

Notre Dame Belmont



InterSession Course Catalog February 16 - 19, 2027



InterSession

InterSession, a one-of-a-kind learning experience typically offered during President’s Day week, gives students the chance to step outside the traditional classroom, explore new interests, and learn alongside faculty, staff, and fellow students, on campus, off campus, and in the real world!

Each year, our faculty create engaging courses designed to spark curiosity and connect with student interests. InterSession runs for **four days**, with a special schedule and a **minimum of four hours of learning each day**.

Because InterSession is part of the academic calendar, **attendance and active participation are required** and will be recorded on student transcripts. To earn credit for the course, which will appear on transcripts, students must meet the expectations outlined in the InterSession catalog for their assigned course.

At the end of the week, students will complete a **Schoology reflection** sharing what they learned, valued, and/or experienced. Students who do not attend/participate or complete the required assignment will receive **unexcused absences** and **NC (No Credit)** on their transcript, in accordance with the attendance policy. After 3 days of illness, a physician's note is required.

Make the Most of All Four Years!

Over their four years at NDB, students are encouraged to **try something new each year**. InterSession offerings span a wide range of experiences—from architecture and engineering tours to certifications, service learning, arts and crafts, music, college visits, and so much more.

The goal? Get curious. Try something different. Discover something new.

Students are required to participate in at least one on-campus/local NDB course offering during their four years. 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 may not repeat course experiences.

Type of Experience	Requirements/Limits
On campus/local NDB sponsored course	1 yr minimum/ required - available all 4 year
NDB planned college visits	1 yr maximum
Family-planned college visits (must meet approval and include confirmed tours at colleges during InterSession)	1 yr maximum
Family-planned trip (must meet approval to equate to four learning days)	1 yr maximum
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 priority, 2nd yr waitlist

Each year, students sign up for an InterSession experience from the available offerings (choose something 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 have 2-3 alternate selections in mind. Course fees are based on the nature of the course. Courses featuring travel, off-site vendors, certifications, or special supply sets typically have higher fees associated with them. Course fees will be processed through the regular tuition portal. This 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 featuring unique educational experiences and an opportunity for faculty, staff, and students to live our Hallmarks while exploring mutual interests.
- InterSession 26-27 will occur during President's week February 16 - 19, 2027.
- Please take your time choosing your course. **Registration is final.** Should it be canceled due to low enrollment, we will work to place you in your next choice of course and also 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 - fees are determined by class size, 3rd party vendors, class supplies, and administrative fees.**
- Course registration begins for
 - Seniors - Tuesday, November 3 at 11:00am
 - Juniors - Wednesday, November 4 at 11:00am
 - Sophomores - Thursday, November 5 at 11:00am
 - Frosh - Friday, November 6 at 11:00am
- **REGISTRATION DEADLINE IS 3PM ON WEDNESDAY, NOVEMBER 11, 2026!**
- The base InterSession fee this year is \$25 per student, included in each course fee
- **An additional \$25 fee will be charged for late registration (exceptions are given if a course is canceled due to low enrollment).**
- **Students choosing Family Planned Trip, Family Planned College Visits, or Internship/Volunteer Experience must register by 11:30am on Friday, November 6.**
- **After registering**, each student will receive a link to the appropriate proposal submission form. **Proposals must be completed and submitted by 3pm on November 11, 2026.**
- **Athletic Department Policy:** Varsity Basketball, Varsity Soccer, Varsity/JV Lacrosse, Varsity/JV Swimming, Varsity Softball, Varsity/JV Track and Field, Varsity Wrestling, Varsity Beach Volleyball: **Choose an InterSession course that allows you to attend all practices/contests. You must be available by at least 2:30pm 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 fees 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.
 - During InterSession, each student keeps a log (photographs, admissions tickets, evidence of travel, information about the experience).
 - Slide deck must meet criteria included in the rubric, which will be discussed at a mandatory meeting before InterSession.
 - After InterSession, students will complete and submit their slide deck no later than **3pm on Wednesday, February 24, 2027.**
 - Credit for fulfilling InterSession attendance and expectations will appear on your NDB transcript.

