

Notre Dame Belmont



InterSession Course Catalog February 17 - 20, 2026



InterSession - (found on page 21 of Parent/Student Handbook 2025-2026)

InterSession is a unique learning experience typically offered every year during President's Day week. The purpose of InterSession is to provide students with educational experiences not usually found in a classroom setting. It is also an opportunity for faculty, staff, and students to share and/or explore mutual interests on or off campus. Our faculty work each year to design course offerings that will resonate with our students.

The four days of InterSession week have special schedules for each course with a minimum of four hours per day. InterSession is part of the school academic calendar, having accurate attendance and clear expectations for course participation during these four school days is essential. Participation and attendance will be recorded on the transcript. To earn credit, students must fulfill the attendance and participation expectations set forth in the InterSession catalog for whichever course offering they are assigned. Students will submit an assignment in Schoology designed to allow students to share what they learned, valued, and/or experienced during the InterSession days. Students who do not attend/participate in InterSession and/or do not complete the required assignment will receive unexcused absences (refer to attendance policy) and the transcript will reflect NC (no credit).

Over their four years at NDB, students are expected to take advantage of the varied types of course offerings. The goal is to have a student try something different each year ranging choosing from "academics" in the real world (i.e. architecture/engineering tours), certification courses (i.e. First Aid), service learning, arts/crafts, music, college visits, and more.

With the introduction of offering InterSession every year, beginning with the **Class of 2026**, students will be required to participate in an on-campus/local NDB course offering for at least one of the four year options. The other three years may include a combination of on-campus/local NDB courses, NDB planned travel, a family planned activity, a volunteer/service-learning opportunity, or an internship experience. Students will not repeat course experiences.

Type of experience	Requirements/Limits
On campus/local NDB sponsored course	1 yr minimum required / available all 4 years
NDB planned college visit trip	1 yr maximum
Family planned activity including service component (i.e. college visits and/or other trip)	1 yr maximum InterSession is part of the school academic calendar (equivalent to four academic days)
NDB coordinated Internship	2 yr maximum (if different internships)
NDB coordinated volunteer	2 yr maximum (if different volunteer orgs)
NDB planned domestic overnight trip	2 yr maximum
NDB planned International Trip	1 yr maximum

Students sign up for the InterSession experience based on what is available in the given year's catalog of offerings that resonates with their interests and budget. Each experience has a "seat limit" as would be the case for any course schedule so students should be prepared to have an alternate selection in mind. Course fees are based on the nature of the course. Courses featuring travel, off-site vendors, certifications, or special supply sets will by the nature of the activity have higher fees associated with them. Course fees will be processed through the regular tuition portal. The published InterSession catalog will have the details related to each offering and will be available at least one week prior to student selections.

Please read each bullet point below very carefully.

- InterSession is four school days in our calendar for students featuring unique educational experiences and an opportunity for faculty, staff, and students to live our Hallmarks while exploring mutual interests.
- InterSession will occur during President's week February 17 - 20, 2026.
- Please take your time choosing your course. **Registration is final.** After registration, courses will be reviewed for final enrollment limits. Should a course be canceled due to low enrollment, we will contact you for another selection. There are many options.
- **Course fees that appear in this catalog are estimates. Final course fees will be updated based on enrollment. Please note - prices are determined by class size, 3rd party vendors, class supplies, and administrative fees.**
- Course registration begins for
 - o Seniors - Monday, November 3 at 11:20am
 - o Juniors - Tuesday, November 4 at 11:20am
 - o Sophomore - Wednesday, November 5 at 11:20am
 - o Frosh - Thursday, November 6 at 11:20am
- **REGISTRATION DEADLINE IS 3PM ON WEDNESDAY, NOVEMBER 12, 2025!**
- The InterSession fee this year is \$25 per student.
- **An additional \$25 fee will be charged for late registration (exceptions may be given if a course is canceled due to low enrollment).**
- Students choosing Family Planned or Internship/Volunteer Experience **must register by 11:30am on Friday, November 7. After registering**, each student will receive a link to the appropriate proposal submission form. **Proposals must be completed and submitted by 3pm on November 12, 2025.**
- Athletic Department Policy: Varsity Basketball, Varsity Soccer, Varsity/JV Lacrosse, Varsity/JV Swimming, Varsity Softball, Varsity/JV Track and Field: **Choose an InterSession course that allows you to attend all practices/contests and to be free by at least 3pm each day (no overnight trips).**
- **Students may not make an InterSession course change even if there is a change in their sports schedule for the days of InterSession.** *Course costs are determined by class size, 3rd party vendors, class supplies, and administrative fees.*
- As part of the educational component of InterSession, all students will be required to submit a Google slide deck, assigned through Schoology, to demonstrate their learning from the week.
 - o During InterSession, each student keeps a log (photographs, admissions tickets, evidence of travel, information about the experience).
 - o Slide deck must meet criteria included in the rubric which will be discussed at a mandatory meeting before InterSession.
 - o After InterSession, students will complete and submit their slide deck no later than **3pm on Friday, February 27, 2026.**
 - o Credit for fulfilling InterSession attendance and expectations will appear on your NDB transcript.

