



## **Bookend**

Please bring this packet to your intake appointment this fall.

Also available at [www.valleyoaksschool.org/Activities/bookend](http://www.valleyoaksschool.org/Activities/bookend)

## Bookend Assignment, 2008 - 2009

This packet contains tasks for the end of this school year and the beginning of the next school year. You are not required to complete all the tasks, but you must finish a minimum amount of hours. The amount of work hours cannot be officially determined until the fall; however, you are welcome to get a head start on these assignments during the last week of this school year.

The number of hours you must complete will be determined in the following way: You will sign up for your '08-'09 appointments during your intake appointment this fall. Count the number of days between these two appointments and multiply this number by 4. You must complete this many hours for your first appointment at Valley Oaks.

You are free to choose the tasks to complete. More, you are fully welcome, and encouraged, to complete as many tasks as you wish. You will receive credits for any work done beyond the required amount. These assignments are meant to be engaging and reflective. What you learn from the experience is directly related to the effort you bring to the assignment.

Tasks are listed on the following page. Instructions for each task are written on their page.

### Grading/Assignment Expectations

\*References must be included with any assignments requiring additional research. Failure to include references will result in no hours being awarded for the entire assignment.

#### **1 - D/Pass**

Complete the assignment within the space included in this packet. Work is handwritten and no brainstorming or rough drafts are included where appropriate. Work is disorganized and messy.

#### **2 - C**

Work is handwritten within this packet. Some brainstorming and rough draft information is included / attached. Additional work is predominantly disorganized.

#### **3 - B**

Work may be neatly handwritten within the packet or typed. Brainstorming, notes and rough drafts are included. Additional work is organized in a folder or binder. Typed pages are labeled with assignment titles and your name.

#### **4 - A**

All work is typed and presented neatly. All assignments are labeled clearly. Work is thoughtful and presented in an organized fashion. All notes, brainstorming and rough drafts are included within the organization structure.

#### **A+**

Complete Task Z (for ideas on how to complete the Bookend more effectively, read Task Z)

## Table of Contents

Page	Task	Title	Hours	Grade	Comments
3	A	A Few Exits Down the Road	2		
4	B	Of Historical Importance	2.5		
5	C	Ancestral Ways	1.5		
6	D	Political Awareness	1.5		
7	E	Nutrition	3+		
8	F	How Fit Are You?	1.5		
9	G	Looking Back	2		
10	H	Getting a Job	2		
11	I	A Maverick-Like Way	2		
12	J	Stock Market	1.5		
13	K	Budgeting	2.5		
14	L	Future Tripping	2		
15	M	Political Cartoons	2.5		
16	N	Oscar the Grouch Would Be Proud	4		
17	O	Current Events	2		
18	P	Bon Voyage	3		
19	Q	Shall I Compare Thee to a Sonnet's Day?	3		
20	R	Haiku Journal	2.5		
21	S	Representin'	1		
22	T	Independent Studies	2+		
23	U	Food Wars	2.5		
24	V	Organizational Review	2		
25	W	I Know What You Did Last Summer	1.5		
26	X	Summer Reading	1/25p		
27	Y	Everyone's a Critic	2.5		
28	Z	Pulling It All Together	1+		
Total Hours					Total Points

Teacher - Circle "Hours" for each completed task and write total sum in the above box.

Student - You will be awarded points for each individual task completed, from a 1 to a 4. "1" represents the minimum work acceptable while "4" fulfills the requirements for an A. All points will be added together and then averaged by the number of tasks completed.

Total Points \_\_\_\_\_ divided by # of completed tasks \_\_\_\_\_ = \_\_\_\_\_

D/Pass < 1.5      C < 2.5      B < 3.5      A > 3.5 Task Z \_\_\_\_\_ = A+

I, \_\_\_\_\_, sign to authenticate this work as my own.











