

Dear Students, Parents, and Friends of Good Hope Country Day School,

On March 13th, our forty-first (XXXXI) annual "Mini-Gusto" program begins! For five days middle and upper school students will pursue special electives designed to provide new, rewarding experiences outside the classroom and even off-island. We thank you in advance for making Mini-Gusto successful this year!

This booklet describes the Mini-Gusto courses offered. Eleventh and twelfth graders should focus on internships, which are invaluable opportunities, or community service. This year includes options in many different career fields. Nearly every business and government agency who has participated in the past has enthusiastically agreed to participate again.

This five-day block of Mini-Gusto provides all students an opportunity to broaden their scope of experience. A student should select a course that either adds a new experience or offers an opportunity to learn a new skill. **All students will be required to complete a journal of their Mini-gusto experience.**

We also offer a variety of activities to expand horizons, develop new skills, and provide new experiences. These include introducing students to activities such as golf, kayaking, SCUBA diving and more.

Off Island Trips: The following guidelines have been established to ensure that all graduates have participated in the career portion of our Mini-Gusto program during high school.

- a. No student may travel more than two of their four years in high school.
- b. Each student should participate in a career/community service opportunity twice during high school.

Transportation: Students scheduled for internships/community service are to **provide their own transportation**. Due to increasing restrictions on our transportation insurance, the school can no longer allow teachers or other parents to drive students to Mini-Gusto activities *unless and until* the appropriate waiver is signed and returned. Taxi-vans will be hired for most group activities. Transportation costs will be included in the overall price of most activities *and although we do our best to anticipate this expense activity fees may change at times once transportation has been figured.*

Finances: Most interest activities require fees (see above). These range from substantial for off-island trips to minimal for supplies. Course descriptions indicate fees and how to pay.. **Please do not include the fee with registration; you will be asked to pay when the lists have been confirmed.**: Fees for courses offered by a local business such as scuba diving will be paid directly to the sponsoring business on the first day of Mini-Gusto. (Please note that the school reserves the right to reschedule any student registered for an expensive trip or activity if the family is seriously behind on their tuition payments.)

Scheduling: After reading the following course descriptions, each student is asked to fill out a registration form, available from their advisor or the main office, and return it – with parental signature - no later than Thursday, March 2nd, to the Front Office. **No electronic submissions will be allowed; hard copy to the main office only.** It is important that these forms be completed and on time. Incomplete forms will be returned to the student for completion before any scheduling is done.

Career Service Offerings: Students who sign up for an internship program should keep in mind that they will be representing Good Hope Country Day as well as themselves. All students will be expected to be on time, dress appropriately and act responsibly. We are grateful for the broad support given to us by the St. Croix community. **Again, Juniors and Seniors are REQUIRED to sign up for INTERNSHIP or COMMUNITY SERVICE OFFERINGS** unless other arrangements have been made with Mrs. Grey (college visits trip, private internship, etc.).

Individualized Experiences: Students who are approved for an activity/internship/travel not coordinated by the School, will be required, **like all students**, to keep a journal and may also be required to submit a paper about their experience.

Mini-Gusto XXXXI

INTERNSHIPS

Caribbean Adventure Tours	Ms. Dunton
Chiropractic Internship	Williams Family Chiropractic
Crucian Gold	Nathan and Therese Bishop
GHCDS Early Learning Center	Ms. Bicette, Ms. LaHaye
Head Start Program	Dept. of Human Services
Hospitality and Tourism	The Buccaneer Hotel
JollyRoger Tours	Ms. Klein
Moorman Aesthetic Center	Dr. Greg Moorman
Nelthropp and Low Jewelers	Rob Low
Plessen Medical Group	Lisa Gay, Dr. Tawakol, Dr. Khan
Radio Internship	JKC Communications/Amanda Cohen
Real Estate Internship	Calabash Realty
Superior Court of the V.I.	Judge Jessica Gallivan
Vision Center Internship	Dr. Jaclyn Robak, Dr. Gala

FULL DAY ACTIVITIES

Mini Gusto Snap	Ms. Grace
P.A.D.I. SCUBA	Mr. Summerhayes, Greg & Mel Gapen
Red Cross Lifeguarding	St. Croix Dolphins
The Drowsy Chaperone Prep	Ms. Wilson
Woman vs. Wilderness	Ms. Beach

