

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

0.	WORD	PRONUNCIATION	PART OF SPEECH	DEFINITION AND SENTENCE
1.	abiotic	ay-beye- <b>aw</b> -tihk a-bee- <b>aw</b> -tihk	adj.	Devoid of life. <i>Even soil is seldom completely <b>abiotic</b>.</i>
2.	abreast	uh- <b>brest</b>	adv.	Side by side, facing the same way. <i>The path was just wide enough for my friend and me to walk <b>abreast</b>.</i>
3.	abscise	ab- <b>seyez</b>	v.	To cut off. <i>The gardener had to <b>abscise</b> the dead portion of the plant.</i>
4.	abstraction	ab- <b>strak</b> -shuhn	n.	An abstract or general idea or term. <i>This is not a concrete plan of action, but merely an <b>abstraction</b> to use as a starting point.</i>
5.	acclimate	<b>ak</b> -luh-mayt uh- <b>kleye</b> -mit	v.	To become accustomed to a new environment. <i>It didn't take the family very long to <b>acclimate</b> to small town life after moving from the city.</i>
6.	acknowledgment acknowledgement	ak- <b>nol</b> -ij-muhnt	n.	The recognition of the existence or truth of something. <i>I received a certificate in <b>acknowledgment</b> of the many hours of volunteer work I had done.</i>
7.	adrenaline adrenalin	uh- <b>dren</b> -uh-lihn	n.	A hormone secreted by the adrenal gland that increases your energy. <i>Performing at the Olympics really gets your <b>adrenaline</b> flowing.</i>
8.	advancement	ad- <b>vans</b> -muht ad- <b>vahns</b> -muht	n.	The process of promoting a plan or a person. <i>Their research was devoted to the <b>advancement</b> of health.</i>
9.	aerophyte	<b>air</b> -uh-feyet	n.	A plant that grows on another plant and depends on it for support but not for food. <i>An <b>aerophyte</b> is also known as an air plant.</i>
10.	affordable	uh- <b>fawr</b> -duh-buhl	adj.	Reasonably priced. <i>Habitat for Humanity builds <b>affordable</b> housing.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

11.	aggressive	uh- <b>gres</b> -ihv	adj.	Behaving in a determined and forceful manner. <i>She had an <b>aggressive</b> manner when it came to saving her money to buy a house.</i>
12.	alate	<b>ay</b> -layt	adj.	Referring to something having wings. <i>A penguin is <b>alate</b>, but it cannot fly.</i>
13.	algorithms	<b>al</b> -guh-rith-uhms	n.	Procedures used for solving a problem or performing a computation. <i>Social media companies use <b>algorithms</b> to decide what you see in your feed and how the content is ranked.</i>
14.	allegation	al-uh- <b>gay</b> -shuhn	n.	An assertion that someone has done something wrong. <i>There was no proof to his <b>allegation</b> that I broke the window.</i>
15.	alliteration	uh-liht-uh- <b>ray</b> -shuhn	n.	The occurrence of the same letter or sound at the beginning of adjacent words. <i>The name 'Peter Piper' is a classic <b>alliteration</b>.</i>
16.	alteration	awl-tuh- <b>ray</b> -shuhn	n.	The act of making a change or adjustment. <i>The wedding gown needed only a simple <b>alteration</b> in order to fit the bride perfectly.</i>
17.	alternate	<b>awl</b> -ter-nayt <b>al</b> -ter-nayt	v.	To go back and forth. <i>My sister and I had to <b>alternate</b> who was doing the dishes.</i>
18.	amputation	am-pyoo- <b>tay</b> -shuhn	n.	The action of surgically cutting off a limb. <i>The surgeon was able to repair the accident victim's leg, and avoid <b>amputation</b>.</i>
19.	anarchist	<b>an</b> -er-kist	n.	A person who advocates the abolition of government. <i>The <b>anarchist</b> said he wanted to live in a society without a ruler or authority of any kind.</i>
20.	anticipation	an-tih-sih- <b>pay</b> -shuhn	n.	Expectation. <i>Her eyes sparkled with <b>anticipation</b> when her parents said they were going camping.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

21.	antiquity	an- <b>tik</b> -wih-tee	n.	The quality of being ancient. <i>The <b>antiquity</b> of the bowl made it valuable.</i>
22.	apparent	uh- <b>pair</b> -uhnt uh- <b>pa</b> -ruhnt	adj.	Clearly visible or understood. <i>It became <b>apparent</b> that she had a good chance of winning the competition.</i>
23.	applicable	uh- <b>plik</b> -uh-buhl <b>ap</b> -lih-kuh-buhl	adj.	Referring to being appropriate or relevant. <i>The new dress code would be <b>applicable</b> to all employees.</i>
24.	arcane	ar- <b>kayn</b>	adj.	Understood by few; mysterious. <i>Not many people seemed able to understand the novelist's <b>arcane</b> references.</i>
25.	armaments	<b>ahr</b> -muh-muhnts	n.	Military weapons and equipment. <i>Today's armies use much more sophisticated <b>armaments</b> than were used in previous wars.</i>
26.	arpeggio	ahr- <b>pej</b> -ee-oh ahr- <b>pej</b> -oh	n.	A musical technique where the notes of a chord are played one after the other. <i>The song featured a beautiful <b>arpeggio</b> on the piano.</i>
27.	assortment	uh- <b>sawrt</b> -muhnt	n.	A collection of various kinds of things. <i>The attic was filled with an <b>assortment</b> of memorabilia.</i>
28.	authentic	aw- <b>then</b> -tihk	adj.	Genuine or real. <i>The art specialists were able to verify that the painting was an <b>authentic</b> Monet and not a forgery, as had been suspected.</i>
29.	ballium	<b>bal</b> -ee-uhm	n.	A medieval term that could be used for the defensive walls surrounding the outer court of a castle. <i>The castle guide showed the visitors the door that opened to the outer <b>ballium</b>, which the cavalry could use in case of emergency.</i>
30.	balustrade	<b>bal</b> -uh-strayd bal-uh- <b>strayd</b>	n.	The handrail on a staircase. <i>Despite their mother's warnings, the children still liked to slide down the <b>balustrade</b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

31.	barometer	buh- <b>rom</b> -ih-ter	n.	An instrument for measuring barometric pressure. <i>A <b>barometer</b> is just one instrument a meteorologist uses to forecast the weather.</i>
32.	battlements	<b>bat</b> -uhl-muhnts	n.	Parapets at the top of a castle wall. <i>The knights stood at the <b>battlements</b> ready to defend the castle.</i>
33.	bellicose	<b>bel</b> -ih-kohs <b>bel</b> -ih-kohz	adj.	Aggressively hostile, or eager to fight. <i>The schoolyard bully was known to be <b>bellicose</b>.</i>
34.	bequeath	bih- <b>kweeth</b> bih- <b>kweeth</b>	v.	To pass on possessions after death by means of a will. <i>My uncle said he would <b>bequeath</b> me his coin collection.</i>
35.	bifurcate	<b>beye</b> -fer-kayt beye- <b>fer</b> -kayt	v.	To divide into two branches or forks. <i>Up ahead, the river will <b>bifurcate</b> into two narrow channels.</i>
36.	biofuel	<b>beye</b> -uh-fyoo-uhl <b>beye</b> -oh-fyoo-uhl	n.	A fuel derived from living matter. <i>Replacing even a small amount of fossil fuel with <b>biofuel</b> can help lower emission levels.</i>
37.	biopsy	<b>beye</b> -op-see	n.	An examination of tissue removed from a living body to discover the presence of disease. <i>The <b>biopsy</b> confirmed that the lump was benign.</i>
38.	blandishments	<b>blan</b> -dish-muhnts	n.	Flattery that is intended to coax. <i>The boy hoped that his <b>blandishments</b> would entice the girl to go to the prom with him.</i>
39.	brassica	<b>bras</b> -ih-kuh	n.	A plant in the mustard family. <i>This year we planted broccoli and cabbage, both members of the <b>brassica</b> family.</i>
40.	bravura	bruh- <b>vyur</b> -uh bruh- <b>voor</b> -uh	n.	Great technical skill and brilliance. <i>The recital ended with a great show of <b>bravura</b>.</i>
41.	brio [H: Brio]	<b>bree</b> -oh	n.	Vigour or liveliness. <i>The audience applauded at the madcap <b>brio</b> of the play.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

42.	brougham [H: broom, brume]	<b>broo</b> -uhm <b>broom</b> <b>broh</b> -uhm	n.	A type of horse-drawn carriage. <i>The four-wheeled <b><u>brougham</u></b> has a box-like, closed carriage for the passengers.</i>
43.	calends kalends	<b>ka</b> -lends	n.	The first day of the month in the ancient Roman calendar. <i>We get the word ‘calendar’ from <b><u>calends</u></b>.</i>
44.	cannelloni cannelons	kan-uh- <b>loh</b> -nee kahn-nel- <b>law</b> -nee	n.	Tubular pieces of pasta. <i>The chef made <b><u>cannelloni</u></b> by stuffing the shells with meat and cheese, and baking it in a cream sauce.</i>
45.	cantaloupe cantaloup	<b>kan</b> -tuh-lohp <b>kan</b> -tuh-loop	n.	A small round melon. <i>The orange flesh of a <b><u>cantaloupe</u></b> is refreshing on a summer day.</i>
46.	carat karat [H: caret, carrot]	<b>ka</b> -ruht	n.	A unit of weight in gemstones and pearls. <i>A <b><u>carat</u></b> is equivalent to 200 milligrams.</i>
47.	Caribbean	ka-ruh- <b>bee</b> -uhn kuh- <b>rih</b> -bee-uhn	n.	The region consisting of the Caribbean Sea, the islands and surrounding coasts. <i>Some people go to the <b><u>Caribbean</u></b> for a vacation to get away from a cold Canadian winter.</i>
48.	carrel carrell [H: Carrel, carol]	<b>ka</b> -ruhl	n.	A small cubicle with a desk. <i>The student liked the privacy of studying in a <b><u>carrel</u></b>.</i>
49.	cataplexy	<b>kat</b> -uh-plek-see	n.	A sudden loss of muscle tone that can cause a temporary paralysis or weakness in the body. <i>The patient’s <b><u>cataplexy</u></b> was often triggered by strong emotions, such as laughter or excitement.</i>
50.	catapult	<b>ka</b> -tuh-pult <b>ka</b> -tuh-poolt	n.	A military machine worked by a lever and ropes for hurling large stones or other missiles. <i>For a science project, the students built a scale model of a medieval siege <b><u>catapult</u></b>.</i>
51.	cathartic	kuh- <b>thahr</b> -tik	adj.	Providing psychological relief. <i>Crying can be a <b><u>cathartic</u></b> release</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

