

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.

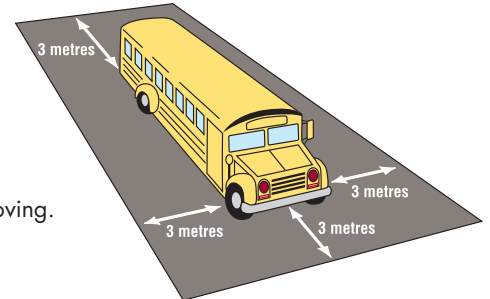
STUDY TIPS

- 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...

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:

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

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

							1
							22nd Sunday in ordinary time
2	3 St. Gregory The Great (M)	4	5	6	7	8 23rd Sunday in ordinary time	
9	10	11	12	13 St. John Chrysostom (M)	14 The Exaltation of The Holy Cross (F)	15 24th Sunday in Ordinary Time	
16 St. Cornelius and St. Cyprian (M)	17	18	19	20 St. Andrew Kim Tae-Gŏn priest, Paul Chŏng Ha- Sang, and Companions, martyrs (M)	21 St. Matthew (F)	22 25th 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	
30 St. Jerome (M)						26th Sunday in Ordinary Time	

(M) = Memorial (F) = Feast

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.



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

Monday / Lundi 16

Day / Jour

□

Message

Signature



Tuesday / Mardi 17

Day / Jour

□

Message

Signature



Wednesday / Mercredi 18

Day / Jour

□

Message

Signature





Trivia
Over the next 30 years, the number of hot days in a year is expected to be more than double in Canada. What are some ways you can protect yourself from the summer heat?

Answer: Keeping cool in the shade, seeking cool locations, and drinking plenty of water.

ecoschools
écoécoles
CANADA

Environmental learning and certification program
ecoschools.ca

I am reading / Je lis

Thursday / Jeudi 19 Day / jour

Message

Signature



Friday / Vendredi 20 Day / jour

LAURENTIEN

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. _____



Young Canadian inventor, Ann Makosinski, created a flashlight powered by the heat of the human hand.

Parts of Speech

Grammar classifies words based on eight parts of speech. Each part of speech explains how a word is used.

Verb

A verb indicates an action or a state of being.

Examples: That dog **barks** a lot. (present tense)
We **waited** for the bus. (past tense)
You **will join** the group next week. (future tense)

Noun

A noun is a word used to name a person, an animal, a place, an object or an idea.

A **common noun** refers to a person, an animal, a place, an object or an idea in a general sense.

Examples: **boy dog house paper music**

A **proper noun** is capitalized and is used to name a specific person, place, thing or idea.

Examples: **Mary Washington Friday White House**

Pronoun

A pronoun replaces a noun or another pronoun. Pronouns are used to make sentences less repetitive and easier to read.

Examples: Julia called her friend as soon as she arrived home from school.

Adjective

An adjective modifies nouns and pronouns by describing, identifying, or indicating quantity. For example, an adjective can indicate colour, size, quality, number, or possession.

Examples: A **little, red** dress
A **rusty, old** truck

Adverb

An adverb modifies verbs, adjectives or other adverbs by indicating manner, time, place, degree and cause. Adverbs often answer the questions "how", "when", "where", "how much."

Examples: The baby cries **loudly** when she is **very** tired.

Preposition

A preposition is a word that links nouns, pronouns, and phrases to other words in a sentence.

Examples: The students rushed **into** the gymnasium.

Conjunction

A conjunction links words, phrases and clauses.

Examples: We went to the library **and** to the bookstore.
You can choose **either** the hot dog **or** the hamburger.

Interjection

An interjection is usually followed by an exclamation mark and is added to a sentence to convey emotion.

Examples: **Hey!** That's the right answer!
Oops! That's the wrong answer!