Questions or need assistance? Email InterSession@ndhsb.org

Course List

On Campus - arranged by NDB Staffulty

1. [Beginning/Intermediate Crochet](#)
2. [Cultures and Cuisines of the World](#)
3. [From Showing to Telling: The Magic of Screenwriting](#)
4. [LEGO Architecture & Culture: Building the World](#)
5. [Maker Space \(Cricut Design & Screen Printing\)](#)
6. [Sewing for the Beginner & Experienced Sewist](#)
7. [Strum, Pick, and Play—Guitar for All](#)
8. [The Last Page: Senior Scrapbooking](#)
9. [Threads that Turn Heads - Embroidery Art](#)

On & Off Campus - arranged by NDB Staffulty

10. [Creative UpCycling](#)
11. [Culinary Adventures](#)
12. [FUNtastic Hikes : Color the Trails](#)
13. [HIVE MIND: Beekeeping and the Science of Bee Sisterhood](#)
14. [Protecting Our Oceans from Climate Change](#)
15. [Rec Sports for Life](#)
16. [Service With a Smile](#)
17. [Shore Guardians](#)
18. [Sustainable Farming](#)

Off Campus overnight - arranged by NDB Staffulty

19. [SoCal College Visits: LA & OC](#)

Off Campus - arranged by Student/Family

20. [Family Planned Experience](#)
21. [Internship/Volunteer Experience](#)

On Campus - arranged by NDB Staffulty

Beginning/Intermediate Crochet

Lead Instructor: Mrs. Torrey

Days/Times: 2/17 Tuesday: 9:30am - 1:30pm

2/18 Wednesday: 9:30am - 1:30pm

2/19 Thursday: 9:30am - 1:30pm

2/20 Friday: 9:30am - 1:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fee: \$55

Snack/Lunch Plan: Snacks provided. Students should bring their own lunch and drinks.

Course Description: Cozy Loops: Beginning to Intermediate Crochet

Ready to turn yarn into something magical? Whether you've never picked up a hook or you know the basics and want to level up, this class is for you! We'll start with the fundamentals: holding your hook, reading patterns, and making simple stitches. Then we will move into fun projects like scarves, granny squares, and even Woobles! Along the way, you'll learn tips, tricks, and creative techniques to keep your hands busy and your imagination flowing. No experience required. Just bring your curiosity (and maybe a skein or two of your favorite yarn). By the end, you'll be able to say, "I made this!" and mean it.

Travel Plan: Would like to travel to Michaels on Tuesday to buy supplies - yarn and a hook. I can also prepurchase and have everyone pick on the first day

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Hallmark #7 - we take care of the body, mind, and spirit. It will be a week to recharge and learn about a craft that may be dying in our community. If the participants would like to create something to donate to a Senior Residence, Samaritan House, etc, they could do so as an act of helping their community.

Cultures and Cuisines of the World

Lead Instructor: Dr. Srinivasan

Days/Times: 2/17 Tuesday: 8:30am - 12:30pm

2/18 Wednesday: 8:30am - 12:30pm

2/19 Thursday: 8:30am - 12:30pm

2/20 Friday: 8:30am - 12:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$60

Snack/Lunch Plan: Students should bring their own lunch and drinks. Snacks will be provided based on the countries of interest. We will meet before Intersession to decide which countries to explore.

Course Description: Pack your curiosity and creativity. We're going on a journey around the world! In this class, students will explore countries near and far through hands-on experiences in art, music,

dance, food, and cultural traditions. Working in small groups, students will choose a country they've visited, dream of visiting, or feel especially intrigued by. Together, we will dive into the culture by creating arts and crafts inspired by the region, listening to music, learning a dance step or two, and watching authentic videos that bring the place to life. To top it all off, we'll sample delicious dishes that showcase the country's flavors. The pace will be relaxed and fun, with plenty of opportunities to share discoveries and celebrate our world's incredible diversity.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: This course will enrich the students' knowledge, help them appreciate the diverse cultures and traditions and communicate the importance of diversity while fostering greater empathy for each other. Hallmark 3: We educate for and act on behalf of justice, peace and care for all creation. The understanding and appreciation of various cultures and people encourages better communication and helps students be better caretakers of each other. Hallmark 5: We embrace the gift of diversity. Exploration of the varied cultures and traditions, music, and food, will give students an appreciation of the world's diversity. Hallmark 6: Create community while having fun and learning together.

From Showing to Telling: The Magic of Screenwriting

Lead Instructor: Mr. Tomczak

Days/Times: 2/17 Tuesday: 9am - 1pm

2/18 Wednesday: 9am - 1pm

2/19 Thursday: 9am - 1pm

2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$30

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: Ever wondered how your favorite movies, shows, and viral videos start? It all begins with a script. In this hands-on course, students will dive into the exciting world of screenwriting and filmmaking. You'll learn how to write scripts that grab attention, using real movies and TV shows to explore screenplay structure, formatting, and storytelling techniques. But it doesn't stop there. After writing your own short script, you'll bring your story to life by learning the basics of directing, shooting, and editing along. From page to screen, you'll discover how powerful storytelling and creative filmmaking come together to make something truly binge-worthy.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Hallmark 5 - Embrace Diversity. Screenwriting can be a powerful medium through which to tell diverse stories and learning the format allows students another way to process their own experiences and embrace the stories of others as well.

