

LANIER MIDDLE SCHOOL

2022



2023

2600 Woodhead

Houston, TX

77098

713.942.1900

713.942.1907 (fax)

www.houstonisd.org/lanier

Marcus Williams, Principal

Property of: _____

Address: _____

Phone #: _____ Email: _____

In case of emergency, please notify:

Name: _____ Phone #: _____

The information in this book was the best available at press time. Watch for additional information and changes.



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IB Mission Statement

The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect. To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment. These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.



The MYP has been designed as a coherent and comprehensive curriculum framework that provides academic challenge and develops the life skills of students from the ages of 11 to 16. These years are a critical period in the development of young people. Success in school is closely related to personal, social and emotional well-being. At a time when students are establishing their identity and building their self-esteem, the MYP can motivate students and help them to achieve success in school and in life beyond the classroom. The programme allows students to build on their personal strengths and to embrace challenges in subjects in which they might not excel. The MYP offers students opportunities to develop their potential, to explore their own learning preferences, to take appropriate risks, and to reflect on, and develop, a strong sense of personal identity.

Implementation of the MYP is considered to be a whole-school activity that prepares students for further successful study. The programme is designed to be inclusive; the IB believes that all students can benefit from the programme. For that reason, all students at Lanier Middle School are IB students and strive to exemplify the IB learner profile.

From International Baccalaureate Middle Years Programme. (2014, May). *MYP: From principles into practice*. IBO. https://resources.ibo.org/data/m_0_mypxx_guu_1405_5_e.pdf



IB learner profile

The aim of all IB programmes is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world.

As IB learners we strive to be:

INQUIRERS

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

KNOWLEDGEABLE

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

THINKERS

We use critical and creative thinking skills to analyse and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.

COMMUNICATORS

We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.

PRINCIPLED

We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.

OPEN-MINDED

We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view, and we are willing to grow from the experience.

CARING

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

RISK-TAKERS

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.

BALANCED

We understand the importance of balancing different aspects of our lives—intellectual, physical, and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

REFLECTIVE

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.

The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.



School Hours

- Car riders and walkers may enter the building beginning at 7:45 AM and report directly to the auditorium.
- Bus riders will report directly to the cafeteria upon arrival.
- The dismissal bell rings at 4:00 PM; students who are not participating in after-school activities **MUST** be picked up by 4:15 PM.
- Students are discouraged from loitering at neighboring businesses before or after school.
- Before 7:45 AM and after 4:15 PM, there is no adult supervision outside the building.

Bell Schedule: Lanier students follow a schedule designed to maximize instructional time for all students.

Classes meet every other day for 80 minutes. Each day is designated as either a “Purple Day” or a “Red Day.”

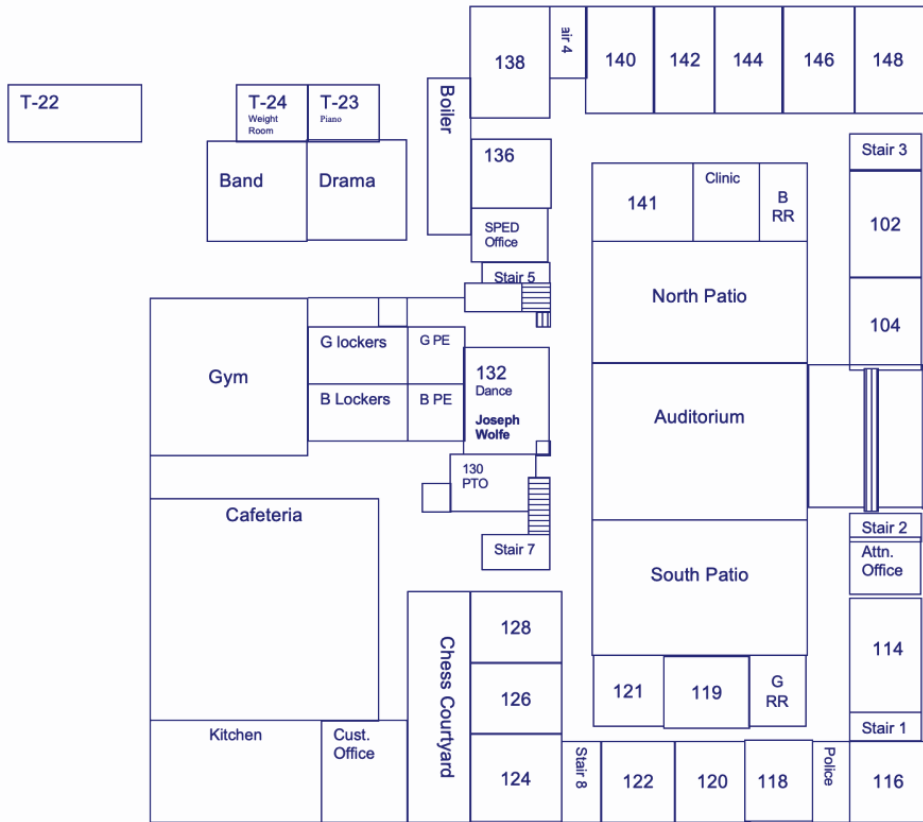
8:20-8:30	Entry bell; breakfast in PUPS		
8:30-9:10	PUPS		
9:15-10:35	P1/R1		
10:40-11:15	Enrichment		
11:20-1:10	A-Lunch 11:20-11:50 Lunch 11:55-1:10 P2/R2	B-Lunch 11:20-11:55 P2/R2 12:00-12:30 Lunch 12:35-1:10 P2/R2	C-Lunch 11:20-12:35 P2/R2 12:40-1:10 Lunch
1:15-2:35	P3/R3		
2:40-4:00	P4/R4		

YOUR SCHEDULE

Take some time to write your schedule in your agenda. Use a pencil in case you have any changes.

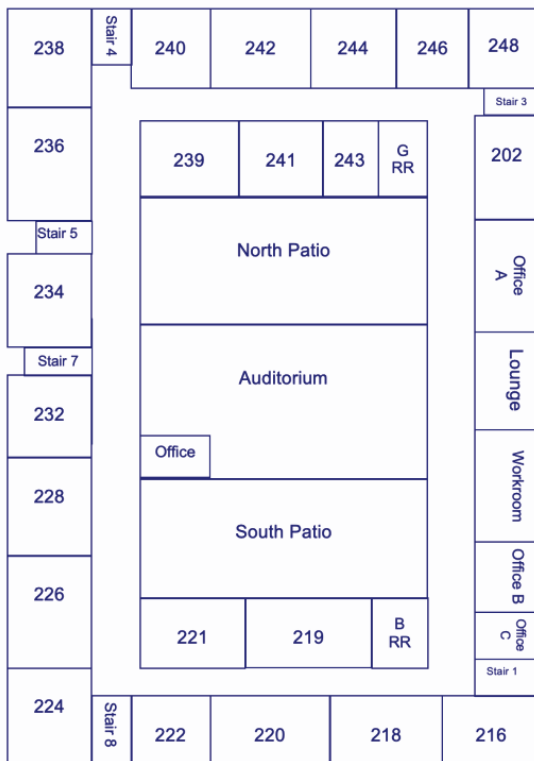
Purple Day			Red Day		
	Teacher				Rm #:
P1	Subject	Rm #	R1	Subject	Rm #
	Teacher			Teacher	
Enrichment					Rm #
P2	Subject	Rm #	R2	Subject	Rm #
	Teacher			Teacher	
P2 Lunch			R2 Lunch		
P3	Subject	Rm #	R3	Subject	Rm #
	Teacher			Teacher	
P4	Subject	Rm #	R4	Subject	Rm #
	Teacher			Teacher	

Lanier Middle School 1st Floor

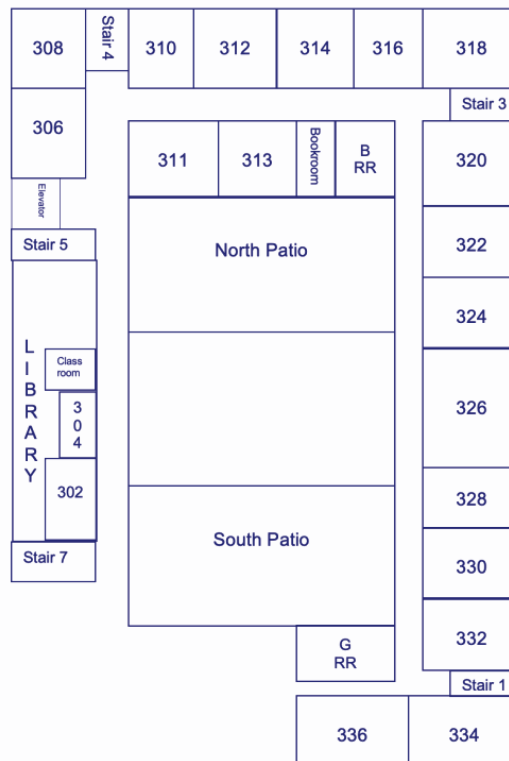


Lanier Middle School

2nd Floor



3rd Floor



Attendance Guidelines

Absences: If a student is absent, he/she must provide a written excuse from his/her parent or guardian or doctor's office to the attendance office with the reason for the absence. Written excuses should be in the school's possession no later than three school days after the date of the absence or tardy. The three-day period begins with the day the student returns to school.

Excused absences: Absences are excused for personal illness, sickness or death in the family, quarantine, weather or road conditions making travel dangerous, participation in school activities with permission of the principal, juvenile court proceeding documented by a probation officer, approved school visitation, emergencies, or "any other cause acceptable to teacher, principal, or superintendent." All other absences are considered unexcused.

Chronic absences: Missing more than 10 percent (or 17 days) of school a year can lead to a student not receiving a grade, credit, or being retained. More importantly, it represents lost time in the classroom and a lost opportunity to learn. For complete details on HISD's attendance policy, please refer to the **Houston ISD Attendance Policy**.

Appointments: Our state-required daily attendance is taken every day at **10:15 AM**. Please schedule your appointments (dentist, doctor, orthodontist, etc.) after school. In the event it is necessary to miss instructional time for an appointment, please schedule the appointment so that you do not leave class until after **10:15 AM**.

Unexcused Tardies: Students should arrive to school by the initial bell at 8:20 AM; instruction begins at **8:30 AM**. If a student arrives late to school, they report to the attendance office to pick up an unexcused late arrival pass.

Excused Tardies: HISD bus riders who arrive after 8:30 AM should report to the attendance office to pick up an excused late arrival pass. Students who arrive late due to an appointment must submit a medical note to the attendance office upon arrival to receive an excused late arrival pass.

Early Pickup: Students who leave school early must have a parent or guardian come to the attendance office to sign him/her out. Please allow enough time for the attendance office staff member to retrieve the student from class. There is no pick-up from **3:30 PM–4:00 PM**; therefore, parents please do not plan appointments that would require a pick-up time during the last 30 minutes of school. Additionally, please do not schedule appointments during state-mandated exams (STAAR, EOC). A testing calendar can be accessed on Lanier's website.

Tardies: Students are expected to be in class before the bell rings. Arriving late to class will be considered a tardy and will result in disciplinary action. Tardy sweeps will occur randomly and regularly. Any student caught in the hall during a hall sweep will be assigned after-school detention.

Academics

HISD Connect: HISD Connect, aka PowerSchool, allows students and parents real-time access to view the student information system, including the gradebook, tardies, and absences. There is a PowerSchool app as well as a website. <https://www.houstonisd.org/psc>



Late work: Late work is any classwork or homework that is not submitted by the time class starts on the due date.

- One class period following the due date: 20-point deduction from raw score
- Two class periods following the due date: 30-point deduction from raw score
- Three class periods following the due date: 50-point deduction from raw score
- Beyond three class periods following the due date: no credit awarded

Make up work: The number of days afforded for make-up work will be equal to the number of days absent. It is the student's responsibility to request the missing assignment from the teacher.

Incompletes: A teacher will give a grade of "incomplete" for a grading cycle to any student who does not complete assignments or assessments due to excused absences or other circumstances.

Grading policy: The goal of the Lanier Grading Policy is to have a common grading policy that ensures success for all students. Grades shall be based solely on mastery of the Texas Essential Knowledge and Skills (TEKS). A student's attendance, conduct, attitude, and other behaviors shall be reported separately from achievement.

To ensure familiarity with Lanier's grading policy, each student should copy it here:

Report cards and progress reports: Every three weeks a progress report will be prepared and sent home with each student. Report card distribution is shortly after the completion of each six (6) week grading period as noted on the official Houston ISD Academic Calendar. In Powerschool, terms such as the following are used to indicate the different grading periods:

- P1 Progress Report 1** (the first three weeks of school)
- C1 Cycle 1** (the first six weeks of school)
- P2 Progress Report 2** (the first three weeks of the second grading period)
- C2 Cycle 2** (the second six weeks of school)
- S1 Semester 1** (the first three grading cycles)

Academic honesty: Lanier Middle School has a long history of high academic achievement. Lanier's longstanding motto, "Achievement with Honor," exemplifies the high academic standards and virtues that are so closely intertwined in a place of learning. Academic dishonesty is defined in The Code of Student Conduct as "cheating, plagiarism, or copying the work of other students." In the event a student takes part in one or more acts of academic dishonesty he/she will incur consequences as follows:

- **1st offense:** "0" on academic work, parent contact, reflection on academic integrity, administrative assigned detention.
- **For any subsequent occurrence of academic dishonesty, additional consequences will be administered at the discretion of an administrator.**

Clusters: Each grade is organized into three clusters (L, M, and S), with faculty members from math, science, language and literature, and individuals and societies. Randomly grouping students in clusters allows our teachers to build a support system for the students that fosters collaboration and builds positive relationships to ensure our students are developing to their highest potential.

