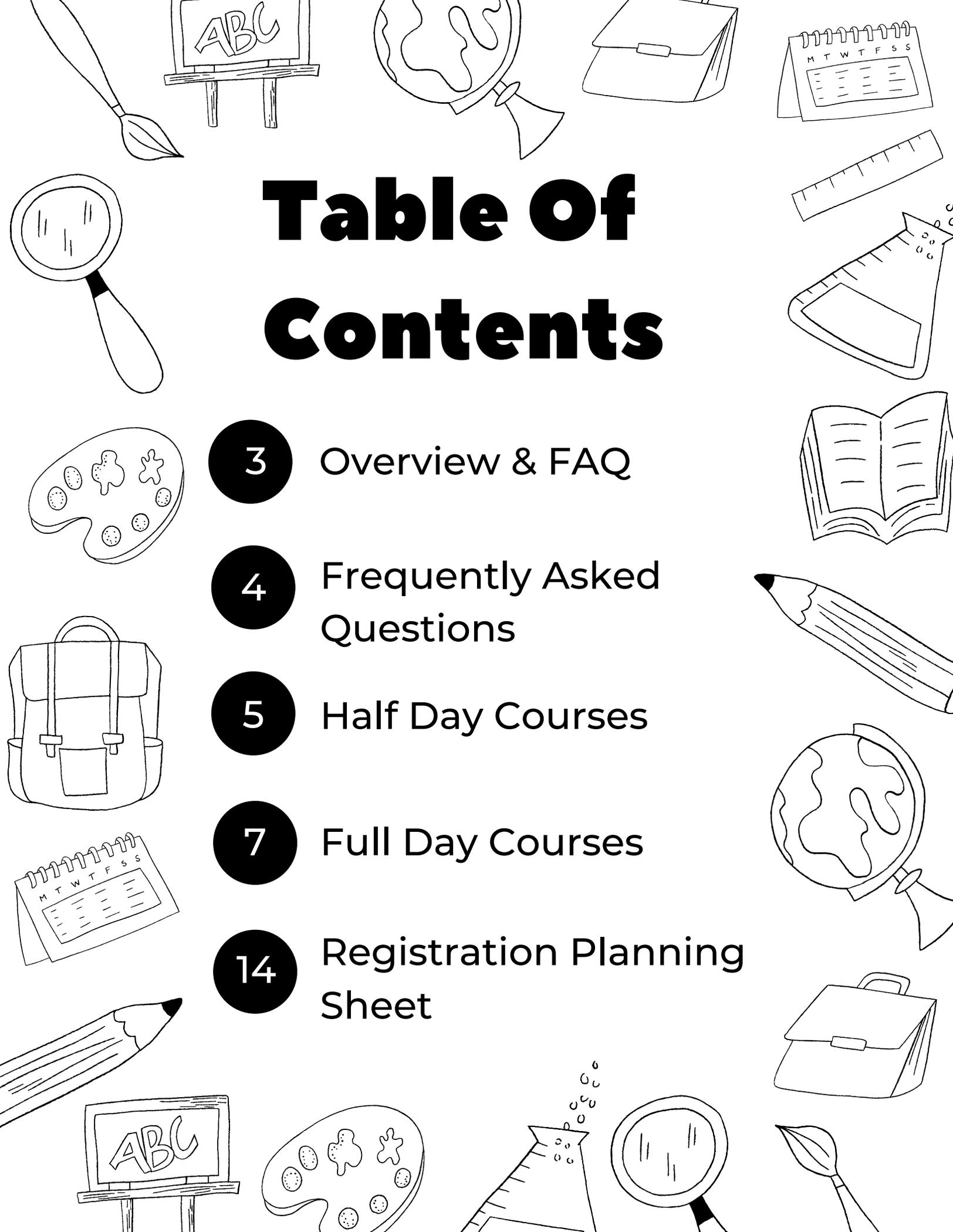


# **CMS Days 2024**

## **Course Description Booklet**



**AT CMS WE BELIEVE IN CREATING A  
LEARNING ENVIRONMENT THAT IS  
DEVELOPMENTALLY RESPONSIVE,  
CHALLENGING, EMPOWERING,  
ENGAGING, AND EQUITABLE FOR ALL.**



