Specialized Teachers/Student Events

MY SPECIALIZED TEACHERS	SUBJECT

DATE	STUDENT EVENTS

Student Guide

THE PLANNER

FOR STUDENTS

- A handy tool to keep with you at school and at home.
- A work tool in which to note your homework, test dates and anything else that you must remember.
- A guide which helps you organize your work, study more effectively and obtain better results.
- A memory jogger which enables you to save valuable time.

FOR PARENTS

- A simple and effective means of communication between school and home.
- A way to follow your child's progress on a daily basis.
- A channel for improved dialogue between parent and child.

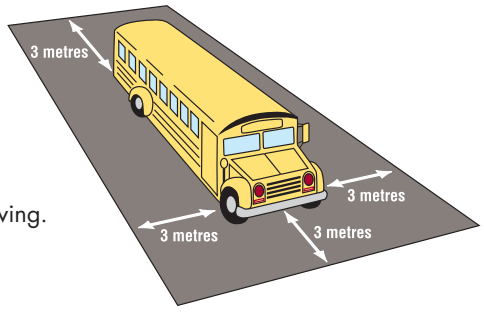
STUDY TIPS

- Studying at the same location helps improve concentration and output.
- Studying at the same time each day makes you more inclined to work and concentrate.
- Lack of distractions (radio, television, etc.) near the work area helps keep your mind on your work.
- Studying in a cool and well-ventilated room stimulates brain activity.
- A well-lit room reduces fatigue and the risk of eyestrain.
- Before starting work on a subject, put all the materials you will need on your desk.
- Studying in bed or slouched in a comfortable armchair leads to drowsiness and hampers concentration.
- Reading important passages of a text aloud to yourself helps you to remember its content.
- Asking yourself questions—or having someone else ask them—about the material studied lets you check how much you have learned.
- Taking a few minutes' break after studying a subject helps you to remember it better.
- Reviewing in the evening material learned during the day enables you to absorb it more thoroughly.
- Peace and quiet are essential to effective study.

MAIN SAFETY RULES IN THE BUS

Before Boarding the Bus

- I must be punctual and reach the bus stop before the arrival of the school bus.
- While waiting for the bus, I never stand or play in the street.
- If I must cross the street to board the bus, I wait until the bus comes to the bus stop, the flashing lights are on, and the bus driver directs me to cross and board the bus.
- I stay away from the school bus danger zone. I never go back to the bus after getting off. If I drop something near or under the bus, I leave it there.
- I line up quickly in single file and board the school bus in an orderly fashion, without shoving.
- I board the school bus and disembark only at the designated stop.



While on the Bus

- I follow the bus driver's instructions at all times.
- I follow all safety rules and regulations. Any misbehaviour will be reported to the principal of the school or the designated person and will be dealt with accordingly.
- I remain seated until the bus comes to a complete stop.
- I keep books and parcels on my lap.
- I keep the central aisle clear at all times.
- I show the same courtesy, respect and obedience to the bus driver as I would to my parents and teachers.
- I refrain from distracting the bus driver with loud talking, screaming or unnecessary conversation.
- I help to maintain a clean bus.
- I respect other people's property; I am responsible for any damage I may cause.
- In case of a road emergency, I remain on the bus unless directed otherwise by the bus driver.
- I do not bring any animals or bulky articles on the bus.
- I ensure that skates or other potentially dangerous objects are equipped with protective guards and are carried in a protective bag, that I keep at my feet.
- I keep my arms, legs and head inside the bus at all times.
- I avoid throwing things and fighting.
- I refrain from smoking, swearing, shouting and spitting.

Getting off the Bus

- Before leaving the bus, I check that I have not forgotten any personal belongings.
- I avoid running while getting on or off the bus.
- When I must walk along side of the bus after climbing out, I stay at least 3 metres away from the wheels.
- I never stand or hang onto the back of the school bus when it moves off again.
- When walking in front of the bus, I keep at least 3 metres away from it so that the bus driver will see me; before crossing the rest of the road, I look in both directions, wait for the bus driver's signal, and then proceed with caution, while continuing to check for oncoming traffic.

STAND UP to bullying

Remember that you do not deserve to be bullied or harassed.

For those who are experiencing bullying

- Talk to an adult that you trust.
- Spend your time with friends who you can count on to support and stick up for you.
- Appear confident and let the person doing the bullying know that it is not okay.
- Stand up for yourself without being aggressive.

For those who are bullying others

- Talk to someone you trust who can help you find ways to have healthy relationships.
- Ask a friend to tell you if they notice if you start to bully others.
- You do not have to like everybody, but you do have to respect everybody.
- Challenge yourself to be more inclusive of others and to be a good friend.
- Everyone has power. Use yours in a positive way to help others, not hurt them.

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 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.

Source: Canadian Red Cross

September
Septembre 2026

Next book to read: _____

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				

World Cleanup Day

Trash that is not thrown out can hurt plants and animals. A Community Clean-up is a great way to work together and take care of local areas such as a schoolyard or park.

With your friends

1. **Gather Your Team:** Rally your friends, classmates, and family members for safety, fun and more sets of eyes to spot litter!
2. **Safety First:** Wear gloves and closed-toe shoes.
3. **Equip Yourselves:** Bring trash bags, recycling bags, and grabbers.
4. **Sort It:** Separate recyclables like cans and bottles from regular trash.
5. **Snap a Picture:** Take a before and after photo of your clean-up site.

Related EcoSchools action: Community Clean-Up

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

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Managing Emotions

Managing emotions means learning to recognize what we feel in our heart and body. When we are angry, sad, or excited, we can breathe, talk, or draw to calm down. It's like a magical toolbox to help us feel better.