Course List

On Campus - arranged by NDB Staffulty

1. [Cultures and Cuisines of the World](#)
2. [Signing the Music - Inside ASL Performance](#) - no previous experience necessary
3. [Stories Behind the Glory](#)
4. [Strum, Pick, and Play—Guitar for All](#)
5. [The Last Page: Senior Scrapbooking](#)
6. [Unstoppable](#)
7. [What Makes Games Fun? Gameplay & Game Design](#)

On & Off Campus - arranged by NDB Staffulty

8. [Bay Area College Tour](#)
9. [Coastal Breadbasket](#)
10. [Creative Upcycling - From Fast Fashion to Justice](#)
11. [Culinary Discoveries](#)
12. [Let's Be Tourists](#)
13. [Open Your French Restaurant](#)
14. [Rec Sports for Life](#)
15. [Service With a Smile](#)

Off Campus overnight - arranged by NDB Staffulty

16. [Chamber Choir Tour](#)
17. [Kairos Retreat](#)
18. [SoCal College Visits](#)

Off Campus - arranged by Student/Family

19. [Family Planned Trip Experience](#)
20. [Family Planned College Visits](#)
21. [Internship/Volunteer Experience](#)

ON CAMPUS

Course Title - Cultures and Cuisines of the World

Lead Instructor: Dr. Srinivasan

Days/Times: 2/16 Tuesday: 8:30am - 12:30pm

2/17 Wednesday: 8:30am - 12:30pm

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

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

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$100

Snack/Lunch Plan: The first day, Dr. Srinivasan will provide snacks. The following 2-3 days, student groups will be provided with a budget to buy food samples pertaining to the country of interest and share with the class.

Course Description: Student groups will pick a country they have visited, always wanted to visit, or by which they are fascinated. Students will do arts and crafts, share music from the country, and maybe even try a dance from the country. Finally, we will get to taste a sampling of food typical of the country. This exploration of the arts and crafts, foods, music and dance, and cultures and traditions from countries around the world will be done at a relaxed and enjoyable pace.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Our travels will reinforce the students' geography and world history knowledge. This fun-filled course conveys the importance of diversity as well as the need to understand the historical roots of certain cultural norms that we in the U.S.A. may misunderstand.

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 the people will foster better communication.

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 diversity among us.

Hallmark 6: As a group, we will create community by playing and learning together.

Course Title - Signing the Music

Lead Instructor: Ms. Borja

Days/Times: 2/16 Tuesday: 9am - 1pm

2/17 Wednesday: 9am - 1pm

2/18 Thursday: 9am - 1pm

2/19 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$45

Snack/Lunch Plan: Students will bring lunch

Course Description: No previous ASL experience needed. Ever wonder how a Deaf music fan experiences a live concert, or how performance interpreters bring rhythm and emotion to life without

saying a word? Join this immersive, hands-on exploration into the world of American Sign Language (ASL) musical interpretation. Students will look beyond simple translations to discover what it truly means to interpret music. We will explore how music and rhythm live within the Deaf community, study the artistic strategies of professional performance interpreters seen on stadium stages and viral videos, and learn how to honor ASL grammar and culture through visual storytelling. The week culminates in a creative group or solo project where students will translate, rehearse, and present their own music interpretation.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Students will explore music, American Sign Language (ASL), and Deaf culture, learning how interpreters convey lyrics, rhythm, and emotion through movement while respecting cultural traditions and ethical practices. They will develop creativity, cultural awareness, and an appreciation for accessibility and inclusion.

- Hallmark 2: Dignify All: Honor the dignity, experiences, and traditions of Deaf and hard-of-hearing individuals.
 - Hallmark 3: Act for Peace and Justice: Promote accessibility and inclusion in musical performance.
 - Hallmark 5: Embrace Diversity: Appreciate Deaf culture and diverse ways of experiencing music.
 - Hallmark 6: Create Community: Use musical interpretation to foster connection and belonging.
 - Hallmark 7: Learn for Life: Develop creativity, cultural awareness, and ethical understanding.
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Course Title - Stories Behind the Glory

Lead Instructor: Coach Kate

Days/Times: 2/16 Tuesday: 9am - 1pm

2/17 Wednesday: 9am - 1pm

2/18 Thursday: 9am - 1pm

2/19 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$40

Snack/Lunch Plan: Snacks provided, students will bring packed lunch

Course Description: What makes a sports story unforgettable? Explore the real-life athletes, teams, and legendary moments that changed the game, and sometimes the world! In this film-based course, students will watch dramatic feature films inspired by sports history, uncover the real events behind each story, and discuss how filmmakers bring these moments to life for audiences.

Then, it's time to step into the director's chair! Working with a partner or small group, students will research an athlete, team, or sporting event that made history and develop their own modified screenplay. They'll bring their story to life by outlining key scenes, choosing actors for potential roles, and preparing a screenplay pitch to present on the final day of InterSession. Combining history, creativity, collaboration, and storytelling, students will discover how sports can inspire powerful stories and create lasting change.

