

# May Program Descriptions 2018-2019

## TWO WEEK PROGRAMS

### ***Food Science Goes Global: Health and Nutrition***

- **Program Leaders: Michele Harrison and Wenjie Jiang**

We often hear that “You are what you eat,” but do we really know what to eat for good health and nutrition? In today’s society, we have to consider various food allergies and intolerances along with the maintenance of a healthy lifestyle. Nutritional excess and deficiency have become problems, both leading to certain chronic diseases. Many dietary and herbal approaches attempt to balance the body’s nutritional well-being. In this program students will explore the different and mysterious diets and herbs from the East, such as Traditional Chinese Medicine, and also analyze the prevailing dietary styles from the West, such as functional medicine and ketogenic lifestyle.

No matter where you live, health and nutrition are important aspects of daily living. This program will focus on exposing students to different dietary approaches, explore different nutritious cuisines within the framework of the different dietary theories, and learn to cook their own healthy food. We will have guest speakers who are professionals in the fields of nutrition and alternative medicine. We will make culinary creations such as Guangdong and Hong Kong soups, Japanese shirataki noodle dishes, French cassava crepes, and plant-based smoothies. By the end of this May program, students will be able to make healthy and nutritious food choices at restaurants, markets, and in their own kitchen.

### ***Iceland on Horseback***

- **Program Leaders: Amy Phillips, Anne Thal, Margaret Swanson**

Imagine exploring the volcanic terrain of Iceland via horseback! On this adventure students, of all levels of riding experience, will learn about the culture and history of Iceland, visit thermal hot springs, and leave their mark on the local community through service and outreach projects.

Riders of all levels will get the chance to ride the famous Icelandic ponies on our daily cross country trekking adventures. Students will visit many of the iconic Iceland sites while on horseback. The first week of the program will be spent on campus preparing the research for our destination and allow students to hone their skills as they participate in on-campus riding lessons. This May Program will be the adventure of a lifetime.

### ***National Parks and Outdoor Experience***

- **Program Leaders: Betsy Isaacs, Taylor Montgomery, Clark Courtney**

This two-week program will provide students the opportunity to surround themselves with the natural beauty and diversity of the flora and fauna in our country. Visits to some of our National Parks, Eden Mill Nature Center, Little Longears Miniature Donkey Rescue, and other special places will offer the girls a variety of activities that will enhance their understanding of the natural world around them.

This program will include a week in Arizona exploring three National Parks and a week discovering some beautiful areas around Oldfields. Kayaking, canoeing, hiking, biking, river floating, rafting, ziplining, and camping will give the girls a firsthand view of some magical areas and remind them of their responsibility as custodians of our planet.

This program is designed to allow each girl to step beyond her comfort zone while providing a safe yet challenging environment. The girls will be expected to keep a daily journal in which to record their adventures and answer questions specifically designed to test and reinforce their knowledge of new information. This is a course that gives students the opportunity to try new experiences while gaining confidence in themselves and their ability to help others.

## ***Playwriting: Writing a Musical by the Sea in Cape Cod***

- **Program Leaders: Erin and Bez Wallace**

For this two week program, Oldfields students will travel to Cape Cod, Massachusetts, where they will stay in a beach rental house. The group will spend their days workshopping a script, music, and lyrics to produce their own original musical. During these two weeks the group will go into Boston to see a live show, take walks on the beach, explore Cape Cod, and ride on the ferry.

These day-to-day experiences will serve as inspiration for their work while the exposure to a communal living environment will allow them to contribute to the daily upkeep. Students and faculty leaders will be cooking meals together and spending lots of time doing research and work under the same roof. The completion of their work will culminate with the performance of their musical to the Oldfields community during May Sharing.

## ***World War II and the Holocaust: Exploration of Europe***

- **Program Leader: Maribeth Littlefield**

We will focus our travel and day-to-day studies in several of the key sites during World War II, including London, Normandy, Amsterdam, and Germany. While in London, we will cover the Battle of Britain as well as the preparations for DDay in 1944. Normandy will be one of the showcases for this travel study, as we will visit the invasion beaches and towns that played a significant role in that historic day as well as the cemeteries of the Germans, the British, and the Americans.

