

The background of the entire page is composed of vibrant, diagonal brushstrokes in the colors of a rainbow: red, orange, yellow, green, blue, and purple. These strokes are layered and textured, creating a dynamic and artistic backdrop for the text.

Cookbook Specialists

SAMPLE STUDENT PLANNER

Name _____

Grade _____ **Homeroom #** _____

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Phone Number_____

**Just the student planner you are looking for ...
and the bonus is the price.**

Thank you for requesting our sample of

**Cookbook Specialists
Student Planner
8 1/2" x 11" size**

Please review it for content, quality of materials
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OUR PLANNERS INCLUDE

- 11 special pages with handy tips, tricks and reminders geared to help your students find a quick reference.
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Internet Tips



While the internet is a fantastic learning tool and a great way to keep in touch with family and friends, and even though more and more of us are feeling very comfortable in that virtual environment, we must not take internet safety for granted. We must be on our guard to protect ourselves by following some simple rules.

- **Never give out any personal, identifying information**, such as home address, home or cell phone numbers, social security number, or any other information that might aid predators or identity thieves. Be cautious of people you “meet” on the internet, as they may not be who/what they seem!
- **Remember that nothing is ever forgotten or completely deleted from the internet.** Watch what you post about yourself or others, and what your friends post about you, because it will never go away! And it can be seen by everyone, including parents, teachers, bosses, etc. So keep it clean and don’t share too much information! What you are feeling right now will probably pass by tomorrow, but if you post it online, it is there forever!!
- **Be sure to talk to your parents or a trusted adult if something doesn’t “seem right.”** The “in person” rules apply to the internet also. If anyone says or does something online that makes you feel uncomfortable, confused or afraid, tell an adult. All predators rely on the victim’s silence, so if you take that power away from them, it’s one less thing they can count on!
- **“Never meet anyone in person that you meet online”** is the FBI’s warning. Of course, we can make good friends online, so if you do decide to meet them in person, just remember to be very cautious and NEVER meet anyone face-to-face without your parents or another trusted adult. And always meet online friends in a public place, such as a mall, with lots of other people around. Remember to follow your instincts! If it feels creepy, it probably is creepy! Walk away!
- And last but not least – **Keep your usernames and passwords private!** Don’t give that information to anyone, except your parents or other responsible adult that you trust. If someone has that information, they can log onto your account(s) and post anything they want under your name, which can make you enemies, get you expelled from school, in trouble with your parents or even the law!

CREATING PASSWORDS



Passwords are the only thing standing between you and everyone else out there, so they must be unbreakable! There are many opinions on how to create a good password. Recently it has been determined that passwords that include misspelled words are the most effective, because there are so many different ways of misspelling a word that it would be virtually impossible to guess the right one. And there are many programs/websites where you can test the effectiveness of the password you have created. But here are some key steps to think about when creating a password to make it the most effective:

- *Make passwords at least eight characters long.*
- *Include letters, numbers, punctuation and symbols, if they are all allowed (some sites don’t allow punctuation or certain symbols).*
- *To keep passwords most effective, change them often. A good rule of thumb is to change passwords every 3 months.*
- *Do NOT use the same password for everything. If one of your accounts is hacked, the cybercriminal can then use that account information for other accounts, if you have used the same password for all.*

Things to Avoid When Creating a Password

- *Do not use dictionary words, in any language.*
- *Do not use words that are spelled backwards, abbreviations or common misspellings.*
- *Do not use letter or number sequences or repeated characters, such as abcdefgh or 12345678, or 11111111 or aaaaaaaa.*
- *Do not use personal information, such as name, birthday, driver’s license, etc.*

***“Sticks and stones will break your bones,
but words will never hurt you”***

We have all heard this and probably used the phrase as a child. However, this is so very far from the truth! **Words** might not cause physical harm, but they can definitely hurt! Physical harm is NOT the only form of **bullying**. Using words is also bullying and it can do serious damage to a person's feelings, emotions and self-worth.

Bullying (according to the Oxford Dictionary) is “seeking to harm, intimidate or coerce someone perceived as vulnerable.” Besides physical actions, this can also mean to antagonize, humiliate, intimidate or torment, and can happen while at school, in the community or online.



Cyber Bullying (according to Stopbullying.gov) is “**bullying** that takes place using electronic technology...including social media sites, text messages, chat and websites.”

Remember - one insult or rumor, while very hurtful to the victim, does **NOT** mean it is **bullying** or **cyber bullying**, but can certainly lead to a greater problem. **Bullying** and **cyber bullying** is continuous meanness to another kid, happening over and over again, and can be emotional or physical, or both.

So what qualifies as bullying? Kids can be mean and tease and name call. They can be thoughtless and self-involved and not even realize they're hurting other kids' feelings. Kids have arguments and fights and misunderstandings all the time as they try to navigate through our social rules and figure out how to interact with other people. **This is NOT bullying.**

Bullying is **intentional, deliberate** and **repeated** aggressive actions (which continues after they've been asked to stop or they know they're causing harm) that involves a real or perceived imbalance of power or control (i.e. physical strength, popularity or the knowledge of embarrassing information).



There are **FOUR** kinds of bullying that “hurt, harm or humiliate:”

1. **Social Bullying** - social exclusion from a group on purpose, spreading rumors, telling others not to be friends with someone, intentional isolation
2. **Verbal Bullying** - teasing, taunting, name-calling, rumor spreading or threats to cause harm
3. **Physical Bullying** - hitting, kicking, spitting, tripping or pushing, breaking or stealing possessions or money, or any form of abuse involving physical contact.
4. **Cyber Bullying** - spreading rumors online, sharing inappropriate information or pictures online, impersonation, threatening someone online, or “outing” someone.

You can help put an end to bullying! Getting involved is very hard, but you can help combat it by standing with the person being bullied, asking the bully to stop, getting help from a trusted adult, just for starters.

IF YOU ARE BEING BULLIED, there are some things you can do, even though they may be difficult.