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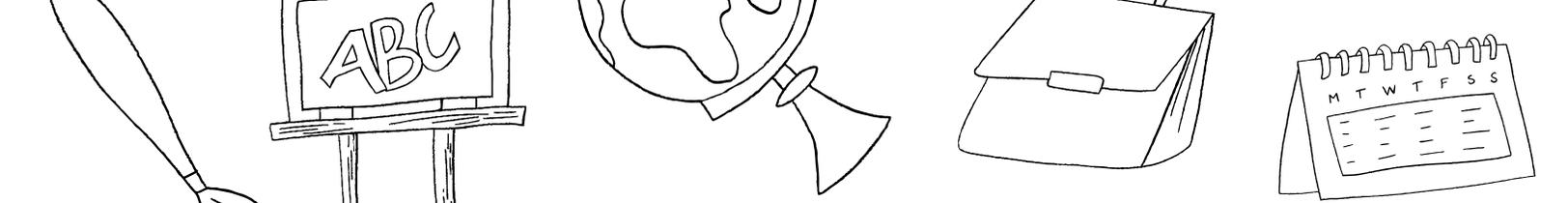
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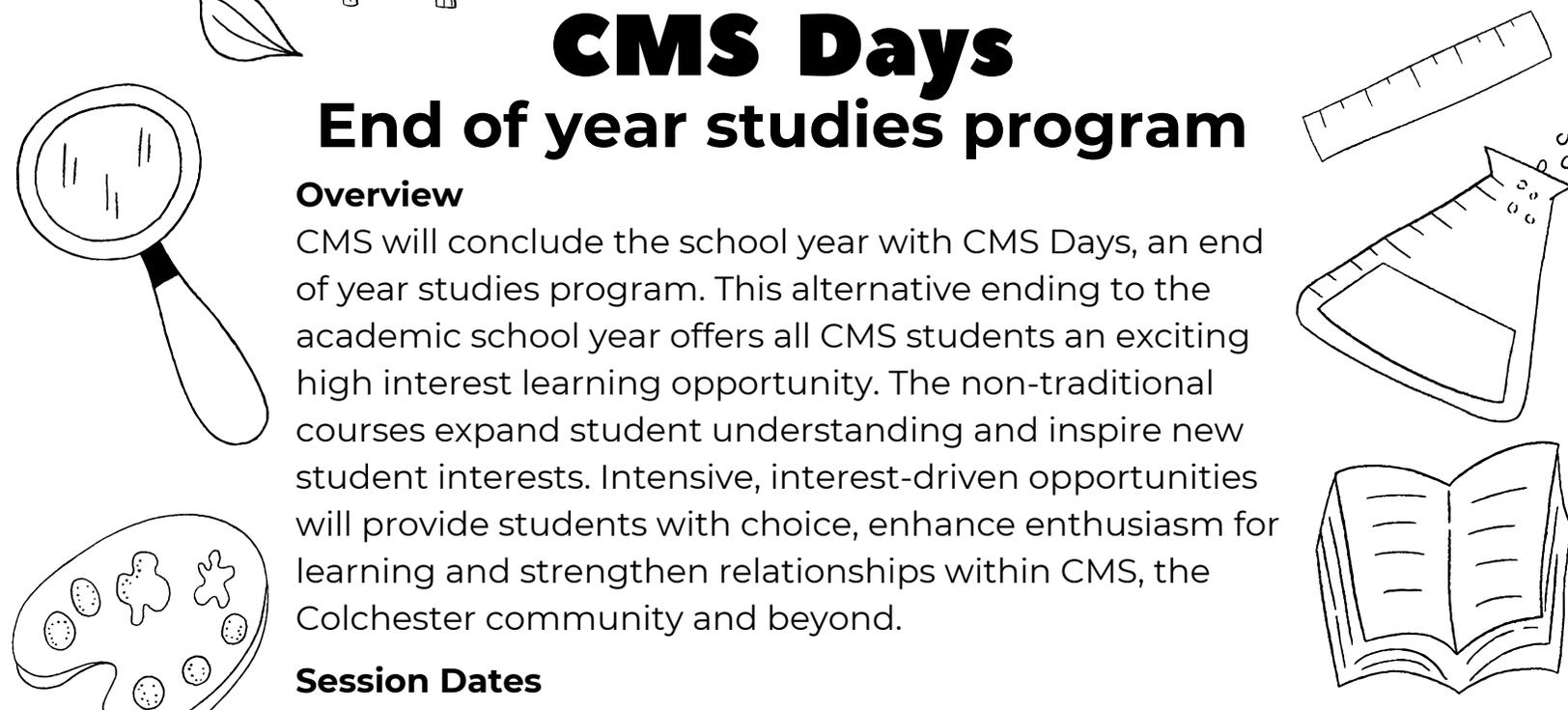
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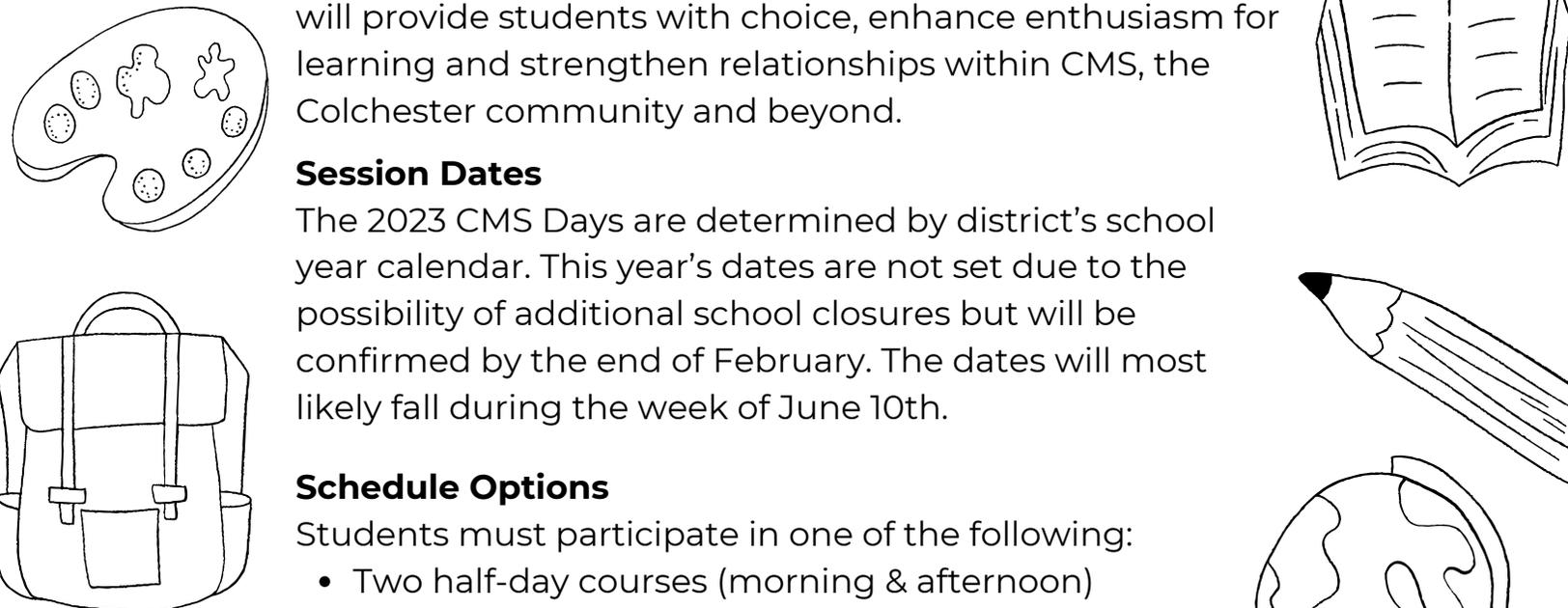
# CMS Days