MORNING ACTIVITIES

AP Calculus Review	Ms. Logan
Archery	Ms. Amada Warehime
Crash Course: Watercolor!	Ms. Biddle
Eat, Dance, Learn (Come, Baila, Y Aprende)	Sra. Capriola
Eco-Tourism Kayak Tours	Ms. Dunton
Firearm Safety/Marksmanship	Mr. Fletcher
Fretboard Fundamentals	Mr. Canning
Fun in the Sea	Bill Kraft
GHCDS Early Learning Center	Ms. Lake
Golf at The Buccaneer	Mr. Kenny Peets, Mr. Barrant
Kiteboarding	Mr. Locher, Chris Doyle
Snorkeling Safari	Ms. Baker, Ms. Blanchette
Smash Book Journal	Ms. Banwaree
St. George Village Botanical Garden	Mr. Dewey Hollister
Tennis for Beginners	Mrs. Logan
West is Best	Ms. Schill

AFTERNOON ACTIVITIES

Animal Welfare Center	Ms. Donarski
AP U.S. History Review	Ms. Guerra
Badminton	Mr. Summerhayes
Bottle Cap Mosaic	Ms. Banwaree
Campus Beautification	Mr. Fletcher
Eco-Tourism Kayak Tours	Ms. Dunton
Francophone Film	Ms. Schill
Fretboard Adventures	Mr. Canning
GHCDS Chess Championships	Mr. Barrant
Hand Building in Clay	Ms. Biddle
Intro to Photography	Ms. Grace
Kiteboarding	Mr. Locher, Chris Doyle
Nature Art	Mrs. Coles
Paper Engineering	Ms. Baker
Traditional West African Dance	Kaisha Arnold
Welcome to College Prep!	Ms. Logan

INTERNSHIP OPPORTUNITIES*

**indicates community service hours earned*

***All interns are responsible for their own transportation to and from job (waiver necessary);
internships are full-day activities unless otherwise stated.***

CARIBBEAN ADVENTURE TOURS:

Learn to be a National Park Historical/Ecological kayak tour guide at Salt River. Training will include learning about the flora, fauna and history of this natural treasure; a tour script is provided. The internship could result in part/full time employment once the training and protocol is completed. Candidates should be highly motivated, well-spoken and out-going! This multi-faceted internship is a great opportunity for the student wanting to learn, engage with tourists and work.

Enrollment:	Grade 10 - 11
Limit:	none
Fee:	none
Requirements:	must be a swimmer; bring a snack, lunch, towel and a change of clothes
Instructor:	Ms. Dunton

CHIROPRACTIC:

The intern will assume the role of Chiropractic assistant at Williams Family Chiropractic, along with shadowing the doctor with select patients. The intern will be able to learn the intricacies of filing, billing and documentation in the Chiropractic office. Social interaction with the patients is a large part of a chiropractor's or Chiropractic assistant's job, as is the ability to keep discrete the details of such interactions. All of the nuances of working in a professional facility will be explored at the basic level of this internship. In the afternoon, you will shadow Dr. Jay as he provides care to his patients. Learn from the best at this alumni-family owned business.

Enrollment:	Grades 11 and 12
Limit:	2 maximum; 1 minimum
Fee:	none
Requirements:	Business-casual dress or scrubs
Instructor:	Dr. Jason Williams

CRUCIAN GOLD:

Would you like to learn the jewelry business, in the storefront and hands-on in the studio creating unique, one of a kind pieces? Enjoy this opportunity to work in one of St. Croix's finest jewelry stores, Crucian Gold.

Enrollment: One
Prerequisites: Appropriate dress
Time: 9:00 – 4:00
Contact: Nathan Bishop

***GHCDS EARLY LEARNING CENTER:**

Thinking of becoming a teacher? Love small children? Want to play on the floor again and take naps (just kidding)? Then consider being an aide in the preschool and kindergarten for the week! Assist Ms. Bicette and Ms. LaHaye in the daily activities and amazing learning that takes place in our very own Early Learning Center!

Enrollment: Grades 7 through 12
Limit: 2
Fee: none
Instructors: Ms. Bicette and Ms. LaHaye

***HEAD START PROGRAM:**

Recognized nationwide as the primary empowerment program for children three years of age, and no older than four years of age upon registration, Head Start provides high quality, comprehensive services to children and parents in areas such as Education, Health, Mental Health, Disabilities and Nutrition, to name a few. Ultimately Head Start seeks to foster school readiness skills. Students with thoughts of working in any of these specialties, or of becoming a teacher, may choose this rewarding offering and *be placed in a location of their choice.*

Enrollment: grades 9 —12
Limit: 8 maximum; 1 minimum
Prerequisites: A desire to work with young children in a classroom setting; dedication.
Time: 8:00 AM – 3:00 PM
Contact Person: Ms. Michelle Williams-Ballantine, Ms. Miguelina Neptune

HOSPITALITY AND TOURISM:

Learn about the tourism and hospitality business at St. Croix's beautiful Buccaneer Hotel. Student will be responsible for assisting with Front Office operations at the front desk, concierge desk and in the reservation area. Answering phones, assisting guests and working with hotel team members as they perform their duties, this opportunity will give you a first- hand look at the tourism and hospitality business.