1. Don't react to the bully.
2. Stay calm.
3. Ignore the bully.
4. Walk away.
5. Talk about it with a trusted adult.



Are YOU a bully? Even though you might not be aware of it, you may have taken it beyond “teasing” and have now become a bully. You may even be bullying your friends! Are you “teasing” your friend to make him/her feel small or intimidated? Or are you trying to make him/her laugh or see the humor in something? And you must read his/her response. Are you the only one laughing, or do you bring a genuine smile to his/her face?

You might know someone who is being bullied or cyber bullied. Try to recognize the signs. He/she has a hard time standing up for him/herself, as he/she is being made to feel powerless. **Bullying** can make him/her sad, lonely, nervous, sick or even suicidal, or it can even turn him/her into a bully.

There are many reasons a kid turns to **bullying**. Perhaps he/she wants to copy or impress his/her friends, **OR** he/she thinks bullying will help him/her fit in, **OR** he/she feels better about him/herself when he/she is degrading someone else.

You must remember that **bullying** is **NEVER** okay, whether it's in person or through technology. If you see bullying occur, do not join in!! The best thing is to get an adult who can stop the bullying on the spot!

STOP
BULLYING
STAND UP. SPEAK OUT.

***And always follow the GOLDEN RULE:
Treat others the way you want to be treated.***

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BULLYING
STAND UP. SPEAK OUT.

CLASSIFICATION OF ANIMALS

The Animal Kingdom can be divided into two main groups:

Vertebrates - animals with a backbone

Invertebrates - animals without a backbone



Vertebrates can be divided into five more groups:

Birds



Traits:

Are warm blooded, have feathers and lay eggs.

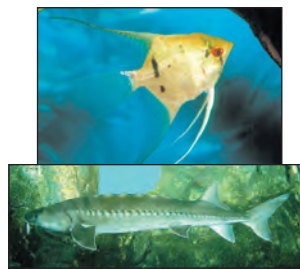
Mammals



Traits:

Are warm blooded, mostly covered with hair, give birth to live babies and feed them with their own milk.

Fish



Traits:

Are cold blooded, lay eggs (some give birth to live babies), have moist skin covered in scales, and breathe through gills.

Amphibians



Traits:

Are cold blooded, lay eggs, have smooth, wet skin and are able to live in the water and on land.

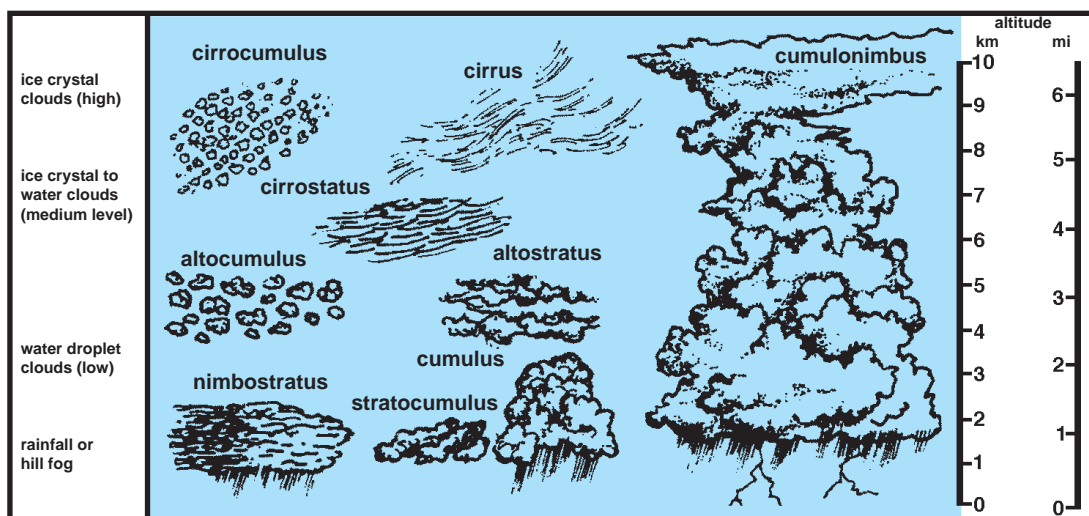
Reptiles



Traits:

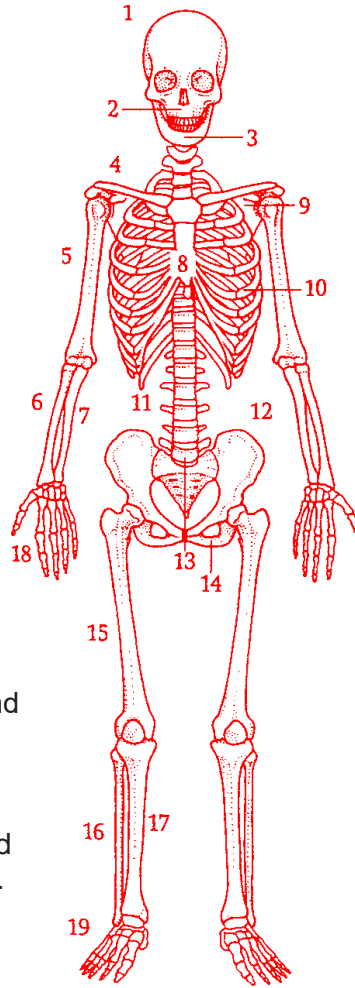
Are cold blooded, lay eggs and have dry skin covered with scales.

CLOUD TYPES



BONES

1. Skull
2. Maxilla
3. Mandible
4. Clavicle
5. Humerus
6. Radius
7. Ulna
8. Sternum
9. Scapula
10. Ribs
11. Vertebral column
12. Ilium
13. Sacrum
14. Coccyx
15. Femur
16. Fibula
17. Tibia
18. Bones of the hand including 8 carpals, 5 metacarpals, 3 phalanges in each finger and 2 phalanges in each thumb.
19. Bones of the foot including 7 tarsals, 5 metatarsals, 2 phalanges in the big toe and 3 phalanges in the other toes.



