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

I Believe in God the Father

Then God said, "Let us make humankind[sic] in our image, according to our likeness..."
(Genesis 1:26)

This line from the Bible means God created me.

God, my Father, gave me special gifts and talents.

I am God's beloved child.

I am made in God's image.

Based on Genesis 1-2 and CST on Human Dignity.

I Live in Community

Love and human dignity come from being created in God's Image.

God invites us to respect, care for, and love each human life because it reflects his image.

I am a child of God. I am a member God's family.

God created all humans.

I Celebrate

God's family on earth is the Church.

My home, my school and my **parish** are all part of God's Church family. Catholics worship God as a family during the **Liturgy of the Eucharist**.

Research the meaning of...

Parish:

Liturgy of the Eucharist:

I Make Good Choices

As God's child, I try to love as God loves. Virtues are the characteristics God wishes me to grow in my heart and mind, and practise in my daily actions. They help me grow in God's love.

I learn how to love as God does in my Catholic school. Some Catholic schools might choose a monthly virtue to practise. Some might focus on a Church teaching, a Scripture verse or a Catholic graduate goal.

This September my class is focussing on:

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

I Pray

God, my Father,

I am very glad to be your child. I thank you for my family, my friends, my teacher and my classroom. This school year, help me to learn to love as you do. Help me to learn to be the best person I can be. Bless my home, school and parish communities.

Amen

Sign your name, print your initials or draw a picture of yourself on the blank below:

I am a child of God! My human family is part of God's family too.

September 2026
Septembre

During the school year, some classes might attend the Liturgy of the Eucharist at a church building. Other classes might invite a priest to say Liturgy of the Eucharist at their school.

When my school or class celebrates God's love at Liturgy of the Eucharist, I will be sure to note the date and location on the calendar in my school planner.

Sunday Dimanche	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi
		1 WORLD DAY OF PRAYER FOR THE CARE OF CREATION	2	3 ST. GREGORY THE GREAT (M)	4	5
6 23RD SUNDAY IN ORDINARY TIME	7	8 THE NATIVITY OF THE BLESSED VIRGIN MARY (F)	9	10	11	12
13 24TH SUNDAY IN ORDINARY TIME	14 THE EXALTATION OF THE HOLY CROSS (F)	15 OUR LADY OF SORROWS (M)	16 ST. CORNELIUS AND ST. CYPRIAN (M)	17	18	19
20 25TH SUNDAY IN ORDINARY TIME	21 ST. MATTHEW (F)	22	23 ST. PIUS OF PIETRELCINA (M)	24	25	26 ST. JOHN DE BRÉBEUF AND ST. ISAAC JOGUES AND COMPANIONS (F)
27 26TH SUNDAY IN ORDINARY TIME WORLD DAY OF MIGRANTS AND REFUGEES	28	29 ST. MICHAEL, ST. GABRIEL, ST. RAPHAEL (F)	30 ST. JEROME (M)			

(M) = Memorial (F) = Feast (S) = Solemnity

September 2026
Septembre

My Weekly Goal is:

I Believe in God the Father
My classmates and my teacher are also part of God's family.

Sunday Gospel
Matthew 18.15-20
The Brother Who Sins

Monday / Lundi 31 August/aout

Day / Jour

Message ◯ Signature

Tuesday / Mardi 1

Day / Jour

World Day of Prayer for the Care of Creation

Message ◯ Signature

Wednesday / Mercredi 2

Day / Jour

Message ◯ Signature

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.

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I am reading / Je lis : : : : : : :

Thursday / Jeudi 3

Day / Jour

ST. GREGORY THE GREAT (M)

Message ◯ Signature

Friday / Vendredi 24

Day / Jour

Message ◯ Signature

Words of the week / Mots de la semaine

1.	5.	9.	13.
2.	6.	10.	14.
3.	7.	11.	15.
4.	8.	12.	16.

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.

I Believe Jesus was Born of the Virgin Mary

***And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.* (Luke 2:7)**

When Mary was a young teenager, the angel Gabriel appeared to her. At first, she was afraid. The Angel Gabriel told her not to worry. He told her that God had picked her to be the mother of Jesus. The Angel told her that God would be Jesus' Father. Mary agreed to God's plan. This miracle happened through the work of the Holy Spirit!

God asked Joseph to marry Mary so that Jesus would have an earthly father as well. Joseph took good care of his wife, Mary. They lived in a place called Nazareth, in Ancient Israel.

The emperor of Ancient Israel during this time was Caesar Augustus. He wanted to know how many people he ruled over. In order to count them, he made everyone return to the place where the father of each family was born. Joseph was born in Bethlehem. He and Mary had to walk there. It was far away! By the time they got there, all the inns were filled up. But one innkeeper let Mary and Joseph sleep in his stable, where he kept his animals.

That night Mary gave birth to Jesus in the stable. She wrapped him in some scraps of cloth to keep him warm. She laid him in a manger which was the feeding container for the animals. The manger was filled with soft, cozy straw. Jesus, Mary and Joseph were now the Holy Family.

Nearby, there were some shepherds watching their flock in a field. An angel appeared to them and told them the Messiah had been born in a nearby stable. Suddenly, the night sky was filled with angels who were rejoicing and praising God. The shepherds went to visit the Holy Family. They felt so blessed to be able to see the baby Jesus, who would grow up to be the Saviour of the World!.

A retell of the story of Jesus' birth from the Gospel of Luke (Luke 1:26-38 and Luke 2:1-20).

I Live in Community

Advent means "coming." Advent is a special season of prayer and preparation. I remember how the Ancient Israelite community felt while they waited for the Messiah to come. I prepare for the community celebration of Jesus coming on Christmas Day.

I Make Good Choices

During Advent I focus on the virtues of faith, hope, charity, joy and humility in my prayers and my actions.

This December, my class is focussing on:

_____

_____

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

I Celebrate

I might see a Nativity scene in my Church, my school or my home. A Nativity scene shows the Holy Family in the stable.

When I think of the Holy Family, I think of my own family. The relationship between people in a family is a covenant of love.

Marriage is a covenant where two people make a commitment to always love and care for each other, and their children, to the very best of their ability.

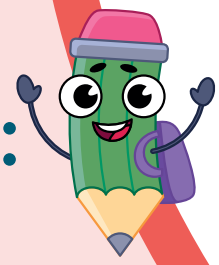
I Pray

Jesus, my Saviour,

You came to earth as a little child. I am a child too! You had parents as caretakers, just like I have parents or caretakers. You were born in a stable to show us that you are very humble. Help me be humble too. Your mother and father showed great faith and hope in God. Help me have faith and hope in God. The angels and the shepherds were full of joy when you were born. Help me be full of joy during Advent and Christmas.

