

PROJECT PERIOD 2017

Course Catalog



Project Period is a treasured tradition and unique addition to the Verde Valley School curriculum! During this time, the VVS community engages in experiential, project-based learning - grounded in creativity, action and service. **From May 25th to June 1st 2017 each student will participate in one morning project AND one afternoon project, OR one double project.** The week will include a day of service on campus called "Community Day" as well as interesting and inspiring activities in the evening. *Project Period is a requirement for graduation!*

★ **SIGN UP FROM March 22-27 in the main office!** You will rank your **top 5 preferences** for both morning and afternoon projects, or double projects. Assignments will be posted by mid April.

MORNING PROJECTS:

Pick your **top 5 morning** choices

Creative Welding

Students in this project will join the two crafts, **metal work and sculpture** as they learn the basics of welding. After foraging through the various pieces of **recycled metal** available, students will **envision, plan and execute** a unique sculpture made from recycled parts.

FLOW TRAILS

This is your opportunity to participate in the **creation of a premier, state of the art flow trail** on the VVS campus. Flow trails are non-technical and flow from corner to corner, allowing riders to **experiment with speed and grace**, rather than raw power and strength. This project includes several days of **trail building**, extending our current system into the meadow area below the pump track and other existing trails. Participants should expect to be outside for the entire project, be ready to work hard, and **have fun riding the new trail**. No mountain biking experience required.

Malawi Program:

If you are going to Malawi, this project is required!

This project will allow students going on the Malawi trip 2017 to prepare mentally and physically for the weeks ahead in Africa. Students will continue their study of Chichewa, learn more about Malawian culture, set personal and group intentions, participate in group bonding initiatives, make birthing kits, and pack group and personal gear.

ADVENTURES in Print Making

Printing is an ancient technique of transferring an image to paper. We will **explore a variety of methods** like: **block printing, mono printing** from a heated surface with melted oil pastel, and a **3D relief portrait** sculpture made from printing paper from your unique designs. Students will explore the *concepts of pattern* and its application to the *design of a composition*. Color theory will be an organic part of the process through the *mixing, overlapping and placement* of various inks. Students will have several group critiques with a final exhibition and artist statement of their process of discovery.

MORNING PROJECTS:

Pick your **top 5** *morning* choices

SPANISH SERVICE IMMERSION

Each day will be spent **helping a different Hispanic or immigrant community**. Join us, and engage with a variety of programs, help others, **learn about other cultures** and **practice Spanish!** Examples of possible programs include: helping and accompanying residents in a retirement community, cleaning and tidying immigrant housing, singing and playing with young Spanish learners at local schools, cheering on Hispanic Special Olympians, and serving immigrant communities through the Yavapai Food Council... This is an enriching opportunity to explore different types of volunteer work while immersed in a Spanish-language environment, to get to know and help out our neighbors while *giving back to the community we share*.

FARM WORK STATION

Come out and be a part of the *next epic step* of developing the VVS Farm! We will build a workbench to support our work. We will **weld a frame, pour a concrete countertop, install a water spigot, sink, and gray-water catchment system**. We will also create a *tile mosaic* on the bench.

GET LOST *in the* LABIRYATH

The labyrinth on the floor of the cathedral at Chartres is one of the most famous of its kind, and it draws countless pilgrims a year to walk its twisty path. Many copies or adaptations of it have been constructed, and in this project we will create a labyrinth on the VVS campus. First we will **scout possible locations**, and consider different materials. Our initial **design** will probably be a simplified version with fewer turns than the original complex model. In the end, we hope to **create a lasting monument that is beautiful and useful**, a labyrinth that can be walked in *silence or in song, in the heat or in the cold, in the day or in the night*. Bring sunscreen and prepare to sweat - though in meditation the labyrinth is a place of calm, to build it *we will have to work very hard*.

VVS MAGAZINE

Students will utilize their myriad of talents to create a **web-based arts magazine blog** that will include *poetry, nonfiction, fiction, photography, visual arts, sketches, paintings, songs, sculpture, and other creative media*. This creative workshop can include writing, photography, collecting stories, sketching, singing, playing instruments, videoing, painting, and ultimately engaging in an array of **creative communications** with the VVS and Sedona communities to **highlight what it is we do here at VVS!**

VVS MURAL PROJECT

Collaborate and create a new place-based themed mural on campus! Murals come and go and it's time to refresh the wall behind the kitchen and cover the current mural. Students will be intimately **involved in all aspects** of the mural's creation - from *conceptualization* to the *actual painting* of the mural itself. The project will teach students about current and important historical muralists and *street artists*, the proper use of **aerosol paint**, the **technical aspect of outdoor painting** and how to work together as a team to finish a large scale mural in relatively short amount of time.