LEGO Architecture & Culture: Building the World

Lead Instructor: Mr. Coleman

Days/Times: 2/17 Tuesday: 8:30am - 12:30pm

2/18 Wednesday: 8:30am - 12:30pm

2/19 Thursday: 8:30am - 12:30pm

2/20 Friday: 8:30am - 12:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$100

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: Discover how creativity, culture, and community connect through LEGO. In this hands-on course, students will build large-scale models of world landmarks such as the Eiffel Tower and Notre Dame Cathedral. Depending on class size, additional projects like Neuschwanstein Castle or the Trevi Fountain may be included. Alongside building, students will watch and discuss documentaries such as A LEGO Brickumentary and Piece by Piece to reflect on how LEGO inspires innovation and brings people together. Throughout the week, students will strengthen teamwork, problem-solving, and design skills while deepening their appreciation for art, architecture, and global cultures.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: This course blends creativity, design, and cultural exploration to support Notre Dame's educational mission and Hallmarks. Students will: Strengthen problem-solving and design skills through the hands-on process of constructing complex LEGO architectural models. Develop collaboration and communication skills as they work in teams to complete large-scale builds, emphasizing shared responsibility and collective achievement. Engage with global culture and history by exploring iconic landmarks and discussing how architecture reflects cultural identity. Reflect on creativity and community through documentary discussions on LEGO's impact in media, art, and society.

Hallmark Connections: Create Community: Building as a group emphasizes teamwork, cooperation, and celebrating collective success. Develop Holistic Learning: Students apply creativity, critical thinking, and communication skills in an interdisciplinary way. Value the Arts and Cultural Traditions: Exploring world landmarks through LEGO provides both an artistic outlet and a lens into diverse cultural heritage.

Maker Space (Cricut Design & Screen Printing)

Lead Instructor: Ms. Soto & Mr. Thiesen

Days/Times: 2/17 Tuesday: 9am - 1pm

2/18 Wednesday: 9am - 1pm

2/19 Thursday: 9am - 1pm

2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$75

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: In this course, we'll explore how to use the Cricut Design Space machine to design and cut custom decals from vinyl. Cricut and screen printing are popular tools among artists and makers for creating personalized posters, t-shirts, tote bags, and more. These techniques offer endless possibilities, allowing you to print designs on a variety of surfaces like glass, wood, fabric, and plastic. The combination of screen printing and Cricut gives you the freedom to turn your imagination into wearable art or unique home décor. Whether you're crafting for fun or looking to expand your creative skill set, this beginner-friendly course provides the perfect introduction to both methods.

****Students will be provided shirts, totes and tumblers.**

Let's get crafty and unleash your creativity!

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Hallmark #2 and #6: Embracing and appreciating students' individual creativity while learning with a community of members who have the same interest.

Sewing for the Beginner and Experienced Sewist

Lead Instructor: Dr. Ciernick and Mrs. Cook

Days/Times: 2/17 Tuesday: 9am - 1pm

2/18 Wednesday: 9am - 1pm

2/19 Thursday: 9am - 1pm

2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$50

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: Course Description: This course is for students who have wanted the opportunity to explore sewing and for experienced sewists who want an excuse to commune with their sewing machines. Beginners will begin given a pajama pants pattern. Experienced sewists will choose their own project, with the idea of making significant progress on it by the end of the week. Sewing a pair of pajama pants will enable beginners to learn the basics of laying out and cutting a pattern, working with a sewing machine, stitching seams and working with elastic. Experienced sewists will meet with Dr. Ciernick to discuss the possibility of earning NDB hours by assisting beginning sewists. Sewing machines and basic tools (scissors, pins, tape measures, etc.) will be provided; however, students may bring their own machines and tools.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Educational Purpose/Connection(s) to Hallmarks & Community Goals: Hallmark 6: We create community among those with whom we work and serve.

Hallmark 7: We develop holistic learning communities which educate for life.

Saint Julie sought to teach her students what they needed for life. Sewing, as many have noted, is a dying art. Students will have acquired basic sewing skills that will have given them a foundation on which to build. Additionally, they will have had the opportunity to build community with students outside of their class year and their usual interests.

Strum, Pick, and Play: Guitar for All

Lead Instructor: Mr. E

Days/Times: 2/17 Tuesday: 8:30am - 12:30pm

2/18 Wednesday: 8:30am - 12:30pm

2/19 Thursday: 8:30am - 12:30pm

2/20 Friday: 8:30am - 12:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$40

Snack/Lunch Plan: Snacks provided. Students should bring their own lunch and drinks.

Course Description: "Strum, Pick, and Play" is a comprehensive guitar class designed to take beginners on an exciting journey into the world of guitar playing. This class is suitable for individuals with little to no prior experience with the guitar, and it covers the fundamentals of guitar. Students will be able to learn some of their favorite songs and play along with them, as well as learn some basic production with GarageBand. This class aims to provide a solid foundation for aspiring guitarists, whether they want to play for personal enjoyment or aspire to join a band or perform as a solo artist. It encourages a supportive and creative learning environment where students can nurture their passion for music.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Students have the opportunity to Learn for Life with this course. They can choose to continue their pursuit of guitar and turn it into a fulfilling hobby or even a source of income. Students also have the opportunity to create Community with others that they might have never interacted with by taking this course.

