

WLHS June 19 & June 22 at 10:00am Workshop Google Meets

Staff Member(s)	Session Title	Session Description	Google Meet Link
Ms. Amalemba, Ms. Bacon & Ms. Wright	#BlackGirlMagic!	A space for students who identify as Black female, or as an ally - so as to not be exclusive, to learn how to be empowered as a Black young woman. We will discuss various topics including, but not limited to: intersectionality, code-switching, hair/skin care, positive body image, ancestor study, daily affirmations, emotional intelligence, and conflict resolutions.	WLHS-BlackGirlMagic
Mr. Calkins	A Career in Music and the Military	Mr. Calkins' husband, a clarinetist with the Army Field Band, will present information and answer questions about what it's like to get a degree in music, and what it's like to tour the US playing music as a musician in the Army.	WLHS-MusicCareer
Ms. Kostelec & Ms. Keck	Animal Crossing at the Lake	Right around the time that school closed, a wholesome, adorable, and captivating video game called "Animal Crossing" was released by Nintendo. Come join Ms. Kostelec and Ms. Keck for a session of Animal Crossing fun, in which we will discuss game play tips, dialogue about villager personalities and memorable moments with our favorite villagers, and collaborate on matters pertaining to island development and player productivity goals.	WLHS-AnimalCrossing
Ms. Nyemenim	BLM TRIVIA/Kahoot	Basic history of the BLM movement.	WLHS-BLMTrivia
Ms. Kvech & Ms. Isaac & Ms. Bui-Bates	Conversational English	Students will learn practical vocabulary and common phrases and have the opportunity to engage in conversational English in a safe and welcoming environment.	WLHS-Conversation
Ms. Kosecki & Ms. Barber	Cooking with Kosecki	I will be doing a cooking demo/encouraging students to cook alongside of me if they can, on how to cook an easy, cost-effective dish (note: I have not decided yet what I will make, but it will likely be something Italian)	WLHS-Cooking
Ms. Bailey & Ms. Palmateer	Diversity Through Books	Come join us for a book talk. This school year we started the Student Advisory Council for the library at WLHS. Our goal is to bring student voice to the library, especially in the books we buy and displays we create. In this session we will look at popular books at our library and offer time for students to recommend books that they will read over the summer. If you are interested in being a voice in our library next year but could not make our meeting during these half days, please feel free to email us (annora_bailey@hcpss.org) so we can add you to our list of students who are interested in participating on the Student Advisory Council next year.	WLHS-DiverseBooks
Ms. Miller & Ms. Michaels	Dog Ownership 101	Thinking about getting a new best friend? Here are some things to think about...	WLHS-Dogs
Ms. Maher	Dough Portrait	Demonstration on how to create a three-dimensional portrait (human or animal) out of pizza dough. All you will need is a roll of pre-made pizza dough, some aluminum foil and your imagination. You will need access to an oven to cook your sculpture when complete. Also, will share some other ideas about making more sculptures from home made clay.	WLHS-DoughPortrait
Ms. Cometa	ESOL Support Session	Are you an ESOL student who needs some help completing 4th Quarter work? Come to this workshop to get help from Ms. Cometa to pass your 4th quarter classes!  ¿Eres un estudiante de ESOL que necesita ayuda para completar el trabajo del 4to cuarto? ¡Ven a este taller para tener más ayuda de la Sra. Cometa para ganar tus clases del 4to cuarto!	WLHS-ESOLSupport
Mr. Holzman	Exercise and staying fit	This will be open forum for students to discuss different healthy fitness goals they can make for over the summer along with exercises and other activities they can do to promote their own physical fitness	WLHS-Exercise
Ms. Shea	Financial Literacy	Introduction on how to manage your money. What is credit? The good, the bad, and why it's important. What you need to know about taxes, investing, and creating financial stability.	WLHS-Finances
Ms. Park & Ms. Tennessee	Fun Fitness (only June 19th)	Start your Friday off with some fitness! Ms. Tennessee and Mrs. Park will lead you through a warm-up, workout, and cool down. No equipment necessary :)	WLHS-FunFitness
Ms. Volpe	Greene and Gold Info Sessions	Give information on applying, training and requirements of being a Greene and Gold mentor at WLHS!	WLHS-GreeneGold
Ms. Platou & Ms. Donmoyer & Ms. Proctor	Homemade Playdough & More for Little People in Your Life	Need to keep your younger siblings or cousins entertained this summer? Looking for activities while babysitting little people? Need some stress relief for yourself? Join us!	WLHS-Playdough
Mr. Townsend & Ms. Henderson	How to To Take Better Pictures	Journalism teacher, Mr. Townsend, and Yearbook Teacher, Mrs. Henderson, will give you some quick tips for taking better pictures for your next Instagram post or nature hike! Bring some pictures to share!	WLHS-Pictures
Ms. Midgley	How to write a protest speech	Students will learn techniques for putting their ideas into words that will inspire others to meaningful action.	WLHS-ProtestSpeech
Ms. Park & Ms. Tennessee	Journaling Routines (only Monday June 22nd)	How can you use journaling to increase your happiness, calm your mind, get the most out of your days, and reflect meaningfully on life? We will share personal examples of our experiences with journaling and share some routines that you could use to try journaling yourself.	WLHS-JournalingRoutines
Ms. Malloy	Jump Start/Dual Enrollment	In this session, you will have an opportunity to hear about the Jump Start/Dual Enrollment program to take courses at HCC while you are in high school, including the steps to participate. Counselors will be available to answer questions.	WLHS-JumpStart
Ms. Padgett	Juneteenth Celebration	Juneteenth on June 19th: As millions around the world are taking a stand to end systemic racism, it's important to remember all of the historical events like the institution of slavery, Black Americans were forced to endure at the hands of white Americans in the United States. Come learn and celebrate the significance of Juneteenth, a 155 year old holiday that celebrates the historical moment in the end of institutional slavery in the United States, which was after the Emancipation Proclamation was signed	WLHS-Juneteenth

