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Dear Students and Families,

We are excited to begin the process of selecting Career and Technology Foundations (CTF) options for the upcoming school year! CTF courses provide a fantastic opportunity for students to explore their interests, passions, and skills while making meaningful connections to potential career pathways. These courses are designed around engaging challenges based on different occupational areas, providing students with hands-on, real-world learning experiences that build important skills for their future.

CTF Option Selection Process:

Students will have the opportunity to select their top three CTF option choices per quarter for the entire school year. We encourage students to carefully consider their interests, potential career aspirations, and willingness to explore new areas of learning when making their selections. Each choice should reflect a genuine curiosity and desire for growth, as CTF courses are designed to help students discover new passions and develop valuable skills.

Important Considerations:

While we strive to accommodate students' top choices, it is important to understand that this may not always be possible. Several factors influence the allocation of CTF options, including class composition, class size, and the availability of resources. Our primary goal is to provide a balanced and supportive learning environment for all students. In some cases, students may be placed in an option that was not one of their top three choices per quarter, but we are confident that all of our CTF courses offer engaging and meaningful learning opportunities. We appreciate your understanding and flexibility in this process.

Next Steps:

1. **Option Selection Forms:** Once you have had a chance to discuss and select your options, please return the signed form to the school. This is essential, as students will complete a Google Form in their homeroom classes on **September 4th** to officially select their CTF options. The signed form must be returned prior to this date.
2. **Receiving Option Selections:** Students will receive their assigned options for all four quarters prior to the start day on September 12, 2024.
3. **Option Changes:** If a student wishes to request a change in their options, a Google Form Option Change Form will be available until September 16th. After this date, no further changes will be accommodated. Although we will try our best to accommodate a request for a change, we can not guarantee it based on availability and class composition.

We strongly encourage families to have open discussions with their child about their interests and the options available to them. This can help ensure that their selections align with both their passions and potential future aspirations.

Thank you for your cooperation, understanding, and support. We are looking forward to an exciting and engaging school year filled with new opportunities for learning and growth!

If you have any questions please feel free to contact me.

Trish Spink, Assistant Principal

Quarter 1 Options:

CTF Course:	Description:	Cost:
Brush & Beyond	Are you ready to turn your ideas into stunning visual creations? Curious to see how different textures, colors, and techniques can transform your artwork? In this Visual Arts course, you will explore the fundamentals of painting, sketching, and various artistic mediums. You will learn essential techniques, from basic drawing skills to more advanced methods of expressing creativity. Through hands-on projects, you will create original pieces of art, experimenting with color, texture, and form. This course encourages individual expression and artistic growth, helping you develop your unique style and a deeper appreciation for the visual arts.	\$50
Strength and Fitness	This option will teach you the importance of safe and effective weight training. This option will utilize our weight room facility! The focus will be on using proper biomechanics in order to complete various exercises and functional movements. In addition, you will learn how to create weekly workout plans.	\$0
Kitchen Basics	Are you a kitchen beginner? Would you like to begin planning and cooking meals to help out around the house? This option is for you! This course is geared towards beginner cooks and those looking to learn basic skills to cook quick and easy, delicious food.	\$50
Leadership	What does it take to be an effective leader? This course encourages students to be confident, supportive, and positive leaders in our school community. Students will have the opportunity to build skills that will help lead to future success. Our Leadership students are provided with various opportunities such as, but not limited to : community and school involvement, organizing initiatives, and building a stronger, richer school culture. Possible initiatives could include intramural sports, mentorship, special event planning, student clubs, and student council leads. Dream big and make a difference! Find Your Voice.	\$0
Cooperative Games	Are you interested in being physically active while also strategizing with your peers? Then this could be the option for you! Engage in multiple team oriented games such as capture the flag, multiple dodgeball variations and many more! However, be warned that the teacher will also be participating and loves to bring his team to victory! Do you have what it takes? Sign up today!	\$0
Outdoor Recreation	This option will focus on numerous different aspects of outdoor recreation such as hiking, biking, walking and running. We will look at outdoor safety while doing activities and how outdoor recreation fits into a healthy lifestyle. Nature based learning will also be a focus in this option.	\$30

Quarter 2 Options:

CTS Course:	Description:	Cost
Pen & Prose	Ever wondered how your words can paint vivid images and stir deep emotions? Excited to see how your poetry comes alive in front of an audience at a live poetry slam? In this Creative Writing course, you will delve into the art of poetry, focusing on crafting original poems and preparing for a poetry slam. You will explore various poetic techniques, including imagery, rhythm, and metaphor, to enhance your writing. Through workshops and peer feedback, you will refine your work, developing your voice and confidence as poets. The course culminates in a poetry slam, where you will showcase your creativity and perform your poems before an audience.	\$0

