Specialized Teachers/Student Events

	TEACHERS		SUBJECT
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DATE S	UDENT EVENTS		
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Student Guide

With a bit of planning, it is possible to be successful and even enjoy yourself. Just as you schedule your part-time job, or plan what to wear to a party, you can use the Student Planner to organize your studying strategy. If you follow these guidelines to help you schedule your school work, your rewards will come and you will get where you want to go.



HOW TO BE IN THE RIGHT PLACE...

- Select a special place to study-your room, the library, even the kitchen table-and use it regularly.
- Work on a flat, well-lit, junk-free surface.
- Sit up straight! A firm upright chair will keep you from dozing off.
- Get a breath of fresh air! Be sure your workplace is not overheated, especially in winter.
- Turn off the television. No one can concentrate effectively on two things at once, and the blaring of the TV or loud music on the radio will only distract you from the business at hand.

... AT THE RIGHT TIME

- Use this Student Planner to help you get organized: draw up a schedule
 of your classes, set regular study times, allow time for extra assignments
 and exam preparation, include time for any other work responsibilities,
 and include your calendar of social events.
- Study alone or with a friend, or in a group, depending on what works best for you. However, do not kid yourself, and think you are working when you are just fooling around.
- Work at your most productive time of day, often early in the morning or in the evening after dinner.
- Budget your study time with realistic, attainable objectives.
- Study intervals of 40 to 50 minutes, followed by 10-minute breaks, usually prove more effective than prolonged sessions.
- Complex or lengthy projects should be broken down into smaller units that are easier to tackle.

EXAM PREPARATION STRATEGY

This three-step programme will help you transform your preparation for examinations into a process–carried on gradually throughout the term–rather than a panic-stricken marathon of cramming at the eleventh hour. Use these steps to help you get started:

ON YOUR MARK!

- Always attend your classes, pay attention, and take notes. This advice is so obvious
 it seems pointless to write it down, but too many students skip this essential first step,
 and then have no foundation to build up their studying strategy later.
- Good study habits require listening attentively to what is being said in class, paying
 particular attention to the key points stressed at the beginning and end of the lesson.
- Keep your notes in good order and store all notes for one course together. Revise and review your notes weekly.
- Record the date, page number and subject or a title of some sort on all class notes, so that
 they make sense to you later on.
- Write your own notes in your own words. Someone else's notes are poor substitutes for your own record of the essential points in a class you attended.
- Your notes should summarize the essential points from each class. If you do not understand
 what the key points are at the end of class, ask your teacher to repeat the main ideas that
 have to be remembered from the lesson. Write these down.
- Keep up with assigned readings that you are expected to cover outside of class time.
 Try not to allow a discouraging backlog of unread books to build up on your shelves.

GET SET!

- Exam preparation should start a few weeks before the exam period. Your weekly reviews of each subject should simplify this process.
- Prepare a special study schedule for the exam period.
- Make up a special summary sheet of essential formulas, or facts, dates and figures you
 must commit to memory. Review this information periodically, and ask someone to quiz
 you on these key points.
- Ask your teacher about the exam format, whether essay style, short answer, or multiple choice, and prepare yourself accordingly.
- Do not panic the night before the exam. Avoid staying up late cramming; instead, try to get a good night's sleep and eat something for breakfast.
- Arrive at the exam prepared to write it. Wear layered, comfortable clothing that
 you can peel off or put on according to the room temperature. Do not forget to bring
 any equipment you may need, including extra pens and pencils, a calculator, ruler,
 tissues, etc.

GO!

- Enter the examination room in as relaxed and confident a state as possible.
 Breathe deeply and remain calm.
- When the exams are handed out, STOP, LOOK and LISTEN:
 STOP-Do not start writing immediately, but take time to review the entire exam;
 LOOK-Read all the questions and directions, and look at the marking scheme;
 LISTEN-Pay close attention to any verbal instructions given by the teacher.
- Once the exam is under way, plan your time:
 - Proportion your time to correspond with the relative value of the questions.
 - Start with questions you can readily answer and proceed to the more challenging ones later.
 - Read questions and directions carefully. This step cannot be overemphasized.
 - Always start essay-style answers with a restatement of the question asked.
 - Reread your answers to ensure they actually do answer the questions.
 - At the end of the exam, review your answers and correct minor errors.

KEEPING SCORE

- When your instructor returns exams, essays, or assignments, take the time to read through all comments and corrections.
- When you have done well on the exam or assignment, keep going with the success strategy that works best for you.
- If you have failed an exam, or did not perform as well as you had expected to, try to assess what went wrong in order to avoid repeating the same mistakes.
 Ask yourself honestly:
 - Was I partying instead of studying?
 - Did I sleep well the night before the exam or did I stay up late cramming?
 - Has working part-time jeopardized my studies?
 - Was drug or alcohol use a factor?
 - Was I under additional stress due to family, financial, emotional or health problems?
- Once you have identified problem areas, get some help:
 - If you are not working systematically or hard enough, use the Student Planner to organize a more effective study schedule.
 - Ask for help! Your teacher or a librarian can guide you in improving your studying strategies.
 - If you have difficulty with the subject matter, ask your teacher or a guidance counsellor for remedial help, or information on other options.
 - If your academic performance is affected due to family, health and/or money-related problems, ask the school nurse, your doctor, or a community health clinic for medical help and/or referral to an appropriate social service agency.

ACHIEVING YOUR GOALS

These winning strategies should help you achieve success either at school, college, university or at your workplace. Here again are the key points to remember:

- Set yourself realistic goals and objectives at the start of each year and evaluate your progress periodically.
- 2. Understand your priorities and study regularly.
- 3. Be regular in class attendance, reading and assignments.
- **4.** Prepare for exams throughout the term, not at the last minute.
- 5. When taking stock of your grades, take time to review and, if necessary, revise the goals and objectives of your studying strategy.



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.







Only in Quebec!

Did you know that the word bleuet is a Quebecism, which is a word specific to Quebecois French?

It was created to represent blueberries-a typically Canadian fruit.