Spelling Rules

Rule #1

Words ending with a silent **e** usually drop the **e** when adding a suffix beginning with a **vowel**.

survive + al = survival
divide + ing = dividing

Exceptions:

- Words which contain soft sounds **g** or **c** keep the **e** when adding suffixes **-able** or **-ous**.
courageous, noticeable
- Keep the **e** in words that may be mistaken for another word.
singe + ing = singeing
dye + ing = dyeing
- Words which end in **ie**, drop the **e** and change the **i** to **y** when adding the suffix **-ing**.
tie + ing = tying
lie + ing = lying
- The **e** is kept when adding the suffix **age** in the words **mileage**, **acreage**, and **lineage**.

Rule #4

For words of two or more syllables, if the accent is on the final syllable and the word ends in a single consonant preceded by a single vowel, double the final consonant before adding a suffix beginning with a vowel.

refer + ing = referring
regret + able = regrettable
occur + ence = occurrence

Rule #2

Words ending with a silent **e** usually keep the **g** when adding a suffix beginning with a **consonant**.

arrange + ment = arrangement
forgive + ness = forgiveness

Some Exceptions:

acknowledge, acknowledgment; argue, argument; awe, awful; judge, judgment; nine, ninth; pursue, pursuant; value, valuation; whole, wholly; wise, wisdom.

Rule #5

Use **i** before **e**

believe, field, yield, niece, shield

Except after **C**

receive, ceiling, conceit, perceive

Or when sounded as "**a**" as in neighbour

weigh, freight, sleigh, vein

Or when sounded as "**l**" as in Einstein

height, sleight, seismic

But when "**c**" sounds like "**sh**", use **i** before **e**

ancient, conscience, efficient, sufficient

Common exceptions to these rules

either, neither, seize, leisure, heifer, forfeit, protein, caffeine, foreign, sovereign, deign

Rule #3

One-syllable words that end in one consonant, preceded by one vowel, double the final consonant before adding a suffix that begins with a **vowel**.

run + ing = running
big + est = biggest

Rule #6

Words ending in **y** preceded by a consonant usually change the **y** to **i** before adding a suffix, except when the suffix begins with an **i**.

beauty + ful = beautiful
lady + es = ladies
lovely + ness = loveliness

There are exceptions to these rules! Remember to use a dictionary if you are not sure how to spell a word!

Writing an Essay

1. Choosing a topic

If a topic has not been assigned, choose one you would enjoy writing about. Then narrow the topic down. Assigned topics may also require more focus. **For example:** forests—trees—conservation—replanting forests

Write down your thesis. This sentence should clearly define what your essay will be about.

2. Purpose

Determine the approach you want to take. Why are you writing about this topic? Are you giving an explanation of how to do something, trying to persuade someone to see things your way, or providing information?

3. Research

Find facts to support the topic. Sources of information include textbooks, reference books, magazines and journals, interviews, and reliable web sites on the Internet. Ask your teacher or librarian if you need some help locating material.

4. Outline

Once you have done the research, make a list of the main points you wish to write about. Then, from the list, pick at least three subtopics related to your main topic. As part of your outline, note down three or four facts from your research that support each subtopic.

5. Draft

Your first paragraph should introduce the topic and your purpose to the reader. Your thesis is part of this first paragraph. In this paragraph you will also introduce the subtopics that you intend to develop to back up your thesis. Discuss your subtopics in the same order as you introduced them in the first paragraph. Write one paragraph per subtopic. The first sentence of each paragraph should introduce the subtopic. Complete your paragraph with several sentences supporting your subtopic.

Link your paragraphs with transition words or clauses to connect the ideas and to make your essay flow.

Your concluding paragraph should restate your thesis (in different words) and sum up the facts you presented. Your very last sentence should tie everything together.

6. Take a break

When you've completed a draft of your essay, put it aside overnight.

7. Reread, edit and revise

Always reread your essay with a fresh eye. Reading it aloud will help you find things you need to change.

Make revisions and read your essay over again to make sure it flows smoothly. It should cover all the points you made in the first paragraph and reach a conclusion.

Proofread your revised essay for errors in spelling, punctuation, and grammar. It's helpful to ask someone else to proofread your work as well—they may see things you missed.

8. Final copy

Prepare the final copy of your essay according to the format you were assigned and—proofread it again!

9. Turn your essay in

You are now ready to present the essay to your teacher. Be proud of your work!