You came to earth because you loved each person in your human family so very much. Help me to show my love for my family and my friends. Help me show love even when it is hard. Help me remember each person is my neighbour whom you love and whom I should treat nicely.

Amen



Draw one symbol of Advent that you can find in your classroom, your school, your home or your church:

December 2026
Décembre

Advent begins on November 29 this year. Advent is the time when we remember that God sent his only son to be the Saviour of the world. What symbols of Advent or Christmas will my family or classroom display this December? Can I help? I can write my plans for participating in the calendar of this planner.

Sunday Dimanche	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi
		1	2	3 ST. FRANCIS XAVIER (M)	4	5
6 2ND SUNDAY OF ADVENT	7 ST. AMBROSE (M)	8 THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY (S)	9	10	11	12 OUR LADY OF GUADALUPE (F) NATIONAL DAY OF PRAYER IN SOLIDARITY WITH INDIGENOUS PEOPLES
13 3RD SUNDAY OF ADVENT	14 ST. JOHN OF THE CROSS (M)	15	16	17	18	19
20 4TH SUNDAY OF ADVENT	21	22	23	24	25 CHRISTMAS / THE NATIVITY OF THE LORD	26 ST. STEPHEN (F)
27 THE HOLY FAMILY OF JESUS, MARY AND JOSEPH (F)	28 THE HOLY INNOCENTS (F)	29 FIFTH DAY WITHIN THE OCTAVE OF THE NATIVITY	30 SIXTH DAY WITHIN THE OCTAVE OF THE NATIVITY	31 SEVENTH DAY WITHIN THE OCTAVE OF THE NATIVITY		

(M) = Memorial (F) = Feast (S) = Solemnity

December 2026
Décembre

My Weekly Goal is:

I Believe Jesus was Born of the Virgin Mary
I practise charity when I love God more than anything else and when I love my neighbour as myself. Loving my neighbour is a sign that I love God.

Sunday Gospel
Mark 1.1-8
The Preaching of John the Baptist

Monday / Lundi 30 November/novembre **Day / Jour**

ST. ANDREW (F)

Message ◯ Signature

Tuesday / Mardi 1 **Day / Jour**

Message ◯ Signature

Wednesday / Mercredi 2 **Day / Jour**

Message ◯ Signature

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!

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I am reading / Je lis

Thursday / Jeudi 3

Day / Jour

ST. FRANCIS XAVIER (M)

Message ◯ Signature

Friday / Vendredi 4

Day / Jour

Message ◯ Signature

Words of the week / Mots de la semaine

1.	5.	9.	13.
2.	6.	10.	14.
3.	7.	11.	15.
4.	8.	12.	16.

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.

I Believe in the Forgiveness of Sins

The next day he saw Jesus coming toward him and declared, "Here is the Lamb of God who takes away the sin of the world!"
(John 1:29)

When Jesus came to his cousin John to be baptized, John cried out, "Look everyone. Here is the Lamb of God who takes away the sin of the world!"

After John had baptized Jesus, the Holy Spirit led Jesus out into the desert. Jesus stayed there for forty days. He didn't eat anything. He prayed to God for guidance. He prayed to God to make him strong enough to carry out his mission.

After forty days, God sent his angels to take care of Jesus.

Then Jesus came out of the desert, ready to start his mission to save humans from their sins, so that they could be united with God in heaven.

Jesus began to proclaim the Good News that God had sent his Son to save the world. He preached, "The time is now! God has fulfilled his promise. **Repent,** for the Kingdom of God is near!"

A retell of John 1:29 and Mark 1:12-14.

I Live in Community

Lent is a good time to think about the Preferential Option for the Poor and **Vulnerable** (or **Marginalized**). This is a Catholic Social Teaching that helps me love my neighbour as myself. It invites me to put the needs of those who have big challenges in life ahead of my own needs. For example, if someone does not have money, I might give them a Loonie instead of spending it on candy. Or, if someone has crutches, I might walk with them instead of running ahead.

I Make Good Choices

During Lent, I will make a Lenten promise. A Lenten promise is an extra effort to do one special thing that will help bring me closer to God. I can choose an action from one of three categories called "The Pillars of Lent."

One pillar is prayer. I might make a special effort to pray more often. Prayer makes my relationship with God stronger.

Another pillar is fasting. Fasting means to go without or to give something up. I might make a Lenten promise to give up something I like for the forty days of Lent. For example, I might give up watching my favourite TV show!

An additional pillar is Almsgiving. Almsgiving means to do something or give something that helps others. There are three Ts that help me do nice things for others. I can give my time, my treasure and my talent.

This March, my Lenten promise is:

I Celebrate

When I am old enough, I will be invited to make my First Reconciliation. Reconciliation is a sacrament of healing and forgiveness. When Catholics do something that makes God unhappy, they want to fix their mistake. Through speaking to a priest, who represents God, they can tell God they are sorry for what they did. God forgives the person who is sorry through the words of pardon the priest speaks. The priest may ask them to do a special prayer or action to show they are sorry. The person's relationship with God will then be healed. The Sacrament of Reconciliation is a chance for a new beginning.

Research the meaning of...

Repent:

Vulnerable/ Marginalized:

I Pray

Jesus,

You love me so much you would do anything for me. That makes me feel wonderful. I want to show you how much I love you back!
Help me choose a good Lenten promise or activity. Let it be one that helps me grow closer to you.
Help me appreciate all you have done for me.
Help me show my gratitude by the way I treat others during this Lenten season.

Amen.

This April, one way I might show Preferential Option for the Poor and Vulnerable (Marginalized) in my community is:

April 2027
Avril

Lent is a time when Catholics make an extra effort to repent from their sins and prepare to celebrate the memory of Jesus conquering sin. This year Lent starts with Ash Wednesday on February 18. It continues for 40 days, not counting Sundays. It will end on Holy Thursday afternoon, which occurs on April 2.

Sunday Dimanche	Monday Lundi	Tuesday Mardi	Wednesday Mercredi	Thursday Jeudi	Friday Vendredi	Saturday Samedi
				1 EASTER OCTAVE (S)	2 EASTER OCTAVE (S)	3 EASTER OCTAVE (S)
4 EASTER OCTAVE (S) 2ND SUNDAY OF EASTER (OR OF DIVINE MERCY)	5 THE ANNUNCIATION OF THE LORD (S)	6	7 ST. JOHN BAPTIST DE LA SALLE (M)	8	9	10
11 3RD SUNDAY OF EASTER	12	13	14	15	16	17 ST. KATERI TEKAKWITHA (M)
18 4TH SUNDAY OF EASTER WORLD DAY OF PRAYER FOR VOCATIONS	19	20	21	22	23	24
25 5TH SUNDAY OF EASTER	26	27	28	29 ST. CATHERINE OF SIENA (M)	30 ST. MARIE DE L'INCARNATION (M)	

(M) = Memorial (F) = Feast (S) = Solemnity

April 2027
Avril

My Weekly Goal is:

I Believe in the Forgiveness of Sins
Many Catholics participate in the Sacrament of Reconciliation during Lent. Many churches have special days of Reconciliation. Many schools invite a priest to come to their building so students who wish to may participate in the sacrament. If any special Lenten events are happening in my school or church, I can write the information in my planner.