QIIODIOF Free homework help

Weekly Objectives / Objectifs de la semaine	М	т	w		F	-/	_
	-			1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17 1	8
	19	20	21	22	23	24 2	25
	26	27	28	29	30	31	



At age 15, Canadian inventor **Ann Makosinski** developed a flashlight powered

	by the heat of the human hand.	
Monday Lundi	26 Day Jour	
		1
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	LAURENTIEN	
Tuesday Mardi	27	

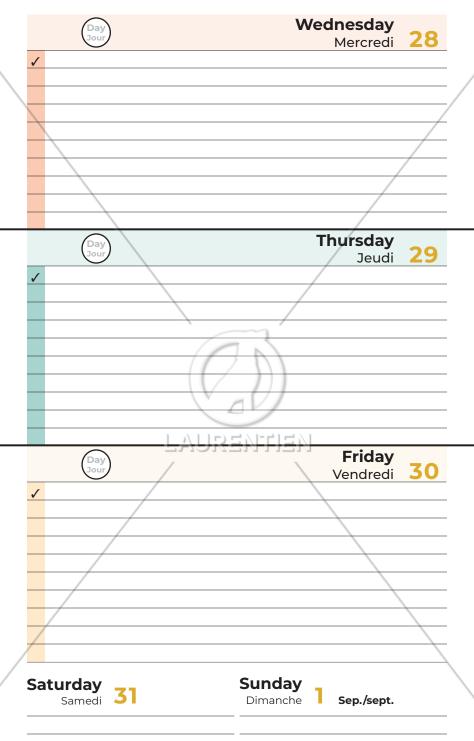
Did you know?



Greenbelts exist all over the world, but Ontario's Greenbelt is the world's largest! It stretches over two million acres (that's the size of over 5 million hockey rinks) and is home to wetlands, forests and 78 species at risk, making it one of the most biodiverse places in Canada!



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September 2024

Septembre

Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
30	24	25	26	27	28	29



Monthly Objectives / Objectifs du mois



Treating others as you would like to be treated is at the heart of being respectful. Smiling and saying "Thank You" are great ways of showing respect.

- · Making eye contact with our interlocutors is a much-appreciated sign of respect.
- · All opinions can be shared when expressed in a respectful, constructive tone and supported by examples.
- · After an enjoyable activity, saying thank you to the organizer and sharing highlights are simple gestures that make people happy.
- · In a team, showing respect for each other's strengths helps a project to succeed. Are you familiar with your friends' talents?

What will you do this month to show respect? Et toi, que vas-tu faire ce mois-ci pour démontrer ton respect?

Next book to read / Mon prochain livre à lire
Author / Auteur

THIS MONTHS TO-DO LIST À FAIRE CE MOIS-CI

Priorities / Priorités	Date

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World Cleanup Day

Celebrated annually on the third Saturday in

Litter can damage plants and harm animal habitat and health, especially if it is mistaken for food and eaten. Conducting a Community Clean-up is a great way to bring people together and take positive action to support a local area such as a schoolyard, park, or shoreline.

Tips:

- Gather Your Team: Rally your friends, classmates, and family members for safety and fun. More sets of eyes spot more litter!
- and run. More sets of eyes spot more inten-- Safety First: Wear gloves and closed-toe shoes. Safety goggles are cool if you're dealing with sharp stuff. Equip Yourselves: Bring trash bags, recycling bags, and grabbers if you can.
- Sort It: Separate recyclables like cans and bottles from regular trash. It's like a sorting challenge!
- Snap a Picture: Take a before and after photo of your clean-up site or some of your unusual finds.
- Trash Treasure Hunt: Challenge each other to find the weirdest or most unique piece of litter.

Want to take it further? Turn your Community Clean-up into a brand investigation and help to hold corporate polluters accountable for their plastic

Related EcoSchools action: Community Clean-Up



The EcoSchool program is all about taking action on environmental issues. Your school can become a certified Eco-School based on the environmental learning and action that you take each year!

September 2024 Septembre

Quebec

Since 1999, an iris, called an Harlequin blue flag, has been the floral emblem of Ouebec. The variety of its colours illustrates Quebec's cultural diversity.

QIODIOF Free homework help

Weekly Objectives / Objectifs de la semaine 5 6 3 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

Classical piano prodigy Daniel Clarke Bouchard from Quebec, played at the Carnegie Hall of New-York at the age of 12.

Monday Lundi

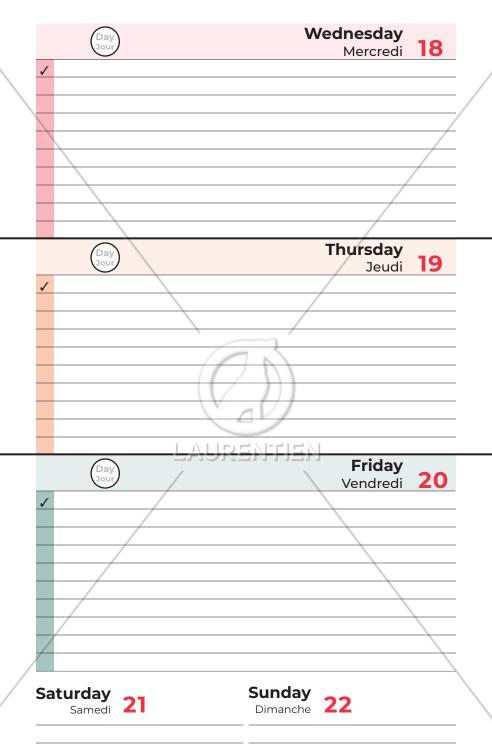
Tuesday 17 Mardi



Greenhouse gases (GHGs) are gases in the Earth's atmosphere that can trap heat from the sun and in turn cause the planet to warm. What percentage of Canada's total greenhouse gas emissions is caused by transportation?

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WSZ JAMSUY





A surprising animal...

The naked mole rat is a popular rodent with researchers: it has a long lifespan, does not seem to be prone to cancer or neurodegenerative diseases and does not feel certain types of pain!

QIIODIOF Free homework help

Weekly Objectives / Objectifs de la semaine	M	Т	W	Т	F	S	S
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	23	24	25	26	27	28 :	29
	30	31					



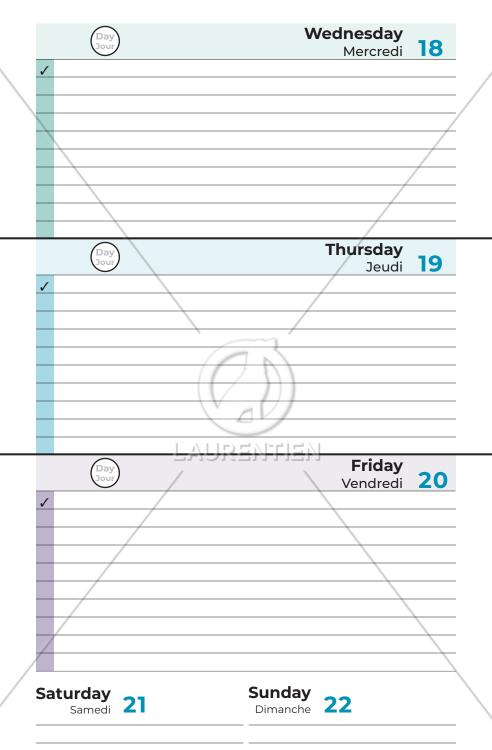
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Tuesday Mardi	17 /	Day	
			_



Changing Climate Report concluded that while climate change can be caused by natural variations, the current changes we are seeing can only be explained by human activity.



