Specialized Teachers/Student Events

MY SPECIALIZED TEACHERS	SUBJECT

DATE	STUDENT EVENTS

LAURENTIEN

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.

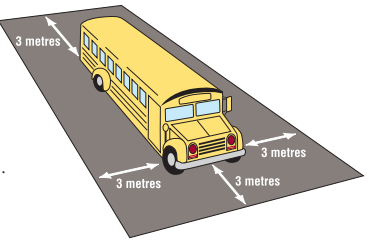
STUDY TIPS

- 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.



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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.

LAURENTIAN

August 2024
Aout

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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Environmental learning and certification program
ecoschools.ca

Monday Lundi **26**

Day Jour

Message Signature: _____

Tuesday Mardi **27**

Day Jour

Message Signature: _____

Wednesday Mercredi **28**

Day Jour

Message Signature: _____

LAURENTIEN

Quebec

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

alloprof Free homework help

Thursday
Jeudi 29

Day
Jour

Message Signature: _____

Friday
Vendredi 30

Day
Jour

Message Signature: _____

LAURENTIEN

Notes

Weekly Objectives
Objectifs de la semaine

At age 15, Canadian inventor **Ann Makosinski** developed a flashlight powered by the heat of the human hand.

September 2024
Septembre

Monthly Objectives / Objectifs du mois

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 30	24	25	26	27	28	29

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World Cleanup Day
Celebrated annually on the third Saturday in September

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!
- **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 i 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 audit and help to hold corporate polluters accountable for their plastic pollution.

Related EcoSchools action: Community Clean-Up

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

From reducing waste to conserving energy, EcoSchools provides resources and guidance on how to make a tangible impact. Schools can earn points by completing these initiatives and recording their progress in an online application.

The best part? It's free for publicly-funded schools to register, and it only takes a few minutes to sign up.

Find more guidance and helpful resources on the EcoSchools Canada platform! Ask a staff member to help your school set up an account at: app.ecoschools.ca

Next book to read /
Mon prochain livre à lire _____

Author / Auteur _____

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?**

Communications

Signature: Date:

Signature: Date:

Signature: Date:

Signature: Date:

Signature: Date:

Signature: Date:

Signature: Date:

LAURENTIEN

September 2024
Septembre

Trivia
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?

Answer: 25%

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Environmental learning and certification program
ecoschools.ca

Monday Lundi **16**

Day Jour

Message Signature: _____

Tuesday Mardi **17**

Day Jour

Message Signature: _____

Wednesday Mercredi **18**

Day Jour

Message Signature: _____

LAURENTIEN

Your Alloprof login

Create an account on alloprof.qc.ca.
It will allow you to personalize your experience by adapting it to your needs and education path.

alloprof **Free homework help**

Thursday
Jeudi **19**

Day
Jour

Message Signature: _____

Friday
Vendredi **20**

Day
Jour

Message Signature: _____

Notes

Weekly Objectives
Objectifs de la semaine

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

December 2024
Décembre

Did you know?
Climate change refers to long-term shifts in temperatures and weather patterns. Canada's 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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Monday Lundi **16**

Day Jour

Message Signature: _____

Tuesday Mardi **17**

Day Jour

Message Signature: _____

Wednesday Mercredi **18**

Day Jour

Message Signature: _____

LAURENTIEN

A 42-year winter!

Did you know that the seventh planet in the solar system, Uranus, only has two seasons: summer and winter? And each of them lasts ... 42 years!

alloprof **Free homework help**

Thursday
Jeudi 19

Day
Jour

Message Signature: _____

Friday
Vendredi 20

Day
Jour

Message Signature: _____

LAURENTIEN

Notes

Weekly Objectives
Objectifs de la semaine

Farah Alibay of Saint-Charles-Borromée, Québec, is an aerospace engineer currently working at the Jet Propulsion Laboratory, a space research centre affiliated with NASA.

March 2025
Mars

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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Monday Lundi **17**

Day Jour

Message Signature:

Tuesday Mardi **18**

Day Jour

Message Signature:

Wednesday Mercredi **19**

Day Jour

Message Signature:

LAURENTIEN

A fascinating crustacean!