BONE FACTS

- * Babies are born with more than 300 bones in their body. As we grow into adults, some of the bones grow together - an adult skeleton has 206 bones.
- * Bones are alive! They are growing, living tissue. Bones constantly renew. The remodeling cycle consists of 3 phases: Resorption - in which osteoclasts digest old bone; Reversal - when mononuclear cells appear on the bone surface; and Formation - when osteoblasts lay down new bone until the resorbed bone is completely replaced.
(National Library of Medicine - [pumped.ncbi.nlm.nih.gov/17308162/](https://pubmed.ncbi.nlm.nih.gov/17308162/))
- * Bones are not solid. The outside cortical bone is solid bone with a few small canals. The insides of the bone contain trabecular bone which is like a honeycomb. The spaces between the bone are filled with bone marrow cells.
(<https://depts.washington.edu/bonebio/bonAbout/structure.html>)
- * There are two types of bone marrow, red and yellow. RED BONE MARROW helps produce blood cells. Red blood cells work to carry oxygen-rich blood to the cells of the body. Platelets help your blood clot. White blood cells help to fight off infection. YELLOW BONE MARROW helps store fat.
(<https://www.healthline.com/health/function-of-bone-marrow>)
- * The smallest bone is in the ear. It is called *stapes* which means the stirrup bone in Latin and is the size of half a grain of rice
- * The biggest bone is in the leg. It is called the femur or thighbone.
- * Over half the bones in the skeleton are found in the hands and feet. The hand alone has 27 bones - in each one.
- * Bones take 6 to 8 weeks to heal depending on the person's age, type of fracture and overall health. Children's bones heal faster than those of adults.
- * 3 Keys for Healthy Bones for Kids: Calcium-rich foods, Exercise, Vitamin D

Periodic Table of the Elements

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Alkali Metal Alkaline Earth Transition Metal Basic Metal Metalloid Nonmetal Halogen Nobel Gas Lanthanide Actinide



UNITED STATES CAPITALS

Montgomery, Alabama	Honolulu, Hawaii	Boston, Massachusetts	Santa Fe, New Mexico	Pierre, South Dakota
Juneau, Alaska	Boise, Idaho	Lansing, Michigan	Albany, New York	Nashville, Tennessee
Phoenix, Arizona	Springfield, Illinois	St. Paul, Minnesota	Raleigh, North Carolina	Austin, Texas
Little Rock, Arkansas	Indianapolis, Indiana	Jackson, Mississippi	Bismarck, North Dakota	Salt Lake City, Utah
Sacramento, California	Des Moines, Iowa	Jefferson City, Missouri	Columbus, Ohio	Montpelier, Vermont
Denver, Colorado	Topeka, Kansas	Helena, Montana	Oklahoma City, Oklahoma	Richmond, Virginia
Hartford, Connecticut	Frankfort, Kentucky	Lincoln, Nebraska	Salem, Oregon	Olympia, Washington
Dover, Delaware	Baton Rouge, Louisiana	Carson City, Nevada	Harrisburg, Pennsylvania	Charleston, West Virginia
Tallahassee, Florida	Augusta, Maine	Concord, New Hampshire	Providence, Rhode Island	Madison, Wisconsin
Atlanta, Georgia	Annapolis, Maryland	Trenton, New Jersey	Columbia, South Carolina	Cheyenne, Wyoming

CHARTERS OF FREEDOM

The Declaration of Independence, Constitution and the Bill of Rights are collectively known as the Charters of Freedom. These documents were instrumental in not only securing the rights of Americans for over two centuries but also were instrumental to the founding and philosophy of the United States. (*Original copies of the documents are on display in the National Archives Museum and can be viewed online at: <https://www.archives.gov/founding-docs>.*)

Declaration of Independence - This document announced the separation of the 13 North American British colonies from Great Britain. This document was approved by the Continental Congress on July 4, 1776.

The Declaration of Independence has two main parts. The first part explains the beliefs of Americans about democracy. It lists rights that can't be taken away. There were seven truths declared in this document.

1. That all men are created equal.
2. That all men are born with rights that no one can take away.
3. That some of these rights are life, liberty and the pursuit of happiness.
4. That the purpose of government is to preserve these rights.
5. That the government is the servant of the people and gets its powers with the permission of the people it governs.
6. That if a government fails to protect people's rights, men have the right and the duty to change government.
7. That men have the right to form new governments that will protect their rights and provide safety and happiness.

Since the signing of the Declaration of Independence, our rights as citizens of the United States have been contested, debated, amended and documented. The Declaration of Independence established our basic civil rights.

Constitution of the United States - Established the United States national government and fundamental laws. It was signed on September 17, 1787 by delegates to the Constitutional Convention in Philadelphia. The Constitution guaranteed basic rights for the citizens of the U.S.

Preamble of the Constitution's outlines its purpose. *"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."*

The Bill of Rights - The first 10 amendments to the United States Constitution list specific prohibitions on government power, in response to calls from several states for greater constitutional protection of individual liberties. The Bill of Rights was ratified on December 15, 1791.

Bill of Rights

- 1st** - Freedom of Religion, Speech, Press, Assembly and Petition
- 2nd** - Bearing and Keeping Arms
- 3rd** - Quartering Soldiers
- 4th** - Search and Seizure
- 5th** - Grand Jury, Double Jeopardy, Self-Incrimination, Due Process
- 6th** - Rights of Those Charged in Criminal Prosecutions
- 7th** - Civil Trial Rights

- 8th** - Protections against Excessive Bail, Cruel and Unusual Punishment

- 9th** - Unenumerated Rights - The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

- 10th** - Rights Reserved to States - The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

Additional Amendments

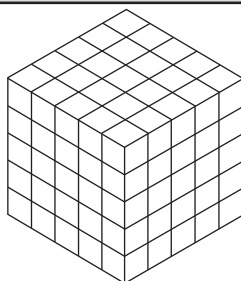
- 11th** - (1795) Suits Against a State
- 12th** - (1804) Election of President and Vice-President
- 13th** - (1865) Abolition of Slavery and Involuntary Servitude
- 14th** - (1868) Citizenship, Equal Protection and other Post-Civil War Provisions
- 15th** - (1870) Right of Citizens to Vote
- 16th** - (1913) Income Tax
- 17th** - (1913) Popular Election of Senators
- 18th** - (1919) Prohibition of Liquor