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A woman who sees big!

Cataracts are a vision disorder that affects the lens of the eye. In 1981, the African-American ophthalmologist and researcher Patricia Bath invented the laserphaco probe, which is used to treat this problem to this day.

QIIODIOF Free homework help

Weekly Objectives / Objectifs de la semaine	М	Т	W	Т	F	S S 2
	3	4	5	6	7/	3 9
	10	11	12	13	14 1	5 16
	17	18	19	20	21 2	2 23
	24	25	26	27	28 2	9 30
	31					



Aidan Aird and Keeley Aird co-founded STEM Kids Rock, an organization that promotes Science, Technology, Engineering and Math education for children.

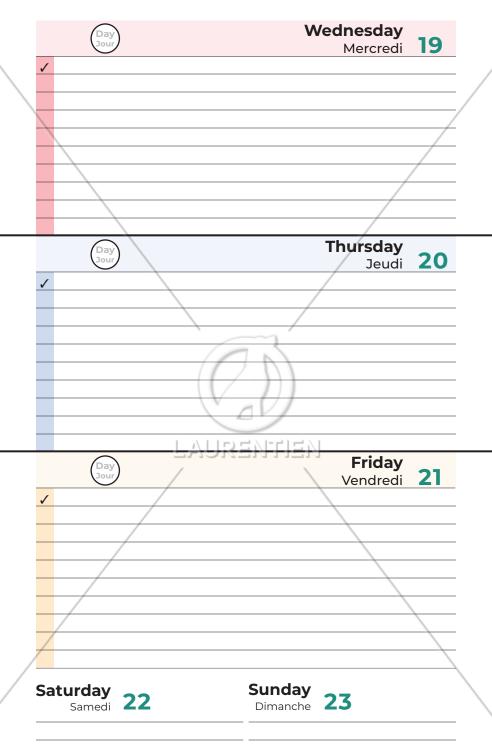
S	sience, Technology, Engineeri	ng and Math education for children.	
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Tuesday Mardi	271314	Day)
			✓

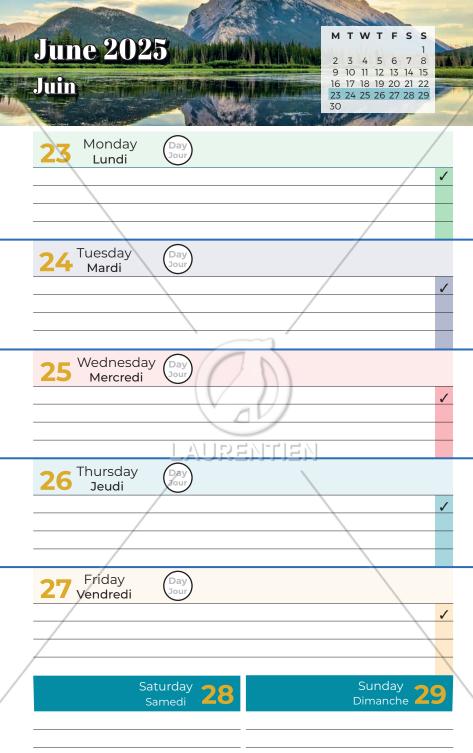


Challenge!

How many days can you go without using a plastic water bottle? Challenge your friends to see who can go the longest!

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July 2025 Juillet

Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
	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			

August 2025

Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi	Sunday Dimanche
				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

English Language Arts

Punctiation



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.

Use a semicolon to separate closely related independent clauses, instead of using a conjunction.



Use a colon before a list.



Use an apostrophe to construct possessives and contractions.



Use quotation marks to set apart elements that are spoken words or quoted language.

Parts of speech

A **noun** is the name of a person, place, thing, or idea.

A **pronoun** takes the place of a noun.

An **adjective** is a word that describes or modifies a noun. Adjectives also include the **articles** *a*, *an*, and *the*.

A $\boldsymbol{\mathsf{verb}}$ transmits a state of being or action in the sentence.

An **adverb** is a word that modifies a verb, an adjective or another adverb.

A **conjunction** is a word that connects parts of a sentence.

A **preposition** is a word that shows a relationship between other words in a sentence.

An **interjection** is a word or a phrase used to exclaim, command or protest. It is either followed by an exclamation mark, or is set apart from the rest of the sentence by a comma.

Writing an Essay

Writing an essay is a process. The basic steps are outlined below. The process will be more enjoyable if you start work on your essay well before its due date! Allow time to pick a topic, do the research, and make an outline. Then you are ready to do the writing, editing, and rewriting. Lastly, you need to proofread your 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

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

your subtopic.

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!

