



St. Thomas Aquinas High School Winterterm Program of Studies March 3rd-7th, 2026

Dear St. Thomas Aquinas High School Community,

Welcome to the 2026 edition of our Winterterm Program of Studies. We are blessed and fortunate to have both faculty and professionals within our community who support education and allow our school to advance your education in unique and awe-inspiring ways.

Our mission statement reminds us that St. Thomas Aquinas High School transforms the lives of our students through Catholic education, an education that offers them the opportunity to develop their unique gifts. Winterterm affords our young men and women the chance to widen their learning horizons, step outside of the traditional instructional atmosphere, and pursue an area that interests them intellectually.

Students, we invite each of you to **challenge** your mind, **support** your passion, and **transform** your perception of learning so that you may fully embrace what promises to be a remarkable educational experience.

Purpose and Scope

Winterterm provides meaningful and enriching educational experiences for our students. The micro course structure allows students and faculty to bond and work closely together. Students may devote their time and attention to a singular area of study where they can engage in academic topics that are not typically offered in the regular semester curriculum.

The enhanced intellectual spectrum embraces not only faculty and staff but also alumni, parents, and area professionals who seek to participate as instructors. The 2026 Winterterm Program offers St. Thomas Aquinas High School students a pedagogical palette of colorful learning opportunities, the kind of which is generally found only on college campuses or as part of international study.

Take a moment to read through each course description, consider your personal area of interest and knowledge, and stretch yourself to new heights. We will provide a registration form the Week of December 8, 2025 so that students can submit preferences for a course of study. The St. Thomas Aquinas Winterterm curriculum is extraordinary.

Remember, St. Thomas Aquinas Students: ***Aim High. Soar Higher.***



2026 Winterterm Offerings

The feasibility of each course offering will be determined once the number of registrants has been obtained. A course may not be offered if the number of registrants is too low to make the course effective and feasible. Similarly, the time(s) of courses may need to be adjusted based on instructor availability and classroom space.

Some options require that students provide their own transportation and cost. We never want transportation or cost of course to be a barrier for our students. Scholarships are available to students who demonstrate a need. Please contact Heather Soldner at hsoldner@stalux.org with any questions regarding transportation or course cost.

Daily Schedule (Tuesday-Friday):

With Monday as a faculty prep day, Winterterm courses will begin on Tuesday, March 3rd and run through Friday, March 6th, unless otherwise noted in the course description. Please see the tentative Winterterm schedule below. The cafeteria will remain open after program hours (until 4:30pm) for students awaiting transportation or those managing pre-arranged academic support.

	Group & Time	Group & Time
	All Full Day Courses	All Half Day Courses
Start	9:00am	9:00am
Session 1	9:00 am - 11:05 am	9:00 am - 11:05 am
Lunch	11:10 am - 11:50 am	11:10 am - 11:50 am
Session 2	11:55 pm - 2:00 pm	11:55 am - 2:00 pm
Dismissal	2:00pm	2:00pm



Full-Day Courses: (9am-2pm)

W01- Course Title: Adventures in Biomedical Engineering

Instructors: Mr. Ron Holtz, STA Science Teacher and Mrs. Julie Verde, STA Math Teacher

Fee: \$100

Student Maximum: 20

Sessions: 4 days- Full Days

Location: STA (Room 408) and off-campus, potentially 1 Day trip to Lonza in Portsmouth, NH.

Course Description: Biomedical engineering involves the application of engineering principles and design concepts to medicine and healthcare for the purposes of advancing diagnostic and therapeutic techniques. Often seen as an interdisciplinary field, careers in biomedical engineering involve a wide variety of engineering applications ranging from applying knowledge and understanding of genetics to cell and tissue development (biotechnology – imagine using a 3-D printer to “print” a human organ) to the development of medical implants and devices to support regenerative medicine and biomechanics. This Winterterm course is designed to explore careers in biomedical engineering by engaging in some basic laboratory techniques used in the field of biotechnology, and in the application of laboratory techniques and engineering (both design and build techniques) to biology. Experiences will also include round-table discussions with engineers in the field of biomedical engineering and a possible tour of a biomedical facility. This Winterterm course is open to students who have completed or are currently enrolled in Biology.