PUPS: PUPS fosters student-centered and student-led communities, with classes dedicated to meeting the social and emotional needs of students and providing opportunities for each individual to give voice to power. Utilizing a gradual release approach, PUPS classes encourage students to engage in relevant discourse and exercise critical thinking, problem solving, empathy, adaptability, and growth mindset, all with the goal of becoming advocates of change both within the LMS community and as global citizens. PUPS will meet every day.

Conferences: Conferences may be arranged as a face-to-face, virtual, or phone meeting, and must be prearranged. Emailing the cluster leader is the preferred method of initiating communication for scheduling conferences.

High school credit courses: Students whose report card grade for a high school course is not passing (below 70) may be exited from the course. Attendance policy applies in order to receive high school credit.

Student Behavior

At Lanier Middle School, we are focused on ensuring every student has a positive middle school experience, and we are committed to creating an environment in which all students can succeed. Disciplinary consequences are intended to deter negative behaviors that interfere with the student's experience. All students are expected to follow the HISD Code of Student Conduct, which is available to all parents and students.

Lunch: Students may choose to eat in the cafeteria or one of the designated patios, weather permitting. All other areas are off-limits during lunch. The assigned lunch period is an opportunity to enjoy being with friends and enjoy a well-prepared lunch from the cafeteria or a sack lunch from home.

Uniform Policy

All students are required to wear the Lanier school uniform as defined in the following policy. All articles of the uniform are to be maintained and worn in a way that presents the individual student and the school in a positive manner. All articles of the uniform are to fit properly without cuts, rips, holes, or tears.

Top	Bottom
<p>Shirts</p> <ul style="list-style-type: none"> Polos & Lanier t-shirts must be purchased from the Lanier PTO store (also available online) Students may wear a Lanier polo or Lanier spirit t-shirt only Students may choose any color we offer; there are no grade level specific colors Solid-colored long-sleeved shirts may be worn under school polos and spirit shirts Shirts and sweatshirts may not be altered and/or personalized <p>Jackets and Other Outerwear</p> <ul style="list-style-type: none"> ONLY Lanier sweatshirts and Lanier jackets may be worn in the building No hoods may be worn in the building School ID must be visible at all times Non-Lanier coats and jackets must be placed in the student's locker upon entering the building and remain in the student's locker throughout the entire instructional day <p>Head Coverings Hats, hairnets, bandanas, and any other headgear that is deemed to be a distraction to the learning environment are NOT permitted to be worn in the building</p>	<p>Pants</p> <ul style="list-style-type: none"> Navy or khaki uniform pants- fitted at waist (no sagging) Denim jeans are permitted on Fridays- blue color only Cargo pants, khaki jeggings/leggings, corduroy, spandex, stretch pants, and leather/pleather are NOT permitted <p>Shorts and Skirts</p> <ul style="list-style-type: none"> Navy or khaki uniform shorts, skorts, or skirts only Shorts, skorts, and skirts must be no more than 3 inches above the top of the knee Corduroy shorts, cargo shorts, stretch shorts, jean shorts, and athletic shorts are NOT permitted Solid-colored leggings may be worn under skirts and shorts <p>Footwear</p> <ul style="list-style-type: none"> Closed-toed and closed-back shoes ONLY Flip-flops, sandals, slides, crocs, platforms, or house shoes/slippers are not permitted

Administrative discretion - The administrators will determine if any issue related to student dress, including any not listed above, is a violation of the student dress code. We encourage you to make wise choices! Students in violation of dress code will receive consequences deemed appropriate by Lanier administration.

Dance/Karate/Physical Education (P.E.) uniforms

Students must wear the official uniform in PE, dance, or karate class. ***The PE uniform is to be worn only in the PE class and is not to be worn as a spirit shirt.***

ID badges: Student IDs must be worn on a school lanyard and be visible at all times. Information on the ID must be clearly visible and not defaced. A student ID is needed for attendance purposes, to check out a book from the library, and to attend school-sponsored events. Consequences will be assigned if a student chooses to use another student's ID badge or fails to replace their missing badge. **Replacement ID badges must be purchased from Office B for \$5.00.**

Student Support

Through counseling, nursing and wraparound support, Lanier strives to meet the needs of our students and remove barriers to academic success. These services create a network providing a continuum of support for students and families.

Wraparound Service: Wraparound services connect students and their families with resources that address the non-academic challenges that students face which ultimately impact their ability to learn. Students and families should reach out to Lanier's wraparound specialist for assistance.

Counseling Services: Guidance services are available on an as-needed basis to assist students in achieving success and coping with the challenges of middle school life. Information is available on test-taking skills, extracurricular activities, career choices, as well as other academic, social, vocational, or personal concerns. Any student or parent may make an appointment with the school social worker. Counselors and social workers provide onsite services and crisis intervention. For students needing more intensive long-term care, referrals are made to outside agencies.

HISD transportation: Students who reside two or more miles (as measured along the shortest route that may be traveled on public roads) from their assigned campuses are eligible for transportation services at district-designated stops. The HISD Transportation Department is responsible for assigning stops and routes as well as communicating assigned routes and stops to parents. If a parent or student feels that a bus-scheduling problem exists, report your concern to the Houston ISD Routing and Scheduling Department, (713) 613-3040. Transportation is rendered as an auxiliary service by the local board. Transportation service can be discontinued at any time per the HISD Code of Conduct. Responsible student behavior is important for the safety of all passengers.

Illness/Nurse: When students are not feeling well or ill, they should always go to the nurse's office. Students should not call/text parents directly without visiting the clinic. This policy/procedure allows for open dialogue as to why your child is not feeling well. Students that text/call their parents directly for their parents to pick them up will have their cell phones confiscated by administration.

Immunizations: All students are required to have current and updated immunizations as required by law. It is the responsibility of the student and parent to provide the school with an accurate immunization record. A student may not attend school without documentation of state required immunizations. Exclusions from compliance are allowable on an individualized basis for medical and religious conflicts. Students falling into these categories must submit affidavits as specified by law.

Medication at school: Administering of medication is allowed (by the school nurse) only by order of a physician and with parental consent as recorded on HISD form 40.3740. This form must be on file in the clinic before the medication is administered. Medication is only administered during school hours when it is deemed medically necessary. All medication must have a pharmacy label on the container. Students bringing medication to school are to take it to the nurse in the clinic immediately upon entry to the building. A student may never be in possession of medication to self-administer. **(Exception: In the case of asthma, the physician expressly orders the student to carry an inhaler and meets the above stated criteria.)** Over the counter medications may only be administered in accordance with the policy as stated above. If you have any questions or concerns regarding the administering of medication at school, please contact the school nurse.

Lost and Found: Lost items will be placed in Office B. All personal articles should be permanently marked with the owner's name. Students may look for lost items before or after school. Articles will be donated to a charitable organization at the end of each semester.

Lockers: Students should place their backpack and their powered-down cell phone in their locker before attending their first class. Students must never share their locker or combination with anyone.

PE Lockers: The PE teacher will assign a gym locker. Students will need a combination lock for the PE locker.

Delivery of items: **Instructional time will never be interrupted by the office staff for the delivery of homework, lunch, instruments, projects, etc.** Parents may leave these items at the front foyer desk for the student to pick up during passing periods, lunch, or after school. Please email your student to stop by the front foyer desk to check for forgotten items during their passing periods.

NOTE:

- *Students will not be notified by school staff to pick up items from the front foyer.*
- *No items or lunches will be delivered on State Mandated Testing days.*
- *Delivery from any food service providers will not be allowed.*

Visitors: All visitors are required to check in at the front foyer, provide proof of identification, and wear a visitor's badge while on campus.

Extracurricular Activities

The purpose of the extracurricular activities and organizations at Lanier Middle School is to promote loyalty, school spirit, and sportsmanship. Each student is encouraged to become a part of the extracurricular life of the campus. To participate in any extracurricular activity, a student must be passing all subjects as indicated by UIL standards at reporting periods and demonstrate exemplary behavior. Additionally, students without a doctor's note who are NOT present at ADA at 10:15AM will not be allowed to participate in afterschool activities, including dance, tryouts, games, competitions, practices, etc.

Athletics: We are proud of the strong athletic program that exists at Lanier Middle School. Participation in the following UIL athletic activities is subject to **"No Pass, No Play"** restriction. These fine programs are open to all 7th and 8th grade students who wish to participate:

Basketball – Cross Country – Football – Soccer – Swimming – Track – Volleyball

NOTE: *All non-UIL activities will be held to the same standards as those that are UIL sanctioned such as softball, baseball, dance, tennis etc.*

Field trips: Lanier teachers search the community for the best opportunities for off-campus learning experiences to emphasize and support the content-area curriculum.

- **Curricular** - A part of the regular school day; constitutes the delivery of instruction.
- **Co-curricular** - These are an extension of classroom instruction in which participation is by the entire class or a significant portion of the class, such as field trips.
- **Extracurricular** - School-sponsored activities that are not directly related to instruction of the essential elements but that offer significant contributions to a student's development.
- Students are asked to return written parental permission by the expressed due date. Students must submit a properly signed field trip permission slip to attend. Permission slips submitted after the deadline will not be accepted and will prevent the students from participating in the field trip.
- Students are expected to adhere to the Code of Student Conduct while away from the Lanier campus.
- Students with multiple discipline infractions/behavior issues may be denied permission to attend a field trip.

Technology

Lanier is committed to creating a personalized learning environment for today's 21st-century learners by utilizing tools to empower our students to transcend the walls of the physical classroom.

Laptops: Lanier will distribute a laptop to every student for academic use at school and at home. Students are responsible for:

- bringing their fully-charged laptop to school every day
- being principled with the use of the laptop
- keeping up with the charger given to them by the school and purchasing their own replacement if needed
- following classroom rules with the laptop
- being on-task and on HISD WiFi
- returning the laptop and charger at the end of the school year

Canvas: Canvas, the learning management system used by HISD during the 2022-2023 school year, will be an integral part of each student's experience at Lanier. Students should be familiar with the use of Canvas and should stay up-to-date with the assignments and tasks therein.

Cell phones: Student cell phones must be turned off and placed in the student's locker during the instructional day from **8:30 AM to 4:00 PM**. When the bell rings at 4:00 PM, students may remove their cell phones from their locker prior to leaving the school building. Any cell phone visible during the instructional day will be confiscated and sent to Office B for storage in a secure location. The phone may be retrieved between 4-4:30 in Office B once a fee of \$15 is paid via SchoolPay. Texas Education Code 37.082 allows a \$15.00 retrieval fee for cell phones. Keep in mind this policy is not intended to thwart any safety plan parents may have with their children. Students will have their phones available to them prior to entering and after they leave the school building each day. In the event of an emergency, **Office B** telephones will be available for student use with permission from the office staff. If parents need to contact their child, please email your child or contact the school office at (713) 942-1900.

Communication

We have multiple ways to communicate the needs of children and to report academic progress. These communication methods may include direct teacher or administrator emails, progress reports, report cards, Parent-Student Connect (PSC), teacher meetings, school-wide letters, and/or callouts. Teachers and administrators are expected to reply to emails within two school days.

School Messenger

The administration of Lanier Middle School may periodically send school-wide communication via School Messenger. This system uses the contact information in PowerSchool to text and/or email Lanier families with important information and announcements.

School Website

The Lanier Middle School website has helpful resources available for parents, students, and staff. The website has email addresses for all our teachers and staff.

www.houstonisd.org/lanier



Purple Page

This parent-generated digital publication contains school community news, important events and celebrations. To receive the PTO's Purple Page, parents should join the mailing list by signing up on the Lanier PTO's website.

Cluster Newsletters

Every other week, cluster leaders send out a newsletter with information about grade-level and subject-specific updates.

HISD Anonymous Tip Line
(713) 641-7446

Sandy Hook Promise

The Say Something Anonymous Reporting System allows you to submit secure, anonymous safety concerns to help someone who may hurt themselves or others.