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Mr. Harrison & Ms. Harrison	Leadership in the Classroom and on the Athletic Field	A discussion of the characteristics and values of a leader in a classroom and athletic setting	WLHS-Leadership
Ms. Adams & Ms. Hill	Math Jokes, Riddles, and Fun Logic Problems	Come join us for some fun brain teasers and laughs. Math is more than numbers and algebraic equations. We will solve some riddles and logic problems together and add in some jokes to be silly! Open to all grades and math levels. Don't miss it!	WLHS-MathJokes
Mr. Nicks	Mindfulness & African American History: Learning What's Never Been Taught	Participants will learn how to cope, de-stress and heal from racial trauma. The history of African American resistance, self emancipation and resilience will also be presented to help understand the development of the present day Black Lives Matter Movement.	WLHS-AfricanAmericanHistory
Ms. Ridlon & Ms. Chrest	Mindfulness techniques to destress and relieve anxiety	Mindfulness practices such as meditation have been shown to have incredible impacts on mental health, stress and anxiety levels. We are living in a stressful and sometimes overwhelming time. We will be teaching some techniques you can use at home to help ease some of this stress!	WLHS-Mindfulness
Ms. Marroulis	Money Money Money	In a few short years you'll be living on your own. Now what? What kind of expenses will you have? How do credit cards work? How will you know what you can or can't afford? What about student loans, car loans, investing money, saving money, renting an apartment, paying taxes, buying a house? How can you live comfortably and avoid living 'paycheck to paycheck'? How much is enough money to retire? Join in on an interactive Google Meet to give you all the basics and take away the intimidation of the unknown!	WLHS-MoneyMoneyMoney
Ms. Bell	Nature Journaling	Spend some time outside recording observations, perceptions, and feelings about the natural world around you. You can utilize your skills to make your journal your own - sketch, write, collect data, take photographs, whatever!	WLHS-NatureJournaling
Ms. Feldman	No Tony's, No Problem: Musical Theatre online!	Explore some of the greatest Broadway performances of our time, discuss musicals, and generally nerd out. From Wicked to Oklahoma, from Sweeney Todd to Dear Evan Hansen, come hang out with like minded theatre friends.	WLHS-MusicalTheatre
Mr. Wallace & Mr. Hill	Paddle Boarding	Learn how to paddle board.	WLHS-Paddle
Mr. Mruk	Political Cartoons	In this session we will discuss and create political cartoons based on current events.	WLHS-PoliticalCartoons
Mr. Sorensen, Ms. Wilson & Ms. Pennington	Protest Music and Movements throughout History	We will listen to protest songs (6-7 total) from around the world during different times and discuss their meaning to the movement that they are associated with.	WLHS-ProtestMusic
Mr. Pickett	Publishing and Distributing Through Zines	How to create a DIY Zine to publish your photography, artwork, writing and other forms of communicating. Both traditional and electronic Zine creation will be discussed and demonstrated.	WLHS-DIYZine
Mr. McMillan & Ms. Chavarria	Real Talk with Chavarria & McMillan	Staff and students use this opportunity to discuss whatever is on their mind. We care and want to listen.	WLHS-RealTalk
Ms. Hibbard, Ms. Startt, & Ms. White	Spring/Summer Trivia	Want to test your knowledge of events and facts surrounding the seasons of Spring and Summer, then join us in a trivia game! There will be four categories and a final round and to be sure, laughter and fun all abound! You will need a marker and paper and to turn on their camera to submit their answers.	WLHS-SpringTrivia
Mr. Fredrick	Staying active over summer break	Creative ways to keep your mind and body healthy over summer break	WLHS-StayActive
Ms. Alexander & Mr. Nesbitt	The Calming Room Experience	Use your phone to help you focus, study, relax and find mindfulness. We will go through apps and web sites that are free to use.	WLHS-CalmApps
Ms. Francowiak	The First Pride was a Riot	The Stonewall Uprising of 1969 is widely credited as the beginning of LGBTQ+ pride & visibility in the US. Come learn about the critical role of trans people of color at Stonewall and important milestones in queer history. We will wrap up our time together with a design your own Pride flag activity, so bring some blank paper & colored pencils!	WLHS-Pride
Mr. Burke	The Journey of the Black Quarterback in the NFL	From Fritz Pollard to Lamar Jackson, this session will discuss the how perceptions of black quarterbacks have changed or remained the same over time in the NFL.	WLHS-BlackQB
Ms. Fetchko & Ms. Kenney	The Play's the Thing!	Do you like the "Theatre"? Consider joining some lovers of the stage for an informal chat! Bring the link to a clip from YOUR favorite Broadway and join Ms. Mary Kenney (lifelong theatre buff and graduate of American Academy of Dramatic Arts) and Ms. Betsy Fetchko (theatre buff and former Manager of the Jim Rouse Theatre for the Performing Arts) ... And let's talk PLAYS	WLHS-TheatrePlays
Ms. Broyles & Ms. Dixon	Who's Hiring? What do I need to do?	This session will allow for students to build or improve their resume, learn interview etiquette and other hiring skills. The session will also provide students with information for employment opportunities within the Columbia area.	WLHS-Hiring
Mr. Wiedorn	Writing with Word Processing	Your word processor is not a typewriter. But many inexperienced writers use it as one rather than taking advantage of the power of word processing to improve writing. At this session you will learn how to unlock your full writing potential.	WLHS-WordProcessing