W02- Course Title: Exploring the Seacoast through Science, History, Art, and Food

Instructor: Ms. Kelleigh Kennedy & Ms. Brittany Castillo, STA Science Teachers

Fee: \$175

Student Maximum: 20

Sessions: 4 days- Full Days

Location: Off-campus, cities of the Seacoast including Dover, Portsmouth, Rollinsford, and Rye.

Course Description: This course is designed to allow students to explore unique experiences on the New Hampshire Seacoast. Students will gain an appreciation for present-day local communities, such as Dover, Portsmouth, Exeter, and beyond, and their historical contexts. Each day, students will visit a different field site to learn about science, engineering, history, art, food, and culture. Daily adventures will include activities such as a trip to explore marine biology and engineering, experiencing culture through food, a walking tour and scavenger hunt of local cities, rock climbing, visiting local businesses, learning about history through local museums and historical sites, and taking art classes at local art studios. Most days will require walking, and participants should be prepared to be outside in any kind of weather. Most days will require pick up and drop offs at the same campus location. Any transportation in the middle of the day will be provided. **Participants should be prepared to be outside in any kind of weather and will be required to have their own transportation to each site around the seacoast.** All field trip sites will be located within a 20 minute radius of the school campus.



W03- Course Title: Robotics and Applied Engineering

Instructor: Mr. Chrys Demos, STA Science Teacher

Fee: No cost

Student Maximum: 14

Sessions: 4 Full Day Sessions

Location: STA Robotics Lab, Notre Dame Hall

Course Description: The Robotics and Applied Engineering winterterm program puts students in charge of design, construction, and improvement of a FRC (FIRST ROBOTICS COMPETITION) competition-ready robot. The robotics team at STA, known as the Robosaints, will be perfecting and life-testing an all-new engineering design. Students who join us for the week can learn how to design with computer assisted drafting (CAD), 3D print, help with web design, troubleshoot modular electronic circuits, implement sensor technology with-code based digital controllers, and improve mechanical design. No prior experience is needed, just an open mind!

W04- Course Title: Serving The Seacoast

Instructor: Ms. Leah DiTommaso, STA School Counselor

Fee: Lunch Money Daily

Student Maximum: 12

Sessions: 4 days- Full Day

Location: STA, Various Locations

Course Description: Serving the Seacoast takes our St. Thomas school motto and puts it into action. Students will be completing daily service projects (one per day) at various locations throughout the week. This is a great time to not only get 15 hours of community service alongside their peers but also gives students a chance to live out our school motto in the community.

Students must have a valid driver's license for this group as our locations we will volunteer at are self transport

W05- Course Title: The Academics of Archery

Instructors: Mr. Enrique Lopez, STA Social Studies Teacher and Mr. Jon Bishop, STA Theology Teacher

Fee: \$150

Student Maximum: 15

Sessions: 4 Days- Full days, multiple days off campus

Location: 302

Course Description: The Academics of Archery: Not only will we be diving deeply into the history of Archery, its place in sport, warfare, tradition, and ceremony, but we will be venturing off campus to get hands-on experience and hone your Archery skills! Whether you're a novice or a competitive archer, if you want to learn more about Archery, then this is the course for you!



W06- Course Title: The Story of Boston: A City Shaped by History and Sports Triumphs

Instructors: Mr. Craig Cooley, STA Theology Teacher, Mrs. Jess Johnson, STA English Teacher, and Mr. Zach Snow, STA English Teacher

Fee: \$225

Student Maximum: 30

Location: STA, room 402

Sessions: 4 days -Full Days

Course Description: Students will spend three days in Boston exploring iconic sites such as the New England Aquarium, the Boston Tea Party Ships & Museum, Fenway Park, the Isabella Stewart Gardner Museum, TD Garden, View Boston at the Prudential Center, the Paul Revere House, and the North End. Through these experiences, students will gain a deeper appreciation for the cultural and historical significance of Boston. Students may see Mr. Cooley for more information. *Please note that field trips for this course may go beyond the set Winterterm daily schedule, starting as early as 6:15am with a return time as late as 5:15pm*

W07- Course Title: Whole Body Wellness

Instructor: Ms. Erin Gauthier, STA Nurse and Ms. Erin Murphy, STA Spanish Teacher

Fee: \$100

Student Maximum: 20

Sessions: 4 days- Full Days

Location: STA 201

Course Description: Whole Body Health is a Winterterm course designed to orient students to their wellness routines and help develop new habits, whether it be physically, emotionally, or cognitively. For emotional and cognitive health, students will learn mindfulness techniques, and breathing exercises to counteract stress. For physical health, students will have access to a daily movement class and learn about how to nourish their bodies with whole foods and recognize or eliminate toxic ones. Students will leave this class equipped with the knowledge of how to better support their whole body and make the changes they want to be healthier!

