Ms. Ekmalian	GradeLevel: 6-12
Description:	Learning Targets:		Capacity: 25
Students will learn fundamental volleyball skills including: digging, setting, spiking, and serving. Daily drills and practice will be followed by games. Students will learn the effectiveness of teamwork, as they develop volleyball skills and physical fitness. Students will watch and analyze professional volleyball games, including Olympic and beach volleyball games from around the world.	-I can demonstrate ability in two of the following volleyball skills: digging, setting, spiking, and serving. -I can work with teammates to play a sequence of dig, set, and spike. -I can display sportsmanship during a volleyball tournament. -I can explain how the relationship between character traits and habits of works support me in this intensive.		
Food Art	Teacher: Ms. Parker	Ms. Farrell	GradeLevel: 6-8
Description: 💰	Learning Targets:		Capacity: 20
We will be making yummy and beautiful food. We will make appetizers and learn how to decorate a serving plate. We will make an edible vegetable flower vase, an edible fruit vase and a themed cake. Students will be asked to contribute \$10-\$20 for this intensive.	-I can make an appetizer plate that looks appealing. -I can make flowers, turkeys and vases using fruits and vegetable -I can use a variety of skills to create a themed cake.		

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****PLEASE NOTE GRADE LEVEL****

From Naismith to Stevens – Coaching the Game of Basket Teacher: Mr. Creeden

GradeLevel: 11-12

Description:

The middle school basketball intensive is looking for 8 motivated and energetic upperclassmen to serve as coaches and mentors for our younger athletes. Coaches will be expected to model and supervise drills, organize and implement an independent practice period, and coach their teams.

Additionally, we will be examining college basketball – how it differs from the high school game, the rigors that are placed on college athletes, and how to best position yourself to play in college.

If you are interested, please write a paragraph explaining why this is the intensive for you and how you will support younger athletes.

Learning Targets:

- I can demonstrate positive leadership skills on and off the court.
- I can plan and execute effective practices for middle schoolers.
- I can explain what it means to be a college athlete.

Capacity: 8

Hidden Art

Teacher: Mr. Sossa

GradeLevel: 6-12

Description:

We will be creating paintings, doodles, sculptures, and more! Our art projects will be any characters we want to create or stories we want to tell. But the challenge is to try different mediums and then say goodbye to our art as we hide it around town. Hopefully our hidden art will bring a smile of joy to someone who stumbles upon our work. Hidden Art. We make it. We hide it. We smile.

Learning Targets:

- I can describe what hidden art is and why it exists.
- I can create a piece of art that represents one of my own characters or stories.
- I can bring joy to someone by hiding my piece of art around town.

Capacity: 15

Hip Hop Dance

Teacher: Trevor Norrington

GradeLevel: 6-12

Description:

Hip hop culture has grown exponentially since its emergence. Join me as we take a trip through the years to the origins of hip hop and track its evolution into the music and art we see and hear now. Music, dance and self-expression will be our focus throughout this intensive. At the end of our journey, we will combine all of these elements to present what we have found to our peers. All students must be prepared with comfortable clothing, preferably work out clothing, each day.

Learning Targets:

- I can express my feelings and emotions through movement and dance.
- I can practice and utilize a variety of art forms to express myself to an audience.
- I can define hip hop in my own words and explain how it has changed over time.

Capacity: 20

Improv Comedy

Teacher: Ms. Camara

GradeLevel: 9-12

Description:

Students will learn and practice the rules of improv by engaging in improv games and activities. Participants can expect to be busy and engaged in a fun supportive environment. This is great place to grow as a performer and make new friends! There is an options to perform as part of the intensive celebration, but it is not required.

Learning Targets:

- I can use the rules of improv to participate in entertaining performances on the spot.
- I can use satire and parody to examine culture.
- I can work successfully with a comedy ensemble.

Capacity: 15

Introduction to Computer Programming

Teacher: Mr. Chernicoff

GradeLevel: 6-12

Description:

Learn to code! Learn the rules structures of a modern programming language, then learn how to optimize and debug pieces of code. No experience required.

Learning Targets:

- I can write an error free program that accomplishes a specific goal according to given parameters.
- I can debug my program through a series of test cases.

Capacity: 15

Jo Sallins's Percussion Ensemble

Teacher: Jo Sallins

GradeLevel: 6-12

Description:

The workshop program allows a group of participants to have their hands on their very own instrument and become a part of an ensemble. Participants are taken on a journey from percussion basics like hand positioning, sound techniques and warm ups to learning a part in a complicated rhythmic Masterpiece fit for a concert hall. During the workshops I will introduce techniques that will get the students to start imagining what it will feel like to be before an audience and thinking about how an audience will see and remember them. Practice does make perfect so we shall be mindful of what we practice.