The Last Page: Senior Scrapbooking

Lead Instructor: Mrs. Boragno and Mrs. Falzon

Days/Times: 2/17 Tuesday: 8:30am - 12:30pm

2/18 Wednesday: 8:30am - 12:30pm

2/19 Thursday: 8:30am - 12:30pm

2/20 Friday: 8:30am - 12:30pm

Open to Grades: 12

Estimated Course Fees: \$65

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: Get ready to laugh, reminisce, and celebrate your high school journey! In this creative, memory-filled InterSession, seniors will turn the past four years into a scrapbook they'll actually want to keep forever. Each day, we'll throw it back to a different year, freshman through senior, starting with a reflection circle to swap stories, then watching iconic coming-of-age movies, and finally scrapbooking while blasting playlists from those years. By Friday, you'll have a personalized scrapbook packed with your favorite memories, inside jokes, and senior-year sendoff vibes, a one-of-a-kind keepsake to carry with you long after graduation.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: This course is rooted in reflection, creativity, and community, and such values that align closely with the Notre Dame Hallmarks. It

supports social-emotional learning by encouraging students to process and honor their experiences while celebrating the relationships that shaped them.

Hallmark 1: We Proclaim by our Lives even more than by our Words that God is Good.

Students cultivate gratitude and mindfulness by recognizing the goodness in their own journey and the people who supported them. Hallmark 5: We embrace the gift of diversity.

As seniors share memories and scrapbook pages, they highlight unique voices, traditions, and backgrounds that together create a rich and inclusive community story. Hallmark 6: We create community among those with whom we work and with those we serve.

Reflective conversations, group movie viewings, and shared creative time foster belonging, bonding, and joy in community. Hallmark 7: We develop holistic learning communities that educate for life.

By combining art, reflection, media, and conversation, this course nurtures creativity, memory, and personal growth, preparing students to carry their story into the future.

Threads that Turn Heads - Embroidery Art & Movies

Lead Instructor: Mrs. Kuntz and Mrs. Connolly

Days/Times: 2/17 Tuesday: 9am - 1pm

2/18 Wednesday: 9am - 1pm

2/19 Thursday: 9am - 1pm

2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Fee: \$125

Snack/Lunch Plan: Snacks will be provided. Students should bring their own lunch and drinks.

Course Description: Create works of stitched art on muslin! Turn old clothes you love into works of art! Become your own fashionista! Learn to embroider onto jeans, shirts, or turn plain fabric into one-of-a-kind unique statements. From simple stitching to more advanced designs, create your own art or use patterns from a variety available. Materials, equipment, and movies to watch while you stitch with friends (both new and old) are provided, bring clothing to stitch if you'd like.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Hallmark 6 = Building community through handcrafts. Students work together as they learn the art of stitching, weaving, and design. Embroidery and weaving center the focus on rhythm, relaxation, and time away from digital madness. Students discover ways in which to repurpose clothing, work with design, and gain technical stitching skills.

On & Off Campus - arranged by NDB Staffulty

Creative Upcycling - From Fast Fashion to Justice

Lead Instructor: Ms. Fee

Days/Times: 2/17 Tuesday: 8:30am - 12:30pm

2/18 Wednesday: 8:30am - 12:30pm

2/19 Thursday: 9:30am - 1:30pm

2/20 Friday: 8:30am - 12:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$50

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: What happens when fashion meets justice? In this course, students will dive into the hidden world of fast fashion and discover creative, sustainable alternatives. We'll start by examining the global impact of fast fashion such as its environmental costs, labor injustices, and consumer culture. On Wednesday, we will head off campus for a thrifting trip, where students will select clothing pieces with potential for transformation. Thursday is our big "maker day": students will cut, sew, and upcycle thrifted clothing into one-of-a-kind creations. By the end of the week, students will leave with both an original garment and a deeper understanding of how individual choices can promote justice and care for creation.

Travel Plan: We will be on campus Tuesday, Wednesday and Friday. On Thursday we will take the bus along El Camino to travel to the Thrift Center in San Carlos and Savers in Redwood City. We will spend about an hour at each thrift store before returning back to campus.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: This course connects directly to Hallmark 3: We educate for and act on behalf of justice, peace, and care for all creation. Students will explore issues of environmental justice by uncovering the ecological costs of fast fashion, as well as labor justice by considering the conditions of garment workers worldwide. By upcycling clothing, students will actively reduce waste and practice sustainable consumer habits.

This experience cultivates peace by fostering thoughtful consumption and mindful stewardship of the earth. It also highlights the power of young people to be agents of change, whether through fashion choices, advocacy, or creativity. Students will leave with the confidence that their individual actions can align with community goals of justice and care for creation.

Culinary Adventures

Lead Instructor: Mrs. Neapolitan

Days/Times: 2/17 Tuesday: 9am - 12pm
2/18 Wednesday: 9am - 12pm
2/19 Thursday: 2pm - 8pm includes travel time
2/20 Friday: 9am - 4pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fee: \$300

Snack/Lunch Plan: Students will eat what they cook and be provided food during each adventure. Students should bring drinks and may bring snacks.

