

SAT SCHOOL 4/2010

Science Fair	A	Crossman, Doherty, Duke	20+		Science areas
Crane's Beach	B	Brougham	7	Van 6	
Volleyball	C	Howard	6	Van 5	\$6, Gordon College [CL-7 before]
MCAS Math	D	Sauriol, Brislin, Mulcahy, Dow, Hildebrandt, Mitchell	XX		Landing
Career Fair	E	Crossman, Parady, Donovan, Johns, Loeper, Kent, Rein, Defranco, Foster, Day-LaPorte, Chadwick, Peer, Bougas, Michaud	XX		Freshman Class [+new LMK 10 th grade]
Rock Climbing	F	Wolf, Kinslow	13	Bus 16	\$20
Basketball	G	Frey, Chhu	14		HS Gym???
Adopt a Hiway	H	Dudley x2	12		
Tea Party	I	Storey	7		Old Cafeteria [projector - which one you using?]
Cross Fit	J	Barrett, Genetti	13	Bus 10	EMS Gym, North Shore Cross Fit
Invisible Theater	K	Fraser	6	Van 1	
Peabody Essex	L	Dennehy, Peabody	12	Vans 21, 22	\$15
Organic Cooking	M	Anderson, Seaver	13	Bus 12	\$10
Curry College	N	Loughlin	7		1pm return [Curry College seniors only]
Squash/Racquetball	O	Collins	6	Van 4	
AP Calculus	P	Munday	6		Landing [only open to Calculus students]
Audio Production	Q	Gasowski	8		Computer Lab [only open to audio prod students]
Taste of Asia	R	Park	7		\$7-10 [comp lab is being used, need a different place]
Pirate Trail	S	Treich, Ring	12	Vans 7, 19	Flashlights [found any?]

Science Fair Project Assistance [A] [Crossman, Doherty, Duke] Come get some help finishing up you Science Fair Project. You can work on your experiment, paper, or display. Take advantage of this opportunity to get help to finish your project.

Beach Hike and Sanctuary visit toe Crane's Beach [B] [Brougham] Students will take a long hike at Tustee's for Reservation site at Cranes Beach.

The Great Volleyball Experience [C] [Howard] [\$6] Students will learn the evolutionary and international history of volleyball through interactive activities and hands-on instruction. Students will travel to Gordon College and receive lessons on the various hitting techniques, rules of the game and strategies. In addition, they will play several games of "Wallyball," a variation of volleyball in which the walls are in play. No prior experience required. This is a great way to receive some PE credit . Bump, Set, Spike!

Math MCAS Prep [D] [Sauriol, Brislin, Mulcahy, Dow, Hildebrandt, Mitchell] MA publicly funded sophomores who will be taking math MCAS test in May.

Career Fair [E] [Crossman, Parady, Donovan, Johns, Loeper, Kent, Rein, Defranco, Foster, Day-LaPorte, Chadwick, Peer, Bougas, Michaud] This workshop is a follow up to the interest inventory that all freshmen took in the fall. We have a number of professionals visiting. Each student will have the opportunity to hear from 3 panels and learn more about the career clusters that interest them

Rock Climbing [F] [Wolf, Kinslow] [\$20] Do you have a lot of energy to burn? Then come rock climbing!! We will have a short lesson about the history of rock climbing and then you'll be able to climb in the biggest indoor rock climbing gym in New England. You will need to get a permission slip from Ms. Wolf or Ms. Kinslow to be signed by your parent. This will fulfill a PE credit.

The Fun Factory: Developing a complete Basketball Skill Set [G] [Frey, Chhu] Students will work on improving their basketball skills through a variety of drills, exercises, training routines, and games.

