Spring Session Catalog

Spring Session (noun): an experiential learning program involving all members of the CH-CH community
Spring Session Introduction
As part of our continuing efforts to expand the scope of teaching and learning at CH-CH, we offer an experiential learning program called Spring Session. Taking place in the last week of May, Spring Session consists of a variety of offerings, both on and off campus, designed to allow students to engage deeply in an area of interest.

Course Selection
Course selection for Spring Session will take place on-line through myCH-CH; beginning on Thursday, December 5th a link will appear for parents when they sign into myCH-CH. After discussing the option with their student, parents should follow that link and indicate a first, second & third choice for their student. We expect parents to take an active role in helping students select courses and encourage everyone to read all course descriptions carefully as they contain important information about requirements, as well as information about early departures. Since it is not possible for each student to get his or her first choice, students should consider all their other choices very carefully, as they may be placed in these courses. Selections are due by 12:00 p.m., Friday, December 20th, 2019.

Credit
Spring Session is a course and must be passed. If a student does not earn credit for a Spring Session course, he or she will be required to make up the missing requirement during the following summer. To make up this obligation, students must either enroll in a one week (or longer) Outward Bound course (or similar, approved program) or they must perform 50 hours of community service. In the event that students select the latter, the community service site coordinator must contact Josh Bubar, Assistant Head of School, before approval will be granted. Students should understand that all school rules, including the prohibition of alcohol and illegal drugs, remain in force during Spring Session (both on and off campus). Violations will result in disciplinary action and could result in the loss of Spring Session credit.

Absences
Spring Session runs from Tuesday, May 26, 2020 until 12:00 p.m. on Friday, May 29, 2020 (some courses may begin earlier; please read course descriptions carefully). Given the short, intensive nature of the program, absences are not permitted. Any absences may result in loss of Spring Session 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. In the spirit of course completion and group experience, early departures for vacation will result in automatic loss of credit.

Financial Aid
Modest grants are available through the Clements Fund and other in-house sources of aid. Families must apply, in writing, for these grants for specific programs. Applications should address the level of need and the specific reasons for wanting to pursue the program offered. Aid is awarded based on seniority and need.

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.
Charger Cooking School: Learning Basic Skills and Delicious Recipes

Leaders: Ted James, Bill Gostylo, and Denise Goguen

Mission Statement: To teach students basic cooking skills, introduce them to methods and recipes for making various dishes, and to introduce them to the communal power of cooking and sharing food.

Evidence of Learning: Students will work together to make different meals. They will also do some reflective/creative writing on the experience of creating and sharing food as a community.

Location: This will be an on-campus activity (East Hall kitchen)

Dates: Tuesday, May 26 - Thursday, May 28, 2020

Cost: $50 per student, capacity 10 students

Summary: Unsure how to boil water without burning down the house? Want to develop your self-reliance in the kitchen? Interested in cooking and eating some basic recipes? Come join us in the Charger Cooking School! Our Spring Session is a merry mix of the basics, the fancy, and the reflective. Each day, you’ll get a crash course in some basic cooking techniques and simple recipes, then work in groups to create more challenging meals.

We'll also take a look at the communal role of cooking and sharing food, taking the time to reflect upon the power good food has to bring people together and the satisfaction of sharing a meal you’ve made yourself.

Whether you’re looking to gain some cooking proficiency before heading off to college, interested in practicing different cuisines, or just excited about food and fun with your peers (including one of your instructors), this spring session has a flavor for you.

*Please note that our cooking will include dairy, wheat, eggs, and animal-based products.*
**S.T.E.M. Week!**

**Leaders:** Mike Daniels and Marc Firenze  
**Location:** CH-CH Campus and Boston  
**Purpose:** Create innovative electronic devices  
**Activities:** Students will learn from the experts at MIT, create their own electronic devices, and hear from industry experts.  
**Dates:** Tuesday, May 26 - Thursday, May 28, 2020  
**Cost:** $250 per student  
**Summary:** The purpose of the program is to introduce students to state of the art technology through a hands-on workshop hosted by the MIT Museum and transfer what they learned into the creation of their own electronic device. Students will also have access to an industry expert who will host a roundtable discussion centered on the application of technology within industry. By the end of the week each student will have created an original device that will be shared with the CH-CH community.

