



**2023/2024**



**PES**

**CAREER AND TECHNOLOGY**

**FOUNDATIONS**

**CLASSES**



# MASTER LIST



| Round 1          | Round 2                  | Round 3                   | Round 4              |
|------------------|--------------------------|---------------------------|----------------------|
| Leadership       | Leadership               | Leadership                | Leadership           |
| Gym Games        | Water Color Painting     | Gym Games                 | Water Color Painting |
| Woodworking      | Christmas Sewing Crafts  | Embroidery & Cross Stitch | Bikes and Scooters   |
| Maker's Space    | Ice Games Learn to Skate | Ice Games - Broomball     | Gardening            |
| Next Stop Mexico | Drama                    |                           | Sports Performance   |
| Drama            | Bread Galore             | Bread Galore              | Bread Galore         |
| Bread Galore     | Strategy Games           | Using Canva & Other Apps  | Strategy Games       |
| Photography      | Woodworking              | Woodworking               | Woodworking          |
| Wire Art         | Mystery Maker's Space    | The Full Meal Deal        | Steel Box Cars       |
| Coaching 101     | Fiber Arts               | Fiber Arts                | Fiber Arts           |



# **ROUND 1**



# LEADERSHIP



**Come join leadership!!**

In leadership you will plan fun and exciting activities for our school (theme days, games, concessions for dances, etc.)

We may also go out into the community to show our leadership skills (seniors home, other schools).

Learn how to be a stand up leader in our school!

Miss. Wiggins



# DIGITAL PHOTOGRAPHY

Do you like to take photos and capture interesting images?  
Then this is the option for you!

Using ipads, you will be taking photos in certain ways to create unique compositions that will amaze everyone.

Photos will be displayed at the school so others can see the fantastic work and fun that happens in this option.



Mrs. Johnson



# DRAMA



Have you ever wondered what it all took to put on a show?  
Have you always enjoyed the spot light and sharing your  
performing talents?

Then this Drama option is for you.

Over 5 weeks we will learn and create theatre together.  
Where students have the chance to act, storytell, write and  
create a performance together! We also will play games and  
learn about Drama Jobs along the way! If you are looking  
to build confidence, write funny stories and act out  
characters then consider signing up for Drama.

Miss. Eberts



# WOOD WORKING



Students will complete hands-on projects involving a variety of tools to create wood products and explore the multiple career opportunities involving art, construction and woodworking.

Mr. Deckert



# **BREADS GALORE**

**Do you want to learn how to be a bread baker?**

Join Mrs. Tindall in this option to learn a new bread recipe each week that are easy enough for you to go home and impress your family with after. And of course... the best part is getting to eat what you make.

Mrs. Tindall



# COACHING/OFFICIATING 101



Do you love sports and being a leader? Are you interested in learning what it takes to be a coach? Then this CTF class is for you!

In this CTF class you will learn about the leadership qualities and various characteristics that create a great coach or official. You will have the opportunity to grow your skills and flourish you inner coach through various activities. While also discovering future job opportunities to officiate your favourite sports and get paid!

Miss Hammer



# NEXT STOP: MEXICO!



Hola amigos! Are you interested in travelling the world one day? Come explore the food, art, language and culture of Mexico with Miss Boone! Some things to look forward to in this option are making your own maracas, trying some international foods and learning new greetings and phrases. In this option we will immerse ourselves in Mexican culture and see how this can be related to careers in tourism.  
Hasta pronto (see you soon)!



Miss Boone





# MAKER'S SPACE

Do you love to create things? Are you a problem solver?  
Are you up for various daily challenges??

In this CTF class students will be given a daily challenge to complete by creating, building, problem solving and working through various tasks. Students will work in teams to complete a weekly challenge.

Mrs. Neilson



# **GYM GAMES**

**Are you ready to have some fun?**

Students will come to the gym prepared to move and have fun. The focus of this class will be learning new games, cooperating and displaying outstanding leadership.

Mr. Massey



# WIRE ART



## **Do you like to create 3D art?**

In this option, you will be using wire to create 2D and 3D art/sculptures. You will learn how to plan, prepare and create beautiful designs and objects just using wire.

Mrs. Meyer



# FIBER ARTS



**Do you enjoy crafting with fabric?**

In this option, you could create various projects by doing any of the following: hand sewing, crochet, felting, weaving, macrame, embroidery, basket making and many more



# **USING CANVA AND OTHER APPS**



If you are interested in learning to use technology to make posters and brochures (good business skills) to help promote/advertise, this option will be for you! You will also learn how to use a few other apps that will help you along your educational journey.

Mrs. Hannett



# **ROUND 2**



# LEADERSHIP



**Come join leadership!!**

In leadership you will plan fun and exciting activities for our school (theme days, games, concessions for dances, etc.)

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Learn how to be a stand up leader in our school!

Miss. Wiggins



# WOOD WORKING



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Mr. Deckert



# **CHRISTMAS SEWING**



# **CRAFTS**

Do you have a knack for sewing? Have you always wondered how to fix a hole in your clothes or sew on a button?

Well then this CTF is for you! We will learn how to thread needles, sew basic hand sewing stitches, learn to sew on a button allowing us to then create our own felt hand sewn Christmas Ornaments. We will learn how to embellish our creations creating cute gifts you can take home.