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

Students will explore major historical events through films that tell the stories of athletes, teams, and the impact of sports on society. Through discussion and reflection, students will deepen their understanding of history and examine how sports can influence social change, shape cultural perspectives, and reflect the times in which the stories occur.

- Dignify All - This course examines the historical events of our country, and how they impacted marginalized communities. In studying these times in our history students will gain a deeper understanding of honoring the dignity and sacredness of each person.
 - Learn for Life - This course can help students develop skills they can use beyond the classroom. By learning about real people and events through film, students practice critical thinking, discussion, and understanding different perspectives. Students also learn to question information, make connections between the past and present, and think about how sports can influence individuals and society.
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Course Title - Strum, Pick, and Play - Guitar for All

Lead Instructor: Mr. Estrada

Days/Times: 2/16 Tuesday: 8:30am - 12:30pm

2/17 Wednesday: 8:30am - 12:30pm

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

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

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$40

Snack/Lunch Plan: Snacks provided. Bring your own lunch (optional).

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 whom they might have never interacted with by taking this course.

Course Title - The Last Page: Senior Scrapbooking

Lead Instructor: Mr. Tomczak

Days/Times: 2/16 Tuesday: 8:30am - 12:30pm

2/17 Wednesday: 8:30am - 12:30pm

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

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

Open to Grades: 12

Estimated Course Fees: \$75

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 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.
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Course Title - Unstoppable

Lead Instructor: Ms. Carriker

Days/Times: 2/16 Tuesday: 9am - 1pm

2/17 Wednesday: 9am - 1pm

2/18 Thursday: 9am - 1pm

2/19 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$45

Snack/Lunch Plan: Students should bring lunch/snacks Tuesday, Wednesday and Thursday. On Friday, lunch will be provided.

Course Description: Step into your power, build fierce confidence, and learn to own any room you walk into. This high-energy, hands-on seminar fosters strength, equipping you with real-world skills to stay safe, strong, and in control. Learn practical protection strategies while training in an encouraging, highly supportive environment. Develop your mindset: Train your brain to spot red flags early, set boundaries, and trust your instincts in everyday situations: from campus life to late-night outings. Learn evasive maneuvers, tactical strikes, and explosive combatives drawn from Jiu Jitsu, Krav Maga, and Muay Thai. No prior martial arts experience needed. Walk out prepared, confident, and feeling completely unstoppable.

Educational Purpose/Connection(s) to Hallmarks & Community Goals: Hallmark 2: Self-defense and empowerment education teaches students that their personal safety, physical boundaries, and bodily autonomy are sacred and worth protecting. By learning how to set boundaries and defend themselves, students embody the truth that their inherent dignity must be honored and safeguarded.

Hallmark 7: This course goes beyond traditional academics by offering practical, real-world skills that prepare young women to navigate college and adulthood with confidence, resilience, and situational awareness.

Course Title - What Makes Games Fun? Gameplay & Game Design

Lead Instructor: Mr. Winsor

Days/Times: 2/16 Tuesday: 10am - 2pm

2/17 Wednesday: 10am - 2pm

2/18 Thursday: 10am - 2pm

2/19 Friday: 10am - 2pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$65

Snack/Lunch Plan: Students will bring lunch and snacks Tuesday, Wednesday, and Thursday. We will order pizza for lunch on Friday.

Course Description: What makes games fun, engaging, challenging, or memorable? Why do some games supply infinite replayability while others are only really good on the first play? In this course, students will explore such facets of game design while playing games, analyzing how they work, and reapplying the ideas to create their own games. Through gameplay, discussion, brainstorming, prototyping, and playtesting, students will transition from player to designer and learn how to identify and analyze game mechanics, translate ideas into playable systems, communicate rules clearly, and use feedback to refine their designs.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: By the end of the course, students and their teams will develop and playtest an original game concept. Students will gain a practical understanding of the iterative process that game designers use to turn ideas into playable experiences. Hallmark 6: Building Community. Students will build community through engaging with games and discussions.

ON & OFF CAMPUS

Course Title -Bay Area College Tour

Lead Instructor: Señora Blanchard

Days/Times: Daily schedules may change once college tours are confirmed.

2/16 Tuesday, 8:30am - 1:30pm (Stanford University)

2/17 Wednesday, 8:30am –1:30pm (UC Berkeley)

2/18Thursday, 8:30am – 1:30pm (SF State)

2/23 Friday, 10:00am – 12:00pm (NDB College Summaries & slide decks)

Open to Grades: 10, 11

Course Fees: \$155 includes lunch budget for each day, pizza on Friday, and travel costs.