**Simply Smiles**

“You never really understand a person until you consider things from his point of view, until you climb inside of his skin and walk around in it.” -Harper Lee

**Leaders:** Ben Riggs and Kasey American Horse  
**Location:** Cheyenne River Sioux Tribe Reservation - South Dakota, USA  
**Dates:** Saturday, May 16 - Saturday, May 23, 2020 (South Dakota)  
Monday, May 25 - Thursday, May 28, 2020 (Chapel Hill-Chauncy Hall)  
**Cost:** $1650 per student  
**Summary:** Have you ever wondered what it would be like to be 100% immersed in something bigger than yourself? The Simply Smiles not-for-profit service trip provides students with a week-long experience that is once-in-a-lifetime. We will travel to the Cheyenne River Sioux Tribe Reservation in South Dakota. This service trip is a program designed by professionals who truly make an incredible difference on the reservation, and now you have an opportunity to be an agent of change. As a
volunteer, “you will not be a tourist, an onlooker, or a passerby. As you help to host youth and family programs, you will be fully immersed in a Lakota community, in the work of Simply Smiles, and in the vital process of helping provide the bright futures that everyone deserves.”

From serving as camp counselors each morning to sharing stories with Lakota children and adults during full community meals in the evening, students will have the chance to step outside their own lives and their own communities. In the afternoons participants will be assisting with the construction of two homes in the Simply Smiles Children’s Village: “a first-of-its-kind intentional community for the most at-risk children on the Cheyenne River Sioux Tribe Reservation in South Dakota.”

Find out what it really means to unplug and connect. If you are interested in service, social justice, cultural understanding, and working with children, this is the spring session for you!

**Note:** This is a two week spring session that will begin during the final week of classes. The trip is designed for a maximum of 16 students. Students must be 15 years or older by May 16, 2020 to be eligible for this spring session. For more information on the CSRT Reservation and the Simply Smiles Children’s Village, visit [www.simplysmiles.org](http://www.simplysmiles.org).

**Art and Inspiration**

Leaders: Megan Lancaster

Group Size: 13 students, 2 adults

Cost: $175 per student

Dates: Tuesday, May 26 - Thursday, May 28, 2020

Activities: Visits to 4 museums - including the MFA, the Isabella Stewart Gardner, the deCordova, the Institute of Contemporary Art and the Worcester Art Museum.

Summary: In this session we will visit various art museums in the Boston area. We will try to decide what we like, what we don’t like, what we find interesting and what inspires us. We will meet Tuesday, Wednesday & Thursday. Each day we will visit a different museum or two and then spend some time letting the art inspire us to create something ourselves - poetry, drawings, music.
**Guitar Building**

**Leaders:** Conor Maguire and Chris Abrams  
**Location:** CH-CH Campus

**Cost:** $300 per student  
**Dates:** Tuesday, May 26 - Thursday, May 28, 2020

**Summary:** Students will learn basic construction and methods for building their own working electric guitar. We will work from unfinished kit bodies which will give us the opportunity to learn about electronics, setup, action, grounding, and finishing. This group will be utilizing the new barn maker space and shop space. Our work will take some technical skills, however instruction will be provided for all of this. Our use of power tools will be limited and supervised. In addition, we are embarking on a field trip to a local luthier to get his take on process and teach us tricks of the trade.