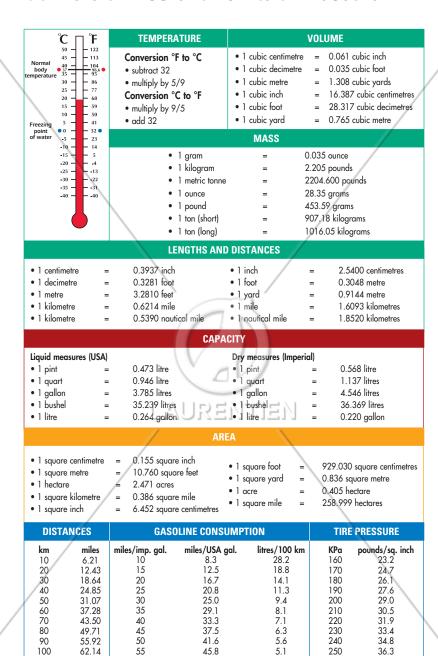
9. Turn your essay in

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

Irregular Verbs

INFINITIVE to awake	PAST	PAST PARTICIPLE	INFINITIVE	PAST	PAST PARTIC
to avvaleo	awoke	awoken	to meet	met	met
to be	was/were	been	to pay	paid	paid
to bear	bore	borne	to put	put	put
to beat	beat	beaten	to quit	quit	quit
to become	became	become	to read	read	read
to begin	began	begun	to rid	rid	rid
to begin	bent	bent	to ride	rode	ridden
to bet	bet	bet	to ring	rang	rung
to bid	bid	bid	to rise	rose	risen
to bind	bound	bound	to run	ran	run
			to saw	sawed	sawn
to bite	bit	bitten	to say	said	said
to bleed	bled	bled	to see	saw	seen
to blow	blew	blown	to seek		
o break	broke	broken		sought	sought
o breed	bred	bred	to sell	sold	sold
o bring	brought	brought	to send	sent	sent
o build	built	built	to set	set	set
o burn	burnt	burnt, burned	to sew	sewed	sewn
to burst	burst	burst	to shake	shook	shaken
o buy	bought	bought	to shear	sheared	shorn
o cast	cast	cast	to shed	shed	shed
to catch	caught	caught	to shine	shone	shone
o choose	chose	chosen	to shoe	shod	shod
			to shoot	shot	shot
o cling	clung	clung	to show	showed	shown
o come	came	come	to shrink	shrank, shrunk	shrunk
to cost	cost	cost	to shut	shut	shut
o creep	crept	crept	to sing	sang	sung
o cut	cut	cut			
o deal	dealt	dealt	to sink	sank	sunk
o dig	dug	dug	to sit	sat	sat
o do	did	done	to sleep	slept	slept
o draw	drew	drawn	to slide	slid	slid
o dream	dreamt, dreamed	dreamt, dreamed	to sling	slung	slung
o drink	drank	drunk	to slink	slunk, slinked	slunk, slinked
o drink o drive	drove	driven	to slit	slit	slit
o arive o dwell	dwelt, dwelled	dwelt, dwelled	to smell	smelt, smelled	smelt, smelled
			to sow	sowed	sown
o eat	ate	eaten	to speak	spoke	spoken
o fall	fell	fallen	to speed	sped	sped
o feed	fed	fed	to spell	spelt	spelt
o feel	felt	felt	to spend	spent	spent
o fight	fought	fought			
o find	found	found	to spill	spilt/spilled	spilt/spilled
o flee	fled	fled	to spit	spat	spat
o fling	flung	flung	to split	split	split
o fly	flew	flown	to spoil	spoilt, spoiled	spoilt, spoiled
o forbid	forbade	forbidden	to spread	spread	spread
o forget		forgotten	to spring	sprang	sprung
	forgot	f:	to stand	stood	stood
o forgive	forgave	forgiven	to steal	stole	stolen
o freeze	froze	frozen	to stick	stuck	stuck
o get	got	gotten	to sting	stung	stung
o give	gave	given	to stink	stank	stunk
o go	went	gone	to stride	strode	stridden
o grind	ground	ground	to strike	struck	struck
o grow	grew	grown	to string	strung	strung
o hang	hung	hung	to strive	strove, strived	strung striven
o have	had	had		sirove, sirived	
			to swear	swore	sworn
	heard				
o hear	heard	heard	to sweep	swept	swept
o hear o hide	hid	hidden	to swell	swelled	swollen
o hear o hide o hit	hid hit	hidden hit	to swell to swim	swelled swam	swollen swum
o hear o hide o hit o hold	hid hit held	hidden hit held	to swell to swim to swing	swelled	swollen
o hear o hide o hit o hold o hurt	hid hit held hurt	hidden hit held hurt	to swell to swim	swelled swam	swollen swum
o hear o hide o hit o hold o hurt o keep	hid hit held hurt kept	hidden hit held hurt kept	to swell to swim to swing	swelled swam swung took	swollen swum swung taken
o hear o hide o hit o hold o hurt o keep	hid hit held hurt	hidden hit held hurt	to swell to swim to swing to take to teach	swelled swam swung took taught	swollen swum swung taken taught
o hear o hide o hit o hold o hurt o keep o kneel	hid hit held hurt kept	hidden hit held hurt kept	to swell to swim to swing to take to teach to tear	swelled swam swung took taught tore	swollen swum swung taken taught torn
o hear o hide o hit o hold o hurt o keep o kneel o know	hid hit held hurt kept knelt knew	hidden hit held hurt kept knelt known	to swell to swim to swing to take to teach to teacr to tell	swelled swam swung took taught tore told	swollen swum swung taken taught torn
o hear o hide o hit o hid o hold o hurt o keep o kneel o know o lay	bid hit held hurt kept knelt knew laid	hidden hit held hurt kept knelt known lain	to swell to swim to swing to take to teach to tear to tell to think	swelled swam swung took taught tore told thought	swollen swum swung taken taught torn told thought
o hear o hide o hit o hit o hold o hurt o keep o kneel o know o lay	hfid hit held hurt kept knelt knew laid	hidden hit held hurt kept knelt known lain	to swell to swim to swing to take to teach to tear to tell to think to throw	swelled swam swung took taught tore told thought threw	swollen swum swung taken taught torn told thought thrown
o hear o hide o hid o hold o hold o hurt o keep o kneel o know o lay o lead	hid hit held hurt kept knelt knew laid led	hidden hit held hurt kept knelt known lain led leaned	to swell to swim to swing to take to teach to tear to tell to think to throw to thrust	swelled swam swung took taught tore told thought threw threst	swollen swum swung taken taught torn told thought thrown thrust
o hear o hide o hid o hid o hold o hurt o keep o kneel o know o lay o lead o lean	hid hit held hurt kept knelt knelt laid led leaned	hidden hit held hurt kept knelt known lain led leaned	to swell to swim to swing to take to teach to tear to tell to think to throw to throw to throat to tread	swelled swam swung took taught tore told thought threw thrust	swollen swum swung taken taught torn told thought thrown thrust trodden
o hear o hide o hid o hid o hold o hurt o keep o kneel o know o lay o lead o lean	hid hit held hurt kept knelt knew laid led	hidden hit held hurt kept knelt known lain led leaned	to swell to swim to swing to take to teach to tear to tell to think to throw to thrust	swelled swam swung took tought tore told thought threw thrust trod understood	swollen swum swung taken taught torn told thought thrown thrust
o hear o hide o hit o hold o hut o keep o kneel o know o lay o lead o lean o learn	hid hit held hurt kept knelt knelt laid led leaned	hidden hit held hurt kept knelt known lain led leaned	to swell to swim to swim to swing to take to teach to tear to tell to think to throw to thrust to tread to teld to to those those to those those to those those those to those	swelled swam swung took tought tore told thought threw thrust trod understood	swollen swum swung taken taught torn told thought thrown thrust trodden
o hear o hide o hid o hid o hold o hurt o keep o kneel o know o lay o lead o lean o lear	bid hit held hurt kept knelt knew laid led leaned learned	hidden hit held hut kept knelt known lain led leaned leapt leapt	to swell to swim to swing to take to teach to teach to tear to tell to think to throw to throw to thouse to the ord to wake	swelled swam swung took tought tore told throught threw thrust trod understood woke	swollen swum swum swung iaken taught torn told thought thrown thrust trodden understood woken
to hear to hide to hid to hold to hurt to kneel to kneel to know to lay to lead to lean to learn to learn to learn to learn	bid hit held hurt kept knelt leid led leaned leapt learned left	hidden hit held hurt kept knelt known loin led leaned leapt learned	to swell to swim to swim to swim to swing to take to teach to tear to tell to think to throw to thrust to tread to understand to understand to wake to wear	swelled swam swung took taught tore told throught threw thrust trod understood woke wore	swollen swum swumg taken taught torn told thought thrown thrust trodden understood woken
to hear to hide to hid to hilt to hold to hurt to keep to kneel to knew to lay to lead to lead to lean to lean	bid hit held hurt kept knelt knew laid led leaned learned left lent let	hidden hit held hut kept knelt known lain led leaget leaget leaget leaget leaget leaget	to swell to swim to swim to swim to swing to take to teach to teach to tell to think to throw to thrust to tread to understand to wake to wear to wear	swelled swam swung took tought tore told thought threw thrust trod understood woke wore wove	swollen swum swung taken taught torn told thought thrown thrust trodden understood woken worn
to hear to hide to hid to hold to hold to hold to keep to kneel to know to lay to lead to leap to lean	bid hit held hurt kept knelt knew loid led leaned leapt learned left lent let	hidden hit held hurt kept knelt known lain led leaned leapet learned lef lent let loin	to swell to swim to swimg to swimg to take to teach to tear to tell to think to throw to throw to thrust to tread to understand to wake to wear to weave to weap	swelled swam swung took tought tore told throught threw thrust trod understood woke wore wove	swollen swum swumg iaken taught torn told thought thrown thrust trodden understood woken worn woven
to hear to hide to hid to hold to hut to keep to kneel to know to lay to lead to lean to lean to learn to leave to leave to lend to let to let to lei to lie	bid hit held hurt kept knelt knew leid ledeleaned leapt learned left let let let let let let let let let le	hidden hit held hurt kept knelt known loin led leaned leapt learned left let lain lit, lighted	to swell to swim to swim to swim to swing to take to teach to tear to tell to think to throw to thrust to tread to understand to wake to wear to weap to wein to win to to weap to wein to win to win to wein to weap to we	swelled swam swung took taught toore told throught threw thrust trod understood woke wore wore wove wept won	swollen swum swumg taken taught torn told thought thrown thrust trodden understood woken worn woven wept won
to hove to hear to hide to hold to hold to hurt to kneel to kneel to kneel to know to lay to lead to lear to lei to lei to lei to lei to lie to lie to lie to lie to lie to loise	bid hit held hurt kept knelt knew loid led leaned leapt learned left lent let	hidden hit held hurt kept knelt known lain led leaned leapet learned lef lent let loin	to swell to swim to swimg to swimg to take to teach to tear to tell to think to throw to throw to thrust to tread to understand to wake to wear to weave to weap	swelled swam swung took tought tore told throught threw thrust trod understood woke wore wove	swollen swum swumg iaken taught torn told thought thrown thrust trodden understood woken worn woven

