

Student Guide

THE PLANNER

FOR STUDENTS

- A handy tool to keep with you at school and at home.
- A work tool in which to note your homework, test dates and anything else that you must remember.
- A guide which helps you organize your work, study more effectively and obtain better results.
- A memory jogger which enables you to save valuable time.

FOR PARENTS

- A simple and effective means of communication between school and home.
- A way to follow your child's progress on a daily basis.
- A channel for improved dialogue between parent and child.

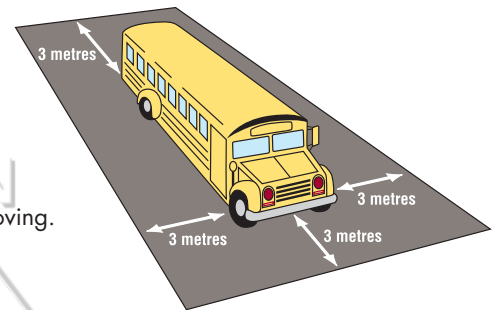
STUDY TIPS

- Studying at the same location helps improve concentration and output.
- Studying at the same time each day makes you more inclined to work and concentrate.
- Lack of distractions (radio, television, etc.) near the work area helps keep your mind on your work.
- Studying in a cool and well-ventilated room stimulates brain activity.
- A well-lit room reduces fatigue and the risk of eyestrain.
- Before starting work on a subject, put all the materials you will need on your desk.
- Studying in bed or slouched in a comfortable armchair leads to drowsiness and hampers concentration.
- Reading important passages of a text aloud to yourself helps you to remember its content.
- Asking yourself questions—or having someone else ask them—about the material studied lets you check how much you have learned.
- Taking a few minutes' break after studying a subject helps you to remember it better.
- Reviewing in the evening material learned during the day enables you to absorb it more thoroughly.
- Peace and quiet are essential to effective study.

MAIN SAFETY RULES IN THE BUS

Before Boarding the Bus

- I must be punctual and reach the bus stop before the arrival of the school bus.
- While waiting for the bus, I never stand or play in the street.
- If I must cross the street to board the bus, I wait until the bus comes to the bus stop, the flashing lights are on, and the bus driver directs me to cross and board the bus.
- I stay away from the school bus danger zone. I never go back to the bus after getting off. If I drop something near or under the bus, I leave it there.
- I line up quickly in single file and board the school bus in an orderly fashion, without shoving.
- I board the school bus and disembark only at the designated stop.



While on the Bus

- I follow the bus driver's instructions at all times.
- I follow all safety rules and regulations. Any misbehaviour will be reported to the principal of the school or the designated person and will be dealt with accordingly.
- I remain seated until the bus comes to a complete stop.
- I keep books and parcels on my lap.
- I keep the central aisle clear at all times.
- I show the same courtesy, respect and obedience to the bus driver as I would to my parents and teachers.
- I refrain from distracting the bus driver with loud talking, screaming or unnecessary conversation.
- I help to maintain a clean bus.
- I respect other people's property; I am responsible for any damage I may cause.
- In case of a road emergency, I remain on the bus unless directed otherwise by the bus driver.
- I do not bring any animals or bulky articles on the bus.
- I ensure that skates or other potentially dangerous objects are equipped with protective guards and are carried in a protective bag, that I keep at my feet.
- I keep my arms, legs and head inside the bus at all times.
- I avoid throwing things and fighting.
- I refrain from smoking, swearing, shouting and spitting.

Getting off the Bus

- Before leaving the bus, I check that I have not forgotten any personal belongings.
- I avoid running while getting on or off the bus.
- When I must walk along side of the bus after climbing out, I stay at least 3 metres away from the wheels.
- I never stand or hang onto the back of the school bus when it moves off again.
- When walking in front of the bus, I keep at least 3 metres away from it so that the bus driver will see me; before crossing the rest of the road, I look in both directions, wait for the bus driver's signal, and then proceed with caution, while continuing to check for oncoming traffic.

STAND UP to bullying

Remember that you do not deserve to be bullied or harassed.

For those who are experiencing bullying

- Talk to an adult that you trust.
- Spend your time with friends who you can count on to support and stick up for you.
- Appear confident and let the person doing the bullying know that it is not okay.
- Stand up for yourself without being aggressive.

For those who are bullying others

- Talk to someone you trust who can help you find ways to have healthy relationships.
- Ask a friend to tell you if they notice if you start to bully others.
- You do not have to like everybody, but you do have to respect everybody.
- Challenge yourself to be more inclusive of others and to be a good friend.
- Everyone has power. Use yours in a positive way to help others, not hurt them.

For those who are witnessing bullying

- By getting help, you are part of the solution.
- If you see somebody who is being bullied, assess the situation; intervene if you feel safe.
- Don't laugh or cheer on bullying—refuse to go along with it.
- Talk to the person who has been bullied. Let them know that they do not deserve to be treated like that and show them that you care.



No to cyberbullying

- Protect your personal information online—never give out your passwords, even to your closest friends.
- Before you send a text, ask yourself if you are ok if the whole world sees it because private messages and photos can go public.
- If someone is cyberbullying you, ask for help, find tips to help protect yourself at www.cybertip.ca and www.cyberbullying.ca, and always save any messages you receive as evidence.
- Be kind online. Do not post or pass on anything negative about another person.

For more information, visit the Canadian Red Cross website by scanning the QR code.



I Believe in God the Father

Then God said, "Let us make humankind[c] in our image, according to our likeness..."
Genesis 1:26



This line from the Bible means God created me.
God, my Father, gave me special gifts and talents.

I am God's beloved child.

I am made in God's image.

Based on Genesis 1-2 and CST on Human Dignity



I live in Community

Love and human dignity come from being created in God's Image.

God invites us to respect, care for, and love each human life because it reflects His image.

I am a child of God. I am a member God's family.

God created all humans.

My human family is part of God's family too.

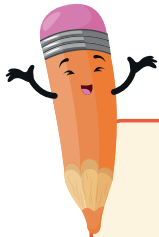
I Celebrate

God's family on earth is the Church.

My home, my school and my **parish** are all part of God's Church family. Catholics worship God as a family during the **Liturgy of the Eucharist**.

During the school year, some classes might attend Liturgy of the Eucharist at a church building. Other classes might invite a priest to say Liturgy of the Eucharist in their school building.

When my school or class celebrates God's love at Liturgy of the Eucharist, I will be sure to note the date and location on the calendar in my School Planner.



Research the meaning of...

LAURENTIEN

Parish:

Liturgy of the Eucharist:

Handwriting practice lines for the word LAURENTIEN and the research questions.



I Make Good Choices

As God's child, I try to love as God loves. Virtues are the characteristics God wishes me to grow in my heart and mind, and practise in my daily actions. They help me grow in God's love.

I learn how to love as God does in my Catholic school. Some Catholic schools might choose a monthly virtue to practise. Some might focus on a Church teaching, a Scripture verse, or a Catholic graduate goal.

This September my class is focussing on:

Handwriting practice lines for the focus of the month.

I can use this focus to help me set weekly goals. 2

I Pray

When I pray, I talk to God. I can pray with my Church community, my classroom community, my family community, or all by myself. I make the sign of the cross at the beginning and end of my prayer time.

Sign of the Cross

God, my Father,

I am very glad to be your child. I thank you for my family, my friends, my teacher and my classroom. This school year, help me to learn to love as you do. Help me to learn to be the best person I can be. Bless my home, school, and parish communities.

Amen





Sign your name, print your initials, or draw a picture of yourself!

September 2024

Septembre



MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
LAURENTIEN						1 22 nd Sunday in Ordinary time
2	3 St. Gregory The Great (M)	4	5	6	7	8 23 rd Sunday in Ordinary time
9	10	11	12	13 St. John Chrysostom (M)	14 The Exaltation of The Holy Cross (F)	15 24 th Sunday in Ordinary time
16 St. Cornelius and St. Cyprian (M)	17	18	19	20 St. Andrew Kim Tae-Gön priest, Paul Chông Ha-Sang, and Companions, martyrs (M)	21 St. Matthew (F)	22 25 th Sunday in Ordinary time
23 St. Pius of Pietrelcina (M)	24	25	26 St. John de Brébeuf and St. Isaac Jogues and Companions (F)	27 St. Vincent de Paul (M)	28	29 26 th Sunday in Ordinary time
30 St. Jerome (M)						

(M) = Memorial (F) = Feast

September 2024

Septembre



Sunday Gospel
Mark 10:13-16
The Little Children
and Jesus



Challenge!

