

# SUMMER SPARK

A unique & exciting summer program for rising  
Freshman, Sophomores & Juniors at Shrewsbury High

**2020**



Summer Spark is an exciting week-long experience that will take students beyond the walls of a traditional classroom to AWAKEN new interests, INSPIRE existing passions and EXCITE eager minds. Each class is rich with hands-on activities, field trips, and engaging instruction, all designed to ignite the spark to learn, discover and, most of all, have fun. At the end of the week, we hope to have inspired students and teachers alike, where students continue pursuing the interests fueled by the depth of their experiences and teachers feel energized by the opportunity to explore a new topic or a different style of teaching.

## Program Offerings

### *Life Skills*

- Adulting 101: Life Skills for Teens
- Empowering Young Women: Reach for the Stars

### *Multi Media Exploration*

- Once Upon A Time: The Realms of Faerie & Fantasy
- Creating Your Own Public Health Campaign

### *The Arts*

- Devising: Exploring the Elements of Theater
- Creative Acrylic Painting

### *Sports*

- Physics of Sports
- Ultimate Frisbee

### *Science & Technology*

- Creating with Micro:Bits
- Website Development, Customization & Publication
- Introduction to Sustainability

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## Program Highlights

- Weeks of July 6-10 OR 13-17
- Classes run 5 days, Monday thru Friday
- 9am - 3pm at Shrewsbury High School
- 15:1 student to teacher ratio
- Field trips and/or guest speakers
- Cost is \$250 per class

Summer Spark is sponsored by the Shrewsbury Public Schools Colonial Fund. The Colonial Fund's mission is to invest in the development of new ideas and initiatives that support the district's strategic priorities. Whether through engaging speakers, funding projects, training teachers or starting a program like Summer Spark, the Colonial Fund continuously strives to help students obtain the skills and knowledge they need for the 21st century.



# PROGRAMS

## **Adulting 101: Life Skills for Teens**

*Instructor: Mrs. Kelley Casey*

**Description** - Do you know what it means to budget your money? Can you imagine finding a place to live on your own? Have you ever planned a week's worth of meals? Once you graduate high school, even while you're in college, you may face many of these responsibilities. So if you answered no or even maybe to any of these questions, then this course is for you. During the week, we will cover skills in budgeting, grocery shopping & food preparation, workplace readiness and interview training, finding suitable housing & home maintenance. Students will leave this course with the confidence that they can navigate life after high school and maybe even the skills to help more at home beforehand.

**About Mrs. Casey** - Mrs. Casey has been a Sherwood Middle School health educator for the past 6 years. Before her time as a health education teacher she worked as a classroom aide in a vocational training and life skills classroom. Mrs. Casey has a passion for health and wellness. She is currently a student herself and is obtaining a master's degree in Social Emotional Learning and Skills Based Health Education. Her hobbies include: cooking, hiking, and spending time with her best friend Murphy- a St. Bernard/ Husky mixed pup.

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## **Empowering Young Women: Reach For The Stars**

*This course will run the week of July 6-10 only*

*Instructor: Mrs. Erin Burtnyk*

**Description** - "The most common way people give up their power is by thinking they don't have any."—Alice Walker. Do you have big dreams? Do you know that you want to make a difference, but aren't sure where to start? This Empowering Young Women workshop will provide young adults with dreams of all kinds to explore their strengths, identify their goals, and learn the tools to overcome various obstacles while reaching for the stars. Throughout the week, participants will explore strong women throughout history and today in a variety of fields, identify personal goals and create fun, eye-catching vision boards, learn basic self-defense skills, and learn to be a critical consumer of the way women are portrayed in the media. This workshop will provide students with skills to improve self-esteem and body image through mindfulness and yoga, as well as the ways to nourish growing bodies while fostering a healthy relationship with food. At the end of the week, students will reflect on their journey and identify real-life ways that they can find their voice and apply these meaningful skills!

**About Mrs. Burtnyk** - Mrs. Burtnyk is a health teacher at Shrewsbury High School and a registered dietitian/nutritionist. Throughout her experience as a community dietitian and high school educator, she has had the privilege of working with many inspirational, motivated women who achieved success in a variety of fields. Upon reflecting on her own high school experience, she wanted to create a space for young adults to identify and explore their dreams. Mrs. Burtnyk played a variety of competitive sports growing up, and currently is a kickboxing instructor, high school field hockey referee and coach, and loves to run. In her spare time, she loves to spend time

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## **Once Upon a Time: The Realms of Faerie and Fantasy**

*Instructor: Ms. Heather Penfield*

**Description** -Do you love exploring the magical world of Hogwarts, traveling to Narnia, or watching Shrek and Donkey embark upon their quest to save the swamp? Or maybe you're nostalgic for the classics of "Hansel and Gretel" and "The Three Little Pigs."

