

**BACK TO THE LAND, BACK TO OURSELVES**

Organic food, sustainable farming, hiking, hot springs, art, and personal exploration. Explore the inspiration that our local natural environment has to offer. Take time to unwind, breathe deeply, and disconnect so that we can connect. We will be exploring parts of Mendocino County that we may not normally see, practicing ways of taking care of ourselves, diving into meditation, art, writing, hot springs soaking, cooking and appreciating the world around us.

Leaders: **Barb Albanese, Liz Newkirk & Anna Levy**

Limit 12

Estimated \$250.

**TOUR BUS EXTRAVAGANZA**

Student generated trip on a self-contained tour bus. Be part of the trip planning and tour activities. This charter bus is a completely outfitted vehicle, which includes a full kitchen, beds, bathroom and living space. It will be a rolling adventure. Jump on Board!  
Leader: **Meghan Miller**

Limit 30

Estimated \$TBD

**Timeline:**

**October 28, 2016** Activity time - Assembly - Brochure, trips and activities highlighted by leaders/coordinators  
**November 2, 2016** Tutorial - sign ups begin \* Deposits/Payments made in the MHS office  
**January 15, 2017** Deadline. Independent Study Application  
**January 15, 2017** Parent notification of student receiving "F" grade for no AE week activity sign-up  
**April 21, 2017** Independent Study Evidence of Completion Due

rlm October 2016

**MENDOCINO HIGH SCHOOLS  
ALTERNATIVE EDUCATION WEEK  
April 3 – 7, 2017**



Yosemite Institute • San Fran/Berkeley• Ashland Theater Trip• Culinary Mountain Biking • Wind Surfing & Camping  
Driver Education • Electronics Project • Back to the Land  
Independent Study• Fire Fighting/First Responder •Tour Bus Extravaganza

ALTERNATIVE EDUCATION WEEK  
April 3– 7, 2017

About Alternative Education Week

This year will mark Mendocino High School's Twenty-Sixth Annual Alternative Education Week. This week gives students a unique opportunity for various kinds of learning not possible in the classroom. Students may participate in one of the faculty organized and chaperoned trips or attend day trips and workshops on and off campus or in the community. All students must participate.

**Students are encouraged to make their selections without regard for their ability to pay the associated costs. No student will be denied participation based on an inability to pay.** However, in order to continue providing such experiences, we depend on parent and student donations as well as participation in group fundraising efforts. High school aged students may be expected to plan ahead, working part-time or occasional odd jobs and saving to contribute toward the cost of their chosen activity, depending upon individual circumstances.

Alternative Education Week is a two credit course. Students will receive a *Credit* (2 credits) for participation or *No Credit* (0 credits) for no participation which is listed on the students' transcript.

*Trip/Activity closure will be determined by each leader based on interest and capacity.  
Sign-ups begin Wednesday, 11/2 during Advisory period  
Students must contact activity leader for additional information (e.g. fundraising meetings and other planning/preparation opportunities).*

**YOSEMITE INSTITUTE (Nature Bridge) – OUTDOOR EDUCATION**

Students will stay & participate in activities at Yosemite Institute for five days. YI offers an environmental education program. Trip will leave 6 a.m. Sunday (4/2), and return Friday evening (4/07). Transportation will be by private cars and vans. Students should be in good physical shape and need hiking equipment.

Leaders: **Serena Acker, Lora Barnett-Tuomala** Limit 20 Estimated \$550.

**MOUNTAIN BIKE EXCURSION**

This experience will include five days of mountain biking—four days on our awesome local trails and one day at Anadel State Park in Santa Rosa. The week will also include a bike maintenance workshop and trail maintenance. Participants need to be comfortable riding a bike, with some trail riding experience recommended. The school has a few bikes to borrow.

Leader: **Derek Hutchinson** Limit 11 Estimated \$50.