Did you know that lobsters have two stomachs? What's more, if it loses a claw, leg or antenna, it grows back when it moults. They also have receptors on their claws and legs that allow them to smell!

alloprof **Free homework help**

Thursday
Jeudi 20

Day
Jour

◯ Message Signature: _____

Friday
Vendredi 21

Day
Jour

◯ Message Signature: _____

LAURENTIEN

Notes

Weekly Objectives
Objectifs de la semaine

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

June 2025
Juin

Monday / Lundi **23**

Message Signature:

Tuesday / Mardi **24**

Message Signature:

Wednesday / Mercredi **25**

Message Signature:

Thursday / Jeudi **26**

Message Signature:

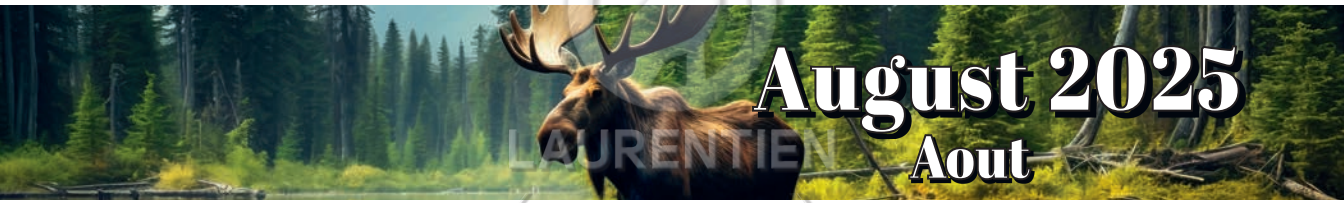
Friday / Vendredi **27**

Message Signature:

LAURENTIEN

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
Aout

LAURENTIEN

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

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:

a) Words which contain soft sounds **g** or **c** keep the **e** when adding suffixes **-able** or **-ous**.
courageous, noticeable

b) Keep the **e** in words that may be mistaken for another word.

singe	+	ing	=	singeing
dye	+	ing	=	dyeing

c) 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

d) The e is kept when adding the suffix age in the words mileage, acreage, and lineage.

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

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Tables

Addition

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
0 + 1 = 1	0 + 2 = 2	0 + 3 = 3	0 + 4 = 4	0 + 5 = 5	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	Table 8	Table 9	Table 10	Table 11	Table 12
0 + 7 = 7	0 + 8 = 8	0 + 9 = 9	0 + 10 = 10	0 + 11 = 11	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	Table 2	Table 3	Table 4	Table 5	Table 6
1 - 1 = 0	2 - 2 = 0	3 - 3 = 0	4 - 4 = 0	5 - 5 = 0	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	Table 8	Table 9	Table 10	Table 11	Table 12
7 - 7 = 0	8 - 8 = 0	9 - 9 = 0	10 - 10 = 0	11 - 11 = 0	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

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Tables

Multiplication

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
1 x 1 = 1	2 x 1 = 2	3 x 1 = 3	4 x 1 = 4	5 x 1 = 5	6 x 1 = 6
1 x 2 = 2	**2 x 2 = 4**	3 x 2 = 6	4 x 2 = 8	5 x 2 = 10	6 x 2 = 12
1 x 3 = 3	2 x 3 = 6	**3 x 3 = 9**	4 x 3 = 12	5 x 3 = 15	6 x 3 = 18
1 x 4 = 4	2 x 4 = 8	3 x 4 = 12	**4 x 4 = 16**	5 x 4 = 20	6 x 4 = 24
1 x 5 = 5	2 x 5 = 10	3 x 5 = 15	4 x 5 = 20	**5 x 5 = 25**	6 x 5 = 30
1 x 6 = 6	2 x 6 = 12	3 x 6 = 18	4 x 6 = 24	5 x 6 = 30	**6 x 6 = 36**
1 x 7 = 7	2 x 7 = 14	3 x 7 = 21	4 x 7 = 28	5 x 7 = 35	6 x 7 = 42
1 x 8 = 8	2 x 8 = 16	3 x 8 = 24	4 x 8 = 32	5 x 8 = 40	6 x 8 = 48
1 x 9 = 9	2 x 9 = 18	3 x 9 = 27	4 x 9 = 36	5 x 9 = 45	6 x 9 = 54
1 x 10 = 10	2 x 10 = 20	3 x 10 = 30	4 x 10 = 40	5 x 10 = 50	6 x 10 = 60
1 x 11 = 11	2 x 11 = 22	3 x 11 = 33	4 x 11 = 44	5 x 11 = 55	6 x 11 = 66
1 x 12 = 12	2 x 12 = 24	3 x 12 = 36	4 x 12 = 48	5 x 12 = 60	6 x 12 = 72

