



# J-TERM CATALOG

JUNIOR AND SENIOR HIGH

**JANUARY 2-5, 2024**





## Introduction

January Term, or J-Term, is an opportunity to recapture the curiosity of learning and explore experiential and project-based education. Some classes offer traditional educational applications, and others explore learning in venues that used to be included in a traditional liberal arts education. J-Term classes run for four days in January: January 2-5, 2024.

Students are expected to sign up for all three sessions A, B, and C. Course space is limited, so we're asking students to select a first and second choice from the options in each session. If a student's first two choices fill up, he/she will be contacted and asked for his/her third and fourth choices. NOTE: AP Classes have specific seminars for their courses. Please note the times these are happening, and sign up for J-Term courses accordingly.

Students earn transcript elective credit in the areas of Fine Arts, Common Arts, and Physical Education for their J-Term. These courses are graded on a Pass/Fail basis and punctual attendance, participation, and completion of work are expected, as they are for every one of our class offerings. If a student misses days due to illness or other excused reasons that will not allow him or her to pass the course, they will be removed from the course so as not to fail, but they will not have enough days to earn credit.

The week is intended for students to engage in work that broadens their academic, experiential, and spiritual interests in order to augment the traditional academic experience at Front Range Christian School and to further advance our progress towards achieving our mission of training and equipping students to impact the world for Christ.

## How to Sign Up for the Courses

Students should review this course catalog and pick two in each time slot that sound interesting to them. Just as for semester electives at the end of the summer, students will request J-Term courses through the Family Portal. Course requests for 2024 J-Term open Tuesday, November 28, and close the evening of Monday, December 4. NOTE: This is a quick turnaround, therefore please make this a priority so that we can get students all placed accordingly.

When you login to Family Portal during this time period, you will be asked to select a first and second choice from each session. Class space is limited, and we will do our best to enroll each student into at least one of their top two choices.

## J-Term Schedule

*January 2-5, 2024*

Unlike past years, there is no introductory assembly this J-Term. Students report to the session classes each day of the term. The schedule is:

- Session A: 8-10am
- Session B: 10:15-12:15
- Lunch: 12:15-1pm
- Session C: 1-3pm

1. Review courses
2. Select 2 in each time slot (A, B, C), and have 2 in mind as backup
3. Log in to the Family Portal November 28-December 4, 2023, and indicate your selections



# Course Descriptions

## REQUIRED COURSES

### AP Seminars

- REQUIRED for AP students
- Fee: none

This week provides the opportunity for AP classes to commune, practice, engage, and sharpen. Due to the rigorous nature of the requirements dictated by the College Board, these seminars allow for further growth in skills required to be successful on the AP Exam. This includes: Extended labs, Practice Exams (Multiple Choice and FRQs), analysis of texts, and advanced discussion. AP instructors will provide further information for their course during class time. AP students should not sign up for any other courses during the appropriate session as listed below.

Session Schedule (listed alphabetically):

- AP Biology = B
- AP Calculus AB = B
- AP Chemistry = C
- AP European History (Juniors) = B
- AP Language and Composition = A
- AP Literature = B
- AP US History = B

### Senior Capstone

- RECOMMENDED for all seniors
- Fee: none

Seniors are encouraged to use at least one of the sessions for their capstone project. While not required, this is a great opportunity for seniors to work on their biggest project of the year. (*Select "Capstone" in the session time that correlates with the senior's choice.*)

---

## JUNIOR HIGH OPTIONS

### ALL DAY COURSE

#### Shredding (Skiing & Snowboarding)

- Instructors: Mr. Wall and Miss Funk
- Fee: Participants required to have lift ticket or pass for Winter Park or Copper Mountain
- **NOTE:** This course is **all day**; Students who

sign up for this course will not take any others

It's wintertime in Colorado and that means ski season. Whether you are an expert shredder or ready to learn how to make some turns on snow, this J-Term course gets you 4 days on the mountain to progress as a shredder. If you are interested in going to just 2 days, still put this as your first choice and we'll have options for the other days.

### SESSION A & B COURSE

#### Rock Climbing

- Instructors: Mrs. Meleski
- Fee: The cost of day passes (\$20-25 per day)

Rock climbing is a full body workout that teaches students both strength and movement. Not only will it put your muscles through great challenges, climbing is also a mental challenge in focus and overcoming obstacles. Try indoor climbing at several different, local climbing gyms (Movement, Denver Bouldering Company, The Spot, and Ubergrippen).

