



CASCADES

ACADEMY

OF CENTRAL OREGON

Upper School Course Catalog

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Introduction

The Cascades Academy Upper School Program consists of an exciting academic curriculum, combining traditional learning methods with meaningful experiences in our community. Both the fall and spring terms are approached in a place-based thematic format, with each culminating in an expedition to the studied region. By approaching the curriculum through an integrated studies method, upper school students gain a better understanding of the relation of the different disciplines. The program's flexible schedule not only allows for class trips outside of the school, but it also provides students with opportunities for internships in the local community. The goal of the Cascades Academy Upper School program is to successfully prepare students for the years ahead of them, both in college and beyond. We strive to create lifelong learners, critical, independent thinkers and socially conscience individuals.

Language Arts

Oregon Literature

This course spans four trimesters over four years. It thematically explores literature based on four different Oregon regions. Students not only read novels, short stories and poetry by Oregon authors, but they also read non-fiction and biographies related to the selected region. Some examples of literature include Ken Kesey's *One Flew Over a Cuckoo's Nest*, Timothy Egan's *The Good Rain*, Marcy Houle's *The Prairie Keepers: Secrets of the Grassland*, and H.L. Davis's classic, *The Honey in the Horn*. When the course focuses on the southwest portion of the state, the class takes advantage of the Oregon Shakespeare Festival by reading one of the festival's selected plays and watching the performance in Ashland. Writing is an important element of this class, as students write literary response essays, creative stories, poetry, narrative and persuasive essays.

Composition

This is a one trimester course taught primarily to ninth and tenth grade students. This course focuses on essay composition, including: paragraph and sentence structure, fluency, organization, word choice, voice, punctuation, grammar and clear content. It is intended to provide each student with a writing skill set that allows them to be successful in all of their classes at Cascades Academy and beyond.

The main text is *Essay Writing for High School Students*. This course also includes an introduction to Latin and Greek roots, prefixes and suffixes as well as vocabulary words based on these word parts.

European Literature

Students in this course explore some premiere European authors. They study some of the older authors such as Gustave Flaubert, Moliere, Niccolo Machiavelli and Leo Tostoy and are also introduced to some more modern European writers, including Italo Calvino, Albert Camus, Jose Saragamo, Penelope Lively and Roddy Doyle. This course requires students to write their own compositions. It focuses on creative writing, encouraging the development of plot, setting and character, as well as original word-choice and personalized style in a variety of prose.

World Literature: A One-Way Ticket Around the World

In this course students explore a variety of literature originating from different authors from around the globe. Students receive a metaphorical one-way ticket around the world, stopping in different countries, exploring literature, writing critical responses and discussing relevant topics. The literary selections includes a variety of genres, such as poetry, short stories, novels and non-fiction essays and biographies. Some authors included are Gabriela Garcia-Marquez, Arundhati Roy, Dante Alighieri, Nelson Mandela, Chinua Achebe and Pearl S. Buck. This course coincides with World History in order to provide the students with a well-balanced understanding of different world cultures and their histories.

American Literature

This course, which is taught side-by-side U.S. History and Government, provides students with a look into different time periods through selected literature. Authors and poets such as Nathaniel Hawthorne, Anne Bradstreet and Irving Washington are selected for their historical authenticity, but the course also explores modern novels, essays and short stories that use an appropriate historical time period for their setting. Novels such as John Steinbeck's *Grapes of Wrath* and Charles Frazier's *Cold Mountain* are not only superb pieces of literature, but they also provide students with a more comprehensive appreciation for significant events in American history.

Asian Literature

This course is designed not only to introduce students to literature based in Asian countries, but it is also structured to provide them with a background to different Asian cultures. The authors and works examined in this course derive primarily from India, Japan and China. Authors studied include: Su Tong, V.S. Naipaul, Purusottama Lal, Haruki Murakami, Matsuo Basho and Shui Hu. This course also delves into different types of creative writing styles that have often been associated with these regions, such as haiku, tanka and tang poetry.

