

OHPAHO SECONDARY SCHOOL



2026 - 2027

**JUNIOR HIGH
CTF COURSE SELECTION**

INSTRUCTIONS

Next year, you will customize your schedule with 8 different option courses across 4 quarters, alternating on Day 1 and Day 2. Since we can only run the most popular options, we need your input to decide which options to offer. Read these instructions carefully to plan your choices!

How the Selection Process Works

Soon, you will receive a link to a digital form to rank your choices from 1 (your top pick) to 16. We will review everyone's preferences to determine which classes to run, offering multiple sections of popular classes to ensure everyone gets some of their top choices.

The Golden Rules for Your Planning

Keep these four rules in mind as you plan:

1. The Fine Arts or Second Language Requirement

You must take at least one course from Fine Arts or Second Languages during the year. On the selection form, you will rank your top 4 choices from these areas to ensure this requirement is met.

2. You Can Only Take a Class Once

You cannot repeat an option course during the year. Ensure all your backup choices are unique.

3. The "Band" Exception

Band runs all year on Day 1. Because it spans 4 quarters, it uses 4 of your 8 option slots for the year.

4. Be Honest with Your Rankings!

Do not repeat the same class to "game the system"—duplicates are deleted automatically. Rank them in your true order of preference. If we cannot place you in choice #1, we will immediately try #2, then #3, and so on.

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FINE ARTS

COURSE	WHAT YOU WILL LEARN
Art	Embark on a colourful journey of creativity in our Grade 8 and 9 Art Class! Discover the magic of self-expression through a variety of engaging projects. From vibrant acrylic paintings to fun sculptures crafted from clay, students will unleash their imagination while exploring different artistic styles and mediums. Let your creativity soar as we transform the ordinary into the extraordinary!
Cartooning	Welcome to the Grade 8 and 9 Cartooning Class, where imagination meets ink! Dive into the dynamic world of cartoons as we explore the fundamentals of character design, cartooning styles, storytelling, and visual humour. From sketching hilarious caricatures to bringing fantastical creatures to life. Through interactive lessons and hands-on exercises, unleash your inner artist and develop your own unique style, or be inspired by traditional styles. Get ready to create in the exciting world of cartooning!
Drawmania	Embark on a journey of creative exploration in our drawing art class! From mastering the perfect pencil stroke to unleashing your imagination with ink pens, this course is a playground for budding Picassos. Get ready to sketch, shade, and cross hatch your way to artistic greatness.
Introduction to Band/Instrumental Music	Join the Ohpaho Band! Discover the excitement of music with our introduction to Band course! Students will have the chance to learn a woodwind, brass or percussion instrument such as trumpet, saxophone, trombone, etc. If you like travelling and doing field trips, this course is for you! Being in Band provides you with performance opportunities, field trips and other rewarding experiences. Last year, the students went on a 3-day band camp field trip to Gull Lake and had a great performance at the Provincial Festival in Red Deer. Our music teacher, Mr. Mack, even won the award for Alberta's Young Band Teacher of the Year, and is hoping to do a BC trip next year. The Oilers Brass Band even performed with our students at the year-end concert! This option will be on day one for the school year and will take up 4 out of 8 blocks. It will count as your fine arts option.
Grade 9 Band	This class is a continuation of Band class for students who began last year. More performance opportunities, more field trips, and more cool music! This option will take up 4 out 8 of your option blocks and will count as your fine arts option.

