

## Pascack Period Session A

Fall Semester  
(Session A)

Fall Semester  
(Session A & B)

Full Year  
(Session A)

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(Session A & B)

**Title:** Writing Your College Essay: From Brainstorming to Polishing

**Duration:** Fall Semester (Session A)

**Room:** 226

**Description:** In this course, students will read sample college essays, brainstorm and pre-write for Common App as well as other specific school prompts, revise conference with peers and an English teacher and polish college essays.

**Title:** Introduction to Mindfulness

**Duration:** Fall Semester (Session A)

**Room:** Dance Room

**Description:** Students will learn the fundamentals of starting a mindfulness practice.

**Title:** Basics of Golf

**Duration:** Fall Semester (Session A)

**Room:** Old Gymnasium

**Description:** The students will be able to participate in various golf drills and practice techniques. Students will also learn the basic rules of golf.

**Title:** "Lets Talk Tech"

**Duration:** Fall Semester (Session A)

**Room:** 108

**Description:** Do you love technology? Do you love talking about technology? If so, this is the session for you. Each week, we will get together and talk about technology – simple as that. Students will decide on the topics as the instructor will facilitate the discussions.

**Title:** Homecoming BBQ: 2016 Committee

**Duration:** Fall Semester (Session A)

**Room:** 203

**Description:** The Homecoming Committee will begin preparing for the third Annual Homecoming BBQ scheduled for early fall 2016. Committee members will meet weekly during Pascack Period to organize the event. The Homecoming BBQ allows all generations of PV community members to gather and celebrate the traditions of PV.

**Title:** Woodlore

**Duration:** Fall Semester (Session A)

**Room:** 103

**Description:** Do you enjoy hiking, fishing, and genuinely love being outside? Have you ever wondered what type of bird is singing or what would happen if you got lost while in the woods? We will teach you how to read animal tracks and how to identify edible and medicinal plants. We will teach you all kinds of survival techniques including how to make a fire without matches, build a survival shelter, and navigate with or without a compass. Join us in reinvigorating the appreciation for nature that many have lost and learn some pretty cool survival skills so you know how to work with nature rather than against her.

**Title:** Video Production

**Duration:** Fall Semester (Session A)

**Room:** 140

**Description:** Are you interested in Video Production? Do you want to learn the roles of a film crew and help film school events such as plays, shows concerts, graduation etc.? Do you want to be involved in Pascack Valley's first ever online school news show? We are looking for dedicated students from all grades to be involved in the next cutting edge chapter of PV!

**Title:** Write What You Want

**Duration:** Fall Semester (Session A)

**Room:** 209

**Description:** Want to write a poem? A story? A novel? This is the place to do it. Work on the writing you no longer get in English class. Learn techniques that will breathe life into your stories and enhance your poetry... or just use the time to sit down and write.

**Title:** SAT Prep Course

**Duration:** Fall Semester (Session A)

**Room:** 110

**Description:** This SAT PREP class is designed to help prepare students for the new SAT. Students will become familiar with the format of the test and learn strategies for solving math problems. Much time will be devoted to practice problems similar to those on the SAT, while going over topics including Algebra, Problem Solving and Analysis, and Geometry and Trigonometry.

**Title:** Gaming, Old School

**Duration:** Fall Semester (Session A)

**Room:** 118

**Description:** Students will play a variety of word games such as Password, Apples to Apples, Catch Phrase, Scrabble, Taboo, Pictionary, and more!

**Title:** And Now for Something Completely Different: A Study of Monty Python

**Duration:** Fall Semester (Session A)

**Room:** 143

**Description:** This class will view the works of the British comedy troupe Monty Python through a critical lens. Students will explore the troupe's groundbreaking TV show (*Monty Python's Flying Circus*) and satirical movies (*Monty Python and the Holy Grail*, *Monty Python's Life of Brian*, *Monty Python's The Meaning of Life*) in the context of the social, political, and cultural conditions that drove them.

**Title:** ACT Math Prep

**Duration:** Fall Semester (Session A)

**Room:** 117

**Description:** Practice, tips, and test taking strategies for the ACT math test. An opportunity to take a full practice math test and for focused practice on different math content areas tested by the ACT.

**Title:** Social Media Marketing

**Duration:** Fall Semester (Session A)

**Room:** 210

**Description:** In the world of digital (social media) marketing, companies fight using a variety of online tools to attract the consumer's attention through their ads, promotions and updates. As a savvy digital marketer, the key is understanding your audience and what will attract their attention to your company. Come learn about different social media tools, how companies promote themselves using these tools and how to design your own "brand" to promote online!

**Title:** College Application Readiness

**Duration:** Fall Semester (Session A)

**Room:** 112

**Description:** This course will assist students in completing all aspects of the college application process-the Common Application, school-specific applications, sending standardized test scores, transcript release forms, recommender forms, essays, and more. Independent work as well as some topic discussions will be utilized. Two counselors will always be available to answer questions.

