



# **CMS Days 2025**

## **Course Description Booklet**



**AT CMS WE BELIEVE IN CREATING A  
LEARNING ENVIRONMENT THAT IS  
DEVELOPMENTALLY RESPONSIVE,  
CHALLENGING, EMPOWERING,  
ENGAGING, AND EQUITABLE FOR ALL.**



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# CMS Days

## End of year studies program

### Overview

CMS will conclude the school year with CMS Days, an end of year studies program. This alternative ending to the academic school year offers all CMS students an exciting high interest learning opportunity. The non-traditional courses expand student understanding and inspire new student interests. Intensive, interest-driven opportunities will provide students with choice, enhance enthusiasm for learning and strengthen relationships within CMS, the Colchester community and beyond.

### Session Dates

The 2025 CMS Days are determined by district's school year calendar. This year's dates are not set due to the possibility of additional school closures but will be confirmed by the end of February. The dates will most likely fall during the week of June 9th.

### Schedule Options

Students must participate in one of the following:

- Two half-day courses (morning & afternoon)
- One full-day course

### Registration

Course descriptions will be accessible on the CMS website, TA Google classrooms and this document for students to read prior to registration. An online registration form will be available for all students to complete from **January 21st - 24th**. Students will select their top six course choices. Course assignments will be announced the last week in March. All students will be required to fill out a Registration Planning Sheet with a parent/guardian signature prior to registering for courses. You can find the Registration Planning Sheet at the end of this booklet.



# Frequently Asked Questions



## Who is teaching my course?

We intentionally do not say this so that students choose a course based on what they are interested in, not who is teaching the course.



## Is there seniority (is priority given to older students)?

For 8th grade students that complete the online registration by Friday January 24th we will strive to place in one of their top three choices. CMS Days program focuses on fostering community by ensuring there are students from each grade level in a course.



## Will I get my first choice?

Not necessarily. We try to give everyone one of their top 6 choices.



## Should I just pick the same class 6 times?

No. If you don't get that class, you will have to wait until everyone else has been placed to choose.



## Can I resubmit my registration form?

If you need to make a change to your registration form send an email to Ms. Pawlusiak with the requested change prior to Friday January 24th.



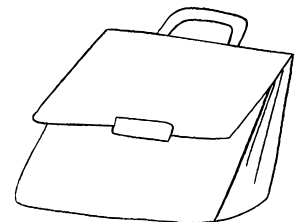
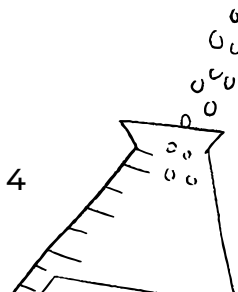
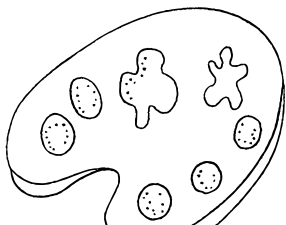
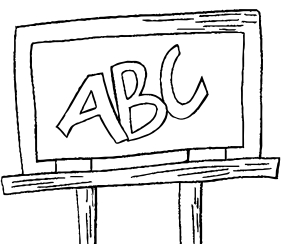
## Can I take the same course I did last year?

Possibly. Students are encouraged to register for new classes. Students who have not taken the course before will receive priority.



## What if I don't like my class? Can I change courses?

No. Take the time to read the descriptions and pick your top 6 carefully.



# Half Day Course Offerings

## **Ace the Basics - Beginner Tennis (Half)**

Serve up some fun and discover the basics of tennis in this beginner-friendly course. Participants will learn foundational skills while building confidence and coordination on the court. Through drills, games, and practice matches, students will develop their technique, understand the rules of the game, and explore sportsmanship and teamwork.



