

# Family Learning Bulletin

July 2009

## News Last Month:

- GCSE and A level exams began in schools.
- A scientific study confirmed that a night of high quality sleep enables students to gain better exam results.
- Researchers in California found that a hummingbird is the fastest animal in the world. Its courtship dive was recorded at 58mph.
- Astronomers believe they have found the first planet outside our galaxy. In the Andromeda galaxy and six times the size of Jupiter.

### QUOTE OF THE MONTH

Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.  
ANNE FRANK

### Next Month:

- Revision Tips
- Website of the Month
- School in Japan



## LISTENING SKILLS

Listening is an active process, in other words it is something you have to make an effort with if you want to do it well.

There are three steps to being a good listener:

### Hearing Understanding Judging

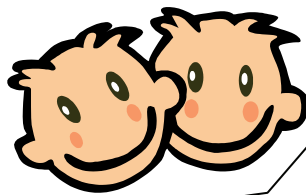
If you can improve how often you do all three of these, then your overall listening skills will get better.

Hearing for example, means that if asked you can repeat what has just been said, however, this alone does not mean that you are listening well!

Whilst you are listening try to focus your attention so that as you are hearing what is being said, your mind is processing the information, thinking about what it means, wondering about the implications and impacts, considering how this is different or new

to your understanding of the topic.

**LISTENING TIP 1:** practice not allowing your mind to wander, don't just 'hear' but reflect and process.



Did You Know?

The Hawaiian Alphabet only contains 12 letters: a, e, i, o, u, h, k, l, m, n, p and w. Every word ends with a vowel.

**LAST WORD:** What do the following words have in common?

FAST THROUGH DOWN AWAY WATER NECK



## CAREER ABC

### Air traffic controller

Air traffic controllers are responsible for the prevention of collisions between aircraft. They must keep an orderly flow of air traffic and give useful information and instructions to pilots when they are in the air. In cases of emergency they must notify the relevant search and rescue organizations. They work in well-equipped control centres with the most modern electronic equipment and navigational instruments. Air traffic control is a 24-hour service and they are therefore required to work shifts.

Air traffic controllers must be sincerely interested in aviation and they must indicate a willingness to accept responsibility.

They must be able to achieve a professional attitude in their career.

Air traffic controllers must have good memory, hearing and eyesight. They must behave calmly and rationally when under pressure and they must be able to remain alert for long periods of time.

Employment opportunities exist at all the various airports.

### MATHEMAGICIAN!

- What number gives the same result when it is added to 1.5 as when it is multiplied by 1.5?
- The following number has a rather special characteristic. What makes it unique?  
8,549,176,320

### Website of the month:

[http://www.vam.ac.uk/activ\\_events/do\\_online](http://www.vam.ac.uk/activ_events/do_online)

Victoria and Albert Museum 'things to do' website is packed with things to do.

You can upload memories and ideas and share images of your own artwork, write poetry and stories.

You can also play games, design online or download and make activities.

You can design a coat of arms, a ring, an album cover or even a tartan!

It shows you how to make a 'kylie' paper doll, your own toy theatre or toy circus, silhouette pictures or paper hats.

Get involved in the World Beach project, play online games or solve quizzes. Lots to do!

### YOU ARE WHAT YOU EAT

You can be forgiven for perhaps thinking that Fats are not good for you and you must not eat them!

This is not true! They provide energy and allow fat-soluble vitamins A, D, E and K to be carried round our body. We also need fat for making hormones, healthy skin and hair and repair of our tissues. There are two groups of fats:

Saturated are solid at room temperature and come from foods like meat, butter, cream and cheese. These fats raise cholesterol levels and increase risk of heart disease.

Unsaturated are usually liquid at room temperature and are found in vegetables and oily fish and promote good health and well being.

So we need to eat the right fats in the right amounts.