## How Fit Are You?

### **TASK F: 1.5 hours**

1. Before beginning: Take your pulse for 15 seconds. Multiply by four to calculate your resting heart rate for one minute. \_\_\_\_\_
2. Walk Test: Walk one mile as quickly as possible while maintaining a constant pace the entire distance. (One mile is four laps on the track at most high schools. You can drive around your neighborhood to measure one mile, and use this as the distance.)
3. Exercising Heart Rate: Upon completion of your walk, immediately take your heart rate for 15 seconds. Multiply by four to calculate your exercise heart rate for one minute. \_\_\_\_\_
4. Abdominal/Trunk Strength Test. You are to do each of the following:
  - A. Curl-up. Lay with your back flat on the floor. Bend your knees at least ninety degrees and keep your feet flat on the floor. Tuck your chin to your chest and raise your shoulder blades off the floor. Reach your arms toward your knees and curl your upper body until your wrists touch your knees. Then go back, lowering your body to the floor until your shoulder blades are just off the ground. Repeat as many times as you can in one minute. Keep count. \_\_\_\_\_
  - B. Trunk lift. Lay on your back, legs straight and crossed at the ankles. With your hands behind your head, raise your shoulders and body, bending at the waist, until you have reached a 45-degree angle (about 1 ½ feet off the ground). Repeat as many times as you can in one minute. Keep count. \_\_\_\_\_
5. Upper Body Strength Test. You are to do each of the following:
  - A. Push-ups. Lie face down on the floor with your hands under your shoulders, fingers pointing forward. Extend your elbows and raise your entire body off the floor until your elbows are straight. Keep your back as straight as possible. Bend your back elbows and slowly lower your body until your chin touches the floor. Repeat the cycle for one minute. Keep Count. \_\_\_\_\_
  - B. Pull-ups. Hang from a bar with your feet off the ground. Grip the bar with your palms facing outward. Pull your body up with your arms until your chin is level with the top of the bar. Now lower yourself down completely. Repeat the cycle for one minute. Keep Count. \_\_\_\_\_
  - C. Flexed Arm Hang. Grasp the bar with both hands, palms facing outward. Raise your body until your chin is level with the top of the bar. Your feet must not touch the ground and your body should not swing. Time in seconds how long you can maintain this position: \_\_\_\_\_
6. Flexibility. You are to complete the following:
  - A. Sit and Reach. The best way to do this activity is against the bottom of a stair or ledge. If you do not have stairs or a ledge then you will have to use the floor only. Take a ruler to the bottom step with the 9-inch mark on the end of the step, and the higher numbers on the step. Remove your shoes and sit on the floor with your legs straight, heels against the base of the step. Place one hand on the top of the other and reach forward slowly. Your score is the highest number you touch on the ruler. Do not bounce because bouncing is not a true test of flexibility. Enter distance here: \_\_\_\_\_













## Political Cartoons

**TASK M:** 2.5 hours

Viewpoints: The purpose of any political cartoon is to express an opinion or a viewpoint about something. The subject of a political cartoon is most often a new event or an issue, which is a matter of public controversy or debate. To understand a political cartoon, it is helpful if you ask questions like these: What subject or issue is the cartoonist commenting on? How is the subject portrayed? What feelings are suggested by the cartoonist's images, and what do they say about the subject?

Humor: More often than not, the truth is funnier above all else. More so, humor creates interest. Political cartoons use a variety of methods to achieve humor. Over emphasis of a person's features of a "play on words", for example, might make a cartoon seem funny. Another source of humor may be the use of irony. With this technique, the cartoonist cleverly emphasizes a message by stating the opposite of what is really meant. While most cartoons are humorous, they also have a serious side. To fully appreciate a cartoon, both the serious message and the humor must be understood. To understand humor in a political cartoon it is helpful if you ask questions like these: What subject or issue is the cartoonist commenting on? How is the subject portrayed? What feelings are suggested by the cartoonist's images, and what do they say about the subject?

Step 1 - Find 3 political cartoons that demonstrate a viewpoint on a contemporary issue(s). Cut them out and paste on 3 sheets of paper. Below the cartoon, answer the questions from above.

Step 2 - Find 3 political cartoons that demonstrate humor. Cut and paste on sheets of paper and answer the questions from above.

Step 3 - Create a political cartoon about an issue that you feel is important to your world. Do not worry so much about the artistic presentation, but more about the message (view or humor) you intend to convey.

Attach your cartoons and their analysis to this packet, or in some organized way within your final project.











## Representin'

**TASK S:** 1 hour

Countries have flags, families have coat-of-arms and the Scottish clans have tartans. Design something similar to represent yourself.













## Pulling It All Together

**TASK Z:** 1+ hour(s)

Synthesize all the preceding activities, essays and reflections into a journal, zine, PowerPoint, website, or any other interesting way. Present this completed product as a snapshot of yourself. Make it creative. Include graphics and illustrations. Identify!

Remember to submit a very good copy of each of your tasks. As error free as you can make it, and preferably typed. Also bring in all brainstorming pages and rough drafts of everything you write.

Enjoy this task. It is meant for you to learn a bit more about yourself, while introducing your learning styles and interests to your teachers at Valley Oaks!

It is very important you do a good job. You are making a first impression for the year.