## **Adventure Quest (Half)**

Do you want to burn some energy, develop coordination, strength and self confidence? Through engaging activities like a ropes course, indoor rock climbing, and team-building challenges, students will develop critical skills in communication, problem-solving, and leadership. We will spend time at the CHS ropes course, Petra Cliffs and MetroRock to grow your bouldering and climbing skills. You do not need to have any experience rock climbing as this is a great opportunity for students with all different ability levels. You will be encouraged to take safe risks and push yourself through challenges by choice. This is also a great environment to grow relationships and community as we will support and push each other.



## **Creative Keepsakes: Sewing & Bracelet Making (Half)**

Calling all students interested in making fun and fabulous tradable friendship bracelets AND silly sewing friends! This half day course will give you time to customize your own Taylor Swift style tradable bracelets as well as select an animal stuffie to create using your own sewing skills. All materials and directions will be provided (no sewing experience necessary)!



## **Paddle Up: Pickleball 101 (Half)**

Pickleball is one of the most rapidly growing recreation (and competitive) sports across the country. If you love the game, or are curious about playing for the first time, join this group to play in friendly games of pickleball at Airport Park! You do not need to have any previous pickleball playing experience as this will be fun for all levels. The rules are simple and the game is easy to learn!





### **Sew your own PJ pants (Half)**

Learn to sew a pair of pajama pants (and more, if time) in this half day course. Materials will be provided or bring your own fabric. You will learn to sew on a sewing machine and follow a pattern. Let's create together!

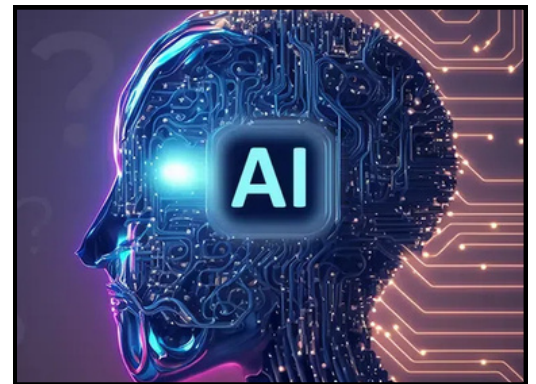


### **Tennis Tournament - Advanced Tennis (Half)**

CMS Tennis Tournament - This course will be for students who have tennis experience and want to play in competitive match play. Experience required - students should know how to hit a forehand, backhand, and serve. We will play both singles and doubles.

### **The Two Sides of AI: Cool Tech or Big Trouble? (Half)**

Dive into the exciting world of Artificial Intelligence (AI) in this engaging course. Together, we'll explore the benefits and challenges of AI in our society, examining how it shapes our lives, creativity, and future. In this hands-on class, you'll get the chance to create your own art, music, and stories using AI tools. You'll also interact with chatbots, discovering how they understand and respond to us, and what that means for communication and connection. Beyond creativity, we'll have important discussions about the ethical implications of AI. What are the potential risks? How can we use AI responsibly? By the end of this course, you'll not only be a creator but also a critical thinker, equipped to understand the role of AI in shaping our world. Join us on this journey to explore the good, the bad, and the future of AI in society! By the way, this course description was generated using AI.



### **Yoga Retreat - Relax, Recharge and Reconnect (Half)**

Spoil yourself with a rejuvenating experience at this retreat designed to nurture your mind, body, and soul through a variety of fun and relaxing activities, including: yoga poses, breathing techniques, nature walks, art, music, journaling and decorating a tote bag with positive affirmations. Join us for an opportunity to reconnect with yourself, embrace positivity, and leave feeling refreshed.



# Full Day Course Offerings



## **A History of Baseball (Full)**

The game of baseball evolved from older bat-and-ball games already being played in England by the mid-18th century. This game was brought by immigrants to North America, where the modern version developed. Often referred to as America's National Pastime, baseball has had a very active role in the shaping of this nation. From the Civil War to Civil Rights and all points in between and beyond, the game of baseball supports and reflects many aspects of American life, from culture to economics and technological advances. We will look at baseball through the lens of historians and baseball fans. This will be done by looking at players (several from Vermont), statistics, and important games like Jackie Robinson's first game on April 15, 1947, and Carlton Fisk's homerun in game six of the 1975 World Series. We also plan to play toss and catch at Centennial Field.

