

Student Learning Bulletin

January 2009

News Last Month:

- England's pupils were in the top 10 for science and maths in a global league table of achievement.

England's pupils were ahead of countries such as Germany and those of Scandinavia, the USA and Australia..

- The track cyclist Chris Hoy was voted BBC Sports Personality of the year against stiff opposition.
- Conservationists found a host of new species after discovering uncharted new territory on the internet map Google Earth.

QUOTE OF THE MONTH

You will never leave where you are, until you decide where you'd rather be.
Dexter Yager.

Next Month:

- You are what you eat
- Anger management
 - My word



Memory



Your memory is the most important mental skill you have because it affects all the others.

Luckily it is the easiest to train!

If you think you have a bad memory, don't worry! You can do something about it.

Memory doesn't work like a muscle so you can't really exercise it in the same way.

To improve it you need to work on how you think by changing and reorganising things in your brain.

So here's way NUMBER 1:

USE WORDS

Seems obvious-but what is important is to use unusual words or rhymes in other words use **Mnemonics**.

For example,

"Richard Of York Gave Battle In Vain" to remember the first letters of the colours of the rainbow.

The more unusual the phrase, the better it helps you remember.

Rude rhymes are easy to remember - just don't say them out loud !

So practice using **Mnemonics** this month to remember something new.

The sillier the rhyme the better!

Here's a good one :

Many **V**egetarian Elephants **M**unch **J**am Sandwiches
Under News Papers
Can you spot what it is for?

CAREER ABC

ACTOR

Actors entertain people in theatre, film, radio and TV also for education to give important information. Actors read, analyse and interpret scripts thoroughly before they learn their parts. It is an advantage to also be able to dance, sing or play an instrument. A lot of actors' time is taken up by rehearsals under the guidance of directors who have knowledge and experience of acting, design and stage management. Movements, speech skills and many other acting techniques, are practised and repeated.

Being an actor is not easy. It is a lot of hard work and needs vocal, physical and mental strength. Intelligence, sensitivity, keen perception, good memory and a sense of self-discipline are needed, also self-confidence, and the ability to deal maturely with criticism. You must have good health because actors cannot afford to become ill during rehearsals or performance times.

Website of the month:

<http://www.eastoftheweb.com/games/index.html>

If you like word games you'll have some fun here!

There's -

Cryptoquote : Test your code cracking abilities by uncovering the mystery quotation.

Popword : Find and 'pop' as many words as you can in the letter grid before your time runs out.

Codeword : Test your powers of deduction by uncovering the secret word.

Storyman : Race against time to uncover hidden words and titles.

Wordsearch : Find words hidden in a grid of letters. Generates wordsearches to your specifications.

Eightletters : Race against other players to create words from groups of eight letters.

Definetime : Pit your word knowledge against the clock in this game of definitions and deception.

School in Cuba: if you were at school in Cuba you would have started at 6 and have to stay until you are 16. You would have to wear a uniform coloured to show which year you were in and lessons would be to show you 'hard work, self-discipline and love of country'. From Year 7 you would have to spend 30 days per year working on the land-without pay! You would start the school day singing anthems about the revolution.

Brain Gym

Get your brain working
better!

Open your hand with as wide a space as possible between your thumb and first finger. Put these 2 fingers into slight dips below your collar bone at the top of your chest. Press lightly up and down and at the same time put your other hand above your navel. Gently press with both hands for about 2 minutes. This stimulates blood flow which benefits your brain.

Brainquiz:

TOMATOES-£1:50lb CUCUMBER 30p
each

PEPPERS 40p each.

Brendan and Sophie got 20 p change from their £5.00 note when they bought some fresh tomatoes, green peppers, and cucumbers at a supermarket.

They bought 4 tomatoes, which weighed 2 lbs altogether.

They bought 1 more tomato than green peppers.

How many cucumbers did they buy?