Course Description: Learn, Laugh, Cook! Spend Tuesday and Wednesday at a cooking school enjoying a premier culinary experience. Learn to make two complete meals and dine with your companion chefs. Yes Chef! Spend Thursday in service to others, living Hallmark 2, & 4 of our NDB Community. We will serve with a local non-profit, Table of Plenty Community in Half Moon Bay, whose founding director is a Sister of Notre Dame. Then on Friday take a field trip to an extraordinary working kitchen with a few surprises in store. You won't want to miss out!

Travel Plan: Tuesday/Wednesday - meet at Taste Buds Kitchen in Palo Alto. Thursday/Friday meet on campus to travel together in school vans.

Educational Purpose /Connection(s) to Hallmarks & Community Goals:

Learning to cook is a valuable skill that can be used to be of service to others in our community. Feeding the hungry can include service to those who are unhoused. Bringing a friend who is feeling down and just needs to sit with others for a meal is a service that lets them know someone cares enough to bring them something to eat. It can just be simple hospitality and breaking bread around a table with family and friends. Show your love for others by serving them.

Hallmark 2: We honor the dignity and sacredness of each person.

Hallmark 4: We commit ourselves to service.

Hallmark 5: We create community among those with whom we work and with those we serve.

FUNtastic Hikes : Color the Trails

Lead Instructor: Mrs. Alba

Days/Times: 2/17 Tuesday: 9am - 1pm
2/18 Wednesday: 9am - 1pm
2/19 Thursday: 9am - 1pm
2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$40

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: A diverse sampling of Bay Area hikes with creative activities to experience the power of nature on mind, body and spirit, and to inspire greater appreciation for nature. Along the trails,

students will pause to recharge, dive into playful creative activities, have snacks and eat lunch. A surprise spirit day will bring extra fun, brighter colors and more spice to nature.

Travel Plan: Students must meet at a different location each day and get picked up on time. Directions will be provided during the mandatory meeting before InterSession.

Tuesday: Crystal Springs Park, Sawyer Camp Trail, South Trail Head (5.0 miles, beginner level)

Wednesday: Wunderlich County Park, Bear Gulch Trail (5.0 miles, intermediate level),

Thursday: Cowell-Purissima Coastal Trailhead (5 miles, beginner level)

Friday: Waterdog Lake & Open Space (5 miles, beginner level) followed by the students' favorite order at Starbucks.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Through a series of hikes, fellow Tigers (students & staff) will have an opportunity to build community by collectively overcoming challenges while developing a greater awareness of the fragility and beauty of nature in the community we serve. They will express the emotions that nature evokes in them through arts. Hallmark 6: Create Community: We create community among those with whom we work and with those we serve.

HIVE MIND: Beekeeping and the Science of Bee Sisterhood

Lead Instructor: Mrs. Poutivski

Days/Times: 2/17 Tuesday: 9am - 1pm

2/18 Wednesday: 9am - 1pm

2/19 Thursday: 9am - 1pm

2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$65

Snack/Lunch Plan: Snacks will be provided. Students should bring their own lunch and drinks.

Course Description: Step into the buzzing world of bees! This hands-on course introduces students to the fascinating science and importance of pollinators. Students will explore how bees support ecosystems, food production, and biodiversity while also learning the basics of beekeeping and pollinator care. ❤️🐝

Highlights include:

A field trip via CALtrain 🚆🐝 - learn about the impact of climate change on the life cycle of bees and how you can be a part of the solution to help save the bees! (thank you San Mateo's Beekeeper's Guild!)

Meet a local beekeeper and their hive 🎤👩🔬🌻 - observe a real colony of bees and taste locally produced honey (thank you Honey by the Bay!)

A documentary screening 🎬🌍🐝 - deepen your understanding of the role bees play in our global food system and learn about the efforts to conserve bees.

A DIY project building bee hotels 🛠️🏠🐝 - support native pollinators in your own community by constructing a bee hotel.

Fun experiments, discussions, and creative activities 🔬💡👉 - view pollen grains and honeybee anatomy up close through a microscope, bee themed art, and more!

Travel Plan: Students will be dropped off and picked up at NDB every day. On the field trip day to Washington Park in Burlingame, we will walk to the Belmont CalTrain station (approximately 15 minute

walk), exit at the Burlingame station and walk to the park (approximately 3 minute walk). We will walk and ride on our return trip to NDB. Public transportation is a great sustainable way to travel!

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Hallmark 3: By learning about the essential role bees play in sustaining ecosystems and food systems, students develop an appreciation for the interdependence of all life. Through hands-on experiences - such as visiting a beekeeper, creating habitats for native species, and reflecting on the threats facing pollinators - students practice stewardship of the environment and explore how individual and collective actions can support ecological justice and the flourishing of creation.

Hallmark 4: Taking part in the four-day Introduction to Beekeeping course reflects our commitment to community service. Students not only learn practical skills and environmental stewardship, but also engage in service by building bee habitats for our campus and local neighborhoods. This work fosters collaboration, strengthens ties with local beekeepers, and creates a tangible contribution to the well-being of our community and environment.

