

LESSON NOTE

School : Lovu Sangam School

Year : 8

Subject : English Worksheet 3

STRAND	Reading and Viewing
SUB STRAND	Socio-cultural contexts and situations
CONTENT LEARNING OUTCOM	Arrange ideas, information and events in texts that are related to different social situation, purposes and audiences.

Swiss Family Robinson Chapter 9 : We Have A Narrow Escape From Death

Summary

The family agreed to make a hut as holiday home at Cape Disappointment. It was made from branches and they called it Prospect Hill.

Their donkey, Grizzle disappeared one day. Jack and Mr Robinson followed Grizzle's footprints over the mountain onto a big plain. They went close to the herd of buffaloes onto the plain. Unfortunately their two dogs made buffaloes charge Mr Robinson and Jack by attacking them.

Luckily, they were saved by firing guns. The buffaloes got scared and ran away. They captured a baby buffalo leading it home by putting a rope through its nose. Although, they had lost their donkey, they now have a stronger animal to pull their cart.

Activity –a) Answer the following question

1. Why did the family decide not to move to Cape Disappointment?

2. What did Mr Robinson expect to see on the other side of the rocky mountain?

3. What made buffaloes charge Jack and his father?

4. Why did Mr Robinson praise Jack?

5. What "cruel" thing Mr Robinson did and why did he think that he had to do it?

b) Write true/ false for the following sentences.

1. They went to Cape Disappointment to look for fish.
2. They built a holiday hut at Cape Disappointment.
3. The donkey disappeared and they went to find him.
4. They found a new beach.
5. They were charged by a herd of buffaloes.

c) Complete these sentences with a word from the box.

1. Sad is the opposite of _____.
2. Wild is the opposite of _____.
3. Cowardice is the opposite of _____.

tame courage happy

SHORT STORY – Myths and Legends of Fiji

Title: The Crane and the Butterfly

Setting: Lau Archipelago – Fiji

Main Characters: Crane and Butterfly

Plot/ Summary

This is a simple story of a crane and a butterfly from the outer islets of Lau Archipelago. One day while flitting near the sandy beach, butterfly saw a tall white crane. It went near to the crane and stated that she could fly better than the crane. The crane started boasting that it could fly further than the butterfly and can fly all the way to Tonga. They decided to have a race to see who reaches Tonga first. Crane was overconfident that butterfly would be left behind. They both flew off and as they did so, the butterfly fluttered over the crane and alighted softly over its back.

The crane looked back and seeing no sign of butterfly, it was sure that the butterfly was way behind. Hours went by, crane grew tired but there was nowhere for him to alight. Crane kept struggling until he saw the land. He kept on thinking that butterfly was way behind and just before he reached the shore, he saw butterfly fluttering few yards ahead of him. Upon reaching the sand crane saw that butterfly had reached Tonga before him.

Themes:

- Never underestimate anyone.
- Don't boast and be overconfident.
- Where there's a will there's a way.
- Working smart leads to success.

Activity

1. Choose a character that you liked from the above story and give reason for your likeness.

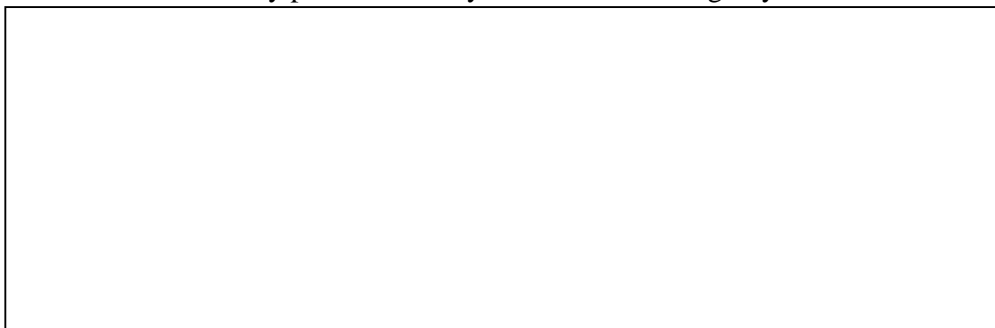
2. What is the setting of the story “The Crane and the Butterfly”?

3. Write a lesson that you learnt from this short story.

4. Describe the ending of this story in 2 to 3 sentences and explain how you felt about the ending.

DRAW AND COLOUR

Draw and colour any part of the story that was interesting to you.