Homonyms

	Homonym	Meaning	Example
1.	which witch	adjective sorceress	Which cookie do you want? The witch prepared a magic potion.
2.	wood would	part of a tree adverb	The house was made of wood. Would you help me with my work?
3.	see sea	look at water	I see a red robin. The ship sailed out to sea.
4.	steal steel	to take metal	Bank robbers steal our money. The steel beams hold the roof up.
5.	break brake	shatter stopping device	Tom must not break mother's vase. Dad stops the car by stepping on the brake.
6.	its it's	adjective it is	A baby bird knows its mother. It's a warm spring day today.
7.	to too two	direction also number	Sam drove to his chalet. Tom went too. They drove two hundred miles.
8.	there their they're	place adjective they are	Put the books there on the table. The boys did not remove their hats. They're coming to the party.
9.	scent cent sent	a smell a coin send	The scent of a skunk is strong. A cent is one penny. Dad sent the boys to summer camp.
10.	tail tale	part of an animal story	A monkey can hang by its tail. Cinderella is a fairy tale.

Punctuation

- .** Use the **period** at the end of a sentence that makes a statement, at the end of a command, at the end of an indirect question, and with abbreviations.
- ?** Use a **question mark** at the end of a direct question.
- !** Use an **exclamation mark** at the end of an emphatic declaration, command, or interjection.
- ,** Use a **comma** between all items in a series. To avoid confusion, use commas to separate elements in a sentence.
- ;** Use a **semicolon**:
 - to maintain order in a long list that already contains commas;
 - to separate closely related independent clauses, instead of using a conjunction.
- :** Use a **colon** before a list, or to separate two independent clauses.
- '** Use an **apostrophe** to construct possessives and contractions.
- “ ”** Use **quotation marks** to set apart elements that are spoken words or quoted language.

Irregular Verbs

INFINITIVE	PAST	PAST PARTICIPLE
to awake	awoke	awoken
to be	was/were	been
to bear	bore	borne
to beat	beat	beaten
to become	became	become
to begin	began	begun
to bend	bent	bent
to bet	bet	bet
to bid	bid	bid
to bind	bound	bound
to bite	bite	bitten
to bleed	bled	bled
to blow	blew	blown
to break	broke	broken
to breed	bred	bred
to bring	brought	brought
to build	built	built
to burn	burnt	burnt, burned
to burst	burst	burst
to buy	bought	bought
to cast	cast	cast
to catch	caught	caught
to choose	chose	chosen
to cling	clung	clung
to come	came	come
to cost	cost	cost
to creep	crept	crept
to cut	cut	cut
to deal	dealt	dealt
to dig	dug	dug
to do	did	done
to draw	drew	drawn
to dream	dreamt, dreamed	dreamt, dreamed
to drink	drank	drunk
to drive	drove	driven
to dwell	dwelt, dwelled	dwelt, dwelled
to eat	ate	eaten
to fall	fell	fallen
to feed	fed	fed
to feel	felt	felt
to fight	fought	fought
to find	found	found
to flee	fled	fled
to fling	flung	flung
to fly	flew	flown
to forbid	forbade	forbidden
to forget	forgot	forgotten
to forgive	forgave	forgiven
to freeze	froze	frozen
to get	got	gotten
to give	gave	given
to go	went	gone
to grind	ground	ground
to grow	grew	grown
to hang	hung	hung
to have	had	had
to hear	heard	heard
to hide	hid	hidden
to hit	hit	hit
to hold	held	held
to hurt	hurt	hurt
to keep	kept	kept
to kneel	kneelt	kneelt
to know	knew	known
to lay	laid	lain
to lead	led	led
to lean	leaned	leaned
to leap	leapt	leapt
to learn	learned	learned
to leave	left	left
to lend	lent	lent
to let	let	let
to lie	lay	lain
to light	lit, lighted	lit, lighted
to lose	lost	lost
to make	made	made
to mean	meant	meant