W08- Course Title: Cake & Cookie Decorating

Instructor: Ms. Stephanie Stockwell, STA Art Teacher and Ms. Jen Dunham, STA Math Teacher

Fee: \$50

Student Maximum: 20

Sessions: 4 days- Full Days

Location: STA Art Room

Course Description: Have you ever wished that you could decorate cookies and cakes like a pro? Now's your chance to learn! Students enrolled in this course will spend the week baking and trying different techniques for cupcake, cookie, and cake decorating, learning the foundational skills of baking and sugarcrafting. So grab your oven mitts and join in the fun- your next culinary adventure awaits!



W09- Course Title: Filmmaking with the Nouvelle Vague

Instructor: Mr. Jacob Lamontagne, STA French Teacher

Fee: No Cost

Student Maximum: 10

Sessions: 4 days- Full Days

Location: ND 202

Course Description: *“La photographie, c'est la vérité et le cinéma, c'est vingt-quatre fois la vérité par seconde.” - Jean-Luc Godard*

In this course, students will be introduced to a crucial film movement that shapes modern Hollywood to this very day: la Nouvelle Vague. Students will watch staples of the genre : À Bout de Souffle, Les quatre cents coups, Le Samouraï and Cléo de 5 à 7. We will also watch Richard Linklater’s Nouvelle Vague, a recent film that recounts the making of À Bout de Souffle. All films will be subtitled in English. Students will use these films to learn filmmaking techniques which they will use to create their own short films! All students must bring their laptops to be able to edit with Davinci Resolve, a free-to-use editing software.

W10- Course Title: Short Story Workshop

Instructor: Mr. Andrew McNabb, STA Theology Teacher

Fee: \$50

Student Maximum: 10

Sessions: 4 days- Full Days

Location: STA 402

Course Description: Come join Mr. McNabb, a well-published author, for this workshop on the literary form known as the short story. Students will read several classic short stories from well-known authors Flannery O’Connor and Raymond Carver, and even Mr. McNabb, himself. Students will write their own short story over the course of the week, with the goal of submitting their story (should they choose) to publications for consideration. Students will learn about the business of writing, how to provide (and receive) constructive criticism and how to analyze literature. In the afternoons, we will watch the acclaimed screen adaptation of James Thurber’s 1939 short story, The Secret Life of Walter Mitty, released in 2013 and starring Ben Stiller and Ethan Hawke’s 2024 film, Wildcat, based on the life and writings of Flannery O’Connor.

W11- Course Title: Showcasing the Beauty of New England: A Journey Through Its Art and Architecture

Instructor: Ms. Alexis Nadeau, STA Science Teacher and Mr. Jude Clymer, STA Math Teacher

Fee: \$100

Student Maximum: 20

Sessions: 4 days- Full Days

Location: STA 402

Course Description: Join us for an immersive art adventure through New England! Over four days, we’ll explore the beauty of orchids at the Isabella Stewart Gardner Museum, see amazing paintings and stained glass, visit historic churches, and check out local galleries and architecture in Portsmouth. Along the way, you’ll learn how different kinds of art express emotion, tell stories, and reflect the world around us.



At the end of the week, you'll create your own artwork—either a floral arrangement inspired by a piece you saw or a digital design based on a church or architectural space. This is a hands-on, creative, and one-of-a-kind Winterterm experience for anyone who loves exploring, noticing beauty, and making something meaningful.

W12- Course Title: Set Design & Construction

Instructor: Ms. Ava Toole, STA Music Teacher

Fee: No Cost

Student Maximum: 8

Sessions: 4 days- Full Days

Location: STA Gym Stage

Course Description: Learn the clever, multiple-medium approach of theatre set design and construction with this Winterterm course. Students will go behind-the-scenes, spending the week building and assembling to-scale set pieces, applying scenic painting techniques such as scumbling, rag rolling, and stenciling, culminating the week by staging the set for STA's Spring musical "*She Loves Me*".

