

## Grade 5/6 CTF Options - 2025/26

<b>Foods</b> Learn the basics of cooking and baking through fun hands-on activities in the kitchen. Discover simple recipes and important skills to help you prepare tasty meals and snacks.	<b>Shop</b> Learn all about wood as a building material and how to work with it safely. Discover basic hand tools and use them to create simple and fun woodworking projects.	<b>Art</b> Explore different art materials and techniques while creating fun and creative projects. Develop your skills and express yourself through drawing, painting, and more!	<b>International Foods</b> Discover the stories behind foods from around the world! Learn basic kitchen and cooking skills while making and tasting a variety of international dishes. Explore different cultures and have fun trying new flavors and recipes.
<b>Design It!</b> Calling all creative minds! This is your chance to unleash your imagination and become a designer. Whether you are interested in architecture, landscaping, or interior design, this class will allow you to explore design concepts and complete projects.	<b>Illustrating</b> Bring stories to life using drawing and other creative art forms. Learn different illustration techniques and styles while practicing how to share ideas through pictures.	<b>Digital Studio</b> Discover how to use design tools to create unique projects and learn the basics of building a website. Explore your creativity while developing important tech skills for the future!	<b>How to Unplug</b> Learn how to be the healthiest version of yourself! Focus on body positivity and explore simple, fun ways to take care of your health and well-being every day.
<b>Fall Gardening</b> Learn how to harvest a garden and how to store seeds for the spring. Students will explore which plants need to be planted in the fall for best results in the spring.	<b>American Sign Language</b> Learn the basics of American Sign Language to communicate using your hands and expressions! Explore simple signs, fingerspelling, and everyday conversations while having fun discovering a new way to connect with others.	<b>Spring Gardening</b> Let's grow together! Get outside for a fun hands-on learning experience. We will learn about where your food comes from and even grow your own.	<b>Community</b> Discover the rewards of volunteering and giving back! Learn about your role in the Carstairs community and how you can make a positive difference through helpful activities and teamwork.
<b>Board Games</b> Do you want the original "gaming" experience? Do you enjoy using strategy to outsmart your opponent? If so, then you are in the right place. In this course, we will play board games such as chess, cribbage, Monopoly, and more!	<b>Robotics and Coding</b> Work together on fun hands-on projects to build and program simple robots! Learn basic coding skills while solving problems and using your creativity. Discover how robots are used in the real world and get inspired by STEAM.	<b>3D Printing</b> Try fun hands-on activities that help you think like a designer and solve problems. Learn how to create your own 3D models using easy software and watch your ideas come to life with a 3D printer!	<b>Photography</b> Explore the art of taking great photos by learning about light, angles, and special effects. Practice different techniques to create pictures that show your unique style and creativity.
<b>French I (Beginner)</b> Bonjour! Want to learn Canada's other official language? Learn to speak French through online games, apps, videos, and songs! Learning a new language is a fun and rewarding experience!	<b>French II (Intermediate)</b> Continue your French journey and build on what you've learned! Practice speaking, listening, reading, and writing through fun activities like games, videos, and conversations. Get more confident using French every day!	<b>Spring Sports</b> Learn and play a variety of outdoor sports such as slow pitch, frisbee, lawn games, soccer, and more!	<b>Stress Management</b> Learn simple and fun ways to manage stress and feel calm. Try different activities and tools that help you relax, focus, and take care of your mind and body every day.

<b>Entrepreneurship</b> Discover what it takes to start and run your own business! Learn how to come up with ideas, plan, and create products or services while practicing money skills and teamwork. Have fun exploring the world of business!	<b>Storytellers' Workshop</b> Do you love to write and tell stories? Learn about the strategies and tools that the pros use, and participate in opportunities to bring stories to life!	<b>Nature Journaling</b> Discover the beauty of the outdoors by observing and recording plants, animals, and natural places. Learn skills used by scientists and environmental professionals while exploring creative drawing and writing. This course connects your love of nature to exciting careers in the environment.	<b>STEAM</b> Use the design process to create your own projects combining Science, Technology, Engineering, Art, and Math. Explore, experiment, and solve problems while bringing your ideas to life!
<b>Green Leaders</b> Learn how to protect the environment and make a difference! Explore ways to reduce waste, save energy, and care for nature. Become a leader who inspires others to help create a cleaner, greener world.	<b>Drama</b> Explore the world of theatre by learning how to create characters, tell stories, and perform on stage. Develop your confidence and teamwork skills while having fun acting and improvising.	<b>Triathlon</b> Swim, bike, run, repeat! If this sounds like fun to you + you have your own bike that can come to school + you are looking to improve your fitness, then this option is for you!	<b>Hockey</b> Take part in the HSS Hockey Academy. Students will do on-ice and dryland training. Open to all students, regardless of skill level.
<b>Maker to Market</b> Create with purpose! In this hands-on course, you'll design, build, and decorate unique crafts that you can use, gift, or sell. Learn real-world skills used by artists and entrepreneurs as you explore what it takes to bring your handmade creations to a market setting.	<b>Career Quest</b> Explore different jobs and what they involve while learning how to manage money wisely. Discover how to plan for your future, set goals, and make smart choices about work and money.	<b>Forensics</b> Become a junior detective and solve mysteries using science! Learn how to collect and study clues like fingerprints and other evidence to figure out what happened. Practice using your observation and problem-solving skills to crack the case.	<b>Health is Wealth</b> Learn how to take care of your body and mind in fun and helpful ways! Try activities that help you stay healthy, feel good, and build confidence in a supportive and friendly space.
<b>Stop Motion Animation</b> Understand the basics of stop motion animation and learn to build storyboards for the movies. Students will use different materials such as paper and clay to make their movies come alive!	<b>Fitness</b> This course promotes healthy habits through fun activities focused on cardiovascular fitness, strength, flexibility, and teamwork. Students will build movement skills, set personal goals, and develop a positive attitude toward physical health.	<b>Rodeo</b> Step into the world of rodeo, a sport that blends history and heart pounding excitement. Meet expert cowboys and cowgirls and try fundamental skills from popular events like bull riding and breakaway roping. Saddle up and get ready for an unforgettable ride.	<b>Outdoor Education</b> Get outside and build real-world skills! Learn the basics of survival, shelter building, outdoor cooking, and staying safe in nature. Work as a team, explore the outdoors, and have fun while learning useful camping and wilderness skills.
<b>Math Matters</b> Explore the exciting world of math through puzzles, challenges, and real-world connections! Students will build their problem-solving skills, prepare for the Waterloo Math Contest, and discover how math is used in a variety of careers.			