Sunday Gospel
Luke 24.35-48
The Appearance to the Disciples

Monday / Lundi 5

Day / Jour

THE ANNUNCIATION OF THE LORD (S)

Message ◯ Signature

Tuesday / Mardi 6

Day / Jour

Message ◯ Signature

Wednesday / Mercredi 7

Day / Jour

ST. JOHN BAPTIST DE LA SALLE (M)

Message ◯ Signature

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!

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ecoschools.ca

I am reading / Je lis

Thursday / Jeudi 8

Day / Jour

Message ◯ Signature

Friday / Vendredi 9

Day / Jour

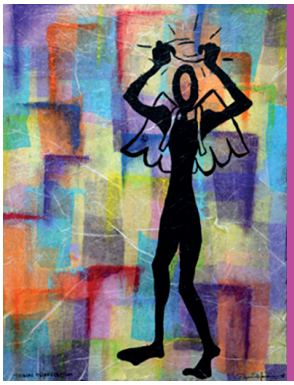
Message ◯ Signature

Words of the week / Mots de la semaine

1.	5.	9.	13.
2.	6.	10.	14.
3.	7.	11.	15.
4.	8.	12.	16.

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.

Catholic Graduate Expectations



I AM
A BELIEVER!

I AM A TEAM
PLAYER!

I HAVE
A VOICE!

I CARE!

I HAVE IDEAS!

I HAVE
RESPONSIBILITIES!

I AM A
LEARNER
FOR LIFE!

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THE TEN COMMANDMENTS

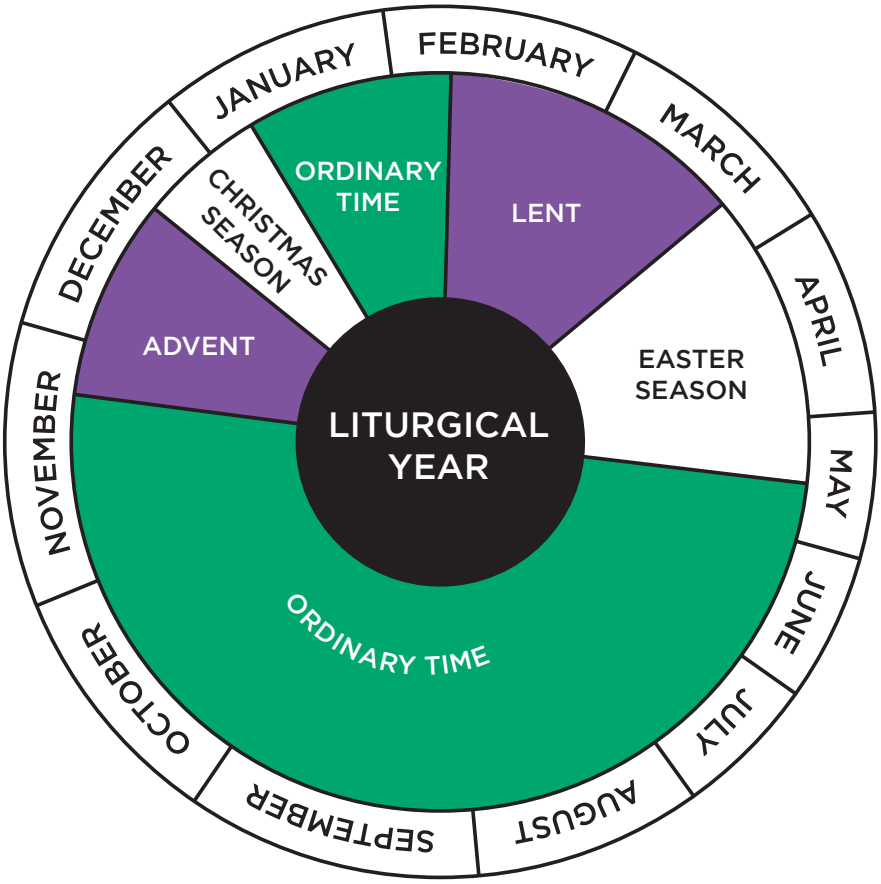
1. I am the Lord thy God: You shall not have strange gods before me.
2. You shalt not take the name of the Lord thy God in vain.
3. Remember to keep holy the Lord's day.
4. Honour thy father and thy mother.
5. You shalt not kill.
6. You shalt not commit adultery.
7. You shalt not steal.
8. You shalt not bear false witness against thy neighbour.
9. You shalt not covet thy neighbour's wife.
10. You shalt not covet thy neighbour's goods.

THE BEATITUDES

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Celebrating During the Liturgical Year

September 2026 to August 2027



"Celebrate" means to mark an important event. The Liturgical Year is the cycle of the Church celebrations of Sundays, Seasons and Feasts. All celebrations honour the Paschal Mystery: the Life, Death and Resurrection of Jesus. For example, we commemorate in a special way the Birth of Jesus, and his Resurrection. Year after year, these great celebrations return...

The Church's celebrations may generally be called feasts. However, there are three basic classifications of feasts.

- **Solemnities (S):** These are the most important feasts. They celebrate the most significant mysteries of the Catholic faith.
- **Feasts (F):** These celebrate other key components of our faith. On Feast Days we celebrate a title of Jesus or Mary, or important saints or events.
- **Memorials (M):** Memorials celebrate other aspects of our faith such as other saints, or characteristics of Jesus or Mary.

HOLY DAYS OF OBLIGATION

The Church asks that we attend particular liturgical celebrations. These are holy days of obligation.

Canadian Holy Days of Obligation

- **Sundays:** Sunday is our most important Feast Day. We gather as community to celebrate the Paschal mystery.
- **Solemnity of The Nativity of the Lord (Christmas):** December 25.
- **Solemnity of Mary, the Holy Mother of God:** January 1.

A Note on Ordinary Time

Ordinary Time refers to the times of the year that fall outside the Seasons of Advent, Christmas, Lent and Easter. We continue to celebrate solemnities, feasts and memorials during Ordinary Time.

Dates to Remember

ADVENT
November 29 to December 24 Morning, 2026

Advent is a time of preparation.

CHRISTMAS
December 25, 2026

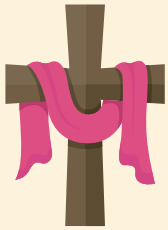
We celebrate the Solemnity of The Nativity of the Lord.

