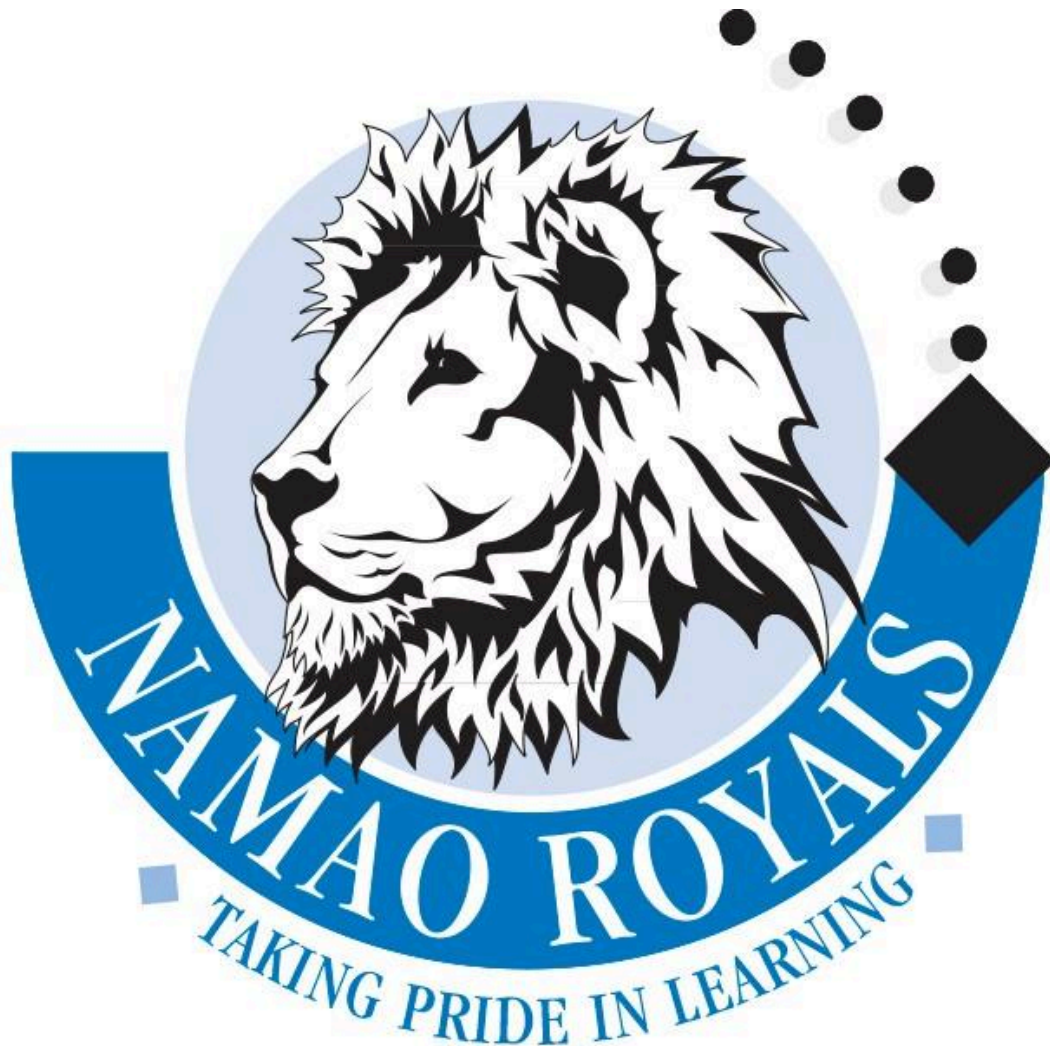


# NAMAO SCHOOL

## COURSE DESCRIPTION AND FEE SCHEDULE FOR JUNIOR HIGH CTF



Course Name	Fee	Description
Academic Skill Builders/Learners	No Fee	This practical CTF course is designed to help students build essential academic and life skills that will support their success in school and beyond. Students will learn how to effectively use their Google Drive, write professional emails, take organized notes, and keep their binders tidy. The course also covers important strategies such as how to study, summarize information, and check the credibility of websites. As a bonus, students will be introduced to the steps involved in getting their learner's driver's license, helping them prepare for this exciting milestone. Perfect for students who want to become more confident, independent, and future-ready learners.
Academic Skill Builders/Exam Prep	No Fee	This program is designed to help students strengthen their test-taking strategies and build confidence for upcoming exams. Through targeted practice, time management techniques, and skill-building exercises, students learn how to approach different types of questions effectively and perform their best under test conditions. It's a great way to boost academic success and reduce exam stress.
Art	\$35	In this introductory art course, students will learn the basics of sketching and learning to draw. Students will learn a variety of foundational skills through a series of guided lessons. Students will also have a chance to explore painting and work with a variety of mediums. Finally, students will also gain insight on how to care for brushes and materials to ensure longevity of supplies.
Art: Ceramics	\$35	Welcome to Ceramics! In this course, students develop knowledge and skills in ceramics. These skills include, using the moulds, finishing, firing and glazing the ceramic.
Beginner Band	\$30	This is a one-term course designed for Grade 7s or students who have never taken band before. These students will continue in the intermediate band course for term 2 and 3. In this course, students will develop confidence playing songs on your woodwind, brass, or percussion instrument. All supplies are provided. Learn to play a variety of musical styles. Play music games, be a team player, and have an amazing time in this hands-on course as you stretch your playing skills and prepare for Intermediate Band. There will be possible opportunities like playing at Rogers Place, going to Camp Nakamun and performing for various events. Let's make some music!
Intermediate Band	\$30	Intermediate Band is a full year junior high option, open to <i>students</i> who like to make music. Grade 7s or new to band students will join Intermediate Band in terms 2 and 3 after taking Beginner Band in term 1. All supplies are provided. Students will continue to develop <i>next-level</i> playing skills on a woodwind, brass, or percussion instrument and learn to perform in a variety of styles, play musical games and grow their technical and reading skills as they prepare for high school. Be part of a team, help younger students, play in a festival, perform on tour and various events, and have a blast in