52.	cavernous	<b>ka-ver-nuhs</b>	adj.	Giving the impression of vast, dark depths. <i>Boxes emerged from the <b>cavernous</b> depths of the storage locker.</i>
53.	celeriac	<b>suh-lair-ee-ak</b> <b>suh-leer-ee-ak</b>	n.	A type of celery that forms a large swollen root. <i>I like the versatility of <b>celeriac</b> as it can be cooked or eaten raw.</i>
54.	cerise	<b>suh-rees</b> <b>suh-reez</b>	adj.	A vibrant reddish-pink colour. <i>Her nails were adorned with a shade of vivid <b>cerise</b> polish.</i>
55.	chalice	<b>chal-ihs</b>	n.	Historically, a large cup or goblet. <i>The king drank from a golden <b>chalice</b>.</i>
56.	chaperone chaperon	<b>shap-uh-rohn</b>	n.	A person who accompanies and looks after another person or group of people. <i>The father agreed to act as a <b>chaperone</b> on the school trip.</i>
57.	chiton	<b>keye-tuhn</b> <b>keye-ton</b>	n.	A gown or tunic worn in ancient Greece. <i>A <b>chiton</b> was typically sleeveless, and made of linen or wool.</i>
58.	chronograph	<b>kroh-nuh-graf</b> <b>kron-uh-graf</b> <b>kroh-nuh-grahf</b> <b>kron-uh-grahf</b>	n.	A stopwatch. <i>The coach had a state-of-the-art <b>chronograph</b> for timing the runner's speed.</i>
59.	churlish	<b>chur-lihsh</b>	adj.	Rude, in a mean-spirited and surly way. <i>It is <b>churlish</b> to yell at the referee just because your team is losing.</i>
60.	cinnabar	<b>sin-uh-bar</b>	n.	A bright red mineral. <i>In the 5<sup>th</sup> century, Asian artists discovered that <b>cinnabar</b> produced a stable, vivid red pigment.</i>
61.	circumpolar	sur-kum- <b>poh</b> -ler	adj.	Situated around or inhabiting one of the Earth's poles. <i>Canada is one of the <b>circumpolar</b> countries.</i>
62.	claimant	<b>klay-muhnt</b>	n.	A person who brings a civil action in a court of law. <i>The <b>claimant</b> said that the defendant owed her money.</i>
63.	clevis	<b>klev-ihs</b>	n.	The U-shaped yoke at the end of a chain or rod with holes through each end so that a bolt or pin can pass through. <i>A medieval shackle for a prisoner was an example of a <b>clevis</b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

64.	clinician	klih- <b>nish</b> -uhn	n.	A doctor or other qualified person who is involved in the treatment of living patients, rather than working in a lab. <i>When he was sick, the man visited a <b>clinician</b>.</i>
65.	cognac	kohn-yak kon-yak	n.	A high-quality brandy. <i>To be considered authentic, <b>cognac</b> must be distilled in a region in western France.</i>
66.	collided	kuh- <b>leye</b> -dihd	v.	To have hit with force; to have crashed. <i>The two cars <b>collided</b> on the icy road.</i>
67.	colloquial	kuh- <b>loh</b> -kwee-uhl	adj.	Referring to language used in ordinary or familiar conversation. <i>The book was written in an easy to read, <b>colloquial</b> style.</i>
68.	commensurate	kuh- <b>men</b> -ser-ih kuh- <b>men</b> -sher-ih	adj.	In proportion. <i>The starting wage will be <b>commensurate</b> with skill and experience.</i>
69.	commonality	kom-uh- <b>nal</b> -ih-tee	n.	The pool of common values, interest and identity between people. <i>Their love of music is the <b>commonality</b> that drew the band members together.</i>
70.	community	kuh- <b>myoo</b> -nih-tee	n.	The people living in one locality. <i>The family moved to a small <b>community</b> that was not much more than a few houses and a convenience store.</i>
71.	commutative	kuh- <b>myoo</b> -tuh-tiv kom-yuh-tay-tive	adj.	Referring to or giving the same mathematical result no matter in which order two numbers are used in an operation. <i>Addition is <b>commutative</b> because 3 plus 2 is the same as 2 plus 3.</i>
72.	compatible	kum- <b>pat</b> -ih-buhl	adj.	Well-suited. <i>The university roommates quickly realized they were <b>compatible</b>.</i>
73.	compelling	kuhm- <b>pel</b> -ing	adj.	Evoking interest or admiration. <i>The art students found the works of the Group of Seven to be <b>compelling</b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

74.	comprehend	kom-prih- <b>hend</b>	v.	To understand. <i>The sequel was difficult to <b>comprehend</b> if you had not watched the first movie.</i>
75.	compromise	<b>kom</b> -pruh-meyez	n.	An agreement or settlement of a dispute that is reached by each side making concessions. <i>With a little flexibility from both parties, it should be possible to reach a <b>compromise</b>.</i>
76.	concision	kun- <b>sizh</b> -uhn	n.	The quality of expressing a great deal in a short space. <i>The poet was a master of <b>concision</b>, using few words to convey great emotion.</i>
77.	concussion	kuhn- <b>kuhsh</b> -uhn	n.	An injury to the brain due to jarring from a blow or fall. <i>The hockey player was taken to the hospital after suffering a <b>concussion</b>.</i>
78.	confederation [H: Confederation]	kuhn-fed-uh- <b>ray</b> -shu hn		An organization which consists of a number of parties or groups united in an alliance or league. <i>Canada became a <b>confederation</b> in 1867.</i>
79.	consequently	<b>kon</b> -sih-kwent-lee <b>kon</b> -sih-kwuhnt-lee	adv.	As a result of. <i>The athlete was caught cheating, and <b>consequently</b>, he lost his medal.</i>
80.	constituency	kuhn- <b>stich</b> -oo-uhn-s ee	n.	The district which an elected official represents, and where he was elected. <i>While a member of parliament must spend time in Ottawa, they will also spend a lot of time in their local <b>constituency</b>.</i>
81.	contaminants	kuhn- <b>tam</b> -uh-nuhnt s	n.	Substances, often chemicals, that pollute or spoil something, making it unsuitable or harmful. <i>After <b>contaminants</b> were leaked into the ground, the water in the area was deemed unsafe to drink.</i>
82.	contraction	kuhn- <b>trak</b> -shuhn	n.	A shortened form of a word with the omitted letters often replaced by an apostrophe. <i>A common <b>contraction</b> is using “I’m” in place of “I am”.</i>
83.	copyright	<b>kop</b> -ee-reyet	n.	Licence or legal protection for published material. <i>Making an unauthorized copy will be an infringement of <b>copyright</b>.</i>



Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

84.	corona	kuh- <b>roh</b> -nuh	n.	The outer atmosphere of the sun or another star. <i>During the total solar eclipse, we were able to see the <b>corona</b> of the sun.</i>
85.	corridor	<b>kawr</b> -ih-dawr	n.	A hallway. <i>His room was at the very end of the <b>corridor</b>.</i>
86.	cosmetologist	koz-mih- <b>tol</b> -uh-jihst	n.	A person who is trained in the use of cosmetics and beauty treatments. <i>For her wedding day, the bride had a <b>cosmetologist</b> apply her make-up.</i>
87.	croquet	kroh- <b>kay</b> kroh-kay kroh- <b>kee</b> kroh-kee	n.	A game played on a lawn with mallets and balls. <i>During a game of <b>croquet</b>, you have to hit the ball through a series of square-topped hoops.</i>
88.	cupreous	<b>kyoo</b> -pree-uhs koo-pree-uhs	adj.	Copper-coloured. <i>With its polished surface, the newly minted statue had a vibrant <b>cupreous</b> glow.</i>
89.	curtailment	kur- <b>tayl</b> -muht	n.	The action of reducing or restricting something. <i>The school board suggested the <b>curtailment</b> of afternoon recess for older students.</i>
90.	dactyl [H: Dactyl, Daktyl]	<b>dak</b> -til	n.	In poetry, a metric foot consisting of one stressed syllable followed by two unstressed syllables. <i>Ancient Greek poetry such as the Iliad, used a <b>dactyl</b> rhythmic scheme.</i>
91.	dauntingly	<b>dawn</b> -ting-lee	adv.	Intimidatingly. <i>He thought that the moor at night was one of the most <b>dauntingly</b> bleak places imaginable.</i>
92.	decadent	<b>dek</b> -uh-duht dih- <b>kayd</b> -uhnt	adj.	Luxuriously self-indulgent. <i>After the long hike, she enjoyed a <b>decadent</b> soak in a scented bath.</i>
93.	decating	<b>dek</b> -uh-ting	n.	A textile finishing process used to add lustre. <i>The aim of <b>decating</b> is to make the fabric more polished in appearance.</i>
94.	declamatory	dih- <b>klam</b> -uh-tawr-ee	adj.	Impassioned or vehement in expression. <i>The student council president gave a <b>declamatory</b> speech about the poor quality of school lunches.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