- 19th** - (1920) Women's Suffrage Rights
- 20th** - (1933) Presidential Term and Succession
- 21st** - (1933) Repeal of Prohibition
- 22nd** - (1951) Presidential Term Limits
- 23rd** - (1961) Presidential Electors for District of Columbia
- 24th** - (1964) Abolition of the Poll Taxes
- 25th** - (1967) Presidential Vacancy and Disability
- 26th** - (1971) Reduction of Voting Age
- 27th** - (1992) Congressional Compensation (*Year of Ratification*)

To see the full description of the Bill of Rights and a list of all 27 Amendments to the Constitution visit
<https://www.archives.gov/founding-docs/constitution>

UNITED STATES PRESIDENTS

Order	Name	Dates	Order	Name	Dates	Order	Name	Dates
1.	George Washington	1789-1797	17.	Andrew Johnson	1865-1869	32.	Franklin D. Roosevelt	1933-1945
2.	John Adams	1797-1801	18.	Ulysses S. Grant	1869-1877	33.	Harry S. Truman	1945-1953
3.	Thomas Jefferson	1801-1809	19.	Rutherford B. Hayes	1877-1881	34.	Dwight D. Eisenhower	1953-1961
4.	James Madison	1809-1817	20.	James A. Garfield	1881	35.	John F. Kennedy	1961-1963
5.	James Monroe	1817-1825	21.	Chester A. Arthur	1881-1885	36.	Lyndon B. Johnson	1963-1969
6.	John Quincy Adams	1825-1829	22.	Grover Cleveland	1885-1889	37.	Richard M. Nixon	1969-1974
7.	Andrew Jackson	1829-1837	23.	Benjamin Harrison	1889-1893	38.	Gerald R. Ford	1974-1977
8.	Martin Van Buren	1837-1841	24.	Grover Cleveland	1893-1897	39.	James Earl Carter	1977-1981
9.	William Henry Harrison	1841	25.	William McKinley	1897-1901	40.	Ronald Reagan	1981-1989
10.	John Tyler	1841-1845	26.	Theodore Roosevelt	1901-1909	41.	George Bush	1989-1993
11.	James K. Polk	1845-1849	27.	William H. Taft	1909-1913	42.	William J. Clinton	1993-2001
12.	Zachary Taylor	1849-1850	28.	Woodrow Wilson	1913-1921	43.	George W. Bush	2001-2009
13.	Millard Fillmore	1850-1853	29.	Warren G. Harding	1921-1923	44.	Barack H. Obama	2009-2017
14.	Franklin Pierce	1853-1857	30.	Calvin Coolidge	1923-1929	45.	Donald J. Trump	2017-2021
15.	James Buchanan	1857-1861	31.	Herbert C. Hoover	1929-1933	46.	Joseph R. Biden Jr	2021-
16.	Abraham Lincoln	1861-1865						



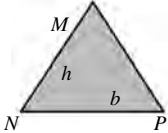
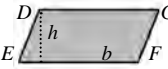
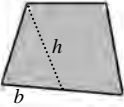

SQUARES, CUBES AND ROOTS


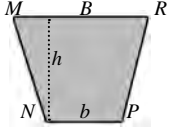
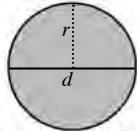
No.	Square	Cube	Square root	Cube root
1	1	1	1.000	1.000
2	4	8	1.414	1.260
3	9	27	1.732	1.442
4	16	64	2.000	1.587
5	25	125	2.236	1.710
6	36	216	2.449	1.817
7	49	343	2.646	1.913
8	64	512	2.828	2.000
9	81	729	3.000	2.080
10	100	1000	3.162	2.154
11	121	1331	3.317	2.224
12	144	1728	3.464	2.289
13	169	2197	3.606	2.351
14	196	2744	3.742	2.410
15	225	3375	3.873	2.466
16	256	4096	4.000	2.520
17	289	4913	4.123	2.571
18	324	5832	4.243	2.621
19	361	6859	4.359	2.668
20	400	8000	4.472	2.714
25	625	15625	5.000	2.924
30	900	27000	5.477	3.107
40	1600	64000	6.325	3.420
50	2500	125000	7.071	3.684

PRIME NUMBERS TO 1,009

A prime number is a positive integer that is divisible only by two positive integers, 1 and itself.

2	137	379	587	797
3	139	383	593	809
5	149	389	599	811
7	151	397	601	821
11	157	401	607	823
13	163	409	613	827
17	167	419	617	829
19	229	421	619	839
23	233	431	631	853
29	239	433	641	857
31	241	439	643	859
37	251	443	647	863
41	257	449	653	877
43	263	457	659	881
47	269	461	661	883
53	271	463	673	887
59	277	467	677	907
61	281	479	683	911
67	283	487	691	919
71	293	491	701	929
73	307	499	709	937
79	311	503	719	941
83	313	409	727	947
89	317	521	733	953
97	331	523	739	967
101	337	541	743	971
103	347	547	751	977
107	349	557	757	983
109	353	563	761	991
113	359	569	769	997
127	367	571	773	1009
131	373	577	787	

NAME	FIGURE	AREA	PERIMETER CIRCUMFERENCE
TRIANGLE		$A = \frac{b \times h}{2}$	$P = MN + NP + PM$
PARALLELOGRAM		$A = b \times h$	$P = DE + EF + FG + GD$
RHOMBUS		$A = b \times h$	$P = b + b + b + b$ $P = 4b$
RECTANGLE		$A = L \times w$	$P = L + w + L + w$ $P = 2L + 2w$

NAME	FIGURE	AREA	PERIMETER CIRCUMFERENCE
SQUARE		$A = l^2$	$P = l + l + l + l$ $P = 4l$
TRAPEZOID		$A = \frac{(B+b) \times h}{2}$	$P = MN + NP + PR + RM$
CIRCLE		$A = \pi r^2$	$C = 2\pi r = \pi d$



