

FOCUS WEEK

2025 Experiences

We are excited to announce our 2025 Focus Week experiences! The table below summarizes the various experiences available to students for this year with more detailed information on the pages that follow.

Experience	Grades	Location	Cost
Acrylic Painting Studio	6-8, 10-11	ICS	40
Animated Art: Studio Ghibli & Nick Park	6-8, 10-11	ICS	40
Archery	6-8, 10-11	Local	200
Biotech & Film	6-8, 10-11	Local	25
Art and Animation or Video Game Design: Yr. 1	6-8, 10-11	Local	500
Art and Animation Advanced: Yr. 2	7-8, 10-11	Local	500
Read, Watch & Produce a Play	6-8, 10-11	ICS	30
Epic Sports Week	6-8, 10-11	ICS	0
ICS Film Festival 2025	6-8, 10-11	ICS	10
Game of Go! & Explore Japanese Heritage in Seattle	6-8, 10-11	ICS/Local	0
Learn to Play or Improve Your Golf Skills	6-8, 10-11	Local	500
Song Writing, Instrument Creation, MoPOP	6-8, 10-11	ICS/Local	50
Taste of Culture	6-8, 10-11	Local	35
Whidbey Island – The Grade 9 Experience	All 9	Regional	600
Science & Engineering in the PNW	10-11	Regional	250
Behind the Scenes at Three Theme Parks: Physics, Leadership, & Careers	10-11	Overnight	1,700
Hiking, photography, archaeology & geology, plants and animals	10-11	Overnight	1,700
Senior Farewell Expedition	All 12	Overnight	400

Focus Week is designed to encourage students to explore concepts outside those normally encountered in schools. Students select Focus Week experiences based on their interests and are placed in a group based on availability and various criteria. The groups begin by meeting with their FW advisor during multiple homeroom sessions. The outcome is an experience during which instructors and their students take their learning beyond the classroom. Regular classes are not in session during FW – all students must participate in an experience.

Timeline

- Nov 15-25: Parents review this menu of options with their students.
- Nov 22: Parents receive emailed link to rank-order form for indicating preferences.
- Nov 25: Deadline for parents to submit completed rank-order form.
- Dec 16-20: Parents and students notified of placements.
- Jan 10: Payment deadline for experiences with a cost. (Note: experiences that cost above \$500 may be paid in two installments, with the second half due Feb 7.)

Scholarships

To prevent cost from being a prohibitive factor for any family, the ICS PTSA has generously committed to funding Focus Week scholarships for anyone in need. Parents will be able to confidentially indicate on the rank-order form if their student needs a scholarship.

Acrylic Painting Studio

Grades: 6-8, 10-11	Location: ICS	Cost: \$40
Ever dreamt of having the time and space to create that masterpiece you've been envisioning? This is your chance! Join us for a week where you can dive into your own unique acrylic painting projects. What to Expect: • Freedom to Create: Work on your personal art pieces with guidance and support from our experienced instructor. • Inspiring Environment: Collaborate and share ideas with fellow art enthusiasts. • No Pressure: This is your time to explore and express yourself without the constraints of a structured class. Don't miss out on this incredible opportunity to bring your artistic visions to life. Sign up now and let your creativity flow!		

Animated Art: Studio Ghibli & Nick Park

Grades: 6-8, 10-11	Location: ICS	Cost: \$40
Unleash Your Creativity Over Four Fun-Filled Days! Dive into the magical worlds of Studio Ghibli and Nick Park! This exciting four-day activity is perfect for students in grades 6-8 and 10-11 who love art and animation. • Explore & Learn: Watch and discuss the enchanting films of Studio Ghibli and the stop-motion animations of Nick Park. • Create Your Own Masterpieces: Get inspired and make your own artwork using painting, plasticine, and more!		

Archery

Grades: 6-8, 10-11	Location: Local	Cost: \$200
Students will be learning about archery equipment, safety, and archery skills from an experienced archery instructor. Students will also have time to practice archery skills at the range.		

Biotech & Film

Grades: 6-8, 10-11	Location: Local	Cost: \$25
Many Hollywood films are rooted in actual science and biotechnology principles. During these three days we will view some of these films and then conduct lab experiments that focus on the biotechnology behind these Hollywood stories. We will also discuss the plausibility and possibility of some of these stories as well as ethical concerns as push the boundaries of biotechnology. Lab skills will involve micro pipetting, PCR, bacterial transformation, gel electrophoresis, ELISA. Please take note of the rating of the films.		