There are many active and sustainable ways to get to school, such as walking, cycling, busing, and carpooling. Grab a friend and create a map of active and sustainable ways to get to school. How many ways can you think of?



Environmental learning
and certification programme

MONDAY/LUNDI 2

DAY
JOUR

DAY-CARE SERVICE
SERVICE DE GARDE

Lunch PM

BUS
AUTOBUS

Lunch PM

WALK
À PIED

Lunch PM



TUESDAY/MARDI 3

DAY
JOUR

DAY-CARE SERVICE
SERVICE DE GARDE

Lunch PM

BUS
AUTOBUS

Lunch PM

WALK
À PIED

Lunch PM

St. Gregory The Great (M)



WEDNESDAY/MERCREDI 4

DAY
JOUR

DAY-CARE SERVICE
SERVICE DE GARDE

Lunch PM

BUS
AUTOBUS

Lunch PM

WALK
À PIED

Lunch PM

LAURENTIEN



THURSDAY/JEUDI 5

DAY
JOUR

DAY-CARE SERVICE
SERVICE DE GARDE

Lunch PM

BUS
AUTOBUS

Lunch PM

WALK
À PIED

Lunch PM



FRIDAY/VENDREDI 6

DAY
JOUR

DAY-CARE SERVICE
SERVICE DE GARDE

Lunch PM

BUS
AUTOBUS

Lunch PM

WALK
À PIED

Lunch PM



Books I have read / Livres que j'ai lus:



SIGNATURE:



SIGNATURE:



SIGNATURE:



SIGNATURE:



SIGNATURE:

Words of the week / Mots de la semaine

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.



LAURENTIEN

I Believe in God the Father
MY WEEKLY GOAL IS:

I Live in Community: My classmates and my teacher are also part of God's family.

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

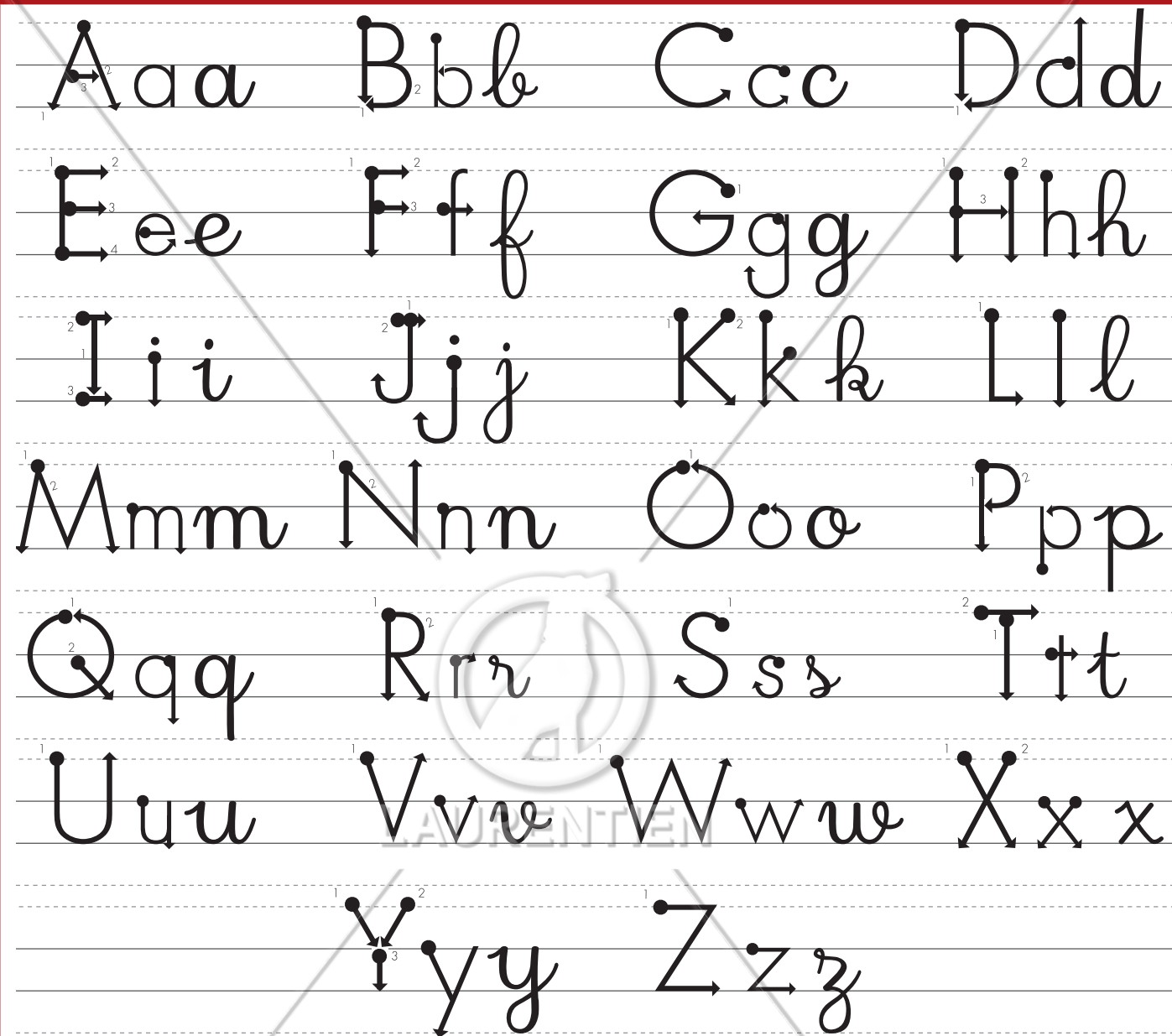


Discover your food guide at

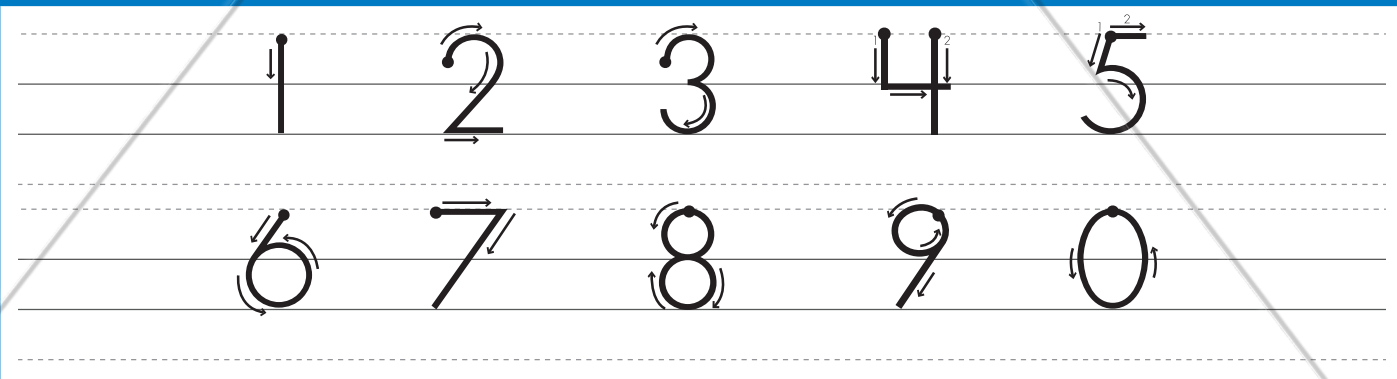
Canada.ca/FoodGuide

Learn to Trace

Alphabet



Numbers



Tables

Addition

Table 1	0 + 1 = 1	Table 2	0 + 2 = 2	Table 3	0 + 3 = 3	Table 4	0 + 4 = 4	Table 5	0 + 5 = 5	Table 6	0 + 6 = 6
	1 + 1 = 2		1 + 2 = 3		1 + 3 = 4		1 + 4 = 5		1 + 5 = 6		1 + 6 = 7
	2 + 1 = 3		2 + 2 = 4		2 + 3 = 5		2 + 4 = 6		2 + 5 = 7		2 + 6 = 8
	3 + 1 = 4		3 + 2 = 5		3 + 3 = 6		3 + 4 = 7		3 + 5 = 8		3 + 6 = 9
	4 + 1 = 5		4 + 2 = 6		4 + 3 = 7		4 + 4 = 8		4 + 5 = 9		4 + 6 = 10
	5 + 1 = 6		5 + 2 = 7		5 + 3 = 8		5 + 4 = 9		5 + 5 = 10		5 + 6 = 11
	6 + 1 = 7		6 + 2 = 8		6 + 3 = 9		6 + 4 = 10		6 + 5 = 11		6 + 6 = 12
	7 + 1 = 8		7 + 2 = 9		7 + 3 = 10		7 + 4 = 11		7 + 5 = 12		7 + 6 = 13
	8 + 1 = 9		8 + 2 = 10		8 + 3 = 11		8 + 4 = 12		8 + 5 = 13		8 + 6 = 14
	9 + 1 = 10		9 + 2 = 11		9 + 3 = 12		9 + 4 = 13		9 + 5 = 14		9 + 6 = 15
	10 + 1 = 11		10 + 2 = 12		10 + 3 = 13		10 + 4 = 14		10 + 5 = 15		10 + 6 = 16
	11 + 1 = 12		11 + 2 = 13		11 + 3 = 14		11 + 4 = 15		11 + 5 = 16		11 + 6 = 17
12 + 1 = 13	12 + 2 = 14	12 + 3 = 15	12 + 4 = 16	12 + 5 = 17	12 + 6 = 18						
Table 7	0 + 7 = 7	Table 8	0 + 8 = 8	Table 9	0 + 9 = 9	Table 10	0 + 10 = 10	Table 11	0 + 11 = 11	Table 12	0 + 12 = 12
	1 + 7 = 8		1 + 8 = 9		1 + 9 = 10		1 + 10 = 11		1 + 11 = 12		1 + 12 = 13
	2 + 7 = 9		2 + 8 = 10		2 + 9 = 11		2 + 10 = 12		2 + 11 = 13		2 + 12 = 14
	3 + 7 = 10		3 + 8 = 11		3 + 9 = 12		3 + 10 = 13		3 + 11 = 14		3 + 12 = 15
	4 + 7 = 11		4 + 8 = 12		4 + 9 = 13		4 + 10 = 14		4 + 11 = 15		4 + 12 = 16
	5 + 7 = 12		5 + 8 = 13		5 + 9 = 14		5 + 10 = 15		5 + 11 = 16		5 + 12 = 17
	6 + 7 = 13		6 + 8 = 14		6 + 9 = 15		6 + 10 = 16		6 + 11 = 17		6 + 12 = 18
	7 + 7 = 14		7 + 8 = 15		7 + 9 = 16		7 + 10 = 17		7 + 11 = 18		7 + 12 = 19
	8 + 7 = 15		8 + 8 = 16		8 + 9 = 17		8 + 10 = 18		8 + 11 = 19		8 + 12 = 20
	9 + 7 = 16		9 + 8 = 17		9 + 9 = 18		9 + 10 = 19		9 + 11 = 20		9 + 12 = 21
	10 + 7 = 17		10 + 8 = 18		10 + 9 = 19		10 + 10 = 20		10 + 11 = 21		10 + 12 = 22
	11 + 7 = 18		11 + 8 = 19		11 + 9 = 20		11 + 10 = 21		11 + 11 = 22		11 + 12 = 23
12 + 7 = 19	12 + 8 = 20	12 + 9 = 21	12 + 10 = 22	12 + 11 = 23	12 + 12 = 24						

Subtraction

Table 1	1 - 1 = 0	Table 2	2 - 2 = 0	Table 3	3 - 3 = 0	Table 4	4 - 4 = 0	Table 5	5 - 5 = 0	Table 6	6 - 6 = 0
	2 - 1 = 1		3 - 2 = 1		4 - 3 = 1		5 - 4 = 1		6 - 5 = 1		7 - 6 = 1
	3 - 1 = 2		4 - 2 = 2		5 - 3 = 2		6 - 4 = 2		7 - 5 = 2		8 - 6 = 2
	4 - 1 = 3		5 - 2 = 3		6 - 3 = 3		7 - 4 = 3		8 - 5 = 3		9 - 6 = 3
	5 - 1 = 4		6 - 2 = 4		7 - 3 = 4		8 - 4 = 4		9 - 5 = 4		10 - 6 = 4
	6 - 1 = 5		7 - 2 = 5		8 - 3 = 5		9 - 4 = 5		10 - 5 = 5		11 - 6 = 5
	7 - 1 = 6		8 - 2 = 6		9 - 3 = 6		10 - 4 = 6		11 - 5 = 6		12 - 6 = 6
	8 - 1 = 7		9 - 2 = 7		10 - 3 = 7		11 - 4 = 7		12 - 5 = 7		13 - 6 = 7
	9 - 1 = 8		10 - 2 = 8		11 - 3 = 8		12 - 4 = 8		13 - 5 = 8		14 - 6 = 8
	10 - 1 = 9		11 - 2 = 9		12 - 3 = 9		13 - 4 = 9		14 - 5 = 9		15 - 6 = 9
	11 - 1 = 10		12 - 2 = 10		13 - 3 = 10		14 - 4 = 10		15 - 5 = 10		16 - 6 = 10
Table 7	7 - 7 = 0	Table 8	8 - 8 = 0	Table 9	9 - 9 = 0	Table 10	10 - 10 = 0	Table 11	11 - 11 = 0	Table 12	12 - 12 = 0
	8 - 7 = 1		9 - 8 = 1		10 - 9 = 1		11 - 10 = 1		12 - 11 = 1		13 - 12 = 1
	9 - 7 = 2		10 - 8 = 2		11 - 9 = 2		12 - 10 = 2		13 - 11 = 2		14 - 12 = 2
	10 - 7 = 3		11 - 8 = 3		12 - 9 = 3		13 - 10 = 3		14 - 11 = 3		15 - 12 = 3
	11 - 7 = 4		12 - 8 = 4		13 - 9 = 4		14 - 10 = 4		15 - 11 = 4		16 - 12 = 4
	12 - 7 = 5		13 - 8 = 5		14 - 9 = 5		15 - 10 = 5		16 - 11 = 5		17 - 12 = 5
	13 - 7 = 6		14 - 8 = 6		15 - 9 = 6		16 - 10 = 6		17 - 11 = 6		18 - 12 = 6
	14 - 7 = 7		15 - 8 = 7		16 - 9 = 7		17 - 10 = 7		18 - 11 = 7		19 - 12 = 7
	15 - 7 = 8		16 - 8 = 8		17 - 9 = 8		18 - 10 = 8		19 - 11 = 8		20 - 12 = 8
	16 - 7 = 9		17 - 8 = 9		18 - 9 = 9		19 - 10 = 9		20 - 11 = 9		21 - 12 = 9
	17 - 7 = 10		18 - 8 = 10		19 - 9 = 10		20 - 10 = 10		21 - 11 = 10		22 - 12 = 10

Tables

Multiplication

Table 1	$1 \times 1 = 1$	Table 2	$2 \times 1 = 2$	Table 3	$3 \times 1 = 3$	Table 4	$4 \times 1 = 4$	Table 5	$5 \times 1 = 5$	Table 6	$6 \times 1 = 6$
	$1 \times 2 = 2$		$2 \times 2 = 4$		$3 \times 2 = 6$		$4 \times 2 = 8$		$5 \times 2 = 10$		$6 \times 2 = 12$
	$1 \times 3 = 3$		$2 \times 3 = 6$		$3 \times 3 = 9$		$4 \times 3 = 12$		$5 \times 3 = 15$		$6 \times 3 = 18$
	$1 \times 4 = 4$		$2 \times 4 = 8$		$3 \times 4 = 12$		$4 \times 4 = 16$		$5 \times 4 = 20$		$6 \times 4 = 24$
	$1 \times 5 = 5$		$2 \times 5 = 10$		$3 \times 5 = 15$		$4 \times 5 = 20$		$5 \times 5 = 25$		$6 \times 5 = 30$
	$1 \times 6 = 6$		$2 \times 6 = 12$		$3 \times 6 = 18$		$4 \times 6 = 24$		$5 \times 6 = 30$		$6 \times 6 = 36$
	$1 \times 7 = 7$		$2 \times 7 = 14$		$3 \times 7 = 21$		$4 \times 7 = 28$		$5 \times 7 = 35$		$6 \times 7 = 42$
	$1 \times 8 = 8$		$2 \times 8 = 16$		$3 \times 8 = 24$		$4 \times 8 = 32$		$5 \times 8 = 40$		$6 \times 8 = 48$
	$1 \times 9 = 9$		$2 \times 9 = 18$		$3 \times 9 = 27$		$4 \times 9 = 36$		$5 \times 9 = 45$		$6 \times 9 = 54$
	$1 \times 10 = 10$		$2 \times 10 = 20$		$3 \times 10 = 30$		$4 \times 10 = 40$		$5 \times 10 = 50$		$6 \times 10 = 60$
	$1 \times 11 = 11$		$2 \times 11 = 22$		$3 \times 11 = 33$		$4 \times 11 = 44$		$5 \times 11 = 55$		$6 \times 11 = 66$
	$1 \times 12 = 12$		$2 \times 12 = 24$		$3 \times 12 = 36$		$4 \times 12 = 48$		$5 \times 12 = 60$		$6 \times 12 = 72$
Table 7	$7 \times 1 = 7$	Table 8	$8 \times 1 = 8$	Table 9	$9 \times 1 = 9$	Table 10	$10 \times 1 = 10$	Table 11	$11 \times 1 = 11$	Table 12	$12 \times 1 = 12$
	$7 \times 2 = 14$		$8 \times 2 = 16$		$9 \times 2 = 18$		$10 \times 2 = 20$		$11 \times 2 = 22$		$12 \times 2 = 24$
	$7 \times 3 = 21$		$8 \times 3 = 24$		$9 \times 3 = 27$		$10 \times 3 = 30$		$11 \times 3 = 33$		$12 \times 3 = 36$
	$7 \times 4 = 28$		$8 \times 4 = 32$		$9 \times 4 = 36$		$10 \times 4 = 40$		$11 \times 4 = 44$		$12 \times 4 = 48$
	$7 \times 5 = 35$		$8 \times 5 = 40$		$9 \times 5 = 45$		$10 \times 5 = 50$		$11 \times 5 = 55$		$12 \times 5 = 60$
	$7 \times 6 = 42$		$8 \times 6 = 48$		$9 \times 6 = 54$		$10 \times 6 = 60$		$11 \times 6 = 66$		$12 \times 6 = 72$
	$7 \times 7 = 49$		$8 \times 7 = 56$		$9 \times 7 = 63$		$10 \times 7 = 70$		$11 \times 7 = 77$		$12 \times 7 = 84$
	$7 \times 8 = 56$		$8 \times 8 = 64$		$9 \times 8 = 72$		$10 \times 8 = 80$		$11 \times 8 = 88$		$12 \times 8 = 96$
	$7 \times 9 = 63$		$8 \times 9 = 72$		$9 \times 9 = 81$		$10 \times 9 = 90$		$11 \times 9 = 99$		$12 \times 9 = 108$
	$7 \times 10 = 70$		$8 \times 10 = 80$		$9 \times 10 = 90$		$10 \times 10 = 100$		$11 \times 10 = 110$		$12 \times 10 = 120$
	$7 \times 11 = 77$		$8 \times 11 = 88$		$9 \times 11 = 99$		$10 \times 11 = 110$		$11 \times 11 = 121$		$12 \times 11 = 132$
	$7 \times 12 = 84$		$8 \times 12 = 96$		$9 \times 12 = 108$		$10 \times 12 = 120$		$11 \times 12 = 132$		$12 \times 12 = 144$

Division

Table 1	$1 \div 1 = 1$	Table 2	$2 \div 2 = 1$	Table 3	$3 \div 3 = 1$	Table 4	$4 \div 4 = 1$	Table 5	$5 \div 5 = 1$	Table 6	$6 \div 6 = 1$
	$2 \div 1 = 2$		$4 \div 2 = 2$		$6 \div 3 = 2$		$8 \div 4 = 2$		$10 \div 5 = 2$		$12 \div 6 = 2$
	$3 \div 1 = 3$		$6 \div 2 = 3$		$9 \div 3 = 3$		$12 \div 4 = 3$		$15 \div 5 = 3$		$18 \div 6 = 3$
	$4 \div 1 = 4$		$8 \div 2 = 4$		$12 \div 3 = 4$		$16 \div 4 = 4$		$20 \div 5 = 4$		$24 \div 6 = 4$
	$5 \div 1 = 5$		$10 \div 2 = 5$		$15 \div 3 = 5$		$20 \div 4 = 5$		$25 \div 5 = 5$		$30 \div 6 = 5$
	$6 \div 1 = 6$		$12 \div 2 = 6$		$18 \div 3 = 6$		$24 \div 4 = 6$		$30 \div 5 = 6$		$36 \div 6 = 6$
	$7 \div 1 = 7$		$14 \div 2 = 7$		$21 \div 3 = 7$		$28 \div 4 = 7$		$35 \div 5 = 7$		$42 \div 6 = 7$
	$8 \div 1 = 8$		$16 \div 2 = 8$		$24 \div 3 = 8$		$32 \div 4 = 8$		$40 \div 5 = 8$		$48 \div 6 = 8$
	$9 \div 1 = 9$		$18 \div 2 = 9$		$27 \div 3 = 9$		$36 \div 4 = 9$		$45 \div 5 = 9$		$54 \div 6 = 9$
	$10 \div 1 = 10$		$20 \div 2 = 10$		$30 \div 3 = 10$		$40 \div 4 = 10$		$50 \div 5 = 10$		$60 \div 6 = 10$
	$11 \div 1 = 11$		$22 \div 2 = 11$		$33 \div 3 = 11$		$44 \div 4 = 11$		$55 \div 5 = 11$		$66 \div 6 = 11$
	$12 \div 1 = 12$		$24 \div 2 = 12$		$36 \div 3 = 12$		$48 \div 4 = 12$		$60 \div 5 = 12$		$72 \div 6 = 12$
Table 7	$7 \div 7 = 1$	Table 8	$8 \div 8 = 1$	Table 9	$9 \div 9 = 1$	Table 10	$10 \div 10 = 1$	Table 11	$11 \div 11 = 1$	Table 12	$12 \div 12 = 1$
	$14 \div 7 = 2$		$16 \div 8 = 2$		$18 \div 9 = 2$		$20 \div 10 = 2$		$22 \div 11 = 2$		$24 \div 12 = 2$
	$21 \div 7 = 3$		$24 \div 8 = 3$		$27 \div 9 = 3$		$30 \div 10 = 3$		$33 \div 11 = 3$		$36 \div 12 = 3$
	$28 \div 7 = 4$		$32 \div 8 = 4$		$36 \div 9 = 4$		$40 \div 10 = 4$		$44 \div 11 = 4$		$48 \div 12 = 4$
	$35 \div 7 = 5$		$40 \div 8 = 5$		$45 \div 9 = 5$		$50 \div 10 = 5$		$55 \div 11 = 5$		$60 \div 12 = 5$
	$42 \div 7 = 6$		$48 \div 8 = 6$		$54 \div 9 = 6$		$60 \div 10 = 6$		$66 \div 11 = 6$		$72 \div 12 = 6$
	$49 \div 7 = 7$		$56 \div 8 = 7$		$63 \div 9 = 7$		$70 \div 10 = 7$		$77 \div 11 = 7$		$84 \div 12 = 7$
	$56 \div 7 = 8$		$64 \div 8 = 8$		$72 \div 9 = 8$		$80 \div 10 = 8$		$88 \div 11 = 8$		$96 \div 12 = 8$
	$63 \div 7 = 9$		$72 \div 8 = 9$		$81 \div 9 = 9$		$90 \div 10 = 9$		$99 \div 11 = 9$		$108 \div 12 = 9$
	$70 \div 7 = 10$		$80 \div 8 = 10$		$90 \div 9 = 10$		$100 \div 10 = 10$		$110 \div 11 = 10$		$120 \div 12 = 10$
	$77 \div 7 = 11$		$88 \div 8 = 11$		$99 \div 9 = 11$		$110 \div 10 = 11$		$121 \div 11 = 11$		$132 \div 12 = 11$
	$84 \div 7 = 12$		$96 \div 8 = 12$		$108 \div 9 = 12$		$120 \div 10 = 12$		$132 \div 11 = 12$		$144 \div 12 = 12$

Numbers 1-100 grid



Let's count by every 2 hops!



Count every 5 leaps with me!

I count by every 10 jumps!



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Game of numbers

2



$$\begin{aligned} 1 + 1 &= 2 \\ 2 - 1 &= 1 \end{aligned}$$

3



$$\begin{aligned} 2 + 1 &= 3 \\ 1 + 2 &= 3 \\ 3 - 1 &= 2 \\ 3 - 2 &= 1 \end{aligned}$$

4



$$\begin{aligned} 3 + 1 &= 4 \\ 1 + 3 &= 4 \\ 4 - 1 &= 3 \\ 4 - 3 &= 1 \end{aligned}$$

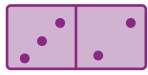


$$\begin{aligned} 2 + 2 &= 4 \\ 4 - 2 &= 2 \end{aligned}$$

5

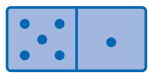


$$\begin{aligned} 4 + 1 &= 5 \\ 1 + 4 &= 5 \\ 5 - 1 &= 4 \\ 5 - 4 &= 1 \end{aligned}$$

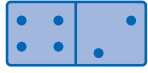


$$\begin{aligned} 3 + 2 &= 5 \\ 2 + 3 &= 5 \\ 5 - 2 &= 3 \\ 5 - 3 &= 2 \end{aligned}$$

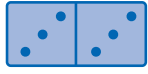
6



$$\begin{aligned} 5 + 1 &= 6 \\ 1 + 5 &= 6 \\ 6 - 1 &= 5 \\ 6 - 5 &= 1 \end{aligned}$$

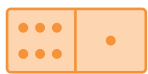


$$\begin{aligned} 4 + 2 &= 6 \\ 2 + 4 &= 6 \\ 6 - 2 &= 4 \\ 6 - 4 &= 2 \end{aligned}$$



$$\begin{aligned} 3 + 3 &= 6 \\ 6 - 3 &= 3 \end{aligned}$$

7



$$\begin{aligned} 6 + 1 &= 7 \\ 1 + 6 &= 7 \\ 7 - 1 &= 6 \\ 7 - 6 &= 1 \end{aligned}$$

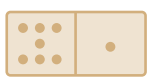


$$\begin{aligned} 5 + 2 &= 7 \\ 2 + 5 &= 7 \\ 7 - 2 &= 5 \\ 7 - 5 &= 2 \end{aligned}$$

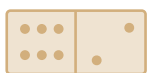


$$\begin{aligned} 4 + 3 &= 7 \\ 3 + 4 &= 7 \\ 7 - 3 &= 4 \\ 7 - 4 &= 3 \end{aligned}$$

8



$$\begin{aligned} 7 + 1 &= 8 \\ 1 + 7 &= 8 \\ 8 - 1 &= 7 \\ 8 - 7 &= 1 \end{aligned}$$



$$\begin{aligned} 6 + 2 &= 8 \\ 2 + 6 &= 8 \\ 8 - 2 &= 6 \\ 8 - 6 &= 2 \end{aligned}$$



$$\begin{aligned} 5 + 3 &= 8 \\ 3 + 5 &= 8 \\ 8 - 3 &= 5 \\ 8 - 5 &= 3 \end{aligned}$$



$$\begin{aligned} 4 + 4 &= 8 \\ 8 - 4 &= 4 \end{aligned}$$

9



$$\begin{aligned} 8 + 1 &= 9 \\ 1 + 8 &= 9 \\ 9 - 1 &= 8 \\ 9 - 8 &= 1 \end{aligned}$$



$$\begin{aligned} 7 + 2 &= 9 \\ 2 + 7 &= 9 \\ 9 - 2 &= 7 \\ 9 - 7 &= 2 \end{aligned}$$



$$\begin{aligned} 6 + 3 &= 9 \\ 3 + 6 &= 9 \\ 9 - 3 &= 6 \\ 9 - 6 &= 3 \end{aligned}$$



$$\begin{aligned} 5 + 4 &= 9 \\ 4 + 5 &= 9 \\ 9 - 4 &= 5 \\ 9 - 5 &= 4 \end{aligned}$$

10



$$\begin{aligned} 9 + 1 &= 10 \\ 1 + 9 &= 10 \\ 10 - 1 &= 9 \\ 10 - 9 &= 1 \end{aligned}$$



$$\begin{aligned} 8 + 2 &= 10 \\ 2 + 8 &= 10 \\ 10 - 2 &= 8 \\ 10 - 8 &= 2 \end{aligned}$$



$$\begin{aligned} 7 + 3 &= 10 \\ 3 + 7 &= 10 \\ 10 - 3 &= 7 \\ 10 - 7 &= 3 \end{aligned}$$

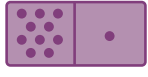


$$\begin{aligned} 6 + 4 &= 10 \\ 4 + 6 &= 10 \\ 10 - 4 &= 6 \\ 10 - 6 &= 4 \end{aligned}$$



$$\begin{aligned} 5 + 5 &= 10 \\ 10 - 5 &= 5 \end{aligned}$$

11



$$\begin{aligned} 10 + 1 &= 11 \\ 1 + 10 &= 11 \\ 11 - 1 &= 10 \\ 11 - 10 &= 1 \end{aligned}$$



$$\begin{aligned} 9 + 2 &= 11 \\ 2 + 9 &= 11 \\ 11 - 2 &= 9 \\ 11 - 9 &= 2 \end{aligned}$$



$$\begin{aligned} 8 + 3 &= 11 \\ 3 + 8 &= 11 \\ 11 - 3 &= 8 \\ 11 - 8 &= 3 \end{aligned}$$



$$\begin{aligned} 7 + 4 &= 11 \\ 4 + 7 &= 11 \\ 11 - 4 &= 7 \\ 11 - 7 &= 4 \end{aligned}$$



$$\begin{aligned} 6 + 5 &= 11 \\ 5 + 6 &= 11 \\ 11 - 5 &= 6 \\ 11 - 6 &= 5 \end{aligned}$$

12



$$\begin{aligned} 10 + 2 &= 12 \\ 2 + 10 &= 12 \\ 12 - 2 &= 10 \\ 12 - 10 &= 2 \end{aligned}$$



$$\begin{aligned} 9 + 3 &= 12 \\ 3 + 9 &= 12 \\ 12 - 3 &= 9 \\ 12 - 9 &= 3 \end{aligned}$$



$$\begin{aligned} 8 + 4 &= 12 \\ 4 + 8 &= 12 \\ 12 - 4 &= 8 \\ 12 - 8 &= 4 \end{aligned}$$



$$\begin{aligned} 7 + 5 &= 12 \\ 5 + 7 &= 12 \\ 12 - 5 &= 7 \\ 12 - 7 &= 5 \end{aligned}$$



$$\begin{aligned} 6 + 6 &= 12 \\ 12 - 6 &= 6 \end{aligned}$$

13



$$\begin{aligned} 10 + 3 &= 13 \\ 3 + 10 &= 13 \\ 13 - 3 &= 10 \\ 13 - 10 &= 3 \end{aligned}$$



$$\begin{aligned} 9 + 4 &= 13 \\ 4 + 9 &= 13 \\ 13 - 4 &= 9 \\ 13 - 9 &= 4 \end{aligned}$$

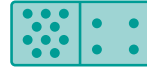


$$\begin{aligned} 8 + 5 &= 13 \\ 5 + 8 &= 13 \\ 13 - 5 &= 8 \\ 13 - 8 &= 5 \end{aligned}$$



$$\begin{aligned} 7 + 6 &= 13 \\ 6 + 7 &= 13 \\ 13 - 6 &= 7 \\ 13 - 7 &= 6 \end{aligned}$$

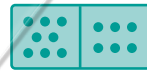
14



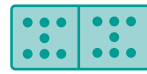
$$\begin{aligned} 10 + 4 &= 14 \\ 4 + 10 &= 14 \\ 14 - 4 &= 10 \\ 14 - 10 &= 4 \end{aligned}$$



$$\begin{aligned} 9 + 5 &= 14 \\ 5 + 9 &= 14 \\ 14 - 5 &= 9 \\ 14 - 9 &= 5 \end{aligned}$$



$$\begin{aligned} 8 + 6 &= 14 \\ 6 + 8 &= 14 \\ 14 - 6 &= 8 \\ 14 - 8 &= 6 \end{aligned}$$

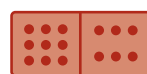


$$\begin{aligned} 7 + 7 &= 14 \\ 14 - 7 &= 7 \end{aligned}$$

15



$$\begin{aligned} 10 + 5 &= 15 \\ 5 + 10 &= 15 \\ 15 - 5 &= 10 \\ 15 - 10 &= 5 \end{aligned}$$

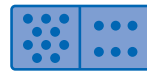


$$\begin{aligned} 9 + 6 &= 15 \\ 6 + 9 &= 15 \\ 15 - 6 &= 9 \\ 15 - 9 &= 6 \end{aligned}$$

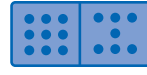


$$\begin{aligned} 8 + 7 &= 15 \\ 7 + 8 &= 15 \\ 15 - 7 &= 8 \\ 15 - 8 &= 7 \end{aligned}$$

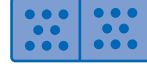
16



$$\begin{aligned} 10 + 6 &= 16 \\ 6 + 10 &= 16 \\ 16 - 6 &= 10 \\ 16 - 10 &= 6 \end{aligned}$$

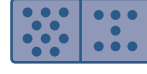


$$\begin{aligned} 9 + 7 &= 16 \\ 7 + 9 &= 16 \\ 16 - 7 &= 9 \\ 16 - 9 &= 7 \end{aligned}$$



$$\begin{aligned} 8 + 8 &= 16 \\ 16 - 8 &= 8 \end{aligned}$$

17

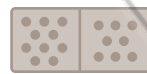


$$\begin{aligned} 10 + 7 &= 17 \\ 7 + 10 &= 17 \\ 17 - 7 &= 10 \\ 17 - 10 &= 7 \end{aligned}$$



$$\begin{aligned} 9 + 8 &= 17 \\ 8 + 9 &= 17 \\ 17 - 8 &= 9 \\ 17 - 9 &= 8 \end{aligned}$$

18



$$\begin{aligned} 10 + 8 &= 18 \\ 8 + 10 &= 18 \\ 18 - 8 &= 10 \\ 18 - 10 &= 8 \end{aligned}$$



$$\begin{aligned} 9 + 9 &= 18 \\ 18 - 9 &= 9 \end{aligned}$$

Useful Information

TIME EQUIVALENTS

- 1 leap year = 366 days
- 1 year = 365 days
- 1 year = 12 months
- 1 year = 52 weeks
- 1 month = 4 weeks (approx.)
- 1 week = 7 days
- 1 day = 24 hours
- 1 hour = 60 minutes
- 1 minute = 60 seconds
- 1 decade = 10 years
- 1 century = 100 years

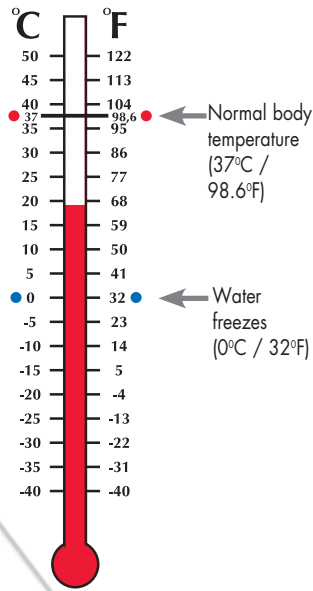
DAYS OF THE WEEK

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

MONTHS OF THE YEAR

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

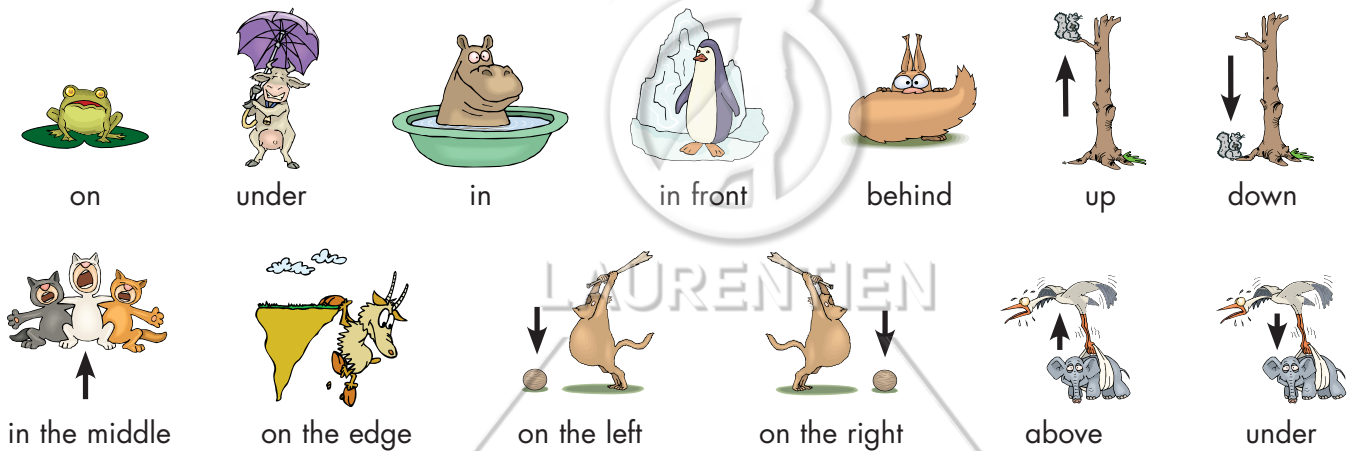
TEMPERATURE



COINS

	A NICKEL	= 5 cents = 5¢ = \$0.05
	A DIME	= 10 cents = 10¢ = \$0.10
	A QUARTER	= 25 cents = 25¢ = \$0.25
	A DOLLAR	= 100 cents = 100¢ = \$1.00
	TWO DOLLARS	= 200 cents = 200¢ = \$2.00

ORIENTATION

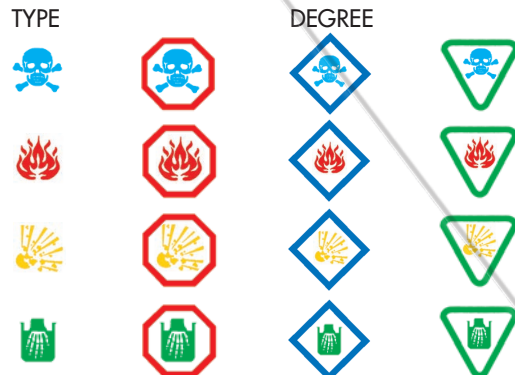


SYMBOLS OF DANGEROUS PRODUCTS¹

The symbols below indicate the TYPE of danger related to a product.



The TYPE of danger as well as its DEGREE.



Figures below indicate the DEGREE of danger.



¹ Source: Health Canada.

Music and Colours

THE C SCALE

Treble clef: Do re mi fa so la ti do

Bass clef: Do re mi fa so la ti do

NOTES	RESTS	TERMS RELATING TO VOLUME
whole note	whole rest	<i>pp</i> Pianissimo (very soft)
half note	half rest	<i>p</i> Piano (soft)
quarter note	quarter rest	<i>f</i> Forte (loud)
eighth note	eighth rest	<i>ff</i> Fortissimo (very loud)
sixteenth note	sixteenth rest	

OTHER SYMBOLS

Sharp - Raises the note a half step and remains in effect the entire measure
Flat - Lowers the note a half step and remains in effect the entire measure
Natural - Cancels the b or the # in a measure
Crescendo - Gradually increase the volume
Decrescendo - Gradually decrease the volume

TERMS RELATING TO TEMPO

Allegro	Fast Bright Tempo
Andante	Slow Walking Tempo
Legato	Smooth, Flowing Sound
Moderato	Moderate Tempo

COLOUR WHEEL

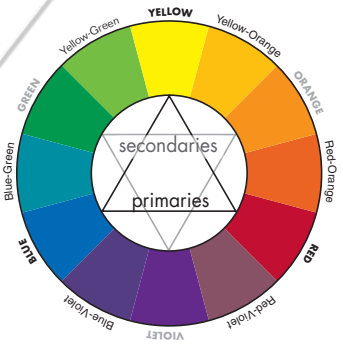
The colour wheel describes the relationships between colours. It is a chart that shows how colours are related to each other.

PRIMARY COLOURS are basic and cannot be mixed from other elements. They are to colour what prime numbers are to mathematics. One can mix two primaries to get a secondary colour. You will notice that each secondary colour is bounded by two primaries. These are the components that one would mix to get that secondary colour.

SECONDARY COLOURS are orange, violet and green and are made by mixing two primary colours from either side of the colour wheel.

TERTIARY COLOURS are made by mixing a primary and a secondary colour together (i.e.: yellow+orange = yellow-orange or blue+green = blue-green).

COMPLEMENTARY COLOURS are opposite from each other. They contrast because they do not have any colours in common. Orange is made by mixing red and yellow, so it will complement blue.



Life on Earth

THE CELL STRUCTURE

THE ANIMAL CELL

*ER = ENDOPLASMIC RETICULUM

THE PLANT CELL

The Sun (Energy)

THE FOOD CHAIN

ABOVE GROUND

IN THE WATER

Natural Hydrologic Cycle of Planet Earth

Soil layer above the phreatic zone = Vegetation vital zone • Presence of a certain amount of water and oxygen. Without this zone, several plants would be unable to survive.

Map of Canada



© 2006. Her Majesty the Queen in Right of Canada, Natural Resources Canada.

Provinces and Territories of Canada

Provinces

Alberta



Capital: Edmonton
Motto: *Fortis et liber*
(Strong and free)
Size: 661,848 km²



Flower: Wild Rose
Tree: Lodgepole Pine

British Columbia



Capital: Victoria
Motto: *Splendor sine occasu*
(Splendour without diminishment)
Size: 944,735 km²



Flower: Pacific Dogwood
Tree: Western Red Cedar

Manitoba



Capital: Winnipeg
Motto: *Gloriosus et liber*
(Glorious and free)
Size: 647,797 km²



Flower: Prairie Crocus
Tree: White Spruce

New Brunswick



Capital: Fredericton
Motto: *Spem reduxit*
(Hope restored)
Size: 72,908 km²



Flower: Purple Violet
Tree: Balsam Fir

Newfoundland and Labrador



Capital: St. John's
Motto: *Quaerite primum regnum dei*
(Seek ye first the Kingdom of God)
Size: 405,212 km²



Flower: Insect-eating Pitcher Plant
Tree: Black Spruce

Nova Scotia



Capital: Halifax
Motto: *Munit haec et altera vincit*
(One defends and the other conquers)
Size: 55,284 km²



Flower: Mayflower
Tree: Red Spruce

Ontario

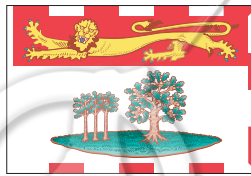


Capital: Toronto
Motto: *Ut incepit fidelis sic permanent*
(Loyal she began, loyal she remains)
Size: 1,076,395 km²



Flower: White Trillium
Tree: Eastern White Pine

Prince Edward Island



Capital: Charlottetown
Motto: *Parva sub ingenti*
(The small under the protection of the great)
Size: 5,660 km²



Flower: Lady's Slipper
Tree: Red Oak

Quebec



Capital: Quebec City
Motto: *Je me souviens*
(I remember)
Size: 1,542,056 km²



Flower: Blue Flag
Tree: Yellow Birch

Saskatchewan



Capital: Regina
Motto: *Multis e gentibus vires*
(From many peoples strength)
Size: 651,036 km²



Flower: Western Red Lily
Tree: White Birch

Territories

Northwest Territories



Capital: Yellowknife
Size: 1,346,106 km²

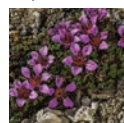


Flower: Mountain Avens
Tree: Tamarack Larch

Nunavut



Capital: Iqaluit
Motto: *Nunavut Sanginivut*
(Nunavut, our strength)
Size: 2,093,190 km²

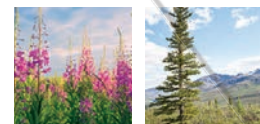


Flower: Purple Saxifrage

Yukon



Capital: Whitehorse
Size: 482,443 km²



Flower: Fireweed
Tree: Subalpine Fir

World Map



America

- | | |
|--------------------------------------|--|
| Antigua-and-Barbuda,
St. John's | Grenada-and-Carriacou,
St. George's |
| Argentina, Buenos Aires | Guatemala, Guatemala City |
| Bahamas, Nassau | Guyana, Georgetown |
| Barbados, Bridgetown | Haiti, Port-au-Prince |
| Belize, Belmopan | Honduras, Tegucigalpa |
| Bermuda, Hamilton | Jamaica, Kingston |
| Bolivia, La Paz, Sucre | Mexico, Mexico City |
| Brazil, Brasilia | Nicaragua, Managua |
| Canada, Ottawa | Panama, Panama City |
| Chile, Santiago | Paraguay, Asuncion |
| Colombia, Bogotá | Peru, Lima |
| Costa Rica, San Jose | Saint Lucia, Castries |
| Cuba, Havana | Saint Vincent and the Grenadines,
Kingstown |
| Dominica, Roseau | Suriname, Paramaribo |
| Dominican Republic,
Santo Domingo | Trinidad-and-Tobago, Port-of-Spain |
| Ecuador, Quito | Uruguay, Montevideo |
| El Salvador, San Salvador | U.S.A., Washington D.C. |
| French Guyana, Cayenne | Venezuela, Caracas |

Europe

- | | | | | |
|---------------------------------|---------------------|---------------------------|----------------------------------|---------------------------|
| Albania, Tiranë | Denmark, Copenhagen | Italy, Rome | Netherlands, Amsterdam | Slovenia, Ljubljana |
| Andorra, Andorra la Vella | Estonia, Tallinn | Latvia, Riga | Norway, Oslo | Spain, Madrid |
| Austria, Vienna | Finland, Helsinki | Liechtenstein, Vaduz | Poland, Warsaw | Sweden, Stockholm |
| Belgium, Brussels | France, Paris | Lithuania, Vilnius | Portugal, Lisbon | Switzerland, Berne |
| Bosnia Herzegovina,
Sarajevo | Germany, Berlin | Luxembourg,
Luxembourg | Republic of Macedonia,
Skopje | Ukraine, Kiev |
| Bulgaria, Sofia | Greece, Athens | Malta, Valletta | Romania, Bucharest | United Kingdom,
London |
| Belarus, Minsk | Greenland, Nuuk | Moldova, Chisinau | San Marino, San Marino | |
| Croatia, Zagreb | Hungary, Budapest | Monaco, Monaco | Serbia, Belgrade | |
| Czech Republic, Prague | Iceland, Reykjavik | Montenegro, Podgorica | Slovak Republic, Bratislava | |
| | Ireland, Dublin | | | |



Africa

Algeria, Algiers
 Angola, Luanda
 Benin, Porto-Novo
 Botswana, Gaborone
 Burkina Faso,
 Ouagadougou
 Burundi, Bujumbura
 Cameroon, Yaoundé
 Cape Verde, Praia
 Central African Rep.,
 Bangui
 Chad, N'Djamena
 Comoros, Moroni
 Congo, Brazzaville
 Côte d'Ivoire,
 Yamoussoukro
 Dem. Rep. of the Congo,
 Kinshasa
 Egypt, Cairo
 Equatorial Guinea, Malabo
 Eritrea, Asmara
 Ethiopia, Addis Ababa
 Gabon, Libreville
 Gambia, Banjul
 Ghana, Accra
 Guinea, Conakry
 Guinea-Bissau, Bissau
 Kenya, Nairobi
 Lesotho, Maseru
 Liberia, Monrovia
 Libya, Tripoli

Madagascar,
 Antananarivo
 Malawi, Lilongwe
 Mali, Bamako
 Mauritania, Nouakchott
 Mauritius, Port Louis
 Morocco, Rabat
 Mozambique, Maputo
 Namibia, Windhoek
 Niger, Niamey
 Nigeria, Abuja
 Rep. of Djibouti, Djibouti
 Rwanda, Kigali
 São Tomé and Príncipe,
 São Tomé
 Senegal, Dakar
 Seychelles, Victoria
 Sierra Leone, Freetown
 Somalia, Mogadishu
 South Africa, Pretoria
 Sudan, Khartoum
 Swaziland, Mbabane
 Tanzania, Dodoma
 Togo, Lomé
 Tunisia, Tunis
 Uganda, Kampala
 Zambia, Lusaka
 Zimbabwe, Harare

Asia

Afghanistan, Kabul
 Armenia, Yerevan
 Azerbaijan, Baku
 Bahrain, Manama
 Bangladesh, Dhaka
 Bhutan, Thimphu
 Brunei, Bandar Seri Begawan
 Cambodia, Phnom Penh
 Cyprus, Nicosia
 Dem. People's Rep. of Korea,
 Pyongyang
 Georgia, Tbilisi
 India, New Delhi
 Indonesia, Jakarta
 Iran, Tehran
 Iraq, Baghdad
 Israel, Jerusalem
 Japan, Tokyo
 Jordan, Amman
 Kazakhstan, Astana
 Kuwait, Kuwait
 Kyrgyzstan, Bishkek
 Laos, Vientiane
 Lebanon, Beirut
 Malaysia, Kuala Lumpur
 Maldives, Malé

Mongolia, Ulaanbaatar
 Myanmar, Naypyidaw
 Nepal, Kathmandu
 Oman, Muscat
 Pakistan, Islamabad
 People's Republic of China,
 Beijing
 Philippines, Manila
 Qatar, Doha
 Rep. of Korea, Seoul
 Russia, Moscow
 Saudi Arabia, Riyadh
 Singapore, Singapore
 Sri Lanka, Colombo,
 Sri Jayawardenapura Kotte
 Syria, Damascus
 Tajikistan, Dushanbe
 Thailand, Bangkok
 Turkey, Ankara
 Turkmenistan, Ashgabat
 United Arab Emirates,
 Abu Dhabi
 Uzbekistan, Tashkent
 Vietnam, Hanoi
 Yemen, Sana'a

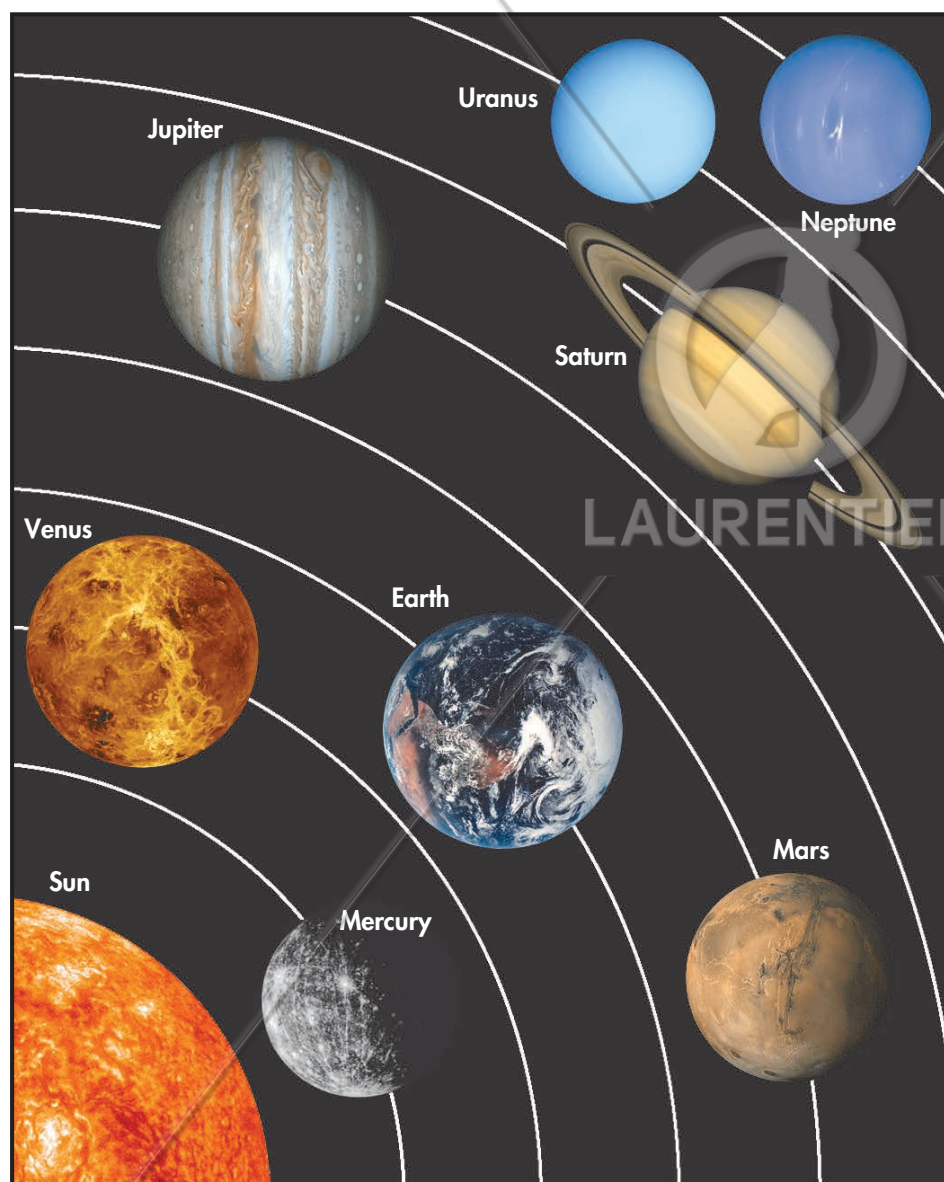
Oceania

Australia, Canberra
 Fed. States of Micronesia,
 Palikir
 Fiji, Suva
 Kiribati, Tarawa
 Marshall Islands, Majuro
 Nauru, Yaren District
 New Caledonia, Noumea
 New Zealand, Wellington
 Papua New Guinea, Port
 Moresby
 Samoa, Apia
 Solomon Islands, Honiara
 Tonga, Nuku'alofa
 Tuvalu, Funafuti
 Vanuatu, Port Vila

Solar System

Planet*	Distance from the Sun (10 ⁶ km)	Diameter (km)	Mass (10 ²⁴ kg)	Rotation period (hours)	Orbital Period (days)	Mean surface temperature (°C)	Number of Moons
Mercury	57.9	4879	0.330	1407.6	88	167	0
Venus	108.2	12 104	4.87	-5832.5	224.7	464	0
Earth	149.6	12 756	5.97	23.9	365.2	15	1
Mars	227.9	6792	0.642	24.6	687	-65	2
Jupiter	778.6	142 984	1898	9.9	4331	-110	79
Saturn	1433.5	120 536	568	10.7	10 747	-140	82
Uranus	2872.5	51 118	86.8	-17.2	30 589	-195	27
Neptune	4495.1	49 528	102	16.1	59 800	-200	14

* On August 24, 2006, the International Astronomical Union (IAU) formally downgraded Pluto from an official planet to a dwarf planet (like Eris and Ceres).



Earth

The Earth is the solar system's fifth largest planet and the third in distance from the Sun. It spins from west to east around its polar axis. This rotation causes the alternation of day and night. As it rotates, the Earth also orbits around the Sun. This causes the change of seasons.

Age of the Earth:

approx. 4.5 billion years

Orbital speed:

107 218 km/h

Rotation speed:

1670 km/h

Equatorial circumference:

40 030 km

Mass:

5.97×10^{24} kg

Surface area:

510 064 472 km²

Continental surface area:

149 500 000 km² (29.3%)

Oceanic surface area:

360 500 000 km² (70.7%)

Source: <https://nssdc.gsfc.nasa.gov/planetary/factsheet/> NASA, October 2019

Caring for the Earth



Everyone has a role to play in keeping our planet Earth healthy. It's a part you play every day. How do you play your part?
We have all heard of "Reduce, Reuse, Recycle."
Let's look at what you can do and how it helps you play your part.

Reduce

Reduce the fuel you use by biking or walking instead of getting a drive.

Reduce the garbage you create by taking a litterless lunch. Use reusable containers for your sandwiches, snacks, and drinks. That way you won't have anything to throw away when you're done.

Reduce the paper you use by using both sides of every sheet.

I do my part to reduce by: _____



Reuse

Reuse plastic bags. Take a reusable bag, when you go to the store.

Give toys, books, and clothing that you no longer use to a charity, so other people can reuse them.

Reuse newspapers to protect tables when you are doing something messy. You can also make interesting wrapping paper from the coloured comics in your newspaper.

I do my part to reuse by: _____



Recycle

Recycle glass bottles, plastic bottles and jugs, aluminum and tin cans, paper and newspaper. Put them in a recycling bin instead of a garbage can.

I do my part to recycle by: _____



Did you know?



When you recycle a stack of newspaper that is one-metre high, you save an evergreen tree that has grown ten-metre tall.



When you recycle one aluminum can, you save enough energy to run your television for three hours.



You can rest on a plastic park bench made from recycled milk jugs and other plastic bottles.



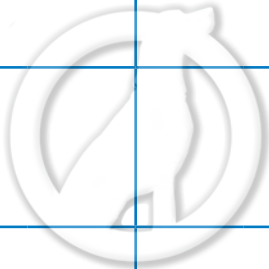
Take action to protect the environment

On average, each Canadian produces every year over five tonnes of greenhouse gases. As the concentration of these gases increases in our atmosphere, they are causing average temperatures to rise and are contributing to air pollution and smog. For more information on climate change and how to reduce the production of greenhouse gases, visit the Government of Canada Climate Change web site at <https://www.canada.ca/en/services/environment/weather/climatechange.html>

Do your part to care for the Earth - Reduce, Reuse, and Recycle.

Timetable

	to : :	to : :	to : :	to : :	to : :	to : :
1						
2						
3						
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LAURENTIEN