1-844-5-SayNow



2023

January	S	M	T	W	T	F	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	S	M	T	W	T	F	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
March	S	M	T	W	T	F	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
April	S	M	T	W	T	F	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
May	S	M	T	W	T	F	S
		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			
June	S	M	T	W	T	F	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
July	S	M	T	W	T	F	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
August	S	M	T	W	T	F	S
							1
			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
September	S	M	T	W	T	F	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	S	M	T	W	T	F	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	S	M	T	W	T	F	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
December	S	M	T	W	T	F	S
							1
							2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23

13

AUGUST 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	1

FRIDAY	SATURDAY	SUNDAY	NOTES
5	6	7	
12	13	14	
19	20	21	
26	27	28	
2	3	4	

SEPTEMBER 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
29	30	31	1
Labor Day 5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

FRIDAY	SATURDAY	SUNDAY	NOTES
2	3	4	
9	10	11	
16	17	18	
23	24	25	
30	1	2	

OCTOBER 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
26	27	28	29
3	4	5	6
10	11	12	13
17	18	19	Fall Holiday 20
24	25	26	27
Halloween 31			

FRIDAY	SATURDAY	SUNDAY	NOTES
30	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	

NOVEMBER 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
31	1	2	3
7	8	9	10
14	15	16	17
Thanksgiving Break 21	Thanksgiving Break 22	Thanksgiving Break 23	Thanksgiving Day 24
28	29	30	1

FRIDAY	SATURDAY	SUNDAY	NOTES
4	5	6	
11	12	13	
18	19	20	
Thanksgiving Break 25	26	27	
2	3	4	

DECEMBER 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	Winter Break 22
Winter Break 26	Winter Break 27	Winter Break 28	Winter Break 29

FRIDAY	SATURDAY	SUNDAY	NOTES
2	3	4	
9	10	11	
16	17	18	
Winter Break 23	Winter Break 24	Christmas 25	
Winter Break 30	Winter Break 31	1	

JANUARY 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
26	27	28	29
Winter Break 2	Winter Break 3	Winter Break 4	5
9	10	11	12
Martin Luther King Jr. Day 16	17	18	19
23	24	25	26
30	31		

FRIDAY	SATURDAY	SUNDAY	NOTES
30	31	1 <i>Winter Break</i>	
6	7	8	
13	14	15	
20	21	22	
27	28	29	

FEBRUARY 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
30	31	1	2
6	7	8	9
13	Valentine's Day 14	15	16
Presidents' Day 20	21	22	23
27	28	1	2

FRIDAY	SATURDAY	SUNDAY	NOTES
3	4	5	
10	11	12	
17	18	19	
24	25	26	
3	4	5	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27	28	1	2
6	7	8	9
Spring Break13	Spring Break14	Spring Break15	Spring Break16
20	21	22	23
27	28	29	30

FRIDAY	SATURDAY	SUNDAY	NOTES
3	4	5	
10	11	12	
Spring Break 17	18	19	
24	25	26	
Chavez/Huerta Day 31	1	2	

APRIL 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27	28	29	30
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

FRIDAY	SATURDAY	SUNDAY	NOTES
31	1	2	
Good Friday Spring Holiday	7	8	
14	15	16	
Spring Holiday	21	22	
28	29	30	

MAY 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29 <i>Memorial Day</i>	30	31	1

FRIDAY	SATURDAY	SUNDAY	NOTES
5	6	7	
12	13	14	
19	20	21	
26	27	28	
2	3	4	

Mother's Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
29	30	31	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

FRIDAY	SATURDAY	SUNDAY	NOTES
2	3	4	
9	10	11	
16	17	18	
		<i>Father's Day</i>	
23	24	25	
30	1	2	

JULY 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
26	27	28	29
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

FRIDAY	SATURDAY	SUNDAY	NOTES
30	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	

AUGUST 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

FRIDAY	SATURDAY	SUNDAY	NOTES
4	5	6	
11	12	13	
18	19	20	
25	26	27	
1	2	3	

MONDAY

15

AUG.

TUESDAY

16

AUG.

WEDNESDAY

17

AUG.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

hinterland n. – a region removed from urban areas. The family moved out of the city to the hinterland.

18

AUG.

19

AUG.

S	M	T	W	T	F	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			

S	M	T	W	T	F	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	

20

AUG.

21

AUG.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

22
AUG.

First Day of School

TUESDAY

23
AUG.

WEDNESDAY

24
AUG.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

flag v. – becoming weak; droop. The team's spirit was flagging toward the end of the game.

FRIDAY **26**
AUG.

S	M	T	W	T	F	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			

S	M	T	W	T	F	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	

SATURDAY **27**
AUG.

SUNDAY **28**
AUG.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

29

AUG.

TUESDAY

30

AUG.

WEDNESDAY

31

AUG.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

belfry n. – bell tower. Several times a year, the church belfry needed to be cleaned of cobwebs.

1

SEP.

2

SEP.

S	M	T	W	T	F	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			

S	M	T	W	T	F	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	

3

SEP.

4

SEP.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

5

SEP.

Labor Day

TUESDAY

6

SEP.

WEDNESDAY

7

SEP.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

quash v. – crush; suppress. Her dreams of medical school were quashed when she failed her entrance exams.

8

SEP.

9

SEP.

S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

10

SEP.

11

SEP.

HALL PASS

[illegible]

PERIOD 4

NOTES

MONDAY

12

SEP.

TUESDAY

13

SEP.

WEDNESDAY

14

SEP.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

kismet n. – destiny; fate. Jane believes the way they met was kismet.

15

SEP.

16

SEP.

S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

17

SEP.

18

SEP.

HALL PASS

[illegible]

PERIOD 4

NOTES

MONDAY

19

SEP.

TUESDAY

20

SEP.

WEDNESDAY

21

SEP.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

bifurcate v. – divide into two. Once another employee is hired, the company will bifurcate the bookkeeper's duties.

22

SEP.

23

SEP.

S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

24

SEP.

25

SEP.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

26

SEP.

TUESDAY

27

SEP.

WEDNESDAY

28

SEP.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

explicate v. – explain in detail. The students explicated each step of their science project.

29

SEP.

30

SEP.

S	M	T	W	T	F	S		S	M	T	W	T	F	S
				1	2	3								1
4	5	6	7	8	9	10		2	3	4	5	6	7	8
11	12	13	14	15	16	17		9	10	11	12	13	14	15
18	19	20	21	22	23	24		16	17	18	19	20	21	22
25	26	27	28	29	30			23	24	25	26	27	28	29
								30	31					

1

OCT.

2

OCT.

HALL PASS

[illegible]

PERIOD 4

NOTES

MONDAY

3

OCT.

TUESDAY

4

OCT.

WEDNESDAY

5

OCT.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

largess n. – generosity. My grandpa showed great largess when he gave me his restored hot rod.

6
OCT.

7
OCT.

8
OCT.

	✓ →

9
OCT.

[illegible]

PERIOD 4

NOTES

MONDAY

10

OCT.

TUESDAY

11

OCT.

WEDNESDAY

12

OCT.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

ameliorate v. – improve. Foreign aid is badly needed to ameliorate the effects of the drought.

13

14

15

16

[illegible]

PERIOD 4

393671 8160

MONDAY

17

OCT.

TUESDAY

18

OCT.

WEDNESDAY

19

OCT.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

acumen n. – keenness of intellect. She has considerable financial acumen.

MONDAY

24

OCT.

TUESDAY

25

OCT.

WEDNESDAY

26

OCT.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

apathy n. – lack of interest. Student apathy forced the club to dissolve.

FRIDAY **28**
OCT.

HALL PASS

[illegible]

PERIOD 4

NOTES

MONDAY

31
OCT.

Halloween

TUESDAY

1
NOV.

WEDNESDAY

2
NOV.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

demagogue n. – leader who appeals to popular prejudices to gain power. The demagogue blamed immigrants for the lack of jobs.

3

NOV.

4

NOV.

S	M	T	W	T	F	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			

S	M	T	W	T	F	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

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

5

NOV.

6

NOV.

HALL PASS

[illegible]

NOTES

MONDAY

7

NOV.

TUESDAY

8

NOV.

WEDNESDAY

9

NOV.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

gourmand n. – lover of fine food. Jeff became a real gourmand after years of peanut butter sandwiches .

10

NOV.

11

NOV.

S M T W T F S

S M T W T F S

S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

12

NOV.

13

NOV.

HALL PASS

[illegible]

PERIOD 4

NOTES

MONDAY

14

NOV.

TUESDAY

15

NOV.

WEDNESDAY

16

NOV.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

assuage v. – make less severe. The government has tried to assuage the public's fears.

17

NOV.

18

NOV.

Report Cards

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

S	M	T	W	T	F	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			

S	M	T	W	T	F	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

SATURDAY

19

NOV.

SUNDAY

20

NOV.

HALL PASS

[illegible]

MONDAY

21

NOV.

Thanksgiving Break

TUESDAY

22

NOV.

Thanksgiving Break

WEDNESDAY

23

NOV.

Thanksgiving Break

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

foible n. – minor weakness. While the employee's résumé is outstanding, his late arrival is a foible.

FRIDAY 25 NOV.

Thanksgiving Break

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

SATURDAY 26 NOV.

SUNDAY **27**
NOV.

HALL PASS

[illegible]

MONDAY

28

NOV.

TUESDAY

29

NOV.

WEDNESDAY

30

NOV.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

retrogress v. – move backward. The project's failure forced the team to retrogress.

1

DEC.

2

DEC.

S M T W T F S

S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

3

DEC.

4

DEC.

[illegible]

PERIOD 4

NOTES

MONDAY

5

DEC.

TUESDAY

6

DEC.

WEDNESDAY

7

DEC.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

clamor n. – noise. It was difficult to hear over the clamor in the train station.

MONDAY

12
DEC.

TUESDAY

13
DEC.

WEDNESDAY

14
DEC.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

coterie n. – often exclusive group of persons with a similar purpose. The coterie of authors liked to discuss their favorite books.

15

DEC.

16

DEC.

S	M	T	W	T	F	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

S	M	T	W	T	F	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				

17

DEC.

18

DEC.

[illegible]

PERIOD 4

NOTES

MONDAY

19

DEC.

TUESDAY

20

DEC.

WEDNESDAY

21

DEC.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

augury n. – omen; prediction. Dan hoped his early victory was an augury of a winning season.

FRIDAY **23**
DEC.

Winter Break

PERIOD 4

NOTES

S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

Winter Break

	✓ →

Christmas

HALL PASS

[illegible]

MONDAY

26

DEC.

Winter Break

TUESDAY

27

DEC.

Winter Break

WEDNESDAY

28

DEC.

Winter Break

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

29

DEC.

⋮ *Winter Break*

FRIDAY

30

DEC.

Winter Break

S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

SATURDAY

31

DEC.

Winter Break

SUNDAY

1

JAN.

Winter Break

HALL PASS

[illegible]

NOTES

MONDAY

2

JAN.

Winter Break

TUESDAY

3

JAN.

Winter Break

WEDNESDAY

4

JAN.

Winter Break

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

temerity n. – reckless boldness. She had the temerity to call me a liar.

JAN.

JAN.

S	M	T	W	T	F	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				

JAN.

JAN.

[illegible]

PERIOD 4

NOTES

MONDAY

9

JAN.

Report Cards

TUESDAY

10

JAN.

WEDNESDAY

11

JAN.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

umbrage n. – resentment at a perceived slight or insult. He took umbrage at not landing the lead role.

12
JAN.

13
JAN.

S	M	T	W	T	F	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				

14
JAN.

15
JAN.

PERIOD 4

NOTES

[illegible]

MONDAY

16

JAN.

Martin Luther King Jr. Day

TUESDAY

17

JAN.

WEDNESDAY

18

JAN.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

zephyr n. – soft breeze. The zephyr helped cool the farm laborers.

19

JAN.

20

JAN.

S	M	T	W	T	F	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				

21

JAN.

22

JAN.

[illegible]

PERIOD 4

NOTES

MONDAY

23

JAN.

TUESDAY

24

JAN.

WEDNESDAY

25

JAN.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

knell n. – solemn sound of a bell. The funeral knell made the stormy day even grimmer.

FRIDAY **27**
JAN.

S	M	T	W	T	F	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				

	✓
	→

[illegible]

PERIOD 4

NOTES

MONDAY

30

JAN.

TUESDAY

31

JAN.

WEDNESDAY

1

FEB.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

mollify v. – soothe; soften in feeling. He tried to mollify the wailing infant with a walk around the block.

2

FEB.

3

FEB.

S	M	T	W	T	F	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	

4

FEB.

5

FEB.

[illegible]

PERIOD 4

NOTES

MONDAY

6

FEB.

TUESDAY

7

FEB.

WEDNESDAY

8

FEB.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

maladroit adj. – awkward; tactless; inept. His *maladroit* response to criticism upset would-be voters.

FEB.

FEB.

S	M	T	W	T	F	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	

FEB.

FEB.

PERIOD 4

NOTES

HALL PASS

[illegible]

MONDAY

13

FEB.

TUESDAY

14

FEB.

Valentine's Day

WEDNESDAY

15

FEB.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

mutable adj. – changeable. A folding screen creates a mutable partition in a large room.

16

FEB.

17

FEB.

S	M	T	W	T	F	S
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18

FEB.

19

FEB.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

20

FEB.

Presidents' Day

TUESDAY

21

FEB.

WEDNESDAY

22

FEB.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

adroit adj. – clever; skillful. The dancer was adroit enough to succeed in both tap and ballet.

23

FEB.

24

FEB.

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25

FEB.

26

FEB.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

27

FEB.

TUESDAY

28

FEB.

WEDNESDAY

1

MAR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

bovine adj. – cow-like; dull. *The travelers wore bovine expressions while waiting in the airport.*

2

MAR.