W13- Course Title: Photography Tour

Instructor: Mr. John Rolleri, STA Science Teacher

Fee: \$75

Student Maximum: 10

Sessions: 4 days- Full Days

Location: STA 406

Course Description: This introductory course for high school students explores the fundamentals of digital photography through hands-on practice and guided instruction. Students will learn what makes a strong photograph, key photography terms, and how to use shutter speed, ISO, and aperture to control exposure. The class also covers essential lighting techniques and creative decision-making to help students capture clear, expressive images. By the end of the course, students will have a solid technical foundation and a small portfolio showcasing their growth. During this time we will be able to practice sports photography, portrait photography

W14- Course Title: STA Cares

Instructor: Ms. Alexandra Landrigan, STA Campus Minister & Ms. Ginny Rolfe, STA Spanish Teacher

Fee: \$25

Student Maximum: 20

Sessions: 4 days- Full Days

Location: STA Campus Ministry Center

Course Description: Join us for a week of crafting, baking, and giving back! In this hands-on Winterterm experience, students will combine creativity and service to brighten the days of the residents at St. Ann's. We'll spend the week designing personalized cards for elderly residents, and making cookies, which we'll deliver ourselves. We'll also plan and present interactive activities with the residents—games, crafts, nail salon, and more—giving students a chance to connect, engage, and make a difference. Through this heart-warming



program, students will develop hands-on skills in crafting and baking, while also learning the value of service, empathy, and community connection.

W15- Course Title: Learn to Dive: Getting Your Scuba Diving Certification

Instructor: Mr. Bill Green, STA Math Teacher

Fee: \$950

Student Maximum: 15

Sessions: 4 days- Full Days

Location: STA 206

Interested in becoming a certified SCUBA diver? This Winterterm course will cover the online curriculum needed to get your open water diving certification as well as the pool work needed to learn the basic diving skills. Once completed, you'll work with Portsmouth Scuba this spring to do your open water dives to complete your certification and you'll be ready to go diving around the world! There will be trips planned for future Winterterms to let you take advantage of your new passion! Feel free to stop by Mr. Green's room with questions. The course cost of \$950 covers the lessons and basic gear.

W16- Course Title: Exploring the Criminal Justice System

Instructor: Mr. Matt Salito, STA Social Studies Teacher

Fee: no cost

Student Maximum: 15

Sessions: 4 days- Full Days

Location: STA 304

Our 'Exploring the Criminal Justice System' Winterterm course immerses students in the criminal justice system through real-world field trips, analysis of infamous criminal trials, and the examination of Hollywood films that shape public perception of law enforcement, courts, and corrections. Rather than a lecture-based introduction to the law class, this program focuses on experiential learning, case studies, and critical thinking about how justice is both carried out and how it is portrayed.



Half-Day Courses:

AM Session: 9:00am -11:05am

PM Session: 11:50am - 2:00pm

If a student signs up for an AM session, they will also need to select preferences for a PM session, and vice versa, otherwise they will be placed wherever space is available.

We will do our best to accommodate all selected preferences.

W17- Course Title: Gilmore Girls: At Home in Stars Hollow

Instructor: Ms. Pate, STA English Teacher

Fee: \$25

Student Maximum: 12

Sessions: 4 days- Half Day (AM) & (PM)

Location: STA, Room 102

Course Description: *Gilmore Girls* is still popular after 25 years! The fascination with the quirky characters, witty dialogue, and strong relationships in ‘Stars Hollow’ continues to capture the hearts of viewers. Whether you are already a *Gilmore Girls* fan or you want to discover the fascination with this series, this course is for you. During this half-day session, we will spend our time on campus exploring the themes of family, community, and small-town living through the lens of the beloved family: The Gilmores. Prepare to watch clips of the show, eat like the Gilmores, and do activities inspired by the characters.

W18- Course Title: Book Club

Instructors: Mr. Reno Burnett, STA Social Studies Teacher

Fee: none

Student Maximum: 15 each session

Location: STA, room 301

Sessions: 4 days - Half Day (AM) & (PM)

Course Description: In this winter term course, we’ll gather together to enjoy the art of readership and exchange thoughtful reflections on choice literature. Spend time reading your book of choice in a quiet, relaxed environment, with refreshments. Each day, we’ll take time to discuss critical reflection questions and share our insights on the book(s) we’ve chosen. Between school, work, sports, and other extracurricular activities, recreational reading is often sidelined and this course aims to bring back this timeless hobby! At the end of the week, students will aim to finish their book(s) of choice, conclude the course with a better grasp of conversation-based analytical reading practices, and participate in a book swap with other participants. All students need for this course is the book(s) they intend to read and a book to bring to the swap!



