

# **Junior High CTF Guide**

2025/26 School Year



**Sturgeon Heights School  
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## Introduction

### **What is CTF?**

Career and Technology Foundations (CTF) is a new and unique curriculum based on Career and Technology Studies (CTS), offered in high school. The CTF courses at Sturgeon Heights encourage students to explore between areas of interest, passions, and skill development, while making personal connections to career possibilities through meaningful learning opportunities.

The courses offered at Sturgeon Heights School, take into account the interests and needs of all students at our school. Please note that some CTF courses require additional fees to help support material, field trips, and transportation costs.



## Learning Outcomes

CTF is exploring interests, passions and skills while making personal connections to career possibilities.

- I explore my interests and passions while making personal connections to career possibilities.
- I use occupational area skills, knowledge and technologies.
- I follow safety requirements associated with occupational areas and related technologies.
- I demonstrate environmental stewardship associated with occupational areas.

CTF is planning, creating, appraising and communicating in response to challenges.

- I plan in response to challenges.
- I make decisions in response to challenges.
- I adapt to change and unexpected events.
- I solve problems in response to challenges.
- I create products, performances or services in response to challenges.
- I appraise the skills, knowledge and technologies used to respond to challenges.
- I communicate my learning.

CTF is working independently and with others while exploring careers and technology.

- I determine how my actions affect learning.
- I develop skills that support effective relationships.
- I collaborate to achieve common goals.



ATHLETICS		
Basketball	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership and sport performance related to basketball?</p> <p>In this course, you will have the opportunity to learn the rules of basketball, skills associated with basketball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE
Field Sports	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities?</p> <p>In this course you will have the opportunity to learn the rules of various field sports (lacrosse, soccer, ultimate Frisbee, flag football, and others), skills associated with those sports, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE
Fit for Life	<p>Are you interested in being fit for life? Students will participate in a variety of activities that support lifelong fitness. These will be centered around common individual &amp; team activities that are available once students leave high school, such as walking, running, yoga, zumba, curling, pickleball, or slo-pitch. Students will develop knowledge, skills, and attitudes to enable them to incorporate a responsible and holistic approach to healthy living in their daily lives.</p>	FREE
Outdoor Education	<p>Do you love the outdoors? Outdoor Education is a course allowing students to develop the knowledge, skills and positive attitudes which will contribute to their enjoyment of outdoor pursuits. Students will have a chance to participate in a variety of outdoor related experiences and environmental learning. Students must be dressed for the elements including inclement weather.</p>	\$10
Volleyball	<p>Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities?</p> <p>In this course you will have the opportunity to learn the rules of volleyball, skills associated with volleyball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.</p>	FREE



<b>CITIZENSHIP</b>		
Entrepreneurship	Are you interested in becoming an entrepreneur? In the class, students will learn the basics of how to run a small business including profits, losses, and balancing. Students will create a business that they can share with the school community at a school-wide event.	\$30
Foods: Basics & Nutrition	Are you interested in how to make delicious food? In this course, students learn fundamental basic food preparation skills that align with the Alberta Food Guide. They will explore leader nutrients, what they are found in, and how such foods affect physical and mental performance. Students will be given the tools to choose and prepare healthy meals.	\$30
Foods: Baking	During this term, students will learn about kitchen safety, basic nutrition and make some great recipes. Some items include, no bake foods such as yogurt parfaits, and banana splits. This is a great class to learn some basic skills and eat your projects!	\$30
Foods: Meal Prep	Do you enjoy preparing a meal? Students will learn the basic necessities for preparing a meal. Basic skills will allow students to be able to transfer these skills into their kitchens at home!	\$30
Leadership	Are you a natural leader, or want to become one? Students will promote school spirit by planning and organizing student activities and initiatives. Students may also be involved in leadership and citizenship ventures in the greater St.Albert community. Students are expected to be positive role models and responsible leaders.	FREE
Learners License Prep	<p>Do you want to learn the fundamentals of driving? Students will understand what it means to be a competent driver and feel comfortable to take a class 7 driver's test. The main objectives include:</p> <ul style="list-style-type: none"> <li>• Learn the material in the Learner's Driver's Guide, to ensure students are more prepared when they take the Government's Class 7 test.</li> <li>• Gain a better understanding of the laws of driving, rules of the road, how to read road signs, and learn the importance of limiting distractions while driving through the use of video.</li> <li>• Learn basic vehicle use, maintenance and emergency safety.</li> </ul> <p>*NOTE: The option is held in a classroom setting only. There will be no In-Vehicle driving instruction for this option class. Once students turn 14 years old they may take the Government's Class 7 test on their own time at their own cost.</p>	FREE



