



ZDS

WINTER

OFFERINGS



2024 2025

Early Winter Session

DEAR PARENTS,

Hi, this catalog is not for you. but we imagine it probably makes you pretty excited - what cool opportunities! We agree, they are awesome. It might also be confusing - how do we, as parents, navigate a self-directed school when we have such strong desires for our kids to “take advantage” of these activities? Honestly, it’s really hard, and your feelings are totally valid. **However, since our school first and foremost SELF-DIRECTED, students need the space to choose how they want to engage with opportunities without parental pressure.**

The creation of Winter Offerings was not designed because we think kids NEED to join such activities, or that they would be better off if they did. Instead it was created to provide a better range of opportunities and to create an environment that more accurately reflects how life outside of our school operates. What hasn’t changed is that the skills needed to understand an individual’s role in their own life, the development of internal motivation and knowing how to get what you want remain of the highest priority. Adults often, with the best of intentions, can get in the way of the development of these vital skills.

What the School Meeting needs from you is for you to follow your child’s lead, if asked support them as they look through options, and if they have no interest, don’t fret. Remind yourself that they need to guide themselves and in the long run the skills they will develop while doing so far outweigh the skills they will learn in any Winter Offering.

Here are a couple of ways you can support self-direction this winter:

- Come in and teach a pop-up class about something you love!
- Donate money to Programming via the QR code on the right. All donations will help us to continue to offer a wide variety of opportunities to our community.
- Volunteer to drive on field trips or offsite classes.

Donate Below



WINTER OFFERINGS

DATES

The **Early Winter Session runs December 2 - February 7**. If Un-schoolers wish to change the days they attend to accommodate workshops they should talk to Paul asap. If class gets canceled due to snow days, illnesses, etc, makeups will occur between February 4-14. The Late Winter Session dates are February 24-April 4.

SIGNING UP

You may try the first week of any class without committing to the remaining 6 sessions. At the end of this week, you can sign up for the class by turning in a registration form to the Programming Committee starting at 2pm on Friday, December 6 (if you will not be in school on Friday, December 6, you can email a photo of your signed registration form to the programming clerk programming@zenademocraticschool.org starting at 2pm on 12/6).

When you sign up for an offering it is a commitment to attend. See the Winter Offerings Attendance Policy on the next page for details about what the commitment means.

FEE

Unless otherwise stated in the catalog, winter offerings are free of charge. If you still have money left over in your programming fund from last year, you can apply it to future programming costs (for field trips, pop-ups, etc.)

WORKSHOPS

Workshops are a series of seven (six in late winter) classes on the same subject.

This session we are offering the following workshops:

SCIENCE, MATH & TECHNOLOGY

Lego Robotics
Maps

ARTS

Acting
Drawing
Art Play
Drumming
Into to Design
Self-Care Knitting

HUMANITIES & SOCIAL SCIENCES

On Freedom
Weird Poetry
Frieside Stories
Suffragists
Vocabulary
Rainbow Write

SPORTS, WELLNESS & LIFE SKILLS

Kitchen Skills
Sex Ed Level Up
Gymnastics
Baking 101

POP-UPS

Pop-Up activities will happen as they...pop up! They will be posted on the bulletin board for people to sign up. If you have ideas of something you think would make a good pop-up let Katie Rose know. This is also a great opportunity to share something you love with our community.

RESOURCES

Free and unencumbered web access is one of the best resources available to any self-directed learner. To supplement this, we have the following apps/services on the dedicated Programming Clerk tablets.

Masterclass

180 classes from instructors who are masters of their craft.

Languages

Many different languages are available for free with the learning apps Duolingo or Language Transfer.

Math with Learning Apps

We have accounts with Khan Academy, Prodigy, IXL and Splash

Learn From Your Land

2 self-paced online courses:
Foraging Wild Mushrooms and Trees In All Seasons.

D&D Beyond

D&D character building and character sheet creation tool.

REQUIRED SKILLS

Winter Offerings are categorized into levels based on the skills needed to have a positive learning experience for all. If you don't yet have these skills, don't worry, just keep practicing them! And be patient with your developing brain - a lot of these skills are part of your executive functioning that doesn't fully mature until early adulthood.

At LEVEL ONE I can:

Listen & follow instructions.

At LEVEL TWO I can:

Listen, follow instructions, respect materials, focus, think flexibly and collaboratively, read and reflect.

At LEVEL THREE I can:

Listen, follow instructions, respect materials, focus, think flexibly and collaboratively, read, reflect and complete homework outside of class.

LISTENING

- I can listen to my peers and instructors and hear what they are saying.

FOLLOWING INSTRUCTION

- I can hear a request and attend to it.
- I can ask for help if I'm struggling to understand the instructions.