W19- Course Title: WWII in Film

Instructors: Mr. Patrick Hureau, STA Social Studies Teacher, Mr. Reno Burnett, STA Social Studies Teacher

Fee: no cost

Student Maximum: 15 each session

Location: STA, room 301 & room 303

Sessions: 4 days - Half Day (AM) & (PM)

Course Description: Students will explore the pivotal events and key figures of World War II through the lens of historical films. In this Winterterm session, students will analyze the historical context of major events depicted in films such as Midway, Hacksaw Ridge, and Greyhound. Through guided discussions and critical comparisons between cinematic storytelling and historical accounts, students will deepen their understanding of the war's strategies, heroism, and sacrifices. This session will not only enhance historical knowledge but also encourage critical thinking about how history is portrayed in popular media. To accurately reflect historical events, these films contain depictions of violence, necessitating a permission slip.

W20- Course Title: Intro into Entrepreneurship

Instructor: Mr. Geoffrey Ness, STA Alumni

Fee: None

Student Maximum: 15

Sessions: 4 days- Half day- AM Only

Location: STA, Tech Center

Course Description: Join STA alum and CEO of STA's IT company, Nessit, in reviewing the principles of entrepreneurship. Using the 'think tank' model, students will learn the basics of business conceptualization, problem-solving, financial planning, and will develop mock pitch proposals to compete for the title of best small business plan. Students should be interested in the field of business or finance.

W21- Course Title: Strength & Conditioning, Strength Training & Nutrition for High Schoolers

Instructor: PJ Strelbel, Owner, MaxWay Performance, Mr. David Morissette, STA Athletic Administrator

Fee: \$75

Student Maximum: 35

Sessions: 4 days- Half Day

Location: STA, fitness facility. *MaxWay Performance in Greenland on 4th Day*

Course Description: This course will be 4 half days of learning and practicing strength and conditioning, learning nutritional habits and concepts for the active high school students. This will be a mixture of classroom learning with topics ranging from: training modalities, rep range and their goals, how to build your own strength training program, basic nutritional information, nutrition habits and practical applications of nutrition. The first three days will be held at STA, with the last day being an on-site day at MaxWay Performance where the students will be able to practice strength and condition applications followed by a Q&A with the MaxWay coaching staff.



W22- Course Title: Taekwondo

Instructors: Mr. Meyers is a 1998 STA Alumni with a 6th degree Black Belt in Taekwondo

Fee: N/A

Student Maximum: 6

Location: Athletic Room

Sessions: 4 days - Half Day

Course Description: Taekwondo is a Korean martial art that's not just about punching and kicking; it's a whole lot more. It's a blend of physical fitness, mental focus, and self-discipline. So, if you're looking for a way to stay fit, gain confidence, and develop skills that will serve you well in high school and beyond, Taekwondo might be the perfect choice. You'll be amazed at what you can achieve both physically and mentally. It's an adventure waiting for you to kickstart!

W23- Course Title: Robotics and Applied Engineering

Instructor: Mr. Chrys Demos, STA Science Teacher

Fee: \$0

Student Maximum: 14

Sessions: 4 Half Day Sessions

Location: STA Robotics Lab, Notre Dame Hall

Course Description: The Robotics and Applied Engineering winterterm program puts students in charge of design, construction, and improvement of a FRC (FIRST ROBOTICS COMPETITION) competition-ready robot. The robotics team at STA, known as the Robosaints, will be perfecting and life-testing an all-new engineering design. Students who join us for the week can learn how to design with computer assisted drafting (CAD), 3D print, help with web design, troubleshoot modular electronic circuits, implement sensor technology with-code based digital controllers, and improve mechanical design. No prior experience is needed, just an open mind!