Enrollment: Grade 11 – 12
Limit: One
Time: 8:00 – 11:30
Requirements: Business- casual dress (no jeans or t-shirts)
Contact: Letisia Williams, Senior HR Generalist

JOLLYROGER TOURS:

Do you enjoy sailing, snorkeling and meeting new people? Are you interested in working in the tourism industry? Would you like to run your own business? If you answered “yes” to all of these questions, an internship on the JollyRoger may be right for you! Travel to Buck Island on the beautiful catamaran “JollyRoger” and learn the business of providing tourists with a snorkeling experience they’ll never forget!

Enrollment: Age 16 and up
Limit: 1
Time: 9:00 - 4:00
Requirements: must be a swimmer, no-seasickness, swimsuit, towel and sunscreen req’d.
Contact: Ms. Thatcher

MOORMAN AESTHETIC CENTER:

Interested in learning about the field of reconstructive/cosmetic surgery? Want to hone your diagnostic skills or go to surgery? Spend the week shadowing St. Croix’s foremost reconstructive and aesthetic surgeon, Dr. Greg Moorman, and his physician’s assistants, as they meet with patients and perform surgery. You’ll experience all facets of this interesting field in this busy office.

Enrollment: Grades 10-12
Limit: 2 maximum, 1 minimum
Requirements: own transportation, sincere interest, confidentiality and professionalism
Contact: Ms. Thatcher

NELTHROPP AND LOW:

Love the look of chaney, silver and gold? Enjoy working with the public? Interested in jewelry design and production? Spend the week at Nelthropp and Low learning about retail sales and jewelry making from one of St. Croix’s premier jewelry stores.

Enrollment: Grades 10 – 12
Limit: One
Requirements: Professional dress, comfortable working with the public
Contact: Mr. Rob Low

PLESSEN MEDICAL GROUP:

Student will join our Nurse Practitioner, Lisa Gay, in our primary care clinic and our physicians, Dr. Jan Tawakol and Dr. Tasnim Khan, in both the clinic and hospital setting. They will assist in collecting patient information and vital signs and observe and discuss patient evaluation, diagnosis, and treatment in order to get a first-hand view of how our health care system works and options for careers in the medical field.

Enrollment: Grade 11 – 12
Limit: One
Requirements: Professional dress or scrubs
Contact: Lisa Gay, N.P./Ms.Thatcher

RADIO STATION INTERNSHIP:

JKC Communications, *Isle 95fm, Mongoose 104.9fm, Sunny 99.5fm, Latino 98 and Country 93.5fm*, would like to introduce one student to each of their commercial radio stations. Students may learn how to create and record public service announcements and broadcast weather reports as well as learn how the computer is used in the daily operation of a radio station. Another important aspect of radio is sales and marketing. You may become a salesman of radio commercials or you may even become involved in a little maintenance work, not to mention the possibility of trying your hand at being a guest DJ!

Enrollment: Grades 11 through 12
Limit: Five
Prerequisites: Interest in radio and an outgoing personality a plus
Time: 12:30PM to 3:00 PM (Times may vary)
Contact Person: Amanda Cohen

REAL ESTATE:

Here's a wonderful opportunity to learn about the complex and exciting world of real estate sales and property management at CALABASH REAL ESTATE. You're going to buy a house someday, so you might as well start looking early! Daily activities will vary depending on schedule that week but may include opening houses for showings, marketing and advertising, site visits to managed properties and more.

Enrollment: Grades 10 through 12
Limit: Two
Prerequisites: Professional dress
Time: 8:00 – 3:00
Contact person: Ms. Honnie Edwards

SUPERIOR COURT OF THE VIRGIN ISLANDS:

At the Superior Court of the USVI, **Judge Jessica Gallivan** will provide an introduction to the USVI court system. Students will have the opportunity to experience court procedures including Advice of Rights, Domestic Violence Court, Probate Court and Small Claims Court. If any jury trials are scheduled that week, students will have the opportunity to observe a jury trial. Any student interested in the legal system won't want to miss this opportunity.