RESPECT FOR MATERIALS

- I will treat all class materials with care and help keep them organized.

FOCUS

- I can focus my attention on one particular thing and sustain this focus.

COLLABORATIVE THINKING

- I can engage in a group conversation where we dialogue and work together to navigate complex problems.

FLEXIBLE THINKING

- I can think about things in a new or different way.
- I can set aside my own agenda to try something else.
- I can tolerate uncertainty.

READING

- I can read a text and understand it.

REFLECTION

- I can give an idea serious consideration.

COMPLETING HOMEWORK OUTSIDE OF CLASS

- I can complete an assigned task outside of class if asked, managing my time and tracking my responsibilities to get it done.

LEVEL 1 CLASSES

RAINBOW WRITE
VOCABULARY
FIRESIDE STORIES
BAKING 101
KNITTING
DRUMMING

LEVEL 2 CLASSES

WEIRD POETRY
KITCHEN SKILLS
LEGO ROBOTICS
ACTING
MAPS

LEVEL 3 CLASSES

SUFFRAGISTS
ON FREEDOM
SEX-ED LEVEL UP
INTRO TO DESIGN
DRAWING

ATTENDANCE POLICY

COMMITTING TO ATTEND

Since significant effort and school resources are invested in creating the Winter Offerings, a commitment to attend is a condition of signing up. Do not sign up for a class if you cannot truly commit to being there.

CONSEQUENCES FOR MISSING CLASS

After two unexcused absences, you will be removed from the class. Multiple attendance issues may impact your ability to secure a place in future classes.

EXCUSED VS. UNEXCUSED ABSENCES

However, we also understand that scheduling conflicts or other situations can arise that might prevent you from attending a class.

These might include:

- Major transportation issues (flat tire, mechanical issue, car accident)
- An illness
- A mental health crisis
- An unavoidable scheduling conflict (a funeral, a wedding, an 75th birthday, etc)

Examples of conflicts that are not considered excused:

- A computer sign-up
- Just wanting to hang out with friends instead
- Having overslept an alarm
- Just not feeling like going
- Forgetting to attend



COMMUNICATING AN ABSENCE

Part of being accountable in meeting your commitments involves actively communicating if a conflict arises. The sooner we know the better. Here's what you should do if you are going to miss a class:

IF YOU ARE NOT IN SCHOOL...

Email KR (or cc her on the email you are already writing Paul about being absent)

To: attendance@zenademocraticsschool.org
CC: programming@zenademocraticsschool.org
From: ZenaZoolittle@gmail.com

Hi Paul and KR,

I'm going to miss school and tomorrow's class because I'll be in a hot air balloon crossing the Atlantic for my grandmother's 70th birthday.

Thanks,
Zena Zoolittle

IF YOU ARE IN SCHOOL

Come find KR and tell her why you can't be in class. If the instructor is there, let them know too. Some examples:




Bailey Henpenny: "Hey KR, I just got my period and I have a horrible cramps and a bad headache. I need to go lie down for a while. I'm going to have to miss class today - will you let the instructor know I won't be there for personal reasons?"

Dag Swaniels: "Yo KR, Bruh, I was having a battle royale in the Gaga Ball Pit and my left leg fell off. Dude, can you let Professor Frederick Cheswick know I'll be missing class? Also, can you call an ambulance?"



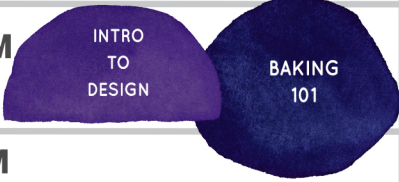
WEEKLY WORKSHOP SCHEDULE

LOCATIONS WILL BE POSTED ON THE
PROGRAMMING BULLETIN BOARD

WEDNESDAY	THURSDAY
10AM	10AM  KITCHEN SKILLS
11AM	11AM
12PM  SEX-ED LEVEL UP	12PM ----- COMMUNITY ANNOUNCEMENTS
1PM COMMUNITY FIRE CIRCLE  FIRESIDE STORYCIRCLE	1PM SCHOOL MEETING
2PM	2PM MEETING
3PM	3PM

MONDAY

10AM



11AM

12PM



1PM



2PM

3PM

TUESDAY

10AM



11AM

12PM



1PM



2PM

3PM

FRIDAY

10AM



11AM

12PM

1PM



2PM

3PM

**POP-UPS
WILL BE
POSTED
AS THEY
POP UP!**

SUFFRAGISTS WITH ANN PETERS

The story of women voters is not a boring history of nagging spinsters; it is a badass history of revolution staged by political geniuses. I invite you to learn their names, understand their story, and honor their legacy as role models of American feminism. We'll study the history of women's right to vote while discussing how it relates to our modern political landscape for women and other minorities. This class will require reading, watching videos, and completion of projects outside of class in order to make time and be prepared for meaningful discussion and group activities.