### SESSION A COURSES

#### Crafting with Seniors

- Instructors: Allie Howard, Jeri Anna Nixon, Avery Murray, Skyla Anglada
- Fee: \$50 (for materials)

A fun J-Term option focused on letting the creative juices flow. Students will paint and create duct tape wallets, bracelets, and embroidery — all while enjoying a good time with friends and listening to chill music. We hope students will learn a new skill and learn how to recognize and connect with others around them.

#### Musicals Through the Years

- Instructor: Mrs. Nikkel
- Fee: none

Scoundrel or Hero? We'll compare three musicals: study the music, themes, setting, and most importantly the main character. Do they have any redeeming qualities, and what can we learn from them? Who are Harold Hill, the Phantom of the Opera, and Phineas Barnum?



# Course Descriptions

## Olympic Weightlifting

- Instructors: Mr. Lowe and Mr. Eliason
- Fee: none

Students are introduced to the sport of Olympic Weightlifting, learning the basics to executing the Clean and Jerk as well as the Snatch. Both teachers have extensive history of training athletes in proper technique to improve performance. They have taught strength and conditioning for all ages from junior high to collegiate teams.

## Solving a Rubik's Cube for Beginners

- Instructor: Mrs. Snyder
- Fee: \$10

Have you ever tried to solve a Rubik's cube but ended up throwing it against the wall instead? This class helps you learn and apply the basic algorithms used to solve a Rubik's cube. Each student will be given their own cube. Please note that this class is for the novice solver who has yet to solve the cube regularly.

## SESSION B COURSES

### Crochet and Creativity

- Instructor: Natalie Marcus (FRCS parent)
- Fee: \$25 (for materials)

Always been curious about how to crochet? Then this is the class for you! Come learn a simple pattern of crochet that can be used to create many items of purpose, function, and décor in a relaxing and fun environment. Main lesson includes a handmade, crochet dishcloth. Once completed, students may try their hand at making other, small items.

### How to Win an Argument

- Instructor: Mr. Lowe
- Fee: none

Have you ever had a difficult time communicating your thoughts? Do you find others making arguments that don't make sense, but you can't explain why? Do you want to think more clearly about things? Do you want to write a better CEW? This class helps you! We introduce the basics arguments, such as Modus Ponens; break down

arguments in symbolic language; identify fallacies; and discuss the importance of making a personal connection when trying to persuade others as well as how it can be abused. Plus we'll learn to argue without getting angry.

## Mock Elections: Whose Campaign Will Win?

- Instructors: Mrs. Sanburn and Mrs. Wise
- Fee: none

Do you have what it takes to be elected or support your candidate(s) in their election? Come learn more about political elections. Then get ready to put your best foot forward as you campaign and vote on various political positions. One of you may even be president!

## Stop Motion Film Making

- Instructors: Mrs. Sferra and Mrs. Pirozzi
- Fee: \$10 (for materials)

Have you ever wondered how stop-animation movies like *Coraline*, *Kubu and the Two Strings*, and *James and the Giant Peach* were created? Working with a small group, you will create a set, plan a storyboard, and then film and edit your very own stop motion movie. We will wrap with a viewing party complete with popcorn and an "Oscars" ceremony.

## SESSION C COURSES

### Bowling

- Instructors: Mrs. Snyder and Mr. Gehr
- Fee: \$50 (cover bowling alley rentals)

Students learn the approach and throwing techniques to take their bowling skills to the next level. They also learn to score the game by hand. We will travel to nearby bowling alleys each day by school van.



# Course Descriptions

## Dance

- Instructors: Mrs. Connie Rice and John & Krista DeYoung
- Fee: none

Students learn dance from experienced instructors and experience a variety of dance forms! John offers instruction in K-Pop, Krista in Poms, and Connie offers instruction in both Jazz and Tap.

## Digital Escape Room Creation

- Instructor: Mrs. Sferra
- Fee: none

Do you like escape rooms? Did you know that you could easily create one using Google Slides? Join in me in creating your own digital escape room to present to your friends and family. Enjoy the process of planning, creating, and perfecting. You'll learn ways to construct an intriguing story, to embed interactive clues, puzzles based on the story, and "locks" that your viewers can try to unlock.