INFINITIVE	PAST	PAST PARTICIPLE
to meet	met	met
to pay	paid	paid
to put	put	put
to quit	quit	quit
to read	read	read
to rid	rid	rid
to ride	rode	ridden
to ring	rang	rung
to rise	rose	risen
to run	ran	run
to saw	sawed	sawn
to say	said	said
to see	saw	seen
to seek	sought	sought
to sell	sold	sold
to send	sent	sent
to set	set	set
to sew	sewed	sewn
to shake	shook	shaken
to shear	sheared	shorn
to shed	shed	shed
to shine	shone	shone
to shoe	shod	shod
to shoot	shot	shot
to show	showed	shown
to shrink	shrank, shrunk	shrunk
to shut	shut	shut
to sing	sang	sung
to sink	sank	sunk
to sit	sat	sat
to sleep	slept	slept
to slide	slid	slid
to slink	slung	slung
to slit	slunk, slinked	slunk, slinked
to slit	slit	slit
to smell	smelt, smelled	smelt, smelled
to sow	sowed	sown
to speak	spoke	spoken
to speed	sped	sped
to spell	spelt	spelt
to spend	spent	spent
to spill	spilt/spilled	spilt/spilled
to spit	spat	spat
to split	split	split
to spoil	spoilt, spoiled	spoilt, spoiled
to spread	spread	spread
to spring	sprang	sprung
to stand	stood	stood
to steal	stole	stolen
to stick	stuck	stuck
to sting	stung	stung
to stink	stank	stunk
to stride	strode	stridden
to strike	struck	struck
to string	strung	strung
to strive	strove, strived	striven
to swear	swore	sworn
to sweep	swept	swept
to swell	swelled	swollen
to swim	swam	swum
to swing	swung	swung
to take	took	taken
to teach	taught	taught
to tear	tore	torn
to tell	told	told
to think	thought	thought
to throw	threw	thrown
to thrust	thrust	thrust
to tread	trod	trodden
to understand	understood	understood
to wake	woke	woken
to wear	wore	worn
to weave	wove	woven
to weep	wept	wept
to win	won	won
to wind	wound	wound
to wring	wrung	wrung
to write	wrote	written

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	$12 \times 1 = 12$
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	$7 \times 4 = 28$		$8 \times 4 = 32$		$9 \times 4 = 36$		$10 \times 4 = 40$		$11 \times 4 = 44$		$12 \times 4 = 48$
	$7 \times 5 = 35$		$8 \times 5 = 40$		$9 \times 5 = 45$		$10 \times 5 = 50$		$11 \times 5 = 55$		$12 \times 5 = 60$
	$7 \times 6 = 42$		$8 \times 6 = 48$		$9 \times 6 = 54$		$10 \times 6 = 60$		$11 \times 6 = 66$		$12 \times 6 = 72$
	$7 \times 7 = 49$		$8 \times 7 = 56$		$9 \times 7 = 63$		$10 \times 7 = 70$		$11 \times 7 = 77$		$12 \times 7 = 84$
	$7 \times 8 = 56$		$8 \times 8 = 64$		$9 \times 8 = 72$		$10 \times 8 = 80$		$11 \times 8 = 88$		$12 \times 8 = 96$
	$7 \times 9 = 63$		$8 \times 9 = 72$		$9 \times 9 = 81$		$10 \times 9 = 90$		$11 \times 9 = 99$		$12 \times 9 = 108$
	$7 \times 10 = 70$		$8 \times 10 = 80$		$9 \times 10 = 90$		$10 \times 10 = 100$		$11 \times 10 = 110$		$12 \times 10 = 120$
	$7 \times 11 = 77$		$8 \times 11 = 88$		$9 \times 11 = 99$		$10 \times 11 = 110$		$11 \times 11 = 121$		$12 \times 11 = 132$
	$7 \times 12 = 84$		$8 \times 12 = 96$		$9 \times 12 = 108$		$10 \times 12 = 120$		$11 \times 12 = 132$		$12 \times 12 = 144$