95.	defamation	def-uh- <b>may</b> -shuhn	n.	The action of damaging someone's reputation. <i>The unfounded rumours of his wrongdoing were a <b>defamation</b> of his character.</i>
96.	definitely	<b>deh</b> -fih-niht-lee	adv.	Without a doubt. <i>I shall <b>definitely</b> be at the airport to meet you.</i>
97.	delirium	dih- <b>leer</b> -ee-uhm	n.	A state of acute confusion and reduced awareness of surroundings. <i>A state of <b>delirium</b> is often triggered by a medical problem such as an infection.</i>
98.	deluge	<b>del</b> -yoozh <b>del</b> -yooj <b>del</b> -ooj <b>del</b> -oozh	n.	A drenching rainfall. <i>They called the insurance company after the <b>deluge</b> flooded their basement.</i>
99.	demographics	dem-uh- <b>graf</b> -ihks dee-muh- <b>graf</b> -ihks	n.	Population statistics. <i>During an election campaign, the candidates will pay attention to the <b>demographics</b> of the area.</i>
100.	demonstrable	dih- <b>mon</b> -struh-buhl <b>dem</b> -uhn-struh-buhl	adj.	Clearly apparent or provable. <i>There is <b>demonstrable</b> scientific evidence that climate change is real.</i>
101.	denotation	dee-noh- <b>tay</b> -shuhn	n.	Literal meaning of a word. <i>Synonyms like 'house' and 'home' may have the same <b>denotation</b>, but give different emotional meanings.</i>
102.	denudation	den-yoo- <b>day</b> -shuhn dee-noo- <b>day</b> -shuhn dee-nyoo- <b>day</b> -shuhn	n.	The gradual wearing away of the Earth's surface material over long periods. <i>The once-tall mountains have been reduced to hills due to <b>denudation</b>.</i>
103.	deportment	dih- <b>pawrt</b> -muhnt	n.	A person's behaviour or manners. <i>There are team rules governing <b>deportment</b> on and off the field.</i>
104.	derivatives	dih- <b>riv</b> -uh-tivs	adj.	Something which is based on another source. <i>Canadian author Northrop Frye once said that there are only seven original stories, and all the others are <b>derivatives</b>.</i>
105.	desirable	dih- <b>zey</b> -uhr-uh-buh l	adj.	Pleasing; worth wanting. <i>The apartment was in a <b>desirable</b> area of the city.</i>
106.	destructive	dih- <b>struhyk</b> -tiv	adj.	Tending to destroy or cause great damage. <i>The wild fire was <b>destructive</b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

107.	desultory	<b>des</b> -uhl-tawr-ee <b>des</b> -awl-tree	adj.	Lacking enthusiasm. <i>The student put a <b><u>desultory</u></b> effort into his project.</i>
108.	deviate	<b>dee</b> -vee-ayt	v.	To depart from usual or accepted standards. <i>The debate coach warned the team not to <b><u>deviate</u></b> from the question at hand, no matter what the opposition said.</i>
109.	devour	dih- <b>vow</b> -er	v.	To eat food quickly. <i>I've seen him <b><u>devour</u></b> half of his burger in one bite.</i>
110.	differential	dif-uh- <b>ren</b> -shuhl	n.	The difference between amounts of things. <i>When buying a new car, the customer took into account the <b><u>differential</u></b> between gasoline and diesel prices.</i>
111.	diffraction	dih- <b>frak</b> -shuhn	n.	The bending of light and sound waves around obstacles in their path. <i>An example of <b><u>diffraction</u></b> is the rainbow pattern that appears when sunlight hits the shiny surface of a CD.</i>
112.	dignitaries	<b>dig</b> -nih-tair-ees <b>dig</b> -nih-trees	n.	People of high official position or rank. <i>There were many government <b><u>dignitaries</u></b> attending the international conference.</i>
113.	diligence	<b>dil</b> -ih-juhns	n.	Careful and persistent work. <i>Every job should be carried out with great <b><u>diligence</u></b>.</i>
114.	discontinue	dis-kun- <b>tin</b> -yoo	v.	To put an end to; to stop. <i>I was disappointed to hear that the company would soon <b><u>discontinue</u></b> making my favourite candy.</i>
115.	disgruntled	dis- <b>grun</b> -tuhld	adj.	Angry or dissatisfied. <i>The <b><u>disgruntled</u></b> employees voted in favour of a strike.</i>
116.	disparity	dih- <b>spa</b> -rih-tee	n.	A great difference. <i>There was a large <b><u>disparity</u></b> in the quotes I was given to repair my roof.</i>
117.	dispassionate	dis- <b>pash</b> -uh-nuht	adj.	Unemotional. <i>The woman dealt with life's disasters in a calm, <b><u>dispassionate</u></b> way.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

118.	dispensary	dih- <b>spen</b> -suh-ree	n.	A room where medicines are prepared and provided. <i>The veterinarian had a complete <b>dispensary</b> on the premises.</i>
119.	distasteful	dis- <b>tayst</b> -fuhl	adj.	Disagreeable or unpleasant. <i>Many people find smoking to be <b>distasteful</b>.</i>
120.	distillation	dis-tih- <b>lay</b> -shuhn	n.	The action of purifying a liquid by a process of heating and cooling. <i>In science class, we learned about the petroleum <b>distillation</b> process.</i>
121.	distributor distributer	dis- <b>trib</b> -yoo-tur	n.	An agent who supplies goods to retailers. <i>The manufacturer was looking for a <b>distributor</b> for his product.</i>
122.	diversity	deye- <b>ver</b> -sih-tee dih- <b>ver</b> -sih-tee	n.	Variety. <i>With immigrants coming here from all over the world, Canada is well known for its ethnic <b>diversity</b>.</i>
123.	dolour dolor [H: dollar]	<b>dol</b> -er <b>doh</b> -ler	n.	Sorrow or grief. <i>The book was so well written, I could feel the character's <b>dolour</b> when her beloved horse died.</i>
124.	dugong	<b>doo</b> -gong	n.	A herbivorous, aquatic mammal. <i>The <b>dugong</b> looks like a manatee, but it has a forked tail.</i>
125.	echinoid	ih- <b>keye</b> -noyd <b>eh</b> -kuh-noyd	n.	A class of sea creatures which includes sea urchins and sand dollars. <i>The children searched the rocky shore, hoping to find an <b>echinoid</b>.</i>
126.	ecocidal	ee-koh- <b>seye</b> -duhl ehk-uh- <b>seye</b> -duhl	adj.	Referring to the reckless destruction of the environment. <i>The manufacturer's discharge of hazardous waste into the water was <b>ecocidal</b>.</i>
127.	Edmonton	<b>ed</b> -mun-tun	n.	The capital of Alberta. <i>The North Saskatchewan River flows through <b>Edmonton</b>.</i>
128.	electrostatic	ih-lek-truh- <b>stat</b> -ihk	adj.	Relating to stationary electric charges or fields as opposed to electric currents. <i>Lightning is a form of an <b>electrostatic</b> discharge.</i>
129.	emergency	ih- <b>mur</b> -juhn-see	n.	A sudden and unforeseen occurrence demanding immediate remedy or action. <i>A quick response in an <b>emergency</b> could save lives.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

130.	encounter	in- <b>kown</b> -ter en- <b>kown</b> -ter	v.	To meet someone unexpectedly. <i>The children were surprised to <b>encounter</b> their teacher at the fair.</i>
131.	endowment	in- <b>dow</b> -muhnt en- <b>dow</b> -muhnt	n.	An income given or bequeathed to someone or something. <i>The philanthropist's <b>endowment</b> provided enough funds for the hospital to add a new wing.</i>
132.	engulfed	in- <b>gulft</b> en- <b>gulft</b>	v.	To immerse, buy or swallow up. <i>After the rain, the sun came out and <b>engulfed</b> the garden in sunshine.</i>
133.	enigmatic	en-ig- <b>mat</b> -ihk ee-nig- <b>mat</b> -ihk	adj.	Difficult to understand, or mysterious. <i>In the famous painting, Mona Lisa is known for her <b>enigmatic</b> smile.</i>
134.	environment	en- <b>veye</b> -ruhn-muhn t en- <b>veye</b> -ern-muhnt	n.	The air, water and land in or on which people, animals and plants live. <i>Each of us should make an effort to care for the <b>environment</b>.</i>
135.	epicanthus	ep-ih- <b>kan</b> -thuhs	n.	A fold of skin overlapping the inner angle of the eye. <i>When learning to draw faces, I had to work at getting the <b>epicanthus</b> correct.</i>
136.	equitation	ek-wih- <b>tay</b> -shuhn	n.	The art and practice of horsemanship and riding. <i>The rider's <b>equitation</b> was impeccable as they effortlessly guided their horse through the challenging course.</i>
137.	equivocate	ih- <b>kwiv</b> -uh-kayt	v.	To use vague language, especially in order to avoid having to be direct and honest. <i>The politician was known to <b>equivocate</b> when asked about a difficult subject.</i>
138.	eristic	eh- <b>ris</b> -tihk uh- <b>ris</b> -tihk	adj.	Characterized by the desire to win the argument or debate rather than find the answer. <i>Some political debates descend into <b>eristic</b> shouting.</i>
139.	ermine	<b>ur</b> -min	n.	Any of various weasels having a white winter coat. <i>An <b>ermine</b> is known for its brown fur that changes to white in the winter.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

140.	espousal	eh- <b>spow</b> -zuhl eh- <b>spow</b> -suhl	n.	The act of adopting or supporting a belief or way of life. <i>The activist was known for her <b>espousal</b> of environmental causes.</i>
141.	etching	<b>ech</b> -ing	n.	A print produced by engraving or wood cuts. <i>On her trip north, the traveller was pleased to buy an Inuit print made from an <b>etching</b>.</i>
142.	exiguous	ik- <b>sig</b> -yoo-uhs ig- <b>zig</b> -yoo-uhs	adj.	Inadequate in size or amount. <i>The elderly woman had to be frugal because of her <b>exiguous</b> retirement pension.</i>
143.	expectancy	ihk- <b>spek</b> -tuhn-see	n.	The state of thinking or hoping that something will happen. <i>There was an air of <b>expectancy</b> among the students as they waited to go inside on the first day of school.</i>
144.	expunge	ihk- <b>spunj</b>	v.	To obliterate. <i>He hoped over time, to <b>expunge</b> the memory of the terrifying experience.</i>
145.	exuviate	ik- <b>soo</b> -vee-ayt ig- <b>zoo</b> -vee-ayt	v.	To shed, such as a skin or shell. <i>A snake will <b>exuviate</b> its skin as it grows.</i>
146.	factual	<b>fak</b> -choo-uhl	adj.	Concerned with what is actually true rather than interpretations of it. <i>The journalist considered her reporting to be completely <b>factual</b>.</i>
147.	falcate	<b>fal</b> -kayt	adj.	Referring to something which is hooked, or curved like a scythe or sickle. <i>The cat's claws were sharp and <b>falcate</b>.</i>
148.	fatalistic	fayt-uh- <b>lihs</b> -tik	adj.	Relating to the belief that all events are predetermined. <i>Being <b>fatalistic</b>, he believed that certain events would happen regardless of what he did.</i>
149.	ferity [H: ferrety]	<b>fair</b> -ih-tee	n.	Wild or untamed. <i>The <b>ferity</b> of the wilderness was both breathtaking and intimidating.</i>
150.	figurine	fig-uh- <b>reen</b> fig-yuh- <b>reen</b>	n.	A small ornamental statuette, made of pottery, metal, plastic, etc. <i>My grandmother was excited to add a new glass <b>figurine</b> to her collection.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