LEVEL 3

FRIDAY 1-2:30

ON FREEDOM WITH JAMIE

What is freedom, really, and how do the political structures that shape our lives encourage or prevent our experience of being free? In this class we will be seeking answers to this question in Timothy Snyder's new book, "On Freedom" and applying what we learn to the systems of government in our lives, from School Meeting to the United States presidency. Supplementing the primary text with ideas both new and old, from Greek mythology to contemporary philosophy, this class will provide space for thinking through one of the most overused and little-understood words in our political lexicon.

LEVEL 3

TUESDAY 10-11

WEIRD POETRY WITH JESSE

Weird poems make us look again, cantilever the well-worn, and end up (other)wise. Come puzzle over some weird poems together and write some weird poems, too. Individual reading and writing is not required; all text will be read aloud.

LEVEL 2

MONDAY 12-1

FIRESIDE STORIES

WITH JILL OLESKER

Come gather in front of the fire and hear stories come to life with master storyteller Jill Olesker. Jill will visit us during our weekly fire circle (or inside if the conditions don't allow us to make a fire) - and anyone is welcome to join as we let our imaginations roam free.

LEVEL 1

WEDNESDAY 1-2

VOCABULARY WITH MATTHEW

Learn new words and how to use them! A good lexicon (look it up) will support you to say what you want, get what you want, and understand the world. For some of us, there is a lot of pleasure in mastering vocabulary, too!

LEVEL 1

MONDAY 1-2

RAINBOW WRITE WITH KATIE ROSE

Rainbow writing is a fun way to practice handwriting and spelling at the same time! We will use colored pencils or crayons to trace over a word using a variety of colors. This simple method helps your body hone the fine motor skills involved in handwriting and helps your mind remember the spelling of the word. We'll make individualized lists, based on your goals, and can practice more advanced handwriting skills too, like cursive writing. This class could be taken in conjunction with Vocabulary with Matthew as a way to help memorize your vocabulary lists too.

LEVEL 1

TUESDAY 10-11

Max Students: 14

ACTING WITH TRINE BOODE-PETERSEN

Join Trine for fun theater games, learning engaging acting techniques and opportunity to perform! Each student will come away with a better understanding of the art of acting through working on a individual monologue, improvisational theater exercises and working on a scene with fellow actors. With a final performance at the school for all those who wish to participate!

LEVEL 2

MONDAY 1-2:30

ART PLAY WITH ILIANA

Making art isn't always about the end product— the process of making art is art itself! In this class we will explore new art materials and welcome creative experiments. Whether we are painting with bubbles, making nature collages, creating treasure sculptures or cookie sheet prints, play will guide everything we do.

LEVEL 1

FRIDAY 10-11

Max Students: 14

INTRO TO DESIGN

WITH GEORGE ERNST

An introductory course on the fundamentals of design and its practical applications across various industries. The course will include history, a breakdown of the types of design and design tools, and demonstrations of each of these tools in various project types including branding, print ads, website design (UX/UI), social media, and image compositing.

LEVEL 3

MONDAY 10-11

Max Students: 8

DRAWING

WITH ILIANA

Drawing can help us develop a new way of seeing. In this course we will draw from life and our intuition using various drawing mediums and techniques. We will draw still life with charcoal, trees with graphite, work on blind contour using pen, try our hand at portraits, create conceptual still life in color pencil and draw landscapes using graphite wash.

LEVEL 3

TUESDAY 1-2:30

Max Students: 14

SELF-CARE KNITTING WITH MARIAH

Did you know the simple act of creating something with your hands can be a form of self-care? Gather around the art room table on Friday mornings to learn the basics or to dive into your latest project. Whether you're knitting a tree ornament for someone you love, a sweater for your pet turtle or a funny-shaped hat for your sibling, come hang out and discover how knitting can help the world feel a little less stressful and a little more cozy, one stitch at a time.

LEVEL 1

FRIDAY 10-11

DRUMMING WITH KRISTA SPERONI

Join multi-instrumentalist and music educator Krista for a weekly drum circle in the box! Krista will bring her seven beautiful Djembe drums which were each handmade in Ghana. Krista has studied drumming with West African artists and can show us how drumming connects us, works our memory and offers a visceral, hands-on experience of the life force that is inside of us all.