Parent-Teacher Communications / Communications parents-enseignant(e)

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September
Septembre 2026

Shina Novalinga, who was born in Puvirnituq and has millions of social media followers, shares aspects of her Inuit culture, including throat singing and traditional foods.

MONDAY / LUNDI 31 *Aug./aout*

DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

TUESDAY / MARDI 1

DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

WEDNESDAY / MERCREDI 2

DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

THURSDAY / JEUDI 3

DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

FRIDAY / VENDREDI 4

DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

Managing Emotions
When you feel joy, share it with a friend — it makes everything even more beautiful.

Trivia
What uses more energy: heating or cooling?

Answer: Heating! But both can harm the Earth if we use too much. So, we should be careful about how much energy we use.

ecoschools écoécoles CANADA **Environmental learning and certification program**

Words of the week / Mots de la semaine

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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.

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December
Décembre 2026

Next book to read: _____

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			

Eco-Friendly Gift Giving

Make your holiday season eco-friendly by thinking outside the box and giving gifts that are less harmful for the Earth!

Ideas

1. **Host A Gift Swap:** Host a gift swap event at your school to exchange new or lightly used items.
2. **Green Wrapping:** Use reusable bags, fabric, or newspapers instead of wrapping paper.
3. **Do-It-Yourself:** Making your own gifts is a fun way to show you care and reduce waste.
4. **Plants and Seeds:** Gifts like potted plants or seeds can bring nature indoors.

Related EcoSchools action: Create Your Own Action

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

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Stress Management

Stress is when your body feels worried, like when you are afraid of something or when you need to put in a lot of effort for a task. Your brain sends messages to your body to be ready to respond, but sometimes you must learn to calm down in order to feel better.

Parent-Teacher Communications / Communications parents-enseignant(e)

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December
Décembre 2026

11-year-old **Stella Bowles** revealed the high level of pollution in a river. Five years later, she was awarded the Order of Nova Scotia for her commitment to the environment.

MONDAY / LUNDI 30 *Nov./nov.*
DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

TUESDAY / MARDI 1
DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

WEDNESDAY / MERCREDI 2
DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

THURSDAY / JEUDI 3
DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

FRIDAY / VENDREDI 4
DAY JOUR | DAY-CARE SERVICE SERVICE DE GARDE Lunch PM | BUS AUTOBUS Lunch PM | WALK À PIED Lunch PM

Stress Management
Recognizing that you're stressed is important: if your heart is beating fast, breathe slowly and gently to help your body calm down.

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Trivia
How many different species of birds did Canadians find in the Great Backyard Bird Count in 2024?

Answer: 261 unique bird species were spotted!

ecoschools écoécoles CANADA **Environmental learning and certification program**

Words of the week / Mots de la semaine

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Incredible sun!
The Sun is a ball that creates a lot of energy. This energy can be found in the form of light and heat. It travels millions of kilometers to reach us. Quite a journey!

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April
Avril 2027

Next book to read: _____

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		

Earth Month

Earth Month is a great time to celebrate and care for the Earth! Let's come together to help the Earth and learn how even small actions can make big changes.

Tips

1. **Work Together:** Include your friends, family and classmates in your Earth Month actions!
2. **Dream Big:** From city-wide clean-ups to zero-waste events, think about ways you can help the Earth, your friends, and family.
3. **Get Creative:** Get creative by hosting an Upcycling Art Gallery or a Nature Poetry Slam!

Related EcoSchools action: Earth Day

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

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Healthy Screen Use

Screens are like candy: a little is delicious, but too much can give you a tummy ache! You can watch cartoons or play fun games, but only for a short time (like the length of one episode). After that, it's time to move, run, draw, or create amazing stories with your toys and friends!

Parent-Teacher Communications / Communications parents-enseignant(e)

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April
Avril 2027

With a passion for space, 8-year-old **Yaphet Yoseph** from Ontario was invited by a university in California to participate in a call with the International Space Station to chat with astronauts.

MONDAY / LUNDI 5

DAY / JOUR | DAY-CARE SERVICE / SERVICE DE GARDE Lunch PM | BUS / AUTOBUS Lunch PM | WALK / À PIED Lunch PM

TUESDAY / MARDI 6

DAY / JOUR | DAY-CARE SERVICE / SERVICE DE GARDE Lunch PM | BUS / AUTOBUS Lunch PM | WALK / À PIED Lunch PM

WEDNESDAY / MERCREDI 7

DAY / JOUR | DAY-CARE SERVICE / SERVICE DE GARDE Lunch PM | BUS / AUTOBUS Lunch PM | WALK / À PIED Lunch PM

THURSDAY / JEUDI 8

DAY / JOUR | DAY-CARE SERVICE / SERVICE DE GARDE Lunch PM | BUS / AUTOBUS Lunch PM | WALK / À PIED Lunch PM

FRIDAY / VENDREDI 9

DAY / JOUR | DAY-CARE SERVICE / SERVICE DE GARDE Lunch PM | BUS / AUTOBUS Lunch PM | WALK / À PIED Lunch PM

Healthy Screen Use
Screens help you learn and laugh, but after one episode, take a break to play, move, or make up stories!

