

# The Canadian Reader

Current Canadian events and issues for students in Grades 3 and up



**Free  
Sample**



## Includes

- A News Story
- Lesson Plan
- Organizer

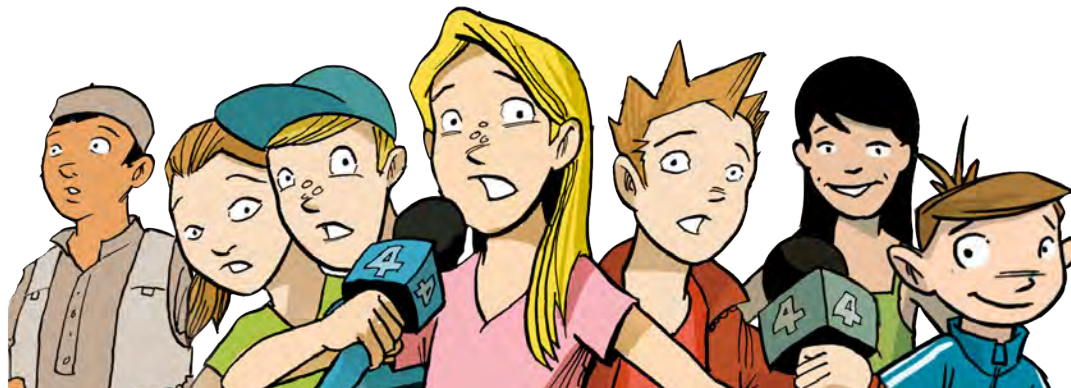
Subscribe to receive 2 additional articles, answer keys, & more!

4 Free Article: Pedaling Accessibility

6 Comprehension Check | 7 Language Focus

8 Lesson Plan | 11 What's Important? Why?

12 Map: Canada | 14 Comic: Trans Canada Trail



# WHAT YOU'RE MISSING

## Forty Million Strong



Canada has something to celebrate! Statistics Canada has been tracking the country's population growth. On June 16, 2023, that number hit 40 million. Is 40 million hard to picture? . . .

*Subscribe to read the full article.* [www.lesplan.com](http://www.lesplan.com)

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With a subscription, you'll receive **eight full issues**.

Each issue combines current **Canadian events and issues** with **geography** to expand students' knowledge of Canada while enhancing their ability to read and understand informational text.

Three **levelled news stories** are accompanied by detailed **literacy-based lesson plans, organizers, and criteria for assessment**, as well as comprehension checks and a language focus.

*"Your package will be a part of my classroom for many years to come!!!"*

- M. Schneider, Saskatoon, Saskatchewan

*"I love this publication! It is an excellent complement to my Social Studies curriculum and the activities enable me to cover many provincial outcomes."*

- S. Giffin, Dartmouth, Nova Scotia

*"When I have kids in grade 4/5 wanting to know when the next issue is coming, even in December and June, that's when I know I have an excellent resource."*

- A. Eisler, Burnaby, B.C.

# The Canadian Reader

Current Canadian events and issues for students in grades 3 and up.

**The Canadian Reader** is published eight times during the school year in English and in French from September through May by LesPlan Educational Services Ltd.

Subscribe to **The Canadian Reader** at a cost of \$230 per year (\$28.75 per issue), by contacting us at:

LesPlan Educational Services Ltd.  
#1 - 4144 Wilkinson Road  
Victoria, BC V8Z 5A7

**The Canadian Reader** is protected by copyright. Subscribers receive one copy of the publication each month and may photocopy each issue for use by all students and teachers within one school.

**Phone** (toll-free): 1-888-240-2212  
**Fax** (toll-free): 1-888-240-2246  
**Email:** info@lesplan.com  
**Internet:** www.lesplan.com

## How to use this resource:

**The Canadian Reader** is a made-in-Canada teaching and learning resource featuring all-Canadian content. It has three main components; use the entire package, or pick and choose the pages that suit your class the best.