Snack/Lunch Plan: Lunch will be purchased on college campuses Tuesday, Wednesday, and Thursday. On Friday, pizza and drinks will be provided at school.

Course Description: Explore three Bay Area universities - UC Berkeley, Stanford University, and San Francisco State University - and discover what makes each campus unique. Experience different campus environments, learn about academic programs and college life, and begin thinking about what your want in your college experience. Using public transportation, including Caltrain, BART, and Muni, students will navigate the Bay Area while building independence, confidence, and practical travel skills. On Friday, students will return to NDB to reflect on their visits, compare experiences, and share insights about the colleges. In addition, students will use Naviance to further explore and research colleges of interest.

Travel Plan: Students will use public transportation, including Caltrain, BART and Muni. On Tuesday: drop off/pick up at NDB. We will walk to Caltrain to visit Stanford. Wednesday and Thursday: drop off/pick up from the Millbrae BART station Friday: ON CAMPUS.

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

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

The educational purpose of this experience is to research and explore postsecondary education opportunities, recognize the differences in a variety of colleges, and for students to learn how to document college research.

Course Title - Coastal Breadbasket

Lead Instructor: Mrs. Connolly & Senior Shanntal Amurao

Days/Times: 2/16 Tuesday: 9am - 1pm

2/17 Wednesday: 9am - 1pm

2/18 Thursday: 3:30pm - 8pm (serving dinner)

2/19 Friday: 9am - 12:30pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$40

Snack/Lunch Plan: Students are expected to bring lunch, water, and snacks.

Course Description: Students will have the opportunity to make a positive impact in the Half Moon Bay community through hands-on service and meaningful experiences. [ALAS](#) supports Latino farmworkers and their families by providing community resources, including an on-site food pantry, alongside long-term advocacy for housing, healthcare, and education equity. [Table of Plenty](#) is a nonprofit that serves warm, restaurant-style meals every Thursday evening to Coastsides families, seniors, and the unhoused community members to foster companionship and combat hunger.

Students will volunteer alongside local organizations that provide food and essential resources to individuals and families in need. Students will work directly with these organizations, connect with people in the community, and experience the importance of supporting one another. This experience will allow students to step outside the classroom, try new things, and contribute their time and energy to meaningful service. It is also a great way to earn service hours while building teamwork, communication, and a stronger commitment to serving others. By the end of the InterSession, students will leave with new experiences, connections, and the rewarding feeling of knowing they made a difference.

Travel Plan:

Tuesday: plan to be dropped off/picked up at NDB. We are currently working on a 3rd location with the opportunity for service. Will update those who register for this course.

Wednesday: dropped off/picked up at ALAS in Half Moon Bay

Thursday: dropped off/picked up at Table of Plenty in Half Moon Bay

Friday: dropped off/picked up at NDB

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Students will volunteer with local Half Moon Bay organizations to support individuals and families in need. Activities may include preparing or distributing food, organizing donations, assisting with community projects, and helping local service organizations. Through hands-on service, students will earn service hours while developing empathy, teamwork, and a commitment to helping others. Bring **Hallmark #4: We commit ourselves to community service** to life by showing students how their time and talents can make a meaningful difference.

Course Title - Creative Upcycling - From Fast Fashion to Justice

Lead Instructor: Ms. Fee

Days/Times: 2/16 Tuesday: 8:30am - 12:30pm

2/17 Wednesday: 9:30am - 1:30pm

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

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

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$60

Snack/Lunch Plan: Students should bring their own lunches and snacks

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: Students will be on campus Tuesday, Thursday, and Friday. Wednesday we will take a field trip to Goodwill or other local thrift stores. Students will take public transportation in an effort to further encourage sustainable living.

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.

Course Title - Culinary Discoveries

Lead Instructor: Mrs. Neapolitan

Days/Times: 2/16 Tuesday: 8:45am - 12:15pm

2/17 Wednesday: 8:45am - 12:15pm

2/18 Thursday: 9am - 2pm

2/19 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$350

Snack/Lunch Plan: Students bring lunch on Thursday. Lunch will be provided on Tuesday, Wednesday, and Friday.

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 the Hallmarks 1, 2, 4, 5 & 6 of our NDB Community. We will bake for a local non-profit, Table of Plenty Community in Half Moon Bay, where all are welcomed. The founding director is a Sister of Notre Dame! Fellow Tigers in the Coastside Breadbasket course will take what we have prepared and serve dinner that evening at Table of Plenty. Friday we will have a fun surprise day that you will not want to miss out on!

Travel Plan: Tuesday/Wednesday - Students must provide their own transportation to and from Taste Buds Kitchen in Palo Alto. Thursday/Friday - students should be dropped off and picked up at Notre Dame.