EPIPHANY
January 6, 2027

It commemorates the "wise men" (magi) who came from far away to pay homage to the newborn King, Jesus.

ASH WEDNESDAY
February 10, 2027

This is the first day of Lent. It is a solemn celebration.



LENT
February 10 to March 25 Morning, 2027

Lent is a solemn time of preparation for Easter.

PALM SUNDAY
March 21, 2027

Palm Sunday is the day we remember Jesus' solemn entry into Jerusalem.

HOLY WEEK
March 21 to Holy Thursday Morning on March 27, 2027

This is the final week of Lent.

EASTER TRIDUUM
From Holy Thursday Evening, March 25 until the Easter Vigil on Holy Saturday, March 27, 2027

These last three days of Holy Week commemorate the final three days of Jesus' life.

EASTER
March 28, 2027

Easter is when Christians celebrate the Resurrection of Jesus. It is the high point of the Christian year.

THE ASCENSION OF THE LORD
May 6, 2027

We commemorate Jesus rising bodily into Heaven after his Resurrection.

PENTECOST
May 16, 2027

On that day, the Apostles received the Holy Spirit and began proclaiming the Resurrection of Jesus.

The Seven Sacraments

The sacraments of the Catholic Church are visible signs of the invisible grace of God. They were instituted by Jesus Christ who entrusted their care to the Church. Jesus lives and acts through the sacraments. They proclaim, celebrate and make present the Paschal Mystery: that Christ's life, death and Resurrection saved and redeemed the world. The whole liturgical life of the Catholic Church revolves around the Eucharist and the sacraments. There are seven sacraments in the Church: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Matrimony and Holy Orders.

THE SACRAMENTS OF INITIATION: The Foundations of Christian Life

SACRAMENT OF BAPTISM

Baptism initiates a person into the Christian life. It is the gateway to the other sacraments. The grace of Baptism marks the receiver with the invisible seal of Christ. It frees humans from original sin and from personal guilt. It enables them to be reborn in the Holy Spirit as children of God, brothers and sisters of Christ and members of the Church.

SACRAMENT OF CONFIRMATION

The Sacrament of Confirmation completes the sacramental grace of Baptism. It unleashes the power of the Holy Spirit, received at Baptism. This strengthens the ability of the person who receives the sacrament to witness to Jesus Christ and remain faithful to Him. It marks the receiver with the seal of the Holy Spirit.

SACRAMENT OF THE EUCHARIST

The Eucharist is the source and summit of the Christian life. It completes initiation into the Catholic Church. The Eucharist is real and spiritual food for the Christian journey. The real presence of Jesus Christ manifests in the form of bread and wine. The celebration of the sacrament recalls, gives praise and thanks for, and makes present the Paschal mystery. Its grace unites the receiver with Christ, strengthening the ability to imitate Christ and resist the temptation to sin. All the other sacraments centre around the Eucharist.

THE SACRAMENTS OF HEALING: Continue the Healing and Saving Work of Christ

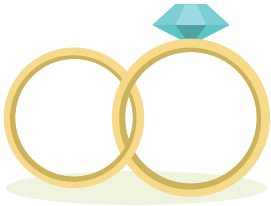
SACRAMENT OF RECONCILIATION

Baptism is the first instance of the forgiveness of sins. However, humans remain tempted to sin. Through the Sacrament of Reconciliation, the receiver confesses and receives pardon for all sins. The sacrament is necessary for the forgiveness of mortal sins which rupture the relationship with God. Its grace reconciles the receiver with God, enables continued conversion of heart, inspires repentance and provides strength to resist temptation.

SACRAMENT OF ANOINTING OF THE SICK

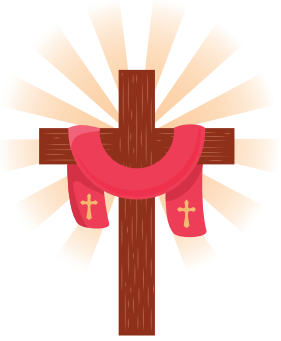
The Sacrament of Anointing of the Sick provides those experiencing serious illness, or those who are near death with the strength, peace and courage they need to endure their trials. It unites their suffering to that of Christ on the cross. Its grace may provide healing of the body, but its essential purpose is to provide healing of the soul, unity with Christ and forgiveness of sins.

THE SACRAMENTS AT THE SERVICE OF COMMUNION: Build Up and Serve the Church



SACRAMENT OF MATRIMONY

Matrimony is a covenantal relationship. The spouses commit to a lifelong partnership of service for the good of the other. Each helps build up the other as a follower of Christ. The spouses agree to be open to the arrival of children and to educate their offspring in following Christ. Therefore, the family is the domestic church. The grace of the sacrament strengthens the couple's love and faithfulness.



SACRAMENT OF HOLY ORDERS

Holy Orders is the sacrament through which men are ordained to carry on the mission of Christ's Apostles. There are three levels of Holy Orders: deacons, priests and bishops. Through the grace of the Holy Spirit, the receiver is provided with special powers of Christ to administer sacraments and care for the Church.

Source: Catechism of the Catholic Church www.vatican.va

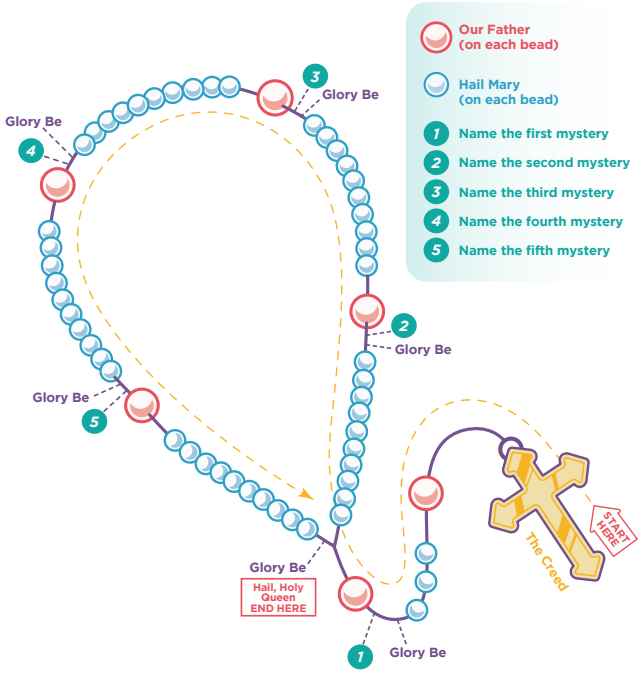
Prayers

THE SIGN OF THE CROSS

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

ACT OF CONTRITION

O my God, I am sorry
for having sinned.
I love you with all my heart.
With your help, I will
try not to sin again.
Amen.



GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

THE LORD'S PRAYER

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those
who trespass against us,
and lead us not into temptation,
but deliver us from evil.
Amen.

THE MORNING OFFERING

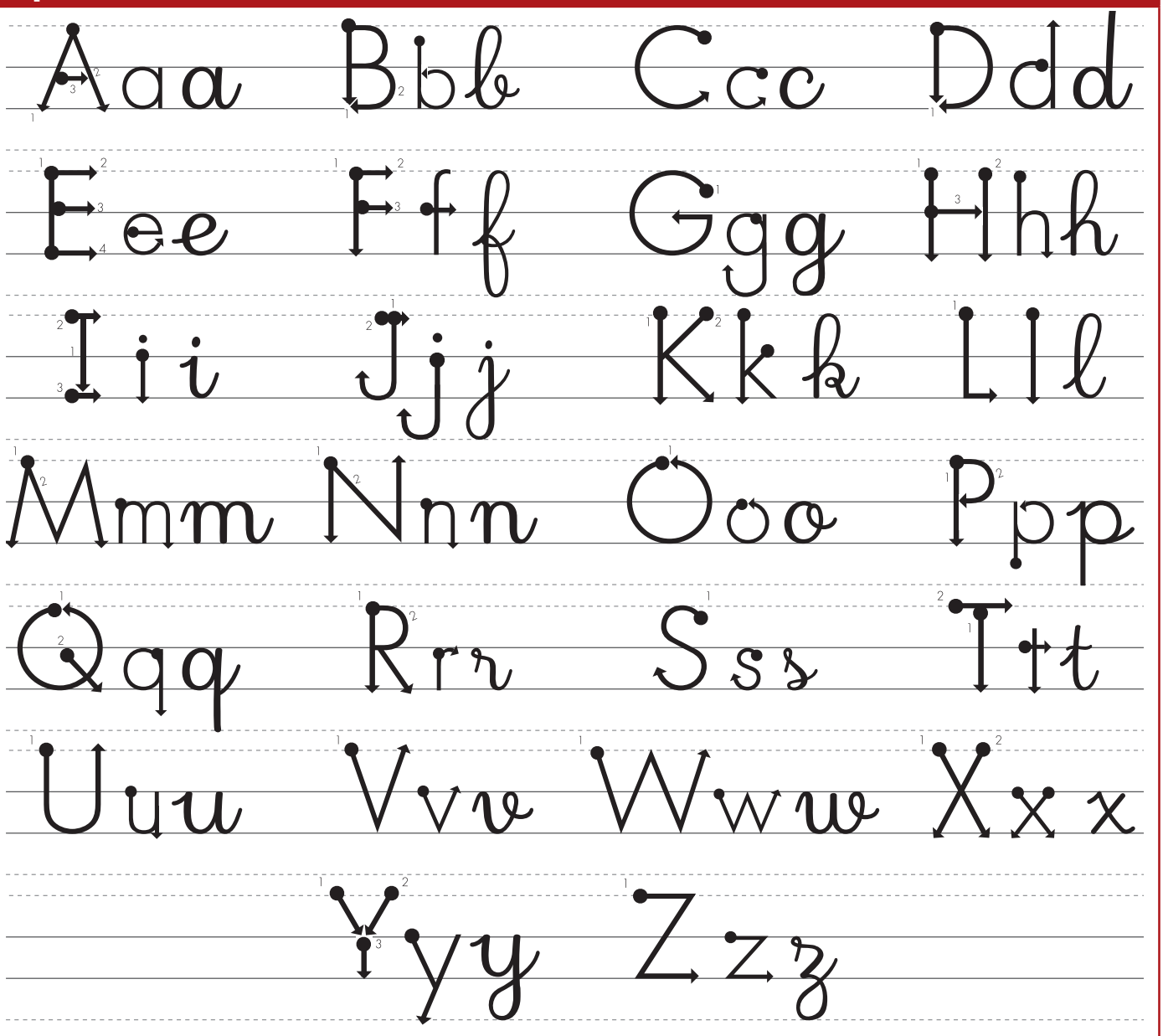
O Jesus, through the
Immaculate Heart of Mary,
I offer you my prayers, works, joys,
and sufferings of this day
for all the intentions of
Your Sacred Heart,
in union with the Holy Sacrifice
of the Mass
throughout the world,
in reparation for my sins,
for the intentions of all my
relatives and friends,
and in particular for the intentions
of our Holy Father the Pope.
Amen.

HAIL MARY

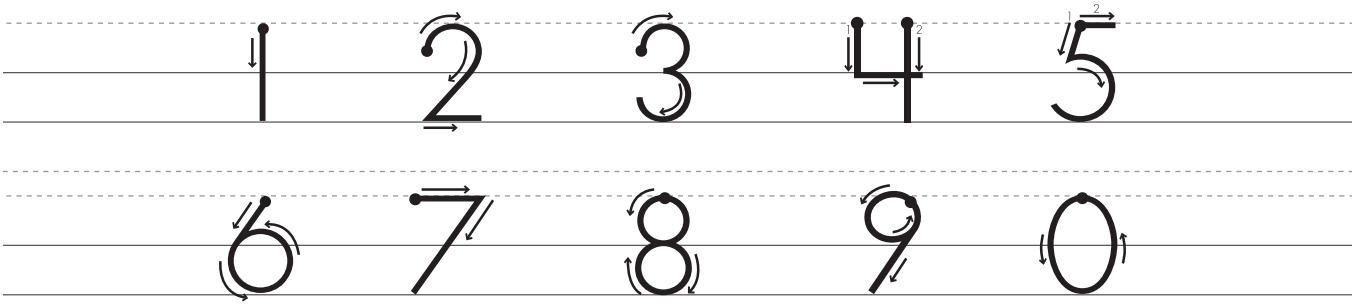
Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