MULTIPLICATION TABLE																									
	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	
3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	
4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	96	100	
5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	
6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120	126	132	138	144	150	
7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140	147	154	161	168	175	
8	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192	200	
9	18	27	36	45	54	63	72	81	90	99	108	117	126	135	144	153	162	171	180	189	198	207	216	225	
10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	
11	22	33	44	55	66	77	88	99	110	121	132	143	154	165	176	187	198	209	220	231	242	253	264	275	
12	24	36	48	60	72	84	96	108	120	132	144	156	168	180	192	204	216	228	240	252	264	276	288	300	
13	26	39	52	65	78	91	104	117	130	143	156	169	182	195	208	221	234	247	260	273	286	299	312	325	
14	28	42	56	70	84	98	112	126	140	154	168	182	196	210	224	238	252	266	280	294	308	322	336	350	
15	30	45	60	75	90	105	120	135	150	165	180	195	210	225	240	255	270	285	300	315	330	345	360	375	
16	32	48	64	80	96	112	128	144	160	176	192	208	224	240	256	272	288	304	320	336	352	368	384	400	
17	34	51	68	85	102	119	136	153	170	187	204	221	238	255	272	289	306	323	340	357	374	391	408	425	
18	36	54	72	90	108	126	144	162	180	198	216	234	252	270	288	306	324	342	360	378	396	414	432	450	
19	38	57	76	95	114	133	152	171	190	209	228	247	266	285	304	323	342	361	380	399	418	437	456	475	
20	40	60	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400	420	440	460	480	500	
21	42	63	84	105	126	147	168	189	210	231	252	273	294	315	336	357	378	399	420	441	462	483	504	525	
22	44	66	88	110	132	154	176	198	220	242	264	286	308	330	352	374	396	418	440	462	484	506	528	550	
23	46	69	92	115	138	161	184	207	230	253	276	299	322	345	368	391	414	437	460	483	506	529	552	575	
24	48	72	96	120	144	168	192	216	240	264	288	312	336	360	384	408	432	456	480	501	528	552	576	600	
25	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	525	550	575	600	625	



MATH FACTS



Equivalence Table

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

Weight

16 ounces (oz.) = 1 pound (lb.)
2,000 pounds (lb.) = 1 ton

Liquid Measure

8 ounces (oz.) = 1 cup (c.)
16 ounces (oz.) = 1 pint (pt.)
2 pints (pt.) = 1 quart (qt.)
4 quarts (qt.) = 1 gallon (gal.)

Metric Length

10 mm = 1 cm
1,000 mm = 1 m
100 cm = 1 m
1,000 m = 1 km

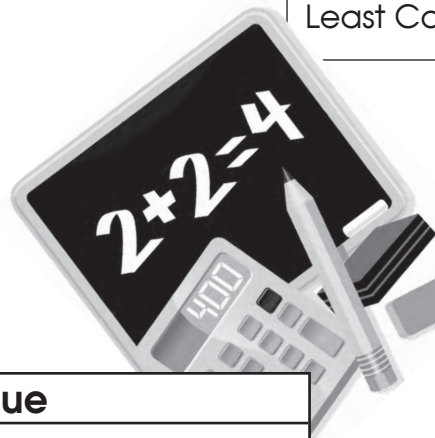
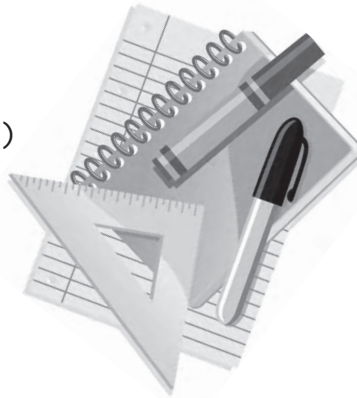
Mass Metric

1,000 g = 1 kg
1,000 mg = 1 g

Metric Liquid

1,000 mL = 1 L

Place Value											
hundred millions	ten millions	millions	hundred thousands	ten thousands	thousands	hundreds	tens	ones	tenths	hundredths	thousandths
10^8	10^7	10^6	10^5	10^4	10^3	10^2	10^1	10^0	10^{-1}	10^{-2}	10^{-3}
0	0	0	,	0	0	,	0	0	.	0	0



Time

1 minute = 60 seconds
1 hour = 60 minutes
1 day = 24 hours
1 week = 7 days
1 year = 52 weeks
1 year = 12 months
1 year = 365 days
1 leap year = 366 days
1 decade = 10 years
1 century = 100 years
1 millennium = 1000 years

Factors

Factors of 6: 1, 2, 3, 6

Factors of 9: 1, 3, 9

Greatest Common Factor (GCF)

Multiples

Multiples of 6: 6, 12, 18, 24, 30, 36, ...

Multiples of 9: 9, 18, 27, 36, 45, 54, ...

Least Common Multiple (LCM) of 6 and 9: 18

Roman Numerals

I..... 1	XVIII..... 18
II..... 2	XIX..... 19
III..... 3	XX..... 20
IV..... 4	XXX..... 30
V..... 5	XL..... 40
VI..... 6	L..... 50
VII..... 7	LX..... 60
VIII..... 8	LXX..... 70
IX..... 9	LXXX..... 80
X..... 10	XC..... 90
XI..... 11	C..... 100
XII..... 12	CC..... 200
XIII..... 13	CD..... 400
XIV..... 14	D..... 500
XV..... 15	CM..... 900
XVI..... 16	M..... 1000
XVII..... 17	

PARTS OF SPEECH

PART OF SPEECH	BASIC FUNCTION	EXAMPLES
noun	names a person, place, or thing	pirate, Caribbean, ship
pronoun	takes the place of a noun	I, you, he, she, it, ours, them, who
verb	identifies action or state of being	sing, dance, believe, be
adjective	modifies a noun	hot, lazy, funny
adverb	modifies a verb, adjective, or other adverb	softly, lazily, often
preposition	shows a relationship between a noun (or pronoun) and other words in a sentence	up, over, against, by, for
conjunction	joins words, phrases, and clauses	and, but, or, yet
interjection	expresses emotion	ah, whoops, ouch
article	identifies and specifies a noun	a, an, the

Commonly Confused Words

ACCEPT-to receive / **EXCEPT**-to take or leave out

AFFECT-to influence / **EFFECT**-(noun) result, (verb) to accomplish

A LOT (two words)-many / **ALOT** (one word)-NOT a word

ALL READY-prepared / **ALREADY**-by this time

ALTOGETHER-entirely / **ALL TOGETHER**-gathered, with everything in one place

ASCENT-climb / **ASSENT**-agreement

CAPITAL-seat of government; financial resources / **CAPITOL**-the actual building in which the legislative body meets

