

Spelling Bee of Canada
Official Manual List 2026 – Junior Category

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

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

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

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

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

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

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64.	clinician	klih- nish -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 <u>clinician</u>.</i>
65.	cognac	kohn -yak kon-yak	n.	A high-quality brandy. <i>To be considered authentic, <u>cognac</u> must be distilled in a region in western France.</i>
66.	collided	kuh- leye -dihd	v.	To have hit with force; to have crashed. <i>The two cars <u>collided</u> on the icy road.</i>
67.	colloquial	kuh- loh -kwee-uhl	adj.	Referring to language used in ordinary or familiar conversation. <i>The book was written in an easy to read, <u>colloquial</u> style.</i>
68.	commensurate	kuh- men -ser-iht kuh- men -sher-iht	adj.	In proportion. <i>The starting wage will be <u>commensurate</u> with skill and experience.</i>
69.	commonality	kom-uh- nal -ih-tee	n.	The pool of common values, interest and identity between people. <i>Their love of music is the <u>commonality</u> that drew the band members together.</i>
70.	community	kuh- myoo -nih-tee	n.	The people living in one locality. <i>The family moved to a small <u>community</u> that was not much more than a few houses and a convenience store.</i>
71.	commutative	kuh- myoo -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 <u>commutative</u> because 3 plus 2 is the same as 2 plus 3.</i>
72.	compatible	kum- pat -ih-buhl	adj.	Well-suited. <i>The university roommates quickly realized they were <u>compatible</u>.</i>
73.	compelling	kuhm- pel -ing	adj.	Evoking interest or admiration. <i>The art students found the works of the Group of Seven to be <u>compelling</u>.</i>

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74.	comprehend	kom-prih- hend	v.	To understand. <i>The sequel was difficult to comprehend if you had not watched the first movie.</i>
75.	compromise	kom-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 compromise.</i>
76.	concision	kun- sizh -uhn	n.	The quality of expressing a great deal in a short space. <i>The poet was a master of concision, using few words to convey great emotion.</i>
77.	concussion	kuhn- kuhsh -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 concussion.</i>
78.	confederation [H: Confederation]	kuhn-fed-uh- ray -shuh		An organization which consists of a number of parties or groups united in an alliance or league. <i>Canada became a confederation in 1867.</i>
79.	consequently	kon -sih-kwent-lee kon -sih-kwuhnt-lee	adv.	As a result of. <i>The athlete was caught cheating, and consequently, he lost his medal.</i>
80.	constituency	kuhn- stich -oo-uhn-see	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 constituency.</i>
81.	contaminants	kuhn- tam -uh-nuhnts	n.	Substances, often chemicals, that pollute or spoil something, making it unsuitable or harmful. <i>After contaminants were leaked into the ground, the water in the area was deemed unsafe to drink.</i>
82.	contraction	kuhn- trak -shuhn	n.	A shortened form of a word with the omitted letters often replaced by an apostrophe. <i>A common contraction is using “I’m” in place of “I am”.</i>
83.	copyright	kop -ee-reyet	n.	Licence or legal protection for published material. <i>Making an unauthorized copy will be an infringement of copyright.</i>

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

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

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

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

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

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

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

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

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

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

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194.	inference	in-fer-uhns in-fruhns	n.	A conclusion reached on the basis of deduction and speculation. <i>The jury was warned not to base their decision on inference.</i>
195.	infringement	in-frinj-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 infringement.</i>
196.	inheritance	in-heh-rih-tuhns	n.	A bequest or endowment. <i>Upon her aunt's death, she received a small inheritance.</i>
197.	installation	in-stuh-lay-shuhn	n.	The action of fitting or putting in. <i>The installation of air conditioning helped us endure the summer heat.</i>
198.	insulation	in-suh-lay-shuhn in-syuh-lay-shuhn	n.	Material used to prevent heat loss. <i>My parents had extra insulation installed in the attic in an effort to conserve energy.</i>
199.	intergalactic	in-ter-guh-lak-tihk	adj.	Relating to or situated between two or more galaxies. <i>The sci-fi movie centered around an intergalactic war.</i>
200.	interglacial	in-ter-glay-shuhl in-ter-glay-see-uhl	adj.	Relating to a period of milder climate between two glacial periods. <i>We are currently in an interglacial period, which started about 10,000 years ago, at the end of the last ice age.</i>
201.	interrogation	in-tair-uh-gay-shuhn	n.	The act of questioning someone. <i>The police interrogation of the suspect went on for some time.</i>
202.	intimation	in-tuh-may-shuhn	n.	An indication or hint. <i>The employee gave no intimation that she was leaving.</i>
203.	irenic eirenic	eye-ren-ihk eye-ree-nihk	adj.	Tending to promote peace or reconciliation. <i>The inter-denominational service was planned to be irenic.</i>
204.	irresolute	ih-rez-uh-loot	adj.	Indecisive. <i>Until election day, she was irresolute about how to vote.</i>
205.	jewelweed	joo-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 jewelweed.</i>