## End of year studies program



### Overview

CMS will conclude the school year with CMS Days, an end of year studies program. This alternative ending to the academic school year offers all CMS students an exciting high interest learning opportunity. The non-traditional courses expand student understanding and inspire new student interests. Intensive, interest-driven opportunities will provide students with choice, enhance enthusiasm for learning and strengthen relationships within CMS, the Colchester community and beyond.



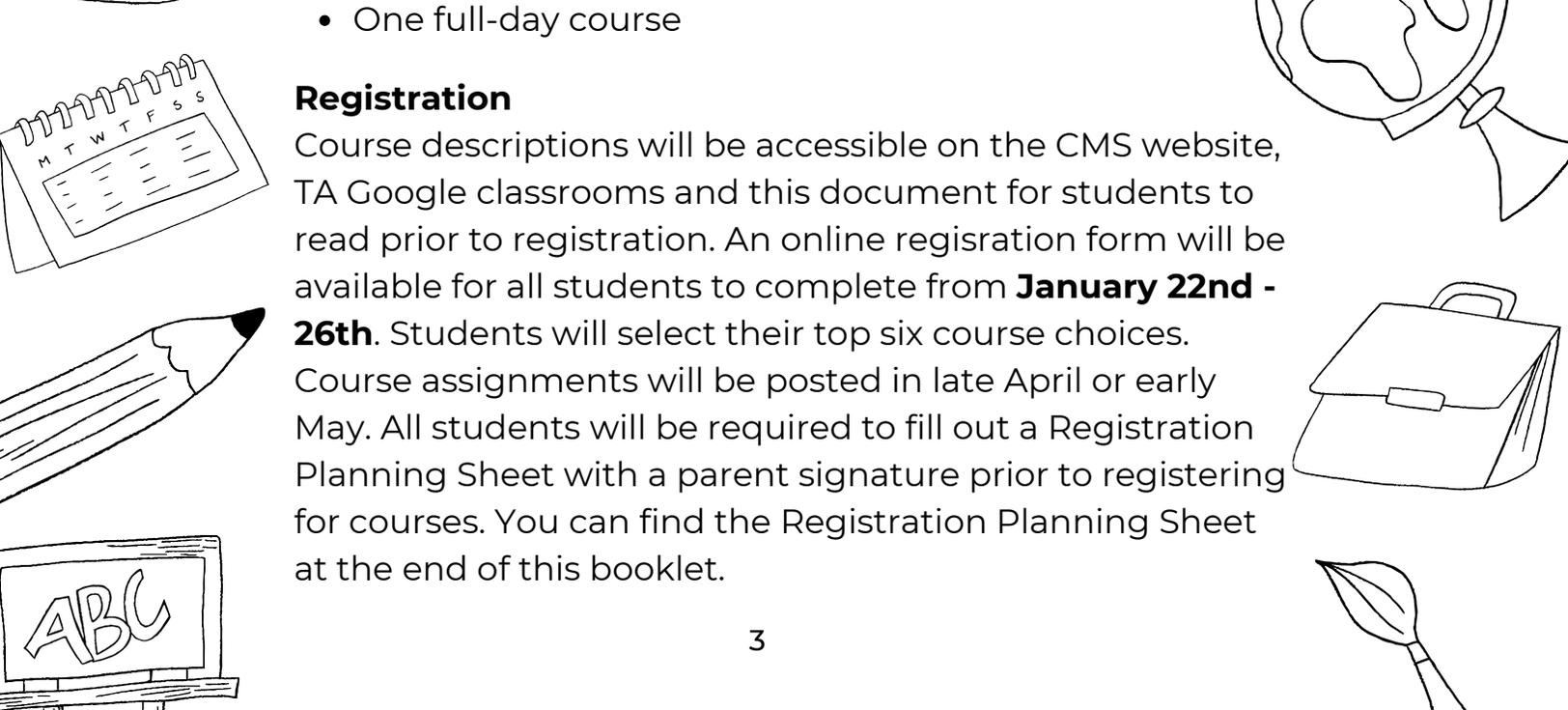
### Session Dates

The 2023 CMS Days are determined by district's school year calendar. This year's dates are not set due to the possibility of additional school closures but will be confirmed by the end of February. The dates will most likely fall during the week of June 10th.

### Schedule Options

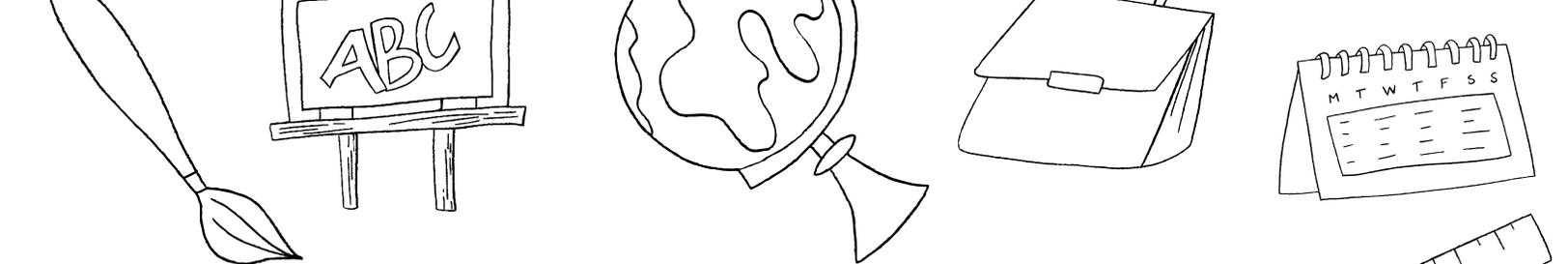
Students must participate in one of the following:

- Two half-day courses (morning & afternoon)
- One full-day course

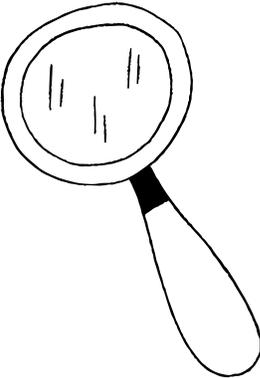