Conversion Table for Units of Measure



50.0

54.1

4.7

4.3

260

270

37.7

39.2

500

1000

310.69

621.37

60

65

Symbols

WORD ABBREVIAT	ION
alpha	α
ampere	Α
beta	β
British Thermal Unit	BTU
calorie	cal
candela	cd
centimetre	cm
coulomb	С
cube, cubic	3
cubic metre	m^3
curie	Ci
day	d
decimetre	dm
degree Celsius	∘C
degree Fahrenheit	∘F
degree Kelvin	K
delta	δ
electronvolt	eV
equal	=
farad	F
foot	1
furlong	fur
gamma	γ
gram	g

WORD A	ABBREVIATION
gray	Gy
hectare	ha
henry	Н
hertz	Hz
hour	hr
inch	"
joule	J
kilogram	kg
kilohertz	kHz
kilojoule	kJ
kilometre	km
kilopascal	kPa
kilowatt	kW
kilowatt-ho	ur kWh
litre	L
metre	m
micrometre	
milliampere	e mA
milligram	mg
millilitre	ml
minute	min
mole	mol
newton	N
ohm	0

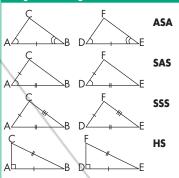
WORD	ABBREVIAT	ION
parsec		рс
pascal		Pa
pound		lb
radian		rad
revolution	per minute	RPM
second		S
square		3
tesla		T
theta		θ
tonne		t
volt		٧
watt		V W T G
tera	$(=10^{12})$	T
giga	$(= 10^{9})$	G
mega	$(=10^6)$	М
kilo	$(=10^3)$	k
hecto	$(=10^2)$	h
deca	$(= 10^{1})$	da
deci	$(= 10^{-1})$	d
centi	$(=10^{-2})$	С
milli	$(=10^{-3})$	m
micro	(= 10 ⁻⁶)	þ
nano	$(=10^{-9})$	n
pico	$(=10^{-12})$	р

Multiplication Table

	Х	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	2	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	3	3	6	9	12	15	18	21	24	27	30	33	36	39	42	46
	4	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60
	5	5	10	15	20	25	30	35	40	45	50	55	60	65	70	<i>7</i> 5
	6	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90
	7	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105
	8	8	16	24	32	40	48	56	64	72	80	88	96	104	112	120
ı	9	9	18	27	36	45	54	63	72	81	90	99	108	11 <i>7</i>	126	135
ı	10	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150
1	11	11	22	33	44	55	66	77	88	99	110	121	132	143	154	165
	12	12	24	36	48	60	72	84	96	108	120	132	144	156	168	180
	13	13	26	39	52	65	78	91	104	117	130	143	156	169	182	195
	14	14	28	42	56	70	84	98	112	126	140	154	168	182	196	210
	15	15	30	45	60	<i>7</i> 5	90	105	120	135	150	165	180	195	210	225

Geometry

Congruent triangles



Angle, Side, Angle \triangle ABC \cong \triangle DEF

Side, Angle, Side \triangle ABC \cong \triangle DEF

Side, Side, Side \triangle ABC \cong \triangle DEF

> Hypotenuse, Side (right Δ 's only) \triangle ABC \cong \triangle DEF

Area and volume

 $\pi = 3.14159265...$

Circle of radius r circumference = $2\pi r$ $area = \pi r^2$

Sphere of radius r surface area = $4\pi r^2$ volume = $\frac{4}{3}\pi r^3$

Right circular cylinder of radius r and height h surface area = $2\pi r^2 + 2\pi r h$ volume = $\pi r^2 h$

Right circular cone of radius r, height h and slant height s surface area = π r² + π rs volume = $\frac{1}{3}\pi r^2 h$

Pythagorean theorem





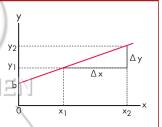
Equations of a straight line

Standard form: Ax + By = C

A, B \neq 0

 $m = \underline{\Delta y} = slope$ Slope-Intercept form: y = mx+bb is the y - intercept

Point-Slope form: $y-y_1 = m(x-x_1)$ m = slope $(x_1, y_1) = point on the line$



Angles



Right



Acute (less than 90°) (equal to 90°)

Obtuse (greater than 90° and less than 180°)

Straight (equal to 180°)

Reflex (greater than 180° and less than 360°) 1 revolution (equal to 360°)

Two complementary angles have a sum of 90°

Two supplementary angles have a sum of 180°

Triangles



Isosceles (two equal sides)



(three equal sides)

Riaht

(one right angle)



Acute (three acute angles)



(one obtuse angle)

Algebra

Order of Operations

Mathematical operations are always performed in the following order:

- 1. Parentheses (and other grouping symbols)
- 2. Exponents
- 3. Multiplication and Division
- 4. Addition and Subtraction

Use the expression Please Excuse Mu Dear Aunt Sallu to help you remember!

