# Alternate between Alloprof Grades 1 and 2, EcoSchools, Celebrating Canadian Young and Weekly Values

## Circumference of the Earth

The first person to calculate the circumference of our planet was the mathematician Eratosthenes, in the 3rd century BC. He estimated that the Earth's circumference was between 39 060 and 40 320 km. The value known today is 40 075 km at the equator! alloprof



# 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!







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



Making eye contact with our interlocutors is a much-appreciated sign of respect.

## 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

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# Challenge!

How can you divert textile waste? Challenge your friends and family and see who can repair, swap, donate or upcycle the most clothing. Have a fashion show or exhibit your cool creations when you're done!







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



To be given constructive criticism is to be given the opportunity to improve and achieve greater success.

# What is the purpose of math?

Math is important in everyday life. For example, it can be used to calculate a game score or measure quantities in the kitchen. Studying math also helps develop problem-solving skills! alloprof



#### 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?

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Answer: 25%





**Hannah Alper** started her own blog at the age of 9. She is a journalist and motivational speaker who addresses issues such as the environment, anti-bullying and social justice.

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It feels good when someone smiles at us. How often do you smile?

# Space relics

In 2018 is when

In 2018, a meteorite crashed in Madagascar. According to researchers, it dates back 4.56 billion years ago, which is when the solar system was formed!

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## Are you ready...





Are you ready to take environmental action? Spending time to reflect on your environmental goals and how to take meaningful action for your school can be one of the first steps, as well as creating an EcoTeam! An EcoTeam (environmental group or eco-club) is at the core of a strong EcoSchool. A well-rounded EcoTeam involves students from a range of grades, school principals, teachers, parents,

and custodial staff. Learn more at ecoschools.ca







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

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In teamwork, everyone's opinion counts before making a decision.

### **Numbers and letters**

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50M3 P30P13 C4NN07 R34D 7H15 73X7. 3V3N 7H0UGH 17 15 H4RD, Y0UR BR41N R4P1DLY 4D4P75. 17 SH0ULD B3 34513R BY N0W.

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Litter can be damaging to plant life and detrimental to animal habitat and health, especially if it is mistaken for food and ingested. Do a community cleanup with your friends, family, or peers. See who can fill up a garbage bag first!







**Anthaea-Grace Patricia Dennis** is the youngest graduate of the University of Ottawa's biomedical science program. She obtained her degree at just 12 years of age.





Writing down our ideas makes it easier to express them clearly and make them understood by our work team.

# **Confusing descriptions**

There are three young talented women in the art gallery. Or is it, there are three talented young women in the art gallery? Is the order of adjectives confusing? Visit Alloprof to learn all about the order of adjectives!

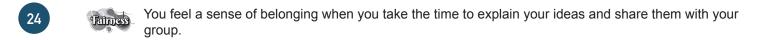
# Did you know?

EcoSchools across the country diverted over 392,900 kg of waste from the landfill last school year. That's equivalent to the weight of more than 1,450 grizzly bears!





**Keely Shaw**, a 29-year-old para-athlete from Saskatchewan, began her career at age 23 and has won multiple medals in Para-cycling competitions.



# A liquid gold mine

Located on the border between Canada and the United States, Lake Superior is the largest of North America's Great Lakes. Did you know that it is also the largest freshwater lake in the world?

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# 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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At the age of only 12, Alex Deans from Windsor, Ontario invented the "iAid", a navigation device for the blind.

28 By encouraging others, we also motivate ourselves.

# **Bilingual Canadians**

Do you know which Canadian provinces have the highest percentage of bilingual speakers? According to the 2016 Census, together, Quebec and New Brunswick account for a little over 78% of bilingual Canadians!



## Did you know?

A School Energy Footprint is a measure of the amount of energy used by a school during the year. Schools use energy in a lot of ways such as heating classrooms on a cold winter day, powering computer equipment or keeping the lights on.

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In 2018, at age 28, Québécois writer **Gabriel Allaire**, originally from Saint-Hyacinthe, was awarded the internationally recognized Robert Walser Prize for his first novel.



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Optimism

Having self-respect and respect for others allows us to feel good about ourselves.

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# On top of the world!

At 8848 metres, Mount Everest is the tallest mountain in the world when measured from sea level. It lies on the border between Tibet (China) and Nepal. Its summit was reached for the first time in 1953 by Edmund Hillary and Tenzing Norgay.

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At age 8, Canadian Hannah Taylor of Winnipeg established a foundation to combat homelessness.





# Challenge!

Earth Day is celebrated annually on April 22nd and is a great opportunity to take action for the environment! Challenge yourself and your friends to do fun Earth Day activities such as a community cleanup, zero-waste challenge, or a craft from natural materials!

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When we show care and concern for others, we build stronger bonds that lead to trust and respect.

### **Punctuation**

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Is it "Time to eat grandma" or "Time to eat, grandma?" Punctuation is important. Don't forget the comma, for grandma's sake! Visit Alloprof for more tips on punctuation!





#### **Trivia**

How long can a plastic bottle take to decompose?

ecoschools écoécoles (Parison Canada Parison Programe and certification programe Answer: Up to 450 years





Indigenous student **Autumn Peltier** of Ontario has become a renowned water-rights advocate. She addressed the United Nations on the issue of water preservation at age 15.





Keeping promises is essential to maintaining good relationships. Before committing to something, you must be sure you can do it.

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#### **Humming with congestion**

Did you know that you can't hum when your nose is congested? It's impossible, because air has to pass through your nose to produce the sound. Try it and see!

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### Did you know?

A pollinator is any animal that helps to fertilize flowering plants. In Canada, these include animals such as butterflies, moths, beetles, and bees. In fact, between 75-90% of flowering plants worldwide depend on pollinators for their survival. Without pollinators, we would lose a lot of food and plants.

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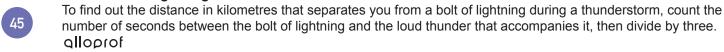


Repeatedly bullied, Nova Scotia's Elsie Morden created the "No Time for That" tour during her final year of high school. She shared her story with students from more than 450 schools.



Passavarings Writing down clear goals and posting them in a visible place for the duration of a challenge keeps us focused on what's important.

# How far is the lightning?







Plan an Environmental Fair featuring student projects or host an Environmental Conference where students present workshops and hands-on activities. Invite your community, including school staff and students, nearby schools, families, and community organizations, to attend and learn something new.







At age 13, Ta'Kaiya Blaney of British Colombia, became the youngest person ever to have intervened at the United Nations Permanent Forum on Indigenous Issues.





Encouraging someone to overcome a challenge can be as simple as reminding them why they're doing it.



## Laugh for your health!

Did you know that laughing is good for your health? Among other things, it helps to reduce anxiety and improve mood, and has similar effects to moderate physical exercise! alloprof





# Did you know?

Canadians are spending less and less time outside, which is taking a toll on our health and well-being. Get outside and have a blast playing sports, exploring nature, cycling, hiking, or using your imagination for creative play, staying active and connected!







The original event of the Pink Shirt Day or Anti-Bullying Day was organized in 2007 by twelfth-grade students David Shepherd and Travis Price of Berwick, Nova Scotia.





After an enjoyable activity, saying thank you to the organizer and sharing highlights are simple gestures that make people happy.