

Grade 7/8 CTF Options - 2025/26

Foods Build on your cooking and baking skills by trying new recipes and techniques. Explore more challenging meals and learn about nutrition, kitchen safety, and food preparation to become a confident chef in the kitchen.	Wood Take your woodworking skills to the next level by using tools like the scroll saw, bandsaw, drill press, sanders, and lathe. Learn how to work safely and create more detailed projects while building your confidence with new tools.	Metal Explore metal as a building material through hands-on projects. Learn to use hand tools, try blacksmithing, work with sheet metal, and discover the basics of foundry and welding. Build skills to shape and join metal safely and creatively.	International Foods Discover the stories behind foods from around the world! Cook and taste a variety of international dishes while learning about different cultures and cooking traditions. Expand your cooking skills with new flavors and recipes.
Coding Learn how to think like a programmer! In this course, you'll explore the basics of writing code to create simple games, animations, or interactive projects. Build your problem-solving skills while having fun with technology.	Photography Use your own camera to explore the art of capturing great photos! Learn how to frame shots, use lighting, and tell stories through pictures. You'll practice taking photos, learn basic editing, and build your creative skills.	How to Unplug Life can be busy and stressful! Take time to step back, relax, and reflect through mindful movement. Learn simple ways to calm your mind and recharge during your busy days.	Hockey Take part in the HSS Hockey Academy! Students will do on-ice and dryland training. Open to all students, regardless of skill level.
3D Sculpting Wonders Bring your ideas to life in 3D! In this course, you'll explore the basics of sculpting by creating fun and imaginative projects using hands-on materials. Learn how to shape, build, and design your own 3D creations from start to finish.	Health is Wealth Become the best version of yourself! Participate in a variety of fun and engaging activities that help build your overall health and well-being in a supportive and positive environment.	Community 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.	Design Studies Through hands-on activities, students will develop skills in STEAM design thinking, problem-solving, and engineering. This course aims to inspire creativity as students will learn the basics of design through various projects.
Triathlon Swim, bike, run, and repeat! If you enjoy these activities, have your own bike to bring to school, and want to improve your fitness, this course is for you. Get active and challenge yourself in a fun, supportive setting!	Paint It Forward! Learn the basics of acrylic painting while creating art that spreads kindness in our school community. From posters to mini-murals, use your creativity to make a positive impact!	Cosmetology Explore the world of beauty and self-care! Learn about hair care, basic manicures, and other fun skills while discovering the many career paths in the cosmetology field.	Stress Management Explore different strategies to manage stress and anxiety while improving your mental and physical health. Learn tools and techniques to help you stay balanced and feel your best.
Everything Art! Dive into the world of art and creativity! This course lets you experiment with a variety of materials and techniques - drawing, painting, sculpting, and more. Explore your imagination and express yourself through fun, hands-on projects.	Clay Creations Get your hands messy and bring your ideas to life with clay! In this course, you'll learn basic ceramic techniques to shape, build, and design fun and creative clay projects. Let your imagination take form!	Spring Sports Learn and play a variety of outdoor sports such as slow pitch, frisbee, lawn games, and more!	Leadership Build the culture of HSS by planning a variety of activities all while enhancing your leadership skills!

<p>Stop Motion Animation Explore the world of stop motion animation through the creation of your own film! Students will learn basic stop motion techniques and use different materials such as paper and clay to make their movies come alive!</p>	<p>Cross Training Build strength, stamina, and confidence through a variety of fun workouts! Use the workout room and try different types of training like cardio, strength, and flexibility exercises. This course will help you stay active and challenge yourself in new ways.</p>	<p>Animal Sciences Explore the amazing world of animals! Learn about animal care, behavior, habitats, and the roles animals play in our lives. This course is perfect for anyone who loves animals and wants to understand them better.</p>	<p>French Bonjour! Want to learn Canada's other official language? Learn to speak French through online games, apps, videos, and songs! Learning a new language will be a fun and rewarding experience! Please note: this is an introductory-level French course.</p>
<p>Entrepreneurship A dynamic middle school course designed to ignite your entrepreneurial spirit! In this hands-on class, you will embark on an exciting journey to create your own business from scratch. Over the quarter, you will brainstorm innovative ideas, develop a business plan, create and market products, and ultimately sell them at the HSS Entrepreneurship Market!</p>	<p>Not So Board Games Do you want the original "gaming" experience? Do you enjoy dominating your opponent with your skills in strategizing? If so, then you are in the right place. In this course, we will play board games such as chess, cribbage, Monopoly, Stock Ticker, and more!</p>	<p>STEAM Use the design process to bring your ideas to life through Science, Technology, Engineering, Art, and Math. Explore, experiment, and solve real-world problems as you create hands-on projects - possibly even building and programming robots along the way!</p>	<p>Band 7/8 You will continue to build upon your skills on your instrument. Students are looking forward to performances throughout the year, as well as some fun trips, including our overnight Band Camp trip to Camp Evergreen. Please see Mr. Gouge for more information!</p>
<p>Printmaking Palooza Get creative with shapes, patterns, and textures! In this course, you'll explore fun and easy printmaking techniques to create unique works of art. Try out different tools and materials as you design and print your own masterpieces.</p>	<p>Outdoor Education 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.</p>	<p>Anyone Can Draw! Discover your creative side through drawing! This course is all about having fun while learning basic drawing skills. Try different techniques, use your imagination, and see how your art improves with practice - no experience needed!</p>	<p>3D Printing Through hands-on activities, students will develop skills in STEAM design thinking, problem-solving, and engineering. This course aims to inspire creativity as students will learn to design, and create projects using 3D modeling software and bring their ideas to life with a 3D printer.</p>
<p>Forensics Investigate crime scenes using scientific methods and critical thinking. Collect and analyze evidence like fingerprints, chromatography, ink, and trace materials to solve mysteries and make informed decisions.</p>	<p>Dance Take part in the HSS Dance Academy! The focus will be on dance skills and nutrition. Open to all students, regardless of skill level.</p>	<p>Psychology Explore how the brain works, how we remember, and what shapes our choices. Learn how media, advertising, and social forces influence the way we think, feel, and act.</p>	