Factoring

$$x^{2} - y^{2} = (x + y) (x - y)$$

$$x^{2} + 2xy + y^{2} = (x + y)^{2}$$

$$x^{2} - 2xy + y^{2} = (x - y)^{2}$$

$$x^{3} - y^{3} = (x - y) (x^{2} + xy + y^{2})$$

$$x^{3} + y^{3} = (x + y) (x^{2} - xy + y^{2})$$

$$x^{3} - 3x^{2}y + 3xy^{2} - y^{3} = (x - y)^{3}$$

$$x^{3} + 3x^{2}y + 3xy^{2} + y^{3} = (x + y)^{3}$$

Quadratic formula

The roots of the quadratic equation $ax^2 + bx + c = 0$ are: $x = \frac{-b \pm \sqrt{b^2 + 4ac}}{a} a \neq 0$

Laws of Exponents

$$x^0 = 1$$
 $x \neq 0$
 $x^a = x \cdot x \cdot x \dots$ (a times)

$$x^{-\alpha} = \frac{1}{X^{-\alpha}}$$
 $x \neq 0$

$$\begin{array}{ll} x^{\frac{1}{\alpha}} = \sqrt[\alpha]{x} & x > 0 \\ x^{\frac{\alpha}{b}} = \sqrt[b]{x^{\alpha}} = \left(\sqrt[b]{x}\right)^{\alpha} & x > 0 \end{array}$$

$$x^{\alpha} \cdot x^{b} = x^{\alpha+b}$$

 $\frac{x^{\alpha}}{x^{a}} = x^{\alpha-b}$ $x \neq 0$

$$(x_a)_p = x_{ap}$$

$$(xy)^{\alpha} = x^{\alpha}y^{\alpha}$$

$$\left(\frac{x}{y}\right)^{\alpha} = \frac{x^{\alpha}}{y^{\alpha}}$$
 $y \neq 0$

Logarithms

$$y = 10^x \longleftrightarrow x = log y \text{ (common log)}$$

$$\log_{10} x = \log x$$

$$\log 10 = 1 \log 1 = 0$$

$$\log (ab) = \log a + \log b$$
 $a, b > 0$

$$\log\left(\frac{a}{b}\right) = \log a - \log b$$
 $a, b > 0$

$$\log a^b = b \log a$$
 $a > 0, b C-R$

$$\log \frac{b}{\sqrt{a}} = \frac{1}{b} \log a$$
 $a, b > 0$

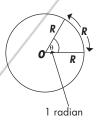
$$y = e^x \iff x = \ln y$$
 (natural log) $e = 2.71828...$
 $\ln e = 1$ $\ln x = \log_a x$

$$e^{\ln x} = x$$
; $x \ge 0$ $\ln e^x = x$; $x \in \mathbb{R}$

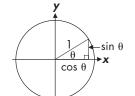
Trigonometry

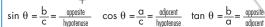
Radian measure

 $\theta = 1 \text{ radian}$ π radians = 180°



Trigonometry functions





$$\cos \theta = \frac{\alpha}{C} = \frac{\text{adjacent}}{\text{hypotenuce}}$$

$$\tan \theta = \frac{b}{a} = \frac{\text{opposite}}{\text{adjacent}}$$

$$\csc \theta = \frac{c}{b} = \frac{1}{\sin \theta}$$

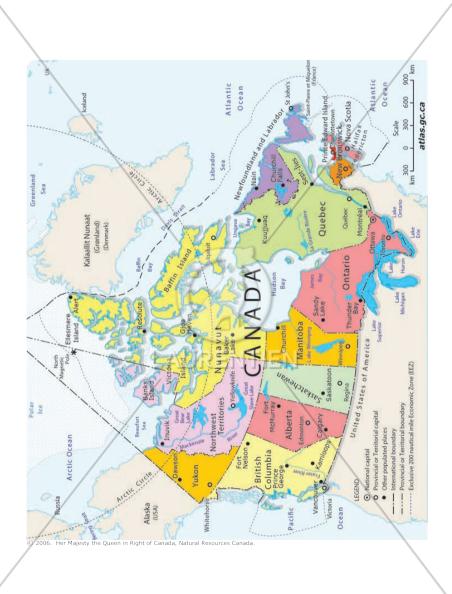
$$\sec \theta = \frac{c}{\Omega} = \frac{1}{\cos \theta}$$

$$\csc \theta = \frac{c}{b} = \frac{1}{\sin \theta}$$
 $\sec \theta = \frac{c}{a} = \frac{1}{\cos \theta}$ $\cot \theta = \frac{a}{b} = \frac{1}{\tan \theta}$

$$\sin^2 \theta + \cos^2 \theta =$$

$$\sin^2 \theta + \cos^2 \theta = 1$$
 $\tan^2 \theta + 1 = \sec^2 \theta + 1 + \cot^2 \theta = \csc^2 \theta$