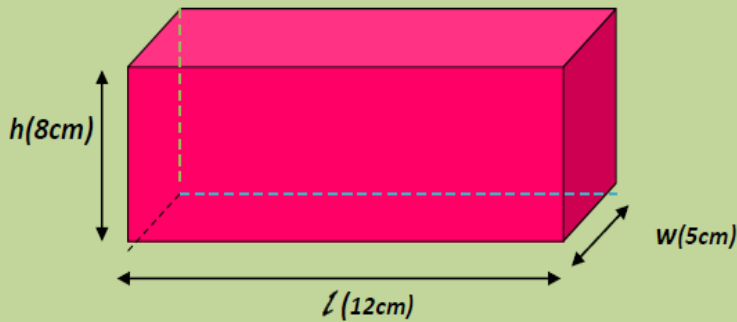
1075 LOVU SANGAM SCHOOL
HOMESTUDY PACKAGE: 03/2021

SUBJECT: MATHS

YEAR: 8

STRAND	Measurement
SUB- STRAND	Volume and capacity
CONTENT LEARNING OUTCOME	Measure and calculate volumes of object using formulas and compare units and solve problems

Volume of Rectangular Prisms or Cuboids



Volume of cuboid = (length x width) x height

$$V = (l \times w) \times h$$

We find the area of the base- ($l \times w$) and then we multiply that area by the height.

So Volume = Area of base x height

$$= (l \times w) \times h$$

$$= (12\text{cm} \times 5\text{cm}) \times 8\text{cm}$$

$$= 60\text{cm} \times 8\text{cm}$$

$$= 480\text{cm}^3$$

Volume of Triangular Prisms

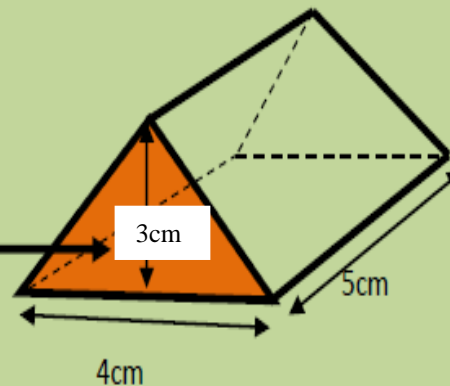
The volume of any prism can be calculated by finding the area of the cross-section and using the relationship:

Volume of prism = Area of cross-section x height

$$= \left(\frac{1}{2} \text{ base} \times \text{height}\right) \times h$$

$$= \left(\frac{1}{2} \times 4 \times 3\right) \times 5$$

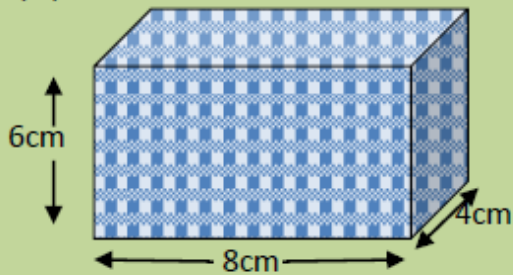
$$= 30\text{cm}^3$$



ACTIVITIES

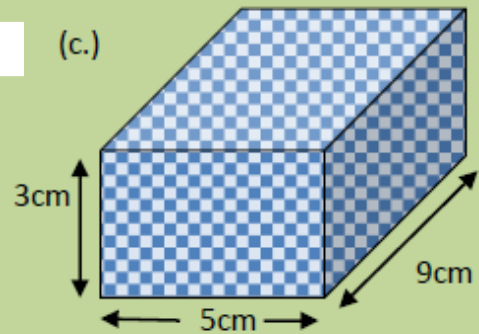
1. Find the volume of these rectangular prisms.

(a.)



(b.)

(c.)

