2020 Winterm Offerings
Once again it is time to roll out one of Cannon’s signature programs: Winterm. This program serves as a cornerstone of our curriculum and educational philosophy. It crosses disciplinary boundaries and challenges students to think critically and practically, to serve others, to embrace experiential learning and to consider their place in the world in which they live.

If the course shows the symbol below, this means that it meets the requirements for the Global Studies certificate.

Each course falls into at least one of these four pillars: Academic, Professional World, Service/Community, and Recreation.

**Professional World:** These courses introduce students to a future career path and can be held on or off site.

**Service/Community:** These courses feature service or community engagement.

**Academic:** These courses invite students to pursue knowledge in areas outside our normal curriculum.

**Recreation:** These “non-academic” courses provide students the opportunity to learn a new skill and participate in an area new to them.

**Morning classes will take place from 9:15 am – 11:15 am and afternoon classes from 12:15 pm -2:15 pm. All day classes are from 9:15 am - 2:15 pm.** Students may still arrive a school at 8:05 am and leave at 3:00 pm.

The online registration period for students will begin on **Monday, November 11, 2019.** This process will be completed via a link sent to each student. Once a course is filled, it will disappear from possible course options.

Registration for each grade level will open at **3:00 p.m.** according to the following dates:

- **November 11** – Senior registration begins
- **November 12** – Junior registration begins
- **November 13** – Sophomore registration begins
- **November 14** – Freshman registration begins

**Attendance** on all Winterm days will be recorded and is necessary for students to gain the most from their experience. It is strongly recommended that parents avoid making optional travel plans or appointments that would require students to miss any days. Cannon issues credit for Winterm on all student transcripts. This will be a participation credit, a ¼ credit per year in Cannon’s Upper School, for satisfactory completion of the student’s Winterm experience. Students will need to be present for the entire Winterm experience to receive the credit.
Morning Winterm Course Offerings
9:15 am - 11:15 am

- Superhero Justice
- Set Construction
- Dance Team 101
- CrossFit and Other Fitness
- Med School 101
- Formerly Pintervention: NOW AR Workshop
- Yoga Workshop with Kelly Spiggle, International Yoga
- Keto for Beginners
- Craft and Relax
- What’s your Exit Strategy?
- Super Basic Coding: Build a Video Game
- The History of Professional Sports in America
- Linguistics and the History the English Language
- Now and Then
- Representations on Blackness in Film
- Artist See, Artist Do!
- The Ink: Taking Cannon’s Literary Arts Magazine to the Next Level
- Genealogy 101
Afternoon Winterm Course Offerings
12:15 pm - 2:15 pm

• Cook like a Champion
• Weird Physics
• Bill & Todd’s Excellent Adventure of Public Speaking
• The Science Behind Paranormal Investigations
• Oil Painting
• The Horror of Isolation - Horror Film
• Conquering the Escape Room
• Mindfulness and Mediation
• Wellness and Longterm Athletic Development
• Indoor Rock Climbing 101
• Philosophy 101: Truth, Goodness, Beauty, Commitment
• Introduction to Improv
• Hockey Skills Class
• Gilmore Girl Power: An exploration of Fictional Female Role Models for Real Girls
• History of Bluegrass/Songwriting
• Super Basic Coding: Other Kinds of Coding
• Yoga Workshop with Kelly Spiggle, International Yoga
• Advertising 101
All Day Winterm Course Offerings
9:15 am - 2:15 pm

• Tumbling
• Leaders Serve
• World of Work
• Farm-to-Table Experience
• Food and Photos
Morning Winterm Course Offerings

**Superhero Justice**

**Instructor: Ms. Eury**

This course will explore what laws, if any, superheroes would be subject to under U.S. law. This course will look at Constitutional law, criminal law, tax law, and civil law. Some of the questions we will explore include:

- Could Superman sue if someone exposed his true identity as Clark Kent?
- Are members of the Legion of Doom vulnerable to prosecution under RICO?
- Do the heirs of a superhero who comes back from the dead get to keep their inherited property after their loved one is resurrected?
- Does it constitute “cruel and unusual punishment” to sentence an immortal like Apocalypse to life in prison without the possibility of parole?