1. **Literacy Focus** – This generic lesson plan focuses on seven key non-fiction reading comprehension strategies, presented in the following order:

Issue 1: *Using Text Features*

Issue 2: *Making Connections*

Issue 3: *Visualizing*

Issue 4: *Asking Questions*

Issue 5: *Making Inferences*

Issue 6: *Determining Importance*

Issue 7: *Transforming/Synthesizing*

Issue 8: *Reading Strategies Review and Assessment*

Teachers may introduce and practice each month's strategy using any of the articles in the issue, or save it for another time or text.

2. **Canadian news stories** – Each of the three articles is leveled and accompanied by Comprehension Check questions, a Language Focus, and a literacy-based lesson plan and supporting materials. Teach the lessons as they are presented, or pick and choose the activities and assignments you'd like to explore with your students.

3. **Did You Know? comic** – This comic provides basic information about a current news story or event, or supports one of the articles with background information. It's a great way to engage reluctant readers and build students' background knowledge in a fun and graphic way.

**Note:** All URLs referenced in **The Canadian Reader** are posted as links on our student website at <http://www.lesplan.com/en/links>. Bookmark this URL on your school's computer network to give students easy access to our recommended sites.

Share **The Canadian Reader** with other staff members in your school, including itinerant, relief, and substitute teachers.

# Pedaling Accessibility



Years ago, Terry Fox set out to cross Canada on his Marathon of Hope. He wanted to raise money and awareness for cancer.

In the 1980s, Rick Hansen crossed Canada in a wheelchair. His Man in Motion World Tour raised millions of dollars for spinal cord research.

Today, Kevin Mills is on a similar journey. Mr. Mills plans to be the first quadriplegic to cross Canada.

He is not running or using a wheelchair. He is biking. He pedals his bike with his arms and shoulders. Those are the only body parts he has full control over.

The bike has a power-assist system, like ebikes. That helps, especially when going uphill! Most of the work comes from Mr. Mills, though.

## A life-changing moment

Kevin Mills grew up in Guelph, Ontario. He was athletic. He enjoyed biking, scuba diving, rock climbing, and track.

As an adult on vacation in Cuba, he went swimming in the ocean. A wave pounded him to the ocean floor. The accident injured his spine.

Mr. Mills was paralyzed below the neck. He learned to steer a motorized wheelchair using tiny head movements. Experts told him this was the best he could hope for.

He refused to accept that. "I just wanted to be as active as possible," he says.

Through therapy, Mr. Mills regained shoulder movement and some control of his arms. This changed his life. Eventually, Mr. Mills and his trainer, Nikki Davenport, began biking together.

## Crossing Canada

Ms. Davenport suggested biking across Canada. "It's something I always wanted to do," Mr. Mills says. He just didn't think it was possible.

On May 24, Mr. Mills dipped his tires in the ocean in St. John's, Newfoundland.

That was the start of his journey. It was also his 43rd birthday. "I want to dip my tires in both oceans," Mr. Mills says.

Mr. Mills and Ms. Davenport ride their bikes for five to six hours a day. Their route to Victoria, British Columbia, will take four months or more.

They often follow the Trans Canada Trail. The trail has been improved in recent years. It is becoming more accessible.

## Challenges

Still, the pair has faced challenges. Ruts and washouts make biking hard. Once, in training, Mr. Mills had an accident. He landed in a ditch with his head under water. That was frightening.

In Quebec, one of Mr. Mills' special bikes was stolen! He switches between two bikes. One is a backup in case something breaks down.