Educational Purpose/Connection(s) to Hallmarks & Community Goals: Cooking is far more than a practical skill; it is a living proclamation that God is good, expressing itself through the joy, comfort, and nourishment we offer one another. When we gather around the kitchen counter and the dining table, whether learning alongside companion chefs at cooking school or sharing a meal with a friend in need of comfort, we honor the dignity and sacredness of each person. Food opens the door to embracing the gift of diversity, bringing together people of all backgrounds to share unique flavors, stories, and traditions.

Hallmark 1: We proclaim by our lives even more than by our world that God is good.

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

Hallmark 4: We commit ourselves to service.

Hallmark 5: We embrace the gift of diversity.

Hallmark 6: We create community among those with whom we work and with those we serve.

Course Title - Let's Be Tourists

Lead Instructor: Dr. Ciernick

Days/Times: 2/16 Tuesday: 9am - 1:30pm

2/17 Wednesday: 9am - 1:30pm

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

2/19 Friday: 9am - 11:30am

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$125

Snack/Lunch Plan: Students are expected to bring lunch, water, and snacks each day.

Course Description: How well do you really know the Bay Area? With school, sports, dance, music lessons, and other activities, when do you have time to see the Bay Area through the eyes of a tourist? Spend InterSession being a tourist! Visit the spooky Winchester Mystery House, creative SF Museum of Modern Art, and the iconic waterfront of SF including the Ferry Building full of shops and restaurants! Over the course of the week, you'll uncover stories, history, culture, art, and some of the places that make the Bay Area unique. Taking public transportation will turn the journey itself into part of the adventure!

Travel Plan: Tuesday and Wednesday: drop off and pick up at the Millbrae BART station. Thursday: drop off and pick up from Notre Dame. Students will be driven in school vans to and from the Winchester Mystery House. Friday: drop off and pick up at Notre Dame.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Students will explore the Bay Area's history, culture, art, and geography through visits to local museums, landmarks, neighborhoods, and cultural sites. These firsthand experiences will build observation, critical thinking, cultural awareness, and communication skills while deepening appreciation for the communities that shape the Bay Area. This course reflects the Hallmarks of a Notre Dame learning community by encouraging students to **learn through experience, cultivate curiosity, appreciate diverse perspectives, build community, and reflect on their discoveries**. By exploring beyond the classroom, students will make meaningful connections to their surroundings and grow as engaged members of their community.

Course Title - Open Your French Restaurant

Lead Instructor: Madam Alba and Ms. Cahill

Days/Times: 2/16 Tuesday: 8:30am - 12:30pm

2/17 Wednesday: 8:30am - 12:30pm

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

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

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$40

Snack/Lunch Plan: Students bring snacks, water, and lunch every day.

Course Description: The students will immerse themselves into French culture through Food and Arts. No French experience is required. Working in a team of four, the students will design, build, and run their own French mini-restaurant: a cr  perie, a sandwicherie, a shop for quiches and savoury pies, or a salon de th  . Name your restaurant, write the menu in French, choose ambient music, research the French region and the artist behind its decor, and paint your own version of a real work of art to hang on its wall.'

Wednesday - We will walk to the Belmont Library where interactive scavenger hunts will lead our exploration about French history, culture, food, music, and art.

Thursday - Continue to develop and create your vision of your restaurant. In the afternoon at home, students will bake and/or cook in preparation for your grand opening.

Friday - Open your restaurant dressed in French style attire, serve guests, and enjoy food from their classmates' restaurants.

Travel Plan: Students should be dropped off and picked up at Notre Dame each day. On Wednesday, we will walk to and from the Belmont Library together.

Educational Purpose /Connection(s) to Hallmarks & Community Goals: The students will learn how the interest for French Language and Culture, Arts and History can inspire and shape the creation of a business. They will learn and grow as a community, hence the connection to Hallmark 6: We create community among those with whom we work and those we serve.

Course Title - Rec Sports for Life

Lead Instructor: Mr. G and Coach Lapke

Days/Times: 2/16 Tuesday: 10am - 2pm

2/17 Wednesday: 10am - 2pm

2/18 Thursday: 10am - 2pm

2/19 Friday: 10am - 2pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$140

Snack/Lunch Plan: Students will bring their own lunch for on-campus days. Lunch will be provided on off-campus days

Course Description: Let's get active! Each day of this course will explore a different recreational sport that can be played 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. Wednesday, we will head to TopGolf! Learn how to drive, hit and chip in a fun competitive game atmosphere. Thursday, we will head to 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: On campus + Off campus activities, will be utilizing school vans to arrive get to locations

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.