Studies of the Americas: Literature

This course, which takes place during two different spring terms, is a portion of the place-based thematic program in the upper school. In the trimester that culminates with a trip to Canada, the students focus both on Canadian authors and literature with Canadian settings. Authors studied in this course include Margaret Atwood, Saul Bellow, Carol Shields and Jack London. During the trimester focusing on Latin America and culminating with a trip to Costa Rica, students study a variety of literary genres including poetry, short stories, non-fiction and novels by authors who originate from the various countries of this region. Some authors include Octavia Paz, Jose Agustin, Rafael Guillen and Luis Alberto Urrea. In both sections of this course, students generate a research paper about a person, place or event related to the country, which allows for the continued instruction on expository writing skills.

Southwest Literature

This course, which culminates in a trip to this region, explores a variety of literature related to the area. Students will investigate the region through the eyes of authors such as Terry Tempest Williams, Barbara Kingsolver and Rudolpho Anaya. They also read non-fiction essays and books that describe different political, environmental and social issues. Writing assignments in this course include everything from creative stories deriving from Native American folktales to persuasive and expository essays explaining different current issues of the region.

Social Studies

Oregon State History

The state of Oregon is rich in its history, and over the course of four trimesters, students are introduced to many of its engaging aspects. This course delves into the region's Native American culture, the Lewis and Clark Expedition and the Oregon Trail pioneers and original settlements. It continues to explore Oregon's transition from territory to statehood, the development of Portland as a major city and the successful agriculture and livestock industry in the eastern part of the state. The course also covers Oregon's diverse cultures and their interactions, including the Native American-settler clashes and the Japanese-American internment camps during World War II. Finally, the class explores Oregon state politics and the environmental movement in this state. The primary text for this course will be *The Pacific Northwest: An Interpretive History* by Carlos Arnaldo Schwantes. Other sources include: articles, letters, journals, interviews and documentaries. Public speaking is emphasized in this course as students are required to present researched material verbally as well as participate in class debates relating to controversial, regional subjects. Through reading, researching, writing, public speaking and physically exploring the areas studied, students obtain a comprehensive and meaningful knowledge of the state of Oregon.

United States History and Government

This course explores the history of our country from the indigenous tribes to the development of a new Euro-government. The focus of this course is on the changing government of the United States and the historical events that led to these transformations. The main text for this course is *A People's History of the United States* by Howard Zinn. The course is also supplemented with primary documents, journals and articles from the time period as well as documentaries and essays. This course culminates with a week long expedition to Washington D.C., where students are able to better understand the history of our nation's capitol.

European History

This course studies the history of the different European countries from the 15th-19th centuries. Instead of delving into the expansive amount of historical events that occurred in this time period, the

course pinpoints significant historical characters and explores each of them and how they influenced and were influenced by their time period. Examples of these figures include: Martin Luther, John Calvin, Leonardo da Vinci, Galileo, Voltaire, Thomas Hobbes, John Locke, Louis XIV, Catherine the Great and Napoleon Bonaparte. This course also includes an in depth look at Renaissance art history and innovative philosophies from the time period. The main texts used for this course are *The Seekers: The Story of Man's Continuing Quest to Understand his World* and *The Creators: A History of Heroes of the Imagination*, both by Daniel Boorstin.

World History: The Tipping Points

This course, taught in conjunction with World Literature, does not attempt to cover the history of our planet, but instead focuses on some major "tipping point" events that changed the way humans thought and acted. Looking at individual events such as the European discovery of the western world, the creation of the Great Wall of China or the first use of atomic bombs in 1945 allows students to recognize how important and impacting these events were on the course of history. The class also looks to the future trying to prophesize how different events from recent history, such as the technology boom or War on Terrorism, will impact the future positively and/or negatively. The course uses a variety of reading materials to explain different events through both primary and secondary documents, and the course also requires a written paper and presentation on a student-chosen "tipping point" event in history.

