

SAMPLE - Quarter 1 High School X-Block Course Guide

Please review course descriptions and credits carefully. We'll do our best to get everyone into their first or second choice block, whenever possible. If there are more requests than available seats in a course, students are selected at random for seats in the course. Course change requests will only be accommodated with a medical need or in extenuating circumstances. Remember to consider any credit deficiencies you have and discuss with the school counselor or your advisor if you have questions.

1st HS X-Block

Guitar (.25 ART Credit) (Combined with MS)	Join us to learn guitar! All levels are welcome. Students will learn open chords and scales. Students will also play the guitar in a group setting and individually before a small audience. Instruction is differentiated to accommodate various skill levels.
Spanish III Must be taken for two consecutive quarters (one semester -.5 WLCredit)	This course builds upon knowledge and skills in Spanish 1 & II. Spanish III introduces new vocabulary, structures and expressions. Students will expand their vocabulary range to include more sophisticated terms, use advanced language expressions, and learn verb tenses and grammatical concepts such as the pluperfect and the subjunctive mood. Students will read selected Spanish literature.
Spanish IV Must be taken for two consecutive quarters (one semester -.5 WL Credit)	This course builds upon knowledge and skills in Spanish III. Spanish IV students will continue to develop vocabulary, structures and expressions. Students will expand their vocabulary range to include more sophisticated terms, use advanced language expressions, learn verb tenses and grammatical concepts. Students will read increasingly complex Spanish literature and continue to increase competency in speaking and listening in Spanish.
Yearbook (.25 ELE or .25 ART Credit) (Combined with MS)	Calling all photographers, journalists, historians, publishers, editors, artists and any other creative individuals that want to help us capture the memories of the 2022-2023 School Year! Students will use various skills including photography, journalism, editing, organization, and collaboration. Yearbook requires students that truly are dedicated - that means that <u>you need to be willing to dedicate a minimum of TWO QUARTERS to this X-Block option</u> , in order to help us stay organized and to help us meet our big deadlines throughout the year.
Sewing Up Art and Science (Wearable Art/ E-Textiles)	Have you ever wanted to jazz up clothing? Wondered how they make shoes light up? It's called electronic textiles. We will be combining science and art to create soft sculptures that light up! You will be using elements of art & design, hand sewing techniques, and basic circuit designs, sewn with

(.25 ART Credit) (HS Only)	conductive thread and a fabric push button to turn on an LED light. Join us to take your art to the next level!
Entomology: The Study of Insects (.25 SCI Credit) (HS Only)	Students will learn about insects, their benefits to humans, and other ways they are important to the planet. We will make a collection and learn to identify common insects by morphological features.
Choir (.25 ART Credit) (HS Only)	Choir is open to all students regardless of musical experience or ability. In this class, students will learn the basic skills of singing and reading music, developing listening skills, and experiencing the interrelated nature of music with other cultures and content areas. Students will study a variety of musical styles: including gospel, musical theater, pop, and classical. While learning rehearsal and performance techniques, students will analyze compositional elements in cultural and historical contexts. The class will be taught as a performing ensemble with daily rehearsals and students will learn multiple part music as part of a team in preparation for a formal performance/concert.
HIIT Training (.25 PE Credit)	High-intensity interval training (HIIT) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest." This will be a progressive exercise program, where all you will need is your own body! It will be a lot of fun, so come get ready to sweat!
Media & Society (.25 SST Credit)	In this course, we will explore the reciprocal relationship between our society and various media technologies (e.g. radio, film, TV, video games, etc.) over time. We will examine how different types of media transmit ideas and play a role in the way we think and behave, including how different media technologies are used by powerful entities for both good and ill—and what the future may hold. By the end of this course students will have a greater appreciation for the mediated world around them and better critical tools with which to navigate it.
Personal Finance (Adulthood) (.25 ELE Credit)	Personal finance is an essential skill for adulthood! This class provides foundational skills for teens; content includes budgeting, emergency funds, compound interest, loans, credit cards, basic tax forms, investing and more. Students will leave this class armed with financial competencies they'll need to navigate their first jobs, college, and beyond into adulthood.
Study Hall (NO CREDIT)	Need work time? Want to do some Khan Academy SAT prep? Study Hall is a no credit X-Block option for students wishing to work independently in a quiet environment.
Off Period (NO CREDIT)	Off periods are granted on a limited basis for Juniors or Seniors who are on track for meeting graduation requirements and are maintaining passing grades in academic courses. Students who select an 'off period' are required to leave campus. Counselor approval is required.