Course Title - Service with a Smile

Lead Instructor: Ms. Cambe and Mrs. Dorn

Days/Times: 2/16 Tuesday: 8:30am - 12:30pm

2/17 Wednesday: 11:30 -12:30pm

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

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

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$75

Snack/Lunch Plan: Students should bring lunch and water everyday. Snacks will be provided on the day we are on campus.

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. Service is a chance to give back and 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 8-10 service hours (depending on travel time) for their work during the week.

Travel Plan:

2/17 Tuesday – on campus at NDB. Blanket; card making for senior care facility; [Project Glimmer kits](#)

2/18 Wednesday – drop off/pick up - Jasper RidgeFarm [2720 Alpine Rd, Portola Valley, CA 94028](#)

2/19 Thursday – drop off/pick up at St Gregory School [2701 Hacienda St, San Mateo, CA 94403](#)

2/20 Friday - drop off/pick up at Samaritan House [4031 Pacific Boulevard San Mateo CA 94403](#)

Educational Purpose /Connection(s) to Hallmarks & Community Goals: By visiting a variety of service sites and working together with local organizations we will live the following three hallmarks:
Hallmark 2: We honor the dignity and sacredness of each person.
Hallmark 4: We commit ourselves to community service.
Hallmark 6: We create community among those with whom we work and with those we serve.
Through community service, students will: develop collaboration and teamwork skills by working with peers and community members, engage in self-reflection to understand their personal values, strengths, and areas for growth, and cultivate empathy and understanding for diverse communities, enhancing their cultural competence.

Course Title - Shore Guardians

Lead Instructor: Ms. Flores and Coach Aubrie

Days/Times: 2/16 Tuesday: 9am - 1pm

2/17 Wednesday: 9am - 1pm

2/18 Thursday: 9am - 1pm

2/19 Friday: 9am - 1pm

Open to Grades: 9, 10, 11, 12

Estimated Course Fees: \$45

Snack/Lunch Plan: Students can bring lunch/snacks or buy lunch during beach outings.

Course Description: BECOME A SHORE GUARDIAN! Ready to get outside, make an impact, and have some fun with your NDB community? Here's your chance! Spend the week learning about our oceans, getting hands-on, giving back to our local beaches, and creating memories with your classmates. **Come ready to get your hands dirty, make a difference, and become a Shore Guardian!

- TUESDAY Kick off the week with an inspiring environmental documentary and a hands-on activity! We'll decorate reusable bags while learning more about how we can reduce waste and protect our oceans.
- WEDNESDAY + THURSDAY ARE BEACH DAYS! Time to get outside! We'll head to local beaches and lead beach clean-ups, helping protect our coastline and making a real difference in our community. **Bonus: Earn NDB service hours while you do it!**
- FRIDAY: CELEBRATE + REFLECT You made an impact, now let's celebrate it! We'll reflect on the week, create our own Shore Guardian shirts, enjoy some snacks, and watch another documentary about protecting our oceans.

Travel Plan: Students will meet on campus every day and be driven by school vans to the clean up locations. Beach clean-up days are on Wednesday and Thursday, rain or shine. Wednesday, we will visit Half Moon Bay Beach - 2 Venice Blvd Half Moon Bay, CA 94019. Thursday, we will go to Pacifica Beach - 5000 CA-1, Pacifica, CA 94044.

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

OFF CAMPUS OVERNIGHT - arranged by NDB Staffulty

Course Title - Chamber Choir SoCal Tour

Lead Instructor: Ms. Custino

Days/Times: Wednesday, February 17th, 2027 - Saturday, February 20th, 2027

Open to Grades: ONLY students currently enrolled in NDB Chamber Choir

Course Fees: Approximately \$2,000

Names of Chaperones: Casie Walker, Aki Amai

Snack/Lunch Plan: Multi-Day Overnight Trip; All meals and group snacks included in tour fee.

Course Description: The NDB Chamber Choir will spend four days in Southern California performing, exploring, and bonding as an ensemble. The tour will include a collegiate choral clinic, time to explore LA, a headlining performance at Westwood United Methodist Church, and will end with a full day at Disneyland. Students will have the chance to sing in new spaces, work with musicians outside of NDB, travel with friends, and be part of one of the choir program’s biggest experiences of the year.

Travel Plan: Charter Bus travel to Southern California with a professional bus driver. Lodging TBD: 1 night in the Los Angeles area and 2 nights in the Anaheim/Disneyland Resort area.