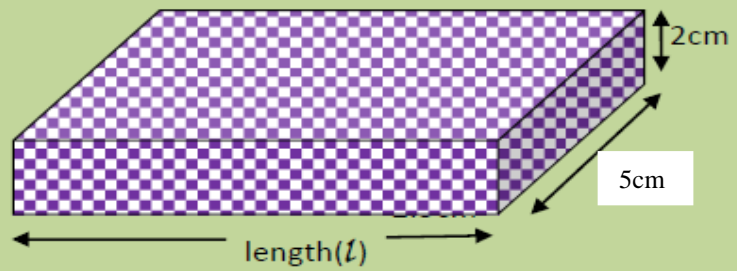


2. The diagram shows a rectangular prism. Find the length of the Prism if the volume is:

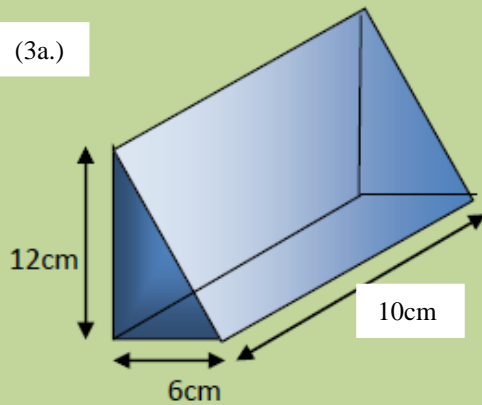
(a) 45cm^3

(b) 60cm^3

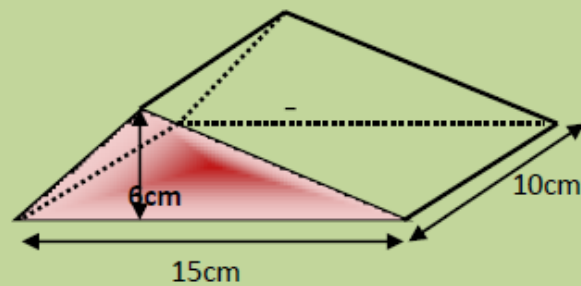
(c) 20cm^3



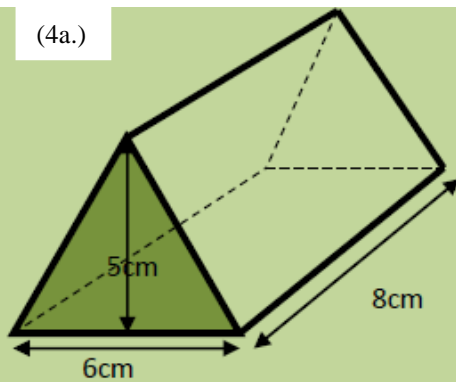
(3a.)



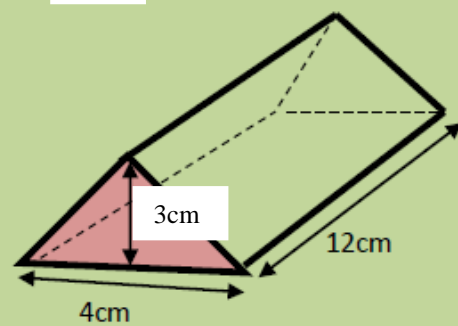
(3b.)



(4a.)



(4b.)



1075 LOVU SANGAM SCHOOL
HEALTHY LIVING YEAR 8
LESSON NOTES WEEK THREE

Strand	H2 – Building Healthy Relationships
Sub Strand	H8.2.2 – Proactive Behaviour
Content Learning Outcome	Recognize the importance of sound mental health

Good Mental Health

Mental or emotional health refers to our positive characteristics and overall psychological wellbeing. Mentally healthy people are known to deal with stress effectively by being able to bounce back from adversity.

Characteristics of good mental health

1. Mentally and emotionally healthy people are focused, flexible, and creative during good and bad times because they are resilient people who can recognize and appropriately express their emotions.
2. People who are mentally healthy avoid negative mood states created by depression and anxiety by keeping a strong support network of loved ones whom they can depend on for encouragement.
3. During problems, they have the ability to step forward and take action as well as step back and reenergize themselves.
4. Spend time with positive thinking people

How to attain Good Physical Health

- Sleeping seven to eight hours each night.
- Learning about good nutrition, its effect on energy and mood and practicing it.
- Exercising for 30 minutes or more each day.
- Getting 10 to 15 minutes of exposure to sunlight every day.
- Avoiding cigarettes, alcohol and drugs.

STUDENT ACTIVITIES

Given below are some behaviours. Put a **tick** on good characteristics of mental health and a **cross** on the ones that are not.