FINE ARTS		
Art	Do you love being creative? The Art option allows the students to develop technical skills as well as express themselves personally. Students explore line, value, texture, space, shape fostering an understanding of the essential elements of art design, while participating in a hands-on class.	\$10
Band 1 (Intro to Band)	<p><b>PREREQUISITE:</b> NONE</p> <p>Music skills for a lifetime! Skills will be developed throughout the term using band instruments, like the flute, clarinet, saxophone, trumpet, trombone, percussion and more to develop our music skills. Students will be able to hold an instrument, make a sound, and learn to read music, while playing their instruments. We will also learn some different musical pieces as a collective band. Intro to Band is a great opportunity to gain some confidence playing on a band instrument.</p> <p><b>**Please note, Band 1, is independent of Band 2, 3, and 4.</b></p>	\$10
Band 2	<p><b>PREREQUISITE:</b> Band 1</p> <p>Music skills for a lifetime! Skills will be developed throughout the term using band instruments to develop our music skills. Students will continue to build on their skills on their specific instrument and reading music, while playing their instruments. We will also learn some different musical pieces as a collective band. As well, we will learn several concert scales. This class aims to foster a love for music, develop musical skills and encourage teamwork and discipline through rehearsal and performance experience.</p> <p><b>**Please note that if you select Band 2, you are agreeing to Band 2, 3, 4.</b></p>	\$40 for 3 terms
Band 3	<p><b>PREREQUISITE:</b> Band 1 &amp; 2</p> <p>Students will have an opportunity to participate in a divisional band camp in March, as well as perform at our divisional concert Sturgeon Night of Music in April 2025 at the Winspear.</p> <p><b>**Please note that if you select Band 2, you are agreeing to Band 2, 3, 4.</b></p>	\$40 for 3 terms
Band 4	<p><b>PREREQUISITE:</b> Band 1, 2, 3</p> <p>Students will have an opportunity to participate in a divisional band camp in March, as well as perform at our divisional concert Sturgeon Night of Music in April 2025 at the Winspear.</p> <p><b>**Please note that if you select Band 2, you are agreeing to Band 2, 3, 4.</b></p>	\$40 for 3 terms
Ukulele	Have you ever played the ukulele? Ukulele class allows students to learn to play the ukulele, a fun string instrument. Students will be introduced to basic techniques such as strumming and chord formations. Students will learn how to read ukulele tablature and sheet music and develop an ear for music. Throughout the course, students will explore a variety of musical styles, from traditional Hawaiian melodies to contemporary pop songs.	FREE



	The class aims to cultivate a love for music, enhance creativity, and build confidence through individual and group playing.	
Cosmetology	<p>Do you love beauty, hair, nails, and fashion? In this introductory course, students will develop an understanding and appreciation for grooming, personal/professional image and practices. They will develop basic knowledge and skills in the cosmetology and esthetics industry and demonstrate safe and sanitary grooming practices.</p> <p>The course will be enhanced through multimedia, guest speakers, theory and practice.</p>	\$20
Fashions	Would you like to learn about designing, manufacturing and creating clothing and other textile products as well as study the history, sociology and economics of clothing and textile art? In this course you will learn basic sewing skills, and how to design, work-on and showcase simple sewing projects based on student interest.	\$20

