



J-TERM 2020

Course Catalog

January 6-31, 2020

4100 SW Genesee St. Seattle, WA 98116 | 206.937.7722

SeattleLutheran.org | [Facebook](#)

OBJECTIVE

Enrich mind, body, and soul by increasing student choice while maintaining academic rigor.

SUMMARY

Seattle Lutheran is dedicated to bringing our students the tools and experiences they need for the 21st century. J-Term provides an in-depth experience through holistic education by adding variety to the normal curriculum and offering new and unique learning opportunities.

REGISTRATION

Registration is Wednesday, Nov. 27nd. Students will register in an order determined by class seniority and a lottery within grades. Make sure to have a few options in mind for each block in case in case you are put on a wait list.

A

AP Calculus*

AP US History*

Culture, Music & Cooking: Columbia,
Spain & Mexico

Beginning to Intermediate Guitar

History of Baseball

Robotic Mechanisms

Power & Speed Training

Simpsons & U.S. Politics

Upcycling

Volleyball

B

Colorguard

Conspiracy Theories

Ham Radio

Ecology in Fiji

Entrepreneurship

History vs. Hollywood

The Eternal Truths of Narnia

Online/Credit Recovery

Tap Dance

Videogames as Literature

Watercolor

Vovi Nam

C

Cycling & Bicycle Repair

Indoor Bouldering

Escape Room Design

History vs. Hollywood

Interior Design

Painting

Photography in Fiji

Robots & Humanity

Stained Glass

Team Sports

Yoga

CULTURE, MUSIC & COOKING: COLOMBIA, SPAIN & MEXICO

Ms. Velez, Social Studies

Students will learn about Colombia, Spain and Mexico through immersion into the culture, food, famous artists and personalities, history, and music.

There will 2 days/weeks dedicated only to cooking and learning what is typical of each country.

If students are in the mood, they can learn some Spanish along the way.

Cost: \$40 for food

[Return to Directory](#)





BEGINNING TO INTERMEDIATE GUITAR

Mr. Candelario, Art

Learn how to play your favorite songs!

This course is designed with a step-by-step program that includes guitar playing, music theory, scales, chords, improv, songwriting and different styles of music.

**Requirements: acoustic guitar, tuner.
No previous experience needed.**

[Return to Directory](#)

HISTORY OF BASEBALL

Mr. Snyder, Social Studies

Trace the evolution of America's Pastime from its humble beginnings to its modern, worldwide popularity. We will explore American history, advanced baseball statistics, and the indelible mark the sport has made on art and popular culture.

[Return to Directory](#)





ROBOTIC MECHANISMS

Mr. Norton, Occ. Ed./Science

Help construct this year's competition robot and learn about mechanisms, prototyping, shop practices and construction methods. You will use materials such as plastic, wood, and aluminum for prototyping and finished pieces.

[Return to Directory](#)



POWER & SPEED TRAINING

Mr. Sleighter, Fitness

Want to jump higher? Want to run faster?

This athletic training course is for athletes who want to improve their power, speed, and quickness.

Athletic shoes and clothing required.

[Return to Directory](#)

THE SIMPSONS & U.S. POLITICS

Ms. Foster, Social Studies

We will be exploring top issues facing our country this year with a side of the Simpsons.

Issues include: Immigration, gun control, patriotism/freedom of speech, sexual harassment, environmentalism, taxes, and government corruption just to name a few.

[Return to Directory](#)





UPCYCLING

Ms. White, Occ. Ed.

An exploration in "Do It Yourself" projects. Students will learn to convert old/unused materials into new, useful, products. Projects/products will include wearable items, organizational solutions, decorations/art pieces, new inventions, and more! Repurposing is a fantastic way to save money, be creative, and reduce waste. This is a great course to explore new innovative solutions to everyday problems. Crafters and inventors are encouraged to join, as we will be developing our own Life Hacks!

[Return to Directory](#)

VOLLEYBALL

Ms. & Mr. Hoogerhyde, Fitness

This course will help students learn the basic skills of volleyball and learn different offensive and defensive strategies in today's sport. This class will be open to all students.

[Return to Directory](#)





COLORGUARD

Ms. Robertson, Fitness

Color guards are teams of athletes who perform routines with various equipment (flags, rifles, and sabres) to enhance and interpret music.

During this course, students will learn the basic skills needed to help create and perform a flag routine.

Cost: \$35 for flags

[Return to Directory](#)



CONSPIRACY THEORIES

Ms. Hoogerhyde, Social Studies

This course will explore popular conspiracy theories and myths such as the JFK assassination, the moon landing, Bigfoot, aliens, and more.

In addition, students will have the opportunity to dive into the concept of truth. What is truth? Why do we believe what we believe? How do we decide what is true and what is not?

[Return to Directory](#)

HAM RADIO

Mr. Caudle, Occ. Ed.