**WIND SURF & CAMPING**

Learn to windsurf on Lake Floras in southern Oregon. We will camp at Boice-Cope Park and have access to all windsurfing equipment needed. Instruction will be provided by Floras Lake Windsurfing.

Leaders: **Jim Jennings & Kamala Lance** Limit 10 Estimated \$300.

**SAN FRANCISCO/BERKELEY EXCURSION**

Join Mr. Eastman and the Wellspring family on a memorable trip to the Bay Area where we will enjoy the city's vibrant political and cultural scenes. We'll see and discuss art, and hopefully take in a performance or two, tour colleges, from Jr. Colleges to UC Berkeley. In addition, we'll study the city's civil rights history and learn about current social justice issues. Most importantly, this trip is about what YOU want to do. While we'll provide the basic structure, we want your input on the details, so start thinking about what you would like to experience in Oakland, Berkeley and San Francisco.

Leaders: **James Eastman & Andy Wellspring** Limit 10 Estimated \$400.

**ASHLAND THEATRE & SOUTHERN OREGON STATE UNIVERSITY**

A chance to see 3 professional plays (at least one written by the bard himself!), meet with actors, participate in theatre workshops, and visit Southern Oregon State University!

Leaders: **Doug Nunn, Tom Sosnovec & Emily Inwood** Limit 12-14 Estimated \$450.

**FIRE FIGHTER/FIRST RESPONDER SKILLS**

Students will be experiencing the training of a Firefighter throughout the week. There will be classroom and hands-on components where participants will gain certifications, run through drills and respond to mock scenarios.

Leaders: **Marshall Brown & Tyler Grinberg** Limit 10 Estimated \$50.

**DRIVER EDUCATION**

Interested in obtaining your driver's permit? Miller's Driving School is pleased to bring their Driver's Ed course to MHS. This course is DMV certified and satisfies classroom training for new drivers. The training involves videos, reading material, lecture and discussion. The classroom course requires successful completion and 30 hours of attendance in order to receive the valid Certificate of Completion. If you want to obtain your driver's permit, this is the activity for you.

Sign-up: **Roberta Mayberry/Marci Arter** - Instructor: Ashley Brown -Miller's Driving School Limit 30 - Estimated \$110.

**E-LAB EXPERIENCE**

Master the basic of Electronics. A week of challenging engineering and electronic design, where students will have hands-on access to all E-Lab resources. No background needed.

Leader: **Francis Rutherford & Rey Urbach** Limit 12 \$20.

**INDEPENDENT STUDY – Grades 10-12 Only**

A student may design his/her own educational project, but specific independent study guidelines will apply and deadlines for application and work submission must be met. Application forms may be picked up in the high school office and submitted to Meredith Moores for approval by **January 15th**. Evidence of completion of the AE week activity must be submitted by April 21, 2016. Thirty hours of educational activities will have to be planned, scheduled, and the details of each activity must be clearly described on all proposals. No more than five of the thirty hours of activities can be attributed to travel time regardless of the extent of travel.

Coordinator: **Meredith Moores** Limited to 20 **grades 10-12** approved proposals.

**Application Deadline: January 15, 2017**

**KITCHEN CULINARY meets MOBBIING CULINAIRS : A Week of Culinary Arts FUN!**

Are you a lover of cooking and culinary arts? Are you interested in becoming a chef or organic farmer who supplies top end restaurants? Do you love making and eating great quality foods? Well, this adventure is created with you in mind!

You will have the opportunity to learn from local great chefs in our own MHS kitchen (3 days). We will use one day for kitchen crafting aka a 'Pinterest Rager' DIY day, and one day will be dedicated to college tours at Napa Valley Cooking School (where alumni Joe Smith, class of 2015, is presently becoming a chef), and the Cooking Institute of America (CIA) @ Greystone, both in St. Helena, CA.

Leaders: **Mary Rack and Elise Boyle** Limit: 10 Estimated \$100.

See back of brochure for other adventures