Map of Canada



Canadian Politics and Flags of the Provinces

1. The Right Honourable Sir John A. Macdonald July 1, 1867 - Nov. 5, 1873 2. The Honourable Alexander Mackenzie. Nov. 7, 1873 - Oct. 8, 1878 3. The Right Honourable Sir John A. Macdonald Oct. 17, 1878 - June 6, 1891 4. The Honourable Sir John J.C. Abbott. June 16, 1891 - Nov. 24, 1892 5. The Right Honourable Sir John S.D. Thompson Dec. 5, 1892 - Dec. 12, 1894 6. The Honourable Sir Mackenzie Bowell Dec. 12, 1894 - April 27, 1896 7. The Right Honourable Sir Charles Tupper. May 1, 1896 - July 8, 1896 8. The Right Honourable Sir Klarifici Laurier July 11, 1896 - Oct. 6, 1911 9. The Right Honourable Sir Robert L. Borden. Oct. 10, 1911 - July 9, 1920 10. The Right Honourable Sir Robert L. Borden. July 10, 1920 - Dec. 28, 1921 11. The Right Honourable William Lyon Mackenzie King Dec. 29, 1921 - June 28, 1926 12. The Right Honourable William Lyon Mackenzie King Dec. 29, 1921 - June 28, 1926 13. The Right Honourable William Lyon Mackenzie King Dec. 29, 1921 - June 28, 1926 14. The Right Honourable William Lyon Mackenzie King Dec. 29, 1921 - June 29, 1926 15. The Right Honourable William Lyon Mackenzie King Oct. 23, 1935 - Nov. 14, 1948 16. The Right Honourable Louis Stephen St-Laurent Nov. 15, 1948 - June 20, 1957 17. The Right Honourable Louis Stephen St-Laurent Nov. 15, 1948 - June 20, 1957 17. The Right Honourable Leuts Stephen St-Laurent Nov. 15, 1948 - June 20, 1957 18. The Right Honourable Jeierre Elliott Trudeau April 20, 1968 - June 3, 1979 20. The Right Honourable Fierre Elliott Trudeau March 3, 1979 21. The Right Honourable John Napier Turner. June 4, 1979 - March 2, 1984 22. The Right Honourable Brian Mulroney Sept. 17, 1984 - June 24, 1979 23. The Right Honourable Brian Mulroney Sept. 17, 1984 - June 24, 1979 24. The Right Honourable Beighen Harper Sept. 17, 1984 - June 24, 1979 25. The Right Honourable Beighen Harper Dec. 12, 2003 26. The Right Honourable Sirch March 3, 1989 21. The Right Honourable Beighen Harper Feb. Sept. 17, 1984 - June 24, 1975 28. The Right Honourable Beighen Harper Feb. Sept. 17, 198	PRI	IME MINISTERS OF CANADA (SINC	E CONFEDERATION - 1867)
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6. The Honourable Sir Mackenzie Bowell Dec. 12, 1894 - April 27, 1896 7. The Right Honourable Sir Charles Tupper			
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8. The Right Honourable Sir Wilfrid Laurier. July 11, 1896 - Oct. 6, 1911 9. The Right Honourable Sir Robert L. Borden. Oct. 10, 1911 July 9, 1920 10. The Right Honourable Sir Robert L. Borden. July 10, 1920 - Dec. 28, 1921 11. The Right Honourable William Lyon Mackenzie King Dec. 29, 1921 - June 28, 1926 12. The Right Honourable William Lyon Mackenzie King Dec. 29, 1921 - June 28, 1926 13. The Right Honourable William Lyon Mackenzie King Sept. 25, 1926 - August 6, 1930 14. The Right Honourable William Lyon Mackenzie King Oct. 23, 1935 - Nov. 14, 1948 15. The Right Honourable William Lyon Mackenzie King Oct. 23, 1935 - Nov. 14, 1948 16. The Right Honourable Louis Stephen St-Laurent Nov. 15, 1948 - June 20, 1957 17. The Right Honourable Loste B. Pearson. April 22, 1963 - April 21, 1963 18. The Right Honourable Lester B. Pearson. April 22, 1963 - April 21, 1963 19. The Right Honourable Fierre Elliott Trudeau April 20, 1968 - June 3, 1979 20. The Right Honourable Pierre Elliott Trudeau March 3, 1980 - June 29, 1984 21. The Right Honourable Pierre Elliott Trudeau March 3, 1980 - June 29, 1984 22. The Right Honourable Pierre Williott Trudeau March 3, 1980 - June 29, 1984 23. The Right Honourable Fiern Mulroney Sept. 17, 1984 - June 24, 1993 24. The Right Honourable Kim Campbell June 26, 1993 - Nov. 3, 1993 25. The Right Honourable Paul Martin Nov. 4, 1993 - Dec. 11, 2003 26. The Right Honourable Paul Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015			
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16. The Right Honouroble Louis Stephen St.Laurent Nov. 15, 1948 - June 20, 1957 17. The Right Honouroble John G. Diefenbaker June 21, 1957 - April 21, 1963 18. The Right Honouroble Lester B. Pearson April 22, 1963 - April 19, 1968 19. The Right Honouroble Pierre Elliott Trudeau April 20, 1968 - June 3, 1979 20. The Right Honouroble Pierre Elliott Trudeau March 3, 1980 - June 29, 1984 21. The Right Honouroble Pierre Elliott Trudeau March 3, 1980 - June 29, 1984 22. The Right Honouroble Pierre Elliott Trudeau June 30, 1984 - Sept. 17, 1984 23. The Right Honouroble Brian Mulroney Sept. 17, 1984 - June 24, 1993 24. The Right Honouroble Kim Campbell June 25, 1993 - Nov. 3, 1993 25. The Right Honouroble Paul Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honouroble Stephen Harper Feb. 6, 2006 - Nov. 4, 2015	14.	The Right Honourable Richard Bedford Bennett	August 7, 1930 - Oct. 22, 1935
17. The Right Honourable John G. Diefenbaker. June 21, 1957 - April 21, 1963 18. The Right Honourable lester B. Pearson. April 22, 1963 - April 19, 1968 19. The Right Honourable Pierre Elliott Trudeau April 20, 1968 - June 3, 1979 20. The Right Honourable Charles Joseph Clark June 4, 1979 - March 2, 1980 21. The Right Honourable John Napier Turner. June 30, 1984 - Sept. 17, 1984 23. The Right Honourable Brian Mulroney Sept. 17, 1984 - June 24, 1993 24. The Right Honourable Kim Campbell June 25, 1993 - Nov. 3, 1993 25. The Right Honourable Pala Martin Nov. 4, 1993 - Dec. 11, 2003 26. The Right Honourable Pala Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015	15.	The Right Honourable William Lyon Mackenzie King	Oct. 23, 1935 - Nov. 14, 1948
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23. The Right Honourable Brian Mulroney Sept. 17, 1984 - June 24, 1993 24. The Right Honourable Kim Campbell June 25, 1993 - Nov. 3, 1993 25. The Right Honourable Jean Chrétien Nov. 4, 1993 - Dec. 11, 2003 26. The Right Honourable Paul Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015	21.	The Right Honourable Pierre Elliott Trudeau	March 3, 1980 - June 29, 1984
24. The Right Honourable Kim Campbell June 25, 1993 - Nov. 3, 1993 25. The Right Honourable Jean Chrétien Nov. 4, 1993 - Dec. 11, 2003 26. The Right Honourable Paul Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015	22.	The Right Honourable John Napier Turner	June 30, 1984 - Sept. 17, 1984
25. The Right Honourable Jean Chrétien Nov. 4, 1993 - Dec. 11, 2003 26. The Right Honourable Paul Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015	23.	The Right Honourable Brian Mulroney	Sept. 17, 1984 - June 24, 1993
25. The Right Honourable Jean Chrétien Nov. 4, 1993 - Dec. 11, 2003 26. The Right Honourable Paul Martin Dec. 12, 2003 - Feb. 6, 2006 27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015	24.	The Right Honourable Kim Campbell	June 25, 1993 - Nov. 3, 1993
27. The Right Honourable Stephen Harper Feb. 6, 2006 - Nov. 4, 2015			
	26.	The Right Honourable Paul Martin	Dec. 12, 2003 - Feb. 6, 2006
	27.	The Right Honourable Stephen Harper	Feb. 6, 2006 - Nov. 4, 2015