## **Advanced Hiking (Full)**

Get ready for an awesome physically challenging adventure in the great outdoors! In this hiking course, you'll explore two amazing Vermont mountains, where every step is filled with fun and breathtaking views. You'll discover the best ways to pack and prepare for your hikes, ensuring you have everything you need for a safe and enjoyable adventure. We'll also cover important hiking etiquette so you can be a responsible trail buddy and help keep our beautiful nature spots clean and welcoming for everyone. This is your chance to connect with nature, push yourself physically, make new friends, and experience the thrill of hiking while soaking up all the beauty Vermont offers. So grab your gear, and let's hit the trails for an unforgettable outdoor experience!

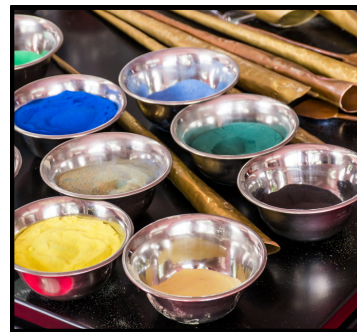


## **Advanced Basketball (Full)**

All aspects of basketball will be explored in this class. Students will explore the history of basketball, the basketball hall of fame and basketball in Vermont. Students will be put on teams and will practice, create plays, and play other teams. We will also explore how to referee, run the scoreboard, and keep statistics from our games. Games will be played at CMS, Bayside and possibly a court outside of Colchester.

### **Artisan Creations: Sand Art & Jewelry Crafting (Full)**

Have you ever wanted to explore your creativity and make something unique? In this engaging and imaginative mini-course, students will discover the basics of jewelry-making and sand art creations. Learn how to craft beautiful bracelets and earrings using materials like beads, wire, chain, and charms, with the option to create scented jewelry beads infused with essential oils. Then, dive into the colorful world of sand art, where you'll design textured and vibrant creations by layering and blending sand on paper. Through hands-on practice, you'll develop techniques for sketching, pattern-making, and adding dimension to your designs while learning about the cultural origins of these art forms. No experience is needed—just bring your imagination and creativity, and leave with handmade accessories and stunning sand art pieces that showcase your personal style!



### **Bakers Unite (Full)**

Are you a fan of The Great British Bake Off? Love to watch Is It Cake? Then come join us and learn to bake cookies, cupcakes, quick bread and more! Bring recipes to share and try new recipes to create some yummy food! You will compete in a bake off competition against your peers to see who can make the best treat. We will share our baked goods with community members and take some home to your families. All levels of baking experience are encouraged to join!

### **Bike Safety and Rides (Full)**

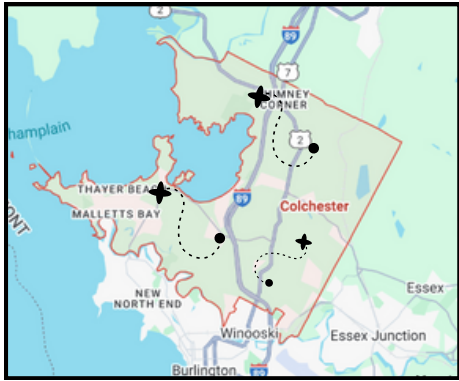
Bring your road/hybrid bike to school for basic safety instruction, maintenance and repair, and a few rides! We will be learning about road safety, equipment, and general requirements of safe road riding. The first day we will watch several videos, have discussions and take time to check our bikes to ensure they are safe and roadworthy. We may get out for a short ride in the afternoon on day one. On day two, we will review and recheck equipment before we head out for a longer ride to include a picnic lunch in a park or along the waterfront. On day three we will culminate all we have learned into a ride either along the Burlington Bike Path or to Airport Park and then the Colchester Causeway.