**Pre-Med Clinic**

**Leader:** Charlee Manigat  
**Location:** CH-CH as home base

**Cost:** $125 per student, capacity 20 students with 2 adults  
**Dates:** Tuesday, May 26 - Thursday, May 28, 2020

**Summary:** So, you want to be a doctor? This Spring Session will offer you the opportunity to learn and try out various skills that are essential to medical professionals. In addition to health-themed field trips and visits from doctors and nurses, students will participate in several “clinics” during which they can expect to learn how to take vital signs, stitch up a wound, draw blood from a vein, and treat fractures and sprains. Come try out these skills before enrolling in medical school!
**Therapeutic Horsemanship**

**Leaders:** Fiona Kinmonth and Jennie Williams

**Location:** Lovelane Special Needs Horseback Riding Program, Lincoln MA and CH-CH Campus

**Dates:** Tuesday, May 26 - Thursday, May 28, 2020

**Cost:** $375 per student

**Summary:** Therapeutic horsemanship provides people with disabilities a chance to work on physical, cognitive, social, and behavioral skills in a unique partnership with a team of experts and horses. Lovelane is a local therapeutic horseback riding program that serves approximately 130 students, ages 2 and up, from 36 Greater Boston communities. Each morning, CHCH students will spend three hours at Lovelane learning through guest speakers and hands-on lessons about the different aspects of the program. This may include horse care, how riding instructors design lessons for students with different types of disabilities, and how horses aid in the development of physical skills, such as balance and strength, as well as social and behavioral skills. Students will have an opportunity to observe mounted riding lessons, interact with Lovelane students, provide hands-on care for the horses, and will be able to ride once. On Tuesday and Wednesday afternoon, students will return to campus to design activities for Lovelane students to use in their lessons. They will hopefully be able to see one of their activities in action on Thursday! No prior horse experience is necessary to join this spring session.
**CIRCUS: Transgression and Transformation**

**Leader:** Karen Sokolow

**Locations:** CH-CH as a home base

**Dates:** Tuesday, May 26 - Thursday, May 28, 2020

**Cost:** $300 per student

**Summary:** The world of the circus conjures images of elegance, glamour, intrigue and mystery. In this Spring Session, students will have an opportunity to run away and join the circus. Through conversations about the history and styles of the Circus Arts, students will gain an appreciation of the unique nature of this transgressive and transformational performance art. Through a hands on approach, students will have an opportunity to try various arts both on the ground (juggling, acrobatics and tumbling) and in the air (aerials, tightrope and trapeze) as well as meet professional circus performers. Then, at the end of the week, students will have the opportunity to perform their new skills for their classmates.

Circus arts offers a blend of skills accessible to any student. They are varied and unique, active and artistic. The Circus encourages students to face their fears, integrate creativity with body movement and even (in the case of juggling) have been shown to help students build complex coordination and motor function pathways. Students do not need to have prior experience to join. All abilities and skills welcome.

**Needed Documentation and Travel:** This Spring Session will use CH-CH as a home-base, but will involve travel to several studios in and around Boston. Each location requires a waiver to be signed by parents or guardians if the student is under the age of 18. **IMPORTANT:** If a waiver is not signed, the student will be unable to participate in the activity.

**Restrictions:** The Spring Session will be capped at 8-10 students due to safety requirements.
New Orleans: Laissez les bon temps rouler!

Leaders: Lizzy Rosen and Cassandra Dinkel

Cost: $900-$1000 per student (includes: airfare, transportation, hotel, all meals & activities). Students will need to bring spending money for airport expenses and personal purchases.

Dates: Monday, May 25 - Thursday, May 28, 2020

Summary: Adventure down to The Big Easy on this service-based trip to New Orleans. We will lend a hand to the Ninth Ward, an area deeply affected by Hurricane Katrina while exploring the culture and diversity of New Orleans. Students will spend the majority of the trip working with Youth Rebuilding New Orleans, an organization that we partnered with back in 2017 to help build homes for teachers relocating to these areas. Students will be working two full days at the job site doing a variety of tasks such as: painting, carpentry, and landscaping. Students choosing to participate in this trip should be prepared to commit fully to the service component of this trip. In addition to community service, each day will focus on a different cultural component such as attending a New Orleans music venue, an alligator swamp tour, a trip down the Mississippi on the Creole Queen, and exploring the Vieux Carre (French Quarter). Students participating will come away with an incredible sense of accomplishment, all while learning about some good ole southern culture.