We hope to pass through Paris for a night and then make our way to Berlin where we will visit Sachsenhausen work camp as well as other World War II sites. Our other showcase visit will be in Poland where we will visit Auschwitz, Hitler's notorious and largest death camp.

This experience is one of the most profound Oldfields offers and will be assigned by seniority due to numbers and demand.

# ONE WEEK PROGRAMS (Week 1)

## ***Give A Little, Take A Little...of Baltimore***

- **Program Leader: Carrie Roemer**

**THE GIVE A LITTLE:** The goal of this May Program will be to give back to the greater Baltimore area in the form of community service to some of our local non- profits. This program will expose our students to many local charities and sites used throughout the academic year. Some of these include, Our Daily Bread, Helping Up Mission, MSPCA, MD Soup Kitchen, X4D Dance Center, and many of our local parks and beloved NCR trail.

**THE TAKE A LITTLE:** The take away piece of this program will begin in the afternoons where students will get to experience Baltimore from the sides that few see off the beaten path. These include but are not limited to: the Reginald F. Lewis Black History Museum, Great Blacks in Wax Museum, Hampden, he Walters Museum, Baltimore Museum of Art, Hippodrome Theatre, and maybe an IMAX movie at the Science Center.

## ***Intro to Italian***

- **Program Leader: Mary McQuinn-Vinyard**

This course is intended for students who are interested in learning the basics of the Italian language. A brief history of Italy will be presented to the class, as well as the customs, cultural expectations, and traditions that Italians celebrate. In this program, we will also explore Italian cooking and films. The students will enjoy a trip to Little Italy in Baltimore and

will culminate their experience with a final project that will be presented to the community during May Sharing. We hope through these efforts, this program will inspire others to learn more about Italy and the Italian language.

### ***Drawing from Nature***

- **Program Leader: Don Reigner**

Did you ever want to capture the beauty of nature all around you and not know where to start?

This May Program will explore the natural world from the perspective of an artist, as students learn the skills necessary to translate what one sees into a personal expression of their experience. We will work outdoors in various locations on campus and at Ladew Gardens, doing landscape drawing. We will create indoor images that will allow students to capture the wonders of animals and their personalities. Materials we will work with will include watercolor, marker, watercolor pencil, and ink.

Along the way, each student will record her experience by drawing, researching, and identifying the plant and animal species that are found in our environment. Each student will also keep a journal of what she has discovered during this adventure.

### ***From Farm to Fashion: Global Fiber Arts***

- **Program Leaders: Dori Reigner and Priscilla DiGalbo**

Have you ever wondered how yarn and other fibers are created? In this one-week May program you will have the opportunity to learn about fiber arts such as knitting, crochet, macramé, and embroidery by making your own projects. We will begin by visiting and touring an alpaca farm, mingling with the alpaca up close, and learning how their fleece is cleaned, processed, dyed, and spun into yarn at a mill on the farm. We will also take a trip to a textile museum to view fiber arts from cultures all over the globe for inspiration for our projects.

*\*An important note: The curriculum for this May program was specifically developed as a S.T.E.A.M. experience. The students will have the opportunity to meet and greet the alpacas and learn about their breeding and history (science), see how the fleece is processed both by hand and machine (technology and engineering), and create projects of their own (art and math).*

### ***Flight***

- **Program Leader: Dian Zhu**

This program is designed to introduce students to the basics of an airplane. Students will gain a deep understanding of some essential questions about flying and aviation. They will also have a chance to apply the theories to practice by doing projects such as paper planes, bottle rockets, and kites.

This program will take students to the Smithsonian Museums for a more interactive learning experience. Most importantly, students will get the opportunity to fly a plane at the regional airport!