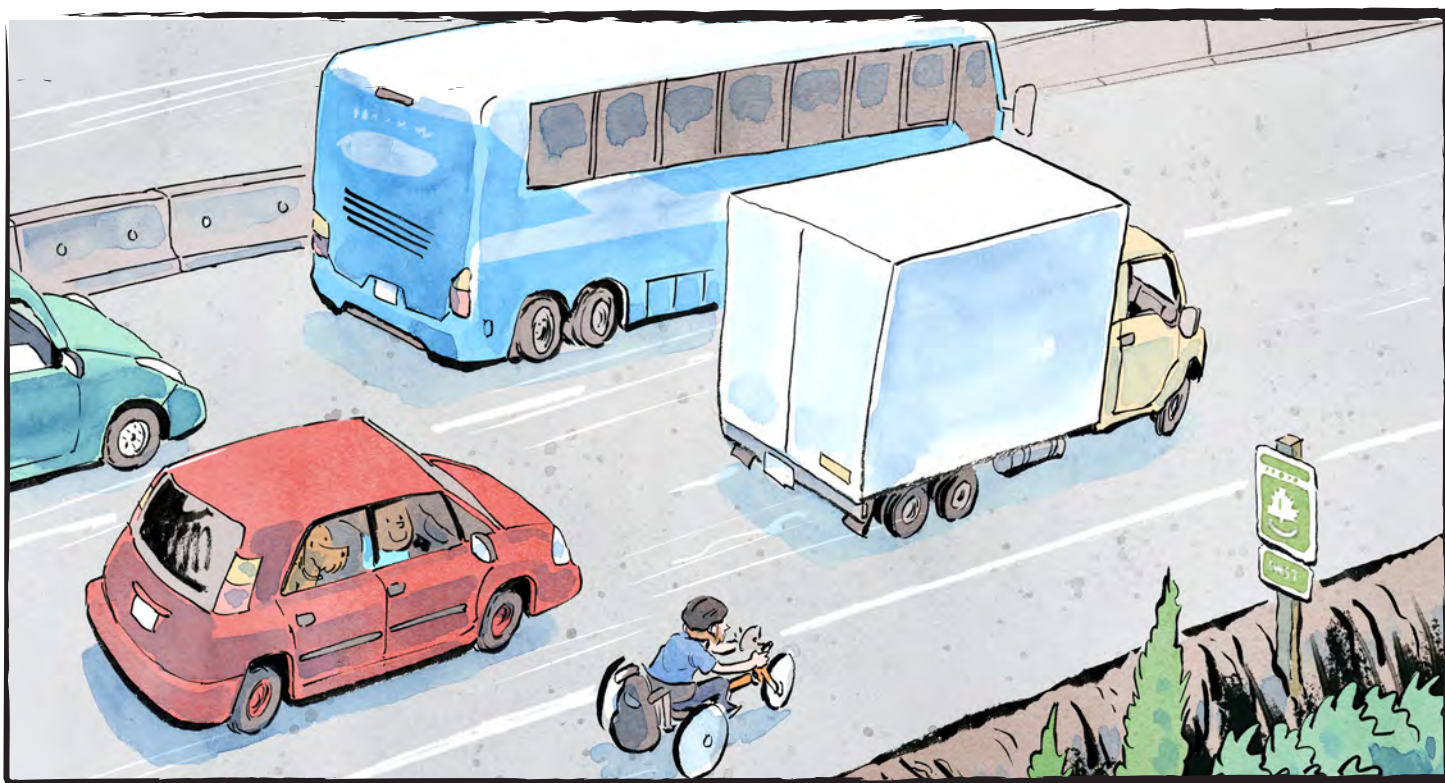
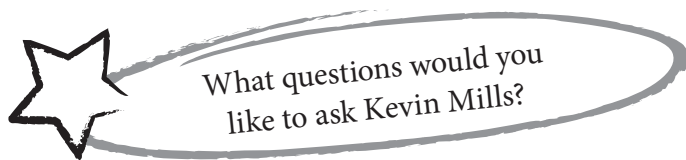
Mostly, people have been kind. Some have helped with donations. Some have even done their laundry. A private donor replaced the stolen bicycle.

## Facing fears

Mr. Mills has two big fears around the trip. The first is the Rockies. Climbing mountains with his bike will be difficult. He is also worried about the descent.

His second fear is public speaking. He forces himself past it. He does it to raise awareness about spinal cord injuries.

"I want people with disabilities to see me out there biking and maybe get inspired to do something," Mr. Mills said. He hopes to start conversations about accessibility.