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

Division

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
1 ÷ 1 = 1	2 ÷ 2 = 1	3 ÷ 3 = 1	4 ÷ 4 = 1	5 ÷ 5 = 1	6 ÷ 6 = 1
2 ÷ 1 = 2	4 ÷ 2 = 2	6 ÷ 3 = 2	8 ÷ 4 = 2	10 ÷ 5 = 2	12 ÷ 6 = 2
3 ÷ 1 = 3	6 ÷ 2 = 3	9 ÷ 3 = 3	12 ÷ 4 = 3	15 ÷ 5 = 3	18 ÷ 6 = 3
4 ÷ 1 = 4	8 ÷ 2 = 4	12 ÷ 3 = 4	16 ÷ 4 = 4	20 ÷ 5 = 4	24 ÷ 6 = 4
5 ÷ 1 = 5	10 ÷ 2 = 5	15 ÷ 3 = 5	20 ÷ 4 = 5	25 ÷ 5 = 5	30 ÷ 6 = 5
6 ÷ 1 = 6	12 ÷ 2 = 6	18 ÷ 3 = 6	24 ÷ 4 = 6	30 ÷ 5 = 6	36 ÷ 6 = 6
7 ÷ 1 = 7	14 ÷ 2 = 7	21 ÷ 3 = 7	28 ÷ 4 = 7	35 ÷ 5 = 7	42 ÷ 6 = 7
8 ÷ 1 = 8	16 ÷ 2 = 8	24 ÷ 3 = 8	32 ÷ 4 = 8	40 ÷ 5 = 8	48 ÷ 6 = 8
9 ÷ 1 = 9	18 ÷ 2 = 9	27 ÷ 3 = 9	36 ÷ 4 = 9	45 ÷ 5 = 9	54 ÷ 6 = 9
10 ÷ 1 = 10	20 ÷ 2 = 10	30 ÷ 3 = 10	40 ÷ 4 = 10	50 ÷ 5 = 10	60 ÷ 6 = 10
11 ÷ 1 = 11	22 ÷ 2 = 11	33 ÷ 3 = 11	44 ÷ 4 = 11	55 ÷ 5 = 11	66 ÷ 6 = 11
12 ÷ 1 = 12	24 ÷ 2 = 12	36 ÷ 3 = 12	48 ÷ 4 = 12	60 ÷ 5 = 12	72 ÷ 6 = 12

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

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Mathematics

Working with Fractions

Fractions have two parts: $\frac{\text{Numerator}}{\text{Denominator}}$

Here's a helpful hint: The **Denominator** is the bottom, or **Down** part of the fraction. **Denominator** and **Down** both begin with **D**. That should help you remember that **Denominator** means **Down**.

Adding and Subtracting Fractions

To add or subtract fractions, the denominators must be the same.

First, find a **common denominator**. One way is to multiply each fraction by the number 1 made from the denominator of the other fraction.

Here is an example: $\frac{2}{3} + \frac{1}{5}$

$\frac{2}{3} \times \frac{5}{5} = \frac{10}{15}$ and $\frac{1}{5} \times \frac{3}{3} = \frac{3}{15}$

The **common denominator** is 15.

Adding fractions

When you have a common denominator you can add the fractions. Add the numerators and put the total over the common denominator. **Do not add the denominators.**

$\frac{2}{3} + \frac{1}{5} = \frac{10}{15} + \frac{3}{15} = \frac{13}{15}$

Subtracting fractions

When you have a common denominator you can subtract the fractions. Subtract the numerators and put the result over the common denominator. **Do not subtract the denominators.**

For example: $\frac{2}{3} - \frac{1}{5}$

$\frac{2}{3} \times \frac{5}{5} = \frac{10}{15}$ and $\frac{1}{5} \times \frac{3}{3} = \frac{3}{15}$

$\frac{2}{3} - \frac{1}{5} = \frac{10}{15} - \frac{3}{15} = \frac{7}{15}$

Multiplying Fractions

Multiplying fractions is easy.

1. Multiply the numerators to get the new numerator.
2. Multiply the denominators to get the new denominator.

Example:

$\frac{1}{4} \times \frac{2}{3} = \frac{1 \times 2}{4 \times 3} = \frac{2}{12}$ which reduces to $\frac{1}{6}$

Dividing Fractions

Dividing fractions is almost as easy as multiplying them. Dividing by a number is the same as multiplying by the reciprocal of that number.