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

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

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

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

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

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263.	paternalistic	puh-tur-nuhl- is -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 paternalistic.</i>
264.	pemmican	pem -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 pemmican.</i>
265.	penitentiary	pen-ih- ten -shuh-ree	n.	A prison for people convicted of serious crimes. <i>As well as incarceration, the penitentiary is responsible for the rehabilitation of prisoners.</i>
266.	penury	pen -yuh-ree	n.	Extreme poverty. <i>Living in penury drove some of the characters in Charles Dickens' novels to turn to thievery.</i>
267.	perception	per- sep -shuhn	n.	Awareness of something through the senses. <i>Feeling threatened heightened his perception of his surroundings.</i>
268.	peripherally	puh- rif -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 peripherally involved.</i>
269.	perlite pearlite	per -leyet	n.	A form of obsidian consisting of glassy globules. <i>Most soil-less plant mixtures contain peat moss, perlite and vermiculite.</i>
270.	permanent	pur -muh-nuhnt	adj.	Intended to last or remain unchanged indefinitely. <i>New York City is home to the permanent headquarters of the United Nations.</i>
271.	perpetual	per- pet -yoo-uhl per- pech -oo-uhl	adj.	Continuing forever. <i>It took the newcomer some time to adjust to the perpetual noise of the city.</i>

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

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

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

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

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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 relegated 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 remembrance 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 reptilian.</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 reputation 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 requirement 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 residential loft apartments.</i>
319.	resonated	rez-uh-nayt-ihd	v.	Filled with a deep, full, reverberating sound. <i>The chiming of the church bells resonated 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 retention 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 reverie by the sound of my phone ringing.</i>
322.	rhebok reebok [H: Reebok]	ree-bok	n.	A small antelope native to southern Africa. <i>The rhebok has short, dense hair to protect it from cold in the mountains.</i>
323.	ronchus	rong-kuhs	n.	A wheezing or snoring sound. <i>The patient's ronchus 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 roustabout or two when he needed extra help.</i>

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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 routine.</i>
326.	rufous [H: rufus]	roo-fuhs	adj.	Reddish brown in colour. <i>The birdwatcher used his field guide to identify the bird with rufous 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 sabbatical to write a book.</i>
328.	sanitary	san-ih-tair-ee	adj.	Hygienic and clean. <i>It is important to handle food in a sanitary 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 sapient, along with humans.</i>
330.	saturate	sach-uh-rayt	v.	To cause something to become thoroughly soaked. <i>The approaching storm threatened to saturate our tent and campsite.</i>
331.	scamper	skam-per	v.	To run, or go hastily or quickly. <i>I enjoy watching the squirrels scamper 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 scurried 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 semipermeable dressings, which allow air to reach the skin but keeps dirt out.</i>
334.	semiquaver	sem-ee-kway-ver	n.	A 16 th note. <i>In musical notation, a semiquaver 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 sensational basketball game.</i>

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336.	sequel	see-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 sequel about them.</i>
337.	serialization	seer-ee-uh-leye- zay- 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 serialization.</i>
338.	shroud	shrowd	n.	A thing that envelops or obscures something. <i>There was a shroud of mist over the hills, making them seem to disappear.</i>
339.	sifaka	sih- fah -kuh	n.	A type of lemur. <i>The sifaka will leap from tree to tree in an upright position.</i>
340.	significant	sig- nif -ih-kuhnt	adj.	Referring to something which expresses great meaning or is indicative of something. <i>A crown is a significant symbol of royalty.</i>
341.	sinecure	seye -nuh-kyur sin -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 sinecure in exchange for a large campaign contribution.</i>
342.	sinuous	sin -yoo-uhs	adj.	Lithe and supple. <i>The gymnast's sinuous grace made the complicated routine look effortless.</i>
343.	smorgasbord	smawr -gus-bord shmawr -gus-bord	n.	A buffet meal of assorted hot and cold dishes. <i>The hotel offered a smorgasbord for breakfast.</i>
344.	solvency	sol -vuhn-see	n.	The possession of more assets than liabilities. <i>Before the company was sold, an audit verified its solvency.</i>
345.	sophism	sof -izm	n.	A type of argument that uses clever but deceptive reasoning to make a point, even if the argument is false. <i>A sophism is often used deliberately to mislead or trick someone into believing something which is not true.</i>

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

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

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

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

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