# Pedaling Accessibility

## Comprehension Check

Answer the questions below in complete sentences:

1. How is Mr. Mills crossing Canada?

---

---

2. What activities did Mr. Mills enjoy when he was growing up?

---

---

3. How was Mr. Mills' spine injured?

---

---

4. Where did Mr. Mills start his journey?

---

---

5. What are Mr. Mills' two big fears concerning the trip?

---

---

# Pedaling Accessibility

## Language Focus

*Unscramble the words below, then write a definition for each one using your own words.*



1. ONAEC: \_\_\_\_\_

\_\_\_\_\_

2. OREYJUN: \_\_\_\_\_

\_\_\_\_\_

3. ACESIBCSLE: \_\_\_\_\_

\_\_\_\_\_

4. YPARETH: \_\_\_\_\_

\_\_\_\_\_

5. LCEEHWRAIH: \_\_\_\_\_

\_\_\_\_\_

6. HEASLNGLEC: \_\_\_\_\_

\_\_\_\_\_

7. BCCLYIE: \_\_\_\_\_

\_\_\_\_\_



## Lesson Plan

### Before Reading:

- Project, using appropriate technology, an image of the following Canadians [See **Internet Connections**]:
  - *Terry Fox* (set out across Canada on his Marathon of Hope to raise money and awareness for cancer)
  - *Rick Hansen* (crossed Canada in a wheelchair and raised millions of dollars for spinal cord research on his Man in Motion World Tour)
  - *Autumn Peltier* (has become a global advocate for access to clean drinking water in Indigenous reserves across Canada after delivering a speech to the UN at age 13)
  - *Lyle and Jeremy Thompson* (these professional lacrosse players are creating an information campaign #BackTheBraid to educate fans and the public about the history of the sport and its connection to Indigenous language and culture).
- Ask students to identify (if possible) who each person(s) is and how they are making a difference. Then, share a photo of Kevin Mills. Read the title of the article aloud and invite students to predict how Kevin Mills is making a difference.

### During Reading:

- As they read the article, encourage students to highlight or underline important information about Kevin Mills and his cross-Canada bike trip.

### After Reading:

- Distribute to each student, or pair of students, a copy of **What's Important? Why?** (p. 28). Direct students first to identify and record one important fact about Mr. Mills and his journey for each section of the article. Then, for each fact, ask them to infer why it's important—how does it help us understand more about Kevin Mills, his journey, or his mission?
- You may find it helpful to work through the process as a class, using 1-2 important facts from the introduction, such as:

What's important?	Why?
<i>Kevin Mills is the first quadriplegic to cross Canada.</i>	<i>He is raising awareness of making trails (and other public spaces) accessible to people who use wheelchairs, bikes, strollers etc. to get around.</i> <i>He is doing something no one else has tried or accomplished which shows his courage and commitment to his cause.</i>



## Lesson Plan

- Finally, at the bottom of the organizer, ask students to identify the most important thing about this article and provide a reason for their judgment.
- When students have completed their organizer, you may wish to challenge them to write a letter or postcard to Kevin Mills reflecting on the importance of his journey. You may wish to provide the following sentence stems, to spark their thinking:
  - *I was really inspired when I read about...*
  - *Your story helped me understand...*
  - *Your bike trip is important because...*
  - *You taught me...*
- Criteria for Assessment:** A reasonable *inference* is *plausible* (logical and likely to be true) and *supported by relevant evidence* (from the article or your background knowledge).

### Extension:

- Deepen students' understanding of accessibility:** The Rick Hansen Foundation's School Program offers downloadable lessons to help students understand accessibility. You will need to create an account before you can access the resources:
  - "Let's Play: Accessible Playgrounds" (Grade 3)
  - "Accessible or Not?" (Grade 6)
  - "Accessibility Inspectors" (Grades 3-7)

### Internet Connections:

- Find out more about this news story:  
<https://www.theglobeandmail.com/canada/article-kevin-mills-quadruplegic-cyclist-canada-tour/>  
<https://www.theglobeandmail.com/canada/article-stolen-bike-puts-quadruplegics-trek-across-canada-in-jeopardy/>
- Watch news videos of Kevin's story:  
<https://www.ctvnews.ca/canada/quadruplegic-ontario-man-hand-cycling-across-canada-to-promote-activity-after-injury-1.6480398>  
<https://www.bbc.com/news/av/world-us-canada-66139299>
- See pictures of Kevin and his bike:  
[https://www.yorkregion.com/news/i-was-completely-paralyzed-newmarket-man-with-quadruplegia-cycling-across-canada-to-raise-awareness-of/article\\_37a69cdd-0977-5ff2-8dd2-fe953cec5640.html](https://www.yorkregion.com/news/i-was-completely-paralyzed-newmarket-man-with-quadruplegia-cycling-across-canada-to-raise-awareness-of/article_37a69cdd-0977-5ff2-8dd2-fe953cec5640.html)
- Learn more about Terry Fox and his Marathon of Hope:  
<https://terryfox.org/>  
<https://www.thecanadianencyclopedia.ca/en/article/terry-fox>