3

MAR.

Report Cards

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

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SATURDAY

4

MAR.

SUNDAY

5

MAR.

HALL PASS

[illegible]

MONDAY

6

MAR.

TUESDAY

7

MAR.

WEDNESDAY

8

MAR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

ribald adj. – crude; profane. *His ribald stories offended the wedding guests.*

MONDAY

13

MAR.

Spring Break

TUESDAY

14

MAR.

Spring Break

WEDNESDAY

15

MAR.

Spring Break

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

anomalous adj. – deviating from the normal. Her anomalous teaching methods inspired students who had tired of lectures.

16

MAR.

Spring Break

FRIDAY

17

MAR.

Spring Break

S	M	T	W	T	F	S
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SATURDAY

18

MAR.

SUNDAY

19

MAR.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

20

MAR.

TUESDAY

21

MAR.

WEDNESDAY

22

MAR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

irascible adj. – easily angered. Her frequent outbursts show she's becoming more irascible with time.

FRIDAY **24**
MAR.

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SATURDAY **25**
MAR.

SUNDAY **26**
MAR.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

27

MAR.

TUESDAY

28

MAR.

WEDNESDAY

29

MAR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

effusive *adj.* – excessively enthusiastic; gushy. Their effusive welcome was flattering but uncomfortable.

30

MAR.

31

MAR.

Chavez/Huerta Day

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SATURDAY

1

APR.

SUNDAY

2

APR.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

3

APR.

TUESDAY

4

APR.

WEDNESDAY

5

APR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

ebullient adj. – *exhilarated; enthusiastic. The contestant was in an ebullient mood after winning the grand prize.*

6
APR.

7
APR.

Good Friday
Spring Holiday

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

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8
APR

9
APR

HALL PASS

[illegible]

MONDAY

10

APR.

TUESDAY

11

APR.

WEDNESDAY

12

APR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

spurious adj. – false; not genuine. They made spurious claims of personal injury.

13

14

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15

16

[illegible]

PERIOD 4

109

MONDAY

17

APR.

TUESDAY

18

APR.

WEDNESDAY

19

APR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

fortuitous adj. – *happening by chance. The collapse of its competitors brought fortuitous gains to the company.*

20
APR.

21
APR.

S	M	T	W	T	F	S
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22
APR.

23
APR.

[illegible]

PERIOD 4

111

MONDAY

24

APR.

TUESDAY

25

APR.

WEDNESDAY

26

APR.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

beatific adj. – having a blissful appearance. The woman's beatific smile made her look years younger.

27

APR.

28

APR.

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29

APR.

30

APR.

HALL PASS

[illegible]

PERIOD 4

NOTES

cata- (*down, break*) – catastrophe, cataract, catapult

MONDAY

1

MAY

TUESDAY

2

MAY

WEDNESDAY

3

MAY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

halcyon adj. – idyllic; calm. *Amidst the turmoil, she dreamily recalled her halcyon days on the beach.*

MAY

MAY

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MAY

MAY

[illegible]

PERIOD 4

NOTES

MONDAY

8

MAY

TUESDAY

9

MAY

WEDNESDAY

10

MAY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

facetious adj. – inappropriately flippant. He showed his disapproval with facetious remarks.

11

MAY

12

MAY

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13

MAY

14

MAY

Mother's Day

HALL PASS

[illegible]

PERIOD 4

NOTES

MONDAY

15

MAY

TUESDAY

16

MAY

WEDNESDAY

17

MAY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

feckless adj. – ineffective; worthless. His girlfriend's father felt he was feckless, even though he tried to find a job.

FRIDAY **19**
MAY

SATURDAY 20 MAY

SUNDAY **21**
MAY

[illegible]

PERIOD 4

NOTES

MONDAY

22
MAY

TUESDAY

23
MAY

WEDNESDAY

24
MAY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

choleric adj. – irritable; short-tempered. The children's exuberant play rankled their choleric neighbor.

THURSDAY 25 MAY

FRIDAY 26 MAY

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SATURDAY 27 MAY

SUNDAY **28**
MAY

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

29
MAY

Memorial Day

TUESDAY

30
MAY

WEDNESDAY

31
MAY

Last Day of School for Students
Report Cards

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

irreverent *adj.* – lacking respect. The television program takes an irreverent look at doctors.

1

JUNE

2

JUNE

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3

JUNE

4

JUNE

[illegible]

PERIOD 4

NOTES

MONDAY

5

JUNE

TUESDAY

6

JUNE

WEDNESDAY

7

JUNE

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

impious adj. – lacking reverence or respect. His callous attitude toward others reflects his impious character.

JUNE

JUNE

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JUNE

JUNE

[illegible]

PERIOD 4

NOTES

MONDAY

12
JUNE

TUESDAY

13
JUNE

WEDNESDAY

14
JUNE

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

lugubrious adj. – melancholy; sorrowful. His lugubrious attitude showed he was upset.

15
JUNE

16
JUNE

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30	31					

17
JUNE

18
JUNE

Father's Day

[illegible]

PERIOD 4

NOTES

MONDAY

19
JUNE

TUESDAY

20
JUNE

WEDNESDAY

21
JUNE

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

ignoble adj. – of low character. Because Beth knew of the man's ignoble reputation, she didn't hire him as a security guard.

FRIDAY **23**
JUNE

SATURDAY **24**
JUNE

SUNDAY **25**
JUNE

[illegible]

PERIOD 4

comp- (to fill) – complete, complement, comply

MONDAY

26

JUNE

TUESDAY

27

JUNE

WEDNESDAY

28

JUNE

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

diluvial adj. – pertaining to a flood. Saturday's rain brought yet another diluvial disaster to the region.

FRIDAY **30**
JUNE

SATURDAY 1 JULY

SUNDAY **2**
JULY

[illegible]

PERIOD 4

NOTES

MONDAY

3

JULY

TUESDAY

4

JULY

WEDNESDAY

5

JULY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

jocular *adj.* – playful; given to joking. The students were jocular as they counted down the hours until spring break.

6
JULY

7
JULY

8
JULY

9
JULY

[illegible]

PERIOD 4

NOTES

MONDAY

10

JULY

TUESDAY

11

JULY

WEDNESDAY

12

JULY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

laudatory adj. – praiseworthy. The principal commended our laudatory work.

13

14

15

16

[illegible]

PERIOD 4

135

MONDAY

17

JULY

TUESDAY

18

JULY

WEDNESDAY

19

JULY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

enigmatic adj. – puzzling. *The Mona Lisa has a famously enigmatic smile.*

FRIDAY **21**
JULY

PERIOD 4

NOTES

HALL PASS

[illegible]

MONDAY

24

JULY

TUESDAY

25

JULY

WEDNESDAY

26

JULY

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

quiescent adj. – quiet; tranquil. The quiescent seaside setting helped her relax.

FRIDAY **28**
JULY

SATURDAY 29 JULY

SUNDAY **30**
JULY

[illegible]

PERIOD 4

NOTES

139

MONDAY

31

JULY

TUESDAY

1

AUG.

WEDNESDAY

2

AUG.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

gustatory adj. – relating to sense of taste. Sara's cooking was filled with gustatory delights.

3

AUG.

4

AUG.

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5

AUG.

6

AUG.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

MONDAY

7

AUG.

TUESDAY

8

AUG.

WEDNESDAY

9

AUG.

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

gregarious adj. – sociable. She was a gregarious, outgoing person even in new settings.

10

AUG.

11

AUG.

S	M	T	W	T	F	S
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12

AUG.

13

AUG.

HALL PASS

[illegible]

PERIOD 1

PERIOD 2

PERIOD 3

PERIOD 4

NOTES

LANGUAGE ARTS *the writing process*

WRITING VARIABLES

BEFORE BEGINNING ANY ASSIGNMENT, IT WILL HELP YOU TO FOCUS AND REMAIN CONSISTENT IN STYLE IF YOU CONSIDER THE FOLLOWING VARIABLES.

- Audience** For whom am I writing? A letter written to your ten-year-old sister will be much different in vocabulary, subject, content, format, and sentence complexity than one written to your senator.
- Topic** About what subject should I write? If possible, choose a subject that interests you. Research your subject well.
- Purpose** Why am I writing? Have a clear purpose in mind before starting your paper. Are you writing to entertain, instruct, inform, or persuade? Keeping your purpose in mind as you write will result in a paper that is focused and consistent.
- Voice** What point of view or “voice” will I use? Writers sometimes write from the point of view of another person rather than from their own point of view. This can add variety and help you see your subject in a new way. Make sure your “voice” remains consistent.
- Format** What form will my writing take? Different forms of writing such as letters, diaries, reports, essays, research papers, etc., have specific requirements. Decide on the form your writing will take, and then make sure you know the requirements for that form of writing.

PLANNING AND WRITING AN ESSAY OR COMPOSITION

- {1} Select a general subject area that interests you.
- {2} Make a list of your thoughts and ideas about the subject.
- {3} Use your list to help focus on a specific topic within the subject area.
- {4} Decide what you want to say about the topic, and write an introductory statement that reflects this purpose.
- {5} Make a list of details to support your statement.
- {6} Arrange the list of details into an outline.
- {7} Do any reading and research necessary to provide additional support for specific areas of your outline. Keep a careful list of all of your sources for your bibliography.
- {8} Write a first draft.
- {9} Revise your first draft, making sure that:
 - {a} The introduction includes a clear statement of purpose.
 - {b} Each paragraph begins with some link to the preceding paragraph.
 - {c} Every statement is supported or illustrated.
 - {d} The concluding paragraph ties all of the important points together, leaving the reader with a clear understanding of the meaning of the essay or composition.
 - {e} Words are used and spelled correctly.
 - {f} Punctuation is correct.
- {10} Read your revised paper aloud to check how it sounds.
- {11} Proofread your revised paper two times: once for spelling, punctuation and word usage, and again for meaning and effectiveness.

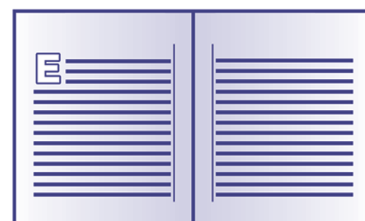


LANGUAGE ARTS *common prefixes & suffixes*

COMMON PREFIXES

A PREFIX IS A SYLLABLE ADDED TO THE BEGINNING OF A WORD TO CHANGE ITS MEANING.

Prefix	Meaning	Examples
auto-	self	automobile, autopilot
bi-	two or twice	bicycle, biannual, biweekly
com-	with	compare, communicate, company
con-	with	conference, concert, confide
dis-	do the opposite of	disappear, dislike, distrust
en-	to make	ensure, enlarge, enable
extra-	beyond	extraordinary, extrasensory
il-	not	illegal, illogical, illiterate
im-	not or within	impossible, immature, impatient
in-	not or within	insecure, incomplete, indoors, ingrown
inter-	between	international, interact, intersection
ir-	not	irresponsible, irregular
mid-	middle	midnight, midstream, midway
mis-	wrong	mistake, misguide, misunderstood
non-	not or without	nonsense, nonfat, nonfiction
post-	after	postgraduate, postwar
pre-	before	prehistoric, precaution, preschool
re-	back or again	return, rewrite, recycle, react
sub-	below	submarine, subzero, subtitle
super-	above, outside	supernatural, supermarket, superpower
trans-	across, over	transplant, transcontinental, transport
un-	not	unsafe, unusual, unsure



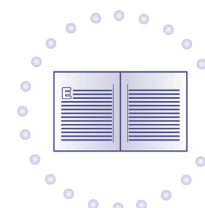
COMMON SUFFIXES

A SUFFIX IS A SYLLABLE ADDED TO THE END OF A WORD TO CHANGE ITS MEANING. IN MOST CASES, WHEN ADDING A SUFFIX THAT STARTS WITH A VOWEL, DROP THE FINAL *E* OF THE ROOT WORD. FOR EXAMPLE, NERVE BECOMES NERVOUS. ALSO, CHANGE A FINAL *Y* IN THE ROOT WORD TO AN *I* BEFORE ADDING ANY SUFFIX EXCEPT *-ING*.