## Learn to Sew Kawaii Fruits & Veggies

- Instructor: Mr. Pirozzi
- Fee: \$15 (for materials)

Do you like to sew, or have you always wanted to learn? First, we practice simple embroidery stitches. Then, we'll sip tea while designing and sewing adorable Kawaii fruits and veggies that can be turned into magnets, key chains, and more.

## Seasons of Colorado Gifts

- Instructor: Mrs. Gouge
- Fee: \$40 (for materials)

Some states' seasons blend together, but we are blessed with beautiful distinct seasons. Come make a personalized snowman to celebrate winter and the beautiful falling snow. Or what about a pumpkin made from ordinary objects from your house so that you can make more later if you so chose? Let's celebrate the miracle of spring and the beauty of summer with our creativity. As a native of Colorado, I would love to make some seasonal crafts with you to put in your home or you can give them as gifts. Non-natives and skeptics of snow welcome.

---

## SENIOR HIGH OPTIONS

### ALL DAY COURSE

#### Shredding (Skiing & Snowboarding)

- Instructors: Mr. Wall and Miss Funk
- Fee: Participants required to have lift ticket or pass for Winter Park or Copper Mountain
- PE elective credit
- **NOTE:** This course is **all day**; Students who sign up for this course will not take any others

It's wintertime in Colorado and that means ski season. Whether you are an expert shredder or ready to learn how to make some turns on snow, this J-Term course gets you 4 days on the mountain to progress as a shredder. If you are interested in going to just 2 days, still put this as your first choice and we'll have options for the other days.

*Please note that Junior High students receive priority for this all-day J-Term option.*

### SESSION A COURSES

#### 3D Animation

- Instructor: Christine Keener (FRCS parent with 25 years in computer animation for the aerospace industry)
- Fine Art elective credit
- Fee: none

Introduction to 3D animation concepts like keyframe animation, modeling, texture mapping, rendering, compositing, and more using SideFX Houdini.

#### Arms Through the Ages: A History of Weaponry

- Instructor: Miss Nowlin
- Common Art elective credit
- Fee: none

Throughout the week we will dive into the history behind the tools and technologies that have shaped the story of our world. From the engineering behind ancient siege weapons to the elegance of medieval swords to the power of modern firearms, we will discover the stories behind the weapons that defined their eras. We will build models, watch movie clips, and discuss historical strategy.



## Crochet & Creativity

- Instructor: Natalie Marcus (FRCS Parent)
- Fine Art elective credit
- Fee: \$25 (for materials)

Always been curious about how to crochet? Then this is the class for you. Come learn a simple pattern of crochet that can be used to create many items of purpose, function, and décor in a relaxing and fun environment. Main lesson includes a handmade, crochet wash cloth. Once completed, students may try their hand at making other small items.

## Galactic Empire Studies

- Instructor: Miss Nowlin
- Common Art elective credit
- Fee: \$15

Throughout this course, students examine the timeless themes (such as heroism, redemption, and the battle between good and evil) that are woven into the *Star Wars* narrative. Students will also trace major influences of the *Star Wars* saga from John Wayne's westerns to classic samurai tales. Finally, students will evaluate and participate in the enduring legacy of these stories.

## A History of Music & the Western World

- Instructors: Mr. Jardón and Miss Downs
- Fine Art elective credit
- Fee: none

How has music ended up where it is today? What world events contributed to it? From where did all the genres that we know come? In this course we offer a flash review of the development of music in the Western Hemisphere (Middle East - Europe - America), cross-reference important sociopolitical and historical events, and analyze the geopolitical changes that made music what it is today. This course encompasses classical music in the church, contemporary genres, and all the important changes in different centuries since the beginning of time (Genesis 1:1).

## Into the Wardrobe: C.S. Lewis and Narnia

- Instructor: Dr. Taylor
- Common Art elective credit
- Fee: \$5 (for materials)
- Prerequisite: In order to participate in this course, students will need to have read *The Lion, the Witch, and the Wardrobe* in the weeks prior to the first day of class.