### Registration

Course descriptions will be accessible on the CMS website, TA Google classrooms and this document for students to read prior to registration. An online registration form will be available for all students to complete from **January 22nd - 26th**. Students will select their top six course choices. Course assignments will be posted in late April or early May. All students will be required to fill out a Registration Planning Sheet with a parent signature prior to registering for courses. You can find the Registration Planning Sheet at the end of this booklet.

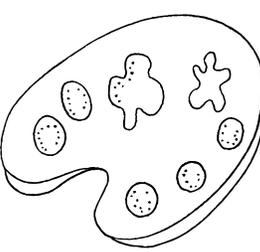


# Frequently Asked Questions



## Who is teaching my course?

We intentionally do not say this so that students choose a course based on what they are interested in, not who is teaching the course.



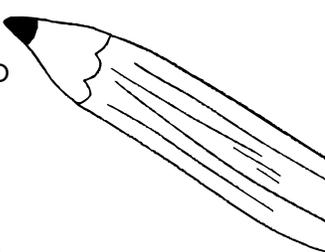
## Is there seniority (is priority given to older students)?

No. The CMS Days program strives to foster community by ensuring there are students from each grade level in a course.



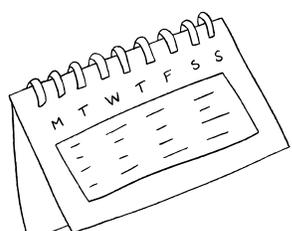
## Will I get my first choice?

Not necessarily. We try to give everyone one of their top 6 choices.



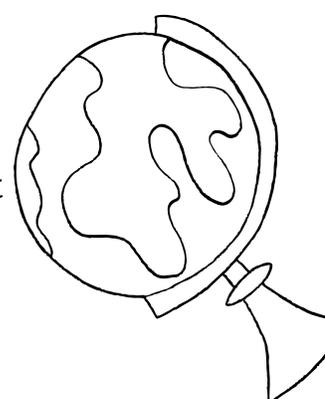
## Should I just pick the same class 6 times?

