

# FLEX and Enrichment Offerings

**2021-2022**

Flex is an embedded period into the daily BASH schedule that provides students time to either receive remediation or “pre-teach” for the Keystone exams. This remediation and preparation take place in **GIS** groups (Guided Instructional Support) and students are placed by various criteria that includes, but not limited to, their CDT scores, classroom performance, PVAAS prediction, PSSA results, classroom benchmarks, teacher request, and/or student/parent request. Students may exit out of a GIS when they show a level of proficiency on the topic or subject matter.

Some tutoring may occur as well during this period to support students in their current classwork. This is called **CIS** (Current Instructional Support). Based upon teacher availability, students may receive this on a regular daily basis or as needed. CIS support in core class is available almost every period during the day in the form of tutoring sessions, so it is not a top priority during FLEX. Any student wishing to receive CIS during a free period or lunch is to contact Mrs. Brooks and/or his or her classroom teacher (parents can also make this request as well). Additionally, TU-TU or “Tutoring Tuesday” is an opportunity for students and teachers to meet for tutoring or make-up work on Tuesdays. Students and teachers must arrange this prior to FLEX on Tuesdays and students must make sure their permanent FLEX teacher is aware of where they are reporting on that specific Tuesday.

After GIS students are scheduled, remaining students may go into a QSR (Quiet Study Room) or an “Enrichment” Flex. The Enrichment Flexes are meant to provide students with a rich and engaging experience that takes the learning outside of the traditional classroom curriculum and allows students to pursue an area of specific interest to them. Whether it be based on academic, creative arts, or community service themes, students, with teacher guidance, have the freedom to delve into these areas to “enrich” their learning and development.

Students are able to be placed in an Enrichment FLEX if they meet the following criteria:

1. Have passed their Keystone exams and do not need to re-take any exams (juniors and seniors);
2. Are freshmen or sophomores who are showing that they are on track to pass the Keystones and are not in need of Guided Instructional Support (GIS) for Keystone preparation;
3. Are approved by the teacher facilitating the Enrichment FLEX; and
4. Are committed to participating in the enrichment activities as directed by the teacher and adhere to the established expectations.

Special Homerooms (HR) will “default” into what is called a HR FLEX which provides students time to continue working on the duties of their specialized HR. If a student is needed for GIS support, he or she will be placed in the GIS until he or she has shown proficiency to exit out of the GIS. These Homerooms with automatic FLEX enrichment placements are as follows:

- Student Council
- Class Officers
- TSA
- NJROTC
- FBLA
- BASH TV

Additionally, students who are taking an AP Course and are not in an Enrichment Flex nor a HR Flex will be placed in an AP Flex. This AP Flex meets in the cafeteria and allows for groups of students to work and study together on their AP coursework. Students in AP classes who are not in good standing in their AP class will be placed into a QSR and will be assigned to tutoring when available.

To be scheduled into an Enrichment FLEX, students must complete the Google Form title "FLEX Enrichment Request" provided/posted in their HR Google Classroom. There, students will fill out a Google Form indicating if they wish to be scheduled into a QSR or to request an Enrichment. After requests are collected, teachers and administrators will review the requests and place eligible students in Enrichment Flexes. If there is not enough space to honor all requests, placements will be made based on seniority. Students who are not placed in a GIS or Enrichment FLEX will by default be placed into a QSR.

The following Enrichments will be offered in 2021-2022, provided enough students sign up. A description of these Flexes follows.

- *Accent*- Creative writing magazine
- *The Bear*- School Yearbook
- Ceramics Studio
- Drawing Studio
- FBLA
- Happiness 101
- Voces Excelsis\*
- Jazz Combo\*
- Pura Vida Yoga
- Theatrical Engineering\*
- Writing Center Leaders\*
- SADD
- Art Journaling
- TSA (Technology Student Association)\*
- Link Crew Commissioners \*\*

\* These enrichments require the approval of the teacher in charge. Please contact the teacher directly to ensure that you meet the qualifications required to join prior to signing up.