Stick Sports	This option will teach you the basics of several stick sports. Students will learn the importance of proper game play, rules and collaboration with teammates. Activities include but are not limited to floor hockey, lacrosse, and broomball.	\$0
World of Baking	Do you love baking? Do you want to learn to make a cake or participate in Cupcake Wars? Are the loaves of bread at the store too standard for you? Then this option could be for you! Come learn the basics of baking, from muffins to cakes, loaves, pretzels, cinnamon buns and more!	\$50
Film studies	Discover the art of storytelling through film! We'll explore how film communicates narratives, aspects and vocabulary of filmmaking, and appreciate film as a form of artistic expression. Along the way, we'll watch iconic movies, analyze their magic, and explore the roles of directors, screenwriters, and actors. Engaging discussions and creative projects will transform learning into a fun and educational journey, leaving you with a deeper appreciation for filmmaking.	\$5
Volunteerism	Are you ready to develop your leadership skills while making a positive impact at our school and the community? In this option, you'll have the chance to volunteer in various areas, taking on different roles that will help you build and showcase your leadership qualities. It's a fantastic opportunity to step up, get involved, and contribute to your community. Sign up today and start your journey toward becoming a standout leader and making a difference!	\$0
Outdoor Recreation - Winter Edition	This option will focus on numerous different aspects of outdoor recreation in the winter such as hiking, cross country skiing, skating and snowshoeing. We will look at outdoor safety while doing activities and how outdoor recreation fits into a healthy lifestyle. Nature based learning will also be a focus in this option.	\$30

Quarter 3 Options:

CTS Course:	Description:	Cost
Tiny Tots Training	Curious about what it takes to create a safe and nurturing environment for young children? Ready to gain hands-on experience and learn the skills needed to make a positive impact in their early development? This Early Childhood Care course offers you the opportunity to work hands-on with young children, developing essential skills for their care and safety. You will learn about age-appropriate activities, child development stages, and effective strategies for nurturing and guiding young children. The course emphasizes creating a safe and supportive environment, equipping you with the knowledge and confidence needed to care for children in various settings.	\$50
Coaching and Sports Leadership	This course will go over what it takes to be an effective leader in a sports/athletic environment. Students will learn about proper programming strategies that could be utilized by coaches in a specific area of sport. Students will develop a passion project in which they will lead and coach a sport and/or athletic event.	\$0
Homecraft	In the Homecraft CTF option, Junior High students will dive into the world of practical and creative life skills. They'll learn the basics of sewing, from stitching to creating their own projects, and explore the art of upcycling, giving new life to old materials. Students will also pick up the relaxing and rewarding craft of knitting. Alongside these hands-on skills, they'll gain knowledge in essential table manners and the art of party planning, ensuring they're ready to host any event with style and confidence. This option is perfect for students who enjoy creativity, sustainability, and learning skills that will last a lifetime.	\$50
Business of beauty	This challenge will lay the foundation for students to create a successfully running salon and esthetics business within the school. They will create a business plan highlighting the services offered and the financial and marketing strategies involved. The challenge will also allow students to develop the techniques and skills required in order to provide the services to others.	\$50

Driver's Education	Are you interested in picking up some good driving information while preparing for your learner's exam? Then this could be the option for you! We will be learning about the rules of the road, good habits behind the wheel and the effects of distracted driving. You will also learn to budget for driving expenses and planning for road trips. Sign up today to begin your roadtrip to your driver's license.	\$0
Foods around the world	Do you already know how to cook the basics and want to expand your palate? Then this option is for you! Come on a food journey around the world and learn to cook basic recipes from different cultures - Indian, Aboriginal, Chinese, Mexican, Haitian, etc. This course is geared towards those that have more knowledge in the kitchen	\$30

Quarter 4 Options:

Roots & Shoots	Curious about what it takes to nurture plants from seed to bloom? Ready to uncover the joys and rewards of creating your own thriving garden? In this Gardening Basics course, you will explore the fundamentals of gardening, with hands-on experience growing your own herbs and possibly some vegetables. You will learn essential skills in plant care, including watering, soil preparation, flower arrangement and understanding plant needs. Through this course, you will gain a deeper appreciation for nature and the joy of cultivating your own garden, while developing practical knowledge to help plants thrive.	\$30
Nutrition	Throughout this course you will learn about Canada's Eatwell Plate, macronutrients, micronutrients, and how to effectively plan dietary intake. This knowledge will be applied to how our food intake impacts not only our athletic performance but also our day to day lives.	\$30
Outdoor Education	Do you enjoy spending time outdoors? Learn skills and confidence in a wide range of environmentally responsible activities in outdoor settings to demonstrate basic knowledge, skills, and attitudes necessary for safe, comfortable, outdoor experiences. Some activities include camping skills and fire building.	\$30
Yoga + wellness	Looking for balance in your daily life? In this course, students have the opportunity to explore the world of yoga and implement wellness practices within their community and school. Through practical yoga sessions, discussions on wellness practices, and understanding different approaches to self-care, you'll learn how to develop and lead wellness initiatives that foster positive change in your environment. By the end of this course, you'll be equipped to create meaningful wellness opportunities, enhancing both your own life and the well-being of those around you.	\$15
Racket Sports	In this option, we will be exploring racquet sports such as badminton, pickleball, etc. Do you have what it takes to be the next king of the court? Sign up today!	\$0
Art and Design	The Visual Arts class is a journey into the world of artistic expression. Students explore various mediums, including painting, drawing, and sculpting while mastering fundamental techniques and principles. Through hands-on projects, students will unleash their creativity, honing skills and developing a unique artistic voice.	\$30



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Please return this to your homeroom teacher prior to September 4, 2024 so they can complete the google form.

Students Name: _____

Grade: _____

Quarter 1:

1.	
2.	
3.	

Quarter 2:

1.	
2.	
3.	

Quarter 3:

1.	
2.	
3.	

Quarter 4:

1.	
2.	
3.	

Student Signature: _____

Parent Signature: _____