Suffix	Meaning	Examples
-able	able to be	payable, movable, portable
-al	of, like, or suitable for	logical, natural, comical
-an	relating to, belonging to, or living in	American, European, librarian
-ance	the condition or state of being	performance, allowance
-ant	a person or thing that does something	contestant, peasant, servant
-ative	having the nature of or relating to	imaginative, talkative, decorative
-ent	characterized by	different, reverent, independent
-ful	full of	thoughtful, beautiful
-ian	relating to, belonging to, or living in	musician, magician
-ity	quality or degree	activity, fatality, popularity
-ive	have or tend to be	active, attractive, impressive
-less	without or lacking	homeless, thoughtless
-ment	act of	payment, employment, achievement
-ness	state of	happiness, thoughtfulness
-or	person or thing that does something	actor, accelerator
-ous	characterized by	nervous, courageous, famous
-ship	quality of or having the office of	friendship, leadership, companionship
-ward	in the direction of	backward, homeward, westward

LANGUAGE ARTS *frequently misspelled words*

absence	Christian	either	happiness	ninety	receive	suspicion
absorb	cinnamon	embarrass	hear	notice	receiving	swimming
accept	climbed	enough	height	noticeable	recess	synagogue
accidentally	climbing	entertain	here	nuisance	recognize	temperament
accompany	clothes	envelope	history	obedience	recommend	themselves
accuse	colonel	equipment	hoping	occasion	reference	there
ache	college	equipped	hospital	occur	referring	therefore
achieve	column	escape	humor	occurred	rein	they
acquaintance	commercial	especially	humorous	occurrence	reign	they're
acquire	committee	etc.	hungry	occurring	relative	thief
affect	completely	everybody	identify	often	relief	thoroughly
afraid	concentrate	everywhere	imagine	opinion	religion	thought
against	conscientious	exaggerate	immediate	opportunity	remember	through
aggression	conscious	exceed	immediately	opposite	repetition	tobacco
aggressive	continue	excellence	immensely	original	repellent	together
all right	continuous	excellent	incident	other	reservoir	tomorrow
a lot	convenience	except	independent	pageant	restaurant	tragedy
already	convenient	excitement	Indian	pamphlet	rhyme	tried
always	counterfeit	exciting	innocent	parallel	rhythm	trouble
amateur	countries	existence	instead	parents	ridiculous	truly
ambition	courage	expense	intelligence	parliament	running	two
among	courageous	experiment	intelligent	particular	safety	unique
apology	courteous	experience	interpret	passed	Saturday	until
apparent	cried	familiar	interrupt	peculiar	scent	unusual
appearance	criticism	families	introduce	perform	schedule	usually
appreciate	criticize	fascinate	its	permanent	scissors	vaccinate
arctic	curiosity	fasten	it's	persuade	search	vacuum
argument	debt	fatigue	jealous	phenomenon	secret	vegetable
article	deceive	favorite	knew	piece	secretary	village
associate	decide	fiction	know	pilot	semester	villain
athlete	definite	fictitious	knowledge	plain	sense	weather
attendance	definitely	field	laboratory	plane	separate	Wednesday
attitude	descend	finally	laid	planned	separation	weight
author	describe	first	leisure	pleasant	sergeant	weird
awful	description	forecast	library	poison	shepherd	were
beautiful	desert	foreign	lightning	possess	shining	we're
beauty	dessert	foresee	literature	possession	sincerely	where
because	destroy	forest	lonely	possible	soldier	whether
beginning	develop	foretell	loose	practically	sophomore	which
believe	dictionary	formerly	lying	prairie	spaghetti	whole
benefit	didn't	forty	magazine	precede	speak	whose
bicycle	difficult	fragile	magnificent	preferred	speech	witch
biscuit	dinner	freight	many	prejudice	sponsor	woman
boundary	dining	friend	marriage	preparation	squirrel	women
Britain	disappear	front	mathematics	principal	stationery	wonderful
brilliance	disappoint	fulfill	meant	principle	stepping	wreck
brilliant	discipline	government	medicine	privilege	stopping	writing
bureau	discussion	governor	millionaire	probably	stories	written
business	disease	grabbed	miniature	profession	strengthen	wrote
captain	dissatisfy	grammar	minute	prophecy	stretch	yolk
career	doctor	grateful	mischievous	psychologist	studies	your
carrying	does	guarantee	model	psychology	studying	you're
cemetery	doesn't	guard	mosquito	pursue	succeed	
certain	dropping	guess	narrative	quantity	successful	
challenge	during	guest	necessary	quiet	suggest	
chief	easier	handsome	neighbor	quite	summarize	
children	easiest	happen	nervous	raspberry	summary	
chocolate	easily	happiest	niece	realize	superintendent	
chosen	effect	happily	nineteen	really	suspense	



SCIENCE

Periodic table of the elements

GROUP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1	H hydrogen 1.008																		
2	Li lithium 6.94(2)	Be beryllium 9.012																	
3	Na sodium 22.99	Mg magnesium 24.31																	
4	K potassium 39.10	Ca calcium 40.08	Sc scandium 44.96	Ti titanium 47.87	V vanadium 50.94	Cr chromium 52.00	Mn manganese 54.94	Fe iron 55.85	Co cobalt 58.93	Ni nickel 58.69	Cu copper 63.55	Zn zinc 65.38(2)	Ga gallium 69.72	Ge germanium 72.63	As arsenic 74.92	Se selenium 78.97	Br bromine 79.90	Kr krypton 83.80	
5	Rb rubidium 85.47	Sr strontium 87.62	Y yttrium 88.91	Zr zirconium 91.22	Nb niobium 92.91	Mo molybdenum 95.95	Tc technetium (98)	Ru ruthenium 101.1	Rh rhodium 102.9	Pd palladium 106.4	Ag silver 107.9	Cd cadmium 112.4	In indium 114.8	Sn tin 118.7	Sb antimony 121.8	Te tellurium 127.6	I iodine 126.9	Xe xenon 131.3	
6	Cs cesium 132.9	Ba barium 137.3	Lanthanoids			Hf hafnium 178.5	Ta tantalum 180.9	W tungsten 183.8	Re rhenium 186.2	Os osmium 190.2	Pt platinum 195.1	Au gold 197.0	Hg mercury 200.6	Tl thallium 204.4	Pb lead 207.2	Bi bismuth 209.0	Po polonium (210)	Rn radon (222)	
7	Fr francium (223)	Ra radium (226)	Actinoids			Rf rutherfordium (267)	Db dubnium (268)	Sg seaborgium (271)	Bh bohrium (272)	Hs hassium (270)	Mt meitnerium (276)	Ds darmstadtium (281)	Rg roentgenium (280)	Cn copernicium (285)	Fl flerovium (289)	Mc moscovium (288)	Lv livermorium (293)	Ts tennessine (294)	Og oganeson (294)

Atomic Number	47
Element Name	silver
Symbol	Ag
Atomic Mass	107.9

Group IA (excluding Hydrogen) comprises the alkali metals.
Group IIA comprises the alkaline-earth metals.
Group VIIA comprises the noble gases.

Transition Metals

* IUPAC conventional atomic weights;
standard atomic weights for these
elements are expressed in intervals;
see IUPAC.org for an explanation and
values. ** Numbering system adopted
by IUPAC. *** Numbering system widely
used from the mid-20th century.
() indicates the mass number of the
longest-lived isotope.

Source: The International Union of Pure and Applied Chemistry (IUPAC), Encyclopaedia Britannica, and others.

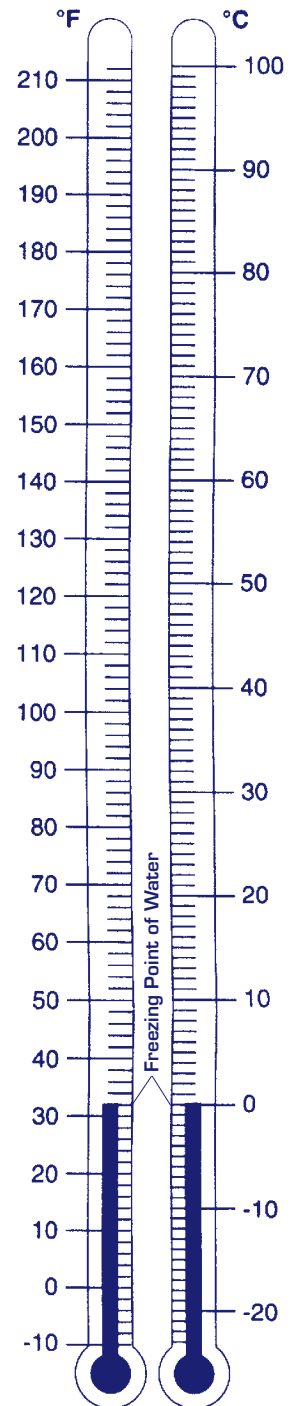
SCIENCE *unit conversions*

ENGLISH TO METRIC CONVERSIONS

<i>To Convert</i> →	<i>Multiply By</i> →	<i>To Find</i> →
AREA		
square inches	6.45	square centimeters
square feet	0.09	square meters
square miles	2.59	square kilometers
acres	0.40	hectares
LENGTH		
inches	2.54	centimeters
feet	0.30	meters
yards	0.91	meters
miles	1.61	kilometers
MASS AND WEIGHT		
ounces	28.35	grams
pounds	0.45	kilograms
pounds-force	4.45	newtons
short tons	0.91	metric tons
VOLUME		
cubic inches	16.39	cubic centimeters
cubic feet	0.03	cubic meters
quarts	0.95	liters
gallons	3.79	liters

METRIC TO ENGLISH CONVERSIONS

<i>To Convert</i> →	<i>Multiply By</i> →	<i>To Find</i> →
AREA		
square centimeters	0.16	square inches
square meters	10.76	square feet
square kilometers	0.39	square miles
hectares	2.47	acres
LENGTH		
centimeters	0.39	inches
meters	3.28	feet
meters	1.09	yards
kilometers	.62	miles
MASS AND WEIGHT		
grams	0.04	ounces
kilograms	2.20	pounds
newtons	.023	pound-force
metric tons	1.10	short tons
VOLUME		
cubic centimeters	0.06	cubic inches
cubic meters	35.31	cubic feet
liters	1.06	quarts
liters	0.26	gallons



TEMPERATURE

Fahrenheit to Celsius:
subtract 32, then multiply
by 5 and divide by 9.

Celsius to Fahrenheit:
multiply by 9, divide by 5,
then add 32.

SCIENCE *weights & measures & formulas*



WEIGHTS AND MEASURES

ENGLISH

Area

1 square foot (ft ²)	-----	144 square inches (in ²)
1 square yard (yd ²)	-----	9 square feet
1 acre	-----	43,560 square feet
1 square mile (mi ²)	-----	640 acres

Capacity

1 cup (c)	-----	8 fluid ounces (fl oz)
1 pint (pt)	-----	2 cups
1 quart (qt)	-----	2 pints
1 quart	-----	4 cups
1 gallon (gal)	-----	4 quarts

Length

1 foot (ft)	-----	12 inches (in)
1 yard (yd)	-----	36 inches
1 yard	-----	3 feet
1 mile (mi)	-----	5,280 feet
1 mile	-----	1,760 yards

Time

1 minute (min)	-----	60 seconds (s)
1 hour (h)	-----	60 minutes
1 day (d)	-----	24 hours
1 week (wk)	-----	7 days
1 year (yr)	-----	12 months (mo)
1 year	-----	52 weeks
1 year	-----	365 days
1 century (c)	-----	100 years

Weight

1 pound (lb)	-----	16 ounces (oz)
1 short ton (T)	-----	2,000 pounds

FORMULAS

Perimeter of a rectangle	-----	$P = 2(l + w)$
Perimeter of a square	-----	$P = 4s$
Perimeter of a regular polygon	-----	$P = ns$ (n = number of sides)
Area of a rectangle	-----	$A = lw$
Area of a square	-----	$A = s^2$
Area of a parallelogram	-----	$A = bh$
Area of a triangle	-----	$A = \frac{1}{2}bh$
Area of a trapezoid	-----	$A = \frac{1}{2}h(b_1 + b_2)$
Area of a circle	-----	$A = \pi r^2$
Circumference of a circle	-----	$C = \pi d$, or $2\pi r$
Volume of a rectangular prism	-----	$V = lwh$
Volume of any prism	-----	$V = Bh$
Volume of a cylinder	-----	$V = \pi r^2 h$
Volume of a pyramid	-----	$V = \frac{1}{3}Bh$
Volume of a cone	-----	$V = \frac{1}{3}\pi r^2 h$

Simple interest----- $I = prt$

Distance----- $d = rt$

METRIC

Area

1 sq centimeter (cm ²)	-----	100 sq millimeters (mm ²)
1 sq meter (m ²)	-----	10,000 sq centimeters
1 hectare (ha)	-----	10,000 square meters
1 sq kilometer (km ²)	-----	1,000,000 sq meters

Capacity

1 milliliter (ml)	-----	.001 liter (L)
1 centiliter (cl)	-----	.01 liter
1 deciliter (dl)	-----	.1 liter
1 dekaliter (dal)	-----	10 liters
1 hectoliter (hl)	-----	100 liters
1 kiloliter (kl)	-----	1,000 liters

Length

1 millimeter (mm)	-----	.001 meter (m)
1 centimeter (cm)	-----	.01 meter
1 decimeter (dm)	-----	.1 meter
1 dekameter (dam)	-----	10 meters
1 hectometer (hm)	-----	100 meters
1 kilometer (km)	-----	1,000 meters

Mass/Weight

1 milligram (mg)	-----	.001 gram (g)
1 centigram (cg)	-----	.01 gram
1 decigram (dg)	-----	.1 gram
1 dekagram (dag)	-----	10 grams
1 hectogram (hg)	-----	100 grams
1 kilogram (kg)	-----	1,000 grams
1 metric ton (t)	-----	1,000 kilograms

Surface area of a cylinder ----- $SA = 2\pi r^2 + 2\pi rh$
 Pythagorean Theorem ----- $a^2 + b^2 = c^2$
 (sides of a right triangle)