Enrollment: Grade 11-12
Limit: 3 maximum, 1 minimum
Prerequisite: Must have an interest in government, law and/or the criminal justice system.
Time: 8:00 – 3:00
Contact Person: Jessica Gallivan

VISION CENTER:

If you are interested in learning about optometry or if you have an “eye” for helping people to choose their new glasses, **THE VISION CENTER** is the place for you! Spend the day helping the doctors, technicians and eyewear specialists with patient services and customer care at this Sunny Isle location. This is a great opportunity for anyone interested in any medical field.

Enrollment: Grades 9 -12
Limit: Two
Prerequisite: Interest in Optometry or medicine; business-casual attire and close-toed shoes
Time: 9:00 AM -1:00 PM
Contact person: Dr. Jaclyn Robak

FULL DAY ACTIVITIES

**indicates community service hours earned*

MINI-GUSTO SNAP:

Would you like to help take pictures of other Mini-Gusto activities? Participants will be responsible for driving to other activities and taking pictures of Good Hope Country Day students. The lucky photographers must be a licensed VI driver, have current insurance/permission forms on file, and his/her own digital camera.

Enrollment: Grades 11 to12
Limit: 2 maximum; 1 minimum
Fee: none
Prerequisites: must have a car and a VI Driver's License
Instructor: Ms. Grace

OPEN WATER SCUBA CERTIFICATION:

If you want to learn to scuba dive, take this PADI Open Water Diver course with Latitude 17 Scuba Diving. The five day course results in a lifetime certification, recognized all over the world. As an Open Water diver you'll have the freedom to dive with a buddy independently of a diving professional.

The first two days are theory & diving practice in the GHCDs swimming pool. The last three days involve dives at beach sites. **Students must arrange for their own transportation to/from ocean sites Wed-Fri.**

Enrollment: Grades: 8 through 12
Limit: 6 maximum; 2 minimum
Fee: \$350.00 (**make check payable to Latitude 17**)
Prerequisites: Ability to swim comfortably with mask and snorkel
Instructor: Mr. Summerhayes, Greg and Mel Gapen

RED CROSS LIFEGUARDING COURSE:

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion, and hands-on practice, participants in the Mini – Gusto will learn team work, rescue and surveillance skills, First Aid and CPR/AED and other skills necessary to work as a professional lifeguard. Successful completion includes a 2 year certification in Lifeguarding that includes first aid, professional level CPR and AED in one certificate.

Enrollment: Participants must be at least 15 years old
Limit: 10 maximum; 4 minimum
Fee: \$300.00 (**payment made to St. Croix Swimming Association, SCSA**)
Requirement: must be able to pass swimming test
Instructor: Coach Brian and Ms. Boring

THE DROWSY CHAPERONE:

Open to all students involved in the *Drowsy Chaperone*, this year's Spring Musical. **You may choose this as a morning, afternoon or all day activity.** We will be preparing for the play by researching and practicing period make-up and hairstyles, working on sets and costumes, and organizing the costume trailer, as well as doing whatever needs to be done!

Enrollment: Members of the play, or other interested students
Limit: none
Fee: none
Instructor: Ms. Wilson, Mrs. Mares, Mr. Barnwell

WOMAN VS. WILDERNESS:

This activity is an empowering experience for girls at Mt. Victory Camp. Learn an array of wilderness skills: trail tracking, making fire by friction, identify native plants, extract natural dyes, make pottery, and weave baskets. All in the beautiful west-end hills of St. Croix! Character and team building activities will make this an unforgettable experience.

Enrollment: Grades 7 to 10
Limit: 10 maximum; 4 minimum
Fee: \$225.00 (**payment made to GHCDs**)
Instructors: Ms. Beach

HALF DAY ACTIVITIES, MORNING

**indicates community service hours earned*

Unless there is a statement to the contrary, all half day activities will be held in the morning, from 8:00 to 11:30

AP CALCULUS:

AP Calculus students will work on preparing for the big exam in May!

Enrollment: Grade 12
Limit: 9 maximum, 5 minimum
Fee: (who would *pay* to do this?!)
Instructor: Ms. Logan

ARCHERY Archery is one the oldest arts still practiced. Although archery probably dates to the Stone Age, the earliest people known to have used bows and arrows were the ancient Egyptians, who adopted archery at least 5000 years ago for purposes of hunting and warfare. Get in touch with your inner Stone Age self and fast forward to what archery means in the 21st century as an Olympic sport. In this course with Ms. Warehime, participants will receive a solid introduction to international archery competition including long course (70m) and short course (30 m).

Enrollment: Grades 7 to 8
Limit: Maximum 10
Fee: A donation can be made to the Virgin Islands Archery Federation for arrows and other equipment, and would be appreciated (***payable to the Federation via Ms. Warehime***)
Instructor: Amanda Warehime

COME, BAILA Y APRENDE (EAT, DANCE AND LEARN!)

This fun activity will expose the participants to an array of cultural activities from Latin America. We will start the day with the preparation of a tasty traditional breakfast, each day featuring a different country. The students will have the opportunity to review vocabulary related to food and to follow recipes. Later in the day, students will learn some Latin dance steps as they work-out to a Zumba routine! We'll end the activity learning about history and traditions as we watch "Tiempo entre Costuras", a Spanish series.

Enrollment: Grades 7 12
Limit: 10 maximum, 4 minimum
Fee: \$35.00 (***payable to Ms. Capriola***)
Instructor: Ms. Capriola

CRASH COURSE IN WATERCOLOR PAINTING, IN CLASS AND OUTDOORS!

This activity provides step-by-step instruction in a variety of watercolor techniques, including special effects, glazing, wet on wet washes and more working from color photographs or still life of flora and fauna, and your pets. Students will explore a full range of watercolor painting using the best art materials and supplies!

Enrollment: Grades 7 – 12
Limit: 8 maximum, 5 minimum
Fee: \$30.00 (***payable to Ms. Biddle***)
Instructor: Ms. Biddle

FIREARM SAFETY AND MARKSMANSHIP:

This valuable elective is made possible through the St. Croix Marksmanship Association. Up to ten students will have the opportunity to take instruction at the shooting range located next to the Howard Wall Boy Scout Camp. Students will learn how to safely use and maintain firearms. Firearms will be provided by the St. Croix Marksmanship Association, and transportation will be provided by Country Day School.

Enrollment: Grades 7 to 12
Limit: 15 maximum; 5 minimum
Fee: \$150.00 (**payable to GHCDS**)
Faculty: Mr. Fletcher

FRETBOARD FUNDAMENTALS: a comprehensive introduction to playing the guitar

Designed as a class for absolute beginners, **Fretboard Fundamentals**, is a week-long, full-immersion guitar clinic that will effectively “jump start” you on a journey toward fulfilling your freeboard aspirations! By week’s end, participants will be well on their way toward enjoying a new, creative and joy-inducing musical hobby! Students will get a comprehensive introduction to playing the guitar (electric or acoustic) and will learn how to apply rudimentary music theory to the guitar fret board. Chords, scales, arpeggios and modes will all be covered and will be applied in context to songs, etudes and jams. Instruction will also be individualized and specific lesson plans/practice routines will be tailored to meet the needs of each learner. Some guitars may be available for loan.

Enrollment: Grades 7 to 12
Limit: 8 maximum; 3 minimum
Fee: None
Prerequisite: Must have a guitar or see Mr. Canning to possibly borrow
Instructor: Mr. Canning

FUN IN THE SEA!:

Spend your morning learning to kayak, snorkel, paddle board and more! It’s all available to you at Chenay Bay, where Mr. Bill Kraft will teach the techniques and tricks to enjoying our beautiful Caribbean in boat, on board and on the beach. Enjoy and get fit at the same time!

Enrollment: Grades 7 – 12
Limit: 20 maximum; 8 minimum
Fee: \$225.00 (**payable to GHCDS**)
Requirements: swimmer; bring sunscreen, water and snack
Instructor: Bill Kraft

GOLF AT THE BUCCANEER:

Have you always wanted to learn to golf? Are you hoping to improve your swing? Here is your chance to learn the mechanics, the etiquette and the rules of the game from Kenny Peets, the golf pro at The Buccaneer Hotel. ***This activity is offered for both Mini-gusto week and the week of Spring Break as well!*** Golf clubs are available if you don't have your own. This could be the beginning of a GHCDs Golf Team!

Enrollment: Grades 7 – 12
Time: 9:00 – 11:00
Limit: 12 maximum; 6 minimum
Fee: \$140.00 (***payable to GHCDs***)
Instructor: Mr. Kenny Peets, golf pro

KAYAK ADVENTURE SALT RIVER:

Explore Salt River Bay National Historical Park and Ecological Preserve from the water as you kayak the calm protected waters of the bay. Interact with the flora and fauna, great photo opportunities, and spend one day hiking up to the National Park Museum. Team building challenges will be featured including knot tying and Kayak "Catch".