151.	finale	fih- <b>nah</b> -lee fih- <b>nal</b> -ee	n.	The last part of a piece of music, an entertainment, or a public event. <i>The <b><u>finale</u></b> was the best part of the show.</i>
152.	finials	<b>fin</b> -ee-uhs <b>feye</b> -nee-uhs	n.	Ornaments at the top, end, or corner of an object. <i>She chose the new curtain rods because she liked the <b><u>finials</u></b> at each end.</i>
153.	fondant	<b>fon</b> -duhnt	n.	A sweet, thick paste made of sugar and water. <i>The birthday cake was covered with a colourful <b><u>fondant</u></b>.</i>
154.	foreclosure	fawr- <b>kloh</b> -zhuh	n.	The action of taking back property when the owner fails to make payments. <i>Because he lost his job, the homeowner faced <b><u>foreclosure</u></b>.</i>
155.	forgetfulness	fer- <b>get</b> -ful-nuhs	n.	Lapse of memory. <i>Because of his <b><u>forgetfulness</u></b>, my dad is always losing his glasses.</i>
156.	fortuitous	fawr- <b>tyoo</b> -ih-tuhs fawr- <b>too</b> -ih-tuhs	adj.	Happening by a lucky chance. <i>The puck went into the goal because of a <b><u>fortuitous</u></b> ricochet.</i>
157.	frugivore	<b>froo</b> -juh-vawr	n.	An organism that chiefly eats fruit. <i>As its name implies, a fruit bat is a <b><u>frugivore</u></b>.</i>
158.	fugitive	<b>fyoo</b> -jih-tiv	n.	An escapee. <i>The police were able to apprehend the <b><u>fugitive</u></b> after he escaped.</i>
159.	fundamental	fun-duh- <b>mehn</b> -tuhl	adj.	Serving as an essential part or the foundation of something. <i>In Canada, basic human rights are a <b><u>fundamental</u></b> part of the Charter of Rights and Freedoms.</i>
160.	gambol [H: gamble]	<b>gam</b> -buhl	v.	To run or jump about playfully. <i>In the spring, the child loved to watch the goats <b><u>gambol</u></b> in the meadow.</i>
161.	generalities	jen-uh- <b>ral</b> -ih-tees	n.	Statements which contain no details, and often very little meaning. <i>The candidate offered a few <b><u>generalities</u></b> about what he would do if elected, but made no real commitments.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

162.	generation	<b>jen</b> -uh-ray-shuhn	n.	All of the people born at about the same time in a family. <i>My cousins and I are of the same <b>generation</b>.</i>
163.	generator	<b>jen</b> -uh-ray-ter	n.	A machine for converting mechanical energy into electricity. <i>When the electricity failed, we were grateful to have a <b>generator</b>.</i>
164.	gloaming	<b>gloh</b> -ming	n.	Twilight. <i>Deer came walking across the backyard in the <b>gloaming</b>.</i>
165.	graduation	grad-yoo- <b>ay</b> -shuhn graj-oo- <b>ay</b> -shuhn	n.	A ceremony conferring degrees or diplomas at a school, college or university. <i>The students were excited about the upcoming <b>graduation</b> ceremony.</i>
166.	gregale grégal	gray- <b>gah</b> -lay	n.	A strong, northeast wind. <i>The <b>gregale</b> blows in the central and western Mediterranean.</i>
167.	grimace	<b>grim</b> -uhs grih- <b>mays</b>	n.	A twisted expression on a person's face that typically expresses disgust or pain. <i>In spite of saying she was fine, there was a <b>grimace</b> on the woman's face.</i>
168.	groundsel	<b>grownd</b> -suhl	n.	A plant in the daisy family. <i>The common <b>groundsel</b> is regarded as a weed.</i>
169.	gymnasium	jim- <b>nay</b> -zee-uhm	n.	A room or building equipped for gymnastics, games and physical exercise. <i>The children enjoyed running around the <b>gymnasium</b> during Phys. Ed. class.</i>
170.	hallux	<b>hal</b> -uhks	n.	A person's big toe. <i>My brother let out a yelp when he stubbed his <b>hallux</b> on the table leg.</i>
171.	hellebore	<b>hell</b> -uh-bawr	n.	Any of several plants in the buttercup family. <i>A <b>hellebore</b> will grow well in shade.</i>
172.	hemispheric	hem-ih- <b>sfeh</b> -rik	adj.	Referring to something that is shaped like, or related to, half a sphere. <i>Earth is considered <b>hemispheric</b> because it can be divided into two equal halves, either along the equator or the prime meridian.</i>
173.	herbage	<b>hur</b> -bij <b>er</b> -bij	n.	Vegetation. <i>The birds' chattering could be heard, but they could not be seen due to the dense <b>herbage</b>.</i>



Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

174.	hoist [H: heist]	<b>hoyst</b> <b>heyest</b>	v.	To raise something by means of ropes and pulleys. <i>In science class, the students learned how to <b><u>hoist</u></b> something using pulleys.</i>
175.	holystone	<b>hoh</b> -lih-stohn <b>hoh</b> -lee-stohn	n.	A piece of soft stone used for scouring the decks of ships. <i>The only noise seemed to be the <b><u>holystone</u></b> being dragged back and forth across the deck.</i>
176.	homograph	<b>hom</b> -uh-graf <b>hom</b> -uh-grahf <b>hoh</b> -muh-graf <b>hoh</b> -muh-grahf	n.	Two words that are spelt the same but have different meanings and, sometimes, pronunciations. <i>Bear would be an example of a <b><u>homograph</u></b> because it can be an animal or it can also mean to endure something.</i>
177.	horoscope	<b>hawr</b> -uh-skohp	n.	A forecast of a person's future based on the position of the stars and planets at the time of that person's birth. <i>She liked to read her <b><u>horoscope</u></b> every morning.</i>
178.	hospitable	hos- <b>pih</b> -tuh-buhl	adj.	Friendly and welcoming. <i>When we moved to a new town, we found the neighbours to be very <b><u>hospitable</u></b>.</i>
179.	hovel	<b>hov</b> -uhl <b>huhv</b> -uhl	n.	A small squalid dwelling. <i>The Victorian novel described the poor family's home as being a <b><u>hovel</u></b>.</i>
180.	hydrophone	<b>heye</b> -druh-fohn	n.	A device that detects and records ocean sounds from all directions. <i>Using a <b><u>hydrophone</u></b>, the oceanographers learned about the sounds of marine life.</i>
181.	idiom	<b>id</b> -ee-uhm	n.	An expression whose meaning as a whole is different than the meanings of the separate words. <i>The <b><u>idiom</u></b> 'raining cats and dogs' means that it is pouring, not that there are animals falling from the sky.</i>
182.	illogical	ih- <b>loj</b> -ih-kuhl	adj.	Senseless or unreasonable. <i>The child had an <b><u>illogical</u></b> fear of travelling over a bridge.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

183.	immigration	ih-mih- <b>gray</b> -shuhn	n.	The act of coming to live permanently in a new country. <i>The family was excited about their pending <b>immigration</b> to Canada.</i>
184.	imperative	im- <b>pair</b> -uh-tiv	adj.	Of vital importance. <i>It is <b>imperative</b> that you clearly write your name on your test paper.</i>
185.	imperial	im- <b>peer</b> -ee-uhl	adj.	Relating to or denoting the system of non-metric weights and measures. <i>Some countries still use <b>imperial</b> units, such as feet and inches.</i>
186.	imperturbable	im-pur- <b>tur</b> -buh-buhl	adj.	Calm and easy going. <i>No matter how stressed the principal was, her manner always seemed <b>imperturbable</b>.</i>
187.	implement	<b>im</b> -plih-muhnt	n.	A piece of equipment that is used for a particular purpose. <i>Her new shovel quickly became her favourite gardening <b>implement</b>.</i>
188.	impudence	<b>im</b> -pyuh-duhns	n.	Rudeness or insolence. <i>The man's <b>impudence</b> was obvious when he pushed his way onto the bus.</i>
189.	inaccurate	in- <b>ak</b> -yur-ih	adj.	Imprecise or untrue. <i>Fake news is <b>inaccurate</b> reporting of the facts.</i>
190.	incentive	in- <b>sen</b> -tive	n.	Motivation. <i>Wanting to get into her first choice of universities was an <b>incentive</b> to work hard in high school.</i>
191.	inclusivity	in-kloo- <b>siv</b> -ih-tee	n.	The practice of not excluding participants on the grounds of gender, race, disability, etc. <i>Part of the <b>inclusivity</b> policy at my school is to support and respect fellow students' differences.</i>
192.	individual	in-dih- <b>vid</b> -yoo-uhl in-dih- <b>vij</b> -oo-uhl	adj.	Single or separate. <i>The boy preferred <b>individual</b> sports to team ones.</i>
193.	inductee	in-duhk- <b>tee</b>	n.	A person who has been formally admitted into an organization. <i>My favourite musician is now an <b>inductee</b> in the Rock and Roll Hall of Fame.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