FORMULA KEY

A = area	l = length
b = base, length of any side of a plane figure	P = perimeter
B = area of base	r = radius
d = diameter	s = side
h = height, perpendicular distance from the furthest point of the figure to the extended base	sa = surface area
	V = volume
	w = width

I = interest, p = principal, r = rate, t = time

d = distance, r = rate, t = time

MATHEMATICS *squares & square roots*

SQUARES & SQUARE ROOTS

N	N ²	\sqrt{N}
1	1	1.00
2	4	1.41
3	9	1.73
4	16	2.00
5	25	2.24
6	36	2.45
7	49	2.65
8	64	2.83
9	81	3.00
10	100	3.16
11	121	3.32
12	144	3.46
13	169	3.61
14	196	3.74
15	225	3.87
16	256	4.00
17	289	4.12
18	324	4.24
19	361	4.36
20	400	4.47
21	441	4.58
22	484	4.69
23	529	4.80
24	576	4.90
25	625	5.00
26	676	5.10
27	729	5.20
28	784	5.29
29	841	5.39
30	900	5.48
31	961	5.57
32	1,024	5.66
33	1,089	5.74
34	1,156	5.83
35	1,225	5.92
36	1,296	6.00
37	1,369	6.08
38	1,444	6.16
39	1,521	6.24
40	1,600	6.32
41	1,681	6.40
42	1,764	6.48
43	1,849	6.56
44	1,936	6.63
45	2,025	6.71
46	2,116	6.78
47	2,209	6.86
48	2,304	6.93
49	2,401	7.00
50	2,500	7.07

N	N ²	\sqrt{N}
51	2,601	7.14
52	2,704	7.21
53	2,809	7.28
54	2,916	7.35
55	3,025	7.42
56	3,136	7.48
57	3,249	7.55
58	3,364	7.62
59	3,481	7.68
60	3,600	7.75
61	3,721	7.81
62	3,844	7.87
63	3,969	7.94
64	4,096	8.00
65	4,225	8.06
66	4,356	8.12
67	4,489	8.19
68	4,624	8.25
69	4,761	8.31
70	4,900	8.37
71	5,041	8.43
72	5,184	8.49
73	5,329	8.54
74	5,476	8.60
75	5,625	8.66
76	5,776	8.72
77	5,929	8.77
78	6,084	8.83
79	6,241	8.89
80	6,400	8.94
81	6,561	9.00
82	6,724	9.06
83	6,889	9.11
84	7,056	9.17
85	7,225	9.22
86	7,396	9.27
87	7,569	9.33
88	7,744	9.38
89	7,921	9.43
90	8,100	9.49
91	8,281	9.54
92	8,464	9.59
93	8,649	9.64
94	8,836	9.70
95	9,025	9.75
96	9,216	9.80
97	9,409	9.85
98	9,604	9.90
99	9,801	9.95
100	10,000	10.00

N	N ²	\sqrt{N}
101	10,201	10.05
102	10,404	10.10
103	10,609	10.15
104	10,816	10.20
105	11,025	10.25
106	11,236	10.30
107	11,449	10.34
108	11,664	10.39
109	11,881	10.44
110	12,100	10.49
111	12,321	10.54
112	12,544	10.58
113	12,769	10.63
114	12,996	10.68
115	13,225	10.72
116	13,456	10.77
117	13,689	10.82
118	13,924	10.86
119	14,161	10.91
120	14,400	10.95
121	14,641	11.00
122	14,884	11.05
123	15,129	11.09
124	15,376	11.14
125	15,625	11.18
126	15,876	11.22
127	16,129	11.27
128	16,384	11.31
129	16,641	11.36
130	16,900	11.40
131	17,161	11.45
132	17,424	11.49
133	17,689	11.53
134	17,956	11.58
135	18,225	11.62
136	18,496	11.66
137	18,769	11.70
138	19,044	11.75
139	19,321	11.79
140	19,600	11.83
141	19,881	11.87
142	20,164	11.92
143	20,449	11.96
144	20,736	12.00
145	21,025	12.04
146	21,316	12.08
147	21,609	12.12
148	21,904	12.17
149	22,201	12.21
150	22,500	12.25

MATHEMATICS *algebra & multiplication table*

ALGEBRA

Expanding

- {1} $a(b+c) = ab+ac$
- {2} $(a+b)^2 = a^2+2ab+b^2$
- {3} $(a-b)^2 = a^2-2ab+b^2$
- {4} $(a+b)(a+c) = a^2+ac+ab+bc$
- {5} $(a+b)(c+d) = ac+ad+bc+bd$
- {6} $(a+b)^3 = a^3+3a^2b+3ab^2+b^3$
- {7} $(a-b)^3 = a^3-3a^2b+3ab^2-b^3$
- {8} $a^2-b^2 = (a+b)(a-b)$
- {9} $a^3+b^3 = (a+b)(a^2-ab+b^2)$
- {10} $a^3b-ab^3 = ab(a+1)(a-1)$
- {11} $a^2-2ab+b^2 = (a-b)^2$
- {12} $a^3-b^3 = (a-b)(a^2+ab+b^2)$

Laws of Exponents

- {1} $a^r a^s = a^{r+s}$
- {2} $a^r / a^s = a^{r-s}$
- {3} $a^r a^s / a^p = a^{r+s-p}$
- {4} $(a^r)^s = a^{rs}$
- {5} $(ab)^r = a^r b^r$
- {6} $(a/b)^r = a^r / b^r (b \neq 0)$
- {7} $a^0 = 1 (a \neq 0)$
- {8} $a^{-r} = 1/a^r (a \neq 0)$

if r and s are positive integers

Logarithms

- {1} $\text{Log}(xy) = \text{Log } x + \text{Log } y$
- {2} $\text{Log } x^r = r \text{Log } x$
- {3} $\text{Log } x = n \iff x = 10^n$ (Common log)
- {4} $\text{Log}_a x = n \iff x = a^n$ (Log to the base a)
- {5} $\text{Ln } x = n \iff x = e^n$ (Natural log)
- {6} $\text{Log}(x/y) = \text{Log } x - \text{Log } y$

$$e = 2.71828183$$

Quadratic Formula

When given a formula in the form of a quadratic equation \rightarrow

$$ax^2 + bx + c = 0$$

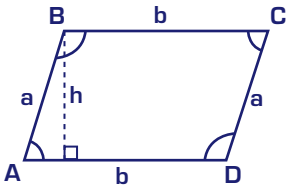
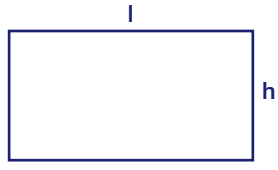
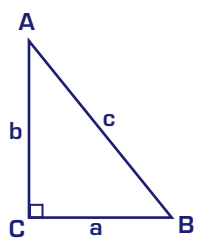
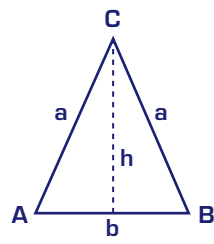
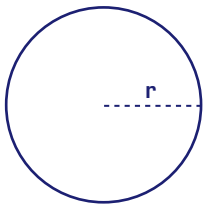
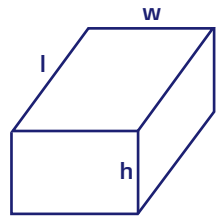
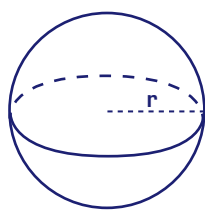
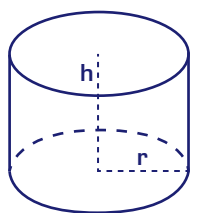
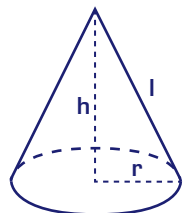
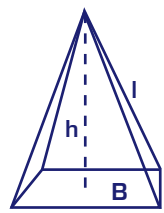
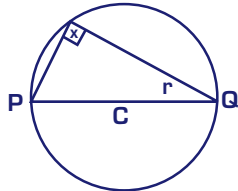
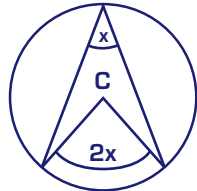
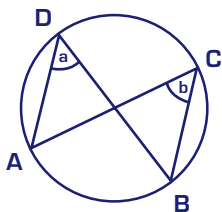
The solution can be derived using the quadratic formula \rightarrow

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

MULTIPLICATION TABLE

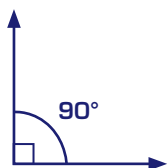
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2	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
3	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
4	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80
5	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
6	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120
7	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140
8	8	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160
9	9	18	27	36	45	54	63	72	81	90	99	108	117	126	135	144	153	162	171	180
10	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
11	11	22	33	44	55	66	77	88	99	110	121	132	143	154	165	176	187	198	209	220
12	12	24	36	48	60	72	84	96	108	120	132	144	156	168	180	192	204	216	228	240
13	13	26	39	52	65	78	91	104	117	130	143	156	169	182	195	208	221	234	247	260
14	14	28	42	56	70	84	98	112	126	140	154	168	182	196	210	224	238	252	266	280
15	15	30	45	60	75	90	105	120	135	150	165	180	195	210	225	240	255	270	285	300
16	16	32	48	64	80	96	112	128	144	160	176	192	208	224	240	256	272	288	304	320
17	17	34	51	68	85	102	119	136	153	170	187	204	221	238	255	272	289	306	323	340
18	18	36	54	72	90	108	126	144	162	180	198	216	234	252	270	288	306	324	342	360
19	19	38	57	76	95	114	133	152	171	190	209	228	247	266	285	304	323	342	361	380
20	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400

MATHEMATICS *area & volume*

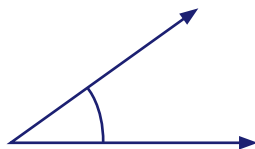
<div>PARALLELOGRAM</div> <div></div> <div>Area of ABCD = bh</div>	<div>RECTANGLE</div> <div></div> <div>Perimeter = $2(l + h)$ Area = $l \times h$</div>	<div>RIGHT TRIANGLE</div> <div></div> <div>Area = $ab/2$ $c^2 = a^2 + b^2$ (Pythagorean Theorem)</div>	
<div>ISOSCELES TRIANGLE</div> <div></div> <div>Area = $bh/2$</div>	<div>CIRCLE</div> <div></div> <div>Circumference of a circle = $2\pi r$ Area of a circle = πr^2</div>	<div>RECTANGULAR PRISM</div> <div></div> <div>Surface area of a prism = $2(wl + lh + wh)$ Volume of a prism = $l \times w \times h$</div>	
<div>SPHERE</div> <div></div> <div>Surface area of a sphere = $4\pi r^2$ Volume of a sphere = $4\pi r^3/3$</div>	<div>CYLINDER</div> <div></div> <div>Surface area of a cylinder = $2\pi rh + 2\pi r^2$ Volume of a cylinder = $\pi r^2 h$</div>	<div>CONE</div> <div></div> <div>Surface area of a cone = $\pi rl + \pi r^2$ (l=slant height) Volume of a cone = $\pi r^2 h/3$</div>	<div>PYRAMID</div> <div></div> <div>Surface area of a pyramid = $B + \text{Lateral area}$ (Lateral area = sum of triangular faces) Volume of a pyramid = $Bh/3$ (B = area of base)</div>
<div>CIRCLE THEOREMS</div> <div></div> <div>$\angle x = 90^\circ$ (PQ is the diameter)</div> <div></div> <div>C is the center of the circle</div> <div></div> <div>$\angle a = \angle b$ (Both angles intercept arc AB)</div>			

MATHEMATICS *geometric angles & congruence cases*

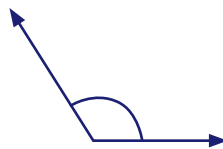
GEOMETRIC ANGLES



A right angle is exactly 90°



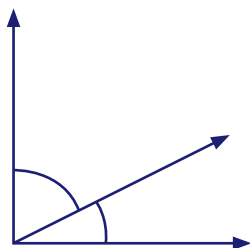
An acute angle is less than 90°



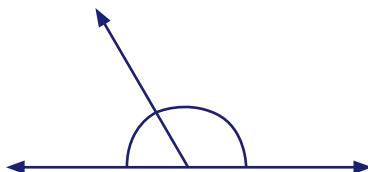
An obtuse angle is greater than 90°



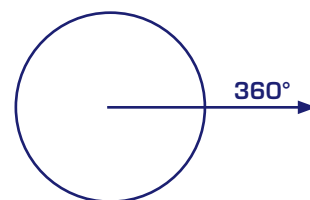
A straight angle is exactly 180°



Complementary angles add up to 90°



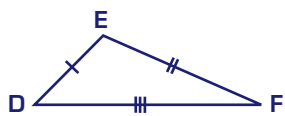
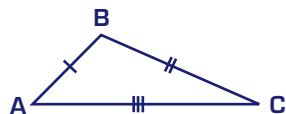
Supplementary angles add up to 180°



One complete angle of rotation = 360°

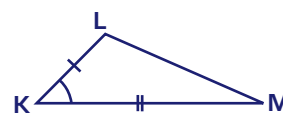
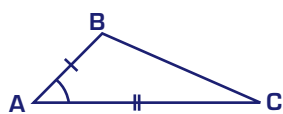
GEOMETRIC CONGRUENCE CASES