Did You Know?
Many people in Canada are spending less and less time outside, which can be harmful for our health. You can have fun outside by playing sports, being in nature, riding bikes, hiking, or using your imagination to play!

ecoschools écoécoles CANADA Environmental learning and certification program

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Words of the week / Mots de la semaine

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What is the purpose of physical education?
Among other benefits, physical activity helps us:
- sleep better
- improve physical fitness
- reduce stress and anxiety"

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Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

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Canada.ca/FoodGuide

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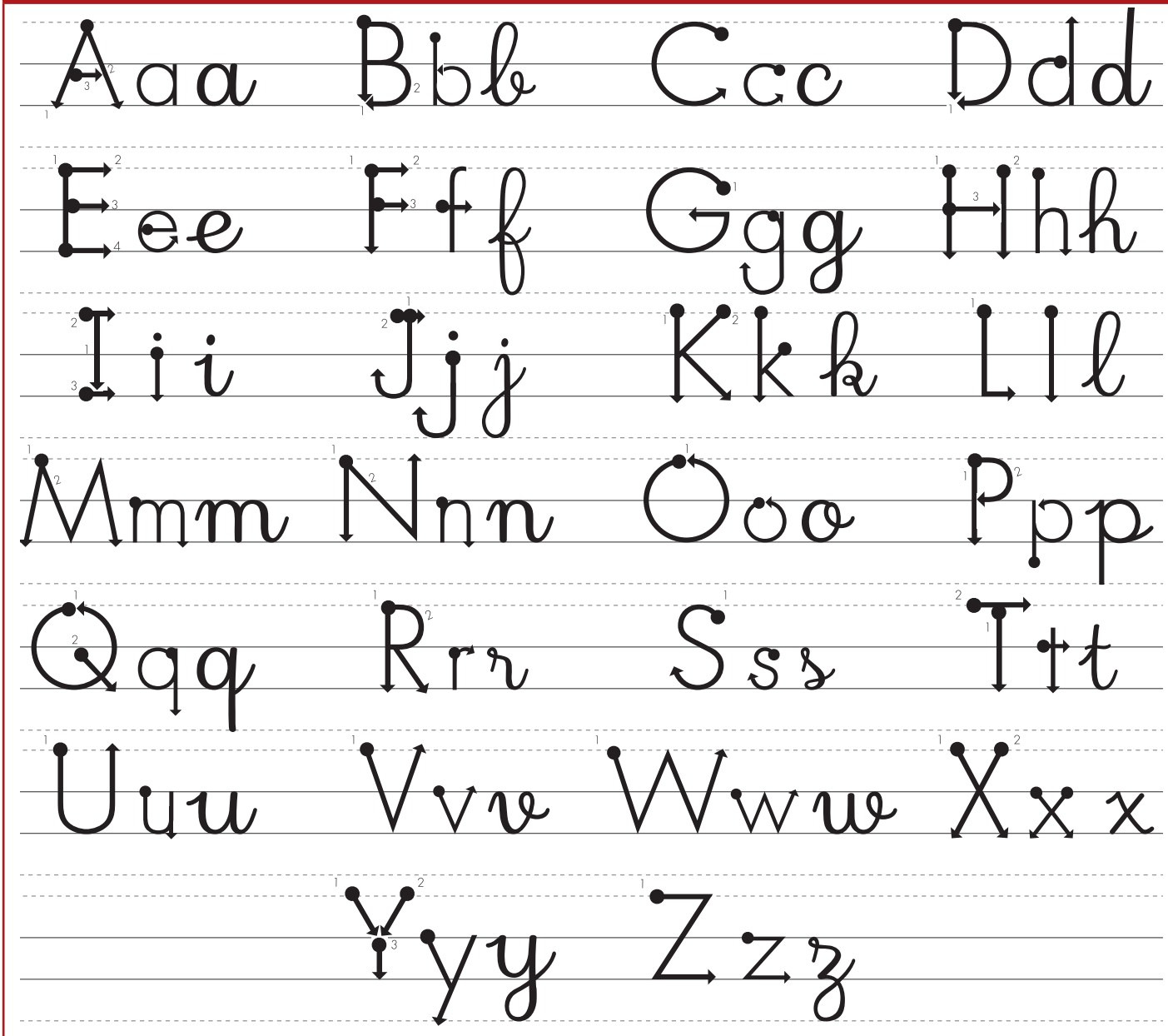
Health Canada Santé Canada