1. Having enough sleep. _____
2. Thinking positively when in difficult situations. _____
3. Losing hope during trouble times. _____
4. Balances work, play and family time. _____
5. Complaints about hard situations faced. _____
6. Withdraw herself from the rest of people around her. _____
7. Eat any kind of food at any time of the day. _____
8. See a difficult situation as a challenge. _____
9. Support other people who need help. _____
10. Sleep most of the time. _____

EXERCISE 2 Study this extract carefully

“It usually begins for me by waking up in the wrong mood and starting the day with a negative outlook; everything I do like, eat breakfast and getting ready for school, feels awful. I just want to stay in bed where I’m comfortable and feel secure. The prospect of having to deal with the day just feels so scary. I notice particularly when I get ready that no matter what I look like when I’m finished, I am never satisfied with the way I look which causes me to have low confidence and self- esteem throughout the day because I don’t feel I am being the best I can be. This increases throughout the day. I become easily irritated, tired and bored. I believe my negative outlook on things is a strong factor as to how my day turns out as a whole.”

Answer these questions:

1. Can you say that this person has good mental health?

2. What can happen to this person if this continues?

3. If this person comes to you for help, what advice would you give?

4. What advice would you give to the people around this person? (friends, teachers, neighbours)

Strand	H3 – Safety
Sub Strand	H8.3.1 Personal Safety
Content Learning Outcome	Judge safe and unsafe environments for personal safety

Unsafe Environments

The environment that we are in everyday must be safe. Our homes and schools must be protected from hazards, abuse, intruders, or harm. We can identify unsafe areas and make recommendations to our teachers and school Head Teacher so it can be made safe to us. After all, our safety is our priority and we are accountable for the environment we are in.

The Physical Environment

Activity: How safe is your Environment. Write True or False.

1. We should run when the floor is slippery. _____
2. Avoid playing with sharp objects. _____
3. Never go to out of bound areas. _____
4. Never play near flooded drains or creek. _____
5. We should play with electrical switches. _____

LESSON NOTE

School : Lovu Sangam School

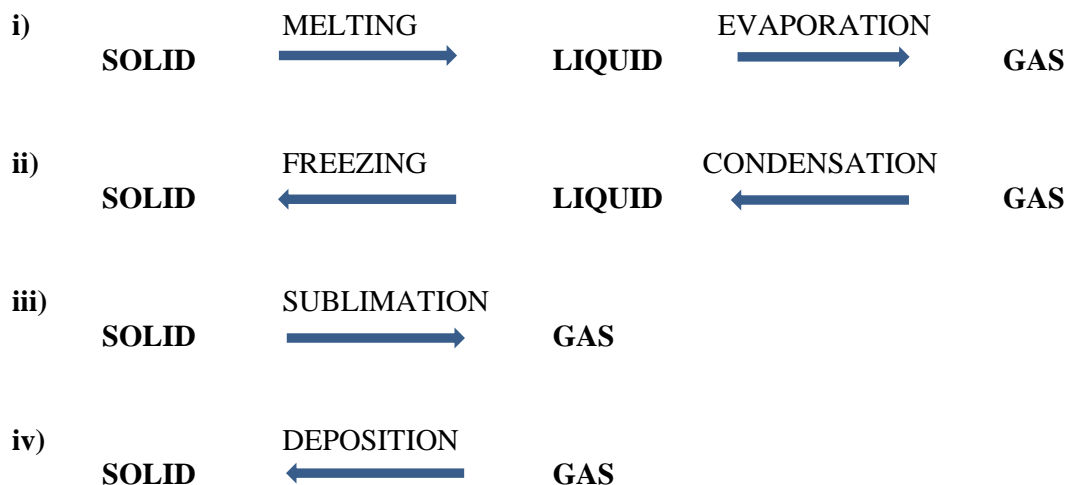
Year : 8

Subject : Basic Science worksheet 3

STRAND	MATTER
SUB STRAND	Investigating Matter – Studying the Reversibility of three States of Matter
CONTENT LEARNING OUTCOM	Appreciate the interchange ability of the three states of matter.

Study the Reversibility of the three states of Matter

There are six major phase changes in the three states of matter. Some of these changes are reversible while others are irreversible.



What are reversible and irreversible changes in states of matter?

Some examples are given below in the table.

Reversible	Irreversible
<ul style="list-style-type: none"> The melting of ice as temperature increases and liquid is formed. Water changes to gas (water vapour) through evaporation as the temperature further rises to higher temperatures. Water vapour changes to water through condensation as the temperature decreases. Water changes to ice through freezing as the temperature further decreases. 	<ul style="list-style-type: none"> If you mix cement powder, water and sand and leave the mixture to stand, concrete will be formed. Mixing ingredients to make a cake. Cooking egg. (you cannot get the raw egg back from the boiled egg) If you leave a piece of iron outside it will rust. Rust is a completely new substance. Milk changing into cheese or yogurt

Sublimation – any solid that turns into vapour without going through the liquid phase is said to sublime or sublimate. This process is called sublimation.