S.S.S. POSTULATE



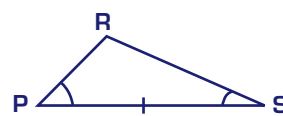
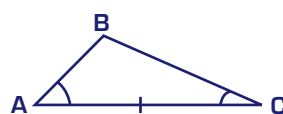
Side-Side-Side
 $\triangle ABC \cong \triangle DEF$

S.A.S. POSTULATE



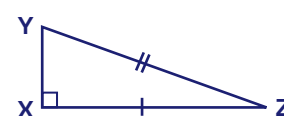
Side-Angle-Side
 $\triangle ABC \cong \triangle KLM$

A.S.A. POSTULATE



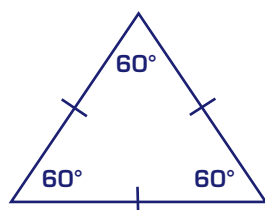
Angle-Side-Angle
 $\triangle ABC \cong \triangle PRS$

H.S. POSTULATE (RIGHT \triangle 'S ONLY)



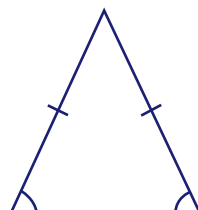
Hypotenuse-side
 $\triangle ABC \cong \triangle XYZ$

EQUILATERAL TRIANGLE



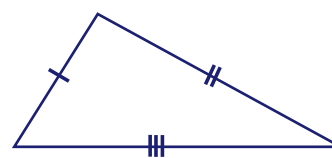
3 Sides of Equal Length
3 Angles of 60° Each

ISOSCELES TRIANGLE



2 Sides of Equal Length
2 Base Angles are Equal

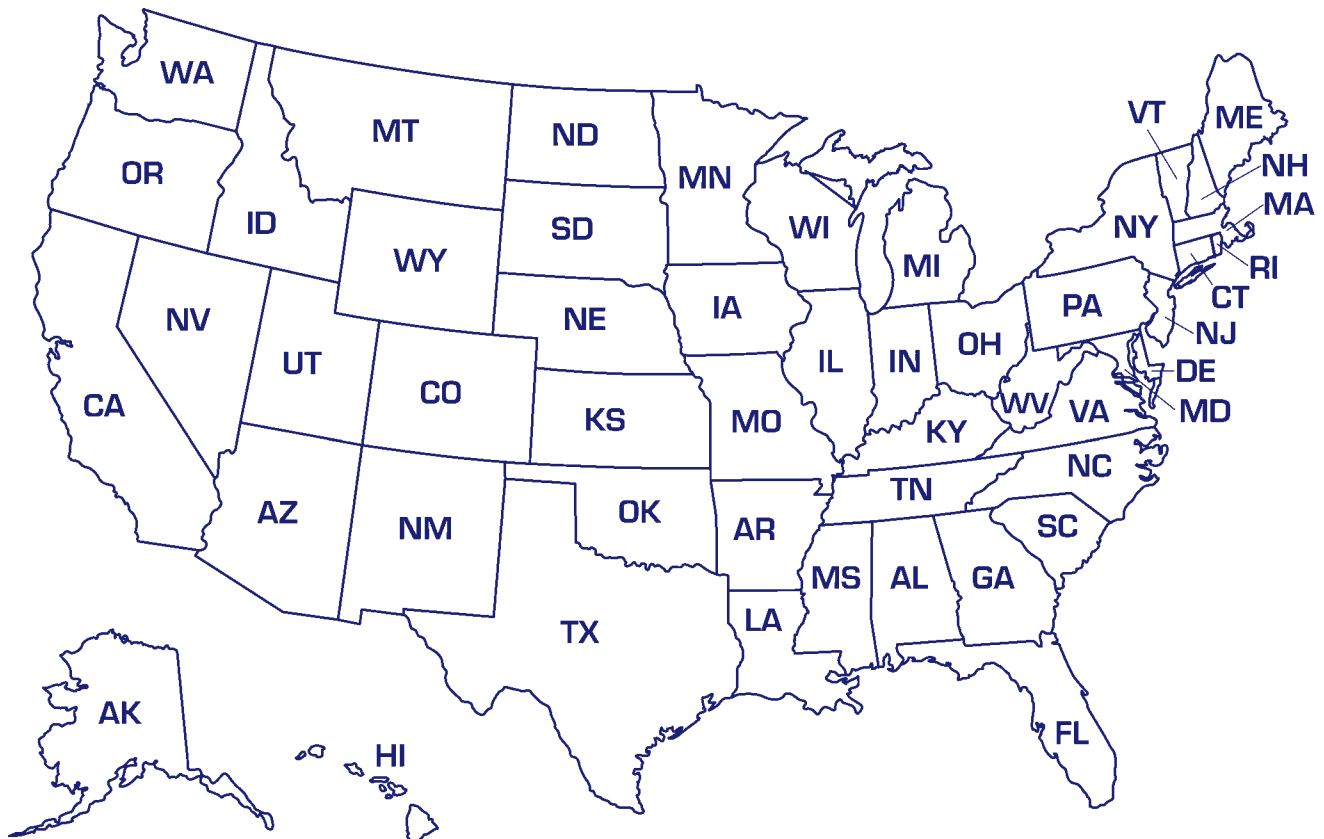
SCALENE TRIANGLE



3 Unequal Sides
3 Unequal Angles

GEOGRAPHY *states & state capitals*

{AL}	Alabama -----	Montgomery	{MT}	Montana-----	Helena
{AK}	Alaska-----	Juneau	{NE}	Nebraska-----	Lincoln
{AZ}	Arizona-----	Phoenix	{NV}	Nevada-----	Carson City
{AR}	Arkansas-----	Little Rock	{NH}	New Hampshire-----	Concord
{CA}	California-----	Sacramento	{NJ}	New Jersey-----	Trenton
{CO}	Colorado-----	Denver	{NM}	New Mexico-----	Santa Fe
{CT}	Connecticut-----	Hartford	{NY}	New York-----	Albany
{DE}	Delaware-----	Dover	{NC}	North Carolina-----	Raleigh
{FL}	Florida-----	Tallahassee	{ND}	North Dakota-----	Bismarck
{GA}	Georgia-----	Atlanta	{OH}	Ohio-----	Columbus
{HI}	Hawaii-----	Honolulu	{OK}	Oklahoma-----	Oklahoma City
{ID}	Idaho-----	Boise	{OR}	Oregon-----	Salem
{IL}	Illinois-----	Springfield	{PA}	Pennsylvania-----	Harrisburg
{IN}	Indiana-----	Indianapolis	{RI}	Rhode Island-----	Providence
{IA}	Iowa-----	Des Moines	{SC}	South Carolina-----	Columbia
{KS}	Kansas-----	Topeka	{SD}	South Dakota-----	Pierre
{KY}	Kentucky-----	Frankfort	{TN}	Tennessee-----	Nashville
{LA}	Louisiana-----	Baton Rouge	{TX}	Texas-----	Austin
{ME}	Maine-----	Augusta	{UT}	Utah-----	Salt Lake City
{MD}	Maryland-----	Annapolis	{VT}	Vermont-----	Montpelier
{MA}	Massachusetts-----	Boston	{VA}	Virginia-----	Richmond
{MI}	Michigan-----	Lansing	{WA}	Washington-----	Olympia
{MN}	Minnesota-----	St. Paul	{WV}	West Virginia-----	Charleston
{MS}	Mississippi-----	Jackson	{WI}	Wisconsin-----	Madison
{MO}	Missouri-----	Jefferson City	{WY}	Wyoming-----	Cheyenne



CIVICS *United States presidents*

No.	President	Party	Native State	Dates of term(s)	Vice President
{1}	<i>George Washington</i>	Unaffiliated	Virginia [†]	April 30, 1789-March 3, 1797	John Adams
{2}	<i>John Adams</i>	Fed.	Massachusetts [†]	March 4, 1797-March 3, 1801	Thomas Jefferson
{3}	<i>Thomas Jefferson</i> <i>Thomas Jefferson</i>	Dem.-Rep.	Virginia [†]	March 4, 1801-March 3, 1805 March 4, 1805-March 3, 1809	Aaron Burr George Clinton
{4}	<i>James Madison</i> <i>James Madison</i>	Dem.-Rep.	Virginia [†]	March 4, 1809-March 3, 1813 March 4, 1813-March 3, 1817	George Clinton* Elbridge Gerry*
{5}	<i>James Monroe</i>	Dem.-Rep.	Virginia [†]	March 4, 1817-March 3, 1825	Daniel D. Tompkins
{6}	<i>John Quincy Adams</i>	Dem.-Rep.	Massachusetts [†]	March 4, 1825-March 3, 1829	John C. Calhoun
{7}	<i>Andrew Jackson</i> <i>Andrew Jackson</i>	Dem.	Carolinas [†]	March 4, 1829-March 3, 1833 March 4, 1833-March 3, 1837	John C. Calhoun* Martin Van Buren
{8}	<i>Martin Van Buren</i>	Dem.	New York	March 4, 1837-March 3, 1841	Richard M. Johnson
{9}	<i>William Henry Harrison*</i>	Whig	Virginia [†]	March 4, 1841-April 4, 1841	John Tyler
{10}	<i>John Tyler</i>	Whig	Virginia	April 6, 1841-March 3, 1845	
{11}	<i>James K. Polk</i>	Dem.	North Carolina	March 4, 1845-March 3, 1849	George M. Dallas
{12}	<i>Zachary Taylor*</i>	Whig	Virginia	March 4, 1849-July 9, 1850	Millard Fillmore
{13}	<i>Millard Fillmore</i>	Whig	New York	July 10, 1850-March 3, 1853	
{14}	<i>Franklin Pierce</i>	Dem.	New Hampshire	March 4, 1853-March 3, 1857	William R. King*
{15}	<i>James Buchanan</i>	Dem.	Pennsylvania	March 4, 1857-March 3, 1861	John C. Breckinridge
{16}	<i>Abraham Lincoln</i> <i>Abraham Lincoln*</i>	Rep.	Kentucky	March 4, 1861-March 3, 1865 March 4, 1865-April 15, 1865	Hannibal Hamlin Andrew Johnson
{17}	<i>Andrew Johnson</i>	Dem.	North Carolina	April 15, 1865-March 3, 1869	
{18}	<i>Ulysses S. Grant</i> <i>Ulysses S. Grant</i>	Rep.	Ohio	March 4, 1869-March 3, 1873 March 4, 1873-March 3, 1877	Schuyler Colfax Henry Wilson*
{19}	<i>Rutherford B. Hayes</i>	Rep.	Ohio	March 4, 1877-March 3, 1881	William A. Wheeler
{20}	<i>James A. Garfield*</i>	Rep.	Ohio	March 4, 1881-Sept. 19, 1881	Chester A. Arthur
{21}	<i>Chester A. Arthur</i>	Rep.	Vermont	Sept. 19, 1881-March 3, 1885	
{22}	<i>Grover Cleveland</i>	Dem.	New Jersey	March 4, 1885-March 3, 1889	Thomas A. Hendricks*
{23}	<i>Benjamin Harrison</i>	Rep.	Ohio	March 4, 1889-March 3, 1893	Levi P. Morton
{24}	<i>Grover Cleveland</i>	Dem.	New Jersey	March 4, 1893-March 3, 1897	Adlai E. Stevenson
{25}	<i>William McKinley</i> <i>William McKinley*</i>	Rep.	Ohio	March 4, 1897-March 3, 1901 March 4, 1901-Sept. 14, 1901	Garret A. Hobart* Theodore Roosevelt
{26}	<i>Theodore Roosevelt</i> <i>Theodore Roosevelt</i>	Rep.	New York	Sept. 14, 1901-March 3, 1905 March 4, 1905-March 3, 1909	Charles W. Fairbanks James S. Sherman*
{27}	<i>William H. Taft</i>	Rep.	Ohio	March 4, 1909-March 3, 1913	Thomas R. Marshall
{28}	<i>Woodrow Wilson</i> <i>Woodrow Wilson</i>	Dem.	Virginia	March 4, 1913-March 3, 1917 March 4, 1917-March 3, 1921	
{29}	<i>Warren G. Harding*</i>	Rep.	Ohio	March 4, 1921-August 2, 1923	Calvin Coolidge
{30}	<i>Calvin Coolidge</i> <i>Calvin Coolidge</i>	Rep.	Vermont	August 3, 1923-March 3, 1925 March 4, 1925-March 3, 1929	Charles G. Dawes
{31}	<i>Herbert C. Hoover</i>	Rep.	Iowa	March 4, 1929-March 3, 1933	Charles Curtis
{32}	<i>Franklin D. Roosevelt</i> <i>Franklin D. Roosevelt</i> <i>Franklin D. Roosevelt</i> <i>Franklin D. Roosevelt*</i>	Dem.	New York	March 4, 1933-Jan. 20, 1937 Jan. 20, 1937-Jan. 20, 1941 Jan. 20, 1941-Jan. 20, 1945 Jan. 20, 1945-April 12, 1945	John N. Garner Henry A. Wallace Harry S. Truman
{33}	<i>Harry S. Truman</i> <i>Harry S. Truman</i>	Dem.	Missouri	April 12, 1945-Jan. 20, 1949 Jan. 20, 1949-Jan. 20, 1953	Alben W. Barkley
{34}	<i>Dwight D. Eisenhower</i> <i>Dwight D. Eisenhower</i>	Rep.	Texas	Jan. 20, 1953-Jan. 20, 1957 Jan. 20, 1957-Jan. 20, 1961	Richard M. Nixon
{35}	<i>John F. Kennedy*</i>	Dem.	Massachusetts	Jan. 20, 1961-Nov. 22, 1963	Lyndon B. Johnson
{36}	<i>Lyndon B. Johnson</i> <i>Lyndon B. Johnson</i>	Dem.	Texas	Nov. 22, 1963-Jan. 20, 1965 Jan. 20, 1965-Jan. 20, 1969	Hubert H. Humphrey
{37}	<i>Richard M. Nixon</i> <i>Richard M. Nixon*</i>	Rep.	California	Jan. 20, 1969-Jan. 20, 1973 Jan. 20, 1973-Aug. 9, 1974	Spiro T. Agnew* Gerald R. Ford*
{38}	<i>Gerald R. Ford</i>	Rep.	Nebraska	Aug. 9, 1974-Jan. 20, 1977	Nelson Rockefeller
{39}	<i>James E. Carter, Jr.</i>	Dem.	Georgia	Jan. 20, 1977-Jan. 20, 1981	Walter Mondale
{40}	<i>Ronald Reagan</i> <i>Ronald Reagan</i>	Rep.	Illinois	Jan. 20, 1981-Jan. 20, 1985 Jan. 20, 1985-Jan. 20, 1989	George H. W. Bush
{41}	<i>George H. W. Bush</i>	Rep.	Massachusetts	Jan. 20, 1989-Jan. 20, 1993	Dan Quayle
{42}	<i>William J. Clinton</i> <i>William J. Clinton</i>	Dem.	Arkansas	Jan. 20 1993-Jan. 20, 1997 Jan. 20, 1997-Jan. 20, 2001	Albert Gore, Jr.
{43}	<i>George W. Bush</i> <i>George W. Bush</i>	Rep.	Connecticut	Jan. 20, 2001-Jan. 20, 2005 Jan. 20, 2005-Jan. 20, 2009	Richard B. Cheney
{44}	<i>Barack H. Obama</i> <i>Barack H. Obama</i>	Dem.	Hawaii	Jan. 20, 2009-Jan. 20, 2013 Jan. 20, 2013-Jan. 20, 2017	Joseph R. Biden, Jr.
{45}	<i>Donald Trump</i>	Rep.	New York	Jan. 20, 2017-Jan. 20, 2021	Mike Pence
{46}	<i>Joseph R. Biden, Jr.</i>	Dem.	Delaware	Jan. 20, 2021-	Kamala Harris

