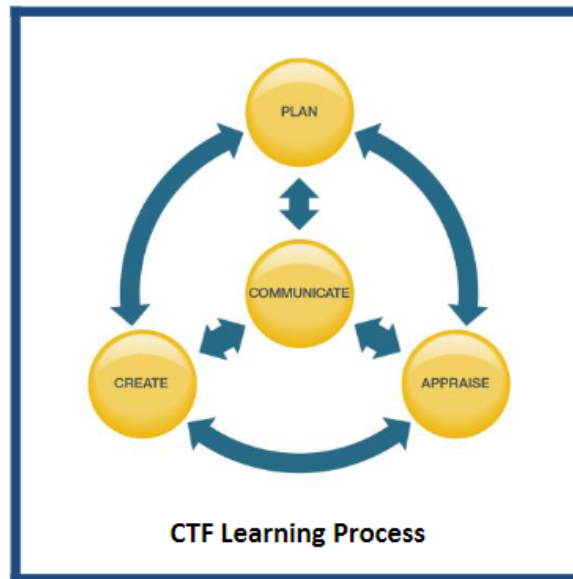


CTF Foundations

Career and Technology Foundations (CTF) is an optional program that allows students to explore their interests and passions as they learn about various career possibilities and occupational areas.

Recognizing that elementary students are beginning their exploration of options, students will rotate through various courses over the course of the 2024-25 school year. This is designed to give all students an opportunity to explore various courses and programs, which will provide them with experience before choosing options in junior high.



French

In this course, students will learn through participation and games as they gain basic understanding and knowledge of the French language and culture. Students will learn how to speak in small conversations with friends, family and peers.

Topic covered will include:

- Everyday vocabulary
- Numbers
- Greetings
- Yes/No questions
- Wh questions

Foods Elementary

In this fun and interactive course, students will explore the exciting world of food and cooking. Through hands-on activities, they will learn essential kitchen skills, discover healthy eating habits, and understand the importance of nutrition. Each week will feature new recipes and projects, encouraging creativity and teamwork. By the end of the course, students will have gained confidence in the kitchen, an appreciation for healthy eating, and an understanding of how food plays a vital role in our lives.

Grade 4 students will engage in:

- **Cooking Basics:** Learning how to safely use kitchen tools and appliances.
- **Healthy Choices:** Understanding food groups and making balanced meals.
- **Food Science:** Discovering how cooking transforms ingredients and effects flavors.

Grade 5 students will engage in:

- **Nutrition Basics:** Understand the food pyramid, nutrients, and how they benefit our bodies.
- **Cooking Skills:** Learn essential kitchen skills, including measuring, chopping, and mixing. Students will prepare simple, delicious recipes.
- **Food Safety:** Discover important hygiene practices to keep our food safe and healthy.
- **Creative Projects:** Participate in fun food challenges and projects, including creating a healthy meal plan

Grade 6 students will engage in:

- **Kitchen Basics:** Familiarization with kitchen tools, equipment, and measurements.
- **Food Safety:** Understanding hygiene, proper food handling, and storage practices.
- **Nutrition:** Learning about balanced diets, food groups, and the role of nutrition in overall health.
- **Cooking Techniques:** Introduction to basic cooking methods, including chopping, sautéing, baking, and boiling.
- **Recipe Exploration:** Hands-on experience preparing simple recipes from various cuisines.
- **Cultural Foods:** Discovering how different cultures influence cooking styles and ingredients.

Digital Projects

In this Chromebook-based course, students will learn about using a variety of online platforms and websites to work on assignments in small groups or individually. At the beginning of the course students will all use basic audio platforms.

- **DJ Task 1:** Students experiment using Groove Pizza to create a simple track.
- **DJ Task 2:** Record preference statements or record some unique sounds using Vocaroo.
- **DJ Task 3:** Combine the tracks into a single track using Audio Joiner.
- **DJ Task 4:** Share tracks with the class or with their instructor.

Part way through the course students will work on a project of their choice. Project expectations such as track-length, amount of detailed material, etc., will be based on grade level. Depending on the complexity of the chosen platform, the instructor will provide tutorials as needed. Students will choose to work with a classmate or own their own, on a Chromebook or not as listed below.

- **Project Choice:** Create a slideshow, poster, comic strip or skit that demonstrates new personal knowledge / skills in an area of personal interest (genius project).
- **Project Choice:** Create a unique audio track using previously learned, moving to “step-up” online platforms (become an entry-level DJ).
- **Project Choice:** Create a melody using Chrome Music (very basic audio platform).
- **Project Choice:** Notate a short song using Flat online platform.

STEAM

In this course, students will work in small groups to complete project-based learning related to science, technology, engineering, art and math. Students will address and develop the 4 C's of STEAM: collaboration, creativity, critical thinking, and communication. Students will explore coding and robotics, the engineering design process, and solving problems.

What does STEAM look like?

- Real-life applications
- Scientific Method and Engineering Design
- Challenges, inventions, making a difference
- Technology modules
- Student choice and projects to apply STEAM learning
- Coding and computational thinking

Student Goals

- Apply the engineering cycle and design thinking process.
- Collaborate in teams to solve STEAM challenges.
- Design, build, program, test and debug models and document progress.
- Think creatively in order to solve problems.
- Use technology and tools that support STEAM investigations

Sports For Life

In this course, students will participate in several different team sports. They will learn more in depth about each team sport. Team sports have so many positive physical, emotional, and mental health benefits. The goal of this course is for students to identify team sports that they enjoy and want to play in the future.

Students will develop:

- Sport specific strategies
- Teamwork skills
- Deeper understanding of more complex rules for each team sport

Students will also learn about, discuss, and practice demonstrating:

- Fairplay
- Respect
- Sportsmanship

The following team sports will be included:

Volleyball	Basketball	Lacrosse
Handball	Kickball/Baseball	Soccer
Dodgeball	Floor/Ice Hockey	Football/Rugby

Digital Literacy Basics & Basics of Art

Digital Literacy:

In our increasingly digital world, understanding technology is essential. This course introduces students to the fundamental concepts of digital literacy, equipping them with the skills needed to navigate, evaluate, and create digital content responsibly and effectively. Through engaging activities and projects, students will focus on online safety and responsible use of technology.

Key Learning Outcomes:

- Understand the importance of digital citizenship and online safety.
- Develop skills to critically evaluate online information sources.

Basics of Art:

This course invites students to explore the world of art through hands-on experiences and creative expression. Students will experiment with various materials and techniques, learning about the elements of art and the principles of design. By engaging in creative projects, students will develop their artistic skills and express their unique ideas.

Key Learning Outcomes:

- Identify and apply the elements of art (line, shape, color, texture, form, space) in their creations.
- Explore various mediums
- Understand the basics of composition and design.
- Analyze and discuss different works of art.

Assessment Methods:

- Completion of art projects and participation in critiques
- Participation in class discussions and group projects