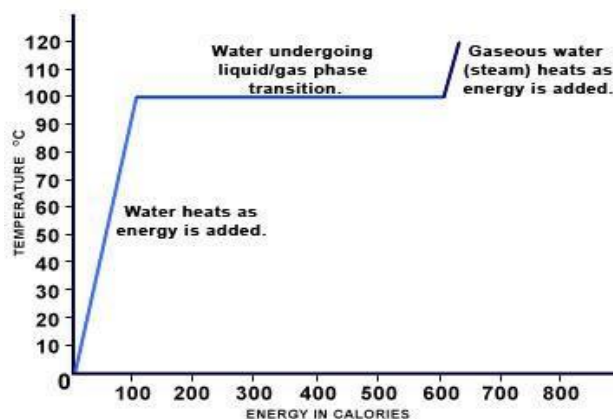
Examples :

1. Carbon dioxide (CO₂) is frozen into “dry ice” and when it is left at room temperature it sublimates directly into CO₂ without changing into its liquid form. This is known as sublimation and is irreversible reaction.
2. Iodine when burnt changes directly into its gases form via sublimation. These fumes can be used to reveal finger prints in forensic research and is irreversible reaction.
3. Naphthalene is an organic compound that is primarily known as the main ingredient in mothballs. These are used to keep freshness in clothes packed in drawers and suitcases and are also known as irreversible reaction.

Deposition – gas becomes a solid without going through the liquid phase. Eg the water vapour changing from its gases state to solid ice in the Northern and Southern poles. This is not experienced in Equatorial regions since it is always warm all year round in this region.

Experiment – Study the changes in states of Matter from Solid, liquid to Gas. Watch the experiment on the following link

<http://www.education.gov.fj/basic-science-experiments/>



Please note that you do not have to attempt this experiment at home.

Activity

Study the graph carefully and answer the following questions. The experiment was done in a laboratory and the findings were plotted on a graph. The graph shows the amount of energy used and the temperature at which the transition phase or changes of state took place from the liquid to gas stage.

1. What was the initial temperature of water?

2. At which temperature is water undergoing the liquid/ gas phases transition change?

3. Is the temperature constant for liquid/gas phase transition?

4. What temperature is the gaseous water?

5. What is the energy in calories supplied to water at 80°C?

6. Is energy added or removed as water changes into the gases form?

7. Name the process that changes liquid to gas.

1075 LOVU SANGAM SCHOOL
SOCIAL SCIENCE YEAR 8
LESSON NOTES WEEK THREE

Strand	SS2 – Time, Continuity and Change
Sub Strand	8.2.2 – Continuity and Change
Content Learning Outcome	Explore some significant world events and express their impacts on the lives of people and the history of the world.

Medical Epidemic

An **epidemic** is the rapid spread of infectious disease to a large number of people in a given population within a short period of time, usually two weeks or less. For example, in Fiji we once had leprosy where patients were sent to Makogai Island for treatment. We still have medical epidemic in Fiji like **dengue fever, leptospirosis** and **TB**. Epidemics of infectious disease are generally caused by several factors including a change in the ecology of the host population, a genetic change in the pathogen reservoir or the introduction of an emerging pathogen to a host population. An epidemic may be restricted to one location; however, if it spreads to other countries or continents and affects a substantial number of people, it may be termed a **pandemic**, example coronavirus.

Activities

1. Name a disease that causes an epidemic in your community?

2. What causes it?

3. How was it treated?

Pacific Games

The **Pacific Games** (formerly known as the **South Pacific Games**) is a multisport event, much like the Olympics (albeit on a much smaller scale), with participation exclusively from countries around the South Pacific. It is held every four years and began in 1963, hosted by Suva, Fiji. It also has **Mini Pacific Games** in between a Pacific Games until the next Pacific Games.