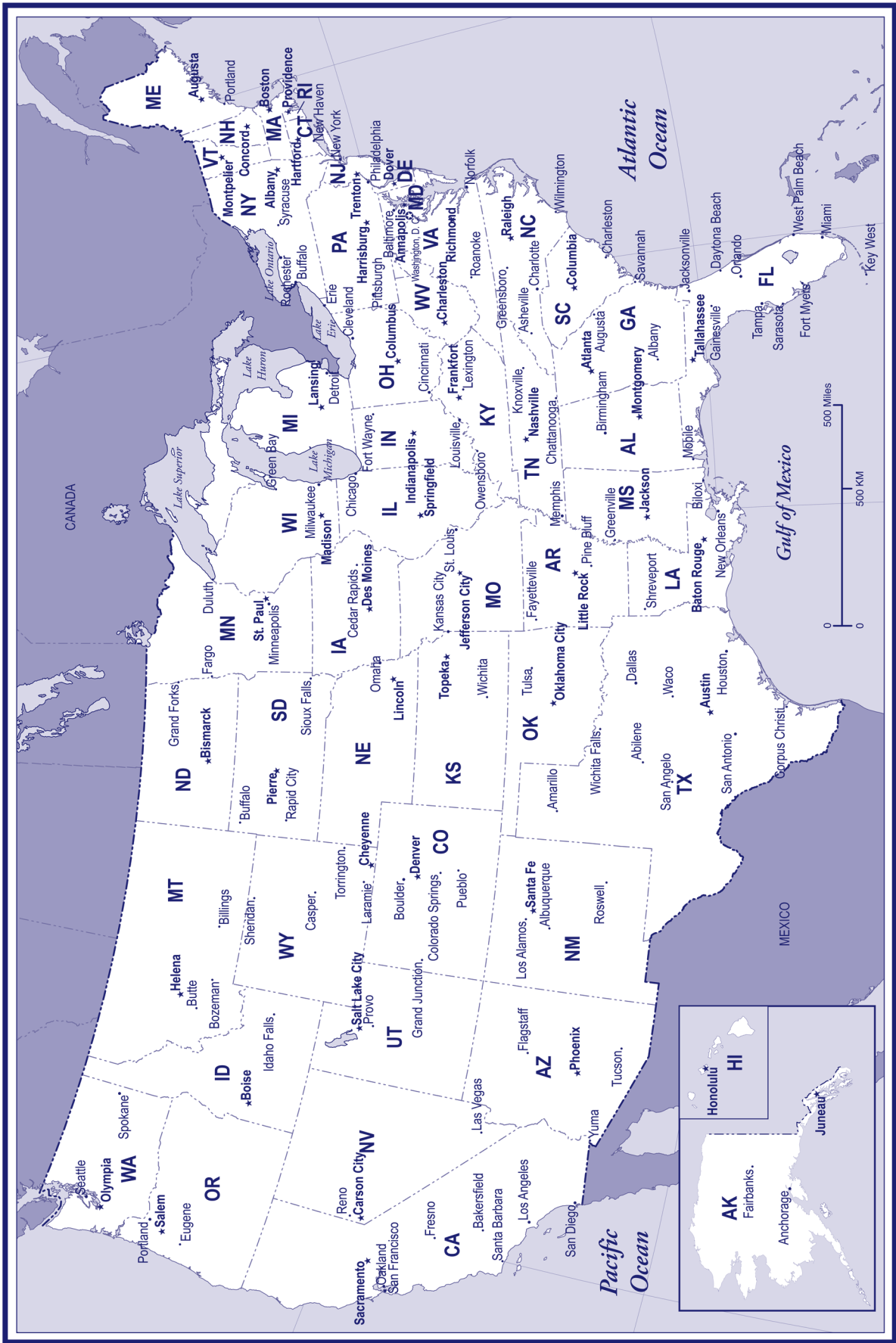
(*did not finish term; [†]born as subjects of Great Britain before United States was established)

ORDER OF PRESIDENTIAL SUCCESSION

- {1} The Vice President
- {2} Speaker of the House
- {3} President pro tempore of the Senate
- {4} Secretary of State
- {5} Secretary of the Treasury
- {6} Secretary of Defense
- {7} Attorney General
- {8} Secretary of the Interior
- {9} Secretary of Agriculture
- {10} Secretary of Commerce
- {11} Secretary of Labor
- {12} Secretary of Health and Human Services
- {13} Secretary of Housing and Urban Development
- {14} Secretary of Transportation
- {15} Secretary of Energy
- {16} Secretary of Education
- {17} Secretary of Veterans Affairs
- {18} Secretary of Homeland Security



GEOGRAPHY *United States map*



ONLINE SAFETY

BE SMART! BE RESPECTFUL! BE SECURE!

The internet is a real-life place with real-life dangers. Be smart and take steps to keep yourself safe online.

Be Smart!

Everything you post online stays online forever! It can be copied, saved, and distributed by anyone. Think, before you post images or words you might regret!

Be Respectful!

When online, people sometimes forget that they are communicating with other people and not with their computer screen. They might say or do things online they would never say or do in person. These people are called cyberbullies.

Remember to treat others online as you would want to be treated. Don't say or do anything that you wouldn't say or do to someone face-to-face. Be kind, courteous, and respectful to others. Cyberbullying is serious and a crime in many states.

Be Secure!

The online world is not a game. It is real life. Keeping your personal and financial information safe is important. Here are a few tips on how to keep your information safe online:

- ✗ If it isn't required, don't fill it in.
- ✗ Keep your passwords and login information to email, social networking sites, and other accounts secret from even your best friend. Change your password(s) periodically.
- ✗ Pick a password that has numbers and letters, varied capitalization, and more than seven characters.
- ✗ Make sure your connection is secure before logging in.
- ✗ Check the URL (www. Address) of the website you are logging into. Don't trust the appearance of the site itself.
- ✗ If you get an email about something important, research the email and make sure it isn't a scam. Don't use the email's links or download information from your email.
- ✗ Use up-to-date Antivirus software, and do regular scans for viruses.



HAVE YOU OR SOMEONE YOU KNOW...

...ever had money stolen from them online? **Discuss**

...ever posted something or had something posted they would rather not have online? **Discuss**

...ever accidentally or purposefully sent an email or text to someone and hurt their feelings? **Discuss**

Why is it important to be smart, safe, and respectful online? **Answer on a separate piece of paper.**

INTERNET SAFETY RULES

Middle School ■ High School

1

**I WILL
THINK
BEFORE
I POST.**

I agree not to post information and images that could put me at risk, embarrass me, or damage my future, such as

- » cell & home phone numbers
- » home address
- » sexual messages
- » inappropriate pictures and videos

2

**I WILL
RESPECT
OTHER
PEOPLE
ONLINE.**

I will not

- » post anything rude, offensive, or threatening
- » send or forward images and information that might embarrass, hurt, or harass someone
- » take anyone's personal information and use it to damage his or her reputation

3

**I WILL BE
CAREFUL WHEN
MEETING
ONLINE FRIENDS
IN PERSON.**

I agree to

- » ask my parent or guardian's permission
- » have a parent or guardian accompany me
- » meet in a public place

4

**I WILL
PROTECT
MYSELF
ONLINE.**

If someone makes me feel uncomfortable or if someone is rude or offensive, I will

- » not respond
- » save the evidence
- » tell my parent, guardian, or another trusted adult
- » report to the website, cell phone company, cyberline.com, or the police

NetSmartz Workshop
A PROGRAM OF THE
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

Watch videos and play games at NSTeens.org

Copyright © 2010 National Center for Missing & Exploited Children. All rights reserved.

SIGNED _____

SIGNED _____

CHARACTER *defining character*

C H A R A C T E R ☐ ☐

What's **CHARACTER** all about?

"Character is power." ~BOOKER T. WASHINGTON

*"What lies behind us and what lies before us
are small matters compared to what lies
within us."* ~RALPH WALDO EMERSON

As you wind your way through this world, you inevitably come to a fork in the road: You can either be noted *for* your character – or be known *as* a character, to paraphrase a high school principal's advice to his graduating class.

Your character determines whether your friends, classmates, and family members see you as a leader, respect you as a role model, and ultimately, feel their interactions with you help them become better people.

But what values and personal attributes comprise character? To name just a few, character is defined by:

C **CARING** Caring and concern for others are at the root of the Golden Rule – "Treat others as you want them to treat you."

H **HONESTY** Be honest with yourself and with others in every interaction. Honesty and integrity are the core values that make respect, courage, and trustworthiness possible.

A **ACTIONS** Your actions – not your intentions or words – are what define your character. Often, these become acts of courage, such as taking a stand against injustice, prejudice, cruelty, and other inhumane behaviors.

R **RESPONSIBILITY** Your sense of responsibility is what compels you to do the right thing, follow through on your promises, and be accountable for your actions. Personal rights are only possible if they're accompanied by responsibility.

A **ACCEPTANCE** Character demands that we accept others' differences and appreciate how diversity strengthens our society.

C **CITIZENSHIP** People of strong moral character don't sit on the sidelines. Contribute your "fair share" – participate fully as a concerned student, volunteer, and voter.

T **TRUSTWORTHINESS** Trust can't be granted; it can only be earned. Deliver on your promises. Act honestly at every turn.

E **EMPATHY** When you empathize with others, you go beyond kindness and caring; you truly begin to see the world from someone else's perspective.

R **RESPECT** Respect for yourself and for others is an integral component of character. Without respect, caring and empathy are empty expressions. Respect is what enables us to accept and appreciate others' differences.

CHARACTER *people of character*

C H A R A C T E R

The qualities of a great man are "vision, integrity, courage, understanding, the power of articulation, and profundity of character."

~ PRESIDENT DWIGHT D. EISENHOWER

Good character requires doing the right thing even when it's costly or risky.

"Character is like a tree and reputation like its shadow.

The shadow is what we think of it; the tree is the real thing."

~ PRESIDENT ABRAHAM LINCOLN

"The function of education is to teach one to think intensively and to think critically...intelligence plus character – that is the goal of a true education."

~ MARTIN LUTHER KING, JR.

Every choice you make helps define the kind of person you are choosing to be.

"We learned about honesty and integrity – that the truth matters... that you don't take shortcuts or play by your own set of rules... and success doesn't count unless you earn it fair and square."

~ MICHELLE OBAMA

C H A R A C T E R