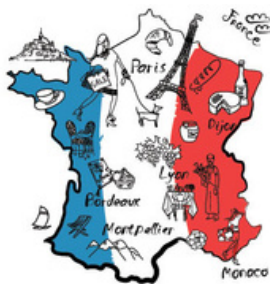
### Colchester Treasure Hunt (Full)

How much do you know about Colchester? Did you know that we have a haunted theater, stone tower, log schoolhouse, expert firefighters, water rescue team, six cemeteries, and some of the best ice cream in the state? Join us for a multi-day treasure hunt that will take us through some of the oldest buildings and coolest sites in town. Solve clues about little-known history of our area to get your “treasure passport” stamped at each site and help find the ultimate “treasure chest!”



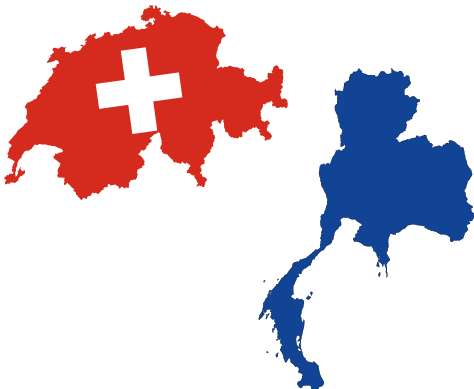
### Disc Golf & Frisbee Games (Full)

Get outside and throw some discs and frisbee's! Come on an adventure into the wonderful world of disc golf and frisbee games. This is a great way to get some physical activity, meet some chill people, and enjoy nature. During this course you will learn how to play the game of disc golf and various frisbee games. You'll also have an opportunity to help maintain a local disc golf course through community service.



### Exploring World Cultures Through Baking (Full)

How is the uniqueness of French, Swiss, and Thai cultures revealed through food practices, views about food, and the role of cuisine in daily life? How do eating and dining habits in these cultures compare to our habits? Through this course, students will see how the connections you make with people from different parts of the world can teach you about how diverse the world is. While also showing how different types of desserts are shared throughout the world.



## **Golfing is Life - A Lasting Exercise & Hobby (Full)**

Put down the Brawl Stars on your phone and come learn how to play a sport that actually gets you outside, moving, and can be a life-long activity! No matter your age, athletic ability, or background, golf can be a hobby or a form of exercise that can be practiced for as long as you stay interested. In joining the Golf is Life group, you will learn the very basics of golf, from how to grip and swing the club to how to score and what to wear to a golf course. We will start by introducing you to the various games that you can play in golf. We will cover topics like pace of play, course management, which clubs to use and when, where to go when you need help, and how to actually make contact with the ball. Once on the course (yes, a real golf course!), we will talk about how to navigate different types of obstacles in order to get the lowest score. Golf is super fun and continues to be a growing sport in our region. Come learn how to play!



## **Helping the Homeless (Full)**

Ever wanted to help out in your community, but not sure how? Or watched YouTubers give back to those in need and wondered how you could do the same? Well, join us for CMS Days and we can do just that! Our group will be learning about homelessness in Vermont and finding ways to give back to those folks in need. We will visit a few of the COTS shelters in Burlington, make and give out care packages for homeless folks, cook a meal for one of the local homeless shelters, and possibly even meet some of these families and hear their stories of struggle and resiliency. We are going to dive into the serious problem of homelessness in Vermont and find ways to help and give back to those in need. If you are looking for a meaningful way to spend your last few days before summer, join us in helping the homeless community of Vermont and helping to make a difference.



## **History of Skiing (Full)**

Come chill with people who shred on skis and boards. Chat with members of the ski industry such as Ski Patrollers, Ski Instructors, and Snow Makers. We'll visit the Ski Museum of Vermont, and Jskis factory. Design your own topsheets, and watch ski movies.