Protecting Our Oceans from Climate Change

Lead Instructor: Mr. Muir

Days/Times: 2/17 Tuesday: 9:30am - 1:30pm

2/18 Wednesday: 9:30am - 1:30pm

2/19 Thursday: 9:30am - 1:30pm

2/20 Friday: 9:30am - 1:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$100

Snack/Lunch Plan: Students should bring their own lunch and drinks.

Course Description: Let's explore how climate change affects the ocean and marine life, raising awareness and inspiring action. Through fun field trips, hands-on activities, and discussions, students will learn simple ways to help the environment and earn service hours along the way!

Travel Plan: Students will meet at Notre Dame and then travel together in school vans.

Tuesday/Wednesday - One day on campus, one day at Fitzgerald Marine Reserve in Moss Beach (TBD depending on weather and tides)

Thursday/Friday - Aquarium of the Bay in San Francisco

Educational Purpose /Connection(s) to Hallmarks & Community Goals: To engage students in NDB Hallmark Three: We educate for and act on behalf of justice, peace, and care of creation. Proclaim God's Goodness: This relates to us appreciating God's creation and valuing marine life. We should make changes to help the ocean and our Earth that God created. Hallmark seven: Learn For Life.

Rec Sports for Life

Lead Instructor: Coach Kate and Mr. G

Days/Times: 2/17 Tuesday: 10am - 2pm

2/18 Wednesday: 10am - 2pm

2/19 Thursday: 10am - 2pm

2/20 Friday: 10am - 2pm

Open to Grades: 10, 11, 12

Estimated Course Fees: \$135

Snack/Lunch Plan:

On campus days - Tuesday 2/17 and Friday 2/20 Students should bring their own lunch and drinks.

Off campus days - Wednesday 2/18 TopGolf brunch is included. Thursday 2/19 Classic Bowling Center lunch to be provided at the bowling alley.

Course Description: Let's get active! Each day of this course will explore a different recreational sport that can be done for a lifetime. Tuesday we will start on campus with Badminton! Learn the basic skills, rules and strategies of this popular Olympic sport and finish the day with a tournament. On Wednesday we will head to TopGolf! Learn how to drive, hit and chip in a fun competitive game atmosphere. Thursday we will head to the Classic Bowling Center! Learn the game of bowling and compete against your friends and classmates. Friday we finish on campus with Pickleball! Learn the basic skills, rules and strategies of this new rage sport and finish the day with a tournament.

Travel Plan: Students will be responsible to get to and from the off campus locations on their own. Wednesday 2/18 meet at TopGolf (Burlingame) Thursday 2/19 meet at Classic Bowling Center (Daly City)

Educational Purpose /Connection(s) to Hallmarks & Community Goals: This course will expose students to activities and sports that they can participate in for a lifetime, promoting health and wellness and how to maintain this for life. Students will learn the basics of four recreational sports as well as participate in fun games and tournaments. Hallmark 7 will be the focus of this course in creating community and educating for life. Learning how to live a healthy and active lifestyle now will benefit the students later in life and these recreational games can continue to cultivate community for a lifetime.

Service with a Smile

Lead Instructor: Ms. Cambe and Mrs. Dorn

Days/Times: 2/17 Tuesday: 8:30am - 12:30pm

2/18 Wednesday: 9am - 1pm

2/19 Thursday: 8:30am - 12:30pm

2/20 Friday: 8:30am - 12:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$75

Snack/Lunch Plan: Snacks will be provided. Students should bring their own lunch and drinks.

Course Description: Community service is not just about making a difference, it's about unlocking a world of impact and personal growth. It's about being part of something larger than yourself, of connecting with diverse communities, and making a tangible change in the lives of others. It is not only a chance to give back, but it's a platform for self-discovery, leadership development, and the cultivation of invaluable skills that will shape your future. Join us and leave an indelible mark on the world and your own life. Students will spend four days giving back to the community in a variety of ways. Each day will be an onsite hands-on experience. Students will earn 10-12 service hours (depending on travel time) for their work during the week.

Travel Plan: Tuesday 2/17 – on campus at NDB. Blanket making & Project Glimmer
Wednesday 2/18 – drop off/pick up - Jasper Ridge Farm 2720 Alpine Rd, Portola Valley, CA 94028
Thursday 2/19 – drop off/pick up at St Gregory School 2701 Hacienda St, San Mateo, CA 94403
Friday 2/20 - drop off/pick up at Samaritan House 4031 Pacific Boulevard San Mateo CA 94403

Educational Purpose /Connection(s) to Hallmarks & Community Goals: We honor the dignity and sacredness of each person.

We commit ourselves to community service.

We create community among those with whom we work and with those we serve.

Shore Guardians

Lead Instructor: Ms. Flores and Coach Aubrie

Days/Times: 2/17 Tuesday: 9am – 1pm

2/18 Wednesday: 9am – 1pm

2/19 Thursday: 9am – 1pm

2/20 Friday: 9am – 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fee: \$60

Snack/Lunch Plan: Students should bring their own lunch and drinks. Option to buy food while on our field trips on Wednesday and Thursday.

Course Description: Hey, future leaders! Are you ready to roll up your sleeves and make a real difference in our community? If you love the beach and want to protect it, **Shore Guardians** is the perfect adventure for you! No prior experience needed. Just bring your passion for the planet! This course offers an unique opportunity to become an eco-hero while hanging out with friends.