The reciprocal of 2 is $\frac{1}{2}$ and dividing a number by 2 is the same as multiplying it by $\frac{1}{2}$

To find the reciprocal of a fraction, you just flip it upside down. That is, you make the numerator the denominator, and the denominator the numerator.

So, the reciprocal of $\frac{2}{3}$ is $\frac{3}{2}$ and the reciprocal of $\frac{4}{5}$ is $\frac{5}{4}$

To divide fractions, find the reciprocal of the divisor and multiply the dividend by it.

Example: $\frac{2}{3} \div \frac{4}{5} = \frac{2}{3} \times \frac{5}{4} = \frac{2 \times 5}{3 \times 4} = \frac{10}{12}$ which reduces to $\frac{5}{6}$

Don't forget to check your answers to see if you can reduce the fractions!

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Order of Operations

Mathematical operations are always performed in the following order:

1. **P**arentheses
   (and other grouping symbols)
2. **E**xponents
3. **M**ultiplication and **D**ivision
4. **A**ddition and **S**ubtraction

Use the expression Please Excuse My Dear Aunt Sally to help you remember!

Commutative, Associative and Distributive Properties

Commutative property of addition:	a+b = b+a	2+5 = 5+2
Commutative property of multiplication:	axb = bxa	2x5 = 5x2
Associative property of addition:	(a+b) + c = a + (b+c)	(2+5) + 4 = 2 + (5+4)
Associative property of multiplication:	(axb) x c = a x (bxc)	(2x5) x 4 = 2 x (5x4)
Distributive property of multiplication:	a(b+c) = ab + ac a(b–c) = ab – ac	2 x (5+4) = 2 x 5 + 2 x 4 2 x (5–4) = 2 x 5 – 2 x 4

Equation and Graph of a Straight Line

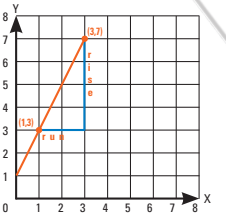
The equation for a straight line is:

$y = mx + b$

where

m = slope = $\frac{\text{rise}}{\text{run}}$

b = y - intercept



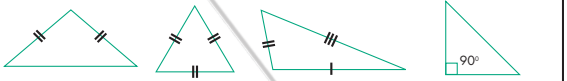
This graph represents the equation $y = 2x + 1$

Geometry

POLYGONS

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

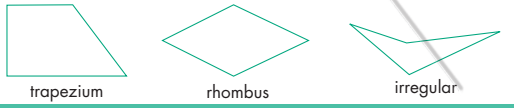
TRIANGLE - 3 SIDES



isosceles | equilateral | scalene | right angle triangle

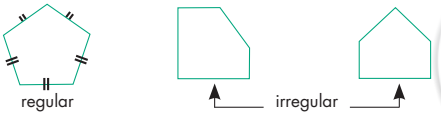
QUADRILATERAL - 4 SIDES

square | rectangle | parallelogram



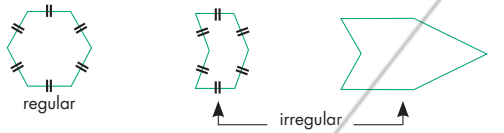
trapezium | rhombus | irregular

PENTAGON - 5 SIDES



regular | irregular

HEXAGON - 6 SIDES



regular | irregular

HEPTAGON - 7 SIDES

regular | irregular

OCTAGON - 8 SIDES

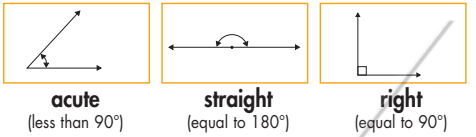
regular | irregular

DECAGON - 10 SIDES

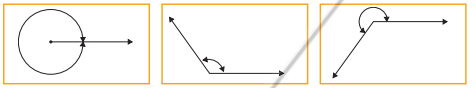
regular | irregular

N.B. • equal sides and angles = regular polygon • unequal sides = irregular polygon

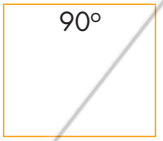
ANGLES



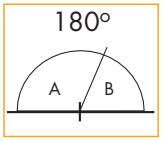
acute (less than 90°) | **straight** (equal to 180°) | **right** (equal to 90°)