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

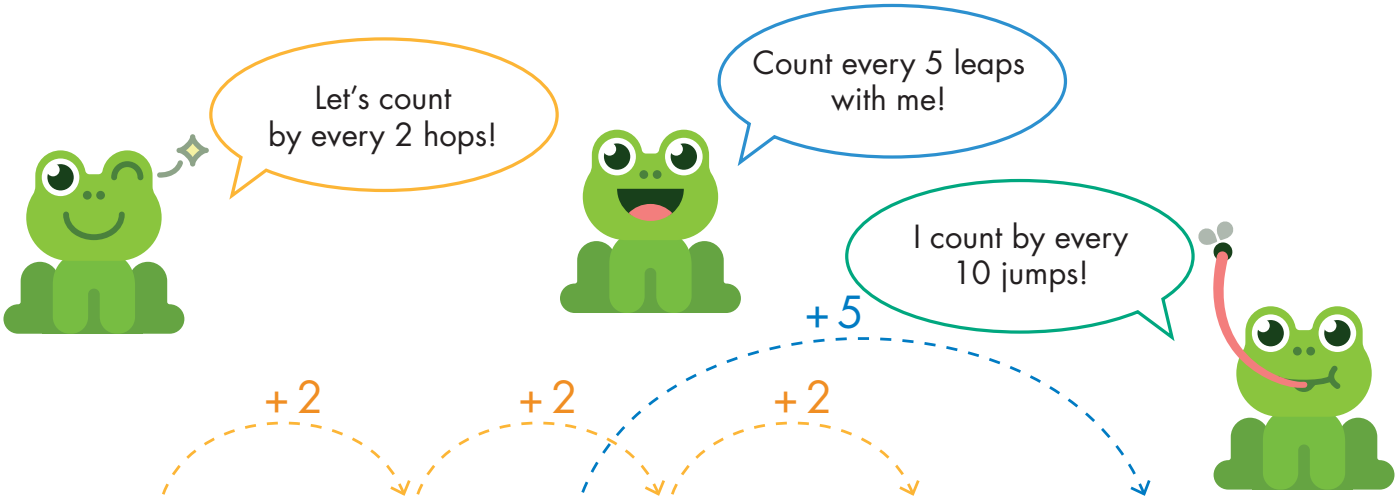
Table 7	Table 8	Table 9	Table 10	Table 11	Table 12
7 x 1 = 7	8 x 1 = 8	9 x 1 = 9	10 x 1 = 10	11 x 1 = 11	12 x 1 = 12
7 x 2 = 14	8 x 2 = 16	9 x 2 = 18	10 x 2 = 20	11 x 2 = 22	12 x 2 = 24
7 x 3 = 21	8 x 3 = 24	9 x 3 = 27	10 x 3 = 30	11 x 3 = 33	12 x 3 = 36
7 x 4 = 28	8 x 4 = 32	9 x 4 = 36	10 x 4 = 40	11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

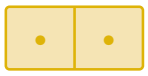


1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

+ 10
+ 10
+ 10

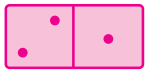
Game of numbers

2



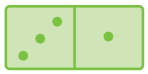
1 + 1 = 2
2 - 1 = 1

3

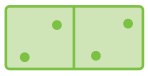


2 + 1 = 3
1 + 2 = 3
3 - 1 = 2
3 - 2 = 1

4

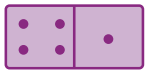


3 + 1 = 4
1 + 3 = 4
4 - 1 = 3
4 - 3 = 1

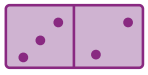


2 + 2 = 4
4 - 2 = 2

5

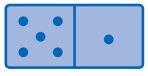


4 + 1 = 5
1 + 4 = 5
5 - 1 = 4
5 - 4 = 1



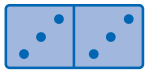
3 + 2 = 5
2 + 3 = 5
5 - 2 = 3
5 - 3 = 2

6



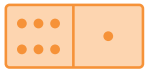
5 + 1 = 6
1 + 5 = 6
6 - 1 = 5
6 - 5 = 1

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



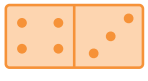
3 + 3 = 6
6 - 3 = 3

7



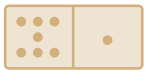
6 + 1 = 7
1 + 6 = 7
7 - 1 = 6
7 - 6 = 1

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

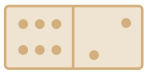


4 + 3 = 7
3 + 4 = 7
7 - 3 = 4
7 - 4 = 3

8



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

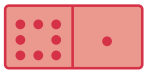


6 + 2 = 8
2 + 6 = 8
8 - 2 = 6
8 - 6 = 2

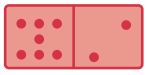
5 + 3 = 8
3 + 5 = 8
8 - 3 = 5
8 - 5 = 3

4 + 4 = 8
8 - 4 = 4

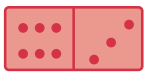
9



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



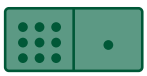
7 + 2 = 9
2 + 7 = 9
9 - 2 = 7
9 - 7 = 2



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

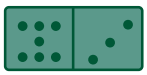
5 + 4 = 9
4 + 5 = 9
9 - 4 = 5
9 - 5 = 4

10

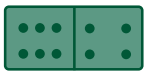


9 + 1 = 10
1 + 9 = 10
10 - 1 = 9
10 - 9 = 1

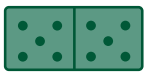
8 + 2 = 10
2 + 8 = 10
10 - 2 = 8
10 - 8 = 2



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

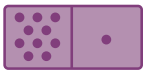


6 + 4 = 10
4 + 6 = 10
10 - 4 = 6
10 - 6 = 4

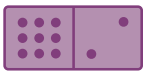


5 + 5 = 10
10 - 5 = 5

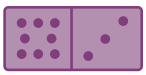
11



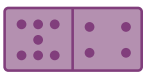
10 + 1 = 11
1 +10 = 11
11 - 1 = 10
11 -10 = 1



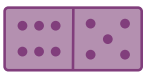
9 + 2 = 11
2 + 9 = 11
11 - 2 = 9
11 - 9 = 2



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



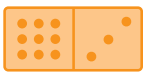
7 + 4 = 11
4 + 7 = 11
11 - 4 = 7
11 - 7 = 4



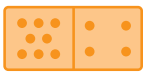
6 + 5 = 11
5 + 6 = 11
11 - 5 = 6
11 - 6 = 5

12

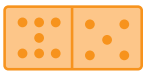
10 + 2 = 12
2 +10 = 12
12 - 2 = 10
12 -10 = 2



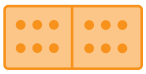
9 + 3 = 12
3 + 9 = 12
12 - 3 = 9
12 - 9 = 3



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

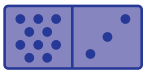


7 + 5 = 12
5 + 7 = 12
12 - 5 = 7
12 - 7 = 5

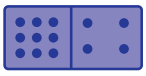


6 + 6 = 12
12 - 6 = 6

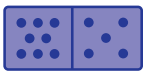
13



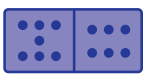
10 + 3 = 13
3 +10 = 13
13 - 3 = 10
13 -10 = 3



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

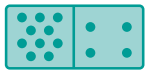


8 + 5 = 13
5 + 8 = 13
13 - 5 = 8
13 - 8 = 5

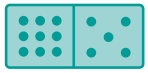


7 + 6 = 13
6 + 7 = 13
13 - 6 = 7
13 - 7 = 6

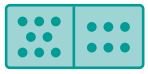
14



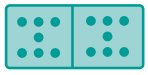
10 + 4 = 14
4 +10 = 14
14 - 4 = 10
14 -10 = 4