This course revolves around the most famous book of C.S. Lewis's famous *Chronicles of Narnia* series, *The Lion, the Witch, and the Wardrobe*. In the course, we'll discuss the book, as well as the life of C.S. Lewis, the precursors of Narnia in Lewis's own childhood, and Lewis's understanding of the place of fantasy literature in the lives of children and adults. We will watch and discuss the feature-length film produced by Walden Media, sample various flavors of Turkish Delight, and explore the connections between the lives of the book's characters and our own lives of faith.

## Money 101

- Instructor: Matt Thomson (FRCS parent who has taught financial literacy classes to professional realtors and other adults)
- Common Art elective credit
- Fee: none

Money can be a sensitive topic, especially in the Christian world. Isn't the "love of money" the "root of all evil"? Yet doesn't Jesus tell us to use worldly wealth to gain friends? The messages around money can be confusing, and the teachings around money can be misleading at best. Are we simply meant to go to college, get a job, earn money and retire? There's so much more to it than that! In this course, we will learn about building a business rather than simply having a job. We'll learn about working in your gifts and using your work as your mission field. We'll discuss various investments and ways to put your money to work for you, and how taxation can affect your wealth. This course is perfect for everyone who is interested in business, economics, real estate, investing, and how we can use our wealth to build God's Kingdom.



# Course Descriptions

## Psychology

- Instructor: Ms. Hammons
- Common Art elective credit
- Fee: none

In this course, students learn about classical conditioning, prejudice and discrimination, sleep and dreams, human development, and crime and punishment.

## SESSION B COURSES

### Brain Games

- Instructor: Mrs. Jones
- Common Art elective credit
- Fee: none

Have you ever seen the show Brain Games? FRCS proudly presents Mrs. Jones as your host of our version of Brain Games! This J-term course explores the neuroscience of a variety of topics including sleep, memory, learning, joy, and more. We'll explore these topics through illusions, experiments, videos, and lecture.

### Building Higher Walls or Bigger Tables: Immigration, the Bible, and Us

- Instructors: Chad Corman (FRCS parent) and Mary Feeney Francis (Lutheran Family Services)
- Common Art elective credit
- Fee: none

Immigration is a highly controversial, politicized and often polarizing topic in our nation. We invite students to move beyond the media headlines and hype to gain a better understanding of how migration affects nations, societies and people today. This course explores immigration in the US (our history and the current situation), the similarities and differences between immigrants, migrants, refugees, asylees, illegal aliens, undocumented people, foreigners and VOT, and how the Bible addresses migration and the way God's people are invited to relate to foreigners and "outsiders"

Students taking this course also interact with and hear stories from those who have been forcibly displaced from their homes and seek to better understand their lived experiences as foreigners coming into the United States.

## Insightignite: Youth Mind Mastery

- Instructor: Reema Mondal (FRCS Counseling Intern)
- Common Art elective credit
- Fee: \$10 (for materials)

Sometimes it can feel like we are just stuck in our thoughts and our feelings. This course focuses on building resilience, enhancing coping skills, and fostering a sense of community among students. In this course, we use evidence-based CBT techniques with interactive activities, providing a safe space for students to explore and navigate their emotions. Through peer support, skill-building activities, and creative expression, the hope is for the students to thrive emotionally and mentally in the face of life's challenges. Join us on this journey of self-discovery and well-being.

## Intro to Film and Media

- Instructors: Justin Rounds (FRCS parent with 23 years of media experience) and John DeYoung (FRCS media expert)
- Fine Art elective credit
- Fee: \$40 (to cover cost of equipment rental)

**Media and Theology:** We're going to watch films and videos and talk about the deeper messages they convey. Let's uncover the theological concepts hidden within the stories.

**Hands-On Skills:** We're going to learn some practical video production skills – from editing to filming techniques.

**Culture Connection:** We'll chat about what's happening in our world and how media shapes our culture. It's a chance to discuss current issues from a Christian perspective.

**Bible Meets Media:** We'll explore how the Bible's timeless wisdom can be seen in the movies we watch.

## Show Me the Money!

- Instructor: Stephanie VandenBerg (FRCS parent with 20 years of accounting experience)
- Common Art elective credit
- Fee: none

Students are invited to join this fun and engaging experience that equips them with tools necessary to make wise financial decisions! This class covers a broad range of personal finance topics including



# Course Descriptions

budgeting, retirement savings, building wealth, time value of money, and economics to name a few. Students will learn the practical applications of personal finance and put them to use through a fun interactive activity. They'll learn how to set strong financial goals and how to successfully achieve them. Students leave the class equipped with the knowledge and skills necessary to make informed financial decisions that will benefit them for years to come.