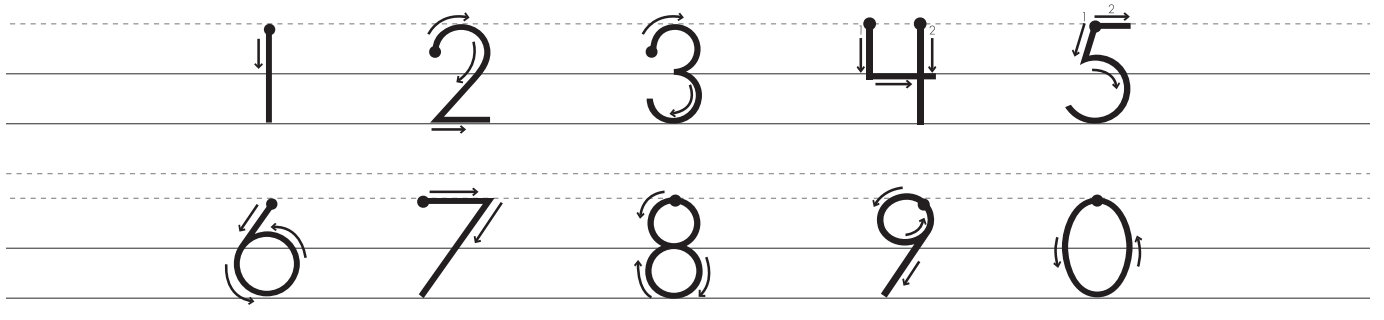
Canada

Learn to Trace

Alphabet



Numbers



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

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

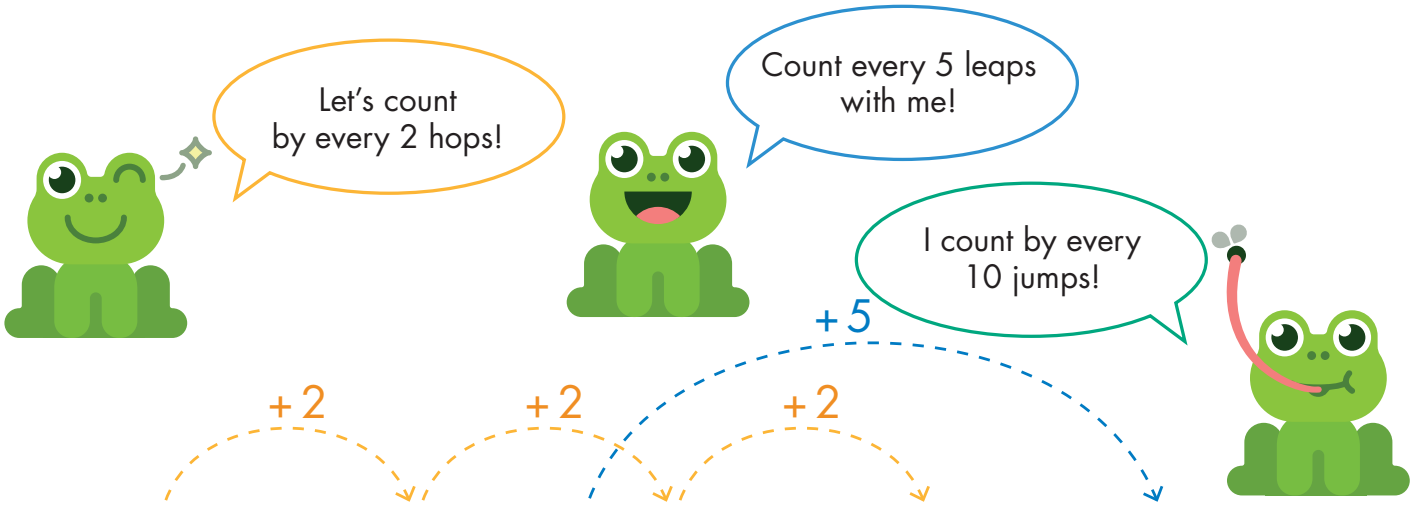
Table 7	Table 8	Table 9	Table 10	Table 11	Table 12
7 x 1 = 7	8 x 1 = 8	9 x 1 = 9	10 x 1 = 10	11 x 1 = 11	12 x 1 = 12
7 x 2 = 14	8 x 2 = 16	9 x 2 = 18	10 x 2 = 20	11 x 2 = 22	12 x 2 = 24
7 x 3 = 21	8 x 3 = 24	9 x 3 = 27	10 x 3 = 30	11 x 3 = 33	12 x 3 = 36
7 x 4 = 28	8 x 4 = 32	9 x 4 = 36	10 x 4 = 40	11 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

Numbers 1-100 grid

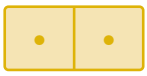


1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

+ 10
+ 10
+ 10

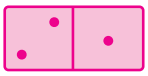
Game of numbers

2



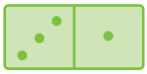
1 + 1 = 2
2 - 1 = 1

3

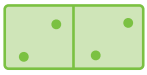


2 + 1 = 3
1 + 2 = 3
3 - 1 = 2
3 - 2 = 1

4

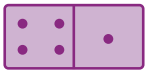


3 + 1 = 4
1 + 3 = 4
4 - 1 = 3
4 - 3 = 1

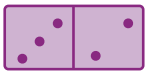


2 + 2 = 4
4 - 2 = 2

5

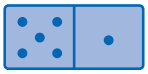


4 + 1 = 5
1 + 4 = 5
5 - 1 = 4
5 - 4 = 1

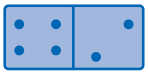


3 + 2 = 5
2 + 3 = 5
5 - 2 = 3
5 - 3 = 2

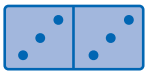
6



5 + 1 = 6
1 + 5 = 6
6 - 1 = 5
6 - 5 = 1

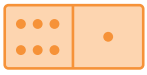


4 + 2 = 6
2 + 4 = 6
6 - 2 = 4
6 - 4 = 2



3 + 3 = 6
6 - 3 = 3

7

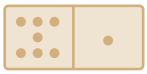


6 + 1 = 7
1 + 6 = 7
7 - 1 = 6
7 - 6 = 1

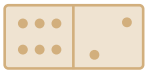
5 + 2 = 7
2 + 5 = 7
7 - 2 = 5
7 - 5 = 2

4 + 3 = 7
3 + 4 = 7
7 - 3 = 4
7 - 4 = 3

8



7 + 1 = 8
1 + 7 = 8
8 - 1 = 7
8 - 7 = 1

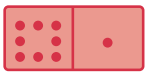


6 + 2 = 8
2 + 6 = 8
8 - 2 = 6
8 - 6 = 2

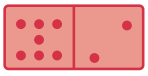
5 + 3 = 8
3 + 5 = 8
8 - 3 = 5
8 - 5 = 3

4 + 4 = 8
8 - 4 = 4

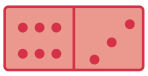
9



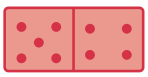
8 + 1 = 9
1 + 8 = 9
9 - 1 = 8
9 - 8 = 1



7 + 2 = 9
2 + 7 = 9
9 - 2 = 7
9 - 7 = 2

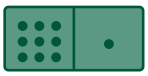


6 + 3 = 9
3 + 6 = 9
9 - 3 = 6
9 - 6 = 3



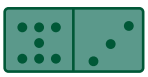
5 + 4 = 9
4 + 5 = 9
9 - 4 = 5
9 - 5 = 4

10

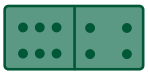


9 + 1 = 10
1 + 9 = 10
10 - 1 = 9
10 - 9 = 1

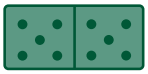
8 + 2 = 10
2 + 8 = 10
10 - 2 = 8
10 - 8 = 2



