

Electives 2016-17

During the school year students will participate in an elective during Thursday Pod time. Please review these with students and have them choose their top electives.

Poetry/ Spoken Word (up to 18) Williams

In this elective, students will create, critique, and perform original pieces of poetry/spoken word at school wide and city-wide events. Students who join this elective are expected to be self-motivated and focused on their writing while in the elective class. Students who join this elective will automatically be a part of the spoken word/poetry team. Students do not have to perform, but they are expected to support team members by providing meaningful feedback and encouragement.

Only students who are serious about writing poetry should apply. If you do not like to write, then this is not the elective for you.

Cooking with Ben (Max 16)

Students are required to bring in ingredients or contribute funds in order to participate. Students will be split into two alternating teams. The team will research recipes and will collaboratively plan ingredient responsibility. In the following session, students will cook and create food to then share with their team. Students will take pictures and contribute towards the creation of a cook book.

Senior Study Hall (Max 15)

With Ms. Ross; Administrator approved.

Courageous Conversations (~16 Students) Jolly (Could be in a Pod)

In this elective, students will engage in difficult discussions around current event issues that affect our city, our country, and our world. Many discussions will address topics such as race, poverty, education, sexuality, and relationships. We will look at issues, such as the school to prison pipeline or police brutality, through a lense of social activism. Not only will we discuss the issues, but we will also plan real, concrete strategies to organize, support, and fight for justice. Students must come with an open mind and the ability to approach controversial issues with maturity.

Websites with Weebly (Martin, prefer room 101)

Imagine, design, and create your own website! Join writers, artists, designers, photographers, and editors, all interested in creating websites to showcase our interests and talents. In this elective, you'll use Weebly to create your own site. Come prepared to figure out a new tool and to share and showcase your energy, ideas, and work.

Book Club (Martin, alternative club, prefer room 101)

Read, discuss, and enjoy great books! Join fellow readers and thinkers as we take time out for what we love: reading. In this club, we'll choose a book together and spend time reading and discussing the books we choose. Join Book Club if you love to read and want to get better at thinking about and analyzing literature.

Natural Hair Daily~ (max 20) Carpenter

Students will have the opportunity to explore natural hair care, and hair care in general. How to take care of your hair and skin, products, night time and wash routines, protective styles and daily styling. Giving energy and effort into not only our appearance but to our health. Discuss the stigma that surrounds natural hair and protective styling. Explore styling options and maintenance requirements. The point of the elective is to help students feel empowered about their hair and make healthy hair choices.

Basketball Tournament (Max 24) Sandone and W (GYM) :This elective is for students who want to participate in an organized ATHLETIC basketball game. Students will participate in basketball skills tests as well as fitness testing in order to make even tournament teams. When the teams are finalized students will compete in a basketball tournament each week.

Strategic Game Club (Rhea- prefer room 318)

Start the first semester off right. Make some new friends and have some fun by joining Strategic Game Club. Games include Magic the Gathering, Settlers of Catan, Pandemic and many more. Every week, you are able to join a group to teach your favorite game to or learn a new game from! Play games that you normally wouldn't get a chance to play. The Strategic Game Club stocks both crowd favorites and hidden gems. Come on out and find something new. There is an option of completing a game you've started after school on Elective Day (Tuesday) depending on Ms. Rhea's availability week to week. (Running club coming in the spring...)

The Science of Alternative Medicine (15) Tavares

Would rather stay in my room due to scents that may bother others.

Using science to explain how energy, the brain, and our bodies can work together to promote healing. We will look into the science behind recent common ideas, such as; "manifest it", The Universe, mind over matter, etc. We'll learn about the brain, energy, and non-traditional healing methods. We will practice from the following areas: meditation, crystals/rocks, yoga, cleansing, aromatherapy, "psychic ability", reflexology, Reiki, massage, sound, and others. Students have the opportunity to become certified in Reiki I (an ancient Japanese Healing).

Student Government Association - SGA 20 max (advisor approval)

The mission of The Student Government Association (SGA) is to provide a forum for student input, problem solving and creativity in regard to student life at City Neighbors High School. Students are expected to present, discuss and resolve issues in a democratic model. Issues can be, but are not limited to, policies, events, and activities. In addition to gaining experience in leadership, students will improve their ability to interact socially as well as develop work-based skills. Preference given to current SGA members.

Laser Cutting in the Fab Lab (max 6 [only one laser cutter])

Students would learn to design and create their own unique works from wood, cardboard, acrylic, etc. We would use Adobe Illustrator to design our creations, and then learn how the CO2 laser can turn them into a reality. Adobe Illustrator is a complex, professional piece of software that requires patience and dedication to learn, so only students who can show flexibility and a true desire to learn need apply. We will also learn how to prepare, maintain, and utilize the various functions of the laser cutter.

Workout! With Ms. Jess- Max 15 students (in the artroom)

Each week, this club will try out a new workout. We will run, jump, sweat, and have fun while finding a workout that works for you. In this club you can expect to try yoga, HIIT, long distance running, and much more.

Fiber art (Lewis) - Max 15, prefer room 001

Are you ever anxious? Have a hard time sitting still? Learn a way to quiet your mind while also making art that you can wear through the meditative nature of fiber art. We will learn basics of knitting, crochet, and weaving and work on making wearable art together. It is entirely possible you will be able to completely create something cozy for you to wear this winter, or for you to give as a gift around the holidays!