		this step-up course!
Cinematography	\$13	Lights, camera, action! In this exciting and immersive CTF course, students will take on the roles of writer, actor, and director as they create their own movie from start to finish. From brainstorming ideas and writing a script to acting in scenes and learning filming techniques, students will experience every step of the filmmaking process. With guidance from the teacher, they'll edit their footage and create a final movie ready for its big debut. The course culminates in an Oscars-style award ceremony, where students can celebrate their hard work and creativity. If you've ever dreamed of making a movie, this is your chance to shine!
Construction 1 (For students who have never taken construction)	\$85	This option is an introductory course designed to develop basic competencies through wood construction. Students will have the opportunity to work on a variety of projects to develop an understanding and appreciation of tools, woodworking equipment, materials and safety when working in a woods lab. The emphasis of this course will be on safety and knowledge of power and hand tools.
Construction 2 (Need to have previous construction experience to take)	\$85	This intermediate course builds on the foundational skills developed in Construction 1. Students will expand their woodworking knowledge through more complex projects that incorporate advanced techniques, precision measurements, and a greater variety of tools and materials. Emphasis will continue to be placed on safety while introducing students to project planning, material estimation, and construction problem-solving in a workshop environment.
Construction 3 (Need to have previous construction experience to take)	\$85	This advanced course is designed for students who have successfully completed Construction 2 and are ready to take on more sophisticated and independent projects. Students will deepen their understanding of construction techniques, with a focus on design, structural integrity, and finishing. The course will emphasize leadership in the shop, project management, and real-world applications of construction skills, preparing students for further training or careers in the trades.
Cosmetology (Intro)	\$35	Students will explore topics related to aesthetics and beauty, both for personal use and as a future career option. This course is intended to introduce students to and allow them space to discover career options, basic salon etiquette, beginner skin care, hair care, hairstyling techniques, and age-appropriate make-up application. The fee will cover the costs of a professional stylist coming in to teach styling technique as well as supplies for the hair unit including combs, bobbie pins, styling tools etc. However, it is important that students limit their sharing of personal supplies and therefore students will be required to provide their own make-up items.