Studies of the Americas: History

This course takes place in two different trimesters, one which culminates in a trip to Canada and the other with a trip to Costa Rica. In the course students explore our neighboring countries and their rich histories and cultures. Students start by researching the indigenous people of these countries and then study the different cultures that colonized these areas. The course uses *Parallel Destinies: Canadian-American Relations West of the Rockies* by John M. Findlay and *A History of Latin America* by Benjamin Keen as the main texts, but since this course is taught in conjunction with the *Study of the Americas: Literature*, the students also explore related literature, both fiction and non-fiction, to provide them with a full understanding of these countries.

Asian Studies: The History of its Leaders

In this course students study a variety of different leaders throughout Asia's vast history. The leaders chosen reflect different parts of Asia's culture. They include political, military, intellectual and religious leaders. Through the study of these individuals, students also gain a clear understanding of the history of this large region. Each student chooses one leader to study in-depth, culminating in a self-generated research weblog site and a verbal presentation. This class also delves into Asian art and its rich history by viewing different pieces, studying the artists and their periods. This class is taught in conjunction with Asian Literature, which provides the students with a well-rounded knowledge of the Asian culture.

Comparative Religions

This course investigates a variety of different religions including, but not limited to, Hinduism, Buddhism, Christianity, Judaism, Islam and Taoism. This course provides information on the different religions through a variety of readings and guest speakers, but individual students are also responsible for researching a chosen religion and teaching a seminar on that religion, including an activity that measures comprehended knowledge. This course is accompanied by trips into our community to visit different churches, synagogues and other places of prayer. Students also research the role of art in these different religions.

Southwest History

This course transports students to the southwest region of our country to study the intriguing history of the states of Nevada, Utah, Arizona, Colorado and New Mexico. The course covers some of the most fascinating aspects of the region's history, including: Native American culture before and after the arrival of white man; the early explorers, miners and settlers; the transition from territories to statehood; political trends and environmental studies, including the creation of the national park system. Students' main text is *Four Corners: History, Land, and People of the Desert Southwest* by Kenneth a. Brown, but they also access information through essays, journals, newspapers and other primary sources. This course culminates with a journey down to this region, at which time each student is required to give a presentation accompanied by a visual aid on the related and researched topic of their choice.

Sciences

Biology

This course explores the fundamental characteristics of life from the molecular level to the ecological community. Students study the rich diversity of living organisms, along with the structure and function of cells, organs, bodies, and communities. The course surveys plant and animal anatomy, physiology, reproduction, and microbiology. Regular laboratory explorations and field studies complement classroom discussions. In addition, special focus is placed on the flora, fauna, and systems of different Oregon regions – for example, from coastal and marine ecology to forest and desert adaptations – as well as those of continental and global regions, all in alignment with culminating fall and spring traveling school programs.

Physics

The high school physics course is an introductory exploration of the concepts on which modern science is founded. This course explores principles of Newtonian mechanics, properties of matter, dynamics of heat and sound, fundamental behavior of matter (solids, liquids, and gasses), electricity, and other topics with frequent lab experiments to demonstrate how physics works in the real world. This class is heavily project-based to emphasize the importance of understanding physics in everyday life. Students are encouraged to think about physics even throughout their day from considering average velocity during long driving trips to the physical principles employed in alternative energy production such as wind or hydroelectric power.

Chemistry

Chemistry is the study of atoms and molecules and their interactions. This course examines the fundamental laws, theories, and mathematical concepts of chemistry. The structure of atoms, the principles of molecular bonding, chemical reactions, acid/base dynamics, and various formulas and calculations are only a few of the topics investigated through lecture and laboratory sessions. Practical application is a primary focus of the class and is supplemented with field experiments and guest presentations. Examples include water quality chemistry, food chemistry, pharmaceutical engineering, and agricultural application. Students also learn experimental design and perform on-site experiments throughout the year, including

observation and analysis of the soil or water of the Columbia River Gorge compared to that of the Eastern Oregon plains or even the Central American coast.