7 + 3 = 10
3 + 7 = 10
10 - 3 = 7
10 - 7 = 3

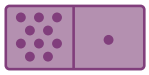


6 + 4 = 10
4 + 6 = 10
10 - 4 = 6
10 - 6 = 4

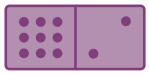


5 + 5 = 10
10 - 5 = 5

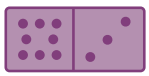
11



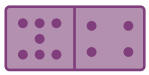
10 + 1 = 11
1 +10 = 11
11 - 1 = 10
11 -10 = 1



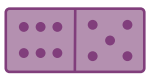
9 + 2 = 11
2 + 9 = 11
11 - 2 = 9
11 - 9 = 2



8 + 3 = 11
3 + 8 = 11
11 - 3 = 8
11 - 8 = 3

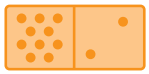


7 + 4 = 11
4 + 7 = 11
11 - 4 = 7
11 - 7 = 4

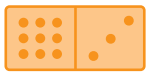


6 + 5 = 11
5 + 6 = 11
11 - 5 = 6
11 - 6 = 5

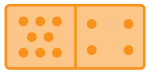
12



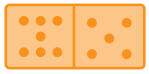
10 + 2 = 12
2 +10 = 12
12 - 2 = 10
12 -10 = 2



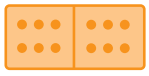
9 + 3 = 12
3 + 9 = 12
12 - 3 = 9
12 - 9 = 3



8 + 4 = 12
4 + 8 = 12
12 - 4 = 8
12 - 8 = 4

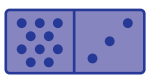


7 + 5 = 12
5 + 7 = 12
12 - 5 = 7
12 - 7 = 5

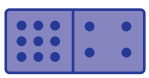


6 + 6 = 12
12 - 6 = 6

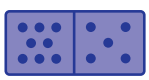
13



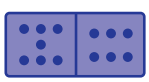
10 + 3 = 13
3 +10 = 13
13 - 3 = 10
13 -10 = 3



9 + 4 = 13
4 + 9 = 13
13 - 4 = 9
13 - 9 = 4

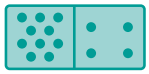


8 + 5 = 13
5 + 8 = 13
13 - 5 = 8
13 - 8 = 5

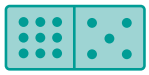


7 + 6 = 13
6 + 7 = 13
13 - 6 = 7
13 - 7 = 6

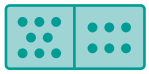
14



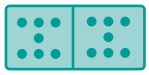
10 + 4 = 14
4 +10 = 14
14 - 4 = 10
14 -10 = 4



9 + 5 = 14
5 + 9 = 14
14 - 5 = 9
14 - 9 = 5

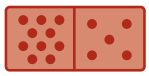


8 + 6 = 14
6 + 8 = 14
14 - 6 = 8
14 - 8 = 6

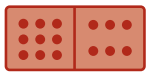


7 + 7 = 14
14 - 7 = 7

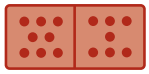
15



10 + 5 = 15
5 +10 = 15
15 - 5 = 10
15 -10 = 5

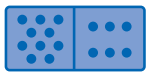


9 + 6 = 15
6 + 9 = 15
15 - 6 = 9
15 - 9 = 6

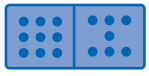


8 + 7 = 15
7 + 8 = 15
15 - 7 = 8
15 - 8 = 7

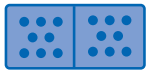
16



10 + 6 = 16
6 +10 = 16
16 - 6 = 10
16 -10 = 6

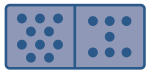


9 + 7 = 16
7 + 9 = 16
16 - 7 = 9
16 - 9 = 7

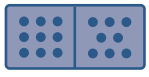


8 + 8 = 16
16 - 8 = 8

17

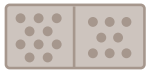


10 + 7 = 17
7 +10 = 17
17 - 7 = 10
17 -10 = 7

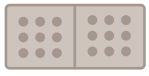


9 + 8 = 17
8 + 9 = 17
17 - 8 = 9
17 - 9 = 8

18



10 + 8 = 18
8 +10 = 18
18 - 8 = 10
18 -10 = 8



9 + 9 = 18
18 - 9 = 9

Useful Information

TIME EQUIVALENTS

1 leap year = 366 days
1 year = 365 days
1 year = 12 months
1 year = 52 weeks
1 month = 4 weeks (approx.)
1 week = 7 days

1 day = 24 hours
1 hour = 60 minutes
1 minute = 60 seconds
1 decade = 10 years
1 century = 100 years