No. If you don't get that class, you will have to wait until everyone else has been placed to choose.



## Can I resubmit my registration form?

Yes. We go by the most recent submission (as long as it is turned in before Friday January 26th).



## What if I don't like my class? Can I change courses?

No. Take the time to read the descriptions and pick your top 6 carefully.

# Half Day Course Offerings

## Chess

Together we will explore and play perhaps the greatest game people have ever created. Learn opening, middle and endgame theory along with tactics like pins, discover checks, forks and skewers. See you on the 64 squares.



## Ecoquest

Throughout this course, you will learn about basic wilderness safety. We'll start by learning important first aid techniques with an EMT from our community. We will go through mock rescue scenarios, make survival bracelets, and understand important first steps during an emergency. On day two, you'll have the chance to observe and learn about plants, animals, and the ecosystem that surrounds us. You'll also get to unleash your artistic side with a sun art paper activity, where you'll create beautiful artwork using the power of the sun. On day three, we'll work on building on your newfound skills, you'll learn how to set up tents and create a cozy campsite. We'll also learn how to build and maintain a safe fire for warmth and cooking while outside.



## Fun with Fabrics

This course will focus on different methods of applying color and design to fabric. This course includes ice dying, Indigo dying, eco printing, and much more! Students who choose this course will leave with multiple different altered fabric examples that can be used as flags, sewn into pillows, used to patch clothes, or anything else you can think of!

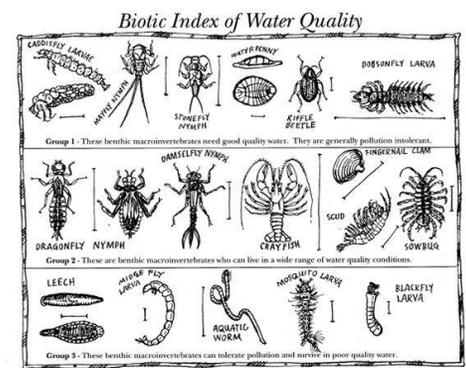


## Guitar

Work on your face melting guitar solos and head banging rhythms as we fire up the amps and prepare to blow minds. Acoustic, electric, bass, singers all welcome. We will play some songs together and explore our own projects, doing some recording along the way.

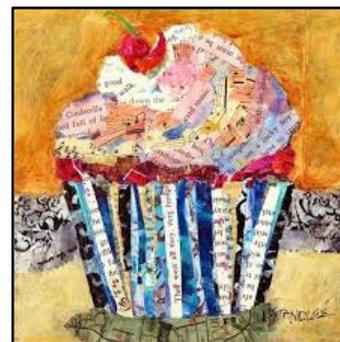
## Living Water - Protists and Macroinvertebrates

Don't swallow the water!! Water may look clean and clear, but it is filled with living creatures - both visible to the naked eye and only through a microscope. Spend some time learning about aquatic protists (tiny creatures you can only see with a microscope) and insects that hang around the surface of water. Collect water samples from Mallett's Bay, Smith Creek in the woods behind the school, Colchester Pond, or bring water from a source near your home. Use field guides, hand lenses, and microscopes to examine and identify what is actually swimming with us. What can these critters tell us about the water environment?



## Mixed Media Collage Adventure

Embark on a creative journey with this exciting collage making course. In this hands-on class, students will explore the boundless possibilities of mixed media to craft unique and visually stunning collages. From tissue paper and magazine cutouts to fabric scraps and more, participants will delve into a world of artistic expression where every student becomes a unique artist. Students will have the opportunity to create art in a relaxing and fun environment where they can share their collages and the stories woven into their creations. Let the artistic exploration begin!



## Paint By Number

Relax and paint with ease with a paint by number painting you can take home. We'll learn common brush strokes, how to use materials, and practice making our own paint by numbers.

## Piecing it Together, Bone by Bone

Make no bones about it, you will have a bone to pick with anyone who doesn't know the correct name for the funny bone after this mini-course. You will start by reviewing or learning the names of your bones. Then you will receive a box of bones, and make no bones about it, you will be able to put all of the bones back together to make a complete cat skeleton. Next, you'll dissect an owl pellet - the dry regurgitated undigestible parts of an owl's dinner. You'll separate the fur and bones to find bones similarly shaped to yours and a cat's. With this knowledge you will assemble a tiny rodent skeleton and determine what the owl ate. We promise not to work your fingers to the bones. Come have a whoot of a time!



## Skateboarding

Welcome to Skateboarding 101! This course is designed for students who are eager to dive into the world of skateboarding. Throughout this hands-on journey, participants will learn the essential components of a skateboard, how to assemble and disassemble their boards, and master basic skateboarding tricks. Get ready for an exciting adventure on four wheels! This course can be an excellent introduction for beginners and enthusiasts looking to build a foundational understanding of skateboarding.

## Tennis at Bayside

Learn more about tennis with this fun 3 day workshop on how to grip a tennis racket, how to hit a forehand, backhand, and serve. Enjoy playing for fun with others and fun drills and games to play on the courts.