<p>Rock Band/School of Rock</p>	<p>This is a class for students who would like to experience being in a band. Students with prior music/instrument experience are encouraged and given priority, but all are welcome to join if they are hoping to learn an instrument. Students who have previously taken Band or Guitar will have an easier time learning the music and will be given priority if the numbers fill up. All instruments can join.</p> <p>Students will learn rock songs, pop songs and other genres of music. They will hopefully get opportunities to perform and showcase their talents! Let's rock.</p>
<p>Introduction to Ukulele/Guitar</p>	<p>This is an introductory class where students learn the foundations of ukulele and guitar playing. Students will start on ukulele to develop proper technique, and then transition into guitar playing for the second half of the course. By the end of the course, students should be able to strum basic chords and play some songs. There may also be potential performance opportunities as well!</p>
<p>Introduction to Drama</p>	<p>Do you ever wonder how your favourite actors can create believable characters? Explore storytelling and acting techniques in the course to help build your confidence in front of audiences and learn how to tell engaging and believable stories. This course will explore acting techniques through a variety of improvisational exercises, character exercises, games and script work to help you take the stage by storm.</p>
<p>Introduction to Musical Theatre</p>	<p>Learn to be a triple threat with an introduction to Musical Theatre. Students will sing and dance their way through musical theatre songs and ensemble performances while learning vocal warmups, musical theory, dance basics and choreography. No experience is required in this course, just a willingness to try and to have a little fun at the same time.</p>
<p>Introduction to Theatre Design:</p>	<p>Forget the actors. The real magic happens in the dark. Welcome to the world behind the scenes. This hands-on introductory class is all about the power of design. You'll get your hands dirty hacking the lights, dropping the perfect sound effects, and engineering the sets, costumes, and props that make a show legendary. If you like creating, inventing, and pulling the strings behind a massive production, this is your zone. Are you ready to run the show?</p>
<p>Introduction to Writing for the Stage and Screen:</p>	<p>Got a killer idea for a Netflix series, a movie, or the next big musical? Stop just watching them—start writing them. Welcome to your ultimate creative launchpad. This isn't your average English class; it's a hands-on dive into writing for the stage and screen. You'll learn the exact industry secrets pros use to map out mind-bending plots, nail perfect comedic timing, and write drama that keeps people hooked. Master the art of storyboarding, crack the code on professional script structure, and learn how to make characters people actually care about. Your name belongs in the credits. Let's start writing.</p>

<p>Media Arts</p>	<p>This course empowers students to explore and express their ideas, emotions, and perspectives through various forms of digital media. Students will gain foundational knowledge of cinematic elements, explore diverse film genres, and analyze how digital media reflects and shapes our world today. Students will have the opportunity to explore a variety of projects such as stop-motion animation, personal brand/company design, video production and more!</p>
<p>Photography</p>	<p>Students will learn basic camera operations, including framing, and focusing techniques, and an introduction to various lighting methods. They will also explore career opportunities in photography and film while using these mediums as powerful tools for self-expression. In this hands-on course, students will be able to build a digital portfolio highlighting composition techniques and diverse categories such as the rule of thirds, forced/staged perspectives, portraits, landscapes, colour and patterns, macro photography, action shots, animals and more!</p>
<p>Sculpting</p>	<p>Get your hands messy and your creativity moving in this hands-on sculpting class! You will explore the exciting world of 3D art through clay, paper mâché, and other materials. Whether you're new to sculpture or love working with your hands, this class is all about shaping, building, and thinking outside the box!</p>
<p>Street Art</p>	<p>Unleash your inner graffiti guru in this vibrant street art course! Dive into the world of learning about street art and the opportunity to make your own graffiti designs. From tagging to urban installations, and murals to daring designs, you will explore the creative world of street art! We may even have the opportunity to practice some street art on a vehicle!</p>

SECOND LANGUAGES

COURSE	WHAT YOU WILL LEARN
Exploring French Culture & Language	Students will discover the rich diversity of Francophone cultures through music, film, cuisine, and traditions from French-speaking regions around the world. They will build practical travel vocabulary and expressions while engaging in interactive activities and creative projects. This course may inspire a passion for travel, cultural exploration, and language learning. Students interested in further developing their French skills are encouraged to continue into French 10.
Exploring Spanish Culture & Language	Students will explore the vibrant world of Spanish culture through music, movies, poetry, food, and more from Spanish-speaking countries around the world. Students will learn useful travel expressions while experiencing Spanish-speaking cultures through interactive activities and hands-on projects. This course may spark an interest in travel and global exploration. Students interested in developing stronger language skills are encouraged to continue into Spanish 10.