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

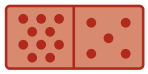


8 + 6 = 14
6 + 8 = 14
14 - 6 = 8
14 - 8 = 6

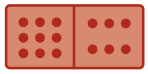


7 + 7 = 14
14 - 7 = 7

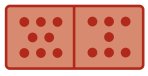
15



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

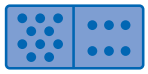


9 + 6 = 15
6 + 9 = 15
15 - 6 = 9
15 - 9 = 6

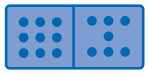


8 + 7 = 15
7 + 8 = 15
15 - 7 = 8
15 - 8 = 7

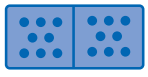
16



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

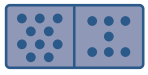


9 + 7 = 16
7 + 9 = 16
16 - 7 = 9
16 - 9 = 7

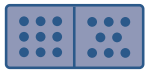


8 + 8 = 16
16 - 8 = 8

17

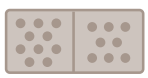


10 + 7 = 17
7 +10 = 17
17 - 7 = 10
17 -10 = 7

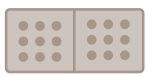


9 + 8 = 17
8 + 9 = 17
17 - 8 = 9
17 - 9 = 8

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

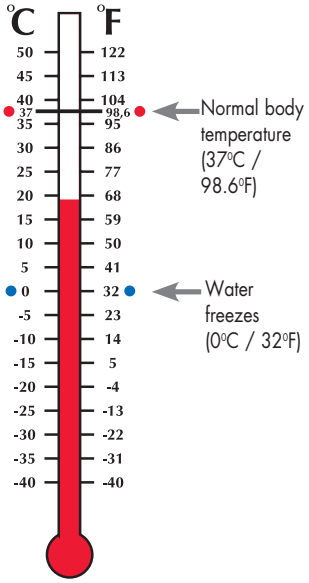
DAYS OF THE WEEK

- 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

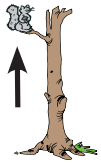
on

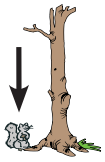
under

in

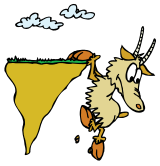
in front

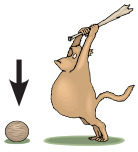
behind

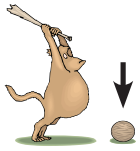

up

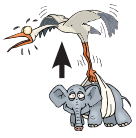

down

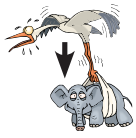
in the middle


on the edge


on the left


on the right


above

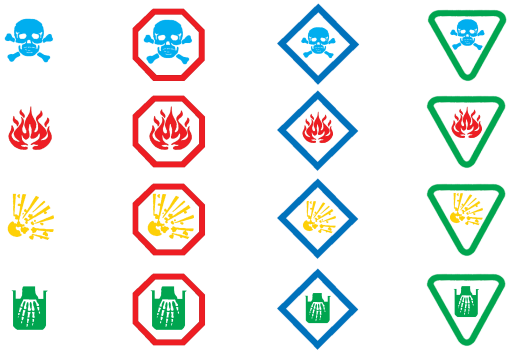

under

SYMBOLS OF DANGEROUS PRODUCTS[1]

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

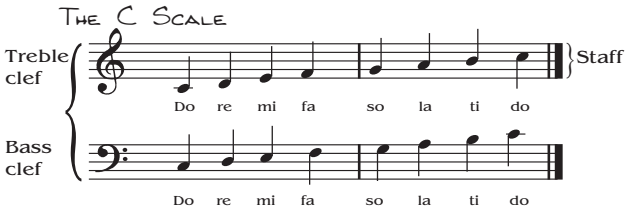
Figures below indicate the DEGREE of danger.

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

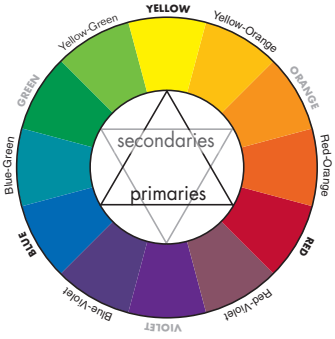
Allegro	Fast Bright Tempo
Andante	Slow Walking Tempo
Legato	Smooth, Flowing Sound
Moderato	Moderate Tempo

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.



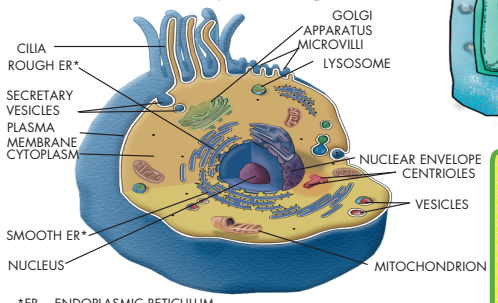
TERTIARY COLOURS are made by mixing a primary and a secondary colour together (i.e.: yellow+orange = yellow-orange or blue+green = blue-green).