Earth and Space Science

The science of Earth and Space involves many different systems and processes, but it is not nearly as unapproachable as it may seem at first. This course progresses from studies of the inner workings of our planet, to the lithosphere and surface of Earth, through the atmosphere and hydrosphere, and on into the celestial environment. The majority of this class deals generally with the geology of the planet (including the energy and transformations constantly taking place in geological time) and with atmospheric dynamics that occur on a more fluid and observable timeline. Students learn the fundamentals of plate tectonics, land form and earth material formation, the uniqueness of continents and land masses around the globe, and the structure and function of Earth's atmosphere. Parts of the course include astronomy and related disciplines as we seek to understand Earth's unique place in the solar system and the vast expanse of the universe. With plenty of opportunities to observe the action and effects of geology, from our hometown to the different regions of Oregon and the continent at large, this class is rich in experimentation and field studies. Students who complete this course gain a deep appreciation of the science going on all the time under their feet.

Mathematics

Algebra II

Algebra II is an advanced course of study of algebraic expressions and functions. Students investigate the methods involved in evaluating complicated systems of equations including linear, quadratic, exponential, inverse, radical, and logarithmic functions. Basic trigonometry, polynomials, and conics – especially as they relate to graphing and data representation – are also covered. This course serves to deepen and extend students' understanding of algebra and prepare them for Pre-Calculus in their junior year. This class rotates yearly with Geometry.

Geometry

Euclidean Geometry is the study of graphical representations of data. This course challenges students to expand their deductive and inductive reasoning skills as they learn the foundations of modern mathematics as they have developed since Greek culture and even earlier. With an emphasis on the construction of logical proofs of theorems, problem-solving using coordinate systems, and real-life applications of plane and dimensional geometry, the class presents new approaches to understanding even those concepts that have come in earlier math courses. Students also develop skills useful in drawing and measurement, and these translate to real-world applications such as architecture, drafting, graphic design, mechanical design, and more. The concepts learned in this course also serve as foundational elements for Pre-Calculus in the junior year. This class rotates yearly with Algebra II.

Pre-Calculus

This course is designed to further extend the skills learned in Algebra I and II and Geometry, while preparing the student for Calculus proper. Pre-Calculus is an advanced class that brings together the ideas of graphing, trigonometry, linear/quadratic/higher-order algebraic functions, and number theory. Processes that began as lengthy paper-and-pencil calculations become familiar and mental. This course provides the skills necessary to understand a variety of real-world vocational and scientific problem-solving methods. This course fully prepares students for a senior-year Calculus course and for college math and science classes.

Calculus

Calculus is the study of how functions change over time and in real life. The world around us is full of processes that are in constant flux, but the beauty and order of nature (and even human culture) emerge when we discover that many of these things can be modeled – even predicted – through calculus. The majority of the course deals with the concepts of limits, derivatives, differential equations, and integration, with a special focus on how these ideas are used to solve practical problems. This class should be viewed as a college-level course in itself with respect to the complexity of material. Even so, the ideas are natural extensions of existing mathematical concepts. This class serves as a foundation for advanced college-level math and science courses.

World Languages

Spanish II

Students learn to describe activities and to narrate sequential events in present and past tenses. They develop the ability to employ a variety of grammar structures and tenses including: present, preterite, imperfect, imperative, and the use of indirect object pronouns. The course emphasizes both written and spoken expression while refining reading and listening skills.

Spanish III

In this class students review grammar concepts such as preterite of irregular verbs, preterite vs. imperfect, affirmative and negative *Tu* and *Usted* commands, and the uses of *por* and *para*. Students begin to use tenses of the present perfect, future, conditional and the present and past of the subjunctive. They broaden their vocabulary by studying a variety of different social and cultural situations while using the new grammatical concepts.