International Winterterm Trips

Pre-enrollment was required for the following:

W24- Course Title: Peru Trip

Instructors: Ms. Heather Soldner- STA School Counselor, Mr. Howard Puertas - STA World Languages Teacher, Ms. McKenzie McGrath- Communications and Marketing Coordinator

Fee: \$4,500

Student Maximum: FULL

Location: Off-site - Peru, South America

Course Description: This travel experience is designed to help students expand their worldview, particularly in regards to exposure to Peruvian/Incan culture, thoughtful and intentional faith-based community service opportunities, and student-centered leadership development. This trip will allow students to navigate the global classroom, applying any Spanish-language skills, as well as learning about important Peruvian landmarks, such as the Sacred Valley, Machu Picchu, and the Ballestas islands. Part retreat, part global classroom, we aim to help students return with a better grasp on the Incan culture, an interpersonal connection to the Peruvian community, deeper faith through service, and a matured sense of self. Students will earn a minimum of sixteen (16) community service hours. *Registration for this trip took place during the summer and is now closed.*

W25- Course Title: Italy Trip

Instructor: Ms. Shannon McAden, STA Theology Teacher, Ms. Jess Cummings, STA Math Teacher, Mr. Dan Limauro, STA Math Teacher, and Mr. Drew Cunningham, STA English Teacher

Fee: \$4,900

Student Maximum: FULL

Location: Off-Site - Rome, Italy

Course Description: This once-in-a-lifetime experience includes a tour of Italy focusing on cultural and pilgrimage destinations, particularly Assisi and Rome and its associated shrines, offering a rich spiritual and cultural experience. We will visit Milan, Verona, Padua, Venice, Bologna, Florence, Assisi, Rome, Pompeii. *Registration for this trip took place earlier in the fall semester and is now closed.*



W26- CATHOLIC SCHOOLS INTERNSHIP

Select spots will be available for students interested in serving as a student classroom aide in one of our three Catholic Elementary School partners on the Seacoast, St. Mary's Academy (Dover), St. Patrick Academy (Portsmouth), and Sacred Heart School (Hampton). Students will be responsible for supporting teachers, helping to collaborate on curriculum planning and execution, and running at least one grade-appropriate learning center or activity. This is a great opportunity for students considering a career in education! Students will earn a set number of 16 service hours for this placement. *NOTE: students will be responsible for self-transportation to each school location. Additional pre-placement training may be required.* **An evaluation must be completed by the student and Catholic Schools site supervisor to receive credit for their internship. Students interested in this option must complete the Catholic Schools Internship Application and return it to Ms. Soldner by Thursday, December 4th, 2025 via the Main Office.**

W27 - WINTERTERM INTERNSHIPS

Students are strongly encouraged to participate in an internship or career shadow opportunity that pertains to their potential field of study. Self-arranged internship applications must be submitted to Ms. Soldner via the Main Office by December 4, 2025 using the Winterterm Internship Application form. **Internship students must produce a final product (paper, presentation, podcasts, website, etc.) to share with members of the school community. The final product is due to Ms. Soldner by Friday March 13, 2026. An "Evaluation form" must be completed by the student and site supervisor to receive credit for all internships.**

Internships in previous years have included areas of interest in physical therapy, pharmacy, oral surgery, veterinary science, business administration, aeronautical engineering, and fire rescue.

W28 - WINTERTERM INDEPENDENT STUDY

Students are encouraged to develop their own learning opportunities through an independent study on a topic that interests them. **Independent studies must relate to the school's mission and produce a final product (paper, presentation, podcasts, website, etc.) to share with members of the school community.** All independent studies must be submitted to Ms. Soldner by Thursday, December 4, 2025 via the Main Office using the Winterterm Independent Study Application form. The final product is due to Ms. Soldner by Friday, March 13, 2025. **Students interested in this option must complete the Winterterm Independent Study Application.**

W29 - WINTERTERM COLLEGE TRACK

As part of our College Preparatory curriculum, we offer students the opportunity to utilize Winterterm to explore potential, secondary education paths through The College Track program. Students interested in this track should plan to visit the campuses of at least two (2) higher education institutions during Winterterm week, while participating in an asynchronous College Prep Google Classroom experience. All College Track Applications must be submitted to Ms. Soldner by Thursday, December 4, 2025 via the Main Office using the Winterterm College Track Application form. **Students interested in this option must complete the Winterterm College Track Application.**



Any Winterterm Proposals submitted AFTER December 4, 2025 may not be considered.

Winterterm 2025-26 Independent Study Application Form

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Students, we invite each of you to **challenge** your mind, **support** your passion and **transform** your perception of learning so that you may fully embrace what promises to be a remarkable educational experience.