PHYSICAL ACTIVITY

COURSE	WHAT YOU WILL LEARN
Basketball	This basketball course is designed to introduce students to the essential individual and team fundamentals of the game. Through a combination of skill-building drills, guided practice, and team play, students will develop a strong foundation in basketball techniques and strategies.
Batting and Fielding Games	The course focuses on fundamental techniques, game strategies, teamwork, and sportsmanship through a combination of practical activities and skill-based exercises. Participants will learn key batting, fielding, throwing, and catching techniques while improving coordination, decision-making, and physical fitness. Suitable for learners of varying experience levels, the program provides an engaging opportunity to enhance sporting ability and gain a deeper understanding of batting and fielding games
Cardiovascular Training	Participants learn the principles of aerobic endurance training, pacing strategies, running technique, injury prevention, and recovery methods. The course combines theory with practical training sessions to help individuals improve stamina, cardiovascular health, and overall running efficiency. Suitable for beginners and experienced runners alike, the program supports the development of sustainable fitness habits and preparation for endurance-based activities and events.
Fitness	This class introduces students to resistance training and allows them to participate within a range of different fitness classes. In this option students will be focusing on building strength, endurance, and overall health. Through a variety of exercises and activities, students will learn proper techniques for weight training and complex workouts, helping them improve fitness and reach personal goals
International Sports	In this course, we will explore the fascinating world of sports from around the globe and delve into the rich history behind them. Through this course, you will gain a deeper understanding of how these sports are played both on a team and an individual level.

Net Games	Dive into the exciting world of net games in this dynamic, interactive class! Designed for players of all skill levels, this course will focus on learning and improving techniques for a variety of net-based sports, including volleyball, badminton, pickleball, spikeball, board ball, and hantis. Whether you're looking to master a serve, improve your hand-eye coordination, or just try something new, this class offers the perfect mix of physical activity and friendly gameplay.
Outdoor Education	This course is designed to introduce students to foundational outdoor skills and activities. Students will learn fire-building, survival skills, archery, Indigenous games, and if the weather cooperates, snow shelters, snowshoeing and cross-country skiing.
Taekwondo	The Korean martial art translated to the hand, foot way. This course will be dedicated to learning the basics of traditional Taekwondo training as well as developing an understanding of how to effectively cross train for other sports. Activities will include how to safely and effectively warm up and how to work with a team. This course will explore different aspects of Taekwondo including traditional poomse (patterns), and more modern techniques for the olympic sport. Taekwondo training will be strictly non-contact.
Team Sports	<p>is a CTF course that offers students the opportunity to stay physically and mentally active, and provides students with an opportunity to acquire the knowledge, skills, and attitudes that contribute to the maximization of athletic endeavours in team environments.</p> <p>With a variety of athletic sports to choose from, students will be able to learn strategy, officiating/scorekeeping and specific skills to increase their overall capability in above areas.</p>
Volleyball Skills	In this fun and active option class, you'll learn the fundamentals of volleyball, like passing, setting, and hitting. We'll practice drills to improve your skills, then put them to the test in exciting scrimmages and other variations of gameplay.

GAMING/TECHNOLOGY

COURSE	WHAT YOU WILL LEARN
Esports	Welcome to Introduction to Esports! This dynamic course is designed for junior high students who are passionate about gaming and interested in exploring the exciting world of competitive esports. Students will learn the fundamentals of esports, including teamwork, strategy, communication, emotional regulation, and technical skills needed to succeed in popular games, including League of Legends, Rocket League, Hearthstone, Valorant, and Fortnite.
Minecraft Build Challenges	Students will dive into the world of Minecraft through a series of creative and competitive build challenges. This course emphasizes design thinking, collaboration, and digital citizenship while allowing students to build structures, landscapes, and themed projects using Minecraft Education Edition. Weekly challenges promote critical thinking, project planning, and presentation skills.