1 revolution (equal to 360°) | **obtuse** (greater than 90° and less than 180°) | **reflex** (greater than 180° and less than 360°)

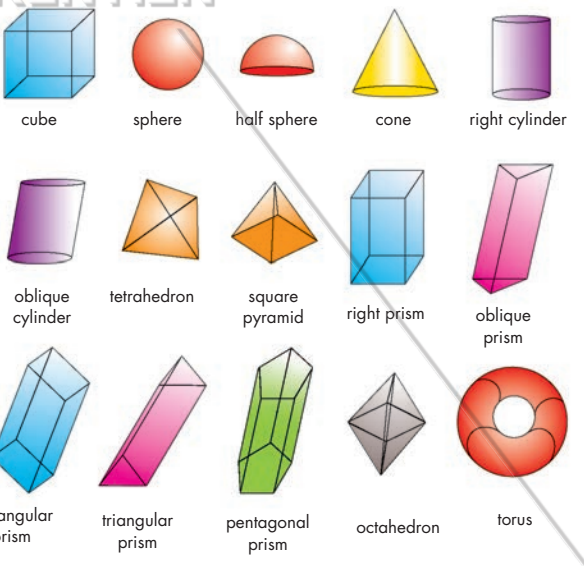


complementary (2 angles whose sum is 90°)



supplementary (2 angles whose sum is 180°)

SOLIDS



cube | sphere | half sphere | cone | right cylinder

oblique cylinder | tetrahedron | square pyramid | right prism | oblique prism

rectangular prism | triangular prism | pentagonal prism | octahedron | torus

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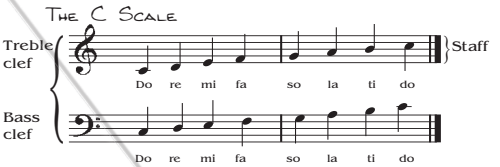
Music and Colours



Notes

𝅝	whole note
𝅗𝅥	half note
♩	quarter note
♪	eighth note
𝅘𝅥𝅯	sixteenth note

Rests

𝄻	whole rest
𝄼	half rest
𝄽	quarter rest
𝄾	eighth rest
𝄿	sixteenth rest

Terms Relating to Volume

pp	Pianissimo (very soft)
p	Piano (soft)
f	Forte (loud)
ff	Fortissimo (very loud)

Other Symbols

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

Terms Relating to Tempo

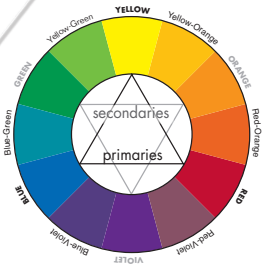
Allegro	Fast Bright Tempo
Andante	Slow Walking Tempo
Legato	Smooth, Flowing Sound
Moderato	Moderate Tempo

COLOUR WHEEL

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

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

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



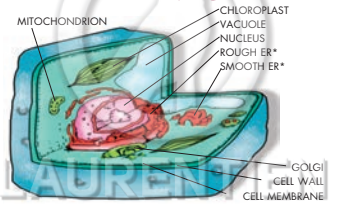
TERTIARY COLOURS are made by mixing a primary and a secondary colour together (i.e.: yellow+orange = yellow-orange or blue+green = blue-green).