## Hygge - The Art of Comfort & Happiness (Full)

Welcome to Embracing Hygge, a fun and interactive course designed to introduce you to the Danish concept of hygge! Pronounced “hoo-ga”, hygge is all about creating a warm, cozy, and joyful atmosphere in your daily life—whether you’re at home, school, or hanging out with friends. In this course, you’ll learn about how to include simple, mindful practices that promote happiness, relaxation, and connection. We will spend 2 days off campus at Shelburne Farms and on a local nature hike. We will use Hygge techniques to create enjoyable outings.



## Indoor Gardening (Full)

Get ready to become a plant expert and create your very own indoor jungle! In this super fun workshop, you'll learn how to grow new plants by propagating and potting them, plus we'll do cool plant crafts and go on field trips to local plant nurseries. You'll leave with your very own plants and cuttings to start or add to your collection—it's like a jungle adventure right in your own home! 🌱🌿🌻 Come join us for a green-thumbed good time!



## Mountain Biking (Full)

When you're weaving through the trees, flying downhill, and going over obstacles, in your head you're high-fiving yourself! Mountain Biking is one of the best life-long hobbies, especially in beautiful Vermont! Mountain biking may become a community for you to spend time with friends out in nature. It will challenge your fitness and test your nerves! No pain, no gain! We'll start easy and then level up our challenge by doing some bigger climbs in Essex and Richmond. Please make sure your bike is in good working order, so that we can all keep our wheels spinning!



## Mural Magic - Ceramic Tile & Painting (Full)

Join us for an exciting journey into the world of mural painting! In this hands-on course, students will collaborate to bring vibrant artwork to life on our school walls. Over three days, participants will brainstorm ideas and sketch designs, culminating in a few small painted murals and one unique ceramic tile mural to enhance our school environment. This course emphasizes teamwork, creativity, and artistic expression while leaving a lasting legacy through art.





### **Odd Jobs (Full)**

Odd Jobs: Is that an actual job? People say to follow your passion, but these folks have some really unique jobs. Visit some Vermonters who are making their way in the world on their own terms, and getting paid for something they love! We will visit three places where people are using their love of animals, their dream of being their own boss, or even their quirkiness to contribute to society in a very unique way. Who knows? You may find yourself with a new dream career!

### **Rosie's Girls - Woodworking (Full)**

Rosie's Girls is an exciting, hands-on woodworking adventure just for middle school girls! In this beginner-friendly course, you'll learn how to safely use hand tools and power tools to create amazing projects. You'll get to build your own creations, team up for group projects, and even design something totally unique. Along the way, you'll gain awesome skills, work with friends, and discover how fun and empowering woodworking can be. Get ready to unleash your creativity, solve challenges, and build confidence in a supportive, all-girls environment where anything is possible!

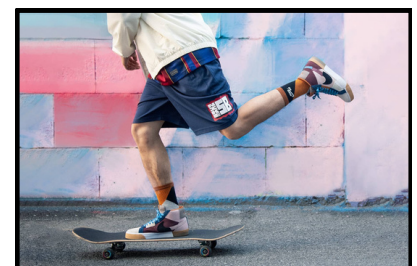


### **Rowing (Full)**

Spend your day getting strong while being out on the water in Burlington Bay. This course will include exercise, teamwork and water based fun while rowing a 32 foot wooden row boat. Our group will work together to arrive at a new destination each day. We will explore Red Rocks, North Beach, and Lone Rock Point via water. Be prepared to row hard each day to reach our destination. We will relax with some lunch and games on land; but be sure to save enough energy to row back to where we started! Bring your sunscreen and love of the lake for a fun time on the water.

### **Skateboarding (Full)**

This course is designed for students who are eager to dive into the world of skateboarding. With the help of staff from the Chill program and Talent skatepark this course will be an excellent introduction for beginners and enthusiasts looking to build a foundational understanding of skateboarding. Students will have the opportunity to visit multiple skate parks during this course.