Music Technology (Rogers) Max 10 students

Music Technology is open to students who have at least one semester of high school music theory experience. Students will develop musicianship through in a 21st century environment by working to create or complete music projects. Students will need to be able to sing, write spoken word, or play piano at an elementary level. Requires teach approval prior to start of the elective.

Dog Training and Care: (no more than 15-17 students - no specific space needed but preferably close to the ground floor for the dogs - would like last lunch please so I can take the dog home - Turnof)

How to love, care and train your dog, a student guide to dog care. Students will get hands on experience.. Learn all about dog safety, what it takes and costs to own a dog and how to take care of and train your dog. Students will also participate in a service learning activity (group choice) to raise money for a pet charity. Only true dog lovers wanting to learn more!

Cartooning and Comics (Garcia- room 305 preferred): Explore the art of cartooning- the history, the styles, the artists, and the crazy. You will study the art of cartooning by researching and developing your own ideas in order to invent and create your very own cartoon characters, stories, and style. All of this leading up to every student's own comics and cartoons being featured in the first ever City Neighbors High School comics magazine, which will be distributed school wide. This is for serious cartoonists only, not for the faint of heart!

Make and Take Crafts (D'Angelo)

Explore the art of practical crafts, In this elective students will learn how to make soap, candles, jewelry and other small craft projects that students can take home. (I will need a room with tables and a microwave).

CNHS Podcasting (Perkins) (Max 10 Students)

In this elective, we will create the first and official City Neighbors Podcast. The students in the elective will learn how to run and record a podcast, how to interview and publish their podcasts. The episodes will focus on current events, education, social issues but from the students point of view. We will also interview and speak with community leaders, school staff and student organizations.

Gospel Choir (Deyara and Camille) - (Max 40 students, Auditorium)

In this elective, students will have the opportunity to explore gospel music and use their voices to sing joyful songs. Students will have the opportunity to learn new songs throughout the semester and hopefully perform in a small setting. Students are encouraged to explore their love of African American spiritual music. For this elective, we will need the auditorium space so that we can encourage students to sing loud and proud with their powerful voices.

Innocent Behind Bars: (Sarah) 16 students Max-(Not Mock Trial Club)

Students will be introduced into the agencies and processes involved in our criminal justice system, including, legislature, the courts and our corrections systems (jails vs prisons). Students will discuss the history of policing and crime in America, examine specific cases and follow those cases through our correction system. Topics such as, criminal rights, abuse of power, juveniles being charged as adults, and what happens when someone who is innocent ends up behind bars.

ShePower!- (McLeod) Requirement: For those who identify as young women. Young men need not attend! :) (Max 25-more if there is a co-sponsor)

Empowering Each Other! Reclaiming who we are! Deconstructing the image of Women in media!- Who gets to define what being a woman is? Do we have a responsibility to empower other women? Does a woman have the right to govern choices over her own body? Do media images harm or empower us? Who gets to define who we are? Does our religious identity play into how we view ourselves? This group is designed to empower young women to ask questions about what it means to be a woman, what role we play in society, reclaim who we are, and to construct our own images. We will look at national and international issues as well.

Flag Football (D and Roberts) - Max 28 students-(Field and D's Room)

In this elective, we will hit the CNHS gridiron and commit to bettering our fitness through football. We will create teams, build skills and play tournament style. Members of this elective must be committed to playing football, working out, wearing athletic clothes and cleats, in all weather conditions year round! We will also spend some days watching NFL and college games, studying injuries and the history of the sport.

Fitness for You! (max- 4 students*) Room 201/ Local Fitness Center (TBD)

This elective will consist of a combination of weight training, cardio respiratory activities, and flexibility exercises, as well as nutrition education intended to improve students' overall fitness. This course focuses on physical fitness through personal fitness assessment followed by individual goal-setting. Students will engage in activities (which will include participation in cardiovascular and strength training exercise at a local fitness center) that will improve both health and skill-related elements of fitness. Students will review the elements of fitness and principles of safe exercise, and use them to achieve their fitness goals (this includes flexibility, cardiovascular endurance, muscular strength, muscular endurance, and body composition). Class assessments will be based on student created personal fitness plans, maintenance of a nutrition journal, and student participation levels.

*Note- The number of possible participants may be limited due to transportation considerations.

Personal Finance: Codner-Gibson

Personal Finance serves as the foundation of mathematical application to real world situations while assisting students with review of mathematical concepts in order to make strong financial decisions during and after CNHS. This course will expand students' knowledge of decision making, goal setting and career choices, discovering the difference between values, needs, and wants, and exploring spending plans (e.g. credit cards, loans, housing cost, and investments) and how electronic banking and financial institutions play a part in our everyday world. Successful completion provides a gateway for life level mathematics through real world application.

Chess Club: Mr. Toops

Students will develop strategy, problem solving skills, and logical thinking through learning the game of chess. Our eight best players will compete against each other to earn a spot to represent City Neighbors High School against other high schools as part of the Baltimore City High School Chess League. Beginners to experienced players are all welcome. We will play a lot of chess!

Gay/ Straight Alliance: Ms. Amy, Rm. 211 (8-10 students)

Students will discuss issues around sexuality and gender in today's society. Will plan activities to raise awareness and foster safety and support for all students. Will look at opportunities to provide education and political awareness.

Ideas for Unassigned students:

- Office Assistants- Report to main office. Collect attendance, run messages (with a specific pass). They can also assist with copying, and/or be office assistants. They could also work as TAs for the day if need be. :)
- Study Hall- Work on classwork & homework.
- School Beautification and/or Community Service-Cleaning up and volunteering