PERSONAL DATA

Name _____

Class of _____

Cell Phone _____

Advisor _____

INDEPENDENT STUDY PROPOSAL (submit a separate page to Ms. Soldner by 12/4/25)

1. Please describe the purpose of your independent study. How does the purpose relate to the school's mission?
2. How does this expand your knowledge from what you have learned at St. Thomas Aquinas?
3. Please describe what you will gain from this experience.
4. What resources and materials will you use to complete your independent study?
5. Please describe the final product (paper, presentation, podcast, website, etc.) you will create. (Be prepared to present this to members of the school community)

By signing below, you agree to conduct yourself with appropriate behavior consistent with St. Thomas Aquinas High School. **This application is due to the Main Office by December 4th, 2025.** Final products are due by March 13, 2026.

Parent Signature: _____

Student Signature: _____

Approved by Principal (or designee): YES _____ NO _____

Signature: _____

Date: _____



2026 Winterterm Catholic Schools Internship Application Form

Our mission statement reminds us that St. Thomas Aquinas High School transforms the lives of our students through Catholic education, an education that offers them the opportunity to develop their unique gifts. Winterterm affords our young men and women the chance to widen their learning horizons, step outside of the traditional instructional atmosphere and pursue an area that interests them intellectually. One of these avenues is through service at one of our partner sites.

CATHOLIC SCHOOLS PARTNERS:

We have arranged placement opportunities at the following seacoast area Catholic Schools:

St. Patrick Academy (Portsmouth, NH)
St. Mary's Academy (Dover, NH)
Sacred Heart School (Hampton, NH)

Students selected for this placement will intern during our Winterterm week (March 3rd-March 6th) and complete the outlined responsibilities and tasks which may include classroom support, developing activities for school-aged children, or assisting in various projects as outlined by the Head of School/Principal.

As representatives of St. Thomas Aquinas High School, students serving at our partnering Catholic Schools during Winterterm will be expected to conduct themselves with the utmost integrity, demonstrate strong work ethic, and enthusiasm. Placement schedules will follow that school's daily class schedule. All students should promptly arrive at their placement, in STA uniform.

At the end of the Winterterm week, students will be evaluated on their performance by the Head of School/Principal. These placements will earn students 18 service hours for the week, which should be entered into MobileServe no later than March 9th.

HOW TO APPLY:

Please complete all sections of the following application for consideration of one of the Catholic Schools Winterterm Placements.

Applications are due on or before **Thursday, December 4th** to the Main Office.

Please note: applications do NOT guarantee placement. Applications will be promptly reviewed by administration and students will be notified by Monday, December 8th. Students who have not been selected for this Winterterm opportunity will need to fill out a Winterterm Selection Form for on-campus programming, which will be available between December 8th - December 12th. Preference will be given to Junior and Senior students.

All questions regarding this placement opportunity can be directed to Ms. Soldner (hsoldner@stalux.org)

Please see the reverse side for the application form. Thank you!



APPLICATION FORM:

APPLICANT NAME: _____

SHORT ANSWER- *Please complete the following short answer questions regarding this potential Winterterm placement.*

Why are you interested in serving at one of our Catholic Schools partners during Winterterm?

What are you hoping to gain through this service experience?

What talents or skills do you think will make you successful at this placement?

Do you have a preference for which Catholic School you'd like to be placed with? (please circle one)

St. Patrick Academy

Sacred Heart School

St. Mary's Academy

I have no preference

TRANSPORTATION:

It is the responsibility of the parent(s) to determine the methods of transportation to and from this internship site.

By signing below, you agree to conduct yourself with appropriate behavior consistent with St. Thomas Aquinas High School. Please be on time, responsible and conscientious. Dress code is expected unless prior approval is received from the President, or designee.

Parent Signature: _____ DATE: _____

Student Signature: _____ DATE: _____

Please return your completed application to the Main Office by Thursday, December 4th, 2025.