Enrollment: Grades 7 through 11
Time: 8:00 AM to 11:30 AM
Limit: 24 maximum; 6 minimum
Fee: \$165.00 (***payable to GHCDs***)
Instructors: Ms. Dunton

KITEBOARDING:

Kite boarding is the fastest growing watersport in the world, and for good reasons. It is the most exciting way to spend a day on the water, and it is easy enough for almost anyone to learn. Get the skills and knowledge needed to be a safe and confident rider under the guidance of an IKO certified instructor and assistant from The Leading Edge Kite School. **Students will travel with Mr. Locher; waiver required.**

Enrollment: Grades 7 through 12
Limit: 3 maximum; 2 minimum
Fee: \$350.00 (***payable to Leading Edge Kite School***)
Instructor: Chris Doyle, Mr. Locher

SMASH BOOK JOURNALS:

Participants will learn how to build their own one of a kind journal, design and cover them and fill them with art, poetry, found objects, notes, collage, and anything that can fit inside. Journal prompts will be based on identity, teen stress and culture. Prompts will be simple and fun to answer and discuss.

Enrollment; Grades 7 to 12
Limit: 10 maximum; 3 minimum
Prerequisites: none
Fee: \$10.00 (***payable to Ms. Banwaree***)
Instructor: Ms. Banwaree

SNORKELING SAFARI:

Join Ms. Baker and Ms. Blanchette on some of St. Croix's best snorkeling beaches for a week of underwater sightseeing! The week begins at Cane Bay, snorkeling the lively reef and the visiting the staghorn coral nursery. Other sites during the week (according to the winds) will include Tamarind Reef, Green Cay, Mill Harbor tires, Dorsch Beach, the F'sted Pier and Thor's Beach.

Enrollment: Grades 7 - 13
Limit: 8 maximum
Prerequisites: a swimmer comfortable in the water, but can be a beginning snorkeler
Fee: \$90 (transportation fee; will depend on enrollment; **payable to GHCDS**). If you need snorkeling gear, *please do not buy some at Kmart*. We have extra gear to lend or can rent it for the week; good gear is essential!
Instructor: Ms. Baker and Ms. Blanchette

***ST. GEORGE BOTANICAL GARDEN:**

You and your friends can be instrumental in creating a Victorian Fern Pyramid—after having the fun of demolishing the old fern gazebo—while earning community service hours! The Botanical Gardens is one of St. Croix's most valued historical sites and popular tourist destinations; this is your chance to be of part of a major improvement to the garden while learning how to build a fern pyramid.

Enrollment: Grades 9-12
Limit: 6 maximum, 3 minimum
Prerequisites: enjoy working outdoors, project-oriented
Fee: TBD (transportation fee only)
Contact: Mrs. Coles

TENNIS FOR BEGINNERS:

If you have always wanted to play tennis and have little to no experience, join tennis pro Don de Wilde at the St. Croix Tennis Club at Beeston Hill. Don will teach you the fundamentals that will allow you to make tennis a pastime for life, while having a week of fun and exercise!

Enrollment: Grades 7 – 12
Limit: 10 maximum, 6 minimum
Fee: \$100.00 (**payable to GHCDS**)
Instructor: Don deWilde and Mrs. Logan

WEST IS BEST:

From taking an historical hike through Frederiksted with CHANT, yoga on the beach at Sprat Hall, Bicycling with Freedom City and a hike to Maroon Ridge Lighthouse, finishing with brunch at Polly's on the Pier, students will be reminded of why "West is Best"!

Enrollment: Grades 9 to 12
Prerequisite: must be in good health to endure uphill hikes, no allergies to flowering plants
Limit: 10 maximum; 5 minimum
Fee: \$165.00 (**payable to GHCDS**) plus brunch money for Friday!
Instructor: Ms. Schill

HALF DAY ELECTIVES, AFTERNOON

Unless stated otherwise, all afternoon activities will be held in the afternoons from approximately 12:30 – 3:00

*ANIMAL WELFARE CENTER:

The Animal shelter welcomes students who love animals but who also want to be of service to the shelter. Daily activities include: providing exercise and socialization for the cats and dogs; assisting with light cleaning and care; making simple toys; taking videos and pictures of the adoptable pets for facebook, to encourage adoptions. Students may also help create the Shelter's St. Patrick's Day Parade float and participate in the parade on Saturday, March 18th!