## Lesson Plan

- Visit these websites to learn more about the Man in Motion Tour:

<https://www.rickhansen.com/>

<https://www.thecanadianencyclopedia.ca/en/article/rick-hansen>

- For Teachers:

Images of famous Canadians:

*Terry Fox:*

<https://www.youngsinsurance.ca/files/terry-fox-marathon-of-hope.jpg>

[https://runningmagazine.ca/wp-content/](https://runningmagazine.ca/wp-content/uploads/2017/01/15443022_10154744735923745_6438316546992680983_0-e1505704220612.jpg)

[uploads/2017/01/15443022\\_10154744735923745\\_6438316546992680983\\_0-e1505704220612.jpg](https://runningmagazine.ca/wp-content/uploads/2017/01/15443022_10154744735923745_6438316546992680983_0-e1505704220612.jpg)

*Rick Hansen:*

[https://www.matrixleasing.biz/march/ewExternalFiles/1-03-21-1985highres\\_greatwall1.jpg](https://www.matrixleasing.biz/march/ewExternalFiles/1-03-21-1985highres_greatwall1.jpg)

[https://www.ctvnews.ca/polopoly\\_fs/1.3423842.1495422118!/httpImage/image.jpg\\_gen/derivatives/landscape\\_960/image.jpg](https://www.ctvnews.ca/polopoly_fs/1.3423842.1495422118!/httpImage/image.jpg_gen/derivatives/landscape_960/image.jpg)

*Autumn Peltier:*

<http://fabweb.org/wp-content/uploads/2018/04/autumn.jpg>

<https://www.reddit.com/media?url=https%3A%2F%2Fpreview.redd.it%2Fas7q99utm0761.jpg%3Fauto%3Dwebp%26s%3D337711696b7ad146c557465599c8e7efec528edb&rdt=62506>

*Lyle & Jeremy Thompson:*

[https://i.cbc.ca/1.3924660.1554142169!/fileImage/httpImage/image.png\\_gen/derivatives/original\\_780/thompson.png](https://i.cbc.ca/1.3924660.1554142169!/fileImage/httpImage/image.png_gen/derivatives/original_780/thompson.png)

<https://media.gettyimages.com/photos/lacrosse-closeup-portrait-of-georgia-swarm-attackman-lyle-thompson-picture-id1137757854>

*Kevin Mills:*

<https://www.theglobeandmail.com/canada/article-kevin-mills-quadruplegic-cyclist-canada-tour/>

*Note:* All URLs are posted as links at <http://www.lesplan.com/links>

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Pedaling Accessibility

## What's Important? Why?

	What's important?	Why?
A life-changing moment		
Crossing Canada		
Challenges		
Facing fears		

**Reflection:** *The most important thing about this article is ...*

*I think this because...*

# Map: The Trans Canada Trail

Complete this map assignment to help you better understand the context of the article *Pedaling Accessibility*.

Label the following, then colour:

## Provinces

- British Columbia
- Alberta
- Saskatchewan
- Manitoba
- Ontario
- Quebec
- New Brunswick
- Prince Edward Island
- Nova Scotia
- Newfoundland and Labrador

## Territories

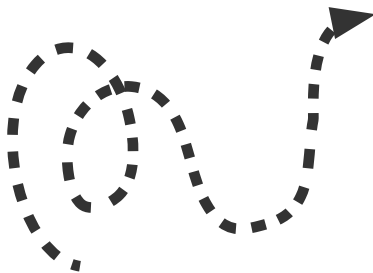
- Yukon
- Northwest Territories
- Nunavut