Explorez Québec!

Leaders: Christy Lawrence and Sean Daly

Location: Québec and surrounding areas

Dates: Depart CH-CH early morning Sunday, May 24 - late Wednesday, May 27, 2020

Cost: $950 per student

Summary: Travel to French-speaking Canada provides an international option for Spring Session, including the discovery of a different and exciting history, language, and culture. Quebec City is the only fortified city in North America and it captures Old World charm and architecture. Students will have the opportunity to engage in French and note some important differences between French and Canadian French. They will explore the sites, sounds, tastes of Quebec City and several locations outside of the city. Students of French at CH-CH will have studied the culture, sites, and history of Quebec, and this trip will reinforce and deepen what students have learned in the curriculum. We expect students to try to use French at their ability level; I can help true beginners use a few phrases while speaking with natives.
**Yoga & Glamping**

**Leaders:** Maeve Doolan and Bekah LaCoste  
**Location:** Camp Kiwanee, Hanson, MA  
**Cost:** $400 per student, capacity 12 students  
**Location:** Monday, May 25 - Thursday, May 28, 2020

**Summary:** Have you ever wanted to connect with nature but were intimidated by the idea of sleeping in a tent on the ground? Come Glamping (Glamorous Camping) in this two and half day/ three night adventure. This Spring Session will involve doing mindful and outdoor activities everyday, such as yoga, mediation, swimming, and hiking in a retreat-like atmosphere. By including gentle yet disciplined physical activities, the experience will help participants better connect with themselves and with others. It will be a fun and relaxing way for students to finish the year.

Camp Kiwanee Hanson, MA offers a beautiful and intimate environment and is located on 68-acre campground. Students will stay in cabins with twin-sized cots and use a large bathhouse with restrooms and showers. The majority of the food will be cooked over an open fire.

**The Great Mental Decluttering:**  
**Hiking, Mindfulness, and Self-Reflection**

**Leaders:** Michael Spencer and Bill Gilson  
**Location:** The CH-CH campus, the Blue Hills Reservation, and the greater Boston area  
**Dates:** Tuesday, May 26 - Thursday, May 28, 2020  
**Cost:** $50 per student

**Summary:** We’re trained by our own screens. They dictate our behavior and keep us hooked so we get uncomfortable without them. In the past year, what’s the longest span of time you’ve gone without looking
at a screen, not counting sleep? And here’s an uncomfortable question we tend to avoid: who are you when you’re on your own, alone with your thoughts and no distractions?

The Great Mental Decluttering is all about setting our screens aside and exploring different ways we can unplug and rebalance ourselves, whether that means going on a nature hike or exploring hidden zen spaces around town. We will work with several types of mindfulness practices and reflection exercises, and we will eventually design our own “mindfulness space” on campus for the benefit of the greater school community.

Our adventures will include:
- A day-hike at the Blue Hills Reservation (with a great view of the city and Boston Harbor at the top!)
- A trip to various urban green spaces in and around the Boston area
- Exploring the CHCH campus and (re)discovering its value as a natural space
- Designing and creating a designated “mindful space” on campus for other students and faculty
- Practicing journaling, calligraphy, sketching, and other methods of self-reflection

Jewelry Making with Metalwerx

Leaders: Alice Solorow and Will Bailey

Location: The art studio in the NEW Barn with afternoon field trips

Dates: Tuesday, May 26 - Thursday May 28, 2020
9:00am - 4:00pm each day

Cost: $350 (Limit: 10 students)

Summary: Learn to make your own jewelry!
Metalwerx is an innovative school and community studio for jewelry making and metal arts, located in Waltham, Massachusetts. They are dedicated to providing a welcoming and creative environment where outstanding instructors, inquisitive students, and dedicated practitioners can inspire each other in the pursuit of jewelry and metalworking skills. For this spring session workshop, two teachers from the Metalwerx studio will be coming to CH-CH to teach a three-day workshop on jewelry making.