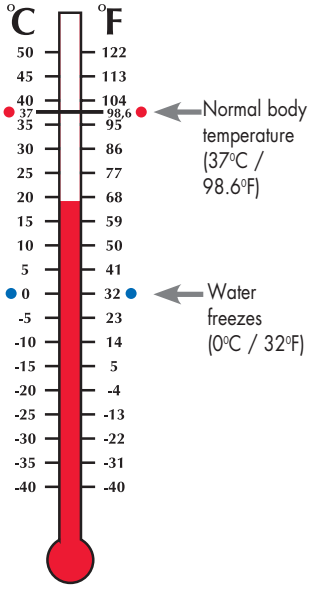
DAYS OF THE WEEK

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

MONTHS OF THE YEAR

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

TEMPERATURE



COINS

A NICKEL = 5 cents = 5¢ = $0.05

A DIME = 10 cents = 10¢ = $0.10

A QUARTER = 25 cents = 25¢ = $0.25

A DOLLAR = 100 cents = 100¢ = $1.00

TWO DOLLARS = 200 cents = 200¢ = $2.00

ORIENTATION

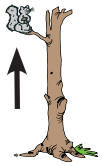
on

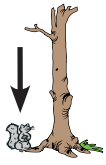
under

in

in front

behind

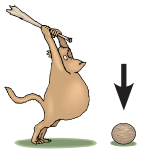

up


down

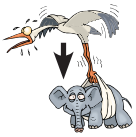
in the middle

on the edge

on the left


on the right

above


under

SYMBOLS OF DANGEROUS PRODUCTS[1]

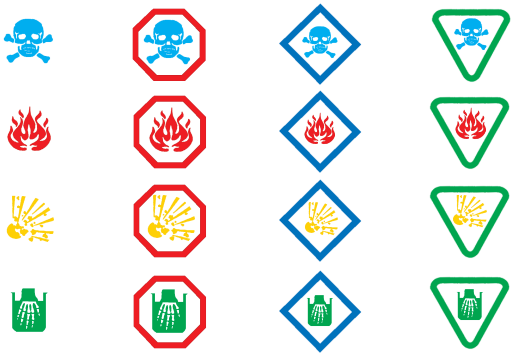
The symbols below indicate the TYPE of danger related to a product.

POISON — FLAMMABLE — EXPLOSIVE — CORROSIVE

Figures below indicate the DEGREE of danger.

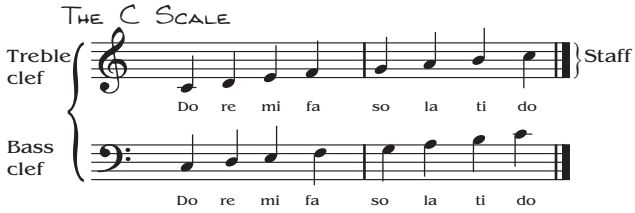
DANGER — WARNING — ATTENTION

The TYPE of danger as well as its DEGREE.



[1] *Source : Health Canada.*

Music and Colours



Notes

whole note	
half note	
quarter note	
eighth note	
sixteenth note	

Rests

whole rest
half rest
quarter rest
eighth rest
sixteenth rest

Terms Relating to Volume

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

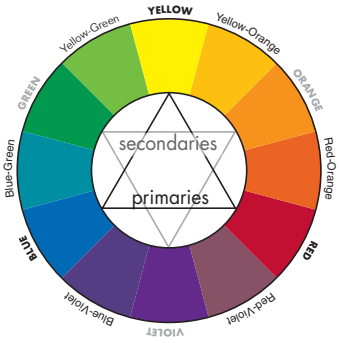
COLOUR WHEEL

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).

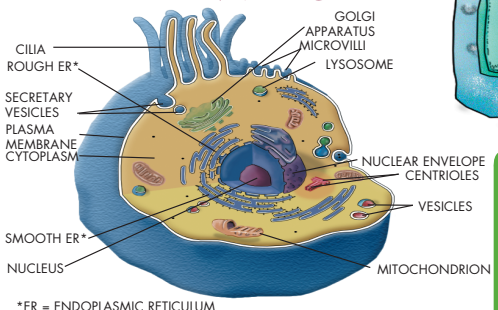


COMPLEMENTARY COLOURS are opposite from each other. They contrast because they do not have any colours in common. Orange is made by mixing red and yellow, so it will complement blue.

