

# Student Learning Bulletin

January 2016

## New Year Facts:

- Items of food that are 'ring' shaped are supposed to bring good luck as they symbolise coming a 'full circle'.
- Auld Land Syne is sung at midnight, it was composed by Robert Burns.
- In Spain the tradition is to eat 12 grapes at midnight to secure 12 happy months in the coming year.
- The Dutch burn bonfires of Christmas trees to welcome the new year.
- In the USA a ball is dropped in Times Square, it has a 1 minute descent and lands at midnight.

### QUOTE OF THE MONTH

The quieter you become, the more you can hear.

### Next Month:

- Memory & Stress
- School in India
- Environment matters



## Revision Tips

Work through past question papers - and use a watch to time them so that you can practise timing your answers.

Make sure the papers are exactly like the ones you will be sitting so that you can get used to the way that the answers will be asked, and can read through and get to know all the guidance and instructions.

That way there will be no shocks or surprises on the day! The exam board websites will have example exam papers you can download or print off. Remember to use the mark scheme to check your answers, learning from your mistakes is very effective!

### My Word!

#### **Carfax**

No, nothing to do with a fax or a car, it means the main crossroads in the centre of town. I'll meet you at the carfax!

Most people do not like going to the dentist, so looking after our teeth makes a lot of sense.



**TIP 2:** use your toothbrush to clean your tongue too! Bacteria on your tongue can cause bad breath, and transfer to your teeth more easily.

### BRAIN QUIZ

A man rode into town on Friday, stayed for three days and three nights and then rode out, again on Friday. How could this be possible ?

## **CAREER ABC**

### **CARTOGRAPHER**

Cartographers produce maps.

They use photography techniques and computers to produce their maps.

They are trained in surveying techniques and 'photogrammetry', which is the science of accurately plotting maps & plans from photographs taken with calibrated cameras, usually from the air.

They produce topographical maps, maritime charts, aeronautical charts, climate maps, road and street maps, tourist maps, geological maps and town and city plans.

They have to know about production techniques like scribing, colour separation and printing.

To be a cartographer you should be good at drawing with good spatial perception and be able to work in detail. An interest in geography is also recommended.

### **Website of the month:**

<http://www.dailyuppy.com/>



Like puppies? You'll love this website!

Each day you will find a new adorable puppy picture!

There are also sections to help you if you own a puppy on topics such as training and feeding.

There is an archive of puppy pictures, and sections on most of the common dog breeds.

Puppy heaven!

**MATHEMAGICIAN:** Gary began peeling a pile of 44 potatoes at the rate of 3 per minute. Four minutes later, Christen joined him, and peeled at the rate of 5 potatoes per minute. When they were finished, how many potatoes had each peeled?

## **SUNLIGHT and VITAMINS**



Vitamin D prevents osteoporosis, depression, prostate cancer, breast cancer, and even effects diabetes and obesity and its FREE! Your body makes vitamin D when sunlight (this does not mean direct sunshine) touches your skin. Here are some important things you need to know:

Vitamin D prevents osteoporosis

- The ultraviolet radiation needed cannot penetrate glass, so you don't generate vitamin D when in a car or at home, sunlight exposure is the only reliable way to generate vitamin D so you need to get out of doors regularly (**refer to Bulletin 20 for safe exposure in direct sunlight**)
- *The further you live from the equator, the longer exposure you need to sunlight in order to generate vitamin D, the UK is far from the equator.*
- People with dark skin pigmentation may need 20 - 30 times as much exposure to sunlight as fair-skinned people to generate the same amount of vitamin D.
- *Enough vitamin D is crucial for calcium absorption in your intestines. Without it your body cannot absorb calcium, rendering calcium supplements useless.*
- Sunscreens block your body's ability to generate vitamin D by 95%, so exposure to normal levels of sunlight (**as in cloudy days**) as often as possible outside is important.
- *It is impossible to generate too much vitamin D in your body: your body will self-regulate.*

**LAST MONTH'S ANSWERS-** BRAINBOX: Horse, Pens (female swans), Cat, Dog, Lion.

MATHEMAGICIAN: 16 days (on the 16th day he does not slip back)