Mrs. Neilson



# ICE GAMES/ LEARN TO SKATE



- ★ Are you looking to improve your skating skills?
- ★ Would you like to learn about how the skill of skating can lead to improved health and wellness?
- ★ Are you interested in career opportunities to include skating or hockey?

This option is aimed at improving your skating skills like balance, control, forward skating, backward skating and turning, while broadening your understanding of how you might use this skill in future employment!

HERE'S WHAT YOU'LL NEED: SKATES, A HELMET AND A WILLINGNESS TO GROW YOUR SKILLS!

**\*\*\*You will be dismissed from the multiplex on Mondays, where you can catch your bus at the loop, walk home or have someone pick you up!**

Miss. Hammer & Miss Boone



# **BREADS GALORE**

**Do you want to learn how to be a bread baker?**

Join Mrs. Tindall in this option to learn a new bread recipe each week that are easy enough for you to go home and impress your family with after. And of course... the best part is getting to eat what you make.

Mrs. Tindall



# **MYSTERY MAKER'S SPACE**



**THE WORLD OF MAKER SPACE IS WIDE AND  
VAST...**

Do you like to do hands on challenges? This class will offer a surprise challenge each week of something you will need to create. Come with your problem solving hats on!

Mrs. Meyer



# **WATER COLOR PAINTING**



**Is painting your passion? Have you tried watercolour painting? If not, this is your chance.**

Students will come prepared to learn how to paint with watercolours and have fun. The focus of this class will be learning new skills and techniques and being creative.

Mr. Massey



# FIBER ARTS



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# DRAMA



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Miss. Eberts



# DIGITAL PHOTOGRAPHY



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Mrs. Johnson



# STRATEGY GAMES



Do you enjoy working with a team to accomplish a common goal?

Do you enjoy being active at the same time?

Join this fun option class that will challenge you mentally and increase your heart rate at the same time. You will learn how these skills can be important in certain careers.

Mrs. Hannett



# **ROUND 3**



# LEADERSHIP



**Come join leadership!!**

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Miss. Wiggins



# WOOD WORKING



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Mr. Deckert



# **EMBROIDERY/ CROSS STITCH**



Have you ever admired the colorful embellishments on clothing? Or seen the unique designs of embroidery?

In this CTF Course students will learn the skills to create simple and decorative embroidery items or cross stitch to create unique designs and images.



# ICE GAMES - BROOMBALL



Do you like winter sports? Learning new games? Going to the arena? Come and discover broomball! In this option students will learn the basic skills and game of Broomball!

What is broomball? In short, broomball is a game similar to hockey. It's played on ice, with two teams (usually six players per side including the goalie) trying to shoot into each other's goal.



- Your own helmet, or one provided from the school as well and proper winter boots or sneakers will be required for this option.

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Miss. Hammer & Miss Boone



# **BREADS GALORE**

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Mrs. Tindall



# **THE FULL MEAL DEAL**



**Do you like to eat? Do you want to learn how to make a fancy meal for your family?**

**In this option, students will learn how to make sushi, pizza and decorate cupcakes. Students will get to eat everything they make and take recipes home with them so they can recreate it for their family.**

Mrs. Meyer



# **GYM GAMES**

**Are you ready to have some fun?**

Students will come to the gym prepared to move and have fun. The focus of this class will be learning new games, cooperating and displaying outstanding leadership.

Mr. Massey



# **cosMETOLOGY**



Do you want to explore the world of personal beauty?

Miss Eberts



# FIBER ARTS



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Mrs. Johnson



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Mrs. Hannett



# **ROUND 4**



# LEADERSHIP



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Miss. Wiggins



# **GARDENING**



Do you have a green thumb? Have you always been interested in how things grow?

In this CTF course we will learn about plants - their importance, growth cycle and the various purposes plants have for us. We will not only plant our own plants, but help to care for the plants in our school yard. You will get the chance to take home your own plants to continue to care for.

Mrs. Neilson



# **BIKE RIDING AND SCOOTERS**



- Are you an outdoor enthusiast?
- Do you like to get out and enjoy your surroundings?
- Do you like physical activity, to increase your cardio?

Then come join the scooter and biking option! This option aims at the opportunity to adventure outside of the school grounds while mapping out routes to bike around town. We also will practice and learn the importance of bike safety and how to maintain your bike.

**What you'll need: Bike Helmet, A scooter or bicycle in working/running condition.**

**Proper Footwear**

**The ability to bring your bike or scooter to and from school on option days.**



Miss. Hammer & Miss Boone



# WOOD WORKING



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Mr. Deckert



# **BREADS GALORE**

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Mrs. Tindall



# STEEL BOX CARS



Do you like to create models? Have you ever made and designed a model car before

If you like working with metal and think you could make an amazing design for a car, then this is the option for you.

In this option, students will do metal work to create a steel box car. Students will also need to create a unique design and paint their cars. Students will get to keep the cars they create.

Mrs. Meyer



# **WATER COLOR PAINTING**



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Mr. Massey



# **SPORTS**



# **PERFORMANCE**

Do you want to look improve your performance in sports?  
Then this is the option for you.

Miss Eberts



# FIBER ARTS



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Mrs. Hannett