Division

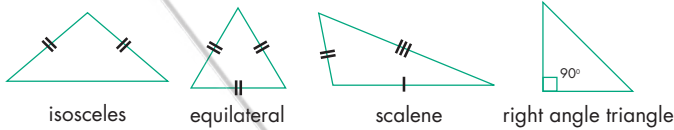
Table 1	$1 \div 1 = 1$	Table 2	$2 \div 2 = 1$	Table 3	$3 \div 3 = 1$	Table 4	$4 \div 4 = 1$	Table 5	$5 \div 5 = 1$	Table 6	$6 \div 6 = 1$
	$2 \div 1 = 2$		$4 \div 2 = 2$		$6 \div 3 = 2$		$8 \div 4 = 2$		$10 \div 5 = 2$		$12 \div 6 = 2$
	$3 \div 1 = 3$		$6 \div 2 = 3$		$9 \div 3 = 3$		$12 \div 4 = 3$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

Geometry

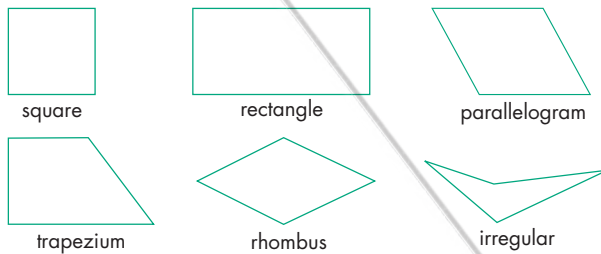
POLYGONS

A polygon is a **closed figure** formed by **straight-line segments**.

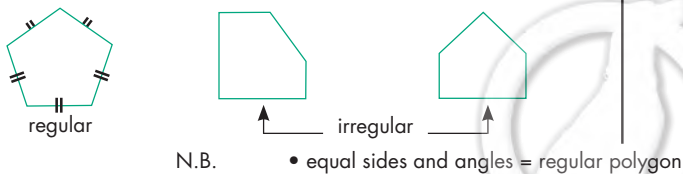
TRIANGLE - 3 SIDES



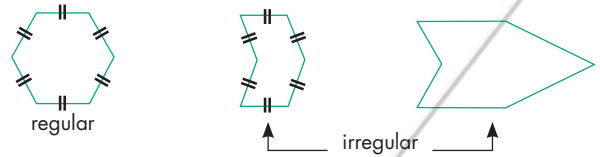
QUADRILATERAL - 4 SIDES



PENTAGON - 5 SIDES



HEXAGON - 6 SIDES



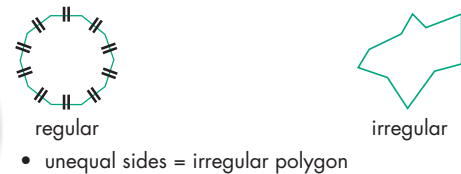
HEPTAGON - 7 SIDES



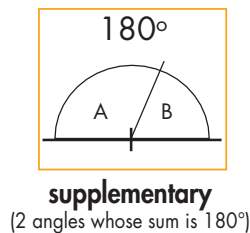
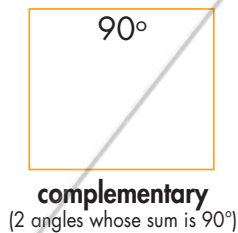
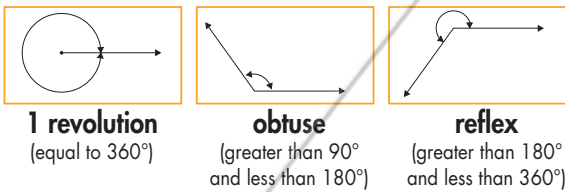
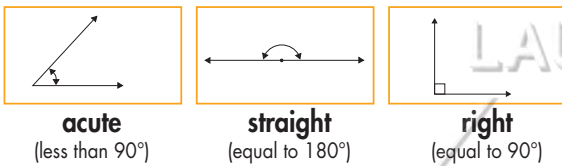
OCTAGON - 8 SIDES



