



Rehoboth Christian High School

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# Mini-SAC Week Courses

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October 14-15, 2019

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# SAC Week

Student Alternative Curriculum (SAC) Week provides a great opportunity for teachers and students alike to dive into areas of study or experiences that don't normally find a place in the regular curriculum of school. For two days this fall (October 14-15), our students will immerse themselves in a variety of mini-classes, both at RCHS and in the local community. And as is our tradition, we will offer a full SAC Week again in the spring.

The Daily Schedule for SAC Week will be:

## **AM Classes**

8:05AM - 11:05AM

## **Lunch**

11:05AM - 12:05PM

## **PM Classes**

12:05PM - 3:05PM

If students enroll in a full-day class or a job shadowing opportunity, they will spend the entire day in the same experience.

This catalog contains descriptions of the various class offerings. Please take some time to look them over and discuss them as a family to help yourselves make the best decisions about what learning to pursue for SAC Week. We're looking forward to learning with all of you!

Mr. Meester, RCHS Principal



# Full Day Courses

## **FD01 Cooking Extravaganza**

*Linda Hekman and Tim Brunius*

This 2-day experience will be all about the kitchen! On day 1, it's creating a tool. Every cook uses pot holders to protect their hands from burning hot surfaces. Students will design and make a pot holder that represents a passion in their own life or, if being given as a gift, in the life of their favorite cook. On day 2, it's all about pasta. Students will be learn to make pasta by hand and also with a pasta machine. This is something students will be able to do at home too, even without a machine or fancy ingredients. We will also learn how to make three different sauces and teach students how to read recipes and make other sauces. The best part is that we will be eating the results of our work!

**Class Size: 7 Max**

## **FD02 #LoveGallup**

*Kevin Ruthven and Ty Platero*

You will have the incredible opportunity to make Gallup and beyond a better place. We will be coming alongside of people who love and serve our community to learn from them and serve alongside of them. We will be spending the days in Gallup, Churchrock, and Window Rock.

**Class Size: 12 Max**





# Job Shadowing

One SAC Week option for upperclassmen is to experience careers in the Gallup area first hand. After making contact with their mentors, students will spend two days on the job, interview the mentor, and capture their reflections in a journal. Each placement only has room for a few students, so sign up quickly! Students must be able to provide their own transportation to these placements.

## **JS01 Attorney Life**

If you're interested in the law and how working as an attorney can provide vital help for people in the community, spend a couple of days learning about the legal profession from one of Gallup's best attorneys, Bob Rosebrough. For juniors or seniors only.

**Class Size: 2 Max**

## **JS02 City Government**

They say all politics is local, but that doesn't mean you need to be an elected official to get involved. Find out how city workers and a city leader can create positive change when you shadow Gallup's Assistant City Manager, JM DeYoung, for two days and learn about the wide variety of services and infrastructure that goes into making the city run smoothly. For juniors or seniors only.

**Class Size: 4 Max**

## **JS03 Elder Care**

As the baby boomers become senior citizens, the demand for elder care in this country is going to skyrocket. Learn about this industry by shadowing for two days at Beehive Homes here in Gallup. For juniors or seniors only.

**Class Size: 4 Max**

## **JS04 Firefighting**

If an adrenaline-filled career sounds exciting to you, think about spending two days learning about the life-saving work of our local firefighters. For juniors or seniors only.

**Class Size: 4 Max**



# Job Shadowing (cont.)

## **JS05 Health Care**

Healthcare professionals play a vital role in our local community. Discover this industry with two days at RMCH here in Gallup. \*Note that there is a separate registration code for each placement. Placement options include: Emergency/ICU (JS05.1), Med/Surg (JS05.2), Women's Health (JS05.3), and the College Clinic or Red Rock Clinic (JS05.4). Students must complete some paperwork and orientation before visiting. For juniors or seniors only.

**Class Size: 4 Max (1 per placement)**

## **JS06 Publishing and Journalism**

Words can change the world, and there are lots of jobs that contribute to sharing the news with the community. Spend two days at The Gallup Independent to learn the in's and out's of publishing: reporting, photography, editing, layout, headlines, and printing. This placement requires hours different from the normal school day. For juniors or seniors only.

**Class Size: 4 Max**

## **JS07 Real Estate**

What's involved with the real estate industry? What determines the value of land or a home? How do people buy and sell homes? For two days, you'll learn the in's and out's of the real estate game from one of our area's best realtors, Amparo Uray. For juniors or seniors only.