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This course will explore the traditional genre of the fairy tale and a variety of different reinventions of those tales. Students will explore the realm of faerie and examine authors' differing, and even controversial, views on fairy tales and fantasy. The course will introduce students to traditional fairy tales, such as "Cinderella" and "Little Red Riding Hood," as well as modern retellings (with the help of film) including, but not limited to, Alice's Adventures in Wonderland, Harry Potter, and Into the Woods. Throughout the week, we will read, watch, discuss, and debate the realm of faerie and fantasy, gaining a better understanding and appreciation of the origins and reinventions of the genres.

**About Ms. Penfield** - Ms. Penfield has her master's degree in English Literature and has been teaching English for 15 years. She loves to read everything from J.K. Rowling to Charles Dickens, and over the course of her education has studied fairy tales, ghost stories, and literary adaptations and allegories. If she's not reading a book, Ms. Penfield loves music, cooking, and playing with her dogs.

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## **Creating Your Own Public Health Campaign**

*Instructor: Ms. Julianna Murray*

**Description** - Public health is now one of the fastest growing undergraduate majors in the United States. Think you might be interested in a career in medicine or health? Start your exploration here and learn about the importance of public health, self health, and the science of protecting and improving the health of people and their communities.

What are the threats to public health that impact your community, even your school? Let's talk about it! What about mental health, vaping, body image, the influence of social media, etc.? These issues might not seem as urgent as the coronavirus but they are just as critical to address. This course will allow you to explore a health-related topic of your interest and teach you how to communicate your knowledge through a public health awareness and prevention project. The media you create will be used to inform your classmates and others in your community about the health topic you choose.

**About Ms. Murray** - Ms. Murray is a SHS Alumni, Class of 2015. She graduated from the University of Massachusetts, Amherst in 2019 and received a degree in Public Health. Ms. Murray works at SHS as a Child Specific Aide and is the assistant girls Cross Country Coach. She is also working towards becoming a Health teacher. In her free time, Ms. Murray enjoys spending time with her family, running, doing CrossFit and binge-watching Netflix shows. Be sure to ask Ms. Murray about what show or comedy special she's watching right now!

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## **Devising: Exploring the Elements of Theater**

*Instructor: Mrs. Crystal Welch*

**Description** - Theatre comprises many different aspects and all of them come together to create shows that move us emotionally. By signing up for this class, you will get the opportunity to work with your fellow artists to create and perform an original piece. We will explore a topic (chosen by the class) and work to not only write it, but to bring it to life in whatever manner helps tell the story best. You will enjoy learning how to craft scripts, build props and set pieces, and create costumes. You will also learn stage management and design your own lighting and sound. All of this work will culminate in a performance at the end of the week.

**About Mrs. Welch** - Mrs. Welch has loved theatre since her first experience on stage at the age of 5. She can be seen around the district teaching subjects like dance and improv to her extended day kids or choreographing shows for Sherwood and Oak. She often gets cast as lots of villainous characters, but she is a softie who loves dance, video games, her two kitties, and her husband. Make sure to ask her about her weekend hobby: LARPing.

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## **Creative Acrylic Painting**

*Instructor: Ms. Colleen O'Hara*

**Description** - Do you have an interest in Art and would like to explore your passion further? Would you enjoy getting out of the classroom and creating paintings "En Plein Air"? If so, this Creative Acrylic Painting class is the perfect opportunity! Students will access their creativity and learn how to become expressive in a new medium – Acrylic paint.

In our class, students will learn basic vocabulary and color theory, as well as paint mixing and texture techniques. They will have the opportunity to put these learned applications into action as we travel outside of the classroom to paint from observation in the beautiful outdoors! Suitable for beginner Art students, as well as experienced Art students who wish to explore this medium further. *There will be a separate \$15 supply fee payable to the teacher at the start of the class.*

**About Ms. O'Hara** - Ms. O'Hara has always had a passion for Art. After completing her Bachelor's Degree in Studio Art at Anna Maria College, she pursued a career as an Art Therapist. Transitioning into Education, she currently teaches at a public Art studio in Fitchburg, and has worked at SHS as a Paraprofessional for the past three years.