194.	inference	<b>in</b> -fer-uhns <b>in</b> -fruhns	n.	A conclusion reached on the basis of deduction and speculation. <i>The jury was warned not to base their decision on <b><u>inference</u></b>.</i>
195.	infringement	in- <b>frinj</b> -muhnt	n.	The action of breaking the terms of a law or agreement. <i>Using excerpts of a book without crediting the author is copyright <b><u>infringement</u></b>.</i>
196.	inheritance	in- <b>heh</b> -rih-tuhns	n.	A bequest or endowment. <i>Upon her aunt's death, she received a small <b><u>inheritance</u></b>.</i>
197.	installation	in-stuh- <b>lay</b> -shuhn	n.	The action of fitting or putting in. <i>The <b><u>installation</u></b> of air conditioning helped us endure the summer heat.</i>
198.	insulation	in-suh- <b>lay</b> -shuhn in-syuh- <b>lay</b> -shuhn	n.	Material used to prevent heat loss. <i>My parents had extra <b><u>insulation</u></b> installed in the attic in an effort to conserve energy.</i>
199.	intergalactic	in-ter-guh- <b>lak</b> -tihk	adj.	Relating to or situated between two or more galaxies. <i>The sci-fi movie centered around an <b><u>intergalactic</u></b> war.</i>
200.	interglacial	in-ter- <b>glay</b> -shuhl in-ter- <b>glay</b> -see-uhl	adj.	Relating to a period of milder climate between two glacial periods. <i>We are currently in an <b><u>interglacial</u></b> period, which started about 10,000 years ago, at the end of the last ice age.</i>
201.	interrogation	in-tair-uh- <b>gay</b> -shuhn	n.	The act of questioning someone. <i>The police <b><u>interrogation</u></b> of the suspect went on for some time.</i>
202.	intimation	in-tuh- <b>may</b> -shuhn	n.	An indication or hint. <i>The employee gave no <b><u>intimation</u></b> that she was leaving.</i>
203.	irenic eirenic	eye- <b>ren</b> -ihk eye- <b>ree</b> -nihk	adj.	Tending to promote peace or reconciliation. <i>The inter-denominational service was planned to be <b><u>irenic</u></b>.</i>
204.	irresolute	ih- <b>rez</b> -uh-loot	adj.	Indecisive. <i>Until election day, she was <b><u>irresolute</u></b> about how to vote.</i>
205.	jewelweed	<b>joo</b> -uhl-weed	n.	A wild plant with orange or yellow flowers spotted with brown. <i>In ditches and along creeks are good places to find <b><u>jewelweed</u></b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

206.	juncture	<b>jungk</b> -chur	n.	A point in time, especially a critical one. <i>The media is reporting that at this <b>juncture</b> the peace talks are in danger of collapsing.</i>
207.	juvenescent	joo-vuh- <b>nes</b> -uhnt	adj.	Referring to someone who is young in appearance or has the quality of youth. <i>The skin cream promised to restore a <b>juvenescent</b> look to older skin.</i>
208.	kepi	<b>kay</b> -pee <b>kep</b> -ee	n.	A military cap with a circular top and horizontal peak. <i>In the movie, the French policeman wore a <b>kepi</b> as part of his uniform.</i>
209.	kombucha	kawm- <b>boo</b> -chuh kuhm- <b>boo</b> -chuh	n.	Fermented tea. <i>The man bought a bottle of <b>kombucha</b> at the health food store.</i>
210.	laceration	las-uh- <b>ray</b> -shuhn	n.	A rough, jagged tear. <i>After the fall from his bike, the boy needed a few stitches to close the <b>laceration</b> on his arm.</i>
211.	lanate	<b>lay</b> -nate	adj.	Woolly, or covered with something resembling wool. <i>The animal's <b>lanate</b> coat kept it warm.</i>
212.	legitimate	lih- <b>jiht</b> -uh-miht lih- <b>jiht</b> -uh-mayt	adj.	Reasonable, sensible or valid. <i>The teacher warned that the students would need a <b>legitimate</b> excuse for not completing the essay on time.</i>
213.	levanter	lih- <b>van</b> -ter	n.	An easterly wind. <i>The tourists in the West Mediterranean felt the <b>levanter</b> blowing around them.</i>
214.	lexigrams	<b>leks</b> -ih-gramz	n.	Symbols representing a word. <i>Scientists have used <b>lexigrams</b> to communicate with chimpanzees.</i>
215.	li [H: Li, L.I., lee, lea]	<b>lee</b>	n.	A Chinese unit of linear measurement. <i>A <b>li</b> is equal to about 0.5 km.</i>
216.	limitation	lih-mih- <b>tay</b> -shuhn	n.	Restriction. <i>During the drought there was a <b>limitation</b> on water use.</i>
217.	llama [H: lama]	<b>lah</b> -muh	n.	A domesticated pack animal native to the Andes. <i>The <b>llama</b> is valued for its soft woolly fleece.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

218.	logophile	<b>law</b> -guh-feyel	n.	A lover of words. <i>The <b>logophile</b> dreamed of having a job editing a dictionary.</i>
219.	longevity	lon- <b>jev</b> -ih-tee	n.	Long life. <i>The centenarian was a good example of <b>longevity</b>.</i>
220.	lucrative	<b>loo</b> -kruh-tiv	adj.	Referring to something which is profitable. <i>What started out as a couple of friends mowing their neighbours' lawns, grew into a <b>lucrative</b> yard-care business.</i>
221.	ludicrous	<b>loo</b> -dih-kruhs	adj.	Absurd, to the point of provoking ridicule or laughter. <i>To a child, the idea that their parents were once young is <b>ludicrous</b>.</i>
222.	macadamia	mak-uh- <b>day</b> -mee-uh	n.	A type of edible nut. <i>They looked forward to eating <b>macadamia</b> nuts on their trip to Hawaii.</i>
223.	macerate	<b>mas</b> -uh-rayt	v.	To soften by soaking in a liquid. <i>For a special desert, you could <b>macerate</b> fruit in a liqueur.</i>
224.	magnificent	mag- <b>nif</b> -uh-suhnt	adj.	Extremely good; excellent. <i>The prize she received at graduation was a tribute to her <b>magnificent</b> efforts throughout the year.</i>
225.	malaise	ma- <b>layz</b> muh- <b>layz</b>	n.	A condition of general bodily weakness or discomfort. <i>Although I didn't really feel sick, I had a vague feeling of <b>malaise</b> and weariness.</i>
226.	malingerer	muh- <b>ling</b> -gur-er	n.	A shirker or slacker. <i>The <b>malingerer</b> pretended to be sick so that he didn't have to go to work.</i>
227.	mandir	<b>man</b> -deer	n.	A Hindu or Jain temple. <i>A <b>mandir</b> is a spiritual place around which ancient arts and community celebrations have developed.</i>
228.	mansard	<b>man</b> -sahrd <b>man</b> -serd	n.	A style of roof with four sloping sides. <i>The <b>mansard</b> roof was originally designed to save on property taxes.</i>
229.	melange	may- <b>lahnzh</b> may- <b>lahnj</b>	n.	A mixture or medley. <i>The meal was served with a <b>melange</b> of tender vegetables.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

230.	mentor [H: Mentor]	<b>men</b> -tawr <b>men</b> -ter	n.	A guide or advisor. <i>The high school graduate looked to her <b>mentor</b> for advice on choosing a university.</i>
231.	miracle	<b>mih</b> -ruh-kuhl	n.	An extraordinary and welcome event that is not explicable by scientific laws. <i>The doctors said that it was a <b>miracle</b> that she survived the illness.</i>
232.	misconception	mis-kuhn- <b>sep</b> -shuhn	n.	A false or mistaken view. <i>It is an old <b>misconception</b> that only boys can be good at math.</i>
233.	misconduct	mis- <b>kon</b> -duhkt	n.	Unacceptable or improper behaviour. <i>The hockey player was suspended for a few games for game <b>misconduct</b>.</i>
234.	misdirected	mis-dih- <b>reck</b> -tihd	v.	To have given the wrong directions or instructions. <i>We seem to have been <b>misdirected</b>, and now we're lost.</i>
235.	misnomer	mis- <b>noh</b> -mer	n.	A wrong or inaccurate name. <i>Jellyfish is a <b>misnomer</b> as they are not actually fish.</i>
236.	moderate	<b>mod</b> -uh-riht	adj.	Reasonable; not extreme or excessive. <i>The runners jogged through the park at a <b>moderate</b> pace.</i>
237.	monstrosity	mon- <b>stros</b> -ih-tee	n.	An outrageous or ugly person or thing. <i>Many considered the building to be an architectural <b>monstrosity</b>.</i>
238.	montage	mon- <b>tahzh</b>	n.	A technique of producing a new composite whole from fragments of pictures, text or music. <i>For their mother's birthday party, they put together a <b>montage</b> of her treasured photos.</i>
239.	moraine	muh- <b>rayn</b>	n.	A mass of rocks and sediment carried down and deposited by a glacier. <i>The area of the <b>moraine</b> was designated as a green space.</i>
240.	motivate	<b>moh</b> -tih-vayt <b>moh</b> -tuh-vayt	v.	To inspire or incite. <i>The boy's mother tried many ways to <b>motivate</b> him to clean his room.</i>
241.	multimedia	mul-tee- <b>mee</b> -dee-u h mul-teye- <b>mee</b> -dee-u h	adj.	Relating to the use of a combination of media such as film, slides and music. <i>The students' presentation was a <b>multimedia</b> extravaganza.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

242.	mutilation	myoo-tih- <b>lay</b> -shuhn	n.	The infliction of serious damage. <i>The <b><u>mutilation</u></b> of the painting was a deliberate act.</i>
243.	mythological	mih-thuh- <b>loj</b> -ih-kuhl	adj.	Relating to or based on myths. <i>The tree of life is one of the oldest of all <b><u>mythological</u></b> symbols.</i>
244.	narrative	<b>na</b> -ruh-tiv	n.	A story, or an account of events or experiences, whether true or fictitious. <i>My grandfather wrote a <b><u>narrative</u></b> of his wartime adventures.</i>
245.	necropolis	neh- <b>krop</b> -uh-lihs nuh- <b>krop</b> -uh-lihs	n.	A cemetery. <i>As many kings and queens are interred there, Westminster Abbey is considered to be a royal <b><u>necropolis</u></b>.</i>
246.	Neolithic [H: neolithic]	nee-oh- <b>lith</b> -ihk nee-uh- <b>lith</b> -ihk	adj.	Relating to the last part of the Stone Age. <i>The <b><u>Neolithic</u></b> period saw the beginning of agriculture and the domestication of animals.</i>
247.	nonjudgmental	non-juj- <b>men</b> -tuhl	adj.	Refraining from criticizing or making harsh assessments of others. <i>I appreciated that my parents were <b><u>nonjudgmental</u></b> when I wrecked the family car.</i>
248.	notification	noh-tih-fih- <b>kay</b> -shuh n noh-tuh-fih- <b>kay</b> -shu hn	n.	A written or printed notice or announcement. <i>When I placed a book on hold at the library, I was told I would receive a <b><u>notification</u></b> when it was available for pick-up.</i>
249.	nouveau	<b>noo</b> -voh noo- <b>voh</b>	adj.	Modern or up-to-date. <i>The young woman wanted her clothes to be <b><u>nouveau</u></b> and fashionable.</i>
250.	nutrients	<b>noo</b> -tree-uhnts <b>nyoo</b> -tree-uhnts	n.	Substances found in food that are essential for the body to grow and maintain good health. <i>My mother made us meals full of the <b><u>nutrients</u></b> we needed.</i>
251.	oakum	<b>oh</b> -kuhm	n.	Loose fibre obtained by untwisting old rope. <i>Historically, <b><u>oakum</u></b> was used as filler for caulking wooden ships.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