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

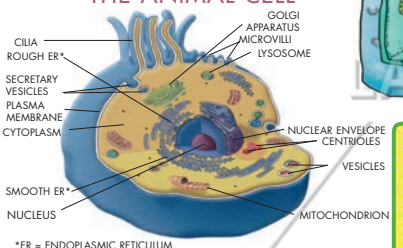
Life on Earth

THE CELL STRUCTURE

THE PLANT CELL



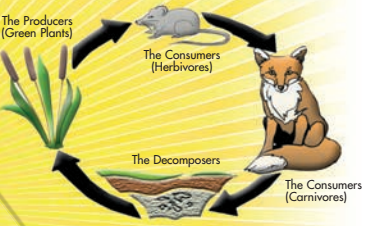
THE ANIMAL CELL



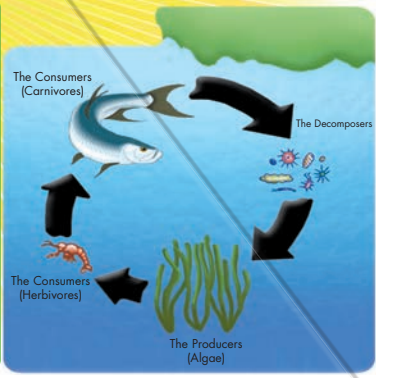
*ER = ENDOPLASMIC RETICULUM

THE FOOD CHAIN

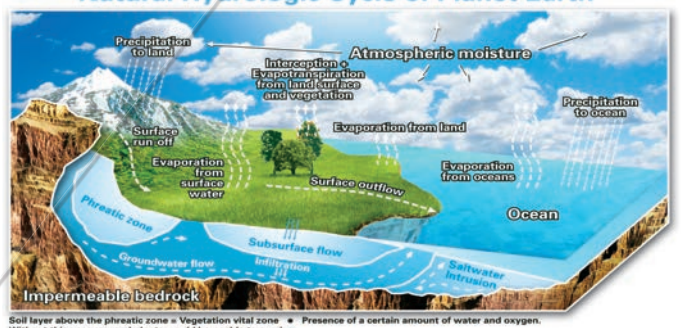
ABOVE GROUND



IN THE WATER



Natural Hydrologic Cycle of Planet Earth



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

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
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

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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 Principe, 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

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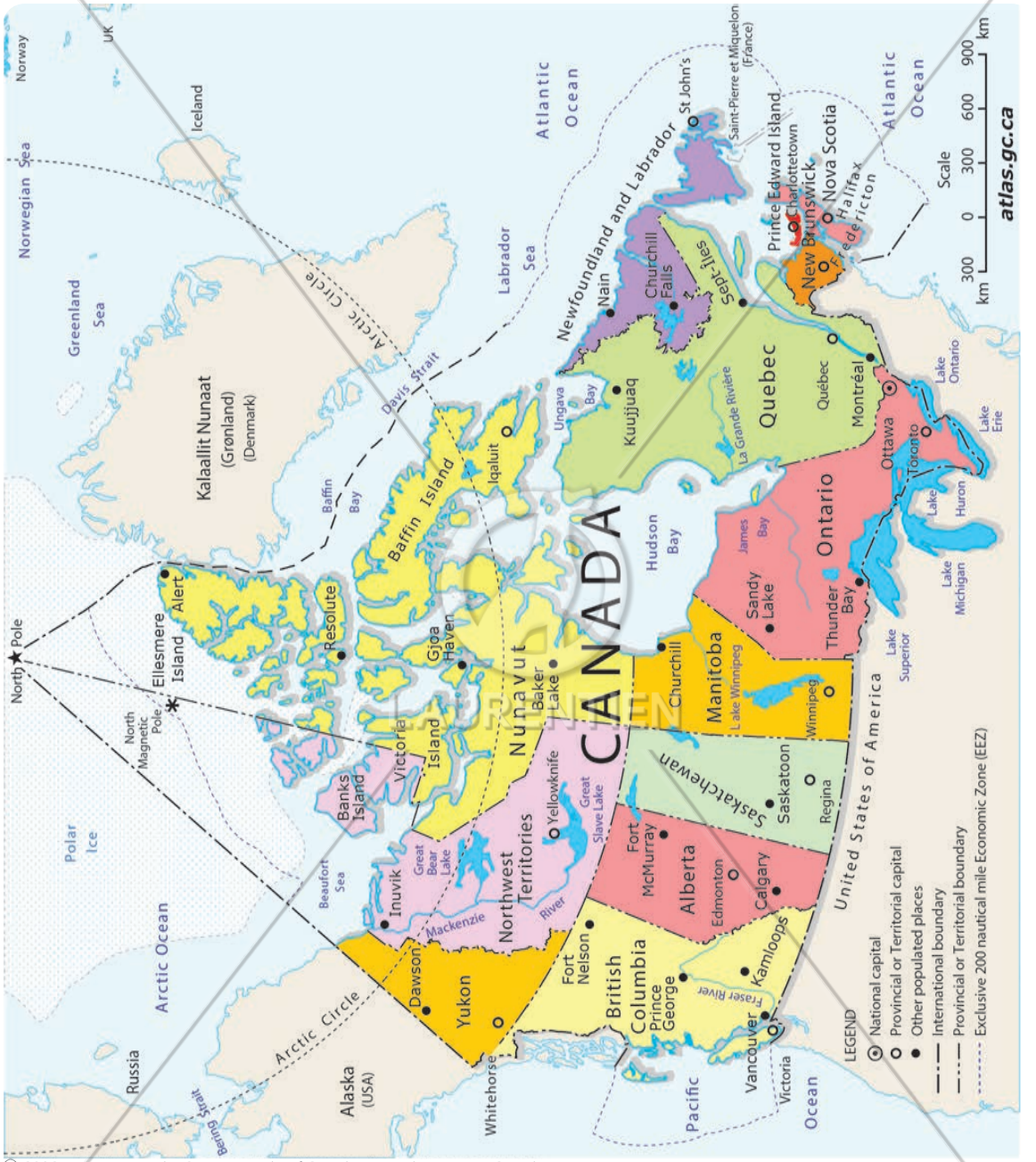
Map of Canada



