



Early Childhood &amp; Lower School



Middle School



Upper School



## Opportunity - Many Talents Can Blossom



Sometimes her bare feet are in high heels-- others times they're pushing hockey skates. For Katie coming to Indian Creek meant she could follow both her passions.

When she came to Indian Creek, she wanted to play the flute. She wanted to play hockey, too. She wanted to be involved in her school. In a traditional high school schedule, she would have had to make choices-- let some go.

Now she plays her flute in the Chamber Group and in the Jazz Band. Recently on an open house panel, she proudly proclaimed that she's on the boys varsity ice hockey team. She goes from the delicate trills of Bach to a slap of the puck on the ice.

The innovative schedule at the Upper School allows students to continue pursuing the interests they may have developed in middle school or to explore new ones. Based on research on the adolescent brain, our school day starts at 8:45 a.m. later than our Middle and Lower Schools and later than area high schools. The research indicates that their day-night cycle is about twenty-six hours. With a later start they are more alert to tackle academic classes.

Academic classes end at 3:20 p.m., but the day doesn't end. Again, research into adolescent behavior indicates that many of the difficulties teens experience occur between 3:00 p.m. and 6:00 p.m. Our late afternoon program builds on the model of our Middle School Afterschool program designed to create a warm, nurturing, and safe environment for studying, socializing, joining clubs, rehearsing in musical groups, and playing sports.

At the Upper School, following a break until 3:45 p.m. students participate in Period 8. One hour sessions offer a variety of activities in community service, school newspaper, art, mock trial, martial arts, engineering club, drivers education, fitness and conditioning, quilting. The choices vary for each of the three session that occur contemporaneously with sports seasons. Everyone must participate in at least one competitive sport. A student participating in a sport does not participate in Period 8. By 5:45 p.m. the school day is over with the exception of games. Students are excused. Some are picked-up by their parents, others take the activity bus, and those who drive themselves are free to leave.

With everyone on a sports team at some time during the year, students might have to make the choice between sports and performing arts. The preparation for plays and musicals is intense requiring blocks of time that might not be available to an athlete on a traditional high school schedule and vice versa.

Our later start offers us a bonus -- Period 0. Meeting from 8:00 a.m. until 8:45 a.m., this additional period in the day offers the opportunity for play practice, independent study, even ice hockey practice when ice time is scarce.

With a schedule that offers school time from 8:00 a.m. until 5:45 p.m. students can pursue their interests and fulfill requirements. It's why you'll see the first string of the boys varsity lacrosse team singing and dancing in a musical and a flautist on hockey skates.

By the way, the day after this photo was taken, the pianist made both his foul shots in an interscholastic basketball game! [Read more about the Upper School.](#)