### **The Italian Experience: A Journey through Food, Fun & Culture (Full)**

Have you ever been to Italy? Are you passionate about all things ITALIAN? Join us for three unforgettable days of Italian immersion where we bring the magic of Italy to life! Explore Italian architecture, master a few phrases of the Italian language, and dive into creating delicious homemade pizza. Enjoy Italian music, play traditional games, and discover the heart and soul of Italian culture. Don't miss this exciting adventure—Italy is calling!

### **The Road to College Athletics: Strength, Skill, and Success (Full)**

Are you interested in college athletics and ready to take your athletic skills to the next level? In this 3-day course, you'll learn the essentials of strength training, conditioning, and mental toughness that college athletes use to excel. You'll train in a college-level facility, mastering proper lifting techniques while also learning how to manage the demands of academics and athletics. Explore how mental resilience and self-care are just as important as physical strength in becoming a successful student-athlete. Whether you're dreaming of playing at the next level or simply want to boost your performance, this course will equip you with the tools to thrive in both sports and school!



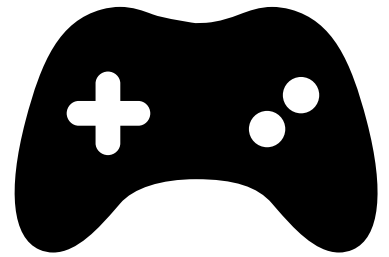
### **Trail Blazing - 5k Prep (Full)**

In this course, you will spend time walking and running through the beautiful woods in our community as you prepare yourself to run a 3 mile trail race. On Day 1 you will learn about some basic trail running techniques. You will also learn how to prepare your body, physically, nutritionally, and mentally, for a trail run. In the afternoon we will walk over to the trails behind the highschool and explore. On Day 2 we will go to Indian Brook Reservoir in Essex and spend the morning running on trails around the reservoir as we put into place what we have learned so far. We will come back to CMS in the afternoon, bake some nutritional power snacks, and watch a movie about a school running group. On Day 3, the course will culminate with a 5k trail race at Catamount Outdoor Family Center in Williston. You will be timed and get a race result and medal. We will return to CMS in the afternoon for a small celebration.



## **Video Games (Full)**

Video Games! We will deep dive into the history of how it all started with arcade games and the first at home consoles, up to online gaming & VR. We'll play solo and multiplayer games, look at speed runs and e-sports, video game design, the career opportunities within the video game industry.



## **Waves and Woods: A Kayaking and Hiking Quest (Full)**

Dive into a day of excitement and adventure. Our journey begins with a splash as we take to the water for an epic kayaking session. Learn to steer your kayak, race your friends, and explore hidden corners of our beautiful waterways. After a picnic lunch, we'll swap our paddles for hiking shoes and hit the trails! Trek through scenic landscapes, discover local wildlife, and conquer challenges. This is your opportunity to try kayaking if you've never done it before. We will be outdoors all day. Bring a willingness to overcome obstacles and help others. Plan on a day of making memories while paddling and exploring.

# CMS Days

## Registration Planning Sheet

This sheet is designed to assist you in preparing to register for the 2025 CMS Days program. You will need this sheet with you when you register.

- **Who needs to register for CMS Days?** All CMS students grades 6-8. Please carefully read through the course description book before registering.
- **How and when do you register?** Registration will be done through an online form in TA during the week of January 21st-24th. This is not a first come, first serve process.
- **What will I need to register?** A parent or guardian is required to provide their signature on this form acknowledging they have reviewed your course choices with you.

**List your top 6 course choices** - circle if they are full or half day options

*\*Note\* If you are interested in a Half day course you need to select at least two to fill your day.*

- |          |              |
|----------|--------------|
| 1. _____ | Full or Half |
| 2. _____ | Full or Half |
| 3. _____ | Full or Half |
| 4. _____ | Full or Half |
| 5. _____ | Full or Half |
| 6. _____ | Full or Half |

\_\_\_\_\_  
Student First and Last Name

\_\_\_\_\_  
TA Teacher

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date