**Class Size: 4 Max**

## **JS08 Restaurant Industry**

There's more to successful restaurants than cooking. Customer service, sound business practices, and successful marketing are all part of the equation. Learn about the food service industry and the metrics that mark a strong restaurant by shadowing Area Coaches for some of Gallup's busiest restaurants. For juniors or seniors only.

**Class Size: 4 Max**

## **JS09 Retail Life**

Many businesses operate by selling products in a store. This is known as retail, and one of our major local retailers, Perry Null Trading Company, is offering the chance to learn about the retail industry by spending two days at their beautiful store. Learn about inventory, buying and selling, and the business practices behind the scenes. Tuesday only. Student must sign up for another day of regular classes.

**Class Size: 1 Max**

## **JS10 So You Want to Be a Teacher?**

If you'd like to find out what a teaching career would be like, get your feet wet by spending two days as an aide for one of our RCS elementary or middle school teachers. For juniors or seniors only.

**Class Size: 3 Max**



# Morning Courses

## AM01 Basic Automotive Maintenance

*Esidro Olguin*

Learn some really handy DIY automotive skills like checking and changing your car's oil, changing a tire, and a few other basic tasks. This training can save you a lot of money and ensure that your car stays running well.

Class Size: 10 Max

## AM02 Beginning Cooking Techniques

*Seth Weidenaar*

This class will focus on the basic techniques needed to be a successful home cook. We will prepare a few basic dishes to practice these techniques and then eat the fruits of our labors!

Class Size: 10 Max

## AM03 Bible According to the Simpsons

*Braden Homan*

What can *The Simpsons* possibly teach us about our faith? You'll be surprised to find out as we explore the ways in which this long-running cartoon can help us understand Christianity.

Class Size: 20 Max

## AM04 Bow and Spindle Fire Making

*Chad Meekhof*

Students will harvest the supplies needed to build a fire on their own without matches or lighter fluid. They will create fire with a bow and spindle using a fire board and top rock that they find.

Class Size: 20 Max

## AM05 Hiking and Literature

*Chris Huizinga*

Put on your hiking shoes and spend some time getting out into nature. Not only will you enjoy the fresh NM morning air, but you will also enjoy some classic nature-inspired literature from Muir, Thoreau, Oliver, Frost, and Whitman. You will have time to discuss the reading and try your hand at writing some literature yourself. Bring along some good shoes, a water bottle, and a notebook to write in.

Class Size: 12 Max



# Morning Courses (cont.)

## **AM06 Jazz Band**

*Kevin Zwiers*

We will be working on a couple of Christmas Jazz songs to perform at the Christmas band concert in December. Through these songs, we will learn to play in a jazz style. Students should be able to play a band instrument.

**Class Size: Unlimited**

## **AM07 Joy Harjo: Poet Laureate - Library of Congress**

*DeLyssa Begay*

Joy Harjo is the current poet laureate for the United States and the first Native American woman to hold this prestigious seat as an enrolled member of the Muscogee Creek Nation from Oklahoma. Harjo attended the Santa Fe Indian School and the University of New Mexico. Her poetry reflects the southwest, with much emphasis on New Mexico. What is a poet laureate and how does someone get this role? Why is this a big deal? We will read Joy Harjo's poetry, parts of her memoir, and watch interviews and her inaugural reading at the Library of Congress.

**Class Size: 20 Max**

## **AM08 Know Yourself**

*Dan Meester*

How are you wired? When are you at your best? What are your unique challenges? With a variety of analytical tools (personality tests, giftedness surveys, learning style inventories, etc.), you'll learn who you are and then summarize those findings by creating a personal "User Manual" for yourself.

**Class Size: 20 Max**

## **AM09 Landscape Watercolor Painting with Yucca Brush**

*Elmer Yazzie*

We will collect and trim yucca leaves to build at least 3 different sized paintbrushes. We will head to an outdoor area near campus to paint a landscape using watercolor bleed, wash, and dry brush with salt. All materials will be supplied.

**Class Size: 20 Max**

## **AM10 Needlepoint and Knowledge**

*Kellie Wright*

Do you like making beautiful crafts and learning new things? Come learn the art of needlepoint and create a beautiful gift to keep or give away. We'll listen to some podcasts while we work to keep our minds engaged while we stitch.

**Class Size: 10 Max**

## **AM11 Ropes Course Beautification**

*Steve Terborg*

In this class we will learn landscaping shortcuts and skills in order to benefit the RCHS Ropes Course, an outdoor part of our campus that is used a great deal—both by our school and others.

