

Family Learning Bulletin

November 2011

News Last Month:

- Libya's Transitional Government declared that the country was liberated.
- New Zealand won the Rugby World Cup.
- Tributes came from around the world for Steve Jobs the founder of Apple, and the new iPhone4S was released.
- The population of the world reached 7 billion.
- Researchers announced that a new vaccine for Malaria appears to cut the risk by half.
- The oldest known painting kits, used 100,000 years ago in the stone age, were found in a cave in South Africa.

QUOTE OF THE MONTH

The rules of Happiness:
 Something to do, someone
 to love, something to hope
 for.
 Immanuel Kant (1724-1804)

Next Month:

- More concentration
 - How to....
- Environment Matters

PROCRASTINATION



Procrastination, now there's a great word for something that is rather a negative trait!

R. D. Clyde said, "It's amazing how long it takes to complete something we're not working on." Sometimes it feels like the one thing you **HAVE** to do, is the one thing you don't want to do.

Next time you're about to put off a task ask yourself, **"Do I have to do this? Do I want it done so it's not on my mind? Will it be any easier later?"** Those three questions can give you the incentive to mentally apply yourself because they bring you face to face with the fact this task isn't going away, and delaying will only add to your guilt and make this onerous task occupy more of your mind and time.

QUIZZLEPUZZLE: Steve, a party magician, is carrying three pieces of gold each piece weighing 1kg.

On the way to a party he comes to a bridge which can only hold 80kg kilograms. Steve weighs 78kg and the gold weighs 3kg. He reads the sign and still safely crossed the bridge with all the gold.

How did he manage this?



GOOGLE CHALLENGE

What is the most visited object in the British Museum and why is it important?

Makes You Think.....

*How old would you be if you didn't know your age?
 Which is worse, failing or never trying?*

CAREER ABC

CHARITY FUNDRAISER



Fundraisers are responsible for raising money for charities, churches, hospitals, political parties and voluntary or non-profit

-making organisations by supporting and increasing donations from individuals and businesses. Promotional prospects are good for committed individuals, who can gain a great deal of job satisfaction through their career success. Strong competition for initial opportunities normally makes relevant skills and work experience more important than academic qualifications. Local charities and volunteer bureaux can often provide work experience placements.

Key skills needed include:

Sales and negotiation abilities, communication skills, IT skills good organisation, administrative skills, resourcefulness, creative thinking, effective problem solving.

There are a lot of part-time positions, so if you are interested in flexible or family-friendly working this field could provide excellent opportunities.

Website of the month

<http://play.binweevils.com>



Easy to join and free, this is a whole world of bin weevils! You name your weevil and start to train it. There is a garden to grow and a house to furnish.

As you level up you get new moves and items to put

wherever you choose in your house.

You have to earn this by

completing the daily

puzzle and other challenges.

There are information pages to

help you and to show your

Parents. Educational and fun at

the same time!



YOU ARE WHAT YOU EAT

Vitamin A is sometimes called 'retinol', because it is used in our bodies to form the pigments in the retina of our eyes.



If you don't get enough vitamin A, you are more likely to get infectious diseases and vision problems.

Carotenoids are found in plants and can turn into a form of vitamin A. The more intense the colour of a fruit or vegetable, the higher the carotene content. Food sources of carotenoids may reduce the risk for cancer. Foods with a lot of carotenoids are bright yellow and orange fruits and vegetables such as carrots, apricots, pumpkin, and sweet potatoes. Also dark green vegetables like broccoli and spinach.

My Word!



Fyerk

Means to flick something away using your finger and thumb.

Very useful for removing crumbs from a table, just fyerk them away!