\*\* Link Crew Commissioners will be automatically added to Mr. Crouse & Mrs. DiBlasi's Flex.

<p><b>HAPPINESS 101-</b> Mrs. Langol</p> <p>What is the secret to happiness? Are rich people happier than poor people? Are young people happier than old people? Join us as we discuss the misconceptions about happiness and how we can use proven techniques to increase our happiness and build better habits. We will compare the popular view that selfish pleasure makes one happy to research that has found that people are happiest when they are performing acts of kindness, or when they are engaged in mindful challenges. We will focus on positive psychology and find what behavioral changes and mindsets we can challenge in order to improve our quality of life. We will enjoy guest speakers, have opportunities to put happiness theories into action and share our ideas with others.</p>	<p><b>ACCENT-CREATIVE WRITING-</b> Mr. DiLanzo</p> <p>BASH <i>Accent</i> is the school's creative writing group. The period will be spent practicing different creative styles and genres, freewriting, working on "pet projects," and analyzing different techniques writers use. As the year progresses, members will add their favorite pieces to the literary magazine, read over and edit submissions from the student body, pair winning submissions with artwork, and publish and distribute <i>The Accent</i> to the school. Feel free to stop by Mr. DiLanzo's room to look over previous magazines. If you are interested in any form of creative writing - poetry, short stories, drama – editing or literary discussion, please join!</p>
<p><b>JAZZ COMBO –</b> Mr. Langdon</p> <p>This Flex will allow students who play traditional jazz instruments learn how to play in a small jazz combo setting and learn the basics of improvisation. Students will be expected to participate actively and come prepared daily with their instruments.</p>	<p><b>VOCES EXCELSIS–</b> Mr. Brunner</p> <p>This ensemble is a select group of the strongest treble singers from Mixed Chorale and Concert Choir and will meet daily in the choir room. Auditions are required to participate in the ensemble. To remain in good standing in the choir, attendance and participation of selected members is expected. A few after school rehearsals may be called, and the group will perform at school concerts.</p>
<p><b>S.A.D.D. –</b> Ms. Fine</p> <p>Are you looking for the opportunity to support your school community while building friendships? Students Against Destructive Decisions, or SADD, is all about being a positive force at BASH. Our goal is to spread positivity, knowledge, and support through the school. You'll recognize campaigns like Red Ribbon Week, Bear Paws, and Friendship Bracelets. We have some other ideas up our sleeves for this year, hopefully including a field trip. If you're looking for a chance to make a positive impact in the school, gain some leadership experience, and create strong bonds all while having fun, join us!</p>	<p><b>Pura Vida Yoga-</b> Mrs. Rauenzahn</p> <p>Would you like to take time to relax, refocus and rejuvenate during the school day? Join the Pura Vida flex group! We'll be focusing on all parts of our wellness (mind, body, spirit) through out each week to help us have Pura Vida. Mrs. Rauenzahn will be leading yoga poses (at least 2x a week), as well as guided meditation and reflection, and more. In the early Fall and late Spring, we'll even have class outside as much as possible. Yogi's of all levels are welcome! Namaste.</p>

