

# Family Learning Bulletin

June 2011

## News Last Month:

- A paralysed man was enabled to walk again by doctors in the USA .
- The Queen made an historic visit to Ireland.
- Osama Bin Laden was killed by American troops.
- Tickets for the 2012 Olympics were announced.
- Blackpool Sea Life Centre discovered a shark had been living undetected in its ocean tank for years.
- Azerbaijan, a country south of Russia, won the Eurovision Song Contest.

### QUOTE OF THE MONTH

Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

*Martin Luther*

### Next Month:

- Listening skills
- Revision Tips
- Mathematician
- Did You Know

## SELF CALMING TECHNIQUES



### Take a Breath

If you are in a stressful situation and are not in a position to leave, you can feel better right away by practising breathing exercises.

Getting more oxygen into your body and releasing physical tension are two ways that breathing exercises can benefit you, and you can do them anytime or anywhere, even if your demanding situation isn't going away.

Deep breathing not only allows you to focus on something other than the confrontation, but also provides you with extra oxygen to counteract the adrenalin rush associated with confrontation.

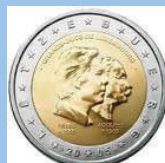
*Try breathing in for two seconds through your nose and then three seconds out through your mouth.*

Practise how you can do this when you are not in a difficult situation, then if the occasion arises you will know how to do it in a discrete way.

## BRAINBOX

If you put a coin in a bottle and then seal the opening with a cork, how can you get the coin out of the bottle

without pulling out the cork or breaking the bottle?



answer  
next  
month

## CAREER ABC

### Civil Engineer



Civil engineers design things like roads, buildings, airports, tunnels, dams, bridges, or water supply and

sewage systems. They must consider many factors in their designs, from the costs to making sure the structure will stay intact during bad weather.

Many manage people and projects and may oversee a construction site.

Others may work in design, construction, research, and teaching.

Civil engineers usually work in areas where there is lots of manufacturing and businesses and may be required to travel.

A degree in engineering is needed for almost all beginning engineering jobs. Engineers should be creative, curious, analytical, and detail-oriented. They should be able to work as part of a team. People skills are important because engineers often work with many different people in a wide range of fields.

### Website of the month

[www.what2learn.com/](http://www.what2learn.com/)

They say: "award-winning games-based learning with What2Learn. The fun, **FREE** and effective way to learn. Play some of our 60,000 revision games, tests and quizzes or make your own."

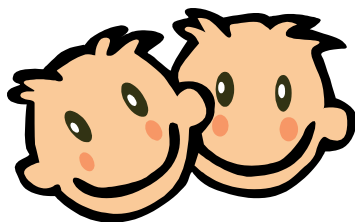
You can design and develop an online character, compete in a league against your friends and make your own revision games to share. There are thousands of revision games and all you have to do is register for free. We tried the quick games and played Sudoku soccer with the team of our choice against the clock....great fun! Energy sources allowed us to type a whole paragraph in answer to the question and then marked it immediately giving feedback.

**MATHEMAGICIAN :** What is the four-digit number described by the following statements.

*The first digit is one-third of the third digit.*

*The fourth digit is two times the second digit.*

*The first digit and the third digit add up to twice the sum of the second digit and fourth digit.*



Did  
You  
Know?

A twillionaire is a twitterer with a million or more followers. There are some 1 billion computers in use. There are some 2 billion TV sets in use. There are more than 4 billion mobile phones in use. About 3 million mobile phones are sold every day.

### HOW TO .... Look after a Goldfish

- Feed your fish in moderation at least once a day
- Change the water at least once a week
- Clean the sides and contents of the tank often as well, to prevent algae growth.