Learning Targets:

- I can effectively use percussion basics like hand positioning and sound techniques to make music.
- I can work collaboratively as part of an ensemble to create a rhythmic masterpiece.
- I can identify different rhythms.

Capacity: 25

Musical instruments do not create music. The instruments are merely thought amplifiers for the music that is within us. We create the music!

LeTellier Crew

Teacher: LeTellier

GradeLevel: 12

Description:

Our crew will have our final bonding moments shared through college visits, giving back to the community, and fun!

Learning Targets:

FUN! Community Service! College visits

Capacity: 12

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Machines That Move	Teacher: Mr. Bertrand	GradeLevel: 6-12
Description: This intensive will explore the science of vehicles. Using basic scientific concepts, we will work to calculate the speeds of various vehicles like spring carts, hovercrafts, and even a real flying rocket! Our work will culminate in a contest to see who can make the best homemade hovercraft. This intensive will also include a trip to the Hartford Science Museum to explore there are many exhibits on vehicles.	Learning Targets: -I can calculate the speed of various vehicles. -I can apply scientific knowledge to make the best hovercraft.	Capacity: 15
Med Express 101	Teacher: Ms. Fletcher	GradeLevel: 9-12
Description: If you are seriously interested in pursuing a career in the medical field, this is the intensive for you! We will be picking the brains of medical professionals from a wide array of experiences, chatting with current students in med school to get the skinny on what it really takes to get in and STAY with the program, and getting HANDS ON experience with some different skills you'll need to get a leg up in your pursuit of the medical field. Warning: this intensive is NOT for the faint of heart or weak of stomach.	Learning Targets: -I can interview experts in the field of medicine. -I can demonstrate basic medical prowess. -I can investigate a variety of medical professions in situ.	Capacity: 15
Middle School Basketball	Teacher: Mr. Rodgers Mr. Creeden	GradeLevel: 6-8
Description: This intensive is designed for active students wishing to spend time working on their basketball game. The intensive will consist of a variety of basketball clinics, drills and games. This intensive will include guest coaches from around Springfield and a visit to a college basketball athletic facility. Students should come in athletic attire and a desire to participate all day.	Learning Targets: -I can execute basic basketball skills. -I can internalize renaissance community commitments on and off the basketball court. -I can explain what it means to be a college athlete.	Capacity: 25
Photography	Teacher: Ms. Banning Ms. Dill	GradeLevel: 8-12
Description: 💰 Come join us as to discover your artistic lens! Together we'll be learning about photography, artistic principles, and crafting artist statements. We'll go out into the world to find and document beautiful things, and we'll explore local art museums to see how other artists have used photography to express themselves. Students will be asked to contribute \$10-\$20 for this intensive.	Learning Targets: -I can use the revision and editing process to create a well-composed photograph with multiple levels of meaning. -I can analyze how artistic choices contribute to the overall meaning of a work. -I can convey in writing how my artistic choices contribute to the overall meaning of a work.	Capacity: 25
Physics of Fun: Museums, Movies and Bowling	Teacher: Ms. Egan-Cromwell	GradeLevel: 6-12 GIRLS
Description: 💰 Students will go the the Springfield Science Museum, the planetarium, participate in an activity and enjoy Classical Music during lunch. Off to the movies we'll go to see one of the holiday cinematic features. Bowling will also be on the agenda in this intensive at Shaker Bowl in East Longmeadow. Students will be asked to contribute \$10-\$20 for this intensive.	Learning Targets: -I can learn the physics of the planets while visiting the Planetarium. -I can learn the physics of digital cinematics at the movies. -I can learn the physics of bowling to improve their game.	Capacity: 15
Renaissance Castle (Chess)	Teacher: Mr. Smith	GradeLevel: 6-12
Description: Intensive chess instruction for all levels. We will learn the basic strategies, common openings, fine-tune our endgames, play speed chess, play timed games, solve chess problems, and get advice from guest experts.	Learning Targets: -I can use all the accepted basic & advanced moves in chess. -I can use basic chess strategies. -I can use openings, mid-game strategies and end game strategies. -I can show respect to my opponent and the game of chess. -I can show perseverance in a chess tournament.	Capacity: 16
Renaissance Musicians—Piano!	Teacher: Ms. Leaning	GradeLevel: 6-12
Description: For this round of intensives, we will be focusing on learning to play the keyboard/piano. We will explore the science and math around playing instruments, as well as reading basic music. Playing an instrument will support our growth in character traits such as self-discipline, responsibility, courage, perseverance, and respect.	Learning Targets: -I can demonstrate the basics of piano playing (or more if I already play). -I can choose a piece of music to play with my fellow musicians. -I can actively listen to music from different time periods throughout history.	Capacity: 10
Snow Shoeing	Teacher: Ms. Edwards	GradeLevel: 6-12
Description: Students will be able to enjoy the great outdoors while learning how to snowshoe. This intensive can be used as part of a physical challenge for 10th grade passage.	Learning Targets: -I can persevere through rough hiking terrain.	Capacity: 15