# Full Day Course Offerings



## A History of Baseball

The game of baseball evolved from older bat-and-ball games already being played in England by the mid-18th century. This game was brought by immigrants to North America, where the modern version developed. Often referred to as America's National Pastime, baseball has had a very active role in the shaping of this nation. From the Civil War to Civil Rights and all points in between and beyond, the game of baseball supports and reflects many aspects of American life, from culture to economics and technological advances. We will look at baseball through the lens of historians and baseball fans. This will be done by looking at players (several from Vermont), statistics, and important games like Jackie Robinson's first game on April 15, 1947, and Carlton Fisk's homerun in game six of the 1975 World Series. We also plan to play toss and catch at Centennial Field.

## Bakers Unite

Learn to bake cookies, cupcakes, and more! You will compete in a bake off competition against your peers to see who can make the best treat. We will share our baked goods with community members and take some home to your families.



## Bike Safety and Rides

Bring your road/hybrid bike to school for basic safety instruction, maintenance and repair, and a few rides! We will be learning about road safety, equipment, and general requirements of safe road riding. The first day we will watch several videos, have discussions and take time to check our bikes to ensure they are safe and roadworthy. We may get out for a short ride in the afternoon on day one. On day two, we will review and recheck equipment before we head out for a longer ride to include a picnic lunch in a park or along the waterfront. On day three we will culminate all we have learned into a ride either along the Burlington Bike Path or to Airport Park and then the Colchester Causeway.

## Bird Watching

Bird watching is a great way to study nature at home and in the wild. We are going to learn about and observe birds in our community. We will then build and paint bird houses that will help provide a safe habitat for birds. We will then hang the bird houses around our school community.





### Book Making

During this course, students will have the opportunity to explore the art of bookmaking through a variety of activities. We will learn a brief history of bookbinding, look at examples of different ways to make books, and create decorative paper. Students will create several different types of books including mini versions and a larger one to take home. If you love reading and all things books, this course is for you!

### Build Your Own Cigar Box Guitar

In this course you will build your own cigar box guitar. These guitars are typically three or four string guitars. In the class you will be provided basic materials for building a three string electric cigar box guitar. If you wish to decorate it you can paint on it, apply stickers or decopage images from the internet. The goal is to build an instrument that represents you as an individual. We will also cover a brief history of the instrument and look at modern musicians who play the instrument. All students will leave with a chord chart and some music that they can play with their instrument.



### College Exploration

Are you interested in seeing what college life is like? If you are, this is the course for you. We are quite fortunate here in Vermont to have some excellent college choices. In this course we will learn about what it is like to go to college and tour some local schools; Saint Michael's College, The University of Vermont and Vermont State University - Johnson campus are a few possibilities. In this course we will take guided walking tours and eat lunch at the school's dining hall.



### Cooking 101

Do you enjoy cooking? Do you love to help out in the kitchen? If you answered yes, this is the course for you. In this 3 day workshop, you will learn basic kitchen and food safety, preparing grocery lists and shopping at a local store, learning to prepare food safely, and finally, cooking your menu to serve to others! This course will be full of fun, creative cooking, and prepare you to continue to LOVE the JOY of COOKING!



### Cornhole

Students will work together to build 6 cornhole sets for the CMS community. They will learn how to follow building directions for the sets so we have regulation boards and bags to use at CMS. We will work together to construct the boards, using a variety of tools, how to finish them by sanding and painting, and then sewing bean bags so we can finish our time together by playing some games. Finally, we will brainstorm any community organizations who might want to use our boards.



## Crafting for Community: Knits for Kids and Chemo Caps

Are you interested in knitting? Do you want to make a difference in your community? In Crafting for Community, you'll learn how knitting can help both you and your community. You will learn about the positive effects of knitting. You will use either knitting needles or a round knitting loom to knit hats for community members. Knitting experience is welcome but not needed. As part of this course, your class will create hats to donate to community institutions that support: clothing for the housing insecure; hats for premature infants, and/or people undergoing chemotherapy/radiation.



## Disc Golf

During this course you will learn how to play the game of disc golf. You will learn about the equipment used, how to keep score, and the game rules and etiquette. Students will have an opportunity to play an 18-hole round at a local disc golf course.

## Diving into Digital Music and Song Writing

Do you want to write and record your own original song?! Come explore some basics of songwriting, and practice creating and recording your own music as either a solo or group act! Each participant will have the opportunity to write lyrics, test out instruments, and record themselves to produce one complete original recording. Students do not need to have prior experience with music or a musical instrument!



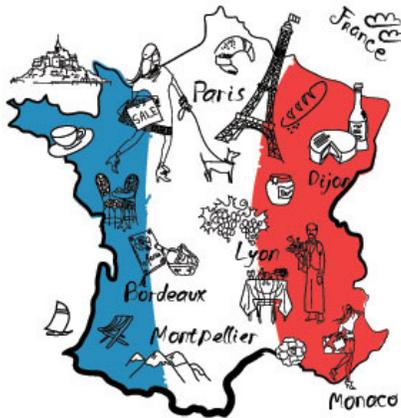
## Do You Know Colchester?