CITE-to quote or document / **SIGHT**-vision / **SITE**-position or place

COMPLEMENT-(noun) something that completes; (verb) to complete / **COMPLIMENT**-(noun) praise; (verb) to praise

COUNCIL-a group that consults or advises / **COUNSEL**-to advise

ELICIT-to draw or bring out / **ILLCIT**-illegal

EMINENT-famous, respected / **IMMINENT**-ready to take place

ITS-of or belonging to it / **IT'S**-contraction for it is

LIE-to lie down (a person or animal); to be dishonest / **LAY**-to lay an object down

PRECEDE-to come before / **PROCEED**-to go forward

PRINCIPAL-adjective, most important; noun, a person who has authority / **PRINCIPLE**-a general or fundamental truth

REGARDLESS-in spite of everything; anyway / **IRREGARDLESS**-NOT a word

STATIONARY-standing still / **STATIONERY**-writing paper

SUPPOSED TO-to be obligated to (NOT "suppose to") / **SUPPOSE**-to guess or make a conjecture

SUPPOSEDLY-considered to be true, often mistakenly / **SUPPOSABLY**-NOT a word

THAN-use with comparisons / **THEN**-at that time, or next

THEIR-possessive form of they / **THERE**-indicates location / **THEY'RE**-contraction for "they are"

TO-toward / **TOO**-also, or excessively / **TWO**-a number

WHO-pronoun, referring to a person or persons / **WHICH**-pronoun, replacing a singular or plural thing(s); not used to refer to persons / **THAT**-used to refer to things or a group or class of people

WHO-used as a subject or as a subject complement (see above) / **WHOM**-used as an object

PREPARING FOR A TEST

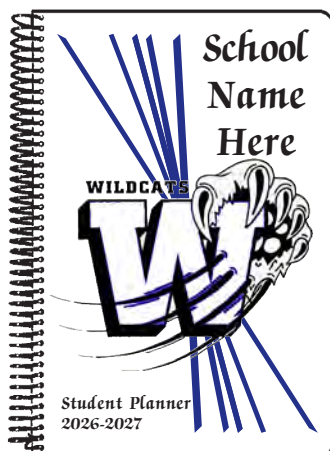
- ✓ Gather all materials - The first step to good test preparation is collecting all the materials you need to study for your test. These may include class notes, prior quizzes, and review sheets provided by your teacher. Whatever information you have should be at hand when you start to study.
- ✓ Choose your study style - Different students develop different styles for studying. You need to develop techniques that work for you. Maybe you should study alone. Maybe your parents should help by asking you questions to help you review. You might study best with a friend. You might want to make charts or flashcards. Try several methods and pick the one that's best for you and the test you're preparing to take.
- ✓ Ask your teachers for suggestions - Your teachers can help you learn how to effectively prepare for tests. As you prepare to study (several days before the test), ask your teacher if the materials you plan to review are the right ones. The day before the test or the morning of the test, go to school early and ask any last-minute questions.
- ✓ Get a good night's sleep - A good night's sleep the night before a test will help you think more clearly and focus on the questions. Record television shows and save video games for the weekend, especially when you have a major test.
- ✓ Eat a good breakfast - No need to overdo it, but taking time for breakfast can help you think more clearly. A growling sound for the duration of the test may have you concentrating more on food than the test questions!
- ✓ Listen to the teacher's instructions - Before the test begins, pay particular attention to the teacher's instructions. You may hear some helpful suggestions or some details about a particular section of the test. Read all directions carefully before starting the test. If you don't understand the directions, ask the teacher to clarify them. A teacher won't give you an answer, but an extra explanation of the question may help.
- ✓ Budget your allotted time - Work as quickly as you can, but don't rush. You won't get an "A" for finishing first.
- ✓ Use good strategies when completing the test - Answer the questions you're sure about first. Next complete the sections of the test that are worth the most points. Read each question carefully. For multiple choice questions, try to recall the answer before you look at the choices. Use the process of elimination to help you on the tough ones.
- ✓ Last, but not least, don't turn in your test the minute you finish - If you finish the test before time is up, take a few minutes to review your answers. It's easy to make a mistake when you're rushing. When teachers say it's a good idea to "go over the test," they're right.

SETTING GOALS

These practical tips on goal setting can help make it easier to set and reach goals:

- ✓ Specific, realistic goals work best. When it comes to making a change, the people who succeed are those who set realistic, specific goals. "I'm going to recycle all my plastic bottles, soda cans, and magazines" is a much more doable goal than "I'm going to do more for the environment." And that makes it easier to stick with.
- ✓ It takes time for a change to become an established habit. It will probably take a couple of months before any changes - like getting up half an hour early to exercise - become a routine part of your life. That's because your brain needs time to get used to the idea that this new thing you're doing is part of your regular routine.
- ✓ Repeating a goal makes it stick. Say your goal out loud each morning to remind yourself of what you want and what you're working for. (Writing it down works too.) Every time you remind yourself of your goal, you're training your brain to make it happen.
- ✓ Pleasing other people doesn't work. The key to making any change is to find the desire within yourself - you have to do it because you want it, not because someone else wants you to.
- ✓ Roadblocks don't mean failure. Slip-ups are actually part of the learning process as you retrain your brain into a new way of thinking. It may take a few tries to reach a goal. But that's OK - it's normal to mess up or give up a few times when trying to make a change. So remember that everyone slips up and don't beat yourself up about it. Just remind yourself to get back on track.