### ***Stop Motion, Claymation***

- **Program Leaders: Gaby Davis and Rachel Welch**

Have you ever dreamt of becoming your own producer, filmmaker, and editor? Do you want to experience the art of animation, witness the magic of claymation techniques? Would you like to visit the American Visionary Arts Museum? Would you enjoy watching a few hilarious movies with Ms. Davis and Ms. Welch? If you answered yes to any of these questions, this May Program might be for you!

This one week program is designed for students to learn about stop motion/claymation as they look into the techniques and style of Tim Burton and other talented artists. There are no prerequisites for this May Program.

# ONE WEEK PROGRAMS ( Week2)

## ***Art of Jewelry***

- **Program Leader: Dori Reigner**

This May program will allow students to master the basic techniques and skills necessary to produce various types of handmade jewelry. In addition to creating a series of bracelets, necklaces, hair ornaments, earrings and pins, we will study and discuss the history of jewelry as an art form, specifically studying the cultures that pioneered the use of various materials. During the program, students will work with the following materials: ceramic clay, silver wire, beads, cord, and leather. Each student will be responsible for the creation of a body of work as well as a personal reflection paper that discusses how their jewelry line was influenced by a particular culture or cultures that she studied.

## ***Autonomous Driving through Robotics***

- **Program Leader: Dian Zhu**

This project-based May Program will use Lego Mindstorms Education EV3 Core Set and a programmable model kit to complete different tasks. LEGO MINDSTORMS Education EV3 Core Set is a hands-on, cross-curricular STEM solution that engages students by providing the resources to design, build, and program their creations while helping them develop essential skills such as creativity, critical thinking, collaboration, and communication. This May Program explores the topic of autonomous driving.

Students will have the opportunity to design and program their own robots for tasks such as autonomous parking, reversing safety, line detection, automatic headlights, object detection, unlocking a car, cruise control, etc.

## ***Cake Design Through the Decades***

- **Program Leader: Sarah Dell**

People of different decades and eras have decorated their clothes, houses, and food in different styles. Fashion manages to permeate into every area of life. Cake decorating is no exception. We will be studying different decorating techniques according to different styles and fads throughout the ages. Students will brush up on their researching skills and personally learn about different ages of style. They will utilize that research and apply that knowledge to the practical application of different cake decorating in a final project. Students will cover and decorate a cake according to their research and then present the finished project to the class. Throughout the week we will bake and decorate different desserts to practice our skills before the final project.

## ***Things to Know (Before you Graduate)***

- **Program Leaders: Mary McQuinn-Vinyard**

Students will learn useful yet often overlooked skills that will help in their future beyond high school. A trip to an area gym to take a course in self-defense is planned. The course could include, but is not limited to, the following: etiquette (interview skills, thank you notes, email/mail etiquette, etc.), finances (education on credit cards, bank accounts, budgets, etc.), cooking (basic food preparation and cooking skills, food safety, etc.), sewing and crafts (how to fix a hem, sew a button, wrap a gift, etc.), automotive skills (changing a tire, jump-starting a car, checking oil, etc.), CPR/First Aid (if time permits) , and self defense.

## ***The United States, Seen Through the Eyes of Others***

- **Program Leader: Hilary Bates**

The American perception of our international involvement often is very different from that of other countries. We often see ourselves as the peacemakers of the world, the mediators between warring enemies. In a time of heightened national security, the students will study those differing images, in order to further understand our role on the world stage. This film/discussion course will help answer many of the questions now haunting us. The films, documentaries, and readings are based on the U.S. involvement in our neighboring Latin American countries.

## ***Animal Outreach***

- **Program Leader: Gaby Davis**

Do you want to make a difference in the lives of homeless Baltimore animals? Over the course of this week, this program will visit four animal shelters and rescue programs exposing students to a wide range of species and circumstances. The program will also spend time off campus on a weekend trip to an exotic animal rescue. This May Program is designed for animal lovers who don't mind physical activity and getting dirty though students will not be trained to handle animals.