

Labasa Sangam (SKM) College

English – Year 12

Worksheet 13

Name: _____

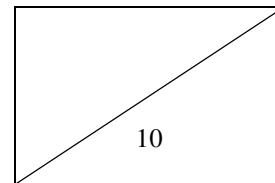
Year: _____

A. Confused Pairs

This exercise tests your understanding of confusing word pairs. Complete the following sentences using appropriate words.

1. It was cold yesterday. (very/ much)
2. Reading gives us pleasure information. (beside/besides)
3. He gives us good (council/counsel)
4. Arun as well as his sister absent. (is/ are)
5. She is old to walk. (too /very)
6. We had pleasant last week. (weather/ whether)
7. The selected for the building is a good one. (site/sight)
8. The war had no on oil prices. (affect / effect)
9. you work hard, you will not pass. (Unless / If)
10. I have sent that report. (all ready / already)

5%



Blank lined area for writing.

Marking Criteria

Plan /1

Intro – /1

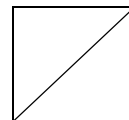
Content - /3

Style- /2

Mechanism- /2

Conclusion /1

5%



Labasa Sangam (SKM) College
English – Year 12

Worksheet 15

Name: _____

Year: _____

COMPREHENSION

(15 marks)

Read the passage carefully and answer the questions that follow.

In the Path of the Sun

by Sikeli Qounadovu

Archeological findings have suggested that Fiji was first settled some 3500 years ago, by Austronesians. Scientific discovery revealed the first settlers of the Fiji group were the Lapita people who had voyaged from as far as South China and/or Taiwan.

5 Linguistic findings have revealed that the word Fiji originated from the Tongan word Fisi, which is how Tongans pronounced Viti. Accordingly, the