Each day the workshop will run in the mornings from 9:00am - 12:00pm in the CH-CH Barn Art Studio, followed by a break for lunch in the dining hall. In the afternoons from 1-4pm, students will go on field trips to see the Metalwerx studio in Waltham, the jewelry and metalsmithing dept. at the Mass. College of Art & Design in Boston and see local jewelry exhibits and/or studios in the nearby area.
FITNESS: Not a destination, it’s a way of life!

Leaders: Jacquie Macdonald and Sarah Orban

Location: CH-CH campus, local restaurant, local fitness center

Dates: Tuesday, May 26 - Thursday, May 28, 2020 (approx. 8:30am - 4:00pm each day)

Cost: $175 per student

Summary: Students will have an opportunity to learn the benefits of a healthy lifestyle, to use fitness equipment (for the first time or better than they already do), to create effective fitness programs and routines, and to understand the effect of nutrition on fitness and wellness.

Session Highlights:
- Visit Waverley Oaks Athletic club for a tour, work with personal trainers, and fitness classes
- Enjoy a farm-to-table lunch at B.GOOD in Newton
- Listen and learn from Jessica Edelglass, Registered Dietitian, who will visit CH-CH to speak about nutrition
- Create personalized fitness and nutrition plans!
**Broadway, Our Way!**

**Leaders:** Elana Epstein

**Location:** New York City

**Cost:** $1200 per student, includes all meals

**Activities:** 4 Broadway shows, theatre workshop with Broadway professionals, NYC sightseeing, lots of walking!

**Dates:** Sunday, May 24 - Thursday, May 28, 2020

**Summary:** The lights come up, the curtain opens, the show begins… Join us for a journey to the heart of American theatre: Broadway. Traveling to New York City in style (train), we will see FOUR shows, participate in a private workshop with Broadway professionals, and zip around the city taking in the sights. We will also visit several museums to get a glimpse of the music and fashion that Broadway was built on.

**Hiking and Photography in Banff National Park**

**Leader:** Maura Henry

**Cost:** $1450 per student, includes all meals

**Dates:** Saturday, May 23 - Thursday, May 28, 2020

**Activities:** daily hikes in Banff National Park, including at Lake Louise; photography scavenger hunt that pushes students to explore angles, light, color, texture, frame,

**Summary:** Come explore the Canadian Rockies - and don’t forget your camera! (Cameras on phones are definitely allowed.) This Spring Session will take students to Banff National Park, where they will enjoy daily hikes leading them to spectacular vistas - and it will all be captured on film. The stunning natural scenery of Banff will be the setting for our multi-day photography scavenger hunt, during which you will explore angles, light, color, texture, frame, and more. We will fly into Calgary and spend 5 nights in a local hotel, setting out each morning for a different area of Banff, including beautiful Lake Louise. Come learn about photography for the first time or hone your skills in the great outdoors!

**Necessary Documentation for Travel:** Students are required to hold valid passports to enter Canada, additional documents may be necessary.
**Government in Action**

**Leaders:** Ian MacPhail and Jim Barrett

**Group Size:** 12 students, 2 adults

**Cost:** $850 per student

**Dates:** Monday, May 25 - Thursday, May 28, 2020

**Summary:** We’re going to the city where it happens! We’ll travel down to Washington DC on Monday before taking a tour of the city by bus. Tuesday & Wednesday we’ll be visiting government buildings and learning about the different branches and functions. We’ll have a scavenger hunt in the Smithsonian and explore the capital city of the United States. Cool!

**Activities:** Tours of Supreme Court, US Capitol, Library of Congress, the White House, Bureau of Printing and Engraving, and the Pentagon; night bus tour of illuminated monuments; optional visits to museums