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

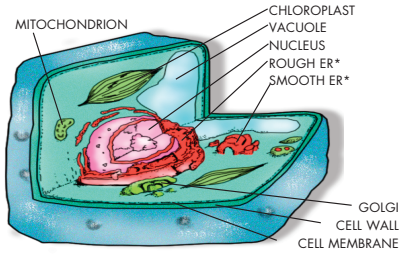
THE CELL STRUCTURE

THE ANIMAL CELL



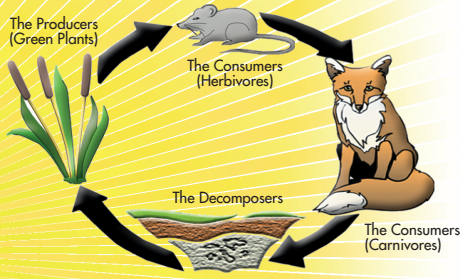
*ER = ENDOPLASMIC RETICULUM

THE PLANT CELL

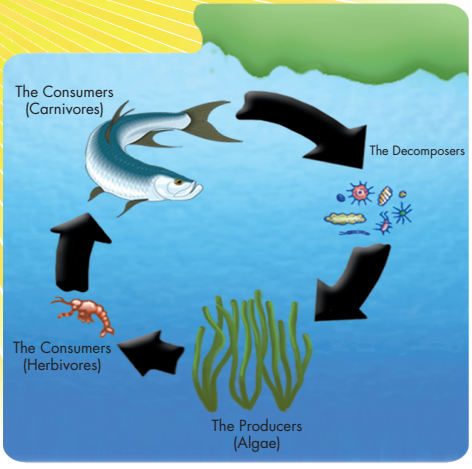


THE FOOD CHAIN

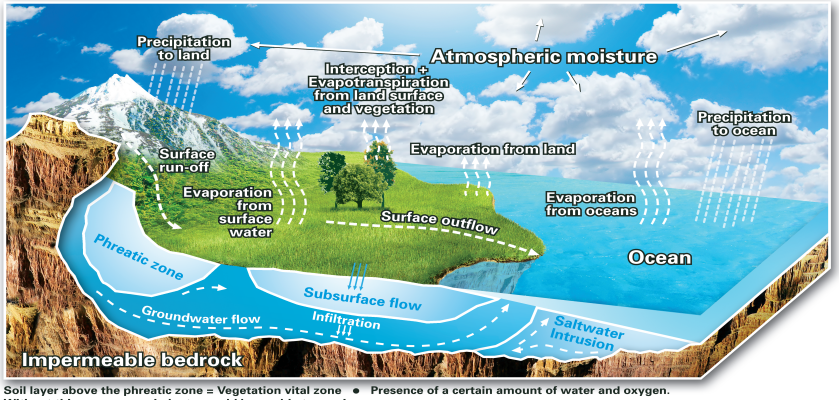
ABOVE GROUND



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

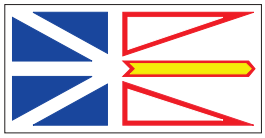
New Brunswick

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

Flower: Purple Violet

Tree: Balsam Fir

Newfoundland and Labrador

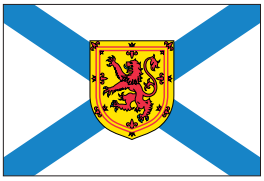


Capital: St. John's
Motto: *Quaerite prim regnum dei*
(Seek ye first the Kingdom of God)
Size: 405,212 km²

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

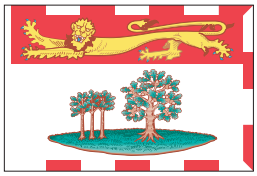
Ontario

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

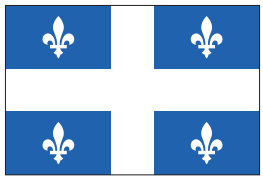


Capital: Charlottetown
Motto: *Parva sub ingenti*
(The small under the protection of the great)
Size: 5,660 km²

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

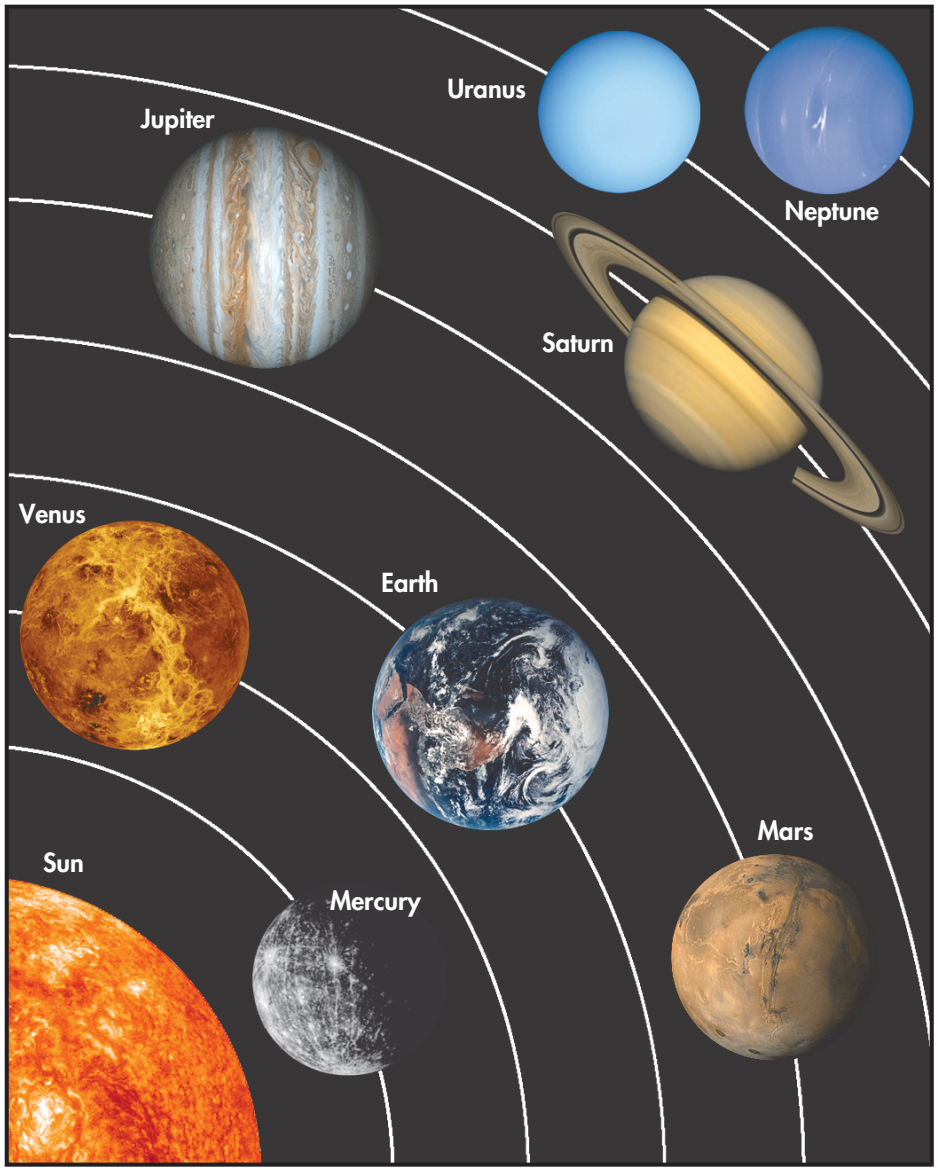
Oceania

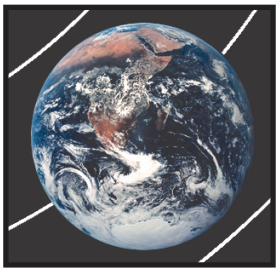
Australia, Canberra
Fed. States of Micronesia, Palikir
Fiji, Suva
Kiribati, Tarawa
Marshall Islands, Majuro
Nauru, Yaren District
New Caledonia, Noumea
New Zealand, Wellington
Papua New Guinea, Port Moresby
Samoa, Apia
Solomon Islands, Honiara
Tonga, Nuku'alofa
Tuvalu, Funafuti
Vanuatu, Port Vila

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.

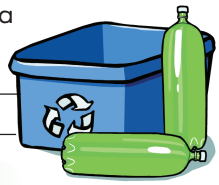
Give toys, books, and clothing that you no longer use to a charity, so other people can reuse them.

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.

Timetable

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

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