DigiPen Institute 1: Art and Animation or Video Game Design

Grades: 6-8, 10-11	Location: Local	Cost: \$500
Like video games and computers and would like to learn more? Have an interest in computerized art and animation? Come to the DigiPen Institute! We will be meeting daily at DigiPen in Redmond, where you will learn about Video Game Development or Art & Animation. Classes will teach programming and scripting, with a video game design or art and animation focus. Students must arrange transportation to and from DigiPen. We will not be meeting at the school and instead are meeting directly at the Institute. Classes run from 9:00-3:00 each day with lunch from 12:00-1:00 (included, at the DigiPen Café, vegetarian options available). DigiPen Institute of Technology, 9931 Willows Road NE, Redmond, WA 98052		

DigiPen Institute 2: Art and Animation

Grades: 7-8, 10-11	Location: Local	Cost: \$500
Have you participated in a DigiPen Institute Art & Animation Focus Week in the past and want to dig deeper? This course is designed to build off that initial learning to explore other areas of Art & Animation techniques. Students must arrange transportation to and from DigiPen. We will not be meeting at the school and instead are meeting directly at the Institute. Classes run from 9:00-3:00 each day with lunch from 12:00-1:00 (included, at the DigiPen Café, vegetarian options available). DigiPen Institute of Technology, 9931 Willows Road NE, Redmond, WA 98052		

Drama: Read, Watch & Produce a Play

Grades: 6-8, 10-11	Location: ICS	Cost: \$30
Calling all actors and playwrighters--this Focus Week is for you! During our Focus Week preparation meetings, we will choose a Shakespeare play to read together and identify some movie versions to watch. On day one of Focus Week, we will read the play. On the second day, we will watch and discuss one or two film adaptations. Once we fully understand the story, we'll turn on our creativity by writing, casting, filming, and editing our own 30-minute adaptation of the play.		

Epic Sports Week

Grades: 6-8, 10-11	Location: ICS	Cost: \$0
Students will spend the week playing soccer, football, basketball, floor hockey, kickball, capture the flag, etc. They will learn some of the rules of the sport and get some lifelong healthy living tips. We will also watch a sports-themed movie each day. Movies will be appropriate for all grades. Prior to focus week, students will select which specific sports and activities we will do, and students will do research on the basic rules for each sport and present their findings to the class.		

ICS Film Festival '25

Grades: 6-8, 10-11	Location: ICS	Cost: \$10
Students will learn about and watch various genres movies from around the world of a variety of genres, learning about the various ways films represent physical and cultural characteristics from regions around the world. Students will also engage in games and activities between film watching and discussion.		

Game of Go! & Exploring Japanese Heritage in Seattle

Grades: 6-8, 10-11	Location: ICS/Local	Cost: \$0 + Lunch
Learning and playing the ancient game of Go with a (possible) day trip to International District to see important sites related to Japanese heritage of our city.		

Learn and Improve Your Game of Golf

Grades: 6-8, 10-11	Location: Local	Cost: \$500
Students will be sorted into groups for golf lessons. Professional golf instructors from the Bellevue Golf Course will be giving lessons in all areas of golf. Each group will head out for course play (different format each day). This experienced is from 9:00 am to 2:30 pm each day at Bellevue Golf Course, 5500 140th Ave NE, Bellevue. Parents to provide transportation.		

Song Writing, Instrument Creation and MoPOP

Grades: 6-8, 10-11	Location: ICS/Local	Cost: \$50
Come participate in workshops to learn about writing music and designing instruments! Then use a free youth Orca card to travel with the group to spend a day at the MoPOP museum in Seattle! Day 1: Song writing and composing workshop. Students will learn about writing lyrics, chord progressions, and melody. Students are welcome to bring their own guitar/ukulele/keyboard/etc. Days 2-3: Physics of music and instrument creation: students will experiment with vibrating strings and vibrating air columns, learn about different parts of instruments and their function, and have the opportunity to design their own unique music instrument using the knowledge they gain. Day 4: MoPOP Museum: Students will have the day to explore the Seattle MoPOP Museum in small groups.		

Taste of Cultures

Grades: 6-8, 10-11	Location: ICS	Cost: \$35
Students will have the opportunity to immerse themselves in a welcoming atmosphere, making connections with diverse cultures through the integration of culinary, scientific, and artistic elements.		