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Sports Analytics	Teacher: Mr. Wright	GradeLevel: 8-12
Description: This intensive will feature tons of basketball and numbers. The main objective is to learn about basketball analytics while strategically playing the game. The statistics calculated are all based on your abilities and will be based on your performance on the court! Students will strategically construct their own teams set to compete against each other. The ultimate result will peel back a lens on how professionals within the basketball and basketball analytics industry go about their decisions both as a coach and front office decision maker.	Learning Targets: -I can use analytics to predict the outcome of players career. -I can model a general manger's data sheet.	Capacity: 15
Swimming!	Teacher: Dr. Krieger Ms. Rosenberg	GradeLevel: 6-12
Description: Join our intensive if you want to learn how to swim or improve your skills. If you know how to swim you will be safer around water, can enjoy summertime water activities, and have the ability to join swim teams or become a lifeguard! During this intensive, instructors will teach students how to swim and/or improve their skills. The intensive is open to complete beginners through intermediate swimmers.	Learning Targets: -I can learn to swim independently and safely. -I can improve my swimming skills in order to be a safer swimmer.	Capacity: 15
Tutoring	Teacher: Ms. Pirog	GradeLevel: 6-12
Description: Students will work in classrooms at local elementary schools to support teachers in establishing a positive learning environment and to help younger students to be successful members of their learning community. Renaissance students will do some of the following tasks: one-on-one tutoring, organizing materials, creating bulletin boards, working with teachers, etc. The intensive will begin with an introduction to tutoring, child development, and the school. Students will be expected to keep a daily journal. This intensive can be used as part of the 10th grade service challenge.	Learning Targets: -I can build strong and healthy relationships with elementary students. -I can describe what it is like to work in the field of education -I can evaluate my surroundings and determine what positive student behavior looks like.	Capacity: 28
Winter Bike Intensive	Teacher: Mr. Galanis	GradeLevel: 6-12
Description: Do you like bikes? Do you like tinkering and fixing and riding bicycles?! Do you have good warm winter clothes including gloves, hat, warm wool socks, and layers for your torso and legs? If so, this may be a fun intensive for you! The schedule will be very weather dependent, but as long as the temperature is over 32, we'll be out riding our bikes on the roads and in the woods! All bikes, helmets, and water bottles will be provided for use by the Renaissance bike club. Waivers / permission slips required.	Learning Targets: -I can evaluate bicycle systems. -I can use bicycle-specific tools propey. -I can practice safe riding techniques.	Capacity: 10
Winter Wonderland	Teacher: Ms. Santos	GradeLevel: 8-12
Description: Do you enjoy spending time in natural settings? Do you want to get out of school and get some exercise? Do you like to experience history? If so, this intensive is for you! Both exercise and time spent in historical and natural settings improve your mind, body and spirit. We will spend our time hiking on area trails on the Mount Holyoke Range, Mount Tom and the Notch. Students MUST bring extra water and pack a lunch, wear clothes for cold weather (lined pants or pants + long underwear, wool socks, hat, gloves, warm jacket) and have sturdy, warm boots for hiking. This intensive will make you work and sweat in the cold! A commitment to following through with the physical challenges we will face is essential. This intensive can be used as part of a physical challenge for 10th grade passage.	Learning Targets: -I can engage in vigorous, sustained physical activity outdoors. -I can experience the vast history of Western Massachusetts.	Capacity: 15
Yoga and Meditation	Teacher: Ms. Beattie Ms. Milbier	GradeLevel: 6-12
Description: Students will learn basic to intermediate yoga poses and sequences, along with various meditation techniques. These practices, both yoga and meditation, can be used to combat the effects of anxiety and depression, can be used to improve performance both in academics and athletics, and will instill in each student skills that can be helpful in all aspects of their lives. This could also be a good challenge for any 10th graders who still need a physical challenge for Passage.	Learning Targets: -I can practice useful strategies to combat stress. -I can take care of myself so I am a happy and positive person. -I can utilize visualization techniques to achieve my goals. -I can practice yoga to improve my strength and flexibility.	Capacity: 25