Court Games	No Fee	This option will provide those students who love traditional court sports an opportunity to learn and play new court games, as well as traditional ones such as basketball, volleyball, badminton, and other court games. Students will switch which sport is played from class to class. Students will be graded on participation and sportsmanship and should come to class prepared with appropriate clothing and footwear. Students will also take the fundamental understandings and create a court game to teach the class.
Drama & Improv	No Fee	Acting will be focussed on finding and performing a one-act play that the class will choose together as a team with guidance from the teacher. You will get the opportunity to understand how to dissect the play's text, how to improve your characterization, how to use costumes and/or props as useful tools, and how to work and communicate with your drama team to put together an amazing and cohesive live performance.
Entrepreneurship- Junior (Grade 7s only)	No Fee	Jr. Entrepreneurship provides an opportunity for students to develop leadership skills by increasing understanding and appreciation of entrepreneurial activities, such as team building, business management and marketing. During this course students will be challenged to create a business plan, an advertisement, a product display and participate in a real-life Marketplace Day. Although this is a 'no fee' CTF course, there will be costs associated with the projects students choose.
Entrepreneurship- Senior (Grade 8s & 9s only)	No Fee	Entrepreneurship provides significant opportunities for individuals to develop leadership abilities by increasing understanding and appreciation of entrepreneurial activities, group and team dynamics, and business management and marketing. During this course students will be challenged to create a business plan aiming to market a product to the consumer public. They will learn about marketing and advertising as well as real life business strategies. At the end of the course students will put on a "Market Place Day" where they will sell their products to the public. This course is open to all students. Although there is no fee that will be applied to Powerschool, there will be costs associated with the projects students choose.
Fit For Life: Ball Hockey	No Fee	<p>Athletics provides significant opportunity for students to develop leadership abilities by increasing understanding and appreciation of athletic pursuits, group and team dynamics, training, officiating or managing, and injury prevention.</p> <p>This hands-on CTF course offers students the opportunity to develop their skills in ball hockey while building leadership experience. Students will not only play and practice the game but also take part in a mini stick component where they will coach and referee younger students. This course emphasizes teamwork, communication, and mentorship, making it perfect for those who want to stay active while giving back to their school community</p>

Fit for Life: Baseball	No Fee	<p>Athletics provides significant opportunity for students to develop leadership abilities by increasing understanding and appreciation of athletic pursuits, group and team dynamics, training, officiating or managing, and injury prevention.</p> <p>This dynamic CTF course is designed for students who want to improve their baseball skills while learning the fundamentals of the game. From batting and fielding to understanding team strategy and game rules, students will practice in a supportive, hands-on environment. Whether you're a beginner or looking to take your skills to the next level, this course offers a great mix of individual development and team play, helping students build confidence and teamwork on the field. Get ready to hit, catch, and run your way to success!</p>
Fit for Life: Basketball	No Fee	<p>Athletics provide significant opportunities for students to develop leadership abilities by increasing their understanding and appreciation of athletic pursuits, group and team dynamics, training, officiating or managing, and injury prevention.</p> <p>The goal of this course is to allow students to not only learn and develop basketball skills, but further their already present basketball skills and knowledge. We will focus on individual skills, team skills and systems, how to be a team player, injury prevention, officiating, and various other challenges in the sport of basketball. This course is open to all levels of basketball ability.</p>
Fit for Life: Soccer	No Fee	<p>Athletics provides significant opportunity for students to develop leadership abilities by increasing understanding and appreciation of athletic pursuits, group and team dynamics, training, officiating or managing, and injury prevention.</p> <p>This course offers students the chance to develop and maintain a healthy lifestyle through active participation in soccer. Students will learn the fundamentals of the game, including rules, tactics, and team strategies, alongside a variety of drills designed to improve their technical skills and fitness. Whether you're new to soccer or aiming to enhance your abilities, this course provides a balanced approach to individual skill development and collaborative team play, helping students build confidence, coordination, and teamwork on the field.</p>
Fit for Life: Volleyball	No Fee	<p>Athletics provides significant opportunity for students to develop leadership abilities by increasing understanding and appreciation of athletic pursuits, group and team dynamics, training, officiating or managing, and injury prevention.</p> <p>This course will provide opportunities for students to lead and maintain healthy lifestyles through involvement in volleyball. Students will gain an understanding of team play, rules, systems and a variety of drills to increase their ability level. Whether you're a beginner or looking to take your skills to the next level, this course offers a great mix of individual development and team play, helping students build confidence and teamwork on the court.</p>