2. Lord Lisaar...

9. The Earl Grey..

16. The Earl of Athlone ..

12. Lord Byng...

3. The Earl of Dufferin 4. The Marquess of Lorne

5. The Marquess of Lansdowne

8. The Earl of Minto.....

6. Lord Stanley of Preston 7. The Earl of Aberdeen

10. H.R.H. The Duke of Connaught.....

11. The Duke of Devonshire.....

13. The Viscount Willingdon......

14. The Earl of Bessborough 15. Lord Tweedsmuir...

17. The Viscount Alexander.....

29. The Right Honourable Julie Payette....

30. The Right Honourable Mary Simon.

18. The Right Honourable Vincent Massey.....

20. The Right Honourable Roland Michener.....

21. The Right Honourable Jules Léger..... 22. The Right Honourable Edward Schreyer

25. The Right Honourable Roméo LeBlanc



Canada



Newfoundland and Labrador



Nova Scotia



Prince Edward



New Brunswick

Island



1867 - 1868

1869 - 1872

1872 - 1878

1878 - 1883

. 1883 - 1888 . 1888 - 1893

1893 - 1898

1898 - 1904

. 1911 - 1916

1921 - 1926

1935 - 1940

1940 - 1946

2021 -

......1952 - 1959

......1967 - 1974

.....1974 - 1979

..... 1979 - 1984

.....1995 - 1999

.....2017 - 2021

.. 1926 - 1931

.... 1916 - 1921



Ontario















British Columbia

Yukon Territory





Northwest **Territories**

	*
Nunavut	

*The titles of rank shown for governors general are those held during their term of office.

World Map



Europe

Albania, Tiranë Andorra, Andorra Ia Vella Austria, Vienna Belgium, Brussels Bosnia Herzegovina, Sarajevo Bulgaria, Sofia Belatrus, Minsk Croatia, Zagreb Czech Republic, Prague Denmark, Copenhagen Estonia, Tallinn Finland, Helsinki France, Paris Germany, Berlin Greece, Athens Greenland, Nuuk Hungary, Budapest Leeland, Reykjavik Ireland, Dublin Italy, Rome Latvia, Riga Liechtenstein, Vaduz Lithuania, Vilnius Luxembourg, Luxembourg Molta, 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



Botswana, Gaborone Antananarivo Burkina Faso, Malawi, Lilongwe Ouagadougou Burundi, Bujumbura Cameroon, Yaoundé Mali, Bamako Mauritania, Nouak-Cameroon, Yaoung Cape Verde, Praia chott Mauritius, Port Louis Central African Rep., Morocco, Rabat Mozambique, Bangui Chad, N'Djamena Maputo Comoros, Moroni Congo, Brazzaville Côte d'Ivoire, Namibia, Windhoek Niger, Niamey Nigeria, Abuja Rep. of Djibouti, Djibouti Yamoussoukro Dem. Rep. of the Congo, Kinshasa Egypt, Cairo Rwanda, Kigali São Tomé and Principe, São Tomé Senegal, Dakar Seychelles, Victoria Equatorial Guinea, Malabo Eritrea, Asmara Ethiopia, Addis Sierra Leone, Free-Ababa town Gabon, Libreville Somalia, Mogadishu South Africa, Pretoria Gambia, Banjul South Africa, Pretoria Ghana, Accra Sudan, Khartoum Guinea, Conakry Swaziland, Mbabane Guinea-Bissau, Bissau Tanzania, Dodoma Kenya, Nairobi Togo, Lomé Lesotho, Maseru Tunisia, Tunis Uganda, Kampala Zambia, Lusaka Liberia, Monrovia Libya, Tripoli Madagascar,

Zimbabwe, Harare

Asia

Afghanistan, Kabul Armenia, Yerevan Azerbaijan, Baku Bahrain, Manama Bangladesh, Dhaka Bhutan, Thimphu Brunei, Bandar Seri Begawan Cambodia, Phnom Penh Cambodia, rnnom rer 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 Philippines, Manila Qatar, Doha Rep. of Korea, Seoul Russia, Moscow Saudi Arabia, Riyadh Singapore, Singapore Sri Lanka, Colombo, Sri Jayawardenapura Kotte

Syria, Damascus Tajikistan, Dushanbe Thailand, Bangkok Turkey, Ankara Turkmenistan, Ashgabat United Arab Emirates, Abu Dhabi Uzbekistan,

Tashkent Vietnam, Hanoi Yemen, Sana'a

Oceania

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

Solar System

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

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



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



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

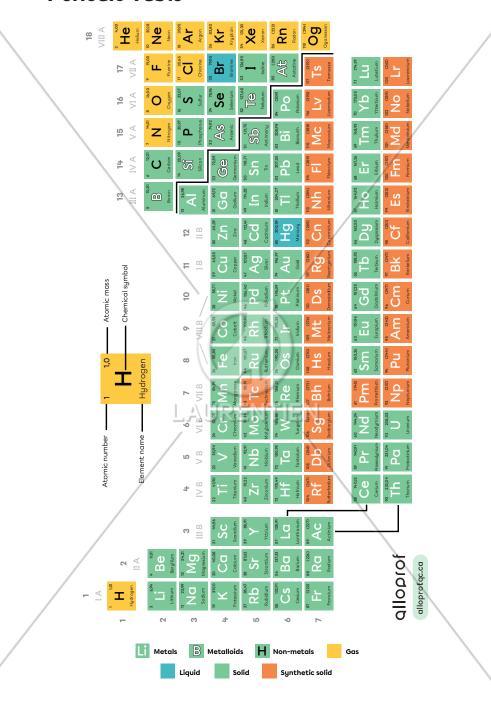
Mass: 5.97 X 10²⁴ kg

Surface area: 510 064 472 km²

Continental surface area: 149 500 000 km² (29.3%)

Oceanic surface area: 360 500 000 km² (70.7%)

Periodic Table



Canada's food guide

Eat well. Live well.



Eat a variety of healthy foods each day

Discover your food guide at Canada.ca/FoodGuide

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Health

Santé la Canad



2024-2025 School year

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2025-2026 School year

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