MORNING PROJECTS:

Pick your **top 5** *morning* choices

INTUITIVE SONGWRITING

Learn how to write professional, memorable songs the same way legendary songwriters do – through the power of **your own intuition**. Whether you're already a practicing songwriter or curious about where to even begin with music, Intuitive Songwriting will offer a **fun and refreshing approach** to the songwriting process and will show you how to create your best work intuitively. You'll learn how to spark your best song ideas **instinctively**, and you'll **master the secrets** behind every successful songwriter. Students will vote on the top three song ideas presented, and we'll work together in co-writing groups to complete three original songs for a **final recording or live performance** (students will choose one or the other). You'll walk away with an arsenal of new song ideas for the future, powerful new skills for inspiring your own creative process, and a **liberating new perspective on music and creativity**.

INTO the WOODs

"Into the woods" will teach students the **basics of backpacking, outdoor travel, leadership skills, and first aid** for the backcountry while going for a new hike each day either around campus or in the Sedona area. While hiking, students will learn how and *what to pack for spending the night in the backcountry*, **how to plan a backpacking trip, LNT principles, how to use maps and navigation skills**, and **what to do in case of minor injury** when adventuring in the wilderness. The final activity will be a **one night backpack trip** that the group will have planned themselves.

GEOCASHING In The VORTEX

Geogashing is an international collaborative treasure hunt, and believe it or not there are *over 400 geocaching locations* in our area – let's get out and find them! Hike daily to beautiful spots like Boynton Canyon, Munds Mountain or Cornville. We will **seek out hidden treasures by learning to combine technology with being outdoors**, using GPS navigation as well as reading the terrain.

We'll then **share our findings with geocachers WORLDWIDE**. On the way, we'll stumble on a vortex or two and study: "what is a vortex anyways?!" "Indoor" types will sweat and get their feet wet, and "outdoor" types will learn to rely on devices and make intellectual deductions in order to find the caches.

TRAIN FOR A TRIATHLON

Train, and **complete a TRIATHLON!** A triathlon is a multi-stage competition involving any three sports in immediate succession over various distances. This project will use the Hilton Athletic Club to train for **cycling, swimming, and running**. *Complete an actual timed triathlon* on the last day of project period! The triathlon includes timed transition periods between swim, cycle, and run components. Which triathlon distances could you finish??!

Survey of World Cuisine

Each day we will **create meals** from different parts of the world. We will look at the cuisine of **North Africa, Mediterranean Europe and Asia** - heading from West to East. Then, we'll take a sharp turn to the American Kitchen with a focus on **baking**. As we brew up *yummy food*, we will immerse ourselves in the traditional **music and celebrations** of each area studied.

DOUBLE PERIOD PROJECTS:

These projects take place during the morning and afternoon slots.

They also include after hours and overnight programming as well as off campus travel.

(When signing up for these, please indicate the project in both the morning & afternoon slots)

SOLITUDE

Solitude is a **self exploration** based project period that connects young adults to the **natural world**. During this project period, students will learn skills such as *slack-lining, yoga, meditation, nature awareness, and basic camp skills* leading up to **2 nights spent alone in the desert**. Students will tackle questions regarding *who they are at their core, who they want to be, and what it takes* to get there. This project period will give students an opportunity to **be alone** with themselves to **allow space** for the answers to be revealed. Through guided reflections and journaling, students will be well **equipped with the skills to implement solitude into a world of chaos**.

HOW TO THROW A MUSIC FESTIVAL

Have you ever gone to a concert, a major event, or a music festival and wondered: "How is this thing organized?" This is your chance to experience this kind of orchestration!

The first half of the project will be spent *off campus* at a music festival produced by two VVS alums who have made a life out of throwing music s. Students will **work hard learning** from and **supporting several different teams** at the event such as the *box office, set and breakdown, artist bookings, security and more*. *The second half* of the project will be spent back on campus with the event producers, **debriefing** the experience and **working on an event** to do together in the near future.