Activities

1. Name the countries that usually take part in the South Pacific Games?

2. Which country won the last SPG?

3. When and where will the next SPG be held?

Economic Development in Fiji

Economic development seeks to improve the economic well-being and quality of life for a community by creating or retaining jobs and supporting or growing incomes. Some examples of economic development in Fiji include:

- . the upgrade of the Kings Highway
- . construction of the new Hospital in Navua
- . construction of bridges

Economic problems in Fiji

- ❖ . Emigration
- ❖ . Natural disasters
- ❖ . Homelessness

Activities for Students:

1. List some examples of economic development in your village/town/community.

2. Discuss the effects of emigration, natural disasters and homelessness on economic development.

3. List some natural disasters common in Fiji.

4. Why is economic development important?

Draw and Colour 3 simple Economic Activities done or carried out in your area.

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STRAND	- पढ़ना एवं सर्वेक्षण करना (Reading & Viewing) - लिखना एवं निर्माण करना (Writing & Shaping)
SUB STRAND	- मूल-पाठ के प्रकार-मीडिया, साधारण संप्रेषण - भाषा की विशेषताएँ व नियम - मूल-पाठ के प्रकार- मीडिया साधारण संप्रेषण साहित्यिक विषय
CONTENT LEARNING OUTCOME	- परिचित व अपरिचित, लिखित व दृश्यात्मक पाठों को पहचानना व चुनना - पाठ के विशेषताओं व नियमों की व्याख्या करना तथा अन्य लिखित व दृश्यात्मक पाठ से उसे संबद्ध करना - काल्पनिक व ज्ञानवर्धक पाठ लिखने हेतु सरल, यौगिक तथा मिश्रित वाक्यों का निर्माण करना

पौष्टिक भोजन

पौष्टिक भोजन जब खाओगे, तब उत्तम स्वास्थ्य पाओगे ।2

भोजन स्वादिष्ट बनाओगे, तब घर में आनन्द पाओगे ॥.....2

पौष्टिक.....

स्वास्थ्य सर्वोत्तम धन होता, जिसे वेदों ने भी बखाना है ।.....2

इस धन पर मन जो लगाओगे, तब उत्तम स्वास्थ्य पाओगे ॥

पौष्टिक.....

भोजन जीवन है मानव का, जिस पर यह देह आधारित है ।.....2

यह बात समझ तुम जाओगे, तब उत्तम स्वास्थ्य पाओगे ॥

पौष्टिक.....

ताजे फल, शाक, भाजी से, मिलते विटामिन और तत्व सभी ।.....2

जब जूस आदि छोड़ोगे, तब उत्तम स्वास्थ्य पाओगे ॥

पौष्टिक.....

जलेबी, मलाई तुम्हें भाते हैं, और डॉलर खूब बहाते हो ।.....2

जब घर पर सब्जियाँ पकाओगे, तब उत्तम स्वास्थ्य पाओगे ॥

पौष्टिक.....

घर के भोजन में जन्नत है, रैस्टोरेंट में कहाँ पाओगे ।.....2

जब दूध-दही अपनाओगे, तब उत्तम स्वास्थ्य पाओगे ॥

पौष्टिक.....

जो प्रेम से भोजन बनाओगे, मिल बाँट के खाओ-खिलाओगे ।..2

तब आत्मिक सुख बढ़ाओगे, और उत्तम स्वास्थ्य पाओगे ॥

पौष्टिक.....

पौष्टिक भोजन जब खाओगे, तब उत्तम स्वास्थ्य पाओगे ।

भोजन स्वादिष्ट बनाओगे, तब घर में आनन्द पाओगे ॥.....2



शब्दार्थ

पौष्टिक	स्वास्थ्यवर्द्धक, बल बढ़ाने वाला
स्वादिष्ट	अच्छे स्वाद वाला, जायकेदार
सर्वोत्तम	सबसे अच्छा,
बखान	वर्णन
आधारित	निर्भर
देह	शरीर
आत्मिक	आत्मा से सम्बन्धित
जन्नत	स्वर्ग

मनीषा रामरक्खा

Source: Shaswat Gyan Year 8 pg. 40- 41

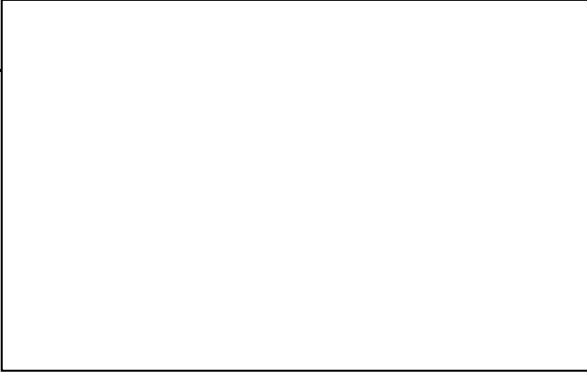
ACTIVITY

नीचे लिखे शब्दों के सही जोड़े बनाकर लिखिए ।

1. भोजन	स्वास्थ्य	-----
2. आत्मिक	फल, सब्जी	-----
3. विटमिन	जीवन	-----
4. सर्वोत्तम	पौष्टिक	-----
5. मानव	सुख	-----