252.	obstinate	<b>ob</b> -stuh-nit	adj.	Self-willed or headstrong. <i>Even when presented with the facts, the <b><u>obstinate</u></b> council member refused to change his vote.</i>
253.	ombre ombré	<b>om</b> -bray	adj.	Refers to a pattern in which colours or tones fade into one another. <i>The dress has an <b><u>ombre</u></b> effect with various shades of purple fading into white.</i>
254.	opah [H: opa]	<b>oh</b> -puh	n.	A large fish. <i>The <b><u>opah</u></b> lives in deep oceanic waters.</i>
255.	orientation	awr-ee-en- <b>tay</b> -shuh n awr-ee-uhn- <b>tay</b> -shu hn	n.	An introduction to new surroundings, school, employment, etc. <i>We had a day of <b><u>orientation</u></b> before starting high school.</i>
256.	origami	awr-ih- <b>gah</b> -mee	n.	The traditional Japanese art of folding paper into decorative shapes. <i>The crane is considered to be the most classic of all <b><u>origami</u></b> models.</i>
257.	osmosis	oz- <b>moh</b> -sis os- <b>moh</b> -sis	n.	The process of unconscious assimilation of ideas, knowledge, etc. <i>The contestant on 'Jeopardy' claimed she picked up most of her knowledge of trivia by <b><u>osmosis</u></b>.</i>
258.	otherworldly	uth-er- <b>wurld</b> -lee	adj.	Relating to an imaginary or spiritual life. <i>The author created an <b><u>otherworldly</u></b> setting for her story.</i>
259.	panini [H: Panini]	puh- <b>nee</b> -nee	n.	A sandwich made with Italian bread, usually toasted. <i>My father preferred to eat a <b><u>panini</u></b> when we went to a pizza restaurant.</i>
260.	pannier	<b>pan</b> -yer <b>pan</b> -ee-er	n.	Each of a pair of bags fitted on either side of the rear wheel of a bicycle or motorcycle. <i>The girl took her books to school in a <b><u>pannier</u></b>.</i>
261.	pantropical	pan- <b>trop</b> -ih-kuhl	adj.	Referring to something living or growing throughout the tropics. <i>The botanist had an interest in <b><u>pantropical</u></b> plants.</i>
262.	paramount [H: Paramount]	<b>pa</b> -ruh-mownt	adj.	More important than anything else. <i>The cruise line said that safety was of <b><u>paramount</u></b> importance.</i>



Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

263.	paternalistic	puh-tur-nuhl- <b>is</b> -tik	adj.	Referring to a system which makes decisions for other people, rather than letting them take responsibility for their own lives. <i>A government that puts too many rules on how to live and what to do is considered to be <b>paternalistic</b>.</i>
264.	pemmican	<b>pem</b> -ih-kuhn	n.	A pressed cake of pounded dried meat that was mixed to a paste with melted fat and other ingredients. <i>The indigenous people of North America are the originators of <b>pemmican</b>.</i>
265.	penitentiary	pen-ih- <b>ten</b> -shuh-ree	n.	A prison for people convicted of serious crimes. <i>As well as incarceration, the <b>penitentiary</b> is responsible for the rehabilitation of prisoners.</i>
266.	penury	<b>pen</b> -yuh-ree	n.	Extreme poverty. <i>Living in <b>penury</b> drove some of the characters in Charles Dickens' novels to turn to thievery.</i>
267.	perception	per- <b>sep</b> -shuhn	n.	Awareness of something through the senses. <i>Feeling threatened heightened his <b>perception</b> of his surroundings.</i>
268.	peripherally	puh- <b>rif</b> -er-uh-lee	adv.	Done in a way that is not as important or as closely involved as other people or things. <i>I cannot take credit for the design of our house, as I was only <b>peripherally</b> involved.</i>
269.	perlite pearlite	<b>per</b> -leyet	n.	A form of obsidian consisting of glassy globules. <i>Most soil-less plant mixtures contain peat moss, <b>perlite</b> and vermiculite.</i>
270.	permanent	<b>pur</b> -muh-nuhnt	adj.	Intended to last or remain unchanged indefinitely. <i>New York City is home to the <b>permanent</b> headquarters of the United Nations.</i>
271.	perpetual	per- <b>pet</b> -yoo-uhl per- <b>pech</b> -oo-uhl	adj.	Continuing forever. <i>It took the newcomer some time to adjust to the <b>perpetual</b> noise of the city.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

272.	persistent	per- <b>sis</b> -tuhnt per- <b>zis</b> -tuhnt	adj.	Continuing to exist or occur over a prolonged period of time. <i>The picnic was cancelled due to <b><u>persistent</u></b> rain.</i>
273.	personification	per-son-ih-fih- <b>kay</b> -s huhn per-son-uh-fih- <b>kay</b> -s huhn	n.	The attribution of human characteristics to animals or inanimate objects. <i>In the movie 'Beauty and the Beast', we see the <b><u>personification</u></b> of inanimate objects, such as a teapot and candelabra.</i>
274.	pessimistic	pes-uh- <b>mis</b> -tik	adj.	Tending to believe the worst aspect of things. <i>A <b><u>pessimistic</u></b> person will see the glass as half empty.</i>
275.	pesticide	<b>pehs</b> -tih-seyed	n.	A substance used for killing insects and other creatures. <i>The farmer used <b><u>pesticide</u></b> to get rid of weevils that could destroy his crop.</i>
276.	physiotherapy	<b>fi</b> h-zee-oh- <b>thair</b> -uh-pee	n.	Treatment by physical methods such as massage or exercise. <i>Following her injury, the patient had <b><u>physiotherapy</u></b> to regain strength and range of motion in her leg.</i>
277.	piquancy	<b>pee</b> -kuhn-see <b>pee</b> -kahn-see	n.	A pleasantly sharp and appetizing flavour. <i>The cheese monger said that the gorgonzola was known for its <b><u>piquancy</u></b>.</i>
278.	plicate	<b>pleye</b> -kuht <b>pleye</b> -kayt	adj.	In biology or geology, referring to a folded, crumpled or corrugated structure. <i>You could find a <b><u>plicate</u></b> shell on a bivalve, such as a clam or oyster.</i>
279.	pochard	<b>poh</b> -cherd <b>poh</b> -kerd	n.	A Eurasian duck. <i>The male <b><u>pochard</u></b> typically has a reddish-brown head and a black breast.</i>
280.	policymaker	pol- <b>uh</b> -see-may-ker	n.	A person who creates ideas and plans, especially those to be carried out by governments. <i>A prime minister or a president is considered to be a <b><u>policymaker</u></b>.</i>
281.	polypore	<b>pol</b> -ee-pawr	n.	A type of fungus. <i>In a <b><u>polypore</u></b>, spores are expelled through fine pores on the underside.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

282.	porridge	<b>pawr</b> -ij	n.	Cereal, such as oatmeal, boiled in water or milk. <i>Their mother liked to serve <b>porridge</b> on a cold winter morning.</i>
283.	potable	<b>poh</b> -tuh-buhl	adj.	Fit for drinking. <i>Everyone should have access to <b>potable</b> water.</i>
284.	precatory	<b>prek</b> -uh-tawr-ee	adj.	Relating to or expressing a wish or request. <i>After her will was made, the elderly woman made a <b>precatory</b> request that a donation be given to a certain charity, but it was not legally binding.</i>
285.	preeminent pre-eminent	pree- <b>em</b> -ih-nuhnt	adj.	Very distinguished in some way. <i>The lecturer was considered to be the <b>preeminent</b> expert in his field.</i>
286.	premonition	preh-muh- <b>nish</b> -uhn pree-muh- <b>nish</b> -uhn	n.	A strong feeling that something is about to happen, especially something unpleasant. <i>The girl could not get to sleep because she had a <b>premonition</b> that something terrible was going to happen the next day.</i>
287.	presage	<b>pres</b> -ij preh- <b>sayj</b>	v.	To forecast or predict. <i>When he saw the dark clouds, he knew it could <b>presage</b> a storm.</i>
288.	prescind	prih- <b>sind</b>	v.	To leave out of consideration. <i>The prospective employer chose to <b>prescind</b> the man's application for the job because he wasn't qualified.</i>
289.	prevalence	<b>prev</b> -uh-luhns	n.	The condition of being wide-spread. <i>The researchers studied the <b>prevalence</b> of the invasive zebra mussel in various areas of the country.</i>
290.	prioress	<b>preye</b> -uhr-es	n.	A woman who is head of a house of certain orders of nuns. <i>The nun entered religious life when she was young and rose to become a <b>prioress</b>.</i>
291.	procedural	pruh- <b>see</b> -jer-uhl	adj.	Relating to an established or official way of doing something. <i>The town council approved a <b>procedural</b> change to their meetings.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

292.	proclamation	prok-luh- <b>may</b> -shuhn	n.	A public or official announcement dealing with a matter of great importance. <i>During the drought, the government issued a <b><u>proclamation</u></b> restricting the use of water.</i>
293.	professional	pruh- <b>fesh</b> -uh-nuhl	adj.	Engaged in, as a means of livelihood. <i>The young hockey star had dreams of one day becoming a <b><u>professional</u></b> player.</i>
294.	projection	pruh- <b>jek</b> -shuhn	n.	The act of speaking distinctly and forcefully to an audience. <i>The drama teacher taught the students voice <b><u>projection</u></b>.</i>
295.	pronounce	pruh- <b>nowns</b>	v.	To make the sound of a word in the correct way. <i>When competing in the spelling bee, it is important to <b><u>pronounce</u></b> each letter clearly.</i>
296.	proofread	<b>proof</b> -reed	v.	To read written work and mark any errors. <i>The teacher reminded the students to <b><u>proofread</u></b> their essays before handing them in.</i>
297.	propagation	prop-uh- <b>gay</b> -shuhn	n.	The breeding of a plant by natural processes from the parent stock. <i>A gardener can achieve <b><u>propagation</u></b> by taking cuttings from a healthy plant and rooting them to create new plants.</i>
298.	proposition	prop-uh- <b>zish</b> -uhn	n.	A suggested scheme or plan of action, especially in a business context. <i>The head of the company laid out his <b><u>proposition</u></b> for a merger.</i>
299.	protectorate	pruh- <b>tek</b> -ter-iht	n.	A territory that is largely controlled and protected by another. <i>Many countries, such as Morocco and Malta, used to have <b><u>protectorate</u></b> status, but are now independent, self-governing nations.</i>
300.	psaltery	<b>sawl</b> -tuh-ree	n.	An ancient musical instrument. <i>The <b><u>psaltery</u></b> had numerous strings which were plucked with the fingers.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