	Students who are credit deficient or who are not maintaining passing grades are not eligible for an off period, but may enroll in Study Hall. Students who select off periods should keep in mind that colleges and employers often like to see students taking a full course load, even if Study Hall is one of the courses.
eDCSD (online HS Credit)	Want to take an online course not offered at RSS? Marketing, Multimedia, Interior Design, perhaps? eDCSD offers semester-long online courses in a variety of subjects. Check out the eDCSD Course Catalog 21-22 for more information. We'll provide a room at school for you to take part in the course - you bring the computer, curiosity, and commitment! *Please note that online courses require self-discipline and commitment. This option is available only for those who want to enroll in a semester-long eDCSD course. There is not an option for a quarter-long eDCSD class. Please plan accordingly.
Concurrent Enrollment (Arapahoe Community College)	Concurrent Enrollment courses are open to Juniors and Seniors who are ready for the rigor of a college level course. Be sure to review Renaissance's Concurrent Enrollment Policy before registering. Ready to take a CE class this fall? Start here: Request a Concurrent Enrollment Course for Fall Browse Courses Available through ACC this Fall (Select ACC-Castle Rock to view courses at ACC Sturm Collaboration Campus) Students taking a CE class in lieu of a core content class (such as Math or English) will have time during the core content blocks to complete their ACC coursework and should select a regular X-Block. Students who wish to take an elective course through ACC should select this option - we'll provide a room at school for you to take part in the course - you bring the computer, curiosity, and commitment!

2nd HS X-Block

Girls' Volleyball* (.25 PE Credit) (HS Only)	Bump, Set, Spike! High School Girls' Volleyball is here! Join us for X-Block practices and team play in a local league, or just hone your skills in the course and skip game play. *There is a fee associated with team/game play for this X-Block, which covers the costs associated with league play, including registration fees, jersey/shirt, coaching, etc. <i>*If this fee presents a hardship, you'll be able to register and contact info@rensec.org for financial assistance information*</i>
Improv (.25 ART Credit)	Experience the power of play, and the fun of improvisational comedy! Play games and learn skills used in live theater in which the plot, characters and dialogue of a game, scene or story are made up in the moment.

Design Lab (.25 ELE Credit) (HS Only)	This 3D Printing and Laser Printing class will utilize various graphic design computer programs to create 2D scalable vector files. The student-created files will be designed with an end "product" in mind, that will be printed/created using the Glowforge 3D Laser Printer or 3D Printer. The course will allow students to explore creativity, realize their own ability to make things, and get students critically thinking about how a 2D design translates into a real-world 3D object.
R³ Renaissance Raptor Runners (.25 PE Credit)	Join the Renaissance Raptor Runners for some fun runs! Open to all runners, the R ³ Raptor Runners X-Block will help you develop speed, stamina, and mental toughness. We'll lay out a plan to get you to the start line and you can enjoy the spoils of victory, whether that is just crossing the finish line or earning a podium spot! Our training will take us around Castle Rock, including to Rock Park for our weekly "Run to the Rock." Students may wish to compete in individual races around the metro area (fees apply). Lace up your shoes and let's get running!
Intro to Video Game Development (.25 ELE Credit)	Do you enjoy video games? Have you ever wanted to learn how to create your own? If so, this is the X-Block for you! We will be learning the basics of coding as well as other software development processes that will give you a better understanding of what it could be like to do this sort of work as a profession. By the time you are done with this class, you will have the skills and knowledge to start creating your own web based 2D video games. As this class is only one quarter long, we will be packing as much information as we can into every class, so come prepared to learn a lot in a very short amount of time. Although you can use a Chromebook in this class, we will be installing software that may require you to add additional storage. If you have access to a PC or Mac, that would be preferred although it is not required. No prior coding experience is necessary, so come and join us and let's write some code together!
Magic: The Gathering (.25 ELE Credit) (Combined with MS)	This class will introduce new players to Magic: The Gathering and help seasoned spell-slingers take their skills to the next level while continuing to build the community that has made the game enduringly popular. Learn the basics! Experience different play formats! Develop expert strategies and, of course: "practice," with friends new and old!
Psychology & the Good Life (.25 ELE Credit)	In this class, students will learn what the science of psychology says about how to make wiser choices to live a life that is happier and more fulfilling. We'll also discuss misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change.
Stewardship /Student Aide (combined with Middle School) (.25 Elective Credit)	This is an opportunity for a select few students to serve the Renaissance campus by maintaining the grounds, being responsible for stewardship in our spaces, and providing teachers with office support (copies, lamination, etc). Join this small crew!
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*Are you participating in an off-campus sport or activity and want it to be considered for credit? 'Off-Campus X-Blocks' are for activities at locations other than Renaissance that fit into the categories of PE, Arts, or Academics, and are sanctioned by an instructor or coach. Attendance must be taken and a grade given. Approval is required to be enrolled in an off-campus X-Block. [Submit this form](#) to request one.

Students who are working, taking part in an independent activity, or completing an activity with a parent or family member, should elect to take an off period instead.