Approved by the Principal (or designee): YES _____ NO _____

Principal Signature: _____ Date: _____



Winterterm Internship Application Form 2025-26

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Name _____

Class of _____

Cell Phone _____

Advisor _____

INTERNSHIP - *The internship may be service based, vocational, job sharing, or a learning experience encounter. Students must complete a minimum of 16 hours during WinterTerm week. The dates are March 3-6, 2026.*

If you have a location/internship that you have found on your own, please complete the following information:

Name of Company _____

Location _____

Point of Contact _____

Phone _____

Internship field _____

Who would you shadow? _____

What will you be learning? _____

What type of final product (presentation, podcast, website, etc.) will you create about your experience? (be prepared to present this to member(s) of our school community) _____



Why are you interested in this internship?

PLEASE NOTE: it is the responsibility of the parent(s) to determine the methods of transportation to and from the internship.

By signing below, you agree to conduct yourself with appropriate behavior consistent with St. Thomas Aquinas High School. Please be on time, responsible and conscientious. Dress code is expected unless prior approval is received from the Principal, or designee.

Parent Signature: _____

Student Signature: _____

Approved by the Principal (or designee): YES _____ NO _____

Principal Signature: _____ Date: _____



Winterterm 2026 Internship Supervisor Evaluation

Student Name: _____	Class of _____
Internship Site: _____	
Site Supervisor's Name: _____	
Telephone: _____	E-mail: _____
Dates of Internship: _____ to _____ Approximate hours completed: _____	

Please circle that best option that describes the student and provide comments when possible.

1. The student followed directives and instructions (i.e. punctuality, proper attire, politeness)

Always *Most of the time* *Irregularly* *Seldom*

Comments: _____

2. The student made himself/herself available to participate in various tasks:

Always *Most of the time* *Irregularly* *Seldom*

Comments: _____

3. Please rate the quality of observation rendered by this student:

Outstanding *Good* *Fair* *Poor*

Comments: _____

4. Please rate the student's rapport with the people with whom he/she came into contact:

Outstanding *Good* *Fair* *Poor*

Comments: _____

5. Please rate the student's initiative in the completion of tasks:

Outstanding *Good* *Fair* *Poor*

Comments: _____



Please Turn Page

6. Would you work with this student again?

Would prefer not to 1 2 3 4 5 *Absolutely!*

Comments: _____

7. Would your corporation/business be willing to host STA students in the future?

Would prefer not to 1 2 3 4 5 *Absolutely!*

Comments: _____

8. Please add any additional comments:

Please turn in forms by Friday, March 13th 2026 to Ms. Soldner

Printed Name: _____

Signature: _____

Date: _____



2026 Winterterm College Track: *Exploring Paths of Higher Education*

This Winterterm track will be managed through the School Counseling department. The College Track is a robust independent study course offering open to students who want to use the Winterterm week to visit or travel to prospective colleges and universities.

The College Track Course Aims:

Students who complete this Winterterm track will:

1. Use the Winterterm period to visit at least two (2) higher education institutions where they will take an official campus tour through the school's admissions department, and schedule interviews, where applicable.
2. Complete a prospective college survey for each school visited, to evaluate the pros and cons of attending that higher education institution.
3. Attend an exclusive, asynchronous STA online workshop via Google Classroom, where they learn to effectively develop their own narrative writing samples, which can be used towards future college essays or supplementals during the college application process, as well as participate in daily discussion board questions that prompt thoughtful reflection of their visit experiences among peers.
4. Have access to in-demand college-prep materials and resources through the Google Classroom, including but not limited to application writing resources, guides to developing a resume, interviewing tips, and clever questions to ask of prospective schools.
5. Deliver a summary presentation to one or more members of the School Counseling department, summarizing their Winterterm experience, between March 9th and March 13th, 2026.

Please submit your completed Winterterm College Track application to Ms. Heather Soldner via the Main office or email (hsoldner@stalux.org) no later than Thursday, December 4th, 2025. Please note that late applications may not be accepted.



Application

Student Name:

Year of Graduation:

Why do you want to complete the Winterterm College Track?

What are you hoping to gain from this experience?

What colleges or universities do you plan on visiting?

What academic fields are you interested in studying?

Part of this track is helping students to expand upon their college application skills. Please identify the college-prep support that you're looking to gain from our Winterterm College Track (check all that apply):

- Narrative Writing Practice (for essays and personal statements)
- Interviewing Skills
- Resume Building
- Understanding Common App
- Application Guidance
- Admissions Communication
- College application coaching
- Comparing prospective college
- Financial Aid Resources
- SAT Prep Support
- Other: _____

Student Signature:

Date:

Parent Signature:

Date: