

# 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](http://www.cybertip.ca) and [www.cyberbullying.ca](http://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.

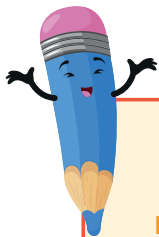
I am a child of God. I am a member  
God's family.

God created all humans.

## 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**.



Research the meaning of...

Parish:

Liturgy of  
the Eucharist:

LAURENTIEN

## 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:

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

## I Pray

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 on the blank below:

I am a child of God! My human family is part of God's family too.

## September 2024

### Septembre

Monday  
Lundi

Tuesday  
Mardi

Wednesday  
Mercredi

Thursday  
Jeudi

Friday  
Vendredi

Saturday  
Samedi

Sunday  
Dimanche

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 at their school.

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.

**1**

22<sup>ND</sup> SUNDAY  
IN ORDINARY TIME  
WORLD DAY OF PRAYER  
FOR THE CARE  
OF CREATION

**2**

**3**

ST. GREGORY  
THE GREAT (M)

**4**

**5**

**6**

**7**

**8**

23<sup>RD</sup> SUNDAY  
IN ORDINARY TIME

**9**

**10**

**11**

**12**

**13**

ST. JOHN CHRYSOSTOM  
(M)

**14**

THE EXALTATION  
OF THE HOLY CROSS (F)

**15**

24<sup>TH</sup> 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<sup>TH</sup> SUNDAY  
IN ORDINARY TIME

**23**

ST. PIUS  
OF PIETRELCINA  
(M)

**24**

**25**

**26**

ST. JOHN DE BRÉBEUF  
AND ST. ISAAC JOQUES  
AND COMPANIONS (F)

**27**

ST. VINCENT DE PAUL (M)

**28**

**29**

26<sup>TH</sup> SUNDAY  
IN ORDINARY TIME  
WORLD DAY  
OF MIGRANTS  
AND REFUGEES

**30**

ST. JEROME (M)

(M) = Memorial (F) = Feast (S) = Solemnity

My Weekly Goal is:

My classmates and my teacher  
are also part of God's family.



Sunday Gospel  
Mark 7:31-37

Jesus Cures  
a Deaf Man

Monday / Lundi 2

Day / Jour

Message ☐

Signature



Tuesday / Mardi 3

Day / Jour

ST. GREGORY THE GREAT (M)

Message ☐

Signature



Wednesday / Mercredi 4

Day / Jour

Message ☐

Signature





# September 2024

## Septembre



### 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 program  
ecoschools.ca

### I am reading / Je lis

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Thursday / Jeudi 5

Day / jour

Message ☐

Signature



Friday / Vendredi 6

Day / jour

Message ☐

Signature



### Words of the week / Mots de la semaine

1.

2.

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14.

15.

16.



**Aurélie Rivard**, originally from Quebec, was born with an underdeveloped left hand. Her perseverance brought her several medals and she was named an International Athlete in 2020.

I Believe Jesus is God's  
Only Son our Lord.  
My Weekly Goal is:

If your school is focusing on a virtue,  
can you guess how it fits into God's  
guidelines for life?



Sunday Gospel  
Mark 12:38-44  
The Widow's Offering

Monday / Lundi 4

Day / Jour

ST. CHARLES BORROMEEO (M)

Message ☐

Signature



Tuesday / Mardi 5

Day / Jour

Message ☐

Signature



Wednesday / Mercredi 6

Day / Jour

Message ☐

Signature





**Did you know?**

Idling is when we let a vehicle's engine run while it is parked. Letting cars idle wastes money and fuel, and causes pollution that contributes to climate change.



Environmental learning and certification program

ecoschools.ca

I am reading / Je lis

Thursday / Jeudi 7

Day / jour

Message ☐

Signature



Friday / Vendredi 8

Day / jour


Message ☐

Signature



Words of the week / Mots de la semaine

1.	5.	9.	13.
2.	6.	10.	14.
3.	7.	11.	15.
4.	8.	12.	16.



Repeatedly bullied, Nova Scotia's **Elsie Morden** created the "No Time for That" tour during her final year of high school. She shared her story with students from more than 450 schools.

**I Believe Jesus is God from God**  
*My Weekly Goal is:*

Jesus began His mission by being baptized. We begin our life as Christians when we are baptized. As the New Year, Baptism is a new beginning. If you have been baptized, it might be fun to look at some pictures your parents took at the ceremony. Look for the symbols of baptism in the pictures!



**Sunday Gospel**  
**Luke 3:15-16, 21-22**  
**The Baptism of Jesus**

**Monday / Lundi 6**

Day / Jour

Message ☐

Signature



**Tuesday / Mardi 7**

Day / Jour

ST. ANDRÉ BESSETTE (M)

Message ☐

Signature



**Wednesday / Mercredi 8**

Day / Jour

Message ☐

Signature





### Trivia

How many different species of birds were recorded by Canadians of all ages in the Great Backyard Bird Count in 2023?

Answer: Over 250 unique species were spotted with nearly 58,000 submissions!



Environmental learning  
and certification program  
ecoschools.ca

### I am reading / Je lis

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Thursday / Jeudi 9

Day / Jour

Message ☐

Signature



Friday / Vendredi 10

Day / Jour

Message ☐

Signature



### Words of the week / Mots de la semaine

1. <hr/>	5. <hr/>	9. <hr/>	13. <hr/>
2. <hr/>	6. <hr/>	10. <hr/>	14. <hr/>
3. <hr/>	7. <hr/>	11. <hr/>	15. <hr/>
4. <hr/>	8. <hr/>	12. <hr/>	16. <hr/>



**Rebecca Schofield (1999–2018)** — Although she passed away in 2018, New Brunswick teenager Becca Schofield's #BeccaToldMeTo movement inspired acts of kindness and community engagement across Canada.

# April 2025

## Auril

**I Believe in the Resurrection**

*My Weekly Goal is:*

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If I find out when Chrism Mass  
is celebrated in my Diocese, I can mark  
it on my calendar in my planner.



**Sunday Gospel**  
**John 8:1-11**

**Jesus Forgives  
a Sinner**

**Monday / Lundi 31** Mar. / mars

Day / Jour

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Message ☐

Signature



**Tuesday / Mardi 1**

Day / Jour

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Message ☐

Signature



**Wednesday / Mercredi 2**

Day / Jour

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Message ☐

Signature







### Did you know?

Dr. Bondar, the first Canadian woman in space, is also the only astronaut to use fine art photography to explore Earth's natural environment from the surface. The Bondar Challenge is a contest for students to learn about the art of photography and to discover nature. Visit [ecoschools.ca/bondarchallenge](https://ecoschools.ca/bondarchallenge) to participate.



**Environmental learning  
and certification program**  
[ecoschools.ca](https://ecoschools.ca)

### I am reading / Je lis

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Thursday / Jeudi 3

Day / Jour

Message ☐

Signature



Friday / Vendredi 4

Day / Jour

Message ☐

Signature



### Words of the week / Mots de la semaine

1. <hr/>	5. <hr/>	9. <hr/>	13. <hr/>
2. <hr/>	6. <hr/>	10. <hr/>	14. <hr/>
3. <hr/>	7. <hr/>	11. <hr/>	15. <hr/>
4. <hr/>	8. <hr/>	12. <hr/>	16. <hr/>



Professional Canadian tennis player **Félix Auger-Aliassime** of Montréal made his ATP Tour debut as a 17-year-old in 2018.

# Catholic Graduate Expectations



**I AM  
A BELIEVER!**



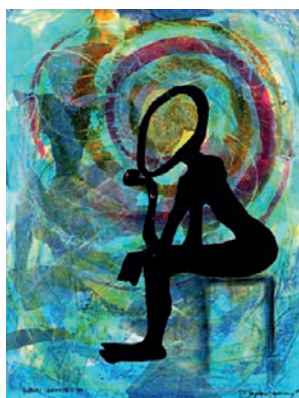
**I AM A TEAM  
PLAYER!**



**I HAVE  
A VOICE!**



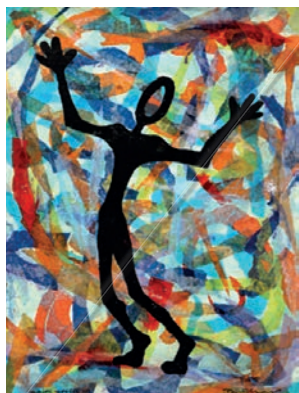
**I CARE!**



**I HAVE IDEAS!**



**I HAVE  
RESPONSIBILITIES!**



**I AM A  
LEARNER  
FOR LIFE!**

## THE TEN COMMANDMENTS

**1**

I am the Lord thy God:  
You shalt not have  
strange gods  
before me.

**2**

You shalt not  
take the name of the  
Lord thy God  
in vain.

**3**

Remember to keep  
holy the Lord's day.

**4**

Honour thy father and  
thy mother.

**5**

You shalt not kill.

**6**

You shalt not  
commit adultery.

**7**

You shalt not steal.

**8**

You shalt not bear  
false witness against  
thy neighbour.

**9**

You shalt not covet  
thy neighbour's wife.

**10**

You shalt  
not covet thy  
neighbour's goods.

## THE BEATITUDES

**1**

Blessed are the poor  
in spirit, for theirs  
is the kingdom  
of heaven.

**2**

Blessed are they who  
mourn, for they will  
be comforted.

**3**

Blessed are the meek,  
for they will inherit  
the land.

**4**

Blessed are they who  
hunger and thirst for  
righteousness, for  
they will be satisfied.

**5**

Blessed are  
the merciful,  
for they will be  
shown mercy.

**6**

Blessed are the clean  
of heart, for they will  
see God.

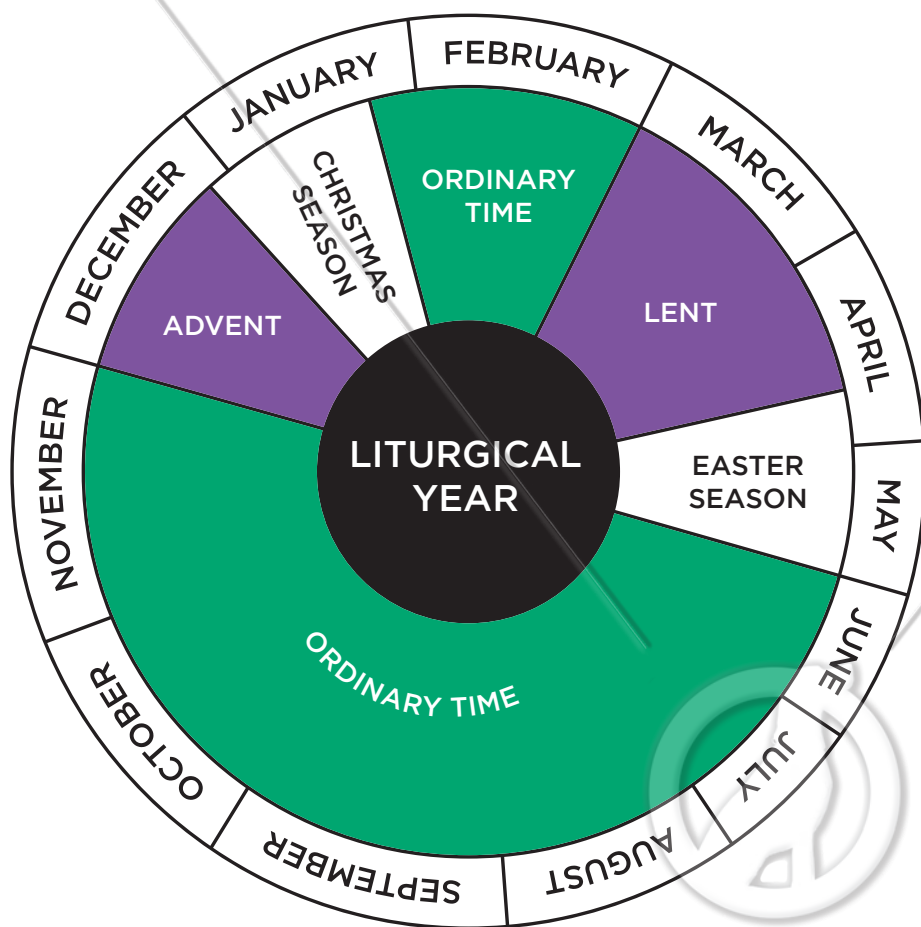
**7**

Blessed are the  
peacemakers, for they  
will be called children  
of God.

**8**

Blessed are they  
who are persecuted  
for the sake  
of righteousness,  
for theirs is the  
kingdom of heaven.

# Celebrating During the Liturgical Year



**"Celebrate"** means to mark an important event. The Liturgical Year is the cycle of the Church celebrations of Sundays, Seasons and Feasts. All celebrations honour the Paschal Mystery: the Life, Death and Resurrection of Jesus. For example, we commemorate in a special way the Birth of Jesus, and his Resurrection. Year after year, these great celebrations return...

The Church's celebrations may generally be called feasts. However, there are three basic classifications of feasts.

- **Solemnities (S):** These are the most important feasts. They celebrate the most significant mysteries of the Catholic faith.
- **Feasts (F):** These celebrate other key components of our faith. On Feast Days we celebrate a title of Jesus or Mary, or important saints or events.
- **Memorials (M):** Memorials celebrate other aspects of our faith such as other saints, or characteristics of Jesus or Mary.

## HOLY DAYS OF OBLIGATION

The Church asks that we attend particular liturgical celebrations. These are holy days of obligation.

### Canadian Holy Days of Obligation

- **Sundays:** Sunday is our most important Feast Day. We gather as community to celebrate the Paschal mystery.
- **Solemnity of The Nativity of the Lord (Christmas):** December 25.
- **Solemnity of Mary, the Holy Mother of God:** January 1.

### A Note on Ordinary Time

**(September 1 to November 30, 2024, and June 9 to August 31, 2025)**

Ordinary Time refers to the times of the year that fall outside the Seasons of Advent, Christmas, Lent and Easter. We continue to celebrate solemnities, feasts and memorials during Ordinary Time.



# Dates to Remember



## **ADVENT**

*December 1 to December 24 Morning, 2025*

Advent is a time of preparation.



## **HOLY WEEK**

*April 13 to Holy Thursday Morning on April 17, 2025*

This is the final week of Lent.



## **CHRISTMAS**

*December 25, 2025*

We celebrate the Solemnity of The Nativity of the Lord.



## **EASTER TRIDUUM**

*From Holy Thursday Evening, April 17 until the Easter Vigil on Holy Saturday, April 19, 2025*

These last three days of Holy Week commemorate the final three days of Jesus' life.



## **EPIPHANY**

*January 5, 2025*

It commemorates the "wise men" (magi) who came from far away to pay homage to the newborn King, Jesus.



## **EASTER**

*April 20, 2025*

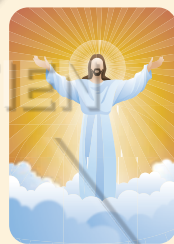
Easter is when Christians celebrate the Resurrection of Jesus. It is the high point of the Christian year.



## **ASH WEDNESDAY**

*March 5, 2025*

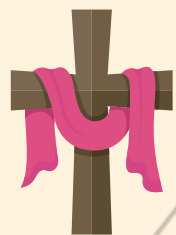
This is the first day of Lent. It is a solemn celebration.



## **THE ASCENSION OF THE LORD**

*June 1, 2025*

We commemorate Jesus rising bodily into heaven after His resurrection.



## **LENT**

*March 5 to April 17 Morning, 2025*

Lent is a solemn time of preparation for Easter.



## **PENTECOST**

*June 8, 2025*

On that day, the Apostles received the Holy Spirit and began proclaiming the resurrection of Jesus.



## **PALM SUNDAY**

*April 13, 2025*

Palm Sunday is the day we remember Jesus' solemn entry into Jerusalem.

# The Seven Sacraments

The Sacraments of the Catholic Church are visible signs of the invisible grace of God. They were instituted by Jesus Christ who entrusted their care to the Church. Jesus lives and acts through the Sacraments. They proclaim, celebrate and make present the Paschal Mystery: that Christ's life, death and resurrection saved and redeemed the world. The whole liturgical life of the Catholic Church revolves around the Eucharist and the sacraments. There are seven sacraments in the Church: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Matrimony and Holy Orders.

## THE SACRAMENTS OF INITIATION: The Foundations of Christian Life



### SACRAMENT OF BAPTISM

Baptism initiates a person into the Christian life. It is the gateway to the other Sacraments. The grace of Baptism marks the receiver with the invisible seal of Christ. It frees humans from original sin and from personal guilt. It enables them to be reborn in the Holy Spirit as children of God, brothers and sisters of Christ and members of the Church.



### SACRAMENT OF CONFIRMATION

The sacrament of Confirmation completes the sacramental grace of baptism. It unleashes the power of the Holy Spirit, received at Baptism. This strengthens the ability of the person who receives the sacrament to witness to Jesus Christ and remain faithful to Him. It marks the receiver with the seal of the Holy Spirit.



### SACRAMENT OF THE EUCHARIST

The Eucharist is the source and summit of the Christian life. It completes initiation into the Catholic Church. The Eucharist is real and spiritual food for the Christian journey. The real presence of Jesus Christ manifests in the form of bread and wine. The celebration of the sacrament recalls, gives praise and thanks for, and makes present the Paschal mystery. Its grace unites the receiver with Christ, strengthening the ability to imitate Christ and resist the temptation to sin. All the other sacraments centre around the Eucharist.



## **THE SACRAMENTS OF HEALING: Continue the Healing and Saving Work of Christ**



### **SACRAMENT OF RECONCILIATION**

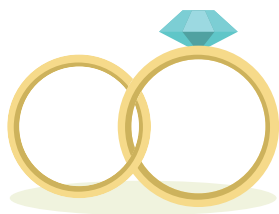
Baptism is the first instance of the forgiveness of sins. However, humans remain tempted to sin. Through the Sacrament of Reconciliation, the receiver confesses and receives pardon for all sins. The Sacrament is necessary for the forgiveness of mortal sins which rupture the relationship with God. Its grace reconciles the receiver with God, enables continued conversion of heart, inspires repentance and provides strength to resist temptation.



### **SACRAMENT OF ANOINTING OF THE SICK**

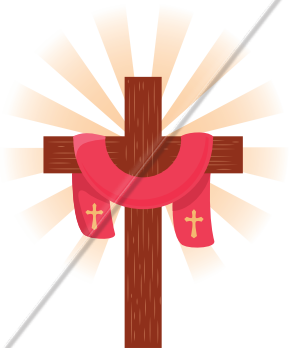
The Sacrament of Anointing of the Sick provides those experiencing serious illness, or those who are near death with the strength, peace and courage they need to endure their trials. It unites their suffering to that of Christ on the cross. Its grace may provide healing of the body, but its essential purpose is to provide healing of the soul, unity with Christ and forgiveness of sins.

## **THE SACRAMENTS AT THE SERVICE OF COMMUNION: Build Up and Serve the Church**



### **SACRAMENT OF MATRIMONY**

Matrimony is a covenantal relationship. The spouses commit to a lifelong partnership of service for the good of the other. Each helps build up the other as a follower of Christ. The spouses agree to be open to the arrival of children and to educate their offspring in following Christ. Therefore, the family is the domestic Church. The grace of the sacrament strengthens the couple's love and faithfulness.



### **SACRAMENT OF HOLY ORDERS**

Holy Orders is the Sacrament through which men are ordained to carry on the mission of Christ's Apostles. There are three levels of Holy Orders: deacons, priests and bishops. Through the grace of the Holy Spirit, the receiver is provided with special powers of Christ to administer sacraments and care for the Church.

## Prayers

## THE SIGN OF THE CROSS

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

## ACT OF CONTRITION

O my God, I am sorry  
for having sinned.  
I love you with all my heart.  
With your help, I will  
try not to sin again.  
Amen.

**GLORY BE**

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen.

## THE LORD'S PRAYER

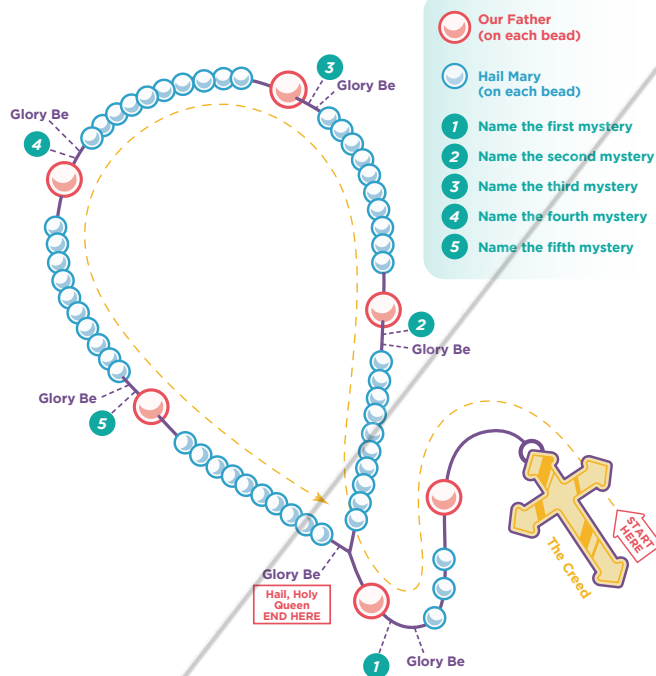
Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth,  
as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those  
who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

## THE MORNING OFFERING

O Jesus, through the  
Immaculate Heart of Mary,  
I offer you my prayers, works, joys,  
and sufferings of this day  
for all the intentions of  
Your Sacred Heart,  
in union with the Holy Sacrifice  
of the Mass  
throughout the world,  
in reparation for my sins,  
for the intentions of all my  
relatives and friends,  
and in particular for the intentions  
of our Holy Father the Pope.  
Amen.

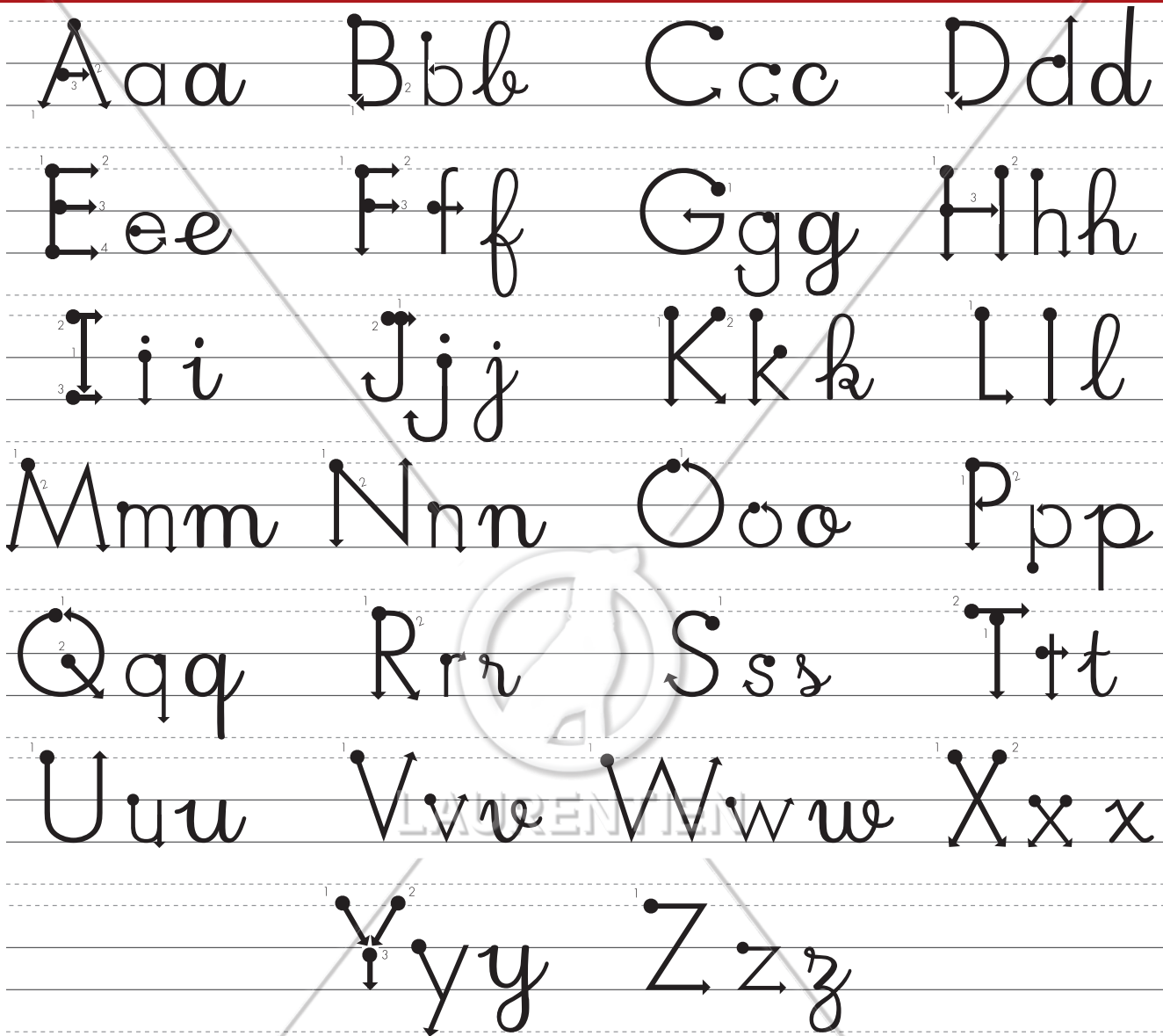
## HAIL MARY

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary,  
Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

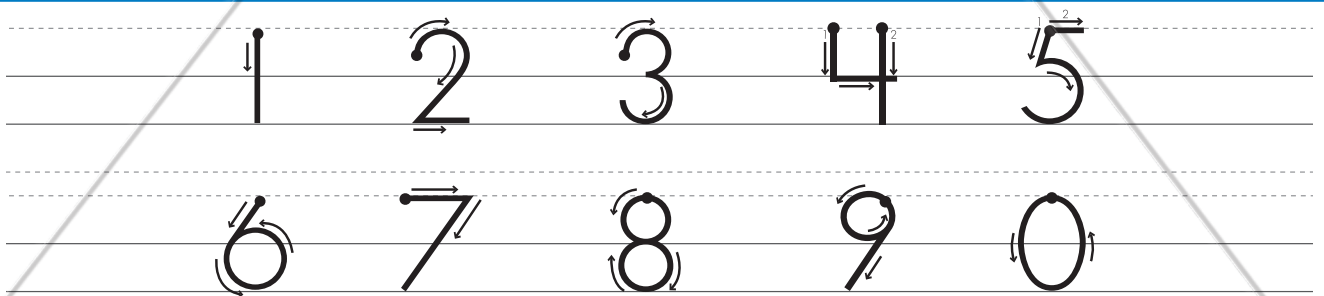


# Learn to Trace

## 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
	<b>1 + 1 = 2</b>		1 + 2 = 3		1 + 3 = 4		1 + 4 = 5		1 + 5 = 6		1 + 6 = 7
	2 + 1 = 3		<b>2 + 2 = 4</b>		2 + 3 = 5		2 + 4 = 6		2 + 5 = 7		2 + 6 = 8
	3 + 1 = 4		3 + 2 = 5		<b>3 + 3 = 6</b>		3 + 4 = 7		3 + 5 = 8		3 + 6 = 9
	4 + 1 = 5		4 + 2 = 6		4 + 3 = 7		<b>4 + 4 = 8</b>		4 + 5 = 9		4 + 6 = 10
	5 + 1 = 6		5 + 2 = 7		5 + 3 = 8		5 + 4 = 9		<b>5 + 5 = 10</b>		5 + 6 = 11
	6 + 1 = 7		6 + 2 = 8		6 + 3 = 9		6 + 4 = 10		6 + 5 = 11		<b>6 + 6 = 12</b>
	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
	<b>7 + 7 = 14</b>		7 + 8 = 15		7 + 9 = 16		7 + 10 = 17		7 + 11 = 18		7 + 12 = 19
	8 + 7 = 15		<b>8 + 8 = 16</b>		8 + 9 = 17		8 + 10 = 18		8 + 11 = 19		8 + 12 = 20
	9 + 7 = 16		9 + 8 = 17		<b>9 + 9 = 18</b>		9 + 10 = 19		9 + 11 = 20		9 + 12 = 21
	10 + 7 = 17		10 + 8 = 18		10 + 9 = 19		<b>10 + 10 = 20</b>		10 + 11 = 21		10 + 12 = 22
	11 + 7 = 18		11 + 8 = 19		11 + 9 = 20		11 + 10 = 21		<b>11 + 11 = 22</b>		11 + 12 = 23
	12 + 7 = 19		12 + 8 = 20		12 + 9 = 21		12 + 10 = 22		12 + 11 = 23		<b>12 + 12 = 24</b>

## 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

+2

+2

+2

+5

+10

+10

+10



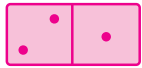
# Game of numbers

**2**



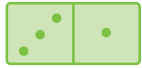
$$\begin{aligned} 1 + 1 &= 2 \\ 2 - 1 &= 1 \end{aligned}$$

**3**



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

**4**



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

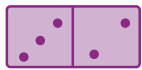


$$\begin{aligned} 2 + 2 &= 4 \\ 4 - 2 &= 2 \end{aligned}$$

**5**



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

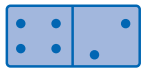


$$\begin{aligned} 3 + 2 &= 5 \\ 2 + 3 &= 5 \\ 5 - 2 &= 3 \\ 5 - 3 &= 2 \end{aligned}$$

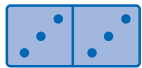
**6**



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



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



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

**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**



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



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

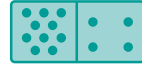


$$\begin{aligned} 8 + 5 &= 13 \\ 5 + 8 &= 13 \\ 13 - 5 &= 8 \\ 13 - 8 &= 5 \end{aligned}$$



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

**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**



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

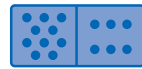


$$\begin{aligned} 9 + 6 &= 15 \\ 6 + 9 &= 15 \\ 15 - 6 &= 9 \\ 15 - 9 &= 6 \end{aligned}$$



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

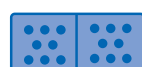
**16**



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



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



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

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

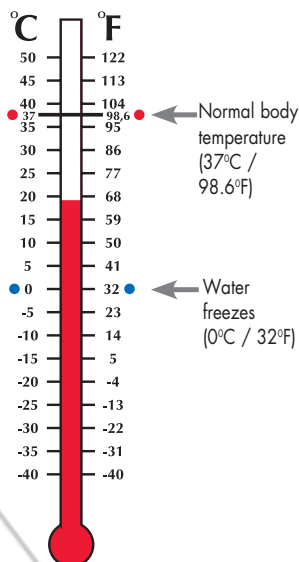
## DAYS OF THE WEEK

• Monday    • Thursday    • Saturday  
 • Tuesday    • Friday    • Sunday  
 • Wednesday


## MONTHS OF THE YEAR






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

## TEMPERATURE

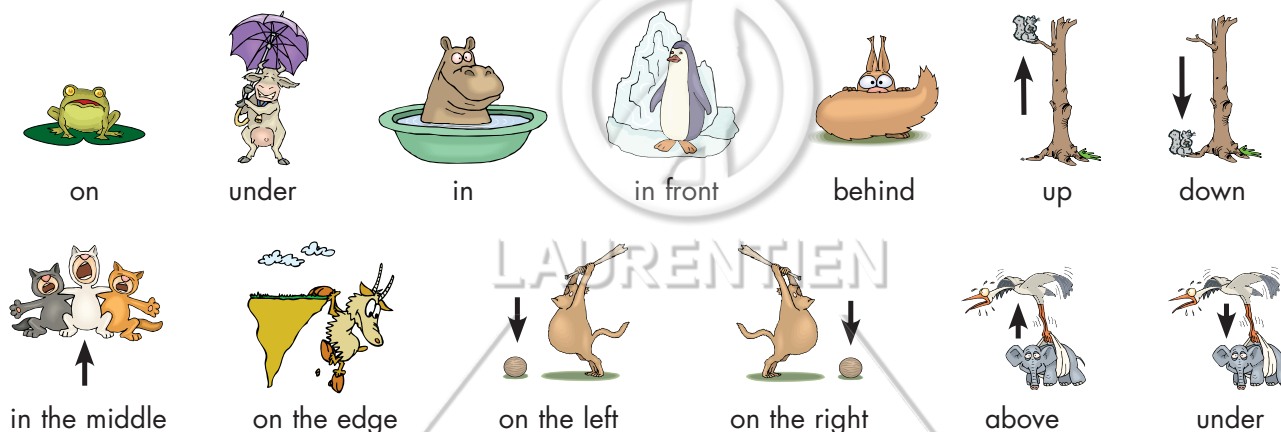


## COINS



	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 PRODUCTS<sup>1</sup>

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



POISON



FLAMMABLE



EXPLOSIVE



CORROSIVE

The TYPE of danger as well as its DEGREE.

TYPE



DEGREE



Figures below indicate the DEGREE of danger.



DANGER



WARNING



ATTENTION

<sup>1</sup> Source: Health Canada.

# Music and Colours



## NOTES

	whole note
	half note
	quarter note
	eighth note
	sixteenth note

## RESTS

	whole rest
	half rest
	quarter rest
	eighth rest
	sixteenth rest

## TERMS RELATING TO VOLUME

<b>pp</b>	Pianissimo (very soft)
<b>p</b>	Piano (soft)
<b>f</b>	Forte (loud)
<b>ff</b>	Fortissimo (very loud)

## OTHER SYMBOLS

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

## TERMS RELATING TO TEMPO

<b>Allegro</b>	Fast Bright Tempo
<b>Andante</b>	Slow Walking Tempo
<b>Legato</b>	Smooth, Flowing Sound
<b>Moderato</b>	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

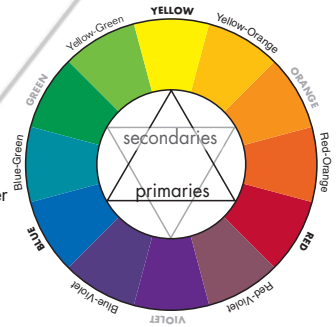
are orange, violet and green and are made by mixing two primary colours from either side of the colour wheel.

## 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

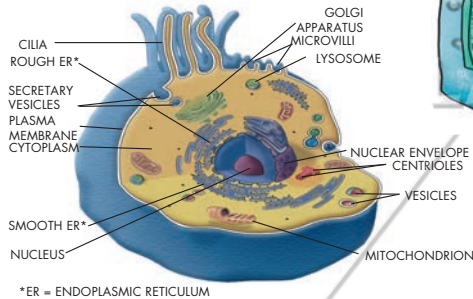
are opposite from each other. They contrast because they do not have any colours in common. Orange is made by mixing red and yellow, so it will complement blue.



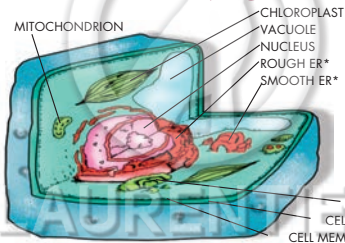
# Life on Earth

## THE CELL STRUCTURE

### THE ANIMAL CELL

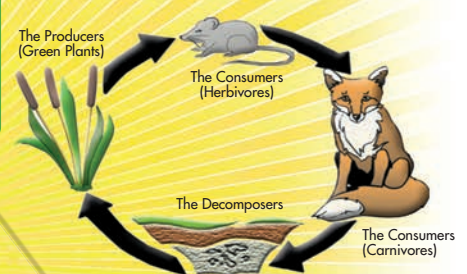


### THE PLANT CELL

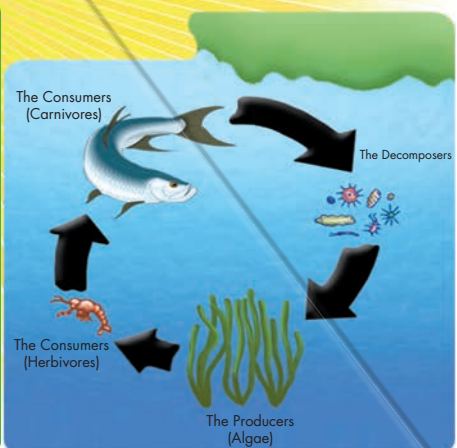


## THE FOOD CHAIN

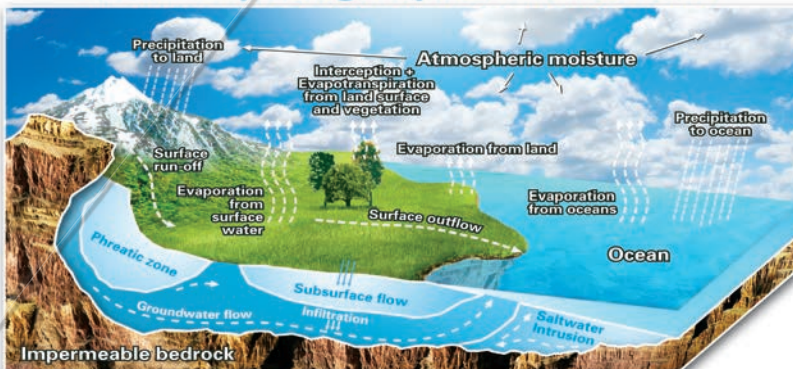
### ABOVE GROUND



### 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 km<sup>2</sup>



Flower:  
Wild Rose



Tree:  
Lodgepole Pine

### British Columbia



Capital: Victoria  
Motto: *Splendor sine occasu*  
(Splendour without  
diminishment)  
Size: 944,735 km<sup>2</sup>



Flower:  
Pacific  
Dogwood



Tree:  
Western  
Red Cedar

### Manitoba



Capital: Winnipeg  
Motto: *Gloriosus et liber*  
(Glorious and free)  
Size: 647,797 km<sup>2</sup>



Flower:  
Prairie Crocus



Tree:  
White Spruce

### New Brunswick



Capital: Fredericton  
Motto: *Spem reduxit*  
(Hope restored)  
Size: 72,908 km<sup>2</sup>