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## **The Physics of Sports**

*This course will run the week of July 6-10 only*

*Instructor: Mr. Patrick Collins*

**Description** - Ever wonder how professional baseball players can throw so fast and hit so hard? Are you amazed at how soccer players can curve soccer balls at will and cyclists can ride with no hands? Want to learn how to run faster, and hit a golf ball farther? Look no further than physics! Understanding how to use physics to your advantage can improve your abilities in whatever sport you play. When it comes to sports, don't *ph*ear physics, it's your *ph*riend!

This course will provide students the opportunity to study the mechanics of sport in the classroom and then apply their knowledge in practice on the playing field. Power, energy, forces, Newton's Laws, inertia, rotation, aerodynamics, and kinematics are all physics concepts that can be more relatable and interesting when students are able to apply these concepts to their favorite sports. The course will provide a knowledge base for all types of students; those who are interested in the Physics, those who play sports and wish to use physics to their advantage to play their sport safely and improve their game, and students who wish to understand sports commentary such as "launch angle", "spin rate", and "leverage".

**About Mr. Collins** - Mr. Collins has always had a passion for science, physics and sports. He grew up playing multiple youth sports, studied physics at Holy Cross and Northwestern and has taught physics classes at SHS for five years. Today, Mr. Collins golfs regularly but his favorite hobby is ultimate frisbee. He plays for a competitive team that travels all along the East coast and parts of Canada. He is also the club advisor and coach for SHS' own Ultimate Frisbee team.

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## **Ultimate Frisbee**

*This course will run the week of July 13-17 only*

*Instructor: Mr. Patrick Collins*

**Description** Looking for a sport to play this summer? Love playing outside and competing with friends? Come learn one of the fastest growing team sports in the country! Ultimate Frisbee combines concepts of football, basketball and soccer to produce an exciting non-contact sport.



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Students will learn how to throw various types of throws, along with the rules of the game, some basic strategy, and the “spirit of the game.” At every level of ultimate frisbee, players of the sport police the games themselves. The spirit of the game is one of the most unique and important facets of ultimate frisbee, and it teaches students to compete with honesty and sportsmanship. This course will be perfect for the summer in Shrewsbury with opportunities to play competitive games, play disc golf, and have a great time running around with peers!

**About Mr. Collins** - Mr. Collins has always had a passion for science, physics and sports. He grew up playing multiple youth sports, studied physics at Holy Cross and Northwestern and has taught physics classes at SHS for five years. Today, Mr. Collins golfs regularly but his favorite hobby is ultimate frisbee. He plays for a competitive team that travels all along the East coast and parts of Canada. He is also the club advisor and coach for SHS’ own Ultimate Frisbee team.

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## Creating with Micro:Bits

*This course will run the week of July 6-10 only*

*Instructor: Mr. Jeremy Mularella*

**Description** - This class explores coding, physical computing, and electronics using micro:bits, which are small micro-controllers with built in sensors, buttons, and LEDs. Students will use block coding to learn programming principles in Microsoft MakeCode and create programs that control the micro:bit. They will also explore different Grove modules (inputs, sensors, and actuators) that extend the capability of the micro:bit and learn how to control them with code. Students will then use coding and physical hardware to design creative solutions to common everyday problems. For an extra \$20 fee, students will be able to bring their micro:bit home.

**About Mr. Mularella** - Mr. Mularella was the 8 Gold Science teacher at Oak Middle School for many years before taking over the Oak Design Lab class two years ago. He has transitioned the old “Tech Ed” room into a school maker-space, complete with computers, 3D printers, vinyl cutter, laser cutter, LittleBits Pro Library engineering kit, and updated woodworking tools. In his free time, Mr. M enjoys photography, being outdoors, and traveling. This summer, he’s headed to Yosemite National Park after teaching this class. We can’t wait to see those pictures!

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## Website Development, Customization & Publication

*This course will run the week of July 6-10 only*

*Instructor: Dr. Michael Keohane, DM*

**Description** - Have you ever had a great idea that you wanted share with the world? Maybe a cause you would like to promote or perhaps a product you want to sell? Maybe you would like to let the world know more about who you are and promote your skills for future employers to see. Whatever your reason, understanding how to build and publish a web presence is your window to the online world!

In this course we will cover the basics of building your first site from the ground up. You will learn how to read and create HTML, JavaScript, and CSS files and understand how they form the foundation of any web site. Students will also be exposed to the free tools available to automate the creation of web content and then how to customize that content to make it eye-catching and exciting. Finally, web content is not much value without a place to host. In the class, students will learn about and use the free hosting sites to publish their content to the web for everyone to admire. We will also learn how to associate a name with your site and to your content by discovering and understanding Domain Name Servers (DNS), what role they play in the Internet, and the process for grabbing your own. Students will need to bring their own laptop or iPad (with keyboard) with them for the week. Students must be familiar with how the device works and comfortable using it.