## Water bodies

- Pacific Ocean
- Arctic Ocean
- Atlantic Ocean

## Other

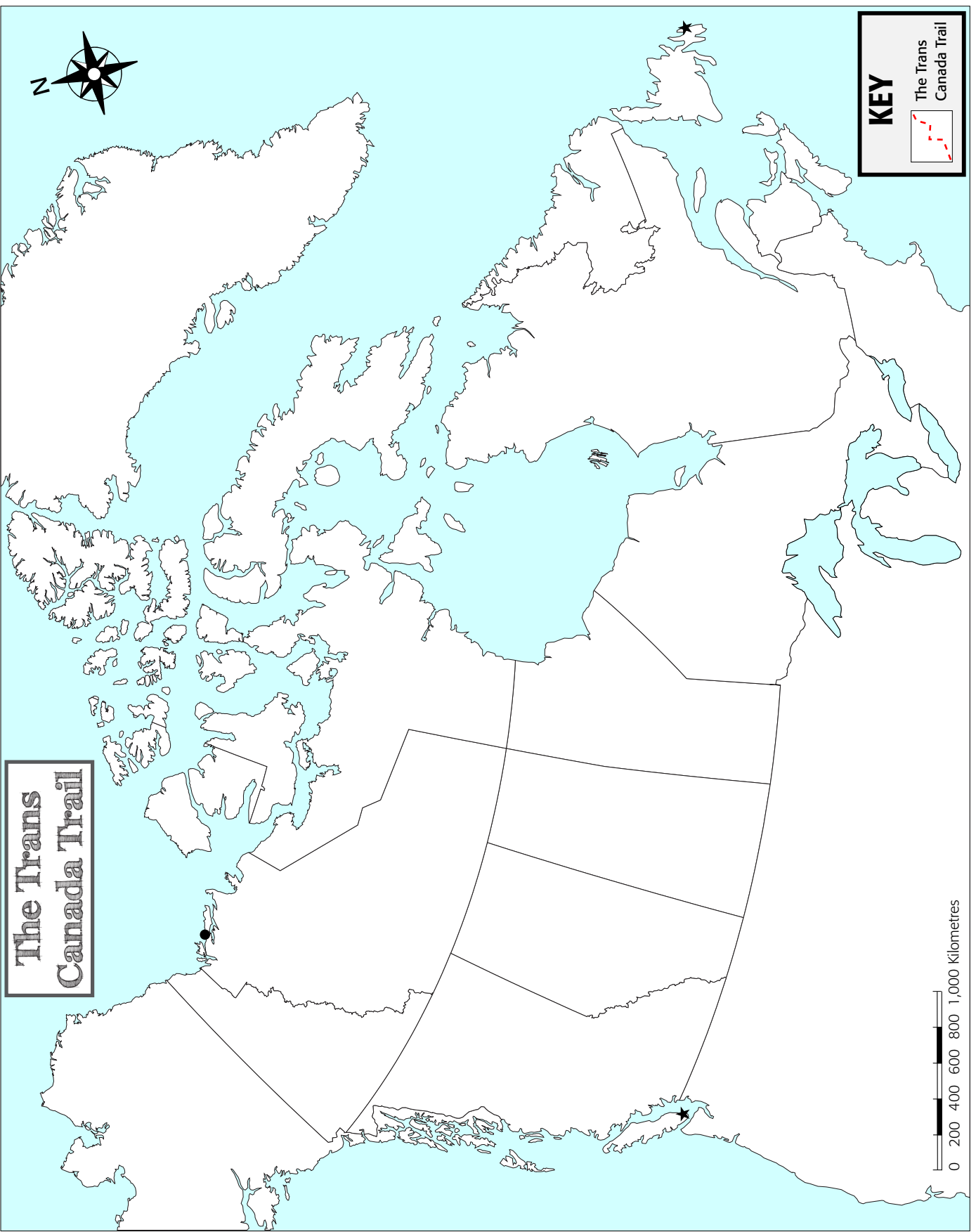
- United States (Alaska)
- Greenland (Denmark)



## Did you know . . . ?

The Trans Canada Trail trailheads are located in St. John's, Newfoundland and Labrador; Victoria, B.C.; and Tuktoyaktuk, Northwest Territories. Label these cities on your map, then trace The Great Trail route using a dotted line. This link may be a helpful resource: <https://thegreattrail.ca/explore-the-map/>.