This course and the above questions are based on the book Law of the Superheroes.

*Approximate cost per student: This course will cost approximately $0 – 5.*

**Set Construction (8:30 start time)**

**Instructors: Mr. Macdonald, Mr. Booker, Mr. Storr**

Students will gain hands-on experience in woodworking, painting, and general construction by building the set for our 2020 musical production of “Bright Star.” As the students work to translate a 2D set design into 3D reality, they will build not only their mechanical skills, but also their ability to solve problems creatively and work with a team.

*Approximate cost per student: This course has no associated cost.*

**Dance Team 101**

**Instructors: Ms. Banks, Ms. Finneyfrock**

Spend the week learning jazz, pom, and hip-hop styles of dance while getting to have fun with your friends!

*Approximate cost per student: This course has no associated cost.*
CrossFit and Other Fitness  
Instructors: Ms. Fanzo, Mr. Zebracki

Students will travel off campus to a crossfit gym. They will spend time learning proper form and technique in weightlifting, get in some CrossFit-style workouts, and also work on mobility. Students will also be led in sessions about proper nutrition.

*Approximate cost per student: This course will cost approximately $75.*

Yoga Workshop with Kelly Spiggle, International Yoga  
Instructor: Michelle Zelaya

International Yoga Retreat Leader and Cannon parent, Kelly Spiggle, brings her experience to Cannon students. Explore the different styles of yoga, meditation, journaling and readings from *The 4 Agreements* by Don Miguel Ruiz (book included)

Materials needed: Yoga mat, journal, comfortable clothing for yoga

*Approximate cost per student: This course will cost approximately $135.  
*Scholarships available*

Med School 101  
Instructor: Mr. Herder

Students in MED SCHOOL 101 will be able to discuss the path to a career in medicine from varying physicians while learning about several medical careers. Student will learn about the various routes to becoming a physician: including undergrad major choices, taking the MCAT, and choosing a medical school. Previous years have given students the chance to visit a cardiologist, use the tools of an orthopedic surgeon, and participate in an in-house surgery lab where students will learn basic surgery suturing techniques.

*Approximate cost per student: This course has no associated cost.*
Formerly Pintervention: NOW AR Workshop
Instructors: Mrs. Stavrakas, Mrs. Kulp

Pintervention is back by popular demand!! This year, however, (per the request of students for the past 2 years) we will be traveling to AR Workshop EVERY, SINGLE DAY! We will complete 4 projects throughout the week: The Chunky Knit Blanket, The Chunky Knit Pillow, The Blanket Ladder, The 18X21 Wood Plank Sign. Join us as we take part in a week long Pintervention (taking on one of these crafty projects each day)!

*Approximate cost per student: This course will cost approximately $285.*

Keto for Beginners
Instructor: Mr. Davis

It's all over the press. Everybody's talking about it. Let's get together, separate fact from fiction, nail down the actual science of it, and see what the real deal is with the Ketogenic Diet. This way of eating focuses on reducing intake of carbs, increasing intake of good fats, and rewiring your system to use energy differently and more effectively. We will check out a lot of videos by experts, do some basic cooking together, and take an excursion to a local grocery store to read labels, learn what's good and what's bad, and shop the Keto way. Want to lose a little weight? This is for you! Want more energy and mental focus? This is for you! Want to simply improve your overall health? This is for you! Come join us.

*Approximate cost per student: This course will cost approximately $20.*

Craft and Relax
Instructor: Mrs. Burlington

In this course we will explore many different handcrafts. We will create a variety of crafts each day. In creating crafts, we will discover how crafts can relax the mind.