Foods 1: Basics (For students who have never taken Foods)	\$70	<p>Learn the basics of safe food preparation, baking, blending, cooking, and healthy eating.</p> <p>Considerations for this course: each student must pass a safety exam which outlines safety expectations for food and behaviour.</p>
Foods 2: (Need to have previous Foods experience to take)	\$70	This is the next level up after a Foods 1 course. Students will broaden their skills in the kitchen.
Foods: Chef Wars (Need to have previous Foods experience to take)	\$70	<p>Join a team, create challenges, search for recipes, then work together to wow the judges. This class is for those students who want to put their kitchen skills to the test! Students will compete to make the most delicious, appealing, and creative dishes.</p> <p>Considerations for this course: each student must pass a safety exam which outlines safety expectations for food and behaviour. Students should complete the Foods Basics course before enrolling in Chef Wars.</p>
Foods: Baking and Decorating (Need to have previous Foods experience to take)	\$50	<p>This class is for those with patience, an artistic flare, and a love for all things baked! We will make sweet and savoury treats, as well as explore a variety of decorating techniques so that you can impress your family and friends.</p> <p>Considerations for this course: each student must pass a safety exam which outlines safety expectations for food and behaviour. Students should complete the Foods Basics course before enrolling in Baking &amp; Decorating.</p>
Indigenous Games/Field Sports	No Fee	Experience the rich history and vibrant culture of Indigenous games in this hands-on CTF course. Students will explore traditional games that have been played for generations, learning the rules, history, and cultural significance behind each one. From lacrosse to snow snake and more, students will also engage in a variety of exciting field games, combining physical activity with cultural education. This course promotes teamwork, strategy, and respect for tradition, all while having fun and staying active outdoors. A unique opportunity to connect with Indigenous cultures through sport and play!
Leadership	No Fee	The Namao School Leadership program aims to develop and foster leadership skills through a variety of student-led activities. By providing opportunities to turn skills into action it will help students to be empowered to positively impact themselves, their school and community.
Lego Robotics	\$10	Lego Robotics provides an opportunity for students to work collaboratively in small groups to build and code various lego robotics. Students will be using Lego Spike Prime kits, and will work through tutorials and projects and will meet different challenges throughout the term.
Outdoor Ed	\$20	Outdoor education is designed to allow students to develop the

		<p>necessary skills to enjoy a variety of outdoor pursuits. In doing so, students will build a connection and develop a positive attitude and an appreciation for the environment surrounding them. Moreover, students will engage in hands-on, practical activities designed to build confidence, setting them up for lifelong learning and exploration in the environment around them. Students will receive practical knowledge and skills related to orienteering (navigational skills), wood cutting, fire building, knot tying and more!</p> <p>Students will be expected to dress for the elements including rain, wind and snow.</p>
Photography	\$30	<p>This class will teach you specific camera functions and photo taking techniques that will take your pictures to the next level. We will learn about focus, angle, and point of view. We will also play around with different picture types, such as portraits, action shots, and abstract photos.</p> <p>You will also have the chance to take photos of school events and play around with editing the photos that you take throughout the term.</p>
Sewing	\$20	<p>In this hands-on program, students learn the fundamentals of sewing while bringing their creativity to life. From threading a needle to stitching fabric, participants gain practical skills and create fun, personalized projects. They will have a chance to gain skills in hand stitching, threading and using a machine and embroidery. It's a great way to build fine motor skills, patience, and confidence—one stitch at a time!</p> <p>Please note: <b>Students will need to supply their own fabric and thread for their projects so that it is personalized to them</b></p>
Sports Leadership	No Fee	<p>Step into the role of a leader both on and off the field in this action-packed Sports Leadership CTF course. Students will learn the fundamentals of leadership, teamwork, and communication while participating in various sports and activities. Whether organizing drills, motivating teammates, or helping to coach younger students, this course emphasizes the importance of sportsmanship, responsibility, and collaboration. Ideal for those interested in becoming stronger leaders, this course provides valuable skills that extend beyond sports and into everyday life.</p>
STEAM Challenges	\$45	<p>Do you love hands-on learning, solving critical thinking challenges and trying something new? If so, this course is for you! In this course, students will work in small groups to complete project-based learning related to science, technology, engineering, art and math.</p> <p>Throughout each module students will address and develop the 4 C's of STEAM: collaboration, creativity, critical thinking, and communication. As part of this course, students will use (and keep) a micro:bit.</p>
Stop Motion Animation	No Fee	<p>In this creative and hands-on CTF course, students will dive into the world of stop-motion animation, learning the techniques and skills to create their own animated films. Using everyday objects,</p>

		<p>clay figures, or drawings, students will bring their ideas to life frame by frame. While creating their projects, students may need to use their personal phone or iPad to capture their animations. Please note that all school cell phone usage rules will apply during class time. By the end of the course, students will have a finished stop-motion animation project to showcase their newfound skills!</p>
Strategic Games	No Fee	<p>In this course students will learn and play various indoor strategic games including chess, crib and a variety of card games. Students will learn to modify and adapt the rules of each game to meet the needs of their teammates, opponents, and other classmates. Students will be challenged in various areas of game play and game strategy. This course will involve student participation in order to create class success. This course is open to all students who love playing games.</p>