Here's why you should sign up:

- **Tuesday:** Start with an inspiring environmental documentary and hands-on activities, where we'll create reusable trash bags and practice a clean-up right on campus!
- **Wednesday & Thursday:** Hit the beach! You'll lead clean-ups at local beaches, making a real impact and earn service hours while learning about marine ecosystems and pollution. Plus, we'll brainstorm creative ways to raise awareness and even design posters to inspire others!
- **Friday:** Celebrate your hard work with an awesome reflection session, fun awards, and a group picnic to wrap it all up.

Travel Plan: We will meet at NDB at 9:00am every day.

Wednesday and Thursday, students will be transported in school vehicles. Our return to campus times will vary each day depending on travel time (and SF Bay Area traffic).

Educational Purpose / Connection to Hallmarks & Community Goals: Shore Guardians embodies Hallmark 7 (developing holistic learning communities that educate for life) by extending learning beyond the classroom through hands-on experiences like beach clean-ups. Students gain a deeper understanding of local environmental issues while cultivating stewardship, collaboration, and civic responsibility. The course also aligns with Hallmark 3 (educating for and acting on behalf of justice, peace, and care for all creation) by engaging students in meaningful service that promotes environmental justice and sustainability. Through teamwork and reflection, students integrate environmental awareness into their daily lives, developing a lifelong ethic of care for the planet. By uniting both Hallmarks, Shore Guardians bridges education and action, empowering students to contribute to a just and sustainable future.

Sustainable Farming

Lead Instructor: Mr. Lapke and Mrs. Flint

Days/Times: 2/17 Tuesday: 8.30am to 2pm

2/18 Wednesday: 8.30am - 3pm

2/19 Thursday: 8.30am - 2pm

2/20 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$95

Snack/Lunch Plan: Snacks will be provided. Students should bring their own lunch and drinks.

Course Description: Travel the Bay Area to farms where spirituality and sustainable farming practices are a part of their mission. This exciting week will involve trips to Santa Cruz Permaculture Farm and Harley Farms Goat Dairy. One to two other Bay Area farm locations will be announced at a later date. Learn traditional and sustainable farming practices that can take us into the future and keep our planet and its people healthy. Students will have a chance to talk and learn from farmers and have hands-on experiences.

Travel Plan: Students will be dropped off and picked up at NDB campus every day. Students will be transported in school vehicles driven by NDB staff to the offsite locations on Tuesday, Wednesday, and Thursday. Our return to campus times will vary each day depending on SF Bay Area traffic and will be clearly communicated. Friday we will stay on campus to share photos & stories and discuss our experiences of the week.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Students will learn about the connection between sustainable farming, food security, and food inequities. Students will also learn about the positive and negative impacts of farming on local communities and the environmental impacts of conventional versus sustainable farming. Hallmark 3: Educate/Act for Justice, Peace and care for creation. Hallmark 7: Educate for Life.

Off Campus overnight - arranged by NDB Staffulty

SoCal College Visits: LA/OC

Lead Instructor: Mr. Robert Rojas and Mrs. Yao

Days/Times

Sunday, 2/15: SJC-BUR, UCLA

Monday, 2/16: LMU, Los Angeles

Tuesday, 2/17: USC, Disneyland

Wednesday, 2/18: Chapman University, Disneyland

Thursday, 2/19: UC Irvine, SNA-SJC

Open to Grades: 10, 11

Estimated Course Fees: \$2000

Snack/Lunch Plan: Fourteen meals included in the course fee. Three meals a day for four days and then two meals on the fifth day.

Course Description: Join us as we cram in the best of SoCal in less than five days. Sophomores and juniors, it's time to explore college options before beginning the college application writing process. We will visit several college campuses: Chapman University, Loyola Marymount University, UC Irvine, UCLA, and the University of Southern California; when and where available, especially during the President's Day weekend, we will schedule a campus tour via each school's Admissions office and/or a visit with NDB alumnae now attending the school. Between college visits, we will explore Los Angeles and Orange counties, including Hollywood and Disneyland. There's something for everyone, including future college students, aspiring filmmakers, and Disney aficionados.

Travel Plan: Plane, airport shuttle, and rental cars driven by instructors/chaperones. Lodging TBD: 2 nights in the Westside neighborhood of Los Angeles and 2 nights in the Disneyland Resort area

Educational Purpose /Connection(s) to Hallmarks & Community Goals: The trip provides students with opportunities to tour several of SoCal's college campuses and to connect with and talk to NDB alumnae at those schools. Hallmark #7: We develop holistic learning communities which educate for life. Hallmark #6: We create community among those with whom we work and with those we serve.

Off Campus - arranged by Student/Family

Family Planned Experience 2026

Lead Instructor: Dr. Haithcox

Days/Times: 2/17 Tuesday: Family Planned

2/18 Wednesday: Family Planned

2/19 Thursday: Family Planned

2/20 Friday: Family Planned

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$25 administrative fee

Course Description: Students may take a Family Planned Trip (this includes a family planned college visit trip) only ONCE during InterSession during their 4 years at Notre Dame. If a student has previously taken a Family Planned Trip, the student must select a different offering from the catalog. Students involved in spring athletics must have a coach ' s approval before submitting a request for a Family Planned Trip.

