



Dear RISE Students and Families,

The end of Quarter 1 is approaching in a few weeks, and we have some awesome opportunities available during the break between Q1 and Q2. Intersession, which will take place from October 23 - November 3, is a time when students can take advantage of enrichment workshops. Please read the following to learn more about Intersession and about the opportunities that will be offered.

### **Intersession Guidelines & Requirements**

- ***Regular classes will not be held from October 23 - November 3.*** Because RISE operates on a Quarter system, this is considered the equivalent of a fall break. During this time, students can either choose to enjoy this 2-week break or to opt in to Intersession workshops.
- If a student receives an “I” in a course or has not yet completed their work by the end of Q1, teachers may require a student to attend intensive class during this time (similar to a summer school course). If this is the case, teachers will communicate this to students and families.
- If a student signs up for a workshop, attendance to those workshop times is mandatory.
- Students may sign up for as many workshops as they would like.
- Students are only allowed to be at school during the scheduled times for their workshop(s).
- Please note that some of the workshops will take place exclusively at the Hawthorne site. Transportation will be provided for APCH students who are interested in attending these workshops.

The workshop sign-up is attached. Please indicate which Intersession courses you would like to attend. By signing at the bottom of the page, you acknowledge your understanding of the Intersession Guidelines & Requirements listed above, and commit to attend all scheduled sessions for your chosen workshops. The signed form should be returned to Advisory teachers by **Friday, September 29**.

Please feel free to reach out with any questions you may have.

Best,

The RISE Staff

### **Intersession Sign-up**

Student Name: \_\_\_\_\_

Circle One:

Hawthorne

APCH

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

Phone Number: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

By signing below, I acknowledge understanding of the Intersession Guidelines & Requirements and commit to attend all scheduled sessions for my chosen workshops.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please place an "X" in the sign-up box beside the workshop(s) you'd like to attend.**

**Intersession Week 1: October 23 - 27**

<b>Sign-up</b>	<b>Day &amp; Time</b>	<b>Location</b>	<b>Workshop</b>	<b>Description</b>
	Monday - Friday 9:00am - 12:00pm	Hawthorne	College Prep	Students will begin the workshop by researching college majors, exploring various college options and pathways, and researching institutions that offer their desired course of study. They will then receive assistance in navigating the financial aid process and in crafting their personal statements. The goal is that each student complete at least one full college application and complete a finalized version of their personal statement by the end of the week.
	Monday - Friday 12:30pm - 3:30pm	Hawthorne	ACT Prep	The ACT Prep class is designed to familiarize students with the test required for admission by many universities. Well-prepared students are more likely to score higher on the ACT, which may increase their chances of receiving scholarships and enable them to have more options when selecting a college. Students will learn test-taking strategies, review English, math, and science content, take practice tests and discover ways to reduce test anxiety.
	Monday & Wednesday 12:00pm - 12:30pm	APCH	Self Care	Students will be introduced to a variety of strategies and activities to help them take care of themselves physically, mentally, and emotionally. The hope is that students will leave with a better understanding of stress management and will be able to employ tactics for stronger holistic care.
	Monday - Friday 11:00am - 12:00pm	APCH	Fit-n-Healthy	Students will be supported in pursuing their personal fitness and health goals. Students will explore exercise through circuit training, walking/jogging, sports, and local gyms. Students will also learn about nutrition in order to inform their eating habits. Students will participate in cooking and preparing healthy meals.

**Intersession Week 2: October 30 - November 3**

<b>Sign-up</b>	<b>Day &amp; Time</b>	<b>Location</b>	<b>Workshop</b>	<b>Description</b>
----------------	-----------------------	-----------------	-----------------	--------------------

	Monday - Wednesday 9:00am - 12:00pm	Hawthorne	SAT Prep: English & Reading	During SAT Prep sessions, students will be focusing on English Language Arts sections of the Redesigned SAT. One day will center around Reading multiple choice, which will include skill based instruction and a full time practice test of the Reading sections. Another day will include Writing multiple choice skills instruction with a full time practice test of that multiple choice section. The final day will revolve approaching the written Essay of the SAT, with multiple opportunities to practice the 40-minute essay, as well as information on how to score them.
	Wednesday 12:00pm - 1:00pm  <i>and</i>  Thursday & Friday 9:00am - 12:00pm	APCH	How to Build an Empire in 3 Days	Do you want to turn your passion into a successful business venture? Do you want to use your skills to become a mogul? In this course, you will learn how to build a business empire in just three short days of Intercession! Or, at least, pick up a thing or two about entrepreneurship.
	Monday - Friday 9:30am - 10:30am	Hawthorne	Fit-n-Healthy	Students will be supported in pursuing their personal fitness and health goals. Students will explore exercise through circuit training, walking/jogging, sports, and local gyms. Students will also learn about nutrition in order to inform their eating habits. Students will participate in cooking and preparing healthy meals.
	Monday - Friday 11:15am - 12:15pm	APCH	Fit-n-Healthy	