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**About Dr. Keohane** – Dr. Keohane has worked in the technology industry his entire career and holds a Doctorate in Information Technology, Masters in Business Administration and Bachelor's degree in Computer Science. He is a long-time resident of Shrewsbury and spent many years coaching softball, basketball, soccer, and baseball. However, Mr. Keohane's true passion is fishing and he will be more than happy to exaggerate, if asked, about all the fish that got away!

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## Introduction to Sustainability

*This class will run the week of July 6-10 only*

*Instructor: Kaleigh Keohane*

**Description:** If you're interested in the future of sustainability, especially in Massachusetts, then this is the class for you! Topics range from waste and renewables to agriculture and environmental justice (and what they all mean!). Each day we will cover a different topic; we will start the mornings with a discussion and spend the afternoons exploring the local environment or visiting a local organization doing real work related to that topic. Students will learn to engage in discussions surrounding sustainability and understand different aspects of our environmental impact. Students will expand their knowledge of local systems and walk away with a better understanding of how groups here in central Massachusetts are working to solve environmental issues. Participants will also spend quality time outside and gain skills in naturalist ID and citizen science technology (eBird, iNaturalist) to grow their ability to engage with the natural world. At the end of the week we will discuss careers in environmental science with guest speakers from governmental and non-governmental organizations.

**About Kaleigh Keohane:** Kaleigh is a Land Stewardship Coordinator at Mass Audubon. She is a graduate of and Shrewsbury High School and a 2019 graduate of UMass Amherst with a dual degree in Natural Resources Conservation and Journalism. Her favorite part of college was teaching Eco-Rep, an undergraduate class focused on small group discussions around topics in sustainability (much like this course!). She is passionate about teaching others about their impact on the environment and how little changes can make a big difference. Kaleigh has worked seasonal field jobs studying backyard and grassland birds in Massachusetts, Montana, and Virginia, which makes her a huge bird nerd. She is fluent in the art of web design, journal writing, and podcasting. When not trying to ID birds, she can be found rock climbing or cooking yummy plant-based foods.



# REGISTRATION

Registration for the Spark Summer Program is through the Powerschool Parent Portal. All classes will be held at Shrewsbury High School.

## Registration Instructions:

- Login to "Parent Portal"
- Select "Sports, Activities and Permission Slips" or "Sports and Activities" from the menu on the left
- Select "Summer Spark Program"
- Click on the class you wish to take under the Payment Information column to assign the fee.
  - *The cost for each class is \$250. Some courses have additional supply fees. Please see the course description for information. Supply fees are due to the instructor on the first day of class.*
  - *Financial Aid is available for qualifying families*
- Click on "Payment Center" on the left to pay for the classes.
  - *Your spot is not confirmed until payment is received*
- Return to the "Parent Portal" and refresh your browser
- Return to the Summer Spark Program Registration page
- Click the registration box in the column next to the class you paid for
- At the bottom of the list of classes, click the box that says "Enroll in Summer Spark"
- Your registration should now be complete

*Please note: You will not receive a confirmation email.* To confirm if your child is enrolled, in the "Parent Portal", click "Fee Account Statement" from the menu on the left. If the class is listed and the Balance Due is \$0, then your child is enrolled in the class.

*Registration will be blocked if you have any outstanding fees with the school district. You must pay all past-due fees in order to register for classes.*

## Required Forms:

**ALL students must submit a Summer Spark Emergency Contact and Medical Information Sheet** in order to participate in Summer Spark. You can download the form from the Summer Spark website, <https://schools.shrewsburyma.gov/future/summer-spark>.

Please read this form carefully and note that a school nurse will not be available during the program unless a particular medical need requiring nursing care is identified on this form.

Check payment and the Emergency Contact and Medical Information Sheet can be mailed to: Summer Spark, c/o SPS Colonial Fund, 100 Maple Ave, Shrewsbury. You can also email the form to [development@shrewsbury.k12.ma.us](mailto:development@shrewsbury.k12.ma.us).

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If you have any questions, please contact Michelle Biscotti or Kathleen Keohane at [development@shrewsbury.k12.ma.us](mailto:development@shrewsbury.k12.ma.us), or at 508-841-8470.

*Summer Spark website, <https://schools.shrewsburyma.gov/future/summer-spark>*