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Canadian Politics and Flags of the Provinces

PRIME MINISTERS OF CANADA (SINCE CONFEDERATION – 1867)

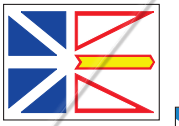
1. The Right Honourable Sir John A. Macdonald ..... July 1, 1867 - Nov. 5, 1873
2. The Honourable Alexander Mackenzie ..... Nov. 7, 1873 - Oct. 8, 1878
3. The Right Honourable Sir John A. Macdonald ..... Oct. 17, 1878 - June 6, 1891
4. The Honourable Sir John J.C. Abbott ..... June 16, 1891 - Nov. 24, 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 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 Arthur Meighen ..... July 10, 1920 - Dec. 28, 1921
11. The Right Honourable William Lyon Mackenzie King ..... Dec. 29, 1921 - June 28, 1926
12. The Right Honourable Arthur Meighen ..... June 29, 1926 - Sept. 24, 1926
13. The Right Honourable William Lyon Mackenzie King ..... Sept. 25, 1926 - August 6, 1930
14. The Right Honourable Richard Bedford Bennett ..... August 7, 1930 - Oct. 22, 1935
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 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 Pierre Elliott Trudeau ..... March 3, 1980 - June 29, 1984
22. 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 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
28. The Right Honourable Justin Trudeau ..... Nov. 4, 2015 -

GOVERNORS GENERAL OF CANADA* (SINCE CONFEDERATION - 1867)

1. The Viscount Monck ..... 1867 - 1868
2. Lord Lisgar ..... 1869 - 1872
3. The Earl of Dufferin ..... 1872 - 1878
4. The Marquess of Lorne ..... 1878 - 1883
5. The Marquess of Lansdowne ..... 1883 - 1888
6. Lord Stanley of Preston ..... 1888 - 1893
7. The Earl of Aberdeen ..... 1893 - 1898
8. The Earl of Minto ..... 1898 - 1904
9. The Earl Grey ..... 1904 - 1911
10. H.R.H. The Duke of Connaught ..... 1911 - 1916
11. The Duke of Devonshire ..... 1916 - 1921
12. Lord Byng ..... 1921 - 1926
13. The Viscount Willingdon ..... 1926 - 1931
14. The Earl of Bessborough ..... 1931 - 1935
15. Lord Tweedsmuir ..... 1935 - 1940
16. The Earl of Athlone ..... 1940 - 1946
17. The Viscount Alexander ..... 1946 - 1952
18. The Right Honourable Vincent Massey ..... 1952 - 1959
19. Major General the Right Honourable Georges P. Vanier ..... 1959 - 1967
20. The Right Honourable Roland Michener ..... 1967 - 1974
21. The Right Honourable Jules Léger ..... 1974 - 1979
22. The Right Honourable Edward Schreyer ..... 1979 - 1984
23. The Right Honourable Jeanne Sauvé ..... 1984 - 1990
24. The Right Honourable Ramon John Hnatyshyn ..... 1990 - 1995
25. The Right Honourable Roméo LeBlanc ..... 1995 - 1999
26. The Right Honourable Adrienne Clarkson ..... 1999 - 2005
27. The Right Honourable Michaëlle Jean ..... 2005 - 2010
28. The Right Honourable David Lloyd Johnston ..... 2010 - 2017
29. The Right Honourable Julie Payette ..... 2017 - 2021
30. The Right Honourable Mary Simon ..... 2021 -

