



Lawrence Grassi Middle School  
École Intermédiaire Lawrence Grassi  
610-7<sup>th</sup> Avenue.  
Canmore, Alberta  
T1W 2CH5  
Tel: 403-678-6006  
Fax: 403-678-4881

June 5, 2023

Dear Trailblazers,

We are looking forward to the year ahead and fostering a school year of engaged learning. As part of this planning process we would invite you to take a look at the CTF Complementary Course (Options) descriptions provided. This is where you get to decide which complementary course you would like to take.

Current LGMS students will complete a google form in school during the month of June. New LGMS students please fill out the attached form which can be dropped off at Lawrence Grassi Middle School or emailed to [kelly.proudfoot@crps.ca](mailto:kelly.proudfoot@crps.ca).

Options are available depending on enrollment; therefore, lower than expected enrollment may cancel an option class. Every effort will be made to place students in preferred courses within the restrictions of class sizes. Parents, please discuss these choices with your child. Students are asked to give much thought to their selections as course changes **cannot** be guaranteed in September.

If you have any questions, please contact Lawrence Grassi Middle School at 403-678-6006.

Yours truly,

Kelly Proudfoot,  
Principal

**Follow this guide to help us provide you with the best available option selection.**

**STEP 1: CAREER AND TECHNOLOGY FOUNDATIONS (CTF Core) - Two times a week**

**CTF Core QUARTER Options**

- *STUDENTS WILL HAVE A COMBINATION OF (4) QUARTER OPTIONS (1 for each school quarter) from:*
  - Band (half year)
  - Outdoor Education
  - Foods
  - Construction
  - MakerSpace
  - Ranking these 1 through 4, 1 being the first choice

\*If students choose to do band, they will receive band for two quarters and then rotate through two of the other options

**(Choose 4):**

- \_\_\_\_\_ **Band:** Be a musician! In band, you will learn to read music and play an instrument. This is a performance based class that will learn, study and rehearse together to make amazing music! We will also perform and “wow” our audience when we are ready to shine!!! Everyone is welcome, no experience necessary! This option is offered for two quarters (half of the school year). Fee = \$5 plus instrument rental fees
- \_\_\_\_\_ **MakerSpace:** Learn to use a variety of tools, technology and materials to develop creative projects. Makerspaces promote learning through play and exploration. Projects may include 3D printing, soldering, building circuits, coding and even robotics. Fee = \$25
- \_\_\_\_\_ **Food Studies:** Be a Chef! Examine the role of food, looking beyond consumption to production, visual appreciation, nutrition, meal planning, economics and preparation; learn the various skills in the cooking trade. Fee = \$35
- \_\_\_\_\_ **Building and Construction:** Be a Builder! Develop skills in the use of tools and materials used in the construction processes, and safely transform common wood materials into useful products; learn the various skills of the respective trade. Fee = \$35
- \_\_\_\_\_ **Outdoor Education:** Students will develop lifestyle strategies that foster contact with the natural world, encourage responsibility for local and global environment and encourage living in harmony with others. Fee = \$28



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## STEP 2: CAREER AND TECHNOLOGY FOUNDATIONS (CTF Fridays) - Offered the afternoon of Full Day Fridays

### CTF Friday SEMESTER Options

- *STUDENTS WILL HAVE A COMBINATION OF (2) SEMESTER OPTIONS (1 for each school semester) from:*
  - Physical Literacy & Outdoor Pursuits
  - Fishing and Ecology
  - Drama
  - Mindfulness and Movement
  - Media and Communication
  - Art
  - French as a Second Language
  - Game Strategy
  - Bronze Star
  - Band (full year)

### (Choose top 4 choices):

\_\_\_\_\_ **Physical Literacy and Outdoor Pursuits:** Students in grade 7 & 8 will have opportunities to strengthen and challenge their physical literacy skills through experiencing a variety of outdoor, individual, and team activities. Experiences in nature will also help students to explore other dimensions of wellness, including emotional, mental, and social well-being. Fee = \$50.00

\_\_\_\_\_ **Fishing and Ecology:** Students will explore angling basics and safety, aquatic ecology conservation, and environmental stewardship. Fee = \$17

\_\_\_\_\_ **Drama:** Be a Performer! Drama is a place where you can come to play games, take risks, try on a new character, learn about public speaking, and discover yourself. You can develop your skills as a performer and theatre artist. Fee = \$5

\_\_\_\_\_ **Mindfulness and Movement:** Explore mindfulness through breathing, journaling, meditation, and movement. Anatomy will also be explored and connected to movement through yoga. Movement will stretch and strengthen with the focus being on the connection of the mind and body. Fee - \$10

\_\_\_\_\_ **Media and Communications:** Students will develop their broadcast media and literacy skills as they take on roles such as news anchors, videographers, news reporters, and editors to create a news broadcast for the school. No Fee.

\_\_\_\_\_ **Art:** Be an Artist!. Students will learn to think and behave as artists as they work with a variety of textures and media to explore drawings, and encounters with various art forms. Students will also be expected to speak about their art—since every piece will be individual and therefore unique, each student will be asked to explain the thoughts, feelings, processes, etc. that went into their finished products. Fee = \$22

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**French as a Second Language:** Learn how to communicate in the French language in a variety of settings: social, school and travel. Gain confidence in being able to socialize, speak and write in French while participating in fun activities that are centred in French culture. Fee = \$5

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**Game Strategy:** Have you ever wondered how your favourite games are designed in order for you to win? In this option, you will learn how to play a variety of card games, board games, and computer games and then analyze the strategies behind them. Fee = \$10

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**Bronze Star:** Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Prerequisites: None (Swim Patrol experience or ability to swim 100 m recommended). Fee = \$45

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