Life on Earth

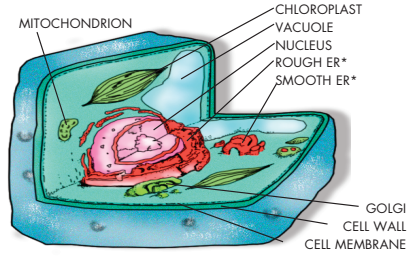
THE CELL STRUCTURE

THE ANIMAL CELL



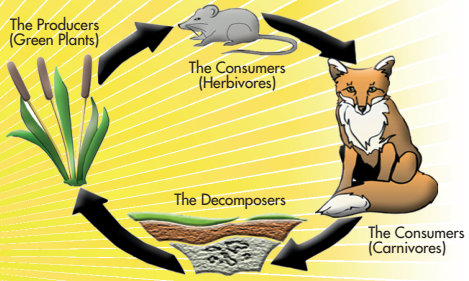
*ER = ENDOPLASMIC RETICULUM

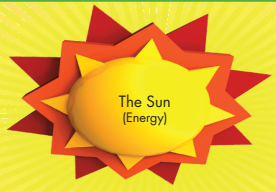
THE PLANT CELL



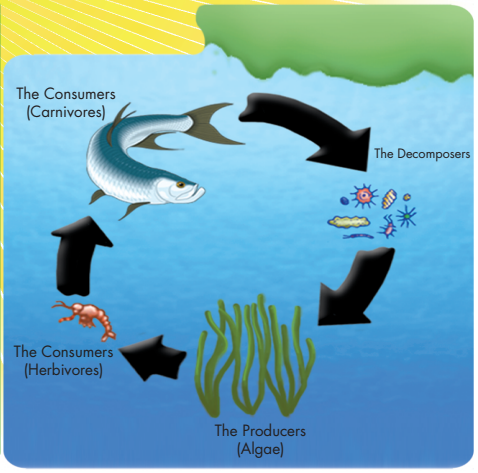
THE FOOD CHAIN

ABOVE GROUND

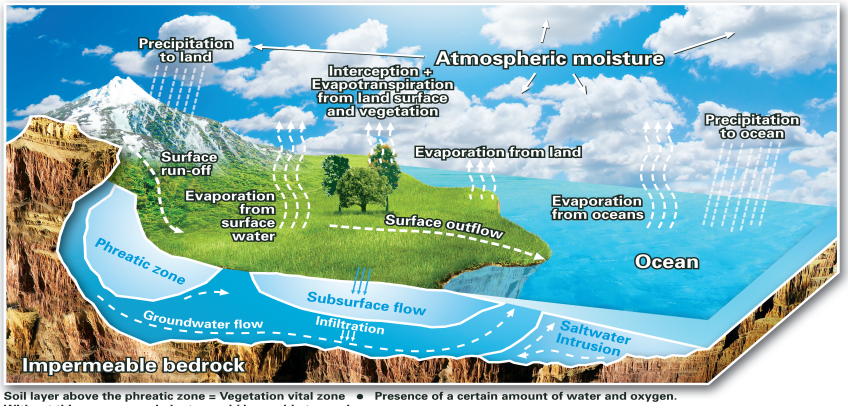




IN THE WATER



Natural Hydrologic Cycle of Planet Earth



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

Map of Canada

© 2006. Her Majesty the Queen in Right of Canada, Natural Resources Canada.

Provinces and Territories of Canada

Provinces

Alberta

Capital: Edmonton
Motto: *Fortis et liber*
(Strong and free)
Size: 661,848 km²

Flower: Wild Rose

Tree: Lodgepole Pine

British Columbia

Capital: Victoria
Motto: *Splendor sine occasu*
(Splendour without diminishment)
Size: 944,735 km²

Flower: Pacific Dogwood

Tree: Western Red Cedar

Manitoba

Capital: Winnipeg
Motto: *Gloriosus et liber*
(Glorious and free)
Size: 647,797 km²

Flower: Prairie Crocus

Tree: White Spruce

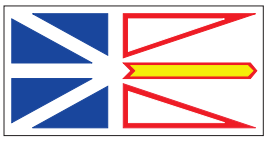
New Brunswick

Capital: Fredericton
Motto: *Spem reduxit*
(Hope restored)
Size: 72,908 km²

Flower: Purple Violet

Tree: Balsam Fir

Newfoundland and Labrador

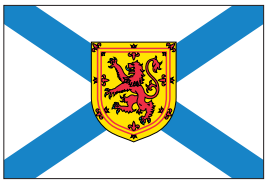


Capital: St. John's
Motto: *Quaerite prim regnum dei*
(Seek ye first the Kingdom of God)
Size: 405,212 km²

Flower: Insect-eating Pitcher Plant

Tree: Black Spruce

Nova Scotia



Capital: Halifax
Motto: *Munit haec et altera vincit*
(One defends and the other conquers)
Size: 55,284 km²

Flower: Mayflower

Tree: Red Spruce

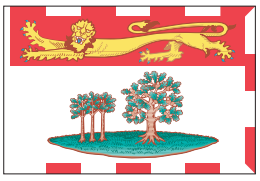
Ontario

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

Flower: White Trillium

Tree: Eastern White Pine

Prince Edward Island

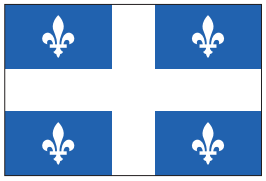


Capital: Charlottetown
Motto: *Parva sub ingenti*
(The small under the protection of the great)
Size: 5,660 km²

Flower: Lady's Slipper

Tree: Red Oak

Quebec



Capital: Quebec City
Motto: *Je me souviens*
(I remember)
Size: 1,542,056 km²

Flower: Blue Flag

Tree: Yellow Birch

Saskatchewan

Capital: Regina
Motto: *Multis e gentibus vires*
(From many peoples strength)
Size: 651,036 km²