Enrollment: Grades 7 through 10
Limit: 5 maximum, 3 minimum
Fee: none
Time: depending on interest, students can begin at 11:00 rather than 12:30
Requirements: please wear appropriate clothing and tennis shoes (will get dirty!); provide own snack/lunch
Contact: Therese Donarski, Director

AP U.S. HISTORY REVIEW:

Are you nervous about doing well on the AP U.S. History exam in May? Or do you just *really love* U.S. History and want to spend your mini-gusto afternoons reviewing it? If so, this elective is for you. We will spend the afternoons reviewing how to write an excellent DBQ and long essay. We will also review material, play Kahoots, incorporate some quiz bowl, and, of course, have snacks.

Enrollment: 11th grade
Limit: 22 maximum; 1 minimum
Prerequisites: current AP U.S. History students (preferable)
Fee: None
Instructor: Ms. Guerra

BADMINTON:

Students will learn the fundamentals of the fastest racquet sport in the world. This course will include warm-ups, drills, and actual play. Strokes taught include: net shots, drops, drives, clears, and smashes. Placement of shots, footwork strategy, and deception will also be emphasized, including videotape instruction. Badminton is easy to learn, difficult to master, and an excellent workout. Sign up **only** if you are willing to **work hard** and **sweat a lot!**

Enrollment: Grades 8 to 11
Limit: 7 maximum
Fee: \$15.00 for badminton birds; (**payable to Mr. Summerhayes**)
Instructor: Mr. Summerhayes

BOTTLE CAP MOSIAC:

Create your very own mosaic art piece using only reused bottle caps and your imagination. You will be amazed by what you can create! See Pinterest for some great examples and be ready to work!

Enrollment: Grades 7 – 12
Limit: 15 maximum, 3 minimum
Fee: \$10.00 (**payable to Ms. Banwaree**)
Instructor: Ms. Banwaree

***CAMPUS BEAUTIFICATION:**

Participants in this Mini Gusto will engage in projects around campus, focusing on mural painting on buildings and general aesthetic fine-tuning. Projects might also include assisting the maintenance staff with grounds projects. Be a part of the beautification of your school! No artist requirements or special skills needed! Show your Panther Pride this Mini-gusto!

Enrollment: Grades 7 through 12
Limit: none
Fee: none
Instructors: Mr. Fletcher

FRENCH FILM AND CULTURE:

Students will explore culture and language through a variety of movies from France and other French-speaking countries, over a variety of time periods. The films will be subtitled and we will view from a different genre each day. Don't forget your snacks!

Enrollment: Grades 8/9 – 12
Limit: 12 maximum, 5 minimum
Fee: none
Instructor: Ms. Schill

FRETBOARD ADVENTURES

This week-long guitar immersion is designed for the intermediate to advanced guitar player who wants to take his or her playing to the next level. This clinic will take participants on a thoroughgoing adventure through the twists and turns of the fretboard labyrinth. The class will raise the stakes and crank the rigor up a notch or two (*in the words of the immortal Nigel Tufnel "this one goes to 11!"*). IN this more "advanced" class, we will work on the scales, chords, arpeggios, etudes and more. Students will be fed a steady diet of chord chemistry and will learn specifically how to apply music theory concepts to the fretboard matrix. This is a guitar clinic for those who truly wish to take the "no idle frets oath" and to learn a craft that opens up an entire world of joyous self-expression and feet-tapping fun (while evidently thickening the brain's "corpus callosum"—see the TED-ED animated film "**Your Brain on Music!**").

Enrollment: Grades 9 – 12
Limit: 8 maximum, 2 minimum
Fee: none
Instructor: Mr. Canning

GHCDS CHESS CHAMPIONSHIPS!

Do you love the game of chess, with its strategy and skill? Or, do you want to learn the game for the first time? Now is your chance to learn or to refine and improve your game, during this week of play. Formatting may include "Round Robin" play or one-on one tournament play. Come ready to challenge yourself as well as your opponents while being instructed by the first Virgin Islands Chess Champion, Mr. Barrant.

Enrollment: Grades 7 – 12
Limit: 12 maximum, 2 minimum
Fee: minimal, if any
Instructor: Mr. Barrant

HAND BUILDING IN CLAY:

Create sculptural forms and hand built vessels in this class that focuses on techniques, including coil and slab construction methods. We'll explore with various glazes and slips and look back at the history of ceramic art. Beginning and experienced clay students welcome.