Spanish IV

Students explore a variety of contexts for language use including dramatic performances, novels, poetry, and short stories. In all of these frameworks, the class reinforces the grammar and vocabulary base acquired in earlier courses. Students work on becoming proficient speakers and writers. Techniques of literary analysis are also introduced, and emphasis is given to mechanics as well as fluidity in written and oral expression.

Spanish V

This course focuses primarily on literature of the Spanish-speaking world. Students revisit advanced Spanish grammar and the techniques of literary analysis in the context of essays and research papers. Students receive lectures and engage in discussions of literary, social, and historic topics in Spanish.

Fine Arts

Studio Art I

Art and design concepts discussed in this course include: contrast, value, shape, color, balance, movement, symbolism and emphasis. The focus for the upper school students in this course is to be artistically expressive while keeping minds open to personal interpretation within the given objectives and process of each assignment. There are a variety of different assignments which challenge the students to reach this goal. Two examples include a collaborative 3-D pop art piece using oil pastels and paint and a mini-personal masterpiece, using any medium of studio art to answer the question, "What is art?"

Studio Art II: Atelier 6000

This course taught in a local art studio by Pat Clark and Lloyd McMullen, two well-known local artists, introduces students to projects that both explore traditional printmaking techniques and push the boundaries to incorporate more than one technique in making art. Students are inspired to combine and layer printmaking processes, and explore themes and subjects that create visual depth and meaning in their art. Students are encouraged to create symbols or find ones within photos, printed media or small art pieces and collage them into a piece that reflects them personally or a concept they wish to visually express. At the end of the course, the students display their art in the Atelier 6000 Studio during the monthly art hop.

Music: A History of Rhythm

In this course, students learn the importance of tempo, rhythm and harmony through working together in a drum circle. They also learn the history of this ancient music and the different motions signaling changes in speed and cadence. They will transfer this knowledge halfway through the term and begin learning guitar basics. By the end of the term, students have a solid introduction into musical rhythm and a basic understanding of the guitar as an instrument.

The Band

This course is an extension of *Music: A History of Rhythm*. The students pick up where they left off by reviewing the history of

different types of music. They then split into a few different bands, each with their own instructor. After that, students choose a genre of music, instruments and a playlist of songs and work as a team to create their own musical act.

Drama: Production, Direction and Set Design

This course focuses on the unseen, technical, backstage elements of the performing arts. From set design to stage cues to musical direction, stage productions rely heavily on support beyond just the cast members. Students in this class learn from local stage performance producers and directors how much work goes into "setting the stage" for a production. They also participate in the production of a middle school drama project, lending their skills and knowledge to designing sets, choosing and coordinating sound and music, making costumes, and even directing the action.

Photography

Photography is a common and popular exploration for high school students, and rightly so given the amazing depth and artistic potential that can be found in capturing the real world as it is. Even so, this course strives to provide a different experience than most photography offerings through a more varied survey of the art, from subject selection, placement, and lighting to exposure, focus, and even image manipulation. Film and digital media are incorporated, each with attention given to the advantages of each. Guided by local photography experts, students create lasting images to impress and inspire themselves and others.

Performance Writing: Nature of Words

This fine arts course is taught by resident instructors from the Nature of Words literary organization. The course is split into two units. The first explores the creation of zines, where students are encouraged to write personal narratives, sketch self-portraits and then incorporate them artistically into a class zine. The second half of the term focuses on the art of performance poetry. Students learn how to write about their interests and passions and then express them orally in a way that reflects their personality. The course culminates with a public performance from each of the students during one of the organization's monthly poetry slams.

Health and Fitness

The health and fitness program progresses throughout the year in units exploring many different aspects of healthy habits and activities. From a basic understanding of nutrition and physical health to various aerobic and strength-building exercises, and on to more specialized activities such as rock climbing, distance running, and backpacking, there are many opportunities to discover and explore how to stay healthy and active. We partner with several local experts and establishments during these units. This includes our hallmark winter ski program at Mt. Bachelor. Throughout the year, high school students explore health in classroom discussions with an expert from Deschutes County Health Department. These discussions touch on some of the more sensitive subjects teens face, including sex education and drug and alcohol use.