<p style="text-align: center;"><b>LINK Crew Commissioners</b> - Mr. Crouse &amp; Mrs. DiBlasi</p> <p>Link Leader Commissioners will join this Flex to help plan, prepare, and lead fellow Link Leaders in their 9<sup>th</sup> grade support activities for Link Crew. Students will delve into leadership activities and pursue additional leadership opportunities to help their overall development as civic leaders. Students must receive permission from the faculty advisors before signing up. *Only commissioners will be automatically enrolled.</p>	<p style="text-align: center;"><b>THE BEAR- YEARBOOK</b> - Ms. Diaz &amp; Mrs. Folk</p> <p>Are you a current yearbook member who is having trouble tracking people down for quotes for your page? Can't seem to find time to take just the right picture for your spread? If so, then yearbook Flex is the answer! This flex is for current and active yearbook members to have a little more flexibility to get pictures and quotes for their spreads. It is also time to pitch ideas to Ms. Diaz or Mrs. Folk about a page you would like to see appear in the yearbook.</p>
<p style="text-align: center;"><b>AP ART and ADVANCED DRAWING STUDIO</b> - Mr. Dareneau</p> <p>This flex is for current AP Art and Advanced Drawing students. This time is intended to introduce schools, talk to artists, watch art based films, create collaborative work, explore careers and prepare portfolios. This flex group is reserved for current AP/ Advanced Drawing students but is also open to any senior who is preparing for an art school.</p>	<p style="text-align: center;"><b>CERAMICS STUDIO</b> - Mr. Frunzi</p> <p>This flex enrichment group is designed for the eager ceramics students (for students who are currently enrolled in Intro, Intermediate, and/or Advanced ceramics) who are looking to continue creating outside of the normal class period. Activities could include, new ceramics technique and processes, continuation of in-class projects, independent projects, and aiding in running the ceramics studio (loading kilns, making clay, studio upkeep, etc.) Due to the anticipated interest of this enrichment, 20 students will be allowed to sign up.</p>
<p style="text-align: center;"><b>THEATRICAL ENGINEERING</b> – Mr. Ramsey</p> <p>This flex will teach student about the behind the scenes work that is done to set up and run the various concerts, assemblies, dance recitals, and musicals performed at the high school. Students will get hands on experience with lighting and sound production as well as learning how to properly move set pieces and backdrops for our productions. This flex will meet either in Mr. Ramsey's room (405) or one of the auditoriums depending on the needs at the time. At least 1 day a week we will have a QSR period for students to study or get homework done.</p>	

<p><b>ART JOURNALING – Ms. Vogels</b></p> <p>Making art can be a therapeutic outlet from the everyday stresses of our busy lives. This FLEX is for students who enjoy being both creative and reflective even if they aren't currently enrolled in an art class. The students will be guided through the construction of their own art journals with provided materials. Upon completion, the students will be inspired with different activities and prompts to spark creativity and mindfulness. They will have the freedom to create individual responses in their journals using various artistic techniques and materials.</p>	<p><b>WRITING CENTER LEADERS – Mr. Wise</b></p> <p>The BASH Writing center enrichment consists of students learning writing center and mentor/mentee theory, running the BASH writing center, tutoring students, and creating marketing and promotions. This is a great student leadership opportunity to prepare candidates to serve as collaborative peer tutors in the BASH Writing Center while developing their own skills in research, composition, speaking, and listening. Moreover, this enrichment will prepare students to work in collegiate writing centers after graduation. Students that are interested must be strong writers and communicators. All interested applicants will interview for a position on staff.</p>
<p><b>Freshman Academy T.S.A. – Mr. Schopf</b></p> <p>Available exclusively to Freshman Academy TSA Members in 9<sup>th</sup> grade, TSA Flex is time for students to work on individual and group events in a collaborative environment of other Freshman TSA Members. These Students are able to design, build, and test creative and innovative solutions to TSA event problems while being surrounded by an excellent community of peers that meet on a daily basis. This FLEX is an ideal way to stay on top of deadlines, keep your events on track, and to use your school time wisely to successfully complete work for your events. Students in the Freshman TSA Homeroom will automatically be placed into the TSA FLEX.</p>	<p><b>10<sup>th</sup>-12<sup>th</sup> grade T.S.A. – Mr. Pennington</b></p> <p>Available exclusively to TSA Members in grades 10-12, TSA Flex is time for students to work on individual and group projects in a collaborative group of other TSA Members. TSA Students are able to design, build, test, and create innovative solutions to TSA Event problems while having an excellent community of peers to work with, get ideas from, and to give and receive help on a daily basis and access the equipment needed to perfect your events! This FLEX is an ideal way to keep your events on track, and to use your school time wisely to stay ahead on your project. Students in the TSA Homeroom will automatically be placed into the TSA FLEX.</p>

Both teachers and students can request starting up a new Enrichment FLEX. All it takes is writing up a proposal, finding a teacher willing to serve as the staff member in charge, and submitting the proposal to Mr. Sparks.