PERSONAL DEVELOPMENT OPTIONS

COURSE	WHAT YOU WILL LEARN
Babysitting	Introduction to Babysitting is a practical course that prepares students with the knowledge, skills, and confidence required to become responsible and capable babysitters. Students learn how to provide safe, engaging, and age-appropriate care for children while developing leadership, communication, and decision-making skills. Students learn how to manage common child care situations, create safe environments, plan activities for children, and respond appropriately to emergencies. Potential for certification with St John Ambulance.
Core Improvement	Do you have a hectic schedule outside of school? Are you needing more time to study and complete assignments? This course will give you the opportunity to get some extra help on your assignments so you are successful in meeting your academic goals. This course will be offered in quarter 2 (the second half of the first semester) and quarter 4 (the last half of the second semester.)
Drivers' Training	Grade 8-9 students can opt into a CTF driver's education class, equipping them with essential road safety skills and knowledge in preparing them to take their learners' certificate. This course is suited best for students who do not already hold a class 7 learner's permit.
Foods	Students will combine theory with practical hands-on cooking experiences to meet and exceed the goals and expectations for the course-- Students will create a variety of products from food groups and put into practice the use of equipment and cooking techniques. Healthy eating and meal planning for the family, as well as the teenager, will be studied. The focus of the class is to provide practical and basic experience in the home kitchen and cooking environment.
Introduction to Braiding	In this CTF class, students will explore the basics of long hair design and braiding using mannequins and hands-on practice. Students will learn how to section hair, maintain proper tension, and create a variety of basic to intermediate braids.
Introduction to Esthetics	This hands-on course introduces students to the fundamentals of esthetics, including basic skincare, manicures and nail art, self-facials, and basic makeup techniques. Students will also learn about hygiene, professionalism, and self-care practices essential for the beauty industry. Perfect for those interested in personal grooming or exploring a future in the beauty industry

<p>Introduction to First Aid</p>	<p>Introduction to First Aid is a hands-on course that equips students with the knowledge, skills, and confidence to respond effectively in emergency situations. Through practical activities, simulations, and skill demonstrations, students learn how to recognize emergencies, assess risks, and provide basic first aid care until professional medical assistance arrives. Students will also explore teamwork, communication, and decision-making during emergencies.</p>
<p>Leadership</p>	<p>This course is for students who want to make a positive impact in their school and community while developing confidence, teamwork, communication, and organizational skills. Students will help plan school activities, participate in community initiatives, and engage in projects that promote leadership, collaboration, and a positive school culture.</p>
<p>Learning to Sew</p>	<p>Whether you have never touched a sewing machine or you already love to sketch your own designs, this class will give you the skills and confidence to create from scratch. You will learn how to cut fabric and use a sewing machine to create a tote bag. You will also learn basic sewing skills that will help you to upcycle clothing or mend a favourite piece.</p>
<p>Nail Care & Basic Nail Art</p>	<p>Students will learn about nail anatomy, hygiene, basic manicure techniques, and simple nail art. The course emphasizes safe, sanitary practices and creativity. By the end, students will be confident in giving basic manicures and creating fun nail designs.</p>
<p>Strategy Games</p>	<p>Step into the world of board games with our Grade 8-9 option class! Explore strategic thinking through a variety of exciting games, from cards and Yahtzee to Ticket to Ride, Crib, and more. Sharpen your social skills as you collaborate, communicate, strategize, and compete in a friendly and engaging environment. Join us for fun, a challenge, and a chance to connect with peers!</p>
<p>Sustainable Style</p>	<p>Fashion is a powerful form of self-expression, but the modern clothing industry comes with a cost. This hands-on, community-driven course bridges the gap between creative fashion design, industry awareness, and social impact. The core of this course is an experiential community project: students will organize a clothing collection drive, analyze and sort incoming garments, and apply styling principles to curate personalized, dignity-affirming outfits for local community members.</p>

<p>Woodworking 1</p>	<p>This course offers students a hands-on exploration of the craft of woodworking, providing fundamental skills in woodworking techniques and craftsmanship. Students will engage in practical projects designed to develop their abilities in using woodworking tools, understanding materials, and interpreting design concepts. This course emphasizes both traditional and modern woodworking practices, fostering creativity, problem-solving skills, and a deep appreciation for craftsmanship. New course projects will be selected and adapted to the interest and abilities of the class.</p>
<p>Woodworking 2</p>	<p>This course would be a continuation of the skills learned in Woodworking 1. A new project will be selected and adapted to the interest and abilities of the class.</p>