

# Student Learning Bulletin

February 2009

## News Last Month:

- 65.3 % of pupils gained five A\* to C grades in all subjects at the end of secondary school. This was a 4.8 % point rise compared to 2007.
- Many British athletes were listed on the new year honours list gaining MBE's, CBE's and knighthoods. Author Terry Pratchett was also knighted.
- The 200th anniversary of Charles Darwin's birth was celebrated with many different events.
- A UK film and actress were both nominated for Oscars.

### QUOTE OF THE MONTH

"There is no such thing in anyone's life as an unimportant day."

Alexander Woollcott

### Next Month:

- How your brain learns
- Environment matters
- School in China

## ANGER MANAGEMENT

There is nothing wrong with being angry, but letting it get out of control or ruin your life is not a good thing and can cause you lots of problems.



Your body makes chemicals when you are angry, and also releases energy. These physical effects as well as the emotional ones are what makes being angry difficult to control.

**If you are not careful some of these feelings can become addictive, and cause you to become the sort of person not many people want to know!**

Breaking this habit depends on you, but things like sports, relaxation, running, going somewhere private, all help.

Try to think through what kinds of things make you angry, and how you could react better. If you were giving your friend some advice about how to avoid getting angry, what would you say to them?



Sometimes the person you have got angry with is NOT really the cause of your anger, you are just holding in some anger caused by something else and taking it out on someone. Is there something you can do about the root cause of your anger? If not, just being aware of it you can help, try to put it into an imaginary box so that it cannot spoil other aspects of your life, and deal with it gradually.

Every time you manage to keep a cool head and control your anger it's a positive step, and you break the habit of allowing your anger to control you. Try keeping a points score every time you are successful, when you reach 10 or 20 give yourself a treat!



**QuiZZLe PuZZLe:** Find the hidden country    ? ? ?                    ? ? ?

As defendants, we deny all involvement in the unscrupulous dealings which have come to light in the recent government investigation.

**LAST WORD:** what goes around the World but stays in a corner? (ANSWER NEXT MONTH)

## CAREER ABC

### Actuary

Actuaries usually work for insurance companies, in an office.

They make decisions about 'risk', deciding how likely it is for things like accidents or death to happen and how much these will cost.

They help to design insurance policies and pension plans.

They may travel out to their clients, and can also give evidence in courts. Actuaries need to be good at maths and business.

They often have a degree in maths or statistics.

Some have a degree in economics, finance, or accounting.

It is also important to be able to communicate well and have good computer skills.

They can work a 40 hour week, and in 2006, 50% of all actuaries in the USA earned \$58,000 to \$114,000 .

### My Word!

#### Absquatulate

*To leave quickly or in a hurry.*

So next time the bell rings for the end of a lesson make sure you don't absquatulate and leave something behind!

### Website of the month: <http://www.nhm.ac.uk/kids-only/>

The 'Kids only' section of the Natural History Museum website has a LOT of fun things to do.

The 'Fun'n'games' section has games, quizzes and downloads like:

Dinosaur Defender— defend your babies with your tail from Raptors.

What Dinosaur are You?—Quiz where you answer questions to find out

Gone Fishing—use your claw to swipe enough fish to stay alive

Mission: Explore—travel to an island to collect specimens for the museum

Nit Fit— race your louse through a head of hair!

Hair detective—investigate who stole a rock band's hair products

Build a Volcano—make a volcano and watch it erupt

Wallpapers & screensavers—to download for your computer.

## YOU ARE WHAT YOU EAT

Every second about 10 million cells die and are replaced in your body!

To replace these cells your body needs proteins and the ONLY way it can get them is from the food you eat.

It is no good eating protein every so often because your body cannot store it, so you HAVE to give it a supply every day. That way your body works properly and your brain can learn more efficiently.

### Where from?

Well here is a list to help you, make sure you are eating some every day!



**Meat, Fish, Beans,  
Nuts & seeds,  
Eggs, Cheese, Milk**