*Approximate cost per student: This course will cost approximately $10-20.*
What’s your Exit Strategy?
Instructors: Mrs. Velandia, Ms. Calles-Gholdston

Are you interested in fun brain training games, mystery/logic puzzles and escape rooms? Are you a problem-solver, a natural leader, a collaborator or a risk-taker? Then join this Winterm course and get ready to plan your Exit Strategy! During this week you will compete in three different escape rooms (The Valcarol Missions, Escape Artist, Exit Strategy), work your way through solving a murder mystery and test your problem-solving skills with a series of logic puzzles. Every day will be a challenge, are you up to it? Teams with the best times and success completing the challenges will be declared the victors!

*Approximate cost per student: This course will cost approximately $78 - 100.*

Super Basic Coding: Build a Video Game
Instructor: Mr. Mush Hughes

This Winterm will serve as an introduction to coding by using Game Maker Studio 2 (the same software that made Undertale, Nidhogg) to design and build a basic 2D video game. No experience is necessary, and minimal experience is encouraged! Folks who are interested in the topic but are at an intermediate or advanced level can contact Mush to learn more about the content and how they can participate on their own. Beyond the game creation, we will learn about the principles of game design and explore other opportunities for coding in an out of Cannon. Freshman, Sophomores, Juniors only.

*Approximate cost per student: This course will cost approximately $0-60. *Optional

The History of Professional Sports in America
Instructors: Mr. Scurlock, Mr. Taylor

This course explores the development of sports in the United States, from the earliest days of our country. Students will explore how group games and pastimes evolved into spectator sports at the collegiate and professional levels. We will examine how professional sports impacted the social issues throughout our history. The evolution of professional sports will be discussed. What is the origin of your favorite teams? Specific topics include: amateurism and the rise of athletic clubs; baseball's popularity during the first half of the twentieth century; sports heroes we root for and against; women’s sports; racial segregation and integration in sports; athletic rivalries; and the globalization of American sports. The course will consist of films, readings, lectures and discussions.

*Approximate cost per student: This course has no associated cost.*
Representations on Blackness in Film
Instructor: Ms. Harley

This course examines how Black people have been represented in film. We will examine the five Black film stereotypes and discuss how these images have shaped perceptions of Black people in American society.

*Approximate cost per student: This course has no associated cost.*

Linguistics and the History the English Language
Instructor: Mrs. Miller

Why do we park on driveways and drive on parkways? Isn't it weird that "lead" rhymes with "read" but "lead" also rhymes with "read?" Is y'all d've correct English? Come geek out with Mrs. Miller learning about the features of the cool, hodge-podge language you speak! We will consider some general linguistic theory, talk about the deep roots of English and trace its evolution to now. Each day will involve a brief lecture, some time for independent inquiry, and a running library of memes that we'll create about what we learn. There will also be snacks.

*Approximate cost per student: This course will cost approximately $5-10.*

Now and Then
Instructors: Mrs. Hylton, Mrs. Mattsson

It's 1969 and the world is vastly different from 2019. People, places, and skill sets have changed a great deal in the last 50 years, and yet some things have stayed the same. Mrs. Hylton and Mrs. Mattsson are teaming up to create a Winterm in which students are able to experience different “life skills” that one would have needed to know (then and now) according to the rules of society. We will explore different skills like crochet/knitting, sewing, map reading, letter writing/addressing, calligraphy, basic planting skills, manners, basic hospitality rules, gift wrapping, fashion, budgeting, and more! There may even be a small field trip or two along the way. The possibilities are timeless! :)

*Approximate cost per student: This course will cost approximately $25-100*
Artist See, Artist Do!
Instructors: Mrs. Huffman, Mrs. Loflin

Students will learn about a different style of art from human history each day, and then go to the art room to practice making that style of art!

*Approximate cost per student: This course will cost approximately $10-20.*

The Ink: Taking Cannon’s Literary Arts Magazine to the Next Level
Instructors: Mrs. Coughlin, Mr. Smith

Cannon School is publishing its new literary arts magazine “The Ink” in November. The magazine showcases student poetry, prose, fine art, photography, and performances in dance, music, and drama. Now’s your opportunity to take the magazine to the next level. If you are someone who longs for the chance to exercise your creative spirit and is interested in getting on the ground floor of a newly-imagined tradition, this Winterm course is for you. We will spend time writing, learning InDesign, planning for the next round of submissions, and more. So come prepared to shake off the holiday cobwebs and unleash your muse for 2020.