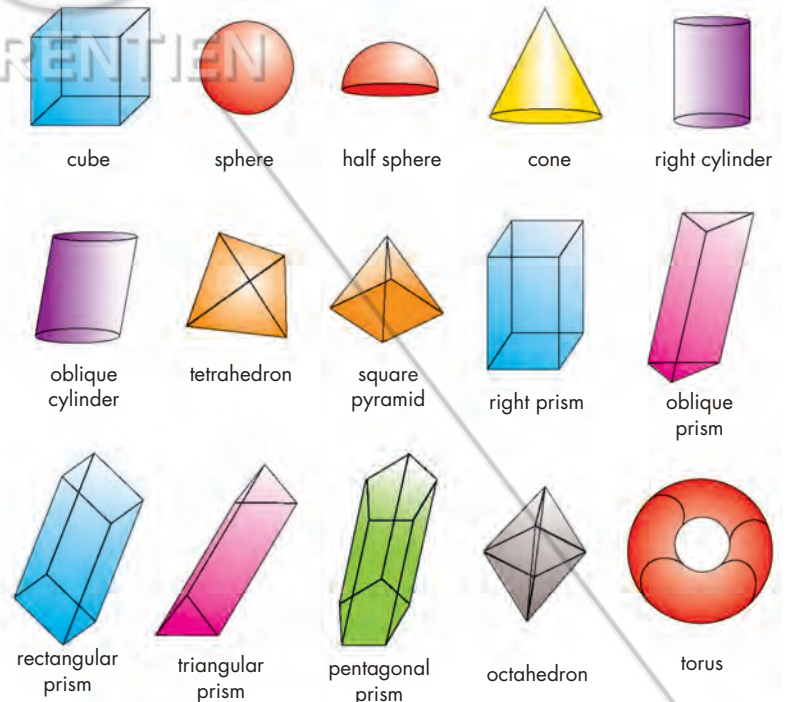
DECAGON - 10 SIDES



ANGLES



SOLIDS



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

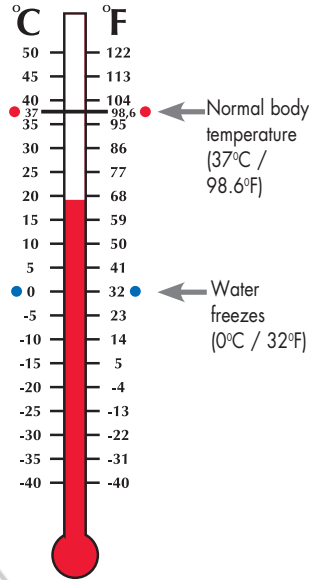
DAYS OF THE WEEK

- Monday
- 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

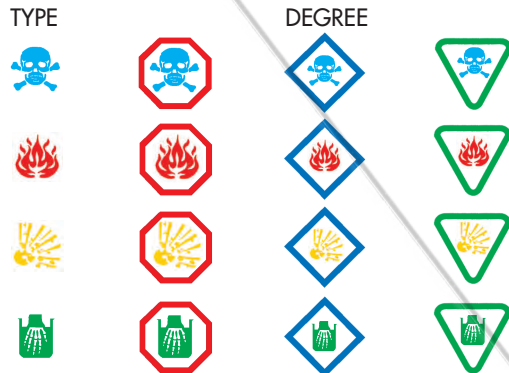


SYMBOLS OF DANGEROUS PRODUCTS¹

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



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 TERMS RELATING TO TEMPO

# Sharp - Raises the note a half step and remains in effect the entire measure	Allegro Fast Bright Tempo
b Flat - Lowers the note a half step and remains in effect the entire measure	Andante Slow Walking Tempo
Natural - Cancels the b or the # in a measure	Legato Smooth, Flowing Sound
Crescendo - Gradually increase the volume	Moderato Moderate Tempo
Decrescendo - Gradually decrease the volume	

COLOUR WHEEL

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

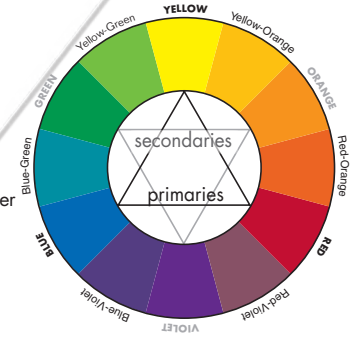
PRIMARY COLOURS are basic and cannot be mixed from other elements. They are to colour what prime numbers are to mathematics. One can mix two primaries to get a secondary colour. You will notice that each secondary colour is bounded by two primaries. These are the components that one would mix to get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