We know this sounds fun.. and it is... but don't think you're having some kind of a party. We can still enjoy a music festival when we work hard, and that's exactly what we will be doing! **This project is only open to Juniors and Seniors** and has limited space. You, and your parents, will need to sign an agreement to be **VERY** clear about the expectations and guidelines for this program.

AFTERNOON PROJECTS:

Pick your **top 5** *afternoon* choices

WORLDBUILDING

Design a setting for a piece of fiction – could be anything from a **novel** to a **movie** script to even a heavily themed **game**. Primarily useful in fantasy, scifi, and alternate history genres, but applicable to any genre of fiction. Designing a setting usually requires significant research into many new areas (geography, history, politics, etc) and like any **writing project** it requires many revisions. We will work *individually and in groups*, having others to read and comment on your setting, as well as doing the same for them, gives tremendous perspective and is essential to building a great setting.

Personal Fitness

Join this high energy project, filled with **positive energy, teamwork** and insights into *healthy routines for your body, mind and spirit!* Throughout this project you will **create your own personal fitness program** - that works for YOU. Various types of **equipment and strategies** will be discussed, practiced and integrated. Each day will focus on a new theme. Discussions will also cover specific exercises that are commonly done incorrectly

HOME MAKE-OVER

Do you want to do **service** and **improve the lives of people you love** and who give so freely of themselves to you every day? Do you want to make a concrete and **lasting improvement to the VVS campus**? Do you want to learn **specialized skills** that will get you money when you work summer jobs- skills like *tiling, painting and renovating*? Do you like interior design and want to try your hand at some **next-level DIY**? Do you like to *work hard, get dirty and see the fruits of your labors*? Or just want to **smash things** with a crow bar? Then this is the project for you!

DISC GOLF COURSE

Disc golf is basically the same as golf, except you aim to throw frisbees into "baskets". We have the opportunity to **design and build** a disc golf course right here on campus - ultimately leaving a *gift for the community, and a legacy for years to come!* It is a simple and fun game to play outside, on your free periods or on the weekends. We will cover the *rules, etiquette, how to throw long distances and with accuracy.* Students will **plan, build and install** 6 baskets and tee pads around campus. On the last day - we'll **play a tournament** on the brand new VVS "frolf" course!

CANYONEERING:

Canyons criss-cross the Northern Arizona landscape offering life-giving water in an otherwise inhospitable environment and offering blissfully cool and beautiful pockets when the rest of the land bakes. On this project we will **explore the canyons of Northern Arizona** by getting up close and personal with them – **hiking** through them, **swimming** their pools, **rappelling** down them and **climbing** their walls. This is an afternoon project but slightly extended, meaning that we *will often leave early and return late.* We will be very active during this week and a reasonable level of fitness is required (including hiking and swimming).

AFTERNOON PROJECTS:

Pick your **top 5** *afternoon* choices

INTO the WOODS

"Into the woods" will teach students the basics of backpacking, outdoor travel, leadership skills, and first aid for the backcountry while going for a new hike each day either around campus or in the Sedona area. While hiking, students will learn how and what to pack for spending the night in the backcountry, how to plan a backpacking trip, LNT principles, how to use maps and navigation skills, and what to do in case of minor injury when adventuring in the wilderness. The final activity will be a one night backpack trip that the group will have planned themselves.

A GIVING SPIRIT

Each day will be spent helping a different non-profit organization so students can see how projects are run, how they utilize their volunteers. We may: clean and decorate an **after school program**, sort **recycling** at the collections location, collect **trash** at a high-use recreational areas, socialize and **take care of the animals** at the Humane Society, **rebuild a riparian stream bed** and interact with the residents at an **assisted living center** while tending to their garden. The help given to each organization will vary depending on the clients and the environment and allow students to explore the type of work that feeds their soul and enriches their community.

Aerial Arts

As a performance art, Aerial Dance and Circus Art provide a unique form of expression capable of leaving a **powerful and inspirational** impression. Students registering for Circus Arts are asked to keep an *open mind* and a *willingness to participate in strenuous exercise* (focusing on core strength, upper body strength, and stamina). We will explore methods and modalities to **create choreography** through key foundations such as *developing storyline*, using *improvisational movement*, and finding themes and patterns. Students will be exposed to (Beginner to Intermediate Level) *Aerial Fabric, Lyra, and Harness Dance*. Students will be provided the opportunity to experience **increases in self confidence, trust in oneself, empowerment** through *creativity and non-competitive collaborative learning*. On the full day, the group may travel to a professional studio for a group lesson. Aerial Arts will culminate in a *five to ten minute performance piece* created throughout the week.