**Class Size: 15 Max**

## **AM12 Volleyball**

*Emily Wuestewald*

Did you love playing the game of "Don't let the balloon touch the floor?" Do you think that you can play the game of volleyball and beat some of the Varsity teams? Then join this class and learn all the techniques and rules behind the game of volleyball. We will do challenging drills that will prepare us for a game against each other.

**Class Size: 24 Max**



# Afternoon Courses

## **PM01 Biking**

*Braden Homan and Chad Meekhof*

Get outside and explore the local biking trails around Gallup. Students who have a bicycle appropriate for non-paved trails should bring it. A limited number of school bikes will be available for students who don't have their own.

Class Size: 20 Max

## **PM02 Card Games**

*Myron Postma*

In this class, we will learn and play a variety of card games that make for fun times with friends and family. It's a great way to have an activity ready at any party!

Class Size: 20 Max

## **PM03 Classic Rock Guitar**

*Seth Weidenaar*

In this class, students will find songs they'd like to play on the guitar. Students will learn these songs—either by ear or by using online teachers. To enroll in this class, you must bring a guitar for yourself (acoustic or electric).

Class Size: 20 Max

## **PM04 Cultural Intelligence**

*Dan Meester*

Learning about your own cultural tendencies, attitudes, and behaviors—as well as others—will help you thrive in your interactions with people who are different from you. In this class, you'll learn the basics of Cultural Intelligence (CQ), find out your own CQ level, and begin some strategies that will help you shine in diverse settings.

Class Size: 20 Max





# Afternoon Courses (cont.)

## **PM05 D.E.A.R. (Drop Everything And Read)**

*Emily Wuestewald*

Do you love reading but never seem to have the time? How about “hammocking” outside and enjoying nature? In this class, we will step out of the daily grind to stop and read for awhile in comfort and the beautiful outdoors. We will also be discussing what we are reading to share our love of books with each other. Students must have their own hammocks.

**Class Size: Unlimited**

## **PM06 Photography Basics**

*Sean Kass*

Learn how to *make* rather than just *take* a photograph. Explore what goes into creating photographic art beyond just clicking the shutter. We will learn some technical basics and practice different types of photography. Students should have access to a camera to bring to class (digital preferred).

**Class Size: 10 Max**

## **PM07 Piñata Making**

*Steve Terborg*

Learn the skills that it takes to construct a piñata from tape, cardboard, newspaper and trash! Learn its history and relation to China, Italy, and Spain —including some pottery and oranges.

**Class Size: 15 Max**

## **PM08 SAT/ACT Prep**

*Chris Huizinga and Seth Weidenaar*

If you’re planning to take the ACT or SAT during the next year, start with these powerful hours of preparation. We’ll cover the format of the tests, along with specific techniques geared to help you succeed on the various sections of these exams: Reading, Writing, Language, Science, and Math.

**Class Size: 25 Max**

## **PM09 Stranger Bakes**

*Kellie Wright*

Do you like Sci-Fi? Do you like Stranger Things? Do you like desserts? If you answer yes, then this class is for you! We will learn some baking skills while baking treats inspired by the Netflix series Stranger Things.

**Class Size: 10 Max**

## **PM10 Writing Retreat**

*DeLyssa Begay*

Would you like the time to write without interruption? Have you ever wanted to go to a writing retreat and just focus on crafting your own thoughts and ideas? I will provide the space and (some) refreshments to create an environment for you to journal or write in whatever genre you want. We may listen to writers talk about their writing and what inspires them, but it will generally be a class directed by what works for you. You do not have to be a “professional” writer; it can be a time to journal for yourself. Your classmates and I can give feedback if you like, but overall, I want to give time to write without major interruption.

**Class Size: 20 Max**



# Course Selection

After looking over the course options, students will have the opportunity to sign up for classes online, starting during Lynx Lab on Friday, 10/4. Classes will fill in the order that students sign up, but to make sure we have balanced course enrollments, students will select their top three choices for both morning and afternoon classes.

**In order to be ready for your registration, make sure you do the following:**

1. Read through and discuss the course catalog.
2. Note any special requirements or prerequisites in the classes that interest you.
3. Choose and rank your top 3 choices for both the AM and PM sessions.

During the week of October 7-11, students will be notified about their finalized schedules for SAC Week, along with any further instructions about their classes.