****exact itinerary is subject to change****

Wed, 2/17: Drive to LA, USC Clinic/Tour

Thurs, 2/18: UCLA/Santa Monica, Evening Performance at Westwood UMC

Fri, 2/19: Day at Disneyland

Sat, 2/20: Drive back to NDB

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

Hallmark 5 - The tour will expose students to a wide variety of musical, educational, cultural, and spiritual environments through interactions with collegiate and high school students and teachers in Los Angeles.

Hallmark 6 - This tour will include collaboration and community building with multiple educational institutions as well as the choir at Westwood UMC.

Course Title - Kairos Retreat

Lead Instructor: Mrs. Costa

Co-Instructors: Mrs. Boragno, Mrs. Christenson, Mrs. Empleo, Ms. Nealon

Days/Times: 2/16 Tuesday: Depart 2pm

2/17 Wednesday: All Day

2/18 Thursday: All Day

2/19 Friday: Return 10:30am

Open to Grades: 11, 12

Estimated Course Fees: \$635.00

Snack/Lunch Plan: Dinner Tuesday, all meals Wednesday/Thursday, and breakfast Friday are included.

Course Description: The 2026-27 NDB Kairos Retreat is a 4 day /3 nights experience designed specifically for juniors and seniors. More than just a retreat, Kairos is an opportunity to unplug, connect, reflect, and experience something truly different. Through conversations, activities, prayer, reflection, and plenty of fun along the way, students will explore faith, friendships, relationships, and community. Led by senior student leaders with the support of NDB faculty and staff mentors, Kairos is a special opportunity to get to know yourself deeply and to create memories that will last well beyond high school. Come to Kairos with an open mind, trust the experience, and get ready for something truly unforgettable.

Travel Plan: Transportation will be provided from Notre Dame to the retreat location and back to Notre Dame.

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

Kairos means “God’s time,” or an opportune moment, encouraging students to step away from academic pressures and reflect on their relationship with God. **Self-Discovery:** Participants reflect on their identity,

self-worth, and values while learning to approach life’s challenges positively. **Community Building:**

Through small-group sharing and talks, students build trust, empathy, and respect while recognizing

shared experiences. **Ultimate Takeaway:** Students carry the retreat’s lessons into daily life, living with purpose, kindness, and love.

<u>Hallmark of a Notre Dame</u>	<u>Connection to the Kairos Retreat Purpose</u>
1. Proclaiming God is good through life and actions	Encountering God's Goodness: The core meaning of <i>Kairos</i> ("God's time") is centered entirely on stepping away from life's noise to discover and witness God's goodness in oneself and others.
2. Honoring the dignity and sacredness of each person	Vulnerability & Respect: Through peer-led witness talks and shared small-group discussions, students learn to value each participant's unique, sacred story without judgment.
3. Educating for justice, peace, and care for creation	Inner Peace & Harmony: The reflective, unplugged environment fosters personal peace, allowing students to heal relationships and contemplate how they treat the world around them.
4. Committing to community service / responding to the poor	The Servant Heart: Kairos fosters empathy by exposing students to the shared spiritual and emotional poverty of the human experience, inspiring them to serve others selflessly.
5. Embracing diversity and reforming unjust structures	Breaking Down Walls: The retreat intentionally breaks down social cliques and stereotypes, bringing diverse student groups together to form unified, inclusive bonds.
6. Creating community, trust, and collaboration	Deepening Fellowship: Trust is the foundational pillar of the retreat. Peer leadership and intimate small groups foster absolute confidentiality, trust, and lifelong friendships.
7. Developing holistic learning communities that educate for life	"Living the Fourth": The final goal of Kairos is not to keep the magic on the retreat, but to bring those lessons back into daily life, equipping students to live with lifelong purpose.

Course Title - SoCal College Visits

Lead Instructor: Mr. Rojas

Days/Times: Sunday, 2/14 to Thursday, 2/18

Open to Grades: 10, 11

Estimated Course Fees: \$2650.00

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: CSU Long Beach, 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 Los Angeles area and 2 nights in the Anaheim/Disneyland Resort area.

Sunday, 2/14: Morning flight from Bay Area to SoCal; CSU Long Beach; UCLA

Monday, 2/15: LMU, Universal Studios Hollywood

Tuesday, 2/16: USC, Disneyland

Wednesday, 2/17: Chapman University, Disneyland

Thursday, 2/18: UC Irvine, SNA-SJC

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

Course Title - Family Planned Trip

Lead Instructor: Dr. Haithcox

Open to Grades: 9, 10, 11, 12

Days/Times/Travel Plan: 2/16 - 2/19 Family Planned

Administrative Fee: \$25

Students may take a Family Planned Trip ONCE during InterSession during their 4 years at Notre Dame. If a student has previously taken a Family 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 - To appreciate the importance of family time and allow families to learn through travel together.

