



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 11, 2025.**
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:
<b>3D Printing and Coding</b>	Interested in exploring the world of technology? This is the place for you. From coding to robotics and 3D printing, you will take the time to learn and apply new skills. Create your own 3D images in Makerspace and bring them to life or learn a new coding language and create your own app.	\$20
<b>Outdoor Education</b>	Do you love being outdoors? In this class, you'll explore foundational Indigenous knowledge and connect with the land. We'll learn how to build confidence and skills for safe and comfortable outdoor experiences through environmentally responsible activities. You'll gain practical skills like fire-building and camping, while also discovering how to ethically harvest from the land. We'll explore the principles of reciprocity and sustainability, and deepen our understanding of our relationship with the natural world.	\$30
<b>Visual Arts</b>	Do you enjoy painting? Or coloring? Or simply expressing yourself through art? Come learn about Canadian and Indigenous artists while practicing visual art techniques such as painting, printmaking and crafts.	\$30
<b>Cooperative Games</b>	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
<b>Wellness &amp; Recreation</b>	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.	\$0
<b>Baking</b>	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

**Quarter 2 Options:**

CTS Course:	Description:	Cost
<b>Visual Arts</b>	Do you enjoy painting? Or coloring? Or simply expressing yourself through art? Come learn about Canadian and Indigenous artists while practicing visual art techniques such as painting, printmaking and crafts.	\$30
<b>Homecraft</b>	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. This option is perfect for students who enjoy creativity, sustainability, and learning skills that will last a lifetime.	\$30
<b>Kitchen Basics</b>	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

<b>Financial Literacy</b>	<p>Unleash your inner money boss! Ever wonder how to make smart financial moves and set yourself up for future success? In this class, you'll dive into the exciting world of financial literacy. Get ready to investigate the basics of money and the economy, uncovering the secrets behind making great money decisions.</p> <p>You'll get hands-on experience creating your own budget to take control of your spending and reach your financial goals. We'll explore what influences how much you earn, from career choices to the job market. You'll learn how to navigate the pros and cons of borrowing money and get a head start on understanding how investing can grow your wealth over time. This isn't just about balancing a budget; it's about building the skills, attitudes, and knowledge for financial independence.</p>	\$0
<b>Volunteerism</b>	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
<b>Reffing</b>	Want to learn to ref a variety of sports while still getting the chance to play? Come learn to ref volleyball, basketball and soccer. When you aren't reffing, you will be the athletes playing the game.	\$5

### Quarter 3 Options:

CTS Course:	Description:	Cost
<b>3D Printing and Coding</b>	Interested in exploring the world of technology? This is the place for you. From coding to robotics and 3D printing, you will take the time to learn and apply new skills. Create your own 3D images in Makerspace and bring them to life or learn a new coding language and create your own app.	\$20
<b>Court Sports</b>	Have a competitive edge? Love playing sports? This option will focus on learning the rules and developing your skills in a variety of court sports. Specifically we will be playing and learning about basketball, volleyball, handball and many more. Please note that this option is not just play and the goal is to focus on developing your skills within these sports.	\$0
<b>Indigenous Arts</b>	<p>Ready to explore the world of Indigenous art? In this hands-on CTS option, you'll dive into creative traditions and skills that connect to First Nations, Métis, and Inuit cultures. You'll get to express your creativity through a variety of projects, all while learning about the history and cultural significance behind each art form.</p> <p>Projects include <b>Ribbon Skirts &amp; Shirts</b>, where you'll hand-sew vibrant designs. You'll also discover the intricate art of <b>Beading</b>, crafting your own beautiful patterns. We'll explore the unique art of <b>Métis Dot Art</b> and <b>Tufting</b>, a form of three-dimensional beadwork.</p> <p>This is more than just an art class—it's an opportunity to learn about storytelling, identity, and community through creativity. Join us and make something amazing!</p>	\$50
<b>Business of beauty</b>	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

<b>Driver's Education</b>	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 road trip to your driver's license.	0
<b>Baking</b>	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

#### Quarter 4 Options:

<b>Gardening</b>	<p>Interested in what it takes to get plants to grow? Ready to uncover the joys and rewards of growing your own flourishing garden? In this class, you'll dig into the fundamentals of gardening while <b>exploring Indigenous plants</b>, their uses, and the perspectives of Indigenous peoples. You'll gain hands-on experience by growing your own herbs, vegetables, and other traditional plants.</p> <p>You'll learn essential skills like watering, soil preparation, and understanding plant needs, all with a deeper focus on the principles of <b>reciprocity, sustainability, and connecting to the land</b>. You'll discover how Indigenous peoples use plants for food, medicine, and ceremony. Through this class, you'll gain practical knowledge to help plants thrive, all while developing a deeper appreciation for nature and the joy of cultivating your own garden.</p>	\$25
<b>The Art of the Appetizer</b>	Elevate your entertaining skills in this hands-on appetizer cooking class! You'll learn to create a diverse array of small, delicious dishes perfect for get-togethers or as a prelude to any meal. You will be guided through mastering essential techniques, from whipping up vibrant dips and sauces to crafting elegant canapés. Discover exciting new flavor combinations and gain the confidence to present a stunning spread for your next gathering.	\$50
<b>Leadership</b>	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
<b>Homecraft</b>	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. This option is perfect for students who enjoy creativity, sustainability, and learning skills that will last a lifetime.	\$30
<b>Badminton</b>	In this option, we will be exploring badminton. You will be learning the rules of the game and competing in singles or doubles matches. Do you have what it takes to be the next king of the court? Sign up today!	\$0
<b>Strength and Conditioning</b>	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

**Please return this to your homeroom teacher prior to September 4, 2025 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: \_\_\_\_\_