LEVEL 1

MONDAY 12-1

MIN/MAX STUDENTS: 4/10

GYMNASTICS @ GYM STARS

Gymnastics is a sport consisting of acrobatic feats, mostly on special apparatus, such as balance beams or uneven bars, that demonstrate strength, balance, coordination and body control. In this seven-week series at Gym Stars in Saugerties, students will receive instruction on all events: vault, bars, beam, floor, and trampoline. Each class will consist of a warm up and focused instruction on three events, beginning with very basic skills and moving to more advanced techniques as we progress.

At Gym Stars in Saugerties

LEVEL 1 TUESDAY 2-3:30 Max Students: 10

Pickup will be at Gym Stars @ 3:30pm

Students will be transported to the gym from school.

SEX ED - LEVEL UP WITH ELIZABETH GREENBLATT

After the fall sex ed classes, are you still wanting to learn more? Our trusted Sex Ed Instructor Elizabeth Greenblatt will be back with more fun activities and opportunities for doing a deeper dive into the topics you are curious about surrounding sex and relationships. This is a safe place to ask whatever questions you might have!

LEVEL 3 WEDNESDAY 12-1

Min/Max Students: 2/12

BAKING 101

JESSICA SIMKOVIC

Come get cosy in the kitchen and bake everybody's favorite treats on Monday afternoons! Cookies, brownies, cakes, breads, cinnamon rolls, pies...the possibilities for deliciousness are endless. January will be sourdough month with Raluca.

LEVEL 1 MONDAY 10-11:30 Max Students: 12

KITCHEN SKILLS

WITH RHONDA STRINGFELLOW

Let's learn and practice safe kitchen skills using a slow cooker, blender, dehydrator, and stovetop. We will learn knife skills by preparing fruit slices to be dehydrated. We will work on our stovetop safety skills when heating up milk for hot cocoa and make some festive dried citrus garlands too. We will learn how to use a blender and how to store food safely when we make hummus. We will develop some slow cooker basics when we make baked beans. Finally, we will craft our very own smoothie recipes!

LEVEL 2 THURSDAY 10-11 Max Students: 12

LEGO ROBOTICS

WITH PAUL

Do you love legos? Engineering? Robotics, creative problem-solving & coding? Join Tall Paul for seven weeks of hands-on Lego Challenges, and STEAM-based fun, and put your Lego engineering skills to the test! We will work with Lego Education Kits, along with the Lego Education App, coding with icon and word blocks, getting creative with logic and computational thinking. Using Ipads and computers, together we will work with Legos, motors, and sensors to make our own programmable moving vehicles and structures! Build and code kinetic structures and vehicles such as an amusement park's spinning ferris wheel; a hovering helicopter; a suspended cable car ride; swamp boats; carousels; swings and more.

LEVEL 2 TUESDAY 1-2:30

Min/Max Students: 2/8

MAP MAKING

WITH MANU AND JESSI CANICIO

In this class, we will explore maps, discovering each of the seven continents. We will read maps, play games and do hands-on activities to get to know the world's geography. By the end of the class, you'll have a deep understanding of the continents, their unique features, and the how to read maps. Get ready to explore the world!

LEVEL 2 TUESDAY 10-12 Max Students: 12

SEASONAL OFFERINGS

WOODS WEEK

October 7-11, 2024
February 10-14, 2025
May 19-23, 2025

Woods week is an opportunity to spend significant time out in our beautiful woods, every season.

The rhythm is open-ended and includes lots of time to hang out around the campfire, tell stories, swing in hammocks, cook food over the fire, play games, do art projects, make fairy houses, build shelters and explore different corners of the woods.

Signup is for either 2 or 5 days and is limited to 15 kids per day. The Programming fee is \$5 per day. Signup sheets will be posted on Info Board in January and May.

April 22 - June 10, 2025

WAYFINDER

Sword fighting! Improv! Explore imaginary words, new perspectives and new identities. The Wayfinder Experience is a live-action role-playing company, based in Kingston, New York. The centerpiece of The Wayfinder Experience is the Adventure Game, a transformative experience that challenges players physically, mentally and emotionally, while immersing them in an exciting world of fantasy.

WINTER OFFERING PHOTOS FROM 2023-24





My List

Contracts will be available on Thursday, December 5th. In the meantime you can make a list below of the workshops you wish to take. Note that the contract will ask you to rank the workshops you wish to take in order of importance.

LEVEL 1 CLASSES

RAINBOW WRITE
VOCABULARY
FIRESIDE STORIES
BAKING 101
KNITTING
DRUMMING

LEVEL 2 CLASSES

WEIRD POETRY
KITCHEN SKILLS
LEGO ROBOTICS
ACTING
MAPS

LEVEL 3 CLASSES

SUFFRAGISTS
ON FREEDOM
SEX-ED LEVEL UP
INTRO TO DESIGN
DRAWING

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