OUTDOOR CLASSROOM

This project will focus on the creation of a **gathering space/outdoor classroom on the farm**. We will create *seats, benches, and tables* out of **adobe, mud, stones, and wood**. We will renovate the existing shade structure and **plant vines** such as *grapes, kiwi, and passion fruit* to **create a living roof**. We will tie the space together with **various art installations** including sculpture and mosaic.

AFTERNOON PROJECTS:

Pick your **top 5** *afternoon* choices

Hopi Ceramics:

Learn to make pottery with a living master of **ancient Hopi methods** and styles. Rachel Sahmi teaches traditional pottery with **all natural materials from the land**, from beginning to end. Use clay and plant-based paints gathered from local sources. Fire pots with a **sheep-dung** reduction on an outdoor flame.

Decorate pots using **yucca fiber** paintbrushes and stone burnishing technique. This is absolutely a **once in a lifetime opportunity** to work with an expert Hopi potter.

PRIMAL FITNESS

Students will learn a **new approach to fitness** in which the **body and mind are linked** more closely together through activities that **explore the world around us** through movement. Primal Fitness is about using the body and the environment in **game-based, play-oriented exercise**. A range of different types of activities are introduced to students including *pandiculation, animal movement, yoga, Parkour, competitive games, and juggling*. At the end, students use the basic movements and exercises to **create new games** that are **physically and mentally challenging**.

MOVIE MAKING

Learn all aspects of filmmaking in a hands-on, high-energy, and collaborative approach to the art and **process** of making a movie. The pace of this project is *feverish and fun*, and will include classes in **film analysis, writing, acting and directing, cinematography, and pre and post production** followed by two production teams creating their own **3-minute movie on digital video**. Each student will be involved in all areas of production. All movies will be screened at the conclusion of the workshop. Taught by **Michael Fallavolita**, (Jurassic Park, Schindler's List, The Dark Knight Trilogy, The Hobbit Series, and, String of the Kite) and Paul Amadio, stage and film actor and director.

CREATIVE PHOTOGRAPHY

This course explores **various types of photographic processes**, including *pinhole photography, cyanotype, Van Dyke prints, and creating your own photographic surface* using liquid emulsion. Students work on individual projects that examine *historical, technical and aesthetic approaches*. Explore **alternative means of applying photographic images on a variety of surfaces** using *traditional and innovative darkroom methods*. Instruction will include demonstrations, exercises in the darkroom and individual projects. **Prior darkroom experience is required.**

If you have any further questions, insights or additions - talk with Jenae

2017 Project Period Schedule

Thurs. 5/25	Fri. 5/26	Sat. 5/27	Sun. 5/28	Mon. 5/29	Tues. 5/30	Wed. 5/31	Thurs. 6/1
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Breakfast 8:15 - 8:45 am CHECK IN REQUIRED

Breakfast Meeting 8:45-9:00				Chapel Meeting 8:45-9:00			Breakfast Meeting 8:45-9:00
Morning Session 9 am - 12 pm	Community Day ALL DAY 9 am - 12 pm	Morning Session ALL DAY 9 am - 12 pm	Afternoon Session ALL DAY 9 am - 12 pm	Morning Session 9 am - 12 pm Wrap up & Evals			

Lunch 12:00- 1:00pm

Free time 1:00-2:00pm (Except for Community Day)

Afternoon Session 2 pm - 5 pm	Community Day ALL DAY 1 pm - 5 pm	Morning Session ALL DAY 2 pm - 5 pm	Afternoon Session ALL DAY 2 pm - 5 pm	Afternoon Session 2 pm - 5 pm Wrap up & Evals			
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Dinner 5:30- 6:30pm

				BBQ & Advisee Desert		Senior/Faculty Dinner 5:30 - 7 pm	
TBA	Sports Awards Mandatory 7-9pm	TBA	TBA	TBA	Faculty Talent Show 7-9pm	Climbing Jam Optional 7-9pm	EXPO Night Mandatory 7-9pm

Check in: 10:30 pm