*Approximate cost per student: This course will cost approximately $10-20.*

Genealogy 101
Instructors: Mr. Kmidowski

Genealogy 101 will explore research strategies for beginning the process of constructing your family tree. Students will utilize US library online resources such as Ancestry.com, Fold3, Newspapers.com for finding information. Students will also investigate US Government resources such as the US Archives and the Library of Congress for additional information. Students will also research and share family recipes and traditions. The class finale will be a “potluck” where students will bring in a family dish to share and deliver a presentation on their family tree.

*Approximate cost per student: This course has no associated cost.*
Afternoon Winterm Course Offerings

12:15 pm - 2:15 pm

Cook like a Champion
Instructors: Mr. Trojan, Mr. West

Students will learn how to prepare, grill and cook various tailgating food (chicken wings, pit beef, Italian sausage and peppers, hot dogs and hamburgers).

Approximate cost per student: This course will cost approximately $50

Weird Physics
Instructors: Mr. Hatcher

This is a conceptual introduction to some of the stranger fields of modern physics. No physics knowledge beyond the first trimester of Honors Physics is required. We will explore topics such as quantum mechanics, special and general relativity (black holes), dark matter and cosmology, thermal physics, and more. Students will participate in labs and discussions, watch videos and demos, and work with online simulations. This course is great for students with big questions about how things work at the microscopic and macroscopic levels.

Approximate cost per student: This course has no associated cost.

Bill & Todd’s Excellent Adventure of Public Speaking
Instructors: Mr. Diskin, Mr. Hartung

Why is Public Speaking important?
What are the obstacles to effective public speaking?
What techniques can we learn to overcome these obstacles?
How do we support each other as we learn these technique

Our Winterm is designed to be informative, engaging, and enjoyable. We understand that for some, public speaking is a challenge. So, our goal is to provide lots of opportunities to practice speaking in an environment that is friendly, comfortable, and supportive.

Approximate cost per student: This course has no associated cost.
The Science Behind Paranormal Investigations
Instructor: Mr. Aldridge

This course will examine some of the instruments\methods used by investigators when examining paranormal events. While many may be familiar with the name of the devices, few understand the reasoning and science behind the operation of these devices or the “How do they really work?”. We will look at some of the poplar investigators and their investigations and consider the devices used.

*Approximate cost per student: This course has no associated cost.*

Oil Painting
Instructor: Mr. Rogers

Come and learn one of the oldest forms of painting. A course for students at all levels, we will explore a variety of painting techniques and approaches. By the end of the course you will have a small portfolio of paintings and be comfortable enough with oils to be able to create paintings on your own.

*Approximate cost per student: This course will cost approximately $50*

The Horror of Isolation - Horror Film
Instructor: Mr. Dunn
Juniors & Seniors

In this class, we will watch and discuss several films that utilize isolated settings in the telling of their stories. Along the way, we will try to figure out what the stories gain from being set in such remote and cut off locations, and what these films are trying to say about the overall human experience.

*Approximate cost per student: This course has no associated cost.*

Conquering the Escape Room
Instructors: Mr. Williams & Mr. Wolcott

Are you looking to strengthen your problem-solving skills? Test your intelligence skills to get out of a room? Activate your team-building skills? This is the class for you! We will travel to escape rooms in Concord and Charlotte to help you build those skills.

*Approximate cost per student: This course will cost approximately $25-30.*
Mindfulness and Mediation  
Instructors: Dr. Graham

Join Dr. Graham for an introduction to Mindfulness Meditation. Mindfulness simply means paying attention to the present moment and, in the process, learning something about ourselves. Mindfulness helps lower our stress levels, increases our concentration, deepens our ability to listen, and silences our inner critic. If those things appeal to you, this course is for you. The course is open to everyone, regardless of prior experience, and may include field trips to local yoga studios and meditation centers.