Yoga

This class is an introduction to yoga course taught a certified yoga instructor. The instructor introduces basic poses slowly and makes necessary individual adjustments. Classes always end with a debriefing on both the new poses and thoughts invoked by the exercise.

Ski/Snowboard Program

The ski/snowboard program runs during the winter trimester. The time allotted for expeditions, Thursday afternoons, transforms into a few solid hours of ski/snowboard instruction followed by free time to explore Mt. Bachelor, our local ski resort. All levels of skiing and snowboarding are accommodated by the certified ski instructors at Mt. Bachelor.

Hike and Run

This course, taught in the fall, encourages students to take advantage of our beautiful local hikes and challenges students to run or walk a 5K race which takes place at the end of the term. Students also learn important basics, such as proper clothing, shoes, fluid and fuel.

Electives

Culinary Skills

This course is offered by a local, talented chef who provides her time, knowledge and kitchen to students in order to expose them to the valuable craft of cooking. Over the course of the trimester, students learn the ins and outs of the kitchen and create a variety of delectable dishes. Students complete the class by producing a five-course meal for their parents and other community friends.

Ceramics

This course introduces students to the basics of ceramics, including: shaping clay, using the wheel, firing and glazing. From the first day they visit Cinder Cone Pottery, they are encouraged to get their hands dirty with clay. By the end of the course their instructor, a local artist and teacher, has the students creating ceramic masks that unveil more of their personal story. At the end of the course, the students have a public art show in which they display and potentially sell their goods.

The New Yorker: A Study in Journalism

In *The New Yorker* elective students read a variety of different news articles, essays, works of fiction and poetry from this publication. The class examines different types of journalism in an array of methods. Sometimes the teacher chooses different pieces from the most current New Yorker and other times students choose their articles and facilitate discussion. The class is graded on students' participation and ability to understand articles, articulate meaning and facilitate discussion.

Documentary and Discussion

In the Documentary and Discussion elective students watch a variety of documentaries including: *Bowling for Columbine*, *Wordplay*, *Where the Heart Is*, *Outfoxed*, *Touching the Void*, *An Inconvenient Truth* and many more. After watching the selected documentary, students discuss not only the main subject of each documentary but also the quality of the film and any biases presented within them. The students end the term by turning in their notes on each documentary and giving an oral presentation on one specific film.

Self- Defense

This course combines martial arts, common sense and an understanding of human physiology in order to teach students effective self-defense. This course is not only intended to prepare students for unfortunate situations, but it is also intended to build self-esteem.

Wilderness Skills

This course serves two purposes: First, to give a simple but complete overview of the importance of knowing the risks associated with spending time in the wilderness; and second, to learn how to minimize and avoid these risks through proper preparation and safety for wilderness trips. Students are asked to think beyond what usually does happen, understand what could happen, and tune their minds to prepare along those lines instead. The course reinforces some big ideas, dispels some myths, and challenges students to use their knowledge and sometimes imagination when stuck in an unpredicted and unfortunate situation. The course culminates with an overnight backpacking trip into the Three Sisters Wilderness.

Short Film: Personal Documentary

The goal of the documentary filmmaking elective is for each student to create a short (approximately 3 minute) personal documentary film based upon a common theme chosen by the class. The elective will explore the nature of documentary filmmaking and personal documentary filmmaking, in particular by reviewing examples plus in-class discussion and review. Students will complete scripts, storyboards and shot lists for their own films. They will shoot their films using personal cameras or those provided by the school, and will edit their films on the school computers using provided software. The final class will consist of a screening and critique of each student's film. If appropriate, an additional screening for friends and families of Cascades Academy will also be scheduled.