Are you interested in learning about ham radio? Amateur radio (ham radio) users use communications technology to talk to people all around the world, and even space. All this can be done without the internet or cell service. To use ham radio, you must be licensed by the FCC. This class will teach you all about amateur radio and help you prepare for the FCC exam. We will learn all about radio waves, electronics, and communication technology. By the end of Term, you will hopefully be a licensed amateur radio operator and will be able to communicate with thousands of other hams for fun and in times of need.

[Return to Directory](#)





ECOLOGY IN FIJI

Mr. Christer, Science

15 Students will travel to Fiji for 2 weeks to study culture, ecology, and earn a certification in SCUBA Diving.

While home, the class will prepare for the trip and study Ecology 101.

[Return to Directory](#)

ENTREPRENEURSHIP

Mr. Candelario, Occ. Ed.

If you have ever dreamed about starting your own business, this J-Term class is for you!

Follow your passion with a product or service and develop ideas into businesses. Students will matriculate the beginning of startup entrepreneurial opportunities into successful new ventures through business development and scaling.

Learn how to create business strategies with foundations in financial planning, management, marketing, accounting, business law, and economics.

[Return to Directory](#)



HISTORY VS. HOLLYWOOD

Mr. Wilson, Social Studies

How accurate is Hollywood in their depiction of historical events, fashion, inventions, and people?

We'll watch a variety of movies and practice research skills as we consider fact and fiction in films. Bring ideas for movies!

[Return to Directory](#)





THE ETERNAL TRUTHS OF NARNIA

Mr. Sleighter, Theology/English

Through thought-provoking questions, culturally relevant topics, and parallel Scripture passages, this course encourages the student to discover the eternal truths found in all seven books of the Narnia series.

The course will be a mixture of reading the books and viewing of the films within the C.S. Lewis' Narnia series.

[Return to Directory](#)



TAP DANCE

Ms. Zandi, Fitness

Get some exercise, become more coordinated, and have fun learning how to tap dance! Class will include stretching and strengthening, skill training, and a little bit of tap history. We will also learn a short routine for performance. Tap shoes are required for this class and can be purchased online or at a dancewear shop prior to the first day.

Cost: \$20 – \$50 for beginner tap shoes

[Return to Directory](#)



VIDEO GAMES AS LITERATURE

Mr. Snyder, English

Learn to study and appreciate video games as the exciting and unique artistic medium that they are, synthesizing the methods of literary criticism and interactive entertainment to make meaning out of play.

WATERCOLOR

Mr. Norton, Art

This is an introduction to water color techniques.

Requirements: brushes and paints.

[Return to Directory](#)



VOVI NAM

Mr. Gomes, Fitness

Vietnamese Martial Arts

[*Return to Directory*](#)





CYCLING & BICYCLE REPAIR

Mr. Gomes, Occ. Ed.

Rides around West Seattle. Fixing flats and basic repair. Riding etiquette.

[Return to Directory](#)

INDOOR BOULDERING

Mr. Loeliger, Fitness

Indoor bouldering is a form of rock climbing that is performed on artificial rock walls without the use of ropes or harnesses.

For this class, we will be going to Seattle Bouldering Project to learn and train with their expert climbing staff.

Climbing is a ton of fun and an exhilarating way to challenge yourself both mentally and physically.

Cost: \$80 for one-month gym membership

[Return to Directory](#)





ESCAPE ROOM DESIGN

Ms. Robertson & Ms. Zandi, Occ. Ed.

This class will take you deep into the interesting and popular world of escape rooms! We will attempt to solve many kinds of puzzles as well as create our own. We also plan to travel to at least one actual escape room and speak to people who build them for a living.

You will also get the chance to transform a classroom into an escape room of your own design!

Cost: TBD

[Return to Directory](#)

HISTORY VS. HOLLYWOOD: DECADES

Ms. Foster, Social Studies

Walk through one of the most divisive decades in United States history by examining the facts through lecture and primary sources, then watching popular films about the same events.

How does Hollywood miss the mark when portraying these events? When do they get it just right?

[Return to Directory](#)





INTERIOR DESIGN

Ms. Taft, Occ. Ed.

During this course students will design and transform a classroom. We will explore various aspects of the design business to include conceptualizing the space; drawing room layouts to scale; developing a budget and timeline; presenting the design plan and then implementing the overall plan.

Field trips might include outings to the Seattle Design Center and other wholesale and retail suppliers pertinent to the scope of the project.

[Return to Directory](#)



PAINTING

Mr. Gimelli Hemme, Art

Explore color, composition, and painting techniques with acrylic paint.

[Return to Directory](#)

PHOTOGRAPHY IN FIJI

Mr. Christer, Art

An optional art credit for students studying Ecology in Fiji.

Do you want to take great photographs and edit them like a pro? This course will help you learn the history, theory, and practice of photography with plenty of chances to take your own in Fiji!

Requirements: Laptop, Photoshop.

