

# Student Learning Bulletin

December 2015

## News in Brief

- India's Cochin Airport in Kerala became the first in the world to be powered entirely by solar energy. It has built 46,000 solar panels.
- The biggest diamond to be found in over a century was mined in Botswana. It is a 1,111 carat stone worth around £40m.
- The UK government fund said it was creating a £1bn fund to help eradicate malaria.
- It was announced that a group of Tasmanian Devils are being reintroduced to their natural habitat in Tasmania.

### QUOTE OF THE MONTH

Never wait for the proper mood to start a thing, nor until the spirit moves you. Make your own mood, make your own spirit.

### Next Month:

- Sunlight and vitamins
- Revision techniques
  - Teeth
- Website of the month



## SLEEP

Recent studies have shown a link between not getting enough sleep and the ability to pay attention. It is important therefore to get a good night's sleep if you want to learn effectively.

There are many tips for getting a 'good night's sleep', one of these is *Do not go to bed hungry, but do not eat a BIG meal before going to bed.*

Therefore a biscuit and a small drink (NOT anything containing caffeine like tea, coffee or chocolate!) will help you to nod off better.

### DID YOU KNOW ?

At any time there are some 44,000 storms on Earth.

Lightning strikes the earth 100 times every second.

There are on average 35 earthquakes per day.

## BRAINBOX

The names of five animals are hidden in the sentence below. Can you find them? (The letters are in consecutive order.)

He is rich or seems to be, since he buys from expensive catalogues and ogles million-dollar homes for sale.

answer  
next  
month

## CAREER ABC

### BUTLER

A career as a butler offers variety, challenge, and the opportunity to use many skills. Butlers are respected as the head of the household staff. As a butler at a family estate, you would be responsible for ensuring everything runs smoothly.

A butler can find opportunities of work in hotels, resorts, bed & breakfast places and many other forms of restaurants and hotels. The butler is actually the chief of the household, they can be a personal assistant to their employer and some butlers are even trained in book keeping.

A butler performs many tasks with efficiency and correctness.

To become a butler it is best to do a course from a professional institute.



### MATHEMAGICIAN



A cat is at the bottom of a 20 metre well.

Each day, he climbs up 5 metres and each night, he slides down 4 metres.

How many days will it take him to reach the top of the well?



### Website of the month:

<http://www.lego.com>

The Lego website has a really fun 'Play Zone'. Click the 'Play' tab on the main page and you see several different areas you can go to.

There is a Game Finder list with lots of games to play including Crab Attack, Lava Showdown, Castle Battle, Indiana Jones Adventure, Lego City and many more.

There is also a 'Comics & Animation' section where you can click through to an animated comic story.

The 'Downloads' section has Screensavers, Wallpapers and Activities to download.

A fun site, worth a visit, especially if you like Lego!



## Stress

Stress affects memory.

If you are trying to learn successfully you need to be good at dealing with, and reducing stress.

One way to do this is to plan your time effectively.

Make a timed plan for your day of what you are going to do. At the end of the day write what you actually did next to what you had planned. Use this to analyse whether you are putting too much stress on yourself by trying to do too much and not achieving it, or not getting things done that are important and causing yourself stress because of this. Make some changes, check again using the same method next week