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 3pm on Friday, November 6, 2026.**

Once eligibility is confirmed, students will receive the Family Planned Trip Proposal Google form which must be completed and submitted by 3 pm on Wednesday, November 11, 2026, or a late fee will be charged.

Family planned trips **must be spread over a minimum of three days** between February 16 - February 19, 2027. 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 during Block Eight on Thursday, January 28, 2027, 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 26, 2027.**

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Please use the [NDB Hallmarks](#) to help identify how your chosen InterSession activity is Notre Dame!

Course Title - Family Planned College Visits

Lead Instructor: Dr. Haithcox

Open to Grades - 10, 11, 12

Students may take a Family Planned College Visits ONCE during InterSession during their 4 years at Notre Dame. If a student has taken a Family Planned College Visits 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 College Trip.

InterSession Fee: \$25

Purpose - Provide an opportunity to visit specific colleges/college towns, or for seniors to confirm a choice.

REQUIREMENTS FOR A COLLEGE VISIT

Before - Students MUST register (at the time assigned to their class) to **request access to the proposal form no later than 3pm on Friday, November 6, 2026.**

Once eligibility is confirmed, students will receive the College Visit Proposal Google form which must be completed and submitted by 3pm on Wednesday, November 11, 2026 or a late fee will be charged.

College Visits **must be spread over a minimum of three days** between February 16 - February 19, 2027. All proposals will be reviewed. The proposal will be accepted or returned for additional information. If a proposal fails to be accepted, the student will be required to register for another open course. Students will attend a mandatory meeting during collaboration on Friday, January 28, 2027 to confirm expectations.

SOPHOMORES AND JUNIORS should plan to visit a minimum of 3 colleges with confirmed college tours.

SENIORS WITH OFFERS TO MULTIPLE COLLEGES - will make a plan based on what they need to see.

During - Students keep a log/photographs/evidence of tickets/journal of the colleges and 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.

After - Student submits slide deck in Schoology by **3pm on Friday, February 26, 2027.**

Educational Purpose /Connection(s) to Hallmarks & Community Goals: Please use the [NDB Hallmarks](#) to help identify how your chosen InterSession activity is Notre Dame!

Course Title - Internship/Volunteer Experience

Lead Instructor: Mrs. Walton

Open to Grades: 9, 10, 11, 12

Students may enroll in a Volunteer Experience twice or Internship Experience twice or one of each experience during InterSession during their 4 years at Notre Dame. Each experience needs to be different each year.

Days/Times/Travel Plan: 2/16 - 2/19 Family Planned

Administrative Fee: \$25

Course Description: Students apply to complete either a self-directed Internship or Volunteer Experience of their choice.

Internship Experience: This course will provide students with practical, hands-on experience in a professional setting related to their anticipated 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. Internships encourage personal and professional growth through mentorship, collaboration, and reflective learning. Upon completion, students will have gained a clearer understanding of their career paths.

Volunteer Experience: Volunteering provides an engaging and rewarding opportunity for students to gain hands-on experience in their local community. Through this self-selected program, participants will have the chance to make a meaningful impact on their community while developing valuable skills and building connections. This should be an enriching and enjoyable experience, allowing one 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 3pm on Friday, November 6, 2026.**
- Once eligibility is confirmed, students will receive the Internship/Volunteer Experience Proposal Google Form.
- **Complete and submit Google Form no later than 3pm on Wednesday, November 11, 2026.**

Internship/Volunteer Experience must be spread over a minimum of three days between February 16- February 19, 2027 and a minimum of 16 hours. All proposals will be reviewed. The proposal will be accepted or returned for additional information. 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 2027 to confirm expectations.

Required information included in the proposal:

- Name and email of a Contact Person for Verification of your InterSession Experience.
- Verification by an adult supervisor at the organization (not including 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 16- Friday, February 19)
- 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 (including full street address).
- Tasks/actions to be engaged in during the experience

DURING: Students keep logs/photographs/evidence of the places where they volunteered or interned. One picture should be with their mentor. Evidence of dates and experiences should be kept. Complete the slide deck assignment which will be shared at the mandatory meeting in January 2027. At least one slide needs to be dedicated to the service component.

AFTER: Student submits slide deck in Schoology **by 3pm on Friday, February 26, 2027.**

Educational Purpose /Connection(s) to Hallmarks & Community Goals: 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 InterSession activity is Notre Dame!*
