



# THE FACULTY CORNER

## ANACAPA'S CLUBS

The Anacapa Club Program is an exciting opportunity for students to focus on activities that are stimulating but might not otherwise be found in their regular schedule of academics and electives. Each Thursday from 11:30 to 12:25, Anacapa sets aside a time that is almost always used for Club (although we do also use this period to do things like senate elections). Both students and faculty give input each semester which ensures that the offerings reflect their interests. The results are an ever changing variety of Clubs that are engaging, illuminating, active, and fun! This month's faculty corner focuses on the offerings students have been enjoying in the 2015-16 school year.

### *First Semester*

#### **Architecture Club (Bryan Anderson)**

First semester the Architecture Club looked closely at the varied architecture of Santa Barbara. We took walking tours to visit some of the well-known landmarks such as the Jeff Shelton projects around town, the historic Presidio, the Courthouse, as well as some lesser known structures such as the new Public Market. Students learned that all they need to do is give a curious look around to see beautiful and sometimes contrasting designs, and the outings around town gave the students an opportunity to stretch their legs, too!

#### **Origami Club (Emily de Moor)**

Student Alec Sherwin took on the leadership role of teaching the majority of origami classes, guiding us through the creation of a variety of fun structures including a snail, a blow-up box, and a shirt. We spent one of our club periods folding whales from re-used Christmas wrapping to help Peggy Oki's Origami Whales Project (<http://www.peggyoki.com/home>), but otherwise used our time to fold for fun while chatting with friends and listening to music.

#### **Ukulele Club (Hugo Macario)**

Ukulele is an instrument wildly popular among young people. At Anacapa's Ukulele Club, students had the joy of playing this fun instrument. Students learned basic chords and strumming, and by the end of the semester students were playing some of their favorite songs, rocking together or jamming by themselves. When students plucked the ukulele, there was always a smile. Playing ukulele proved to be a stress reliever for students and a healthy way to forget about anxieties or pressures for a few minutes.

#### **Ultimate Frisbee (Dillon and Emily Regan)**

Every Thursday, students in this fast paced club could be found running up and down the park at Kids World. They learned and practiced different throwing techniques which were put to use every meeting in a rousing game of Ultimate Frisbee. Games were consistently evenly matched as students improved the distance and accuracy of their throws and became more practiced at making difficult and acrobatic catches. Students practiced teamwork and communication skills to coordinate offense and defense and set up different plays. Regardless of the outcome, members finished every match with a round of congratulatory high-fives!

#### **Yoga Club (Suzie Sichi)**

I have been practicing yoga for 40 (!) years and I think it is awesome in so many ways, so sharing my enthusiasm and commitment with the students in this class was a pleasure. They increased their strength, flexibility and balance as they learned to correctly take classic yoga poses with interesting names like *Tree* and *Downward Facing Dog*. In addition they learned to appreciate and listen to their own bodies. Perhaps best of all, they tried several different

activities to promote relaxation and working through stress. By the end of the semester, students were able to identify and demonstrate some favorite poses of their own, which means to me that they had internalized them and were ready to practice outside of class if they want, and I hope that they all do!

## *Second Semester*

### **Architecture Club (Bryan Anderson)**

This semester we are designing a tiny house project. Tiny houses cost about 1/10 that of an average home and make sense for some of the population of the country and world. I'm challenging the students to design a 200-500 square foot home with a quarter inch scale on paper, then construct a model of it on google Sketch-Up or Minecraft. This 3 dimensional view really brings their ideas to life! The use of all space (i.e. storage under stairs, reduce hallways, use pocket doors, etc.) are just some of the things to consider. A few mathematical concepts found in this project are area, volume, slope, and problem solving, but I think that the most important skill students work with is spatial reasoning and understanding. The flow of movement through a structure as well as the connection to the outside environment is a real consideration in design and usability. I encourage students to be creative as well as problem solve given certain parameters.

### **Documentary film (Emily de Moor)**

Documentary Film club is continuing the work of last semester's afternoon elective of making a short documentary on mental health and homelessness in Santa Barbara. We have recently finished our transcriptions (typing up the interviews) - quite the task! - and are celebrating with a field trip to the "Cinnabun" coffee shop down the street. There, we will also hold our first writing circle during which we pass around the transcripts and highlight quotes that help us build our storyline which will work to disband the stigma around our topic. The students remain highly motivated on this long-term project, and are excited to begin the editing process. If there are any parents or students out there who know musicians willing to let us use their music for the film, please let us know!

### **Dungeons and Dragons Club (Dillon Yuhasz)**

*Dungeons and Dragons* Club is a new addition to the Anacapa School and so far in just the few meetings we've had it's clear that this club is here to stay. We have had an absolute blast exploring the world and the characters we have created together. The aspects of *Dungeons and Dragons* that I enjoy the most are the combined use of both teamwork and creativity. For example, while playing the game the group might face an obstacle like trying to cross a very dangerous river. In order to cross, the group must work with what they have and then find a solution together, maybe tying a rope to a tree and crossing that way. It's this combination of cooperation and inventiveness that I think makes it a great fit for our school.

### **Intense Workout (Hugo Macario)**

In the Intense Workout Club we are using a fitness video called *Insanity: The Asylum*. The main purpose of the club is to work out hard in order to improve fitness. The workouts are: Speed and Agility, Vertical Plyometric, Strength, Relief, Game Day, and Back to Core. Students work out according to their own fitness levels. It is a fun club and I am impressed with the students' positive attitudes. And, of course they have been sweaty!

### **Green Club (Emily Regan)**

The goal for the members of the Green Club is to identify specific ways to improve environmental sustainability at Anacapa, in their homes, and in the larger community. By making changes in their lives and inspiring change in their families and friends, students hope that the small ripples of environmental sustainability they make as individuals will spread into larger ripples that influence the world. Students are brainstorming ways to improve and reduce our paper usage in the classrooms, bathrooms and Computer Lab, in addition to researching the possibility of more eco-friendly hand dryers or light bulbs. They also have begun bake sales to raise money to construct a native herb garden in front of Elliott. You can help out our Green Club members by having a conversation about sustainability in your family; consider improving your recycling, reducing your consumption of processed foods, and starting a home compost bin. Every week I am impressed with the variety of ideas the students continue to come up with. Having students like this gives me hope that we can successfully tackle some of the modern world's most serious challenges.