Whidbey Island – The Grade 9 Experience

Grade: 9	Location: Regional (Overnights)	Cost: \$600
This experience offers a unique opportunity to explore, learn, and bond with your peers in beautiful outdoor settings while lodging at Camp Casey with your Grade 9 classmates! Trip Highlights: • Sailing Adventure: Learn a bit of PNW sailing history while sailing on the historic Schooner Suva! • Kayaking: Explore marine habitat and learn a bit about aquaculture while kayaking nearby! • Choice of Educational Activities: Participate in engaging activities such as the Fort Casey and shoreline exploration, forest meadow walks, beach seine and ranger-led workshops. • Evening Programs: Enjoy an evening of astronomy and night sky viewing as well as another evening gathered around the campfire for Native American stories told by a professional storyteller. Day 1: South Whidbey State Park, Camp Casey (overnight) Day 2: Camp Casey (overnight) Day 3: Port Townsend, Coupeville, Camp Casey (overnight) Day 4: Camp Casey, Deception Pass State Park		

Science and Engineering in the PNW

Grades: 10-11	Location: Regional (Daytrips)	Cost: \$250
Come learn more about science and engineering in the great Pacific Northwest! We will have four daytrips to learn more about available programs in these high demand career fields. Locations may include tours of the cutting-edge chemistry departments at UPS and UW, an engineering department at Joint Base Lewis-McChord and a day with an Aerospace engineer at the Museum of Flight. Each day will include a tour of the location as well as a presentation from a speaker. All four trips are designed for students considering a science or engineering for study and/or a career! Day 1: University of Puget Sound chemistry department Day 2: University of Washington chemistry department Day 3: Museum of Flight Day 4: Fort Lewis/McCord		

Theme Parks in Southern California

Grades: 10-11	Location: California	Cost: \$1,700
Visit three Southern California amusement parks to explore what goes on behind the scenes to make the thrills, magic, and fun come to life. Learn about roller coaster physics at Six Flags Magic Mountain, leadership and the art of innovation at Disneyland, and career opportunities in entertainment and production at Universal Studios. Day 1: Leave Sunday, May 18, from SeaTac Airport around 4:00 in the afternoon to Los Angeles. Stay at Hyatt House near the airport (hotel transfer from LAX). Day 2: Monday, May 19, Six Flags Magic Mountain: on-site workshop about the physics of roller coasters. Charter bus transport from hotel to Six Flags and back in the evening. Day 3: Tuesday, May 20, Disneyland: 'Leadership the Disney Way: Leadership and Innovation' workshop. Charter bus transport from hotel to Disneyland and back in the evening. Day 4: Wednesday, May 21, Universal Studios: 'Career Opportunities in Entertainment and Production Industries'. Charter bus from hotel to Universal Studios and back in the evening. Day 5: Thursday, May 22, fly home in the morning and arrive back to Seattle in the early afternoon. Breakfast will be provided in the hotel each morning. All other meals will be purchased in the theme parks.		

Zion National Park: Hiking, Photography, Nature

Grades: 10-11	Location: Zion National Park, Utah	Cost: \$1,700
This is an active Focus Week! Each day, we will hike between 4 and 9 miles (one or two hikes) including some significant elevation gain. We will stay together in a lodge at Zion Ponderosa Ranch Resort next to the park with a kitchen where we can pack our own lunches to eat on the trail. Dinners will be at the resort or in the nearby town. Activities and learning include: hikes, ranger programs, photography techniques and practice and/or other art forms, budgeting/planning for self-packed lunches, dark sky star gazing, focus on nature and ecosystems, student research on relevant topics such as plants, animals, early humans, or land use and presenting of their learning to teach the rest of the group, reflection discussion, journaling and team-building each day. Day 1: (Sunday, May 18) Early morning flight from Seattle to Harry Reid International Airport, drive to Zion National Park (2.5 hours), getting oriented, checking in to lodge, afternoon or sunset hike. Day 2: Morning trip to grocery store: planning lunches, purchasing lunch food, making lunch Midday long hike, for example Zion Narrows or Observation Point Dinner, reflection & games, lights out Day 3: Packing lunches, one long or two shorter hikes, dinner, reflection, dark sky stargazing excursion Day 4: Packing lunches, ranger program and Human History Museum visit, hike, dinner, reflection Day 5: Sunrise/morning hike, drive back to airport, flight home (late evening)		

Senior Farewell Expedition

Grade: 12	Location: Olympic Peninsula (Overnights)	Cost: \$400
- Hiking in the Olympic National Park/Olympic Peninsula (short hikes, all under 3 miles with minimal elevation gain). - Visit to the Sol Duc Hot Springs, participate in the Elwha River Restoration project - Overnight at Camp David Junior on Lake Crescent (lodge with full kitchen, cafeteria with bunkhouses) - Campers will be doing the food prep at the camp (lunches will be at varied locations) Day 1: Depart ICS approx. 9am, Hurricane Ridge, Elwha River Restoration project; Movie night Day 2: Hoh Rain Forest, Second Beach (La Push, WA); Campfire night Day 3: Cape Flattery Hike / Neah Bay, Sol Duc Hike and Hot Springs; Fireside night Day 4: Camp clean up, Spruce Railroad Hike, return to ICS approx. 3pm		