301.	puissant	<b>pyoo</b> -ih-suhnt pyoo- <b>ih</b> -suhnt <b>pwih</b> -sawnt	adj.	Powerful; influential. <i>The Romans once had a vast and <b>puissant</b> empire.</i>
302.	puritanical	pyur-ih- <b>tan</b> -ih-kuhl	adj.	Very strict in moral or religious matters. <i>His <b>puritanical</b> parents saw any kind of pleasure as something to be avoided.</i>
303.	purported	per- <b>pawr</b> -tihd	adj.	Claimed or alleged. <i>The <b>purported</b> medicine turned out to be nothing more than sugar water.</i>
304.	quadrat	<b>kwod</b> -rut	n.	Each of a number of small areas selected at random to act as samples of assessing the local distribution of plants or animals. <i>A <b>quadrat</b> is often one square metre.</i>
305.	quandary	<b>kwon</b> -duh-ree <b>kwon</b> -dree	n.	Dilemma. <i>When you have a <b>quandary</b>, making a list of pros and cons can help.</i>
306.	Québécois Québécois Quebecois	keh-bek- <b>kwah</b>	n.	Relating to Quebec or the form of French spoken there. <i>The students learned a <b>Quebecois</b> folk song in French class.</i>
307.	quinary	<b>kweye</b> -nuh-ree	adj.	Fifth in order of rank. <i>The student who came fifth in the race, was in the <b>quinary</b> position.</i>
308.	raucous	<b>raw</b> -kuhs	adj.	Rowdy; disorderly. <i>After the home team won the championship, a <b>raucous</b> celebration broke out on the streets of the city.</i>
309.	reallocation	ree-al-uh- <b>kay</b> -shuhn	n.	To assign or distribute something in a new or different manner. <i>As needs changed, there was a <b>reallocation</b> of the council's funds.</i>
310.	recreation	rek-ree- <b>ay</b> -shuhn	n.	An activity done for pleasure. <i>The girl enjoyed horseback riding as a form of <b>recreation</b>.</i>
311.	refrigerate	rih- <b>frij</b> -uh-rayt	v.	To make or keep cold for the purpose of preservation. <i>We were instructed to <b>refrigerate</b> the left-overs to keep them fresh for the next day.</i>
312.	reimagine	ree-ih- <b>maj</b> -in	v.	To think about or consider something in a new and creative way. <i>The makers of the movie were able to <b>reimagine</b> an old fairy tale and make it appeal to today's audiences.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

313.	relegated	rel-ih-gay-tihd	v.	To have been sent or consigned to a lower rank or condition. <i>As he pursued another career, music was <b>relegated</b> to being a hobby.</i>
314.	remembrance [H: Remembrance]	rih-mem-bruhns	n.	A thing that is given or kept as a reminder of something or someone. <i>When I take a trip, I like to buy a souvenir as a <b>remembrance</b> of my vacation.</i>
315.	reptilian	rep-til-ee-uhn rep-til-yuhn	adj.	Characteristic of reptiles. <i>The young man said he was studying herpetology because he loved all things <b>reptilian</b>.</i>
316.	reputation	rep-yuh-tay-shuhn	n.	The opinions that are generally held about someone or something. <i>The 'Group of Seven' had a <b>reputation</b> for developing ground-breaking styles in painting.</i>
317.	requirement	rih-kweyer-muhnt	n.	Something that is necessary. <i>The student worked hard to meet every <b>requirement</b> for admittance to law school.</i>
318.	residential	rez-ih-den-shuhl	adj.	Designed for people to live in. <i>The old, disused factory was converted to <b>residential</b> loft apartments.</i>
319.	resonated	rez-uh-nayt-ihd	v.	Filled with a deep, full, reverberating sound. <i>The chiming of the church bells <b>resonated</b> through the small village.</i>
320.	retention	rih-ten-shunt	n.	The fact of keeping something in one's memory. <i>The 'Jeopardy' contestant appeared to have an amazing <b>retention</b> of facts.</i>
321.	reverie	rev-uh-ree	n.	A state of being pleasantly lost in one's thoughts. <i>I was startled out of my <b>reverie</b> by the sound of my phone ringing.</i>
322.	rhebok reebok [H: Rebok]	ree-bok	n.	A small antelope native to southern Africa. <i>The <b>rhebok</b> has short, dense hair to protect it from cold in the mountains.</i>
323.	rhonchus	rong-kuhs	n.	A wheezing or snoring sound. <i>The patient's <b>rhonchus</b> was likely a result of his cold.</i>
324.	roustabout	rowst-uh-bowt	n.	An unskilled or casual labourer. <i>The carnival owner hired a <b>roustabout</b> or two when he needed extra help.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

325.	routine	roo-teen	n.	Commonplace tasks, duties or chores done regularly or at specified intervals. <i>The worker said the job was the same everyday with no change in the <b>routine</b>.</i>
326.	rufous [H: rufus]	roo-fuhs	adj.	Reddish brown in colour. <i>The birdwatcher used his field guide to identify the bird with <b>rufous</b> wings.</i>
327.	sabbatical [H: Sabbatical]	suh-bat-ih-kuhl	n.	A period of leave from one's job for rest or for training to acquire new skills. <i>The journalist took a <b>sabbatical</b> to write a book.</i>
328.	sanitary	san-ih-tair-ee	adj.	Hygienic and clean. <i>It is important to handle food in a <b>sanitary</b> manner to prevent contamination.</i>
329.	sapient	say-pee-uhnt	adj.	Being capable of reasoning, higher thought, and communication, and having self-awareness. <i>Whales, dolphins, and some primates exhibit cognitive abilities that suggest they may also be <b>sapient</b>, along with humans.</i>
330.	saturate	sach-uh-rayt	v.	To cause something to become thoroughly soaked. <i>The approaching storm threatened to <b>saturate</b> our tent and campsite.</i>
331.	scamper	skam-per	v.	To run, or go hastily or quickly. <i>I enjoy watching the squirrels <b>scamper</b> about my back yard.</i>
332.	scurried	sker-eed skuh-reed	v.	To move in a hurried manner with short, quick steps. <i>When it started to rain, the picnickers <b>scurried</b> for cover.</i>
333.	semipermeable	sem-ee-per-mee-uh -buhl sem-eye-per-mee-u h-buhl	adj.	Referring to a material allowing certain substances to pass through, but not others. <i>For fast healing, doctors use <b>semipermeable</b> dressings, which allow air to reach the skin but keeps dirt out.</i>
334.	semiquaver	sem-ee-kway-ver	n.	A 16 <sup>th</sup> note. <i>In musical notation, a <b>semiquaver</b> is represented by a large dot with a two-hooked stem.</i>
335.	sensational	sen-say-shuhn-uhl	adj.	Extraordinarily good; phenomenal. <i>Many people eagerly watched the <b>sensational</b> basketball game.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

336.	sequel	<b>see</b> -kwuhl	n.	A book or movie that continues the story of an earlier one. <i>The characters in the book were so interesting that I was hoping the author would write a <b>sequel</b> about them.</i>
337.	serialization	seer-ee-uh-leye- <b>zay</b> -shuhn	n.	The process of publishing a story in short installments at regular intervals. <i>Many of Charles Dickens' books were first published as a magazine <b>serialization</b>.</i>
338.	shroud	<b>shrowd</b>	n.	A thing that envelops or obscures something. <i>There was a <b>shroud</b> of mist over the hills, making them seem to disappear.</i>
339.	sifaka	sih- <b>fah</b> -kuh	n.	A type of lemur. <i>The <b>sifaka</b> will leap from tree to tree in an upright position.</i>
340.	significant	sig- <b>nif</b> -ih-kuhnt	adj.	Referring to something which expresses great meaning or is indicative of something. <i>A crown is a <b>significant</b> symbol of royalty.</i>
341.	sinecure	<b>seye</b> -nuh-kyur <b>sin</b> -uh-kyur	n.	A position requiring little or no work but giving the holder status or financial benefit. <i>The government was accused of giving the wealthy donor a <b>sinecure</b> in exchange for a large campaign contribution.</i>
342.	sinuous	<b>sin</b> -yoo-uhs	adj.	Lithe and supple. <i>The gymnast's <b>sinuous</b> grace made the complicated routine look effortless.</i>
343.	smorgasbord	<b>smawr</b> -gus-bord <b>shmawr</b> -gus-bord	n.	A buffet meal of assorted hot and cold dishes. <i>The hotel offered a <b>smorgasbord</b> for breakfast.</i>
344.	solvency	<b>sol</b> -vuhn-see	n.	The possession of more assets than liabilities. <i>Before the company was sold, an audit verified its <b>solvency</b>.</i>
345.	sophism	<b>sof</b> -izm	n.	A type of argument that uses clever but deceptive reasoning to make a point, even if the argument is false. <i>A <b>sophism</b> is often used deliberately to mislead or trick someone into believing something which is not true.</i>



Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

346.	spherical	<b>sfeer</b> -ih-kuhl <b>sfair</b> -ih-kuhl	adj.	Round, like a soccer ball. <i>The Moon is <b>spherical</b>.</i>
347.	squalid	<b>skwol</b> -id <b>skwaw</b> -lid	adj.	Extremely dirty and unpleasant, especially as a result of neglect or poverty. <i>The writer described the <b>squalid</b> slums where the poor were forced to live.</i>
348.	stalwart	<b>stawl</b> -wert	adj.	Loyal, reliable and hard-working. <i>The volunteer was a <b>stalwart</b> supporter of the charitable organization, and did a lot of fund-raising for them.</i>
349.	staminate	<b>stam</b> -ih-nayt <b>stam</b> -ih-niht	adj.	In botany, referring to a flower that has stamens but no carpels. <i>Essentially, a <b>staminate</b> flower is male.</i>
350.	stoppage	<b>stop</b> -ij	n.	The cessation of activity. <i>There was a <b>stoppage</b> in play at the baseball game due to rain.</i>
351.	strenuous	<b>stren</b> -yoo-uhs	adj.	Requiring great effort or exertion. <i>You should warm up before any <b>strenuous</b> exercise.</i>
352.	substance	<b>sub</b> -stuhns	n.	The essence or meaning of a written or spoken thought. <i>The reviewer thought the book was badly written and lacking in <b>substance</b>.</i>
353.	suffocate	<b>suf</b> -uh-kayt	v.	To die or cause to die from lack of air or inability to breathe. <i>It may surprise you to learn that a lion will often <b>suffocate</b> its prey.</i>
354.	summation	suh- <b>may</b> -shuhn	n.	The process of summing something up. <i>The board secretary was tasked with giving a brief <b>summation</b> of the extensive document.</i>
355.	swerve	<b>swurv</b>	v.	To make an abrupt change of direction. <i>The driver had to <b>swerve</b> in order to go around the large pothole.</i>
356.	synthetic	sin- <b>thet</b> -ihk	adj.	Referring to something that is produced artificially. <i>Polyester is a <b>synthetic</b> fabric.</i>
357.	tableaux tableaus [H: tableau]	<b>tab</b> -loh <b>tab</b> -lohz	n.	Models or motionless figures representing scenes from history. <i>The story is told through a series of <b>tableaux</b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

358.	tactile	<b>tak-teyel</b> <b>tak-til</b>	adj.	Referring to something which is perceptible by touch. <i>Apes are very <b>tactile</b> and use touch to communicate with each other.</i>
359.	tamarin	<b>tam-uh-rin</b>	n.	A small south American monkey. <i>The <b>tamarin</b> is brightly coloured, and has tufts of hair around the face and neck.</i>
360.	telemetry	tih- <b>leh</b> -mih-tree	n.	The process or recording and transmitting the readings of an instrument. <i>Scientists might use radio <b>telemetry</b> collars to track an animal's movements in the wild.</i>
361.	terminal	<b>tur</b> -mih-nuhl <b>tur</b> -muh-nuhl	n.	A building for the arrival and departure for air passengers. <i>A big airport, like Toronto's Pearson Airport, may have more than one <b>terminal</b>.</i>
362.	theodolite	thee- <b>od</b> -uh-leyet	n.	A surveying instrument with a rotating telescope that is used for measuring horizontal and vertical angles. <i>The surveyor used a <b>theodolite</b> to get the exact co-ordinates of the land that was for sale.</i>
363.	thesaurus	thih- <b>saw</b> -ruhs	n.	A book that lists words in groups of synonyms and related concepts. <i>The use of a <b>thesaurus</b> can improve your vocabulary.</i>
364.	thoroughbred	<b>thur</b> -oh-bred <b>thur</b> -uh-bred	n.	Pure-bred. <i>Some riders will only buy <b>thoroughbred</b> horses.</i>
365.	tomalley	<b>tom</b> -al-ee	n.	The digestive gland of a lobster. <i>The <b>tomalley</b> turns green when it is cooked, and is sometimes considered to be a delicacy.</i>
366.	traipse	<b>trayps</b>	v.	To walk aimlessly without reaching one's goal. <i>We had to <b>traipse</b> all over town to find all the ingredients called for in the recipe.</i>
367.	transcend	tran- <b>send</b>	v.	To go above and beyond, or to exceed an expectation. <i>The para-athlete was determined to <b>transcend</b> her perceived limitations.</i>
368.	transgress	trans- <b>gres</b> tranz- <b>gres</b>	v.	To violate a rule, law, or moral code. <i>The students were told that there would be consequences if they were to <b>transgress</b> the expected behaviour.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

369.	tropism	<b>troh</b> -piz-uhm	n.	The turning of all or part of an organism in response to an external stimulus. <i>A <b><u>tropism</u></b> is usually named for the stimulus involved, such as phototropism, which is a reaction to light.</i>
370.	truism	<b>troo</b> -iz-uhm	n.	A statement that is so obviously true that it is almost pointless to say it. <i>It is a <b><u>truism</u></b> that you can't win them all.</i>
371.	trustworthy	<b>trust</b> -wur-thee	adj.	Deserving of trust and confidence. <i>The new employee proved to be <b><u>trustworthy</u></b> and reliable.</i>
372.	ultramarathon	ul-truh- <b>ma</b> -ruh-thon ul-truh- <b>ma</b> -ruh-thuh n	n.	A running race that is longer than a 42.2 km marathon. <i>The avid long-distance runner completed an <b><u>ultramarathon</u></b> of 160 km.</i>
373.	unique	yoo- <b>neek</b>	adj.	Unlike anything else. <i>The ring was <b><u>unique</u></b> as it had been designed just for her.</i>
374.	unmitigated	un- <b>mit</b> -ih-gay-tihd	adj.	Absolute. <i>The dinner turned out to be an <b><u>unmitigated</u></b> disaster.</i>
375.	unpalatable	un- <b>pal</b> -uh-tuh-buhl	adj.	Not pleasant to taste. <i>The bitter taste made the food <b><u>unpalatable</u></b>.</i>
376.	unshakable unshakeable	un- <b>shayk</b> -uh-buhl	adj.	Unable to be disputed or questioned. <i>Her alibi was <b><u>unshakable</u></b>.</i>
377.	utopia Utopia	yoo- <b>toh</b> -pee-uh	n.	Any real or imaginary society considered to be near-perfect or ideal. <i>Everyone probably has a different idea of what <b><u>utopia</u></b> would mean to them.</i>
378.	vanguard	<b>van</b> -gahrd	n.	A group of people leading the way in new developments or ideas. <i>Bill Gates and Steve Jobs were part of the <b><u>vanguard</u></b> developing computer technology.</i>
379.	vaporize vaporise	<b>vay</b> -puh-reyez	v.	To turn something into a vapor, or gas. <i>When water boils, it will <b><u>vaporize</u></b> and become steam.</i>
380.	varve	<b>vahrv</b>	n.	A pair of thin bands of alternating dark and light sediment deposited annually in glacial lakes. <i>The layers of <b><u>varve</u></b> can give scientists clues about past climate conditions, among other things.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

381.	velocity	vih- <b>los</b> -ih-tee vuh- <b>los</b> -ih-tee	n.	The speed of motion. <i>The meteorologist warned of an approaching storm with heavy rain and high wind <b>velocity</b>.</i>
382.	veracious [H: voracious]	vuh- <b>ray</b> -shuhs	adj.	Habitually truthful or honest. <i>The story was taken to be accurate as this journalist is known to be <b>veracious</b>.</i>
383.	verrucose [H: varicose]	<b>vair</b> -uh-kohs vuh- <b>roo</b> -kohs	adj.	Referring to something covered with wart-like protuberances. <i>We were fascinated by the <b>verrucose</b> surface of the fungus.</i>
384.	viator	veye- <b>ay</b> -tawr veye- <b>ay</b> -ter	n.	A traveler. <i>On my year-long trip around the world, I thought of myself as a <b>viator</b>.</i>
385.	vindicated	<b>vin</b> -dih-kay-tihd	v.	Cleared of blame or suspicion <i>The defendant was completely <b>vindicated</b> after another suspect confessed to the crime.</i>
386.	vitality	veye- <b>tal</b> -ih-tee	n.	Exuberant physical strength or mental vigour. <i>The athlete found that eating a wholesome diet gave her more <b>vitality</b>.</i>
387.	volitive	<b>vol</b> -ih-tiv	adj.	Expressing a wish or desire. <i>The teacher explained that a <b>volitive</b> interjection is used to give a command or make a request.</i>
388.	vulcanize	<b>vul</b> -kuh-neyez	v.	To treat rubber with sulfur and heat to give it greater strength and durability. <i>Charles Goodyear invented the process used to <b>vulcanize</b> rubber.</i>
389.	wale [H: whale, wail]	<b>wayl</b>	n.	A ridge or raised band in fabric, especially in corduroy. <i>The grandmother said that corduroy jeans with a wide <b>wale</b> were popular when she was young.</i>
390.	wanton	<b>won</b> -tuhn	adj.	Referring to actions which are maliciously and unnecessarily cruel or destructive. <i>During the protest, there was widespread <b>wanton</b> destruction.</i>
391.	wearisome	<b>weer</b> -ee-sum	adj.	Referring to something which is tiresome or tedious. <i>In spite of the good reviews, I found the book to be <b>wearisome</b>.</i>

Spelling Bee of Canada  
Official Manual List 2026 – Junior Category

392.	whimper	<b>wim</b> -per <b>hwim</b> -per	n.	A low, feeble whine or sob. <i>The dog gave a soft <b>whimper</b> of fear.</i>
393.	whimsical	<b>wim</b> -zih-kuhl <b>hwim</b> -zih-kuhl	adj.	Playfully quaint or fanciful, especially in an amusing way. <i>The children enjoyed the <b>whimsical</b> movie.</i>
394.	winnow	<b>win</b> -oh	v.	To remove chaff from grain by means of wind or current of air. <i>It is necessary to <b>winnow</b> grain before it is ground.</i>
395.	witheringly	<b>with</b> -er-ing-lee	adv.	Done in a way that is intended to criticize someone or make them feel ashamed. <i>After the game, the coach gave a <b>witheringly</b> blunt assessment of the game.</i>
396.	wound	<b>woond</b> <b>wownd</b>	n.	A break in the skin or an organ. <i>The <b>wound</b> to my hand was small and did not require stitches.</i>
397.	wrest [H: rest]	<b>rest</b>	v.	To forcibly pull something from a person's grasp. <i>The wind was so strong that as I opened my car door, it tried to <b>wrest</b> it from my hands.</i>
398.	xeric	<b>zeer</b> -ihk	adj.	Referring to a dry environment. <i>The Sahara Desert is <b>xeric</b>.</i>
399.	yeoman	<b>yoh</b> -muhn	n.	Historically, a peasant who owned and cultivated a small plot of land. <i>A <b>yeoman</b> typically ranked between the gentry and labourers.</i>
400.	youthfulness	<b>yooth</b> -fuhl-nuhs	n.	The quality of being similar to or typical of young people. <i>In spite of her age, her face retained its <b>youthfulness</b>.</i>