Adopt a Hiway [H] [Dudley x2] Cleaning roadside from Landmark to West Beach in Beverly Farms. Larocque, Churchill, Larzelere, Bellow, Puopolo, Cucalon, Egan, Weigle, Atherton, K. Ming, Dwinell, McCarty, Dzugas-Smith, C. Kenny,, DiStefano, Salvucci

Mr. Storey's Boston Tea Party 2010 [I] [Storey] For nearly 200 years, England ruled over 500 million people on six continents - a time in which it was said that the sun will never set on the British empire. Today, however, the sun sets on the British Empire at

precisely 5:47 p.m. GMT, and the English like nothing better than to drown their sorrows with a nice cup of tea. Come along for the third annual Boston Tea Party where you will be guided by an expert, now in his fourth decade of tea swilling, and drink the drink of Empires. You will discover how tea is cultivated, gain an understanding of the numerous types, and experience its medicinal qualities both in body and mind. In addition, you'll learn how to critique tea as you'll taste and assess several different varieties that have been purchased on three different continents! Simultaneously, you will listen to classical Chinese Erhu music. Ultimately, you will learn why tea is a much better drink than coffee.

Learning the Cross Fit Workout [and Hooverball] [J] [Barrett, Genetti] Cross Fit- Exercise for life!! Come and learn about the newest wave in workout exercise through Cross Fit- a combination of strength training and cardiovascular exercise through various types of exercises. You will learn effective stretching and warm up techniques and participate in a Cross Fit workout program with certified Cross Fit trainers. Finally, after the workout, we will play a game of "Hooverball" which is like volleyball only it uses a weighted medicine ball. A fun game which is also a workout! This activity will take place off campus at North Shore Cross Fit in Beverly, MA

Invisible Theatre: Theatre for Social Change [K] [Fraser] This activity will involve improvisation, group work, and understanding the role theater can play in effecting societal world views.

Trip to Peabody Essex Museum [L] [Dennehy, Peabody] [\$15] To explore artifacts from Peabody Essex Museum, and look at architecture in down town Salem. Discuss the differences in today's architecture as opposed to architecture many years ago. Why are things built differently?

Organic Cooking [M] [Anderson, Seaver] [\$10] Like to cook? Interested in healthy eating? Come and learn about organic cooking. We will talk about what makes food organic, why it is such a healthful option, and then learn how to make foods such as fruit and yogurt parfaits, organic chicken with lemon and rosemary, as well as tasty organic deserts! We will shop for, cook, and eat some organic dishes so come with an open mind and empty stomach!

Curry College Accepted Student's Day [N] [Loughlin] [1pm return] Congratulations on your acceptance! Take this opportunity to attend accepted students day on Curry College's campus. A great opportunity to meet other accepted students, tour a resident hall, consider extracurricular activities at the activities fair, sit in on a class, receive financial aid information, and explore more about the PAL program. The day includes a tasty brunch in Curry's cafeteria with Curry faculty! [only for those who have been accepted to Curry College]

Squash/Racquetball [O] [Collins] [\$\$ required] Do you like racket sports? Are you good at tennis, ping pong, badminton, or even pickleball? Then come try your hand at squash and racquetball! Learn the rules and basic techniques of each sport from a professional instructor, and then put those new skills to use in a few games of king of the court!

AP Calculus Test Prep [P] [Munday] Quick! What's the derivative of $\tan(x)$? Calculus students interested in taking the Advanced Placement (AP) Calculus AB exam on 5/5/10 are encouraged to hone their skills at this intensive review session. Students will meet at Governor's Landing and spend the morning reviewing material from the course, previewing the test format, and trying their hand at former AP test problems. Bring on the math!

Audio Production [Q] [Gasowski] Come learn about audio production, create a musical composition, and practice playing guitar. Feel free to bring any other instrument. Audio Production: Chad Olson, Mike Fraser, Jared LaFosse-Baker, Nathan Seckler, Miles Barnett, Joe Occhipinti

Taste of Asia [R] [Park] [about \$7 - \$10] Taste of Asia offers an opportunity for students to come and explore Asia and increase awareness of its culture through games, music, food, history, art, and geography.

Hike on the Pirate Trail to Dungeon Rock [S] [Treich, Ring] Arrgghh! Come hike the Pirate Trail and explore Dungeon Rock and Cave at Lynn Woods while learning all about pirates! Wear sneakers, bring a flashlight for exploring, and don't forget your wooden leg and eye-patch to get into character!