**Title:** Game Theory: Education Through Gaming

**Duration:** Fall Semester (Session A)

**Room:** 202

**Description:** Game Theory: Education Through Gaming or Game Theory for short is a Pascack Period course based around The Game Theorists YouTube Channel. On this channel the host, MatPat, analyzes a new game every week to find parts of world culture, science, math, psychology and more in that game. Each week, our class will watch the theory chosen by either myself or the class, analyze that theory, and discuss various other theories surrounding either the game that was theorized or the topic that was theorized.

**Title:** Woodlore

**Duration:** Fall Semester (Session A & B)

**Room:** 103

**Description:** The majority of our population is completely disconnected from the living word around them. This course would be a cross curricular study that would involve history, biology, poetry, anthropology, environmental science, Latin, and other subject areas to achieve our goal of rekindling the lost appreciation for understanding and being part of nature.

**Title:** Role playing games, design, development and gameplay.

**Duration:** Fall Semester (Session A & B)

**Room:** 126

**Description:** In this half year course, you will learn the classic role playing games, focusing on play, scenario development, and the historical and/or literacy context of the games.

**Title:** Deconstructing Disney: Analyzing Gender, Class and Race in Disney/Pixar Films

**Duration:** Fall Semester (Session A & B)

**Room:** 215

**Description:** This course will examine the portrayal of gender, class and race in several Disney and Disney/Pixar films. Preliminary titles for examination include, but are not limited to: Cinderella, Beauty and the Beast, The Hunchback of Notre Dame, Aladdin, Finding Nemo, The Little Mermaid, Cars, and Inside Out.

**Title:** Stigma Free

**Duration:** Full Year (Session A)

**Room:** 211

**Description:** Students will work on advocacy and public awareness campaigns around the issue of psychological disorders, spreading awareness in our school and in the community.

**Title:** World Language Explorers: Italian

**Duration:** Full Year (Session A)

**Room:** 218

**Description:** Students will develop pedagogically sound lesson plans and all teaching materials to be used in the course: Italian Language Explorers to be taught to elementary school children in the sending districts.

**Title:** Knitting

**Duration:** Full Year (Session A)

**Room:** 114

**Description:** Introduction to knitting for new students and continuation of projects and skills for previous students.

**Title:** Fantasy Soccer

**Duration:** Full Year (Session A)

**Room:** 213

**Description:** The students will learn about tactics, formation, and knowledge of what it takes to manage a professional soccer team. We will utilize ESPN fantasy soccer in order to have a friendly competition. The focus of the class is being able to maintain a team and more importantly talk about current topics in the soccer world.

**Title:** Crimes of the Century

**Duration:** Full Year (Session A)

**Room:** 224

**Description:** An analysis of some of the most famous crimes in this century.

**Title:** Principles of Strength & Conditioning

**Duration:** Full Year (Session A)

**Room:** Fitness Room

**Description:** Students will be introduced to beginning, intermediate and advanced concepts in weight training.

**Title:** 32 Minute Meals

**Duration:** Full Year (Session A)

**Room:** 116

**Description:** Students will learn how to prepare a variety of recipes that can be completed in thirty minutes.

**Title:** 3 v 3 Basketball

**Duration:** Full Year (Session A)

**Room:** New Gymnasium

**Description:** Students will have an opportunity to participate in competitive basketball games.

**Title:** Finale: Putting Together an Original Musical

**Duration:** Full Year (Session A & B)

**Room:** 207

**Description:** Students will get the opportunity to audition for and/or help produce a musical written by students. Everyone who auditions will be cast, and everyone who signs up to help out will get the chance to do so. Rehearsals will be conducted during Pascack Period for the whole year, with additional rehearsals after school during the months of April and May. The show is set for June 1st and June 2nd at 7:00pm. For more information about the show, the calendar of rehearsals and more, visit our website at [www.finalemusical.weebly.com](http://www.finalemusical.weebly.com).

**Title:** ZEN Coloring for Stress Relief

**Duration:** Full Year (Session A & B)

**Room:** 170

**Description:** Students will be involved in the relaxation of ZEN coloring while listening to calming music.

**Title:** Guitar 101

**Duration:** Full Year (Session A & B)

**Room:** 131

**Description:** This course welcomes students from different skill levels. Beginners are welcomed to learn the basics of guitar, while intermediates and experts can refine their skills. Students will learn music theory as well as common patterns and practices of music.

**Title:** Mural Painting

**Duration:** Full Year (Session A & B)

**Room:** 144

**Description:** Students will learn about the history of mural paintings and contemporary mural artists. They will create and submit mural designs. Students should have some artistic ability and a desire to be a part of a group that works together to create permanent murals in the corridors of PVHS.

**Title:** Trivia & Game Shows: Battle of the Brains

**Duration:** Full Year (Session A & B)

**Room:** 152

**Description:** Who has scored the most touchdown passes in NFL history? What is the highest grossing movie of all time? Which coach at Pascack Valley has the most wins in his/her career? Test your general knowledge of a wide range of topics from sports, movies, history, and current events. Modes of competition include (but are not limited to) games of Jeopardy, Family Feud, & Cranium. During the course, students will draw knowledge from various sources and content areas to out wit, out last, and outplay their opponents. Students must assess the risk and rewards of wagering points depending on their position relative to other teams, in addition to topic confidence. Weekly prizes will be awarded to the winning groups.