Flower:  
Purple Violet



Tree:  
Balsam Fir

### Newfoundland and Labrador



Capital: St. John's  
Motto: *Quaerite prim regnum dei*  
(Seek ye first the Kingdom  
of God)  
Size: 405,212 km<sup>2</sup>



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 km<sup>2</sup>



Flower:  
Mayflower



Tree:  
Red Spruce

### Ontario



Capital: Toronto  
Motto: *Ut incepit fidelis sic  
permanent*  
(Loyal she began,  
loyal she remains)  
Size: 1,076,395 km<sup>2</sup>

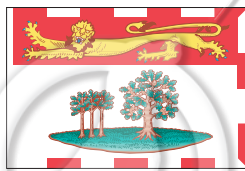


Flower:  
White Trillium



Tree:  
Eastern  
White Pine

### Prince Edward Island



Capital: Charlottetown  
Motto: *Parva sub ingenti*  
(The small under the  
protection of the great)  
Size: 5,660 km<sup>2</sup>



Flower:  
Lady's Slipper



Tree:  
Red Oak

### Quebec



Capital: Quebec City  
Motto: *Je me souviens*  
(I remember)  
Size: 1,542,056 km<sup>2</sup>

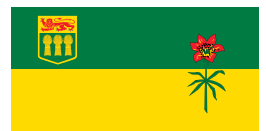


Flower:  
Blue Flag



Tree:  
Yellow Birch

### Saskatchewan



Capital: Regina  
Motto: *Multis e gentibus vires*  
(From many peoples  
strength)  
Size: 651,036 km<sup>2</sup>



Flower:  
Western  
Red Lily



Tree:  
White Birch

## Territories

### Northwest Territories



Capital: Yellowknife  
Size: 1,346,106 km<sup>2</sup>



Flower:  
Mountain Avens

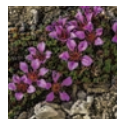


Tree:  
Tamarack Larch

### Nunavut



Capital: Iqaluit  
Motto: *Nunavut Sanginivut*  
(Nunavut, our strength)  
Size: 2,093,190 km<sup>2</sup>



Flower:  
Purple Saxifrage

### Yukon



Capital: Whitehorse  
Size: 482,443 km<sup>2</sup>



Flower:  
Fireweed



Tree:  
Subalpine Fir



# World Map



## America

Antigua-and-Barbuda, St. John's  
 Argentina, Buenos Aires  
 Bahamas, Nassau  
 Barbados, Bridgetown  
 Belize, Belmopan  
 Bermuda, Hamilton  
 Bolivia, La Paz, Sucre  
 Brazil, Brasilia  
 Canada, Ottawa  
 Chile, Santiago  
 Colombia, Bogotá  
 Costa Rica, San Jose  
 Cuba, Havana  
 Dominica, Roseau  
 Dominican Republic, Santo Domingo  
 Ecuador, Quito  
 El Salvador, San Salvador  
 French Guyana, Cayenne

Grenada-and-Carriacou, St. George's  
 Guatemala, Guatemala City  
 Guyana, Georgetown  
 Haiti, Port-au-Prince  
 Honduras, Tegucigalpa  
 Jamaica, Kingston  
 Mexico, Mexico City  
 Nicaragua, Managua  
 Panama, Panama City  
 Paraguay, Asuncion  
 Peru, Lima  
 Saint Lucia, Castries  
 Saint Vincent and the Grenadines, Kingstown  
 Suriname, Paramaribo  
 Trinidad-and-Tobago, Port-of-Spain  
 Uruguay, Montevideo  
 U.S.A., Washington D.C.  
 Venezuela, Caracas

## Europe

Albania, Tirane  
 Andorra, Andorra la Vella  
 Austria, Vienna  
 Belgium, Brussels  
 Bosnia Herzegovina, Sarajevo  
 Bulgaria, Sofia  
 Belarus, Minsk  
 Croatia, Zagreb  
 Czech Republic, Prague

Denmark, Copenhagen  
 Estonia, Tallinn  
 Finland, Helsinki  
 France, Paris  
 Germany, Berlin  
 Greece, Athens  
 Greenland, Nuuk  
 Hungary, Budapest  
 Iceland, Reykjavik  
 Ireland, Dublin

Italy, Rome  
 Latvia, Riga  
 Liechtenstein, Vaduz  
 Lithuania, Vilnius  
 Luxembourg, Luxembourg  
 Malta, Valletta  
 Moldova, Chisinau  
 Monaco, Monaco  
 Montenegro, Podgorica

Netherlands, Amsterdam  
 Norway, Oslo  
 Poland, Warsaw  
 Portugal, Lisbon  
 Republic of Macedonia, Skopje  
 Romania, Bucharest  
 San Marino, San Marino  
 Serbia, Belgrade  
 Slovak Republic, Bratislava

Slovenia, Ljubljana  
 Spain, Madrid  
 Sweden, Stockholm  
 Switzerland, Berne  
 Ukraine, Kiev  
 United Kingdom, London





## 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 <sup>6</sup> km)	Diameter (km)	Mass (10 <sup>24</sup> 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:

$5.97 \times 10^{24}$  kg

### Surface area:

510 064 472 km<sup>2</sup>

### Continental surface area:

149 500 000 km<sup>2</sup> (29.3%)

### Oceanic surface area:

360 500 000 km<sup>2</sup> (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.



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



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



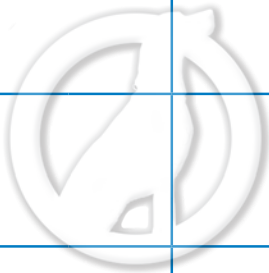
## Take action to protect the environment

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						
4						
5						
6						
7						
8						
9						
10						



LAURENTIEN