Enrollment: Grades 7 through 12
Limit: 8 maximum, 5 minimum
Fee: \$30.00 (***payable to Ms. Biddle***)
Instructor: Ms. Biddle

INTRODUCTION TO PHOTOGRAPHY:

Do you love taking pictures? Do you want to develop your "creative eye"? Would you like to use a camera instead of your phone to capture beautiful, interesting or special moments in time? Then this activity is for you! Students in **Intro to Photography** will learn to use a digital single-lens reflex camera from Ms. Grace. Students may use the school cameras or they use their own DSLR camera if they have one. Add photography to your list of life-long pleasures!

Enrollment: Grades 7 – 8
Limit: 8 maximum, 4 minimum
Fee: none
Instructor: Ms. Grace

KAYAK ADVENTURE SALT RIVER:

Explore Salt River Bay National Historical Park and Ecological Preserve from the water as you kayak the calm protected waters of the bay. Interact with the flora and fauna, great photo opportunities, and spend one day hiking up to the National Park Museum. Team building challenges will be featured including knot tying and Kayak "Catch".

Enrollment: Grades 7 through 11
Time: 8:00 AM to 11:30 AM
Limit: 24 maximum; 6 minimum
Fee: \$125.00 (***payable to GHCDS***)
Instructors: Ms. Dunton

KITEBOARDING:

Kite boarding is the fastest growing watersport in the world, and for good reasons. It is the most exciting way to spend a day on the water, and it is easy enough for almost anyone to learn. Get the skills and knowledge needed to be a safe and confident rider under the guidance of an IKO certified instructor and assistant from The Leading Edge Kite School. **Students will travel with Mr. Locher;** waiver required.

Enrollment: Grades 7 through 12
Limit: 3 maximum, 2 minimum
Fee: \$325.00 (**payable to Leading Edge Kite School**)
Instructor: Chris Doyle, Mr. Locher

NATURE ART

“Imitation is the sincerest form of flattery.” Appreciate nature and make some natural art to take home or give as a gift! We’ll model nature as we create in batik, watercolors, haiku and other art forms.

Enrollment: Grades 7 through 10
Limit: 10 maximum, 4 minimum
Fee: \$30.00 (**payable to Mrs. Coles**)
Instructor: Mrs. Coles

PAPER ENGINEERING:

Learn to make pop-ups, three-dimensional forms and even paper toys! Learn the special techniques of amazing paper artists, then surprise and thrill your friends and family (and perhaps even yourself)!

Enrollment: Grades 7 – 12
Limit: 12 maximum
Prerequisites: a desire to have fun, learn something cool and enjoy creating
Fee: \$10.00 (**payable to Ms. Baker**)
Instructor: Ms. Baker

TRADITIONAL WEST AFRICAN DANCE:

Join Kaisha Arnold, co-founder of Dembaya Arts Conservatory, to learn about traditional West African Dance using a wide range of music and instruments. No previous dance experience needed; just a desire for fun, exercise and inspiration! The week will end in a performance for those on campus!

Enrollment: Grades 7 to 12
Limit: minimum 10
Fee: \$50.00 (**payable to GHCDs**)
Instructor: Kaisha Arnold

WELCOME TO COLLEGE PREP!

In this activity we will focus on the necessary skills for surviving freshman year. We will work on inexpensive dorm room cooking and basic survival skills from sewing on a button to opening a bank account. Each day we will cook one or two meals using only dorm-approved cookware, and learn one or two essential "survival" skills.

Enrollment: Grades 11 -12
Limit: 15 maximum, 4 minimum
Fee: \$25.00 (***payable to Ms. Logan***)
Instructor: Ms. Logan

- REMINDERS:** (1) Juniors and Seniors are required to sign-up for Internships/Community Service.
(2) You will not be allowed to repeat a previous Mini-Gusto Activity.

MINI – GUSTO XXXXI REGISTRATION 2017

NAME _____ GRADE _____ ADVISOR _____

2015 Mini-Gusto Activity: _____

2016 Mini-Gusto Activity: _____

1. My first choice is **(choose one)** ___ a full day experience **OR** ___ a combination of a morning and an afternoon activity.
2. Please list, *in order of preference*, **a minimum of three activities for each.**

Full Day Activity

Fee

1st _____

2nd _____

3rd _____

4th _____

Morning Activity

Fee

1st _____

2nd _____

3rd _____

4th _____

Afternoon Activity

Fee

1st _____

2nd _____

3rd _____

4th _____

Student Signature: _____ Parent Signature: _____



THE FORM MUST BE FILLED OUT COMPLETELY IN ORDER TO BE CONSIDERED

Return no later than Thursday, March 2, 2017