*Approximate cost per student: This course has no associated cost.*

Wellness and Longterm Athletic Development  
Instructor: Coach Powell

This course will focus on the Fundamentals of Strength and Conditioning, Wellness and Nutrition. Freshman, Sophomores, Juniors only.

*Approximate cost per student: This course will cost approximately $10-30.*

Indoor Rock Climbing 101  
Instructor: Mr. Segura

Do you have a desire to learn how to indoor rock climb? If so, then this class if for you. This is a BEGINNERS level class that will introduce participants to the basic gear, terminology, and practice of indoor rock climbing. During our time together, we will attempt to visit two local indoor rock climbing facilities.

*Approximate cost per student: This course will cost approximately $100*

Philosophy 101: Truth, Goodness, Beauty, Commitment  
Instructor: Mr. Hurtado

Spend a week exploring the eternal questions that Western philosophy has explored. Read through some of the documents that form the basis of Western civilization. If you have a love for the real, an interest in the poetic imagination, a sense of wonder, and a curiosity for what it means to act justly and ethically, this course is for you. It also helps if you are not afraid of reading excerpts of classical texts.

*Approximate cost per student: This course will cost approximately $0-20.*
**Introduction to Improv**  
**Instructors: Mr. Arthur**

Have you ever wanted to learn the art of Improv as made popular by such TV shows as "Whose Line is it Anyway". Then this class is for you we will start out learning the basic principles behind Improv and then putting them to work with various Improv games and sketches.

*Approximate cost per student: This course has no associated cost.*

**History of Bluegrass/Songwriting**  
**Instructor: Mr. Sinden**  
**Freshman & Sophomores**

In this course, we will study the origins of "mainstream" bluegrass and study the songwriting techniques involved creating that type of music. We will travel to learn the history of bluegrass around Charlotte/Concord. After studying some popular songs and learning common themes of bluegrass song lyrics, we will create a song with a banjo or guitar and throw together a little recording.

*Approximate cost per student: This course has no associated cost.*

**Hockey Skills Class**  
**Instructor: Mr. Kmidowski**

Hockey Skills Class introduces hockey fundamentals and skill development for all levels. Participants will develop basic stick handling, passing, and shooting skills. Prior hockey experience is not required. Participants must come to class dressed to run outdoors. Please remember that Mr. Kmidowski grew up in Buffalo playing street hockey throughout the winter. Mr. Kmidowski will not cancel class due to the cold. Full gear is not needed. However, please bring your own hockey stick to class. If you need a hockey stick, please contact Mr. Kmidowski.

*Approximate cost per student: This course has no associated cost.*
Gilmore Girl Power: An exploration of Fictional Female Role Models for Real Girls
Instructor: Mrs. Shaefer

In a world full of dumb blondes, mean girls, and pretty little liars, the murderous and promiscuous divas of Scream Queens, and the women who will date 30 different guys on national television to find their “soul mate”..... where's a girl gotta go to find some on-screen goodness for the soul? Inspired by the hit TV show Gilmore Girls and its quick-witted mother and daughter duo, this Winterm course will sift through some of pop culture’s notable heroines in search of real role models: girl characters who defy stereotypes, exude confidence, and embrace their own imperfections. We will watch several great girl-dominated shows and movies as the basis for discussions on how these girl characters offer up empowering examples of girlhood and how we can identify with them. We may also dive in to bigger questions about popular culture and media and why good girls on the big screen are hard to find. This class will involve some reading, writing, and critical thinking, but also some really great opportunities to share our ideas about the role models—real and imaginary—we aspire to be like.

*Approximate cost per student: This course will cost approximately $15*

Super Basic Coding: Other Kinds of Coding
Instructor: Mr. Mush Hughes

Ever want to learn more about coding as an Upper Schooler, but have never had the opportunity to do so? This Winterm might be just the thing for you. We'll talk about the basic problem solving and puzzle strategies behind coding, some of the languages and commands used, and what opportunities are available in and out of Cannon to learn more, then we'll code some basic apps and programmable devices, and talk about ways that coding be applied to areas besides just writing programs.