[Return to Directory](#)



ROBOTS & HUMANITY

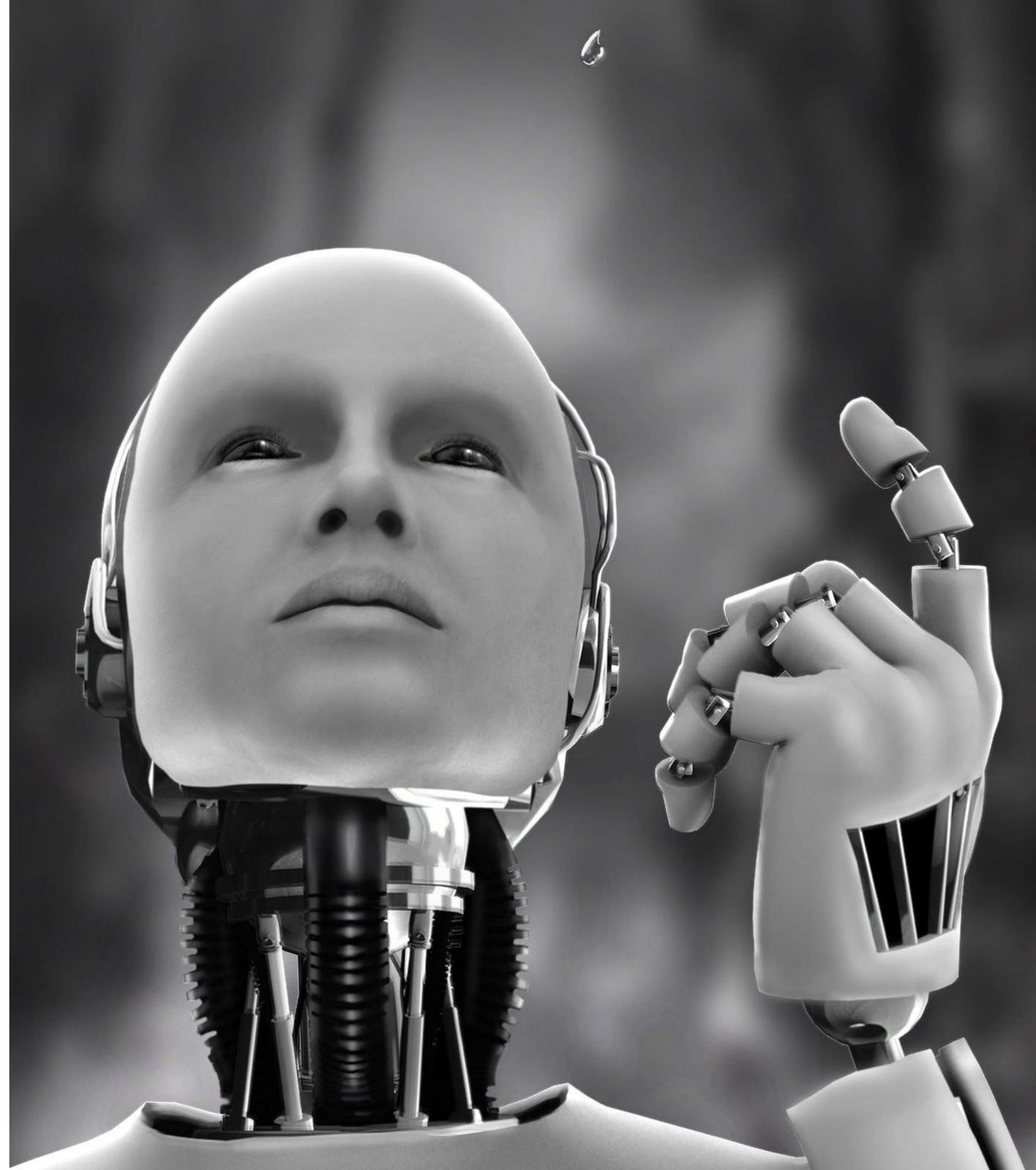
Mr. Wilson, English

What do technological creations teach us about humanity? Do creations mirror their creators? Are robots good?

We will use video games, news, film, popular culture, literature, history, and experiences as we create projects and discussions to answer these questions and more.

Possible sources: *Wall-E, Do Androids Dream of Electric Sheep?, Ready Player One, The Terminator, Ender's Game* and others.

[Return to Directory](#)





STAINED GLASS

Mr. Ring-Sakabe, Art

Learn the beautiful and ancient art form of crafting stained glass windows and ornaments!

Students will learn the entire process from start to finish and have multiple projects to keep by the end of the course.

Cost: \$50 for materials.

[Return to Directory](#)



TEAM SPORTS

Mr. Menashe, Fitness

Develop your team spirit and skills by playing many of the world's best team sports such as soccer, basketball and hockey.

The course will focus on game strategy and specific drills.

[Return to Directory](#)

YOGA

Ms. Lauer, Fitness

Explore the many modern day uses of yoga! This course will introduce the history of yoga, practice, and even ancient Sanskrit language. A variety of instructors will be teaching from several West Seattle yoga studios, each with they own perspective on a yogic practice.

This class would be highly beneficial for student athletes because it will promote flexibility and core strength, two important components of all sports.

Requirements: yoga mat, water bottle

[Return to Directory](#)

