

**2014-2015 Intensive Descriptions Update as of 01-13-15**  
**March 30 – April 3, 2015**

**1. African-American Film & Culture Festival**

*Sponsor: Tiffany Thomas (Carrie's Room 201)*

The African-American film and culture festival is an opportunity to step into the past and study the African-American experience throughout the 20th century. Students will view a variety of films and documentaries, listen to music, learn the popular dances, recite poetry, and create art. This interactive session will also include guest speakers, museum field trips, and a soul food dinner. This intensive will be eye-opening, educational, and fun!

*(Approximate Cost -\$20-\$30)*

**2. Back by Two & Three Quarters**

*Sponsor: Lee de la Fuente, Cathrine Hansen, Barry Taylor (Black Box)*

Re-discover your own backyard (and beyond). A different trip every day—Wakulla Springs, Jack Rudloe's Marine Laboratory, St. Marks Wildlife Refuge, bowling, and IMAX are some possibilities. The group will decide together.

*(Approximate Cost: \$65 –includes \$5/day for lunch) 40 students*

**3. Bikes & Bees**

*Sponsors: Rob Pell & Marlow Matherne (Rob's Room 601)*

Interested in off-road bicycling? Interested in Ultimate Frisbee? Interested in getting or staying in shape? Well, we have an affordable in-town intensive for you. In the morning we will ride a different bike trail every day, and in the afternoon we will play Ultimate Frisbee at the upper field. This intensive is not for the faint of heart or the lazy; it's a very active, rigorous, and rewarding opportunity for those who sign up. Requirements: (1) multi-gear mountain bike in good working order; (2) DOT certified & approved bike helmet; (3) H2O carrier; & (4) positive attitude.

*(Approximate Cost: \$40. Students must provide their own lunch Monday thru Thursday.) 18 students*

**4. CD Production**

The Bluegrass Ensemble will be producing their next CD!

**5. Enrichment**

*Sponsor: Carrie Perkins & Emily Bell (Marlow's Room 603)*

On-campus Intensive focusing on study skills and credit retrieval. Additional activities will be determined by Intensive participants and sponsors.

*(Approximate Cost: Free, but you must provide your own lunch) 20-30 students*

**6. Extreme Makeovers with Natural Foods and Remedies**

*Sponsor: Maria Cobian (Maria's Room 126)*

In this intensive we will prepare delicious super foods from around the world. We will explore the wisdom of ancient and advanced holistic healing techniques such as: Reiki, Feng-shui, Homeopathy, Quantum Touch, and more through presentations by guest practitioners. We will look into the beneficial properties of herbal remedies and create natural skin care products. In addition, we will learn "green" cleaning methods and make healthy cleaning products using all natural ingredients. This intensive may change your life.

*(Approximate cost: \$50)*

**7. Florida Fossils**

*Sponsors: Charles Robshaw & Emily Smith (Charles' Room 122)*

This out of town trip explores Florida's paleontological past. We will tour of the University of Florida's Natural History Museum and their dig site at Thomas Farm. We'll be camping and canoeing on the Peace River, near Arcadia, FL, which is loaded with fossil remains. Using shovels and sieves, we'll separate out a variety of ancient bones, including sharks' teeth, horse, camel, turtle and dugong (a relative of the manatee no longer found here.) And yes, you get to keep what you find!

*(Approximate Cost: \$250) 12 students maximum*

## **8. Life's Aquatic**

*Sponsors: Sierra Service, JaSun Burdick & Olivia Hallinan (Sierra's Room 1303)*

It's time to get your feet wet as we explore the beautiful natural springs, rivers, lakes, sink holes, and oceans that Tallahassee (and its surrounding areas) have to offer. Come jump into frigid sink holes, kayak on the Wacissa River, swim in the deep blue sea, and play kickball on the white sandy beaches. This intensive will have a big focus on wellness, as we will be getting a lot of exercise every day and we will all make a pledge to drink more water and cut out soda for the week we are together. In addition to helping yourself become well, we will also be helping the earth by picking up litter at all the watering holes we go to. This is a great time to earn some community service hours!

Requirements: (1) you must know how to swim (2) water bottle (3) bagged lunch (4) bathing suit (5) adventurous spirit and positive attitude.

*(Approximate Cost: \$100) 18 students*

## **9. SAIL Pirate Adventures**

*Sponsors: Carucha Bowles & Trisha Stapleton (Carucha's room 1505)*

Come sail away to the far reaches of the North Florida coast. Each day will be filled with exploring Florida's historical and natural features including places such as Hickory Mound, St. Marks Wildlife Refuge, Wakulla, Alligator Point, Apalachicola, St. George Island, and possibly more! Activities will range from kayaking and hiking to visiting museums. Some Civil War, Spanish, and French Explorers' sites will be explored as well! We will return to SAIL each day by 2 pm, in time to catch the busses.

*(Approximate cost: \$150) 12 students*

## **10. Science On Demand**

*Sponsor: John Schaller (John's Room 1104)*

This is an Intensive for students who would like to spend a week exploring individual or group science projects, watching and discussing science news and documentaries covering a wide range of topics, and investigating current science events and their global implications. We will gather daily, make decisions on what to do, engage in discussion and debate, and even learn a thing or two.

*(Approximate Cost: Free, but you must provide your own lunch – one hour break for lunch)*

## **11. South Florida Tour**

*Sponsors: Marcia Cone and Erica Page (Marcia's Room 204)*

The South Florida Intensive will explore the cultural diversity and fabulous beaches of Ft. Lauderdale, Miami and Key West. Students will have the opportunity to learn about the history of South Florida, explore various museums, zoos, taste the diverse foods, enjoy and experience an NBA game (The Miami Heat), participate in community service and have fun!

*(Approximate Cost: \$625) 12 students*

## **12. This Is Your Life! – DIS (Directed Independent Study)**

*Sponsor: Shirley Cain (Office)*

This educational plan for Intensive Week, developed by **YOU** may consist of volunteering, job shadowing, travel, career or college exploration, and/or working at your current job. All activities must be presented in writing for approval by your parent(s) and by the principal, and **must be supervised by your parent or other approved adult**. Your plan must include support of one or more of these SAIL goals: Health & Fitness; College & Career Readiness; Community Outreach; the Arts; Going Greener. A journal documenting your activities must be submitted the week following Intensives.

**This Intensive is primarily for 11<sup>th</sup> and 12<sup>th</sup> grades.**

## **13. Video Game Programming (Re)Boot Camp!**

*Sponsor: Blayne White (Computer Lab 2)*

Have you ever imagined yourself as a game designer? This is your chance to jump in and learn the basics of video game programming using simple tools. We'll spend an intense week learning key ideas like drawing images to the screen, moving them around, detecting collisions between objects, and reacting to player commands. The hope is that by the end of the week you'll have the makings of a playable 2D game, and enough know-how to continue to improve it or make new games on your own.

*(Approximate Cost: Free! - On campus, students provide own lunch) 18-20 student maximum*