How well do you know Colchester? Did you know that we used to have an airport, a haunted theater, and a train that traveled across the lake? In this course we will travel around Colchester and learn what makes this town so cool. We'll spend a day poking around Colchester Village, learning about some residents of the local graveyard, and trying our hand at genealogy at the library. We'll check out the fire and police departments, hike some trails, learn about our local government, and find out about some haunted places in our town. We'll even ride our bikes out to Airport Park and onto the Colchester Causeway, which is the longest trail in the world over open water that is closed to motor vehicles! And along the way, we'll figure out who has the best ice cream in town.



## Exploration and Adventure: Outdoor Survival, Orienteering & Hiking

This course is designed to get students out of the classroom and onto Vermont hiking trails. Over the three-day course, we will be hiking Snake Mountain and Mount Mansfield. Students will learn how to read a compass, prepare for a hike, and use appropriate trail etiquette. It provides a group-trip environment in which hikers can build friendships by hiking with some of the same people on each trip. This will test your physical and mental strength as we will be climbing one of Vermont's 4,000-footers. Students will need to show perseverance and problem-solve as a group. If you enjoy being outside and are up for a physical challenge this might be a great experience for you!

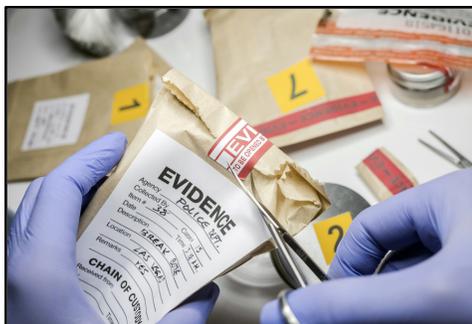


## Exploring French Culture through Cuisine

This course is about French Culture – especially those things about French culture that can be seen best by looking at French cuisine, and that can help us learn about French cuisine: French geography and French contemporary life. Many cultures in the world, including the French, see their own unique cuisine as a source of pride and identity. We will also learn how to make French sandwiches, chocolate mousse, apple and/or apricot tarts, crêpes and will be cooking and baking.

## Fishing 101

This course is perfect for new anglers or anyone looking to grow their knowledge. All experience levels are welcome. In this course, you will learn about water ecology, Vermont's fish population, their habitat needs, and ways to be stewards of these resources. You will learn proper fishing skills and ethics. We will create our own lures and put them to use. Best of all, you will get to go fishing! You will leave the course feeling confident enough to go fishing on your own all summer long. Let's go fishing!



## Forensic Science: The Case of the Missing Cookies

Have you ever watched CSI? Are you interested in solving crimes? Is science your thing? Do you want to connect your interests and learn more about how science is used to solve crimes? Then this course might be for you. You will apply lab techniques from physics, chemistry, and biology to solve a crime.

## Gardening

Do you have a green thumb? Do you have a favorite flower or plant? Did you ever wonder if you could grow your own food? Then CMS Days: Gardening is for you! Here are just some of the things you can do: Design a garden bed, plant ornamentals, food crops, here at CMS. Check out our local greenhouse. Learn about native species. Learn about all the things plants need to grow and thrive. You will be able to pick a project plant and you will be able to take a plant home.



## Genealogy- Building Your Family Tree

Ever wondered about how you got here and who has come before you to make your life possible? Well, if this question intrigues you, come take a walk with me into the past! We will spend some time at the Burnham library researching our local and family histories. We can create our family trees and attempt to learn more about our past and how we got here. We'll do a cemetery walk and honor those that have passed, by cleaning their headstones and learning more about their lives. Hey, maybe we will even uncover some Vermont ghosts and spirits along the way. We all have a rich history, so let's go discover it!



## Golfing is Life

Golf is a game that is accessible for just about everyone. No matter your age, athletic ability, or background, golf can be thought of as a hobby and a form of exercise that can be a life-long practice. Students will learn the very basics of golf, from how to swing a golf club and the basics of golf etiquette to where to look for when you want to further your game and how you can turn a hobby into a workout. Included in this will be learning how to score, what pace of play should look at, as well as the different types of golf games you can play that can be done as individuals or teams. Golf is fun and continues to be a growing sport in our region. Come learn how to play!



## Letterboxing Adventures for Middle School Explorers

In this course, we'll spend three days creating our own letterboxing expedition for fellow students and teachers to explore, challenging them to unearth hidden treasures planted along a trail. What is letterboxing, you ask? Picture this—a hidden waterproof box tucked away in an interesting, picturesque location. Inside, you'll find a logbook and a carved rubber stamp, along with possible surprises. The person who hides the letterbox crafts directions (called "clues" or "maps") to find this hidden treasure. The directions are sometimes straightforward, sometimes a bit mysterious—writing clues is a true art in itself. Across VT State Parks, these letterboxes are waiting to be found, offering a thrilling outdoor pursuit filled with exploration, creativity, and the thrill of discovery.