## Welding 101

- Instructor: Mr. Wehr
- Common Art elective credit
- Fee: \$25

Have you ever looked at two pieces of metal that were fused together and questioned how they got there? This class helps you to answer that question. This course teaches the science behind how welding works, how to safely operate the welding machine, and the different mechanisms to fuse metal together. By the end of the week, you will be fluent in terms and skills needed to become a welder.

## SESSION C COURSES

### Crafting a Chess Board

- Instructor: Mr. Wehr
- Common Art elective credit
- Fee: \$50 (for materials)

Imagine two friends want to duel you in a game of chess, one has a dainty old plastic chess board with broken pieces. The other, a beautifully crafted wooden board with custom 3D-printed chess pieces. Whose board would you rather play on? In this course each student carefully designs and creates their own custom chess board and pieces. Students will walk away learning important craftsman skills like: how to safely operate machinery (table saw, planar etc...), how to correctly glue up wood, and how to 3D print objects.

### For the Love of Volleyball

- Instructors: Mrs. Jones and Mrs. Wise
- PE elective credit
- Fee: none

Love volleyball but never have time to play? Or want to try out a new sport? Come review the basics of volleyball and find the joy of being active with your friends. During this class we'll learn the rules of the game, practice foundational skills and scrimmage, all for the pure love of volleyball. No pressure and minimal competition. Let's all come together around this game we love for the pure enjoyment of community.

### Sewing

- Instructor: Mrs. Matthies
- Fine Art elective credit
- Fee: \$30 (for materials)

This course takes you through the basic elements of using a sewing machine and following a simple pattern. Projects include pot holders, pillowcases, and tote bags. The course fee covers all fabric and thread supplies. If you have a sewing machine of your own, it is recommended that you bring it to school for J-Term. There will be several sewing machines available to those who do not have one. When finished with this course, students will have learned a new skill/hobby.

### Special Effects Makeup

- Instructor: Mrs. Meleski
- Fine Art elective credit
- Fee: \$50 (for materials)

In this course, students transform their own face into different animals, monsters, and popular movie characters, along with learning how to create realistic looking wounds and more! Come discover what you can do when you become the artist and your face becomes the art!





## Course Descriptions

### Superheroes and Modern Mythology

- Instructor: Mr. O'Melia
- Common Art elective credit
- Fee: none

Superheroes have taken a prominent role in the pop culture of modern times. From comic books to video games, to TV, and even movies, it seems like there is almost no medium that has escaped this craze. But why is this? What is so engrossing to us about their stories and escapades? In this class, we explore how superheroes have come to represent a modern day pantheon like Greek mythology of old. This is a deep dive into the story, structure, and characters of superheroes.

### Wide World of Sports

- Instructor: Coach Lowe
- PE elective credit
- Fee: none

Explore lesser-known sports from around the world from Highland Games (Scotland) to Handball (Denmark) to Rugby (New Zealand) and Kabaddi (India). Be sure to bring your training shoes because we will try out all these sports and more on the field or in the gym.

### Wilderness Survival Skills

- Instructor: Mr. O'Melia
- Common Art elective credit
- Fee: \$20

Learn the necessary skills to help yourself and others survive in adverse conditions away from civilization. This course is a mixture of in-classroom instruction as well as plenty of practical experiences. Students will walk away with a greater understanding of how to use the nature around them to create shelter, fire, and food to sustain themselves. The fee covers the cost of gear and some food during the week.

### Your Move! Board Games with Friends

- Instructors: Dr. Taylor and Mrs. Sanburn
- Common Art elective credit
- Fee: none

Learn and play a variety of board games, from world-builders like Settlers of Catan to cooperatives such as Forbidden Island, from word and logic games like CodeNames to monster battles like King of Tokyo. We guarantee you will find some new games you have never played before! No experience necessary, just a good attitude.



Front Range Christian Junior & Senior High School  
6637 W Ottawa Ave • Littleton CO 80128  
[www.frCS.org](http://www.frCS.org) • 303-979-4582