



The High School View

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Enrichment days aim to foster community

BY LULU WHITE

On Friday, Dec. 22, and Wednesday, Jan. 10, students participated in the first two of five enrichment days currently built into the school calendar. The days aim to replace class time on half-days this year with time spent on building community and engaging in school-wide initiatives.

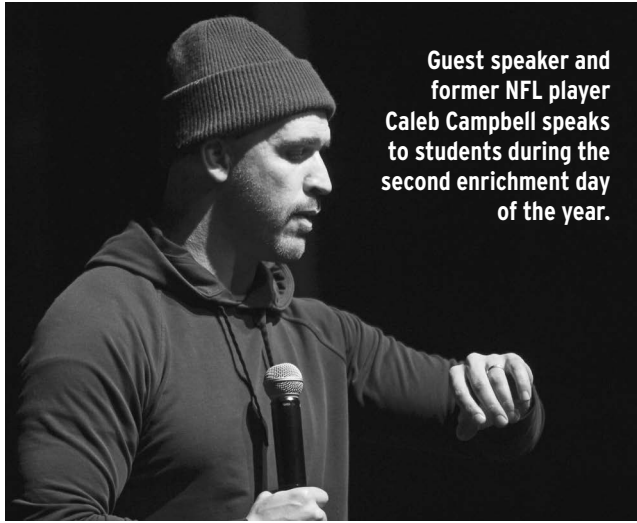
Art teacher Tiffiney Shoquist is on the committee designing and implementing the enrichment days, which are held when students have an early release before school breaks, or when staff have professional development. "We started discussing what if, instead of having a fast schedule on those days [where all classes meet briefly in a short amount of time], we had a slow schedule that would allow students to connect and do things that were interesting to them," Ms. Shoquist said.

The first enrichment day took place the day before the

winter break. Everyone was invited to dress in holiday-themed clothing and sign up for a variety of activities that included ice skating at the Ice Arena, singing holiday songs in the Performing Arts Center, volunteering for local organizations, or playing a school-related trivia game, to name a few.

English teacher Galen Brown said, "Those who showed up and participated seemed to really enjoy it. Everyone seemed to get into it and have a fun time."

The second enrichment day focused on more serious subject matter. On Jan. 10, students attended assemblies led by the group Stand With Everyone Against Rape, or S.W.E.A.R., comprised of students focused on educating and involving young men to stand up against domestic violence and rape culture. S.W.E.A.R. focuses on community building, men's mental health, targeting inappropriate humor, and learning how to be an active bystander.



Guest speaker and former NFL player Caleb Campbell speaks to students during the second enrichment day of the year.

BRADY VOUGHT

Students in the S.W.E.A.R. program presented at two assemblies, one for grades 9 and 10, and the other for grades 11 and 12. The presentations included students sharing personal experiences, statistics, videos, and insights aimed to educate their peers about the prevalence of sexual assault and the consequences of toxic masculinity.

The group has been incredibly impactful for many

students, as they shared when they discussed why they joined and what the group means to them.

Member and senior Connor Graves said, "S.W.E.A.R. to me is an opportunity to better the community I grew up in. It has been one of the most eye-opening experiences that I've had in high school, and I would recommend it for any student who has even considered joining. S.W.E.A.R. is a really special

and unique opportunity that you may never get again."

Guest speaker Caleb Campbell, a West Point graduate and former NFL player turned public speaker, shared his experience with mental health struggles resulting from the pressure he felt to perform both academically and athletically in high school. For Campbell, positive changes in his life were catalyzed by a high school teammate taking the time to ask him if he was OK, and providing support.

Following the assemblies, students had the opportunity to ask Campbell questions and speak with volunteers from Connect to End Violence, the Island's domestic violence call center. Students also participated in discussions with their Mentor Meeting groups.

Graves also thought the day had a very positive reception overall. He said, "The goal of the assembly in my eyes wasn't to convince the whole student body to join S.W.E.A.R., but instead

to inspire those who are willing to stand up and make a change to better our community. Whether it's joining S.W.E.A.R. or simply being more aware in your everyday life, I hope that we affected everyone who heard the presentation."

One concern regarding the enrichment days is that students will not take the day seriously, and will elect to skip school. One student, who asked to remain anonymous, shared why they chose to skip the enrichment day: "Honestly, I just wanted to hang out with my friends, and we weren't going to be doing anything important."

While the days may seem less important than academics to some, they are designed to provide students with new perspectives and ways to connect with others in the school community.

"I got a few emails about the first enrichment day from people who were there, saying that it felt like just what the school needed at that point," said Ms. Brown. "We needed community and something light, and I think [the holiday enrichment day] provided that." **HSV**

Capstone projects 'raise the bar'

BY NIKEYA TANKARD

As the semester comes to an end, juniors and seniors in the Capstone elective are hard at work presenting their semester-long projects to an audience of students, teachers, and faculty. Highlights of this semester's class include the extent to which students have been able to reach audiences far beyond the classroom walls, sparking a love for independent learning and agency that many are inspired to extend when the class is over.

Juniors Lorraine Barros and Sylvie Carroll created

"Jobs Behind the Scenes," a video podcast educating students about different job and career opportunities on the Island.

Lorraine explained, "We interviewed a bunch of professionals, and asked them questions about their pathway and how they reached the point they're at, to give students a better understanding of what their job actually is," she said.

Their podcast episodes spotlight an array of professionals speaking about their careers in law, carpentry, the culinary arts, and more. They have

amassed 1,365 followers and tens of thousands of views across YouTube, Instagram, and TikTok.

Though the class is now over, the girls plan to continue to build on their podcast. "We're not completing our capstone so it can just go away," said Lorraine. "We're going to continue doing it, because we've found interest in it."

Senior Felipe Aredes created the "Vineyard Varsity Sports Podcast," which is available for viewing on Instagram and features a number of varsity sports players from the high school. He

said, "The goal of my podcast was for people to learn more about local athletes, and to expose their personalities and stories."

When asked about his decision to join Capstone, Felipe said, "It was a good decision because I got to do something I wouldn't get to do in any other class — I got to think about what I wanted to do as a project instead of having to study a subject," he said.

His videos average about eight minutes each, and have amassed over 26,000 views in total.

Senior Brooke Ward has

unveiled her personally designed and handmade bikini business, which she calls "Katamakinis." She said that a big focus of her project was ensuring that her products were sustainably made.

"The ocean is something I've grown up around, and I see how humans impact it," she said. Brooke researched sustainable materials to use for her pieces and settled on ECONYL fabric, a material made from 100 percent regenerated nylon yarn. She intends to launch her line to the public in March.

Senior vocalist Gabi Silveira presented her soon-to-be-released EP, "Seasons of Love," which she wrote, recorded, and produced herself. Gabi has been writ-

ing songs since she was 12 years old. Gabi said, "I joined Capstone because I never actually [released] my music."

Her first song, "Moonstruck," was released on Jan. 19, and she has already amassed over 200 monthly followers and 1,000 streams across streaming platforms.

English department chair Christine Ferrone co-teaches the Capstone course with librarian Kevin McGrath. Reflecting on this year's projects and presentations, she said, "Capstone requires hours of work, measures you wouldn't normally take for an elective. But people [take the class] because they are really into what they're doing. This year's group has really raised the bar." **HSV**

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