## Lifestyle Sports

As people transition through stages of life, the opportunity for activities becomes limited. Athletes who grow up constantly on the go need to find opportunities to scratch that competitive itch. We will be learning and participating in sports that someone can play from the day they graduate through the day they stop being active. Through the course of three days, you will learn the following three lifestyle sports: Beach Volleyball, Miniature Golf, and Bowling.



### Mountain Biking

This course is designed for students who have solid mountain bike skills and physical stamina to go on long and steep rides. We will enjoy riding in some of the local biking areas, possibilities include: Richmond, Waterbury, and Huntington.

### Outdoor Kitchen

Students will learn about food and fire safety in order to prepare several meals without using a traditional kitchen. Students will use unconventional cooking methods including homemade solar ovens and campfires to prepare a variety of dishes. Students will also practice the principles of Leave No Trace as we cook in our outdoor kitchen.



### Rosie's Girls

Do you want to learn how to build cool projects? Are you interested in tools but never had someone teach you how to use them? Rosie's Girls is a STEAM, trades, and career exploration program for middle school girls\* offered in communities across Vermont. At Rosie's Girls, students are introduced to skills and career fields that are nontraditional for their gender through hands-on learning in a supportive and empowering environment. In this program, students will explore beginner woodworking skills. Students will learn to use hand tools and power tools, including jigsaws, miter saws, and orbital sanders. Woven throughout the program are activities and discussions that focus on leadership, the role of women in today's society, media literacy, sisterhood, and problem-solving. Join us to step outside your comfort zone, make new friends, build your self-confidence, and expand your sense of possibility.



### Rowing

Spend your day getting some exercise while being out on the water in Malletts Bay. This course will include exercise, teamwork and water based fun while rowing a 32 foot cornish pilot gig. Our group will work together to arrive at a new destination each day. We will explore Niquette Bay State Park, Law Island, and Thayer Beach via water. Be prepared to row hard each day to reach our destination, relax with some lunch and games on land, but be sure to save enough energy to row back to where we started!



## Sailing

Adventurous? Enjoy water? This course may be for you! Come see what Burlington looks like from the lake! On day 2 & 3 students will visit the Community Sailing Center in Burlington where they will learn the basics of sailing. No prior sailing experience is necessary. Prior to getting on the lake, students will learn about sailing basics in the classroom and participate in other classroom based activities to get ready for their time on the water. Students will journal about their experiences on the water and reflect on how their experience ties to the schools essential expectations.



## Spanish Culture Exploration

We will spend three days exploring aspects of Spanish and Latinx culture that go beyond the typical academic curriculum. We will listen to different genres of Spanish music and learn how to dance Salsa, a classic Latinx style of music and dance popular in the United States and throughout the Spanish speaking world. Also, we will explore recipes and ingredients commonly used in cooking to make several different dishes that are eaten by families in Latin America and Spain. Finally, we will participate in crafting and students will leave with the experience of creating a popular craft that originates in Mexico.



## Trail Running

In this course, you will participate in trail running and learn about how to best prepare yourself to run a trail race. You will learn basic trail running techniques and how to prepare your body, physically, nutritionally, and mentally, for a trail run. During this course we will explore the trails behind the high school and go off campus and run on trails in the community. The course will culminate with a 5k (or 3k) trail race at Catamount Outdoor Family Center in Williston.

## Wellness & Self-Care Strategies

The Mindful Movement and Wellness Workshop is a transformative and engaging series of activities designed specifically for middle schoolers to promote physical and mental well-being. This course is crafted to instill healthy habits, reflective practices, and enhance self-awareness, and foster a positive sense of community among students through art, food, and time in nature. During this course we will be evaluating our wellness and learning strategies to enhance it. We will be spending time in nature in the Mt. Mansfield State Forest and hiking to Butler or Taylor Lodge on the Long Trail. On day 3 we will do an off campus field trip (TBD) that will also instill wellness practices.



## Yarn Art Installation

Students will use yarn, paint, and cardboard to create individually woven pieces that will be added to a larger project. The individually created circles will be connected together to create a large art installation that will be displayed at CMS. Students will design a color scheme for both the yarn and the paint that unites us together as one.

# CMS Days

## Registration Planning Sheet

This sheet is designed to assist you in preparing to register for the 2024 CMS Days program. You will need this sheet with you when you register.

- **Who needs to register for CMS Days?** All CMS students grades 6-8. Please carefully read through the course description book before registering.
- **How and when do you register?** Registration will be done through an online form in TA during the week of January 22nd-26th. This is not a first come, first serve process.
- **What will I need to register?** A parent or guardian is required to provide their signature on this form acknowledging they have reviewed your course choices with you.

**List your top 6 course choices** - circle if they are full or half day options

- |          |              |
|----------|--------------|
| 1. _____ | Full or Half |
| 2. _____ | Full or Half |
| 3. _____ | Full or Half |
| 4. _____ | Full or Half |
| 5. _____ | Full or Half |
| 6. _____ | Full or Half |

\_\_\_\_\_  
Student First and Last Name

\_\_\_\_\_  
TA Teacher

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date