A good map is complete, accurate, and visually appealing.



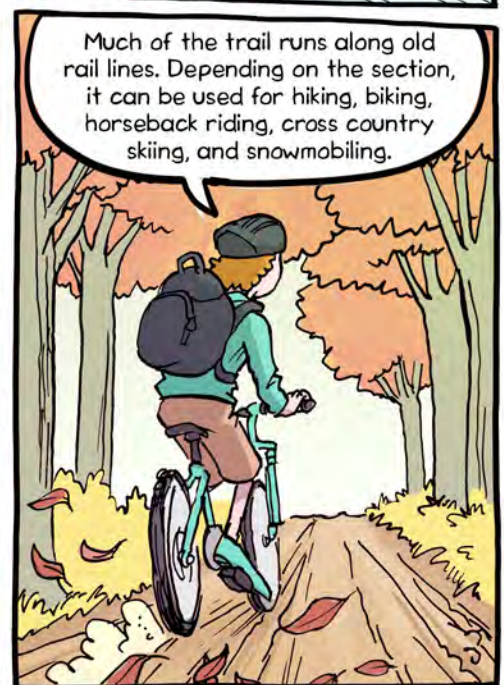
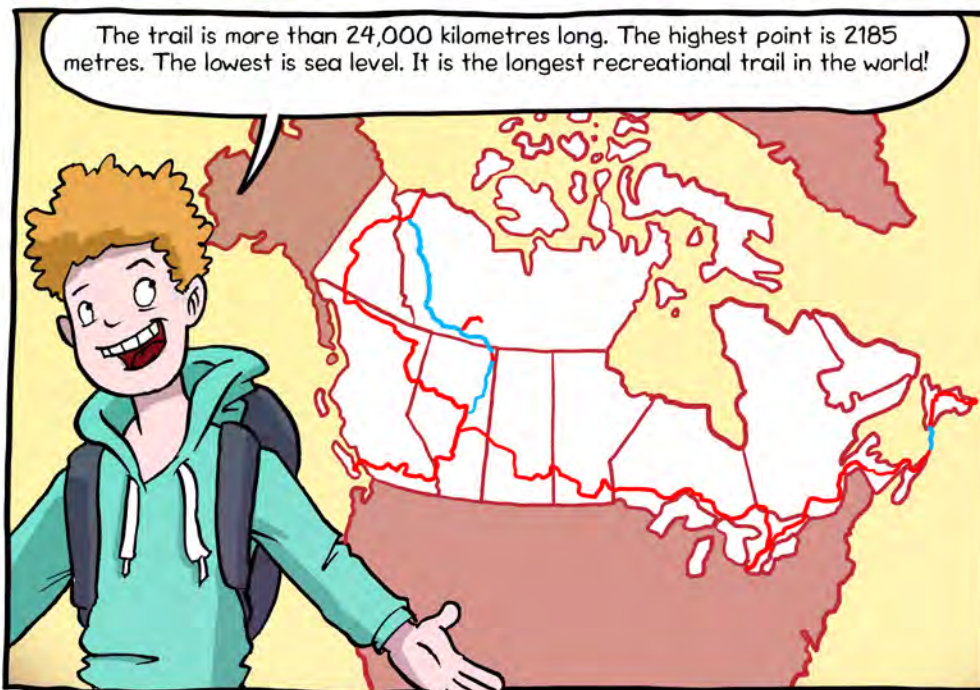
**KEY**

The Trans  
Canada Trail

A legend box containing the text 'KEY' in large bold letters, followed by 'The Trans' and 'Canada Trail' on separate lines. Below the text is a small square containing a red dashed line representing the trail.

**The Trans  
Canada Trail**





# The Trans Canada Trail

## Comprehension Check

Mark the statements **T** (True) or **F** (False). If a statement is false, write the word or words that make it true on the line below.

