

Grade 5 & 6 CTF Guide

2025/26 School Year



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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 options require additional fees to help support material, field trips, and transportation costs.

NEW This year, our grade 5 and 6 students will have an opportunity to experience each CTF course in Terms 1 through 5. Students will stay in their homeroom classes, which will rotate between the CTF courses and occur twice per week. There will be a flat fee of \$50 per year.

***NEW* 5/6 STEAM (previously our STEAM Academy)**, a specialized program that focuses on critical thinking, problem solving, creativity, and real-world applications. Students will have the opportunity to fill their curious minds, through guided and student-led lessons, focusing on hands-on learning and exploration.



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.



Grade 5 / 6 CTF Courses

NEW Here are some possible courses that could be offered to your child throughout their grade 5 & 6 school years at Sturgeon Heights School.

ATHLETICS	
Field Sports	Have you ever wanted to develop skills useful for coaching, fitness leadership, sports performance, and leading recreational activities? 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.
Fit for Life	Do you want to create an active life and learn about building a healthy lifestyle? In Fit for Life, students will have an opportunity to build on their athletic skills and leadership qualities through a variety of fitness related activities, including volleyball, basketball, racket sports, yoga and many more.
Outdoor Education	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.

CITIZENSHIP	
Food Basics & Nutrition	Are you interested in cooking? 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.
Intro to Baking	Do you like baking? During this course, students will learn about kitchen safety, basic nutrition and make some great recipes. Students will participate in preparing both baked and non-baked foods and enjoy their final products!
Leadership	Are you a natural leader, or want to be 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.



FINE ARTS	
Art	Do you enjoy being creative? This class will provide an opportunity for you to explore several different mediums in order to express yourself personally. This will include painting and a 3D model construction.
Cosmetology	Are you interested in 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. The course will be enhanced through multimedia, guest speakers, theory and practice.
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.

STEAM	
The Curiosity Lab (previously STEAM)	Are you interested in designing and creating your own unique hands on STEAM projects? From 3D printing to cardboard construction to coding to graphic design projects. Students will have an opportunity to code robots, 3D printing, hands-on science and other highly engaging projects.