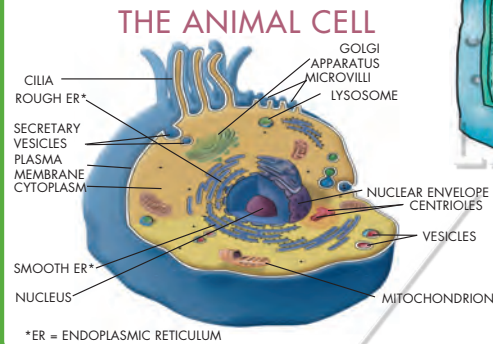
COMPLEMENTARY COLOURS are opposite from each other.

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

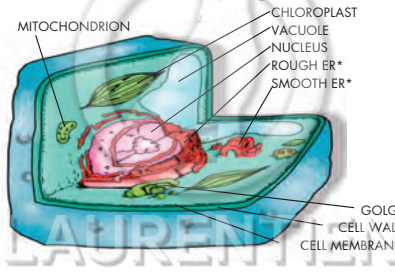


Life on Earth

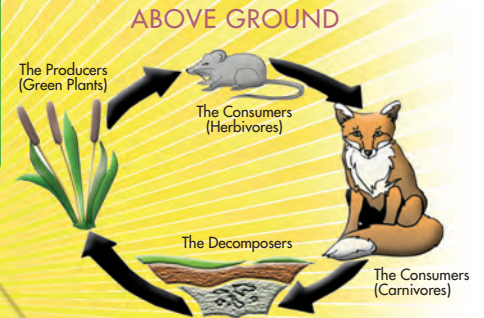
THE CELL STRUCTURE



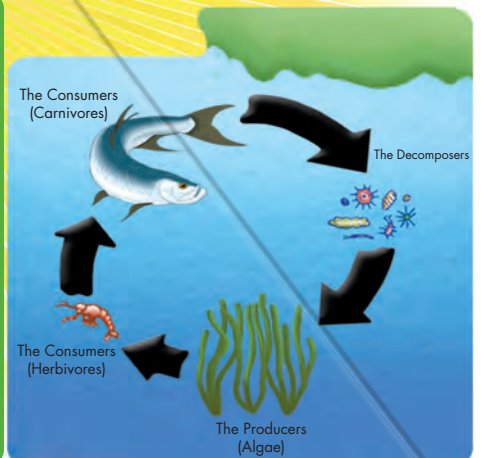
THE PLANT CELL



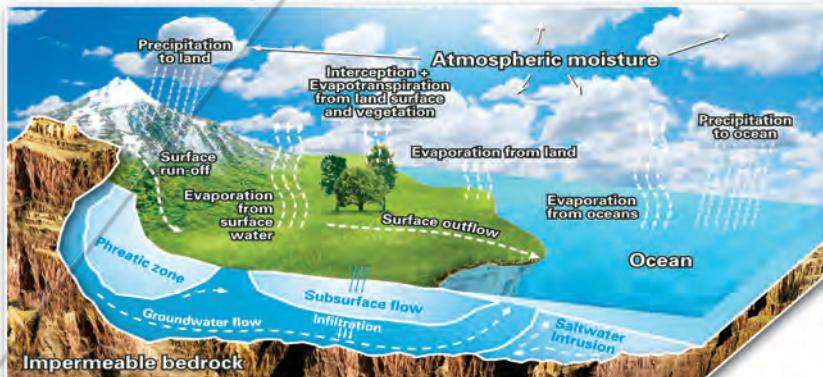
THE FOOD CHAIN



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

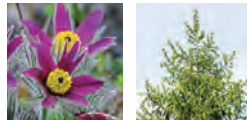


Flower: Pacific Dogwood
Tree: Western Red Cedar

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 prim 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

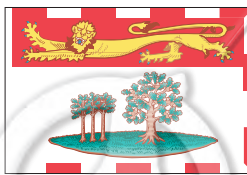


Capital: Toronto
Motto: *Ut incepit fidelis sic permanent*
(Loyal she began, loyal she remains)
Size: 1,076,395 km²