इस कविता की जिन बातों को आप पसन्द करते हैं, उन में से एक का चित्र बनाइए ।

५. मानव सुख -----



भाषा अभ्यास

नीचे लिखे गए वाक्यों में रिक्त स्थानों की पूर्ति कीजिए ।

1. मनासा ----- तेवीता दोनों भाई हैं ।
2. ----- आंधी हो या तूफान, इशान तैरने जरूर जाएगा ।
3. तुम भले ही अभी चले जाओ ----- मैं तो बाद में आऊंगा ।
4. हर रोज कसरत करो ----- शरीर स्वस्थ रहे ।
5. यह काम अब्दुल ----- हामिद का है ।
6. माँ ----- मौसीजी आती हैं ।
7. ----- तुम कुछ सामान चाहते हो तो मेरी दुकान पर कल आ जाना ।

सही क्रम - कार्य

स्वर और व्यंजन का सही क्रम को पहचानते हुए नीचे दिए गए शब्दों को सही क्रम में लिखिए ।

उदाहरण - पूजा ईश्वर साथ सही क्रम- ईश्वर, पूजा, साथ

आम, केला, सेव, पपिता, अनरस, तरबूज, अमरूद, नारियल, जामुन, इमली ।

लिखना एवं निर्माण करना - नीचे दिए गए वाक्यों को 4 - 5 शब्दों से पूरा कीजिए ।

1. कल जब हम दुकान ----- ।
2. ----- कि कोई काम पर नहीं गए ।
3. सोमवार को शिवम ----- ।

1075 LOVU SANGAM SCHOOL

YEAR 7 & 8

VOSA VAKA VITI

WORKSHEET #3

Matana: Wilivola kei na Vakadidigo

Matana Lailai: Na veivanua e vakayagataki kina na vosa- vosa e vakayagataki e na vakacacali.

CLO: Vakadikeva ka digitaka na veitukutuku tabaki me talaucaki na kedra i naki.

NA SEREKALI

Wilika na serekali e ra ka sauma na taro e rukuna.

Na Draki Veisau

Ni vakarorogo e vuravura raraba
Au kerekere me'u talanoa mada
Na i ulutaga rui bibi sara
Na draki veisau e da donumaka

Yaco tu e na noda vuravura
Kena tatara sa vakadomobula
Vakaleqa na cagi e da ceguva
E ra sa lai vakila na veika bula

Veiveisau ni draki sa yaco tu ni kua
Sa vakalolomataka noda veivanua
Tubu na i yalayala ni wai kei na ua
Tagi ni veivukei e rogo malua

Me da vaqara na i wali ni leqa
De da na qai vuki bera
Ki na matanitu me da cikeva
Dodonu me rogoci na ka e da gadreva

Noame Ligaikolo

1. E vica na qaqani serekali oqo?

2. Vola e **rua** na vosa e rorogo vata.

3. Vola e **dua** na **tatara** ni draki veisau.

4. Tukuna e dua na i wali ni leqa ka serekali tiko oqo.

5. E tukuni beka vei cei na serekali oqo?

NA VOSA VAKA VITI

1. Vukica na i yatuvosa oqo me vakaibalebaletaki kina e **lewe levu**.
E a lauti koya na sui ni kena

2. Vola na **yavu** ni vosa ka volai koto e ra
veivakadodonutaki-

3. Vola e dua na vosa ka **sucu** mai na yavu ni vosa ka volai koto
toki-

4. **Vakasavuya na tukutuku ka koto oqo e ra:**
“E ra sa yaco mai na noda vulagi,” a kaya ko Semesa.

A kaya

5. **Vola vakadodonu na vosa e a cavuta ko Maikeli.**
E a kaya ko Maikeli vei watina me volia mai na medratou suka

“

,” a kaya vei
watina ko Maikeli.
6. **Vola vakadodonu na i yatuvosa e ra.**
e koro turaga e liu ko levuka

☺SA YALA E KE. VAKANUINUI VINAKA. ☺