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

Canada


Newfoundland and Labrador

Nova Scotia

Prince Edward Island

New Brunswick

Quebec

Ontario

Manitoba

Saskatchewan

Alberta

British Columbia

Yukon Territory

Northwest Territories

Nunavut

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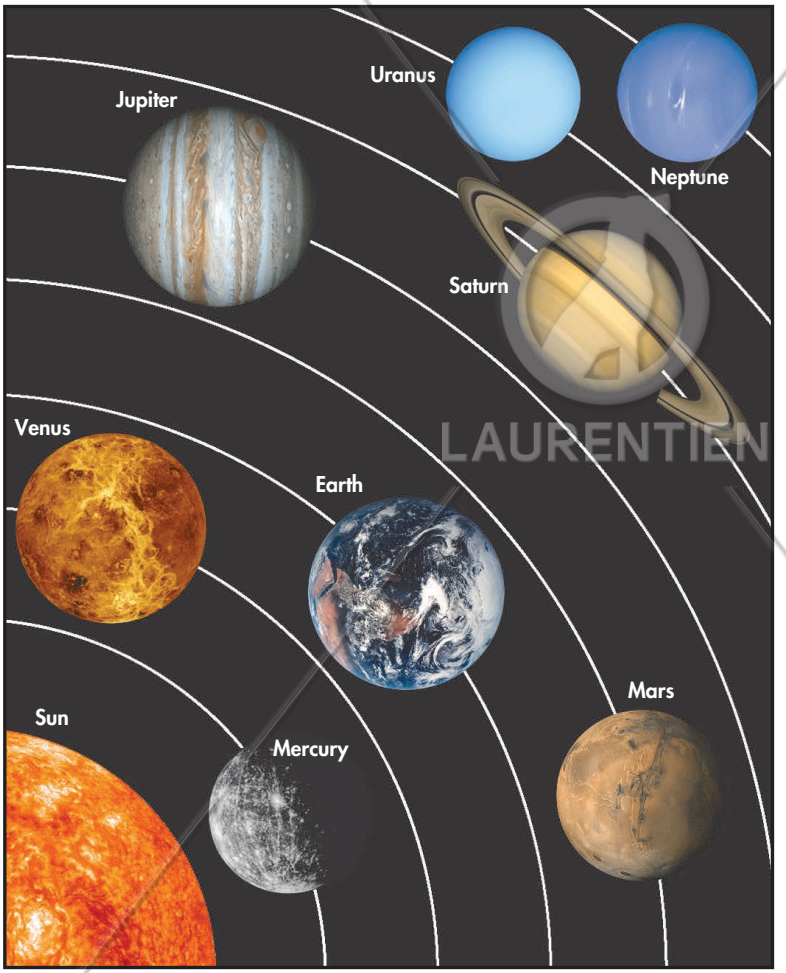
Solar System

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 10^{24} kg

Surface area:
510 064 472 km^2

Continental surface area:
149 500 000 km^2 (29.3%)

Oceanic surface area:
360 500 000 km^2 (70.7%)

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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: _____

_____

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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

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Discover your food guide at

Canada.ca/FoodGuide

Health Canada Santé Canada

Canada

2024-2025 School year

August 2024

M	T	W	T	F	S	S
			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	

September 2024

M	T	W	T	F	S	S
						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						

October 2024

M	T	W	T	F	S	S
	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			

November 2024

M	T	W	T	F	S	S
				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	

December 2024

M	T	W	T	F	S	S
						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					

January 2025

M	T	W	T	F	S	S
		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		

February 2025

M	T	W	T	F	S	S
					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		

March 2025

M	T	W	T	F	S	S
					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						

April 2025

M	T	W	T	F	S	S
	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				

May 2025

M	T	W	T	F	S	S
			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	

June 2025

M	T	W	T	F	S	S
						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						

July 2025

M	T	W	T	F	S	S
	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			

2025-2026 School year

August 2025

M	T	W	T	F	S	S
				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

September 2025

M	T	W	T	F	S	S
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					

October 2025

M	T	W	T	F	S	S
		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		

November 2025

M	T	W	T	F	S	S
					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

December 2025

M	T	W	T	F	S	S
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				

January 2026

M	T	W	T	F	S	S
			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	

February 2026

M	T	W	T	F	S	S
						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	

March 2026

M	T	W	T	F	S	S
						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					

April 2026

M	T	W	T	F	S	S
		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			

May 2026

M	T	W	T	F	S	S
				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

June 2026

M	T	W	T	F	S	S
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					

July 2026

M	T	W	T	F	S	S
		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		

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Timetable

	to : :	to : :	to : :	to : :	to : :	to : :
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

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