Flower: Western Red Lily

Tree: White Birch

Territories

Northwest Territories

Capital: Yellowknife
Size: 1,346,106 km²

Flower: Mountain Avens

Tree: Tamarack Larch

Nunavut

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

Flower: Purple Saxifrage

Yukon

Capital: Whitehorse
Size: 482,443 km²

Flower: Fireweed

Tree: Subalpine Fir

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

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

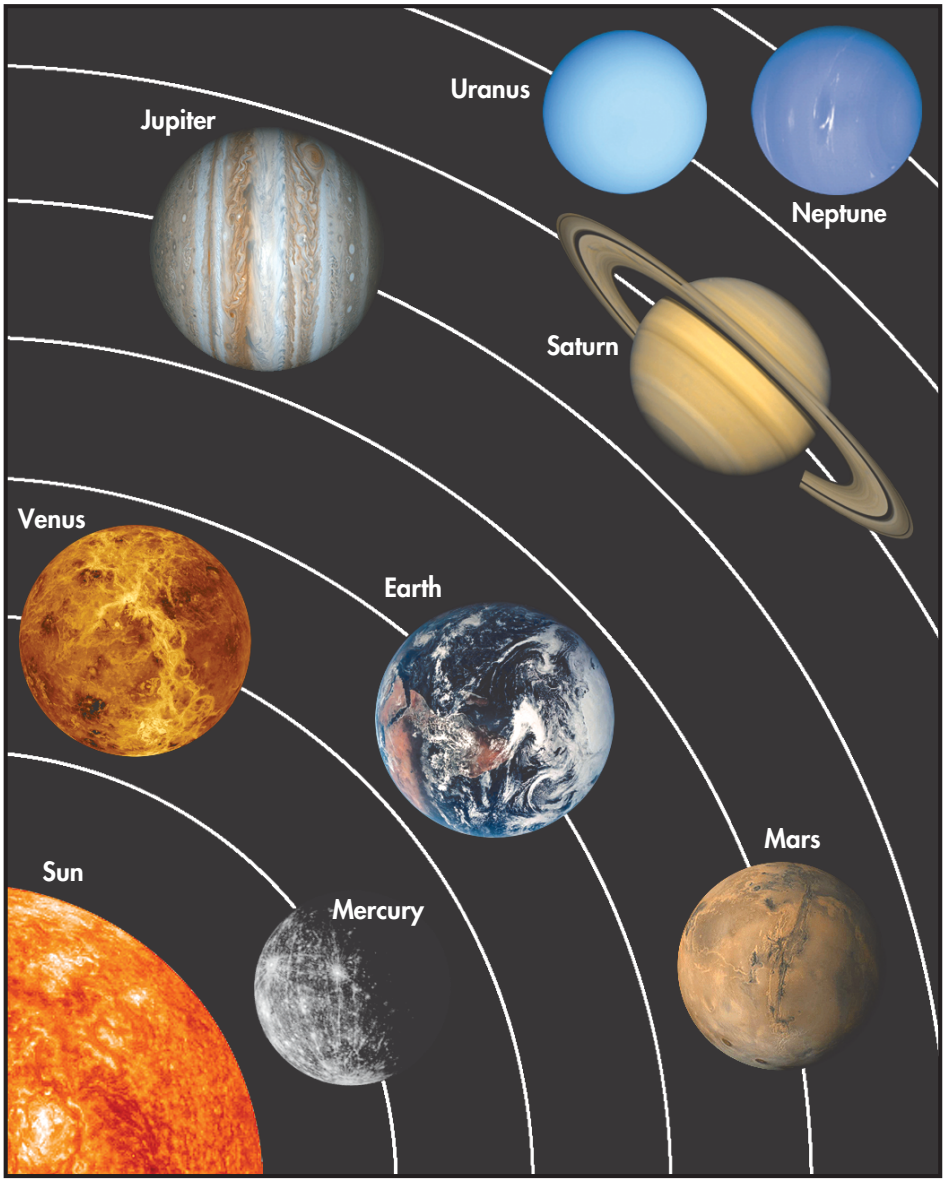
Oceania

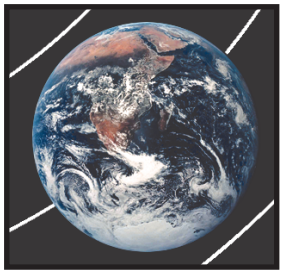
Australia, Canberra
Fed. States of Micronesia, Palikir
Fiji, Suva
Kiribati, Tarawa
Marshall Islands, Majuro
Nauru, Yaren District
New Caledonia, Noumea
New Zealand, Wellington
Papua New Guinea, Port Moresby
Samoa, Apia
Solomon Islands, Honiara
Tonga, Nuku'alofa
Tuvalu, Funafuti
Vanuatu, Port Vila

Solar System

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

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





Earth

The Earth is the solar system's fifth largest planet and the third in distance from the Sun. It spins from west to east around its polar axis. This rotation causes the alternation of day and night. As it rotates, the Earth also orbits around the Sun. This causes the change of seasons.

Age of the Earth:
approx. 4.5 billion years

Orbital speed:
107 218 km/h

Rotation speed:
1670 km/h

Equatorial circumference:
40 030 km

Mass:
5.97 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%)

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

Caring for the Earth

Everyone has a role to play in keeping our planet Earth healthy.
It's a part you play every day. How do you play your part?

We have all heard of "Reduce, Reuse, Recycle."
Let's look at what you can do and how it helps you play your part.

Reduce

Reduce the fuel you use by biking or walking instead of getting a drive.

Reduce the garbage you create by taking a litterless lunch. Use reusable containers for your sandwiches, snacks, and drinks. That way you won't have anything to throw away when you're done.

Reduce the paper you use by using both sides of every sheet.

I do my part to reduce by: _____

_____

Reuse

Reuse plastic bags. Take a reusable bag, when you go to the store.

Give toys, books, and clothing that you no longer use to a charity, so other people can reuse them.

Reuse newspapers to protect tables when you are doing something messy. You can also make interesting wrapping paper from the coloured comics in your newspaper.

I do my part to reuse by: _____

_____

Recycle

Recycle glass bottles, plastic bottles and jugs, aluminum and tin cans, paper and newspaper. Put them in a recycling bin instead of a garbage can.

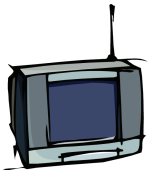
I do my part to recycle by: _____

_____

Did you know?

When you recycle a stack of newspaper that is one-metre high, you save an evergreen tree that has grown ten-metre tall.

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.

2026-2027 School year

August 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						

September 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				

October 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	

November 2026

M	T	W	T	F	S	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 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			

January 2027

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 2027

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 2027

M	T	W	T	F	S	S
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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 2027

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 2027

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					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2027

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2027

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			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2027-2028 School year

August 2027

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 2027

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 2027

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 2027

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 2027

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

January 2028

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
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February 2028

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					

March 2028

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2028

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 2028

M	T	W	T	F	S	S
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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 2028

M	T	W	T	F	S	S
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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 2028

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Phone Directory

Name and address	Phone number and email
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Timetable

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1						
2						
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8						
9						
10						

Laurentien.ca This student planner is 100% Canadian-made.

Printed on Sustana Enviro™. This paper contains 100% sustainable recycled fiber, is manufactured using renewable energy - Biogas and processed chlorine free.