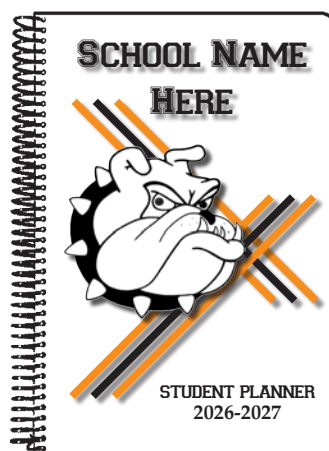
Some Cover Samples



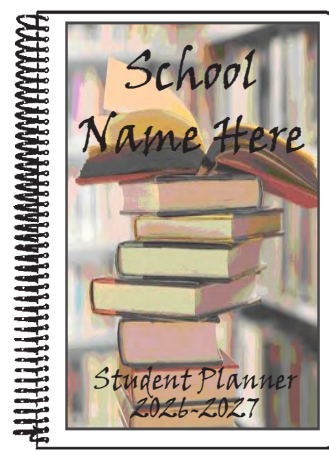
Planner A



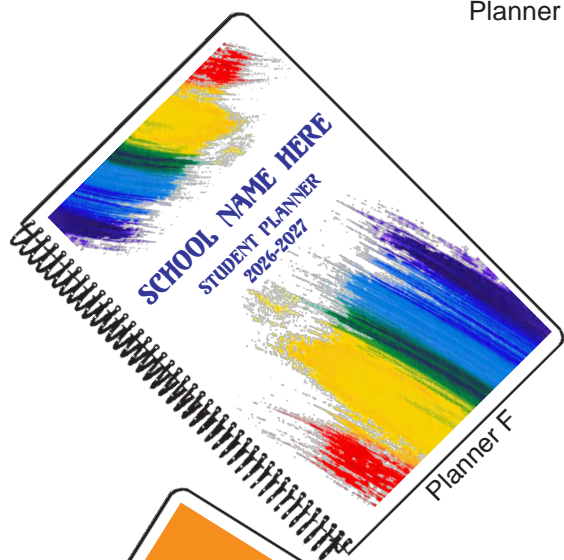
Planner C



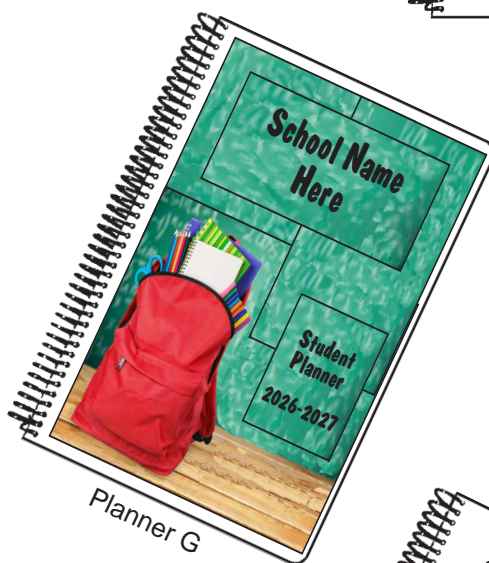
Planner B



Planner D



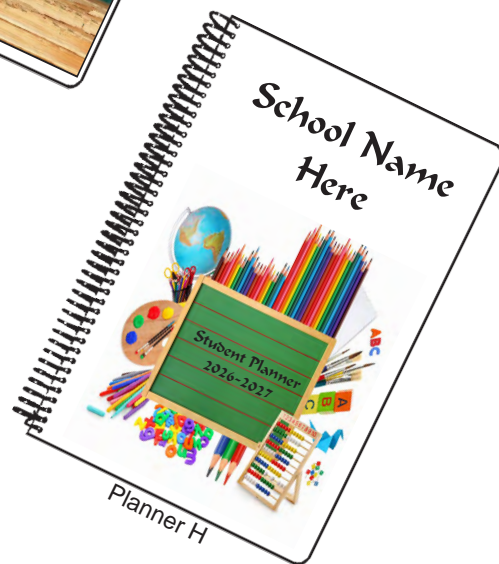
Planner F



Planner G



Planner E



Planner H

All of these designs are customizable, or submit your own design

The following pages are an example of our
QUOTES
assignment pages.

The planners usually range in date from the beginning
of August to the middle of June.

You may remove, change or add dates and class
subjects as needed for your school.

AUGUST 2024

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

Carrots were originally purple, white and yellow. Eventually the orange color dominated and the other colors are only grown in remote corners of the world today.

	Monday Aug. 5	Tuesday Aug. 6	Wednesday Aug. 7
Math	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
Science	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
Social Studies	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
Language Arts	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div>
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Goals/Notes



	ThursdayAug. 8	FridayAug. 9	SaturdayAug. 10
Math	<div></div>	<div></div>	<div></div>
Science	<div></div>	<div></div>	SundayAug. 11 <div></div>
Social Studies	<div></div>	<div></div>	<div>debris (noun) 1. The remains of anything broken down or destroyed; ruins; rubble. 2. Geology. An accumulation of loose fragments of rock.</div>
Language Arts	<div></div>	<div></div>	
	<div></div>	<div></div>	<div><div>Spelling</div><div></div></div>
	<div></div>	<div></div>	
	<div></div>	<div></div>	
	<div></div>	<div></div>	

AUGUST 2024

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

The very first type of aspirin, or pain killer and fever reducer, came from the tree bark of the willow tree.

	MondayAug. 12	TuesdayAug. 13	WednesdayAug. 14
Math	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Science	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Social Studies	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Language Arts	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
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	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>

Goals/Notes



	ThursdayAug. 15	FridayAug. 16	SaturdayAug. 17
Math	<div></div>	<div></div>	<div></div>
Science	<div></div>	<div></div>	SundayAug. 18 <div></div>
Social Studies	<div></div>	<div></div>	<div>adversary (noun) 1. A person, group, or force that opposes or attacks; opponent; enemy; foe. 2. A person, group, etc., that is an opponent in a contest; contestant. 3. The Adversary, the devil; Satan. (adj.) 4. Of or pertaining to an adversary. 5. Involving adversaries, as plaintiff and defendant in a legal proceeding.</div>
Language Arts	<div></div>	<div></div>	
	<div></div>	<div></div>	
	<div></div>	<div></div>	<div>Spelling</div> <div></div>
	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>

AUGUST 2024



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

The first diesel engine ran on peanut oil.