*Approximate cost per student: This course has no associated cost.*
Yoga Workshop with Kelly Spiggle, International Yoga
Instructor: Michelle Zelaya

International Yoga Retreat Leader and Cannon parent, Kelly Spiggle, brings her experience to Cannon students. Explore the different styles of yoga, meditation, journaling and readings from *The 4 Agreements* by Don Miguel Ruiz (book included)
Materials needed: Yoga mat, journal, comfortable clothing for yoga

*Approximate cost per student: This course will cost approximately $135.
*Scholarships available*

Advertising 101
Instructor: Mrs. Reiss & Mr. Tran

Think you might be interested in a career in advertising? Advertising 101 will help you better understand the world of marketing and advertising, and how to tell a story in order to convey a message about a business, product, or service. In this class, groups will create an ad campaign to promote a company and “pitch” their ideas to a panel of judges. Each campaign will contain elements of social media, print, website, and video.

*Approximate cost per student: This course has no associated cost*
All Day Winterm Course Offerings

Tumbling
Instructor: Ms. Shanahan

Never done a cartwheel? A back-hand-spring? A flip? You can learn! Tried gymnastics as a child, but haven't been able to practice in years? Now's your chance!
This is an off campus course. Students will be able to learn and practice tumbling skills at Cabarrus County Gymnastics Monday - Thursday. There will be coaches teaching a variety of tumbling skills at whatever level need. Students at any skill level are welcome to sign up for this course. On Friday, we will all head to Defy Gravity, trampoline park to celebrate the end of the week!

Approximate cost per student: This course will cost approximately $120-170.

Leaders Serve
Instructor: Mrs. Otey

Do you want to learn more about leadership? Do you want to exercise some practical leadership principals and strategies in your current leadership roles? If so, this is the all-day Winterm for you. This course will be a 50/50 split that teaches and practices servant leadership. For a portion of the day, we will be learning about leadership through reading, listening, watching, and discussing real-world leadership strategies. For the remainder of the day, we will be serving senior citizens in our community by planning and executing events for our senior neighbors at nearby Taylor Glen Retirement Community.

Approximate cost per student: This course has no associated cost.
World of Work
Instructors: Mr. Ross, Mrs. McClanahan
Juniors & Seniors

Want to develop your career skills? Want to walk away from Winterm with a resume and interview skills? Want to meet professionals about their careers and how they developed? Sign up for the World of Work! In this Winterm you will split your time between interactive learning at Cannon, work site visits, and professional networking.

Approximate cost per student: This course will cost approximately $0-25.

Farm-to-Table Experience
Instructors: Mrs. Weakland, Ms. Lineberger.

“A Farm-to-Table Experience” will take students on a journey from dirt to dinner table. We will visit local farmers to learn about agricultural practices and trace the path of food products to neighborhood restaurants that pledge to keep food local, fresh, and delicious! We will get a behind the scenes tour of farms in the Concord/Charlotte area and learn about the business of agriculture and livestock farming. We will explore the partnerships between farmers and local restaurateurs to help us understand “where does our food come from?”. Most importantly, we will enjoy dining experiences at some of the finest, farm-to-table restaurants in Charlotte!

Approximate cost per student: This course will cost approximately $150-200.

Food and Photos
Instructors: Ms. Berry, Mrs. Reulbach

Join this Winterm if you want to learn foundational cooking skills and learn how to take amazing food photographs with your iPhone! We will attend an Apple Store, have a cooking lesson at Sur La Table, and visit a local restaurant to take photographs and then stay for lunch. We will also spend time serving at a local food bank and visit social issues such as food insecurity and food waste.

** You must be able to provide your own transportation to Northlake Mall and Huntersville.

Approximate cost per student: This course will cost approximately $125.