College Prep: SAT/ ACT

This course, although considered an elective, is strongly encouraged for eleventh graders during the winter term. In this course, two instructors, one specializing in the language arts and the other in the math and sciences, help students gain a better understanding of these tests. The course examines the different subtopics of the tests, the

best way to go about answering questions and different stress relieving techniques. The students start by examining their PSATs taken in the fall and then progress by taking practice ACTs and SATs. The instructors review each question of the test with them afterwards, explaining the reason for the correct answers. Finally, instructors provide all the necessary information the students need regarding the dates and locations of upcoming tests. This is just the first step in the college admissions prep program.

Internships

The Mastery Project

The purpose of the Mastery Project is to encourage upper school students to learn new skills from different members of our community. This project primarily occurs in the students' junior year and spans the months of October through May. Each student is matched up with a faculty advisor and then decides on a new skill or trade they want to master. Examples of these trades are computer graphics, wood working, bicycle maintenance or guitar making. The goal is for each student to average two hours a week working in an internship position with a local expert in the trade or in a local company. By the end of the year, students should be prepared to verbally present their experience and newly gained knowledge to our school community. They are also required to have a culminating project. In accordance with the above examples, that could be a portfolio of graphic designs, a wood sculpture, a reconstructed bike or a new guitar.

The Senior Seminar

As a culmination to their high school career, seniors participate in an in-depth, research-based project throughout their final year. The seminar has more of an academic focus than the junior-year internship program, but students rely on the skills gained previously in order to complete this course. The class is conducted on an individualized basis but allows for seniors to meet and discuss their progress with each other and with their mentors throughout the year. Each student chooses one topic in which they are interested based on their experiences or passions and spends the year developing an expert knowledge of that topic. Avenues of learning might involve working with professionals in their chosen field, visiting relevant sites,

corresponding with others in the academic community throughout the country, and a high degree of research and study. The goal is for seniors to develop a thorough knowledge of their topics, hopefully gaining a head start on further study in their college and/or professional careers. Each student presents a public seminar toward the end of the year to demonstrate the knowledge gained and the contributions made through this project.

Leadership and Expedition

Every Thursday afternoon, the students spend the last three hours of school outside of the classroom. In the fall trimester, teachers schedule a variety of different experiences for the students, ones that aim to build our community while exploring our beautiful region. We also use this time to implement our community service program. It provides the students with long blocks of time to dedicate to helping local non-profit groups, including Deschutes River Conservancy, Bend Community Center, Salvation Army and The Bethlehem Inn. In the winter our ski/ snowboard program occupies this time period. In the spring term, the course takes a slight shift, as each student is required to create their expedition. With a partner, they choose an outing, establish the significance of the outing, check on all logistics and lead the rest of the group through the trip on the scheduled day. This not only provides the students with ownership in the choices of expeditions, but it fosters the leadership skills needed in planning this type of an event. The following are examples of expeditions from the Fall 2011 trimester:

- Confluence: Newbery Crater Overnight
- Smith Rock - Rock Climbing
- Deschutes River - Paddle Boarding
- Community Service Learning - Deschutes River Conservancy
- Bend Film Festival: Volunteer and Film Viewing
- Fall Hike - Deschutes River Trail
- Traveling School: Oregon Coast
- Tam McArthur Rim Exploration
- Nature of Words Author Seminars
- Frisbee Golf at C.O.C.C.
- Community Service Learning: Work at Bethlehem Inn
- Cross-country ski
- Community Service Learning: Packing Dinners at the Salvation Army
- Ice Skating at the Inn at the Seventh Mountain

Cascades Academy Upper School Sports

Upper school students at Cascades Academy have the unique opportunity to participate in either the sports offered by the public schools or those offered through Cascades. Due to our small size, it is impossible for students to presently field a football or soccer team, but they can participate in individual sports in Cascades Academy's name. Some examples are track, cross-country, downhill skiing, Nordic skiing, tennis and golf.