- \_\_\_\_\_ 1. The Trans Canada Trail is a network of local trails that stretches the length of North America.  
\_\_\_\_\_
- \_\_\_\_\_ 2. The federal government began building the Trail in 2000.  
\_\_\_\_\_
- \_\_\_\_\_ 3. The Trail was completed in 2017.  
\_\_\_\_\_
- \_\_\_\_\_ 4. The Trail is over 24,000 kilometres long.  
\_\_\_\_\_
- \_\_\_\_\_ 5. Much of the Trail had to be built from scratch.  
\_\_\_\_\_
- \_\_\_\_\_ 6. More than half of Canadians live within 30 minutes of the Trail.  
\_\_\_\_\_
- \_\_\_\_\_ 7. The Trail can only be used by walkers and hikers.  
\_\_\_\_\_
- \_\_\_\_\_ 8. The Trail is the longest recreational trail in the world.  
\_\_\_\_\_

# Current Events, Clearly Explained



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PDF/Word resource

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- ✓ Literacy-based lesson plans
- ✓ Engaging, original illustrations
- ✓ Comics
- ✓ Map assignments



**Product details:** 8 issues. 38 pages. Available in English and in French for grades 3 and up (1 reading level).

### *Currents4Kids.com News4Youth.com*

- ✓ **Online** and interactive
- ✓ Weekly
- ✓ Auto-graded quizzes
- ✓ Comment page for students to respond to the stories
- ✓ Links to relevant articles, resources, maps, photos and videos
- ✓ Extension activities



**Product details:** 40 issues. **One subscription** allows all teachers and students access from any Internet-connected device at any time. Available in English and in French.  
*Currents4Kids/Infos-Jeunes:* Grades 3 and up (1 reading level).  
*News4Youth/Infos-Ados:* Grades 5 and up (3 reading levels).

### *What in the World?*

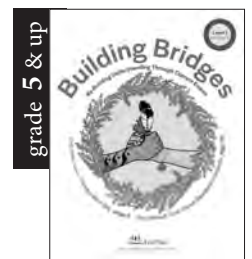
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- ✓ Background information
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**Product details:** 5 issues. Variable page length. Available in English and in French, and in 2 reading levels, for grades 5 and up.

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# Students Can Work In Word/Google Docs...



## Did you know...

... that each issue of *The Canadian Reader* includes a PDF file (complete document) and a Word file (articles and questions only)

Students can complete assignments directly in a Word file. Teachers can email the file to students or post it on the Internet. The Word file also allows teachers to:

- easily modify and format content including changing **fonts** and **text sizes**
- create a PDF document and use **Adobe Reader's** 'Read Out Loud Mode'
- save paper and copying costs and help protect the environment
- promote and encourage students' computer skills

## Password Security

There are **three** ways to access data from a Word file that is password protected:

- 1) Select the data you wish to **Copy** and then **Paste** it into any word processing program. Use **Select All** to copy the entire document.
- 2) Import the entire **Word** file into **LibreOffice** (or another similar program) and then save as a new file.
- 3) To remove the password from a protected **Word** file, use **Save As** to make a new copy of the file. You can then change the **Security** settings and remove the password.

## Google Docs and LibreOffice

- You can easily upload the **Word** file to **Google Docs** and share it with students or other teachers.
- You can translate **Google Docs** into another language (see *Tools>Translate document*) but you will need to edit the document to suit your requirements. **Google Docs** can translate into over 100 languages including Spanish, Mandarin, and German.
- **LibreOffice** is a free alternate to **Microsoft Office** and offers the same functionality. It's easy to install and use. See: [www.libreoffice.org](http://www.libreoffice.org)

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*These current events are the perfect supplement for any Social Studies program. They are a wonderful jumping point for class discussion. Keep up the good work!*

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*It is a relief to have a resource that fits with the curriculum and is teacher-friendly (ready to hand out). The added bonus of having the answers to the questions and discussion notes makes my life just a little bit easier.*

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*I have been using your product for seven years. There isn't a month that goes by that I don't get into challenging discussions with my students with the leads you provide and go in directions I could never imagine. Thank you for this terrific teaching aid!*

**D. Faerber, Pembroke, ON**

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Current Canadian events and issues for students in Grades 3 and up

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21 Map: The Salish Sea | 22 Article: To The Moon and Back  
29 Comic: The Canadian Space Agency | 31 Answer Key

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