Purpose - The purpose of a Family planned InterSession trip is to appreciate the importance of family time and allow families to travel during off-peak times and/or to visit colleges and universities. Some portion of any family planned trip must allow students to participate in a community service experience for a minimum of 1 hour. For the slide deck there must be at least one slide dedicated to the service experience.

REQUIREMENTS FOR A FAMILY PLANNED TRIP

BEFORE - Students MUST register at the time assigned to their class to request access to the proposal form **no later than 11:30am on Friday, November 7, 2025**. Once eligibility is confirmed, students will receive the Family Planned Trip Proposal Google form which must be completed and submitted **no later than 3pm on Wednesday, November 12, 2025**. Family planned trips must be spread over a minimum of three days between February 17 - February 20, 2026. All proposals will be reviewed. The proposal will be accepted or returned for additional information. The proposal must include information about the service activity that will be done. If a proposal fails to be accepted, the student will be required to register for another open course. Students will attend a mandatory meeting in January 2026 to confirm expectations.

DURING - Students keep a log/photographs/evidence of tickets/journal of the places visited and they create a slide deck which must meet criteria set in the rubric and shared at the mandatory meeting. Evidence of dates and visits should be kept. At least one slide needs to be dedicated to the service experience.

AFTER - Student submits slide deck in Schoology by 3pm on Friday, February 27, 2026.

Travel Plan: Family Planned

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Decided by the family and communicated in the proposal and slide deck. Please use the [NDB Hallmarks](#) to help identify how your chosen Family Planned Experience is Notre Dame!

Internship/Volunteer Experience 2026

Lead Instructor: Mrs. Walton

Days/Times: 2/17 Tuesday: Students will set this up

2/18 Wednesday: Students will set this up

2/19 Thursday: Students will set this up

2/20 Friday: Students will set this up

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$25 administrative fee

Course Description: Internship Experience: This course will provide students with practical, hands-on experience in a professional setting related to their field of study. Through this self-selected internship, participants will have the chance to apply theoretical knowledge to real-world projects, develop industry-specific skills, and gain valuable insights into workplace dynamics. The program encourages personal and professional growth through mentorship, collaboration, and reflective learning. Upon completion, students will have gained a clearer understanding of their career paths.

Some portion of any internship experience must allow students to participate in a community service experience for a minimum of 1 hour.

Volunteer Experience: Volunteering provides an engaging and rewarding opportunity for you to gain hands-on experience in your local community. Through this self-selected program, participants will have the chance to make a meaningful impact while developing valuable skills and building connections. This should be an enriching and enjoyable experience, allowing you to make a positive difference in our world, while developing essential skills for future success.

REQUIREMENTS FOR A INTERNSHIP/VOLUNTEER EXPERIENCE

BEFORE: Students MUST register at the time assigned to their class to request access to the proposal form **no later than 11:30am on Friday, November 7, 2025**. Once eligibility is confirmed, students will receive the Internship/Volunteer Experience Proposal Google form which must be completed and submitted **no later than 3pm on Wednesday, November 12, 2025**.

Travel Plan: Students may choose Internship/Volunteer Experience TWICE during InterSession during their 4 years at Notre Dame. Each volunteer or internship experience must be different.

Internship/Volunteer Experience must be spread over a minimum of three days between February 17-February 20, 2026. All proposals will be reviewed. The proposal will be accepted or returned for additional information. The proposal (if it is for an Internship Experience) must include information about the service activity that will be done. If a proposal fails to be accepted, the student will be required to register for another open course. Students will attend a mandatory meeting in January 2026 to confirm expectations.

Required information included in the proposal:

- Name and email of the Contact Person for Verification of your InterSession Experience verified by an adult supervisor at the organization (**not** a parent or family member)
- Days and times that you will be engaged in the experience you have planned (a minimum of 4 hours per day and at least 16 hours during InterSession week- Tuesday, February 17- Friday, February 20)
- Name of the Organization/Business where you will be spending your time (Include a link to a website)
- Mission and program goals of the organization/business
- Location of organization/business (include full street address)
- Tasks/actions to be engaged in during the experience
- How you plan to include an element of community service into your Internship experience

DURING: Students keep log/photographs/evidence of tickets/journal of the places where they volunteered or interned (with a mentor). Evidence of dates and experiences should be kept. Complete the slide deck assignment which will be shared at the mandatory meeting in January 2026. At least one slide needs to be dedicated to the service component.

AFTER: Student submits slide deck in Schoology by 3pm on Friday, February 27, 2026.

Educational Purpose: Internship Experience: To provide students with the opportunity to pursue an area of interest within the academic year directly related to a career path. Students have the opportunity to plan, organize, and participate in an experience that is personally meaningful.

Volunteer Experience: To provide students with the opportunity to participate in service learning and to complete community service hours which are part of the NDB graduation requirement. Students have the flexibility to plan, organize, and select an area of interest to experience as they provide service to others.

Connection(s) to Hallmarks & Community Goals: Decided by the student and communicated in the proposal and slide deck. Please use the [NDB Hallmarks](#) to help identify how your chosen Internship or Volunteer Experience is Notre Dame!