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

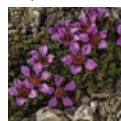


Flower: Mountain Avens
Tree: Tamarack Larch

Nunavut



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

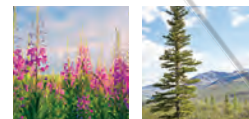


Flower: Purple Saxifrage

Yukon



Capital: Whitehorse
Size: 482,443 km²

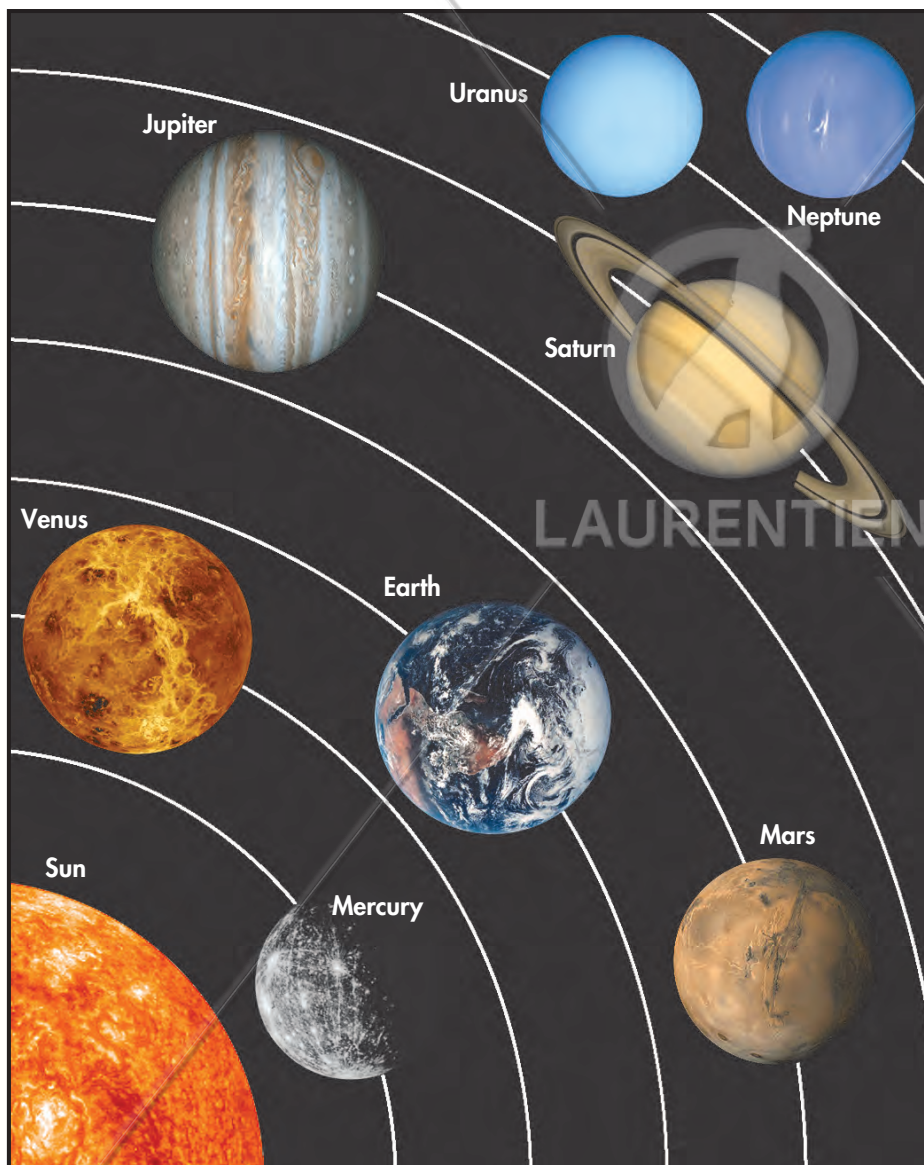


Flower: Fireweed
Tree: Subalpine Fir

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

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, Tiranë
 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

SOUTHERN OCEAN

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

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.

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

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Timetable

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