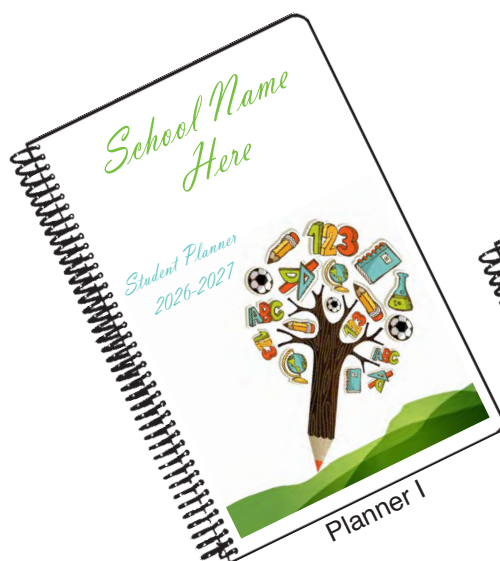
	MondayAug. 19	TuesdayAug. 20	WednesdayAug. 21
Math	<div></div>	<div></div>	<div></div>
Science	<div></div>	<div></div>	<div></div>
Social Studies	<div></div>	<div></div>	<div></div>
Language Arts	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>

Goals/Notes



	Thursday Aug. 22	Friday Aug. 23	Saturday Aug. 24
Math	<div></div>	<div></div>	<div></div>
Science	<div></div>	<div></div>	Sunday Aug. 25 <div></div>
Social Studies	<div></div>	<div></div>	<p>translucent (adj.) 1. Permitting light to pass through but diffusing it so that persons, objects, etc., on the opposite side are not clearly visible: Frosted window glass is translucent but not transparent. 2. Easily understandable; lucid. 3. Clear; transparent, as in seawater.</p>
Language Arts	<div></div>	<div></div>	
	<div></div>	<div></div>	
	<div></div>	<div></div>	 Spelling  <div></div>
	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>
	<div></div>	<div></div>	<div></div>

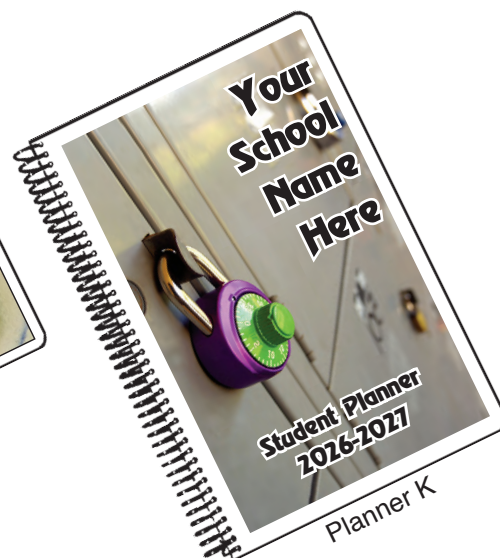
More Cover Samples



Planner I



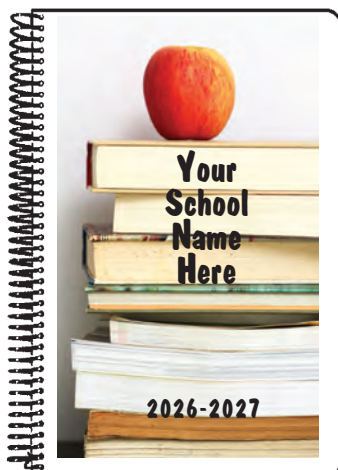
Planner J



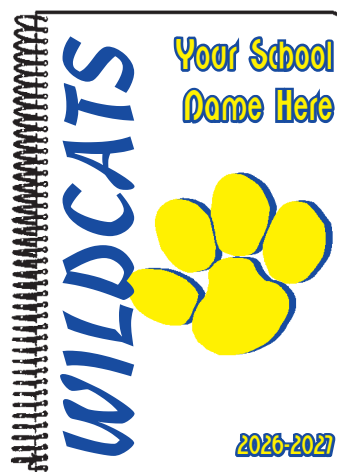
Planner K



Planner L



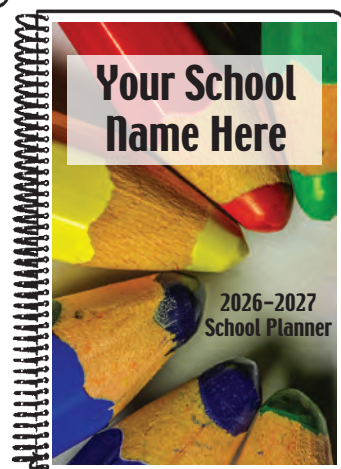
Planner M



Planner N



Planner O




Planner P

All of these designs are customizable, or submit your own design


The following pages are an example of our
PENCIL
assignment pages.

The planners usually range in date from the beginning
of August to the middle of June.


You may remove, change or add dates and class
subjects as needed for your school.

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 5, 2024
 MONDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					


Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 6, 2024
 TUESDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					


Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 7, 2024
 WEDNESDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____


	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 8, 2024
 THURSDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____


	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 9, 2024
 FRIDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____


THINGS TO REMEMBER:

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 12, 2024
 MONDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					


Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 13, 2024
 TUESDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					


Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 14, 2024
 WEDNESDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____


	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 15, 2024
 THURSDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____


	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 16, 2024
 FRIDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____


THINGS TO REMEMBER:

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 19, 2024
 MONDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					


Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 20, 2024
 TUESDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					


Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 21, 2024
 WEDNESDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 22, 2024
 THURSDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____

	SUBJECT	DUE	DONE	ASSIGNMENT	TODAY'S DATE	Aug. 23, 2024
 FRIDAY	Math					
	Science					
	Social Studies					
	Spelling					
	English					
	Reading					
	Writing					

Parent Signature _____ Teacher Signature _____

THINGS TO REMEMBER:

2024

January 2024 S M T W T F S 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 2024 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	March 2024 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24/31 25 26 27 28 29 30
April 2024 S M T W T F S 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	May 2024 S M T W T F S 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 2024 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23/30 24 25 26 27 28 29
July 2024 S M T W T F S 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	August 2024 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 2024 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 2024 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November 2024 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	December 2024 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

2025

January 2025 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February 2025 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	March 2025 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23/3024/31 25 26 27 28 29
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July 2025 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	August 2025 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24/31 25 26 27 28 29 30	September 2025 S M T W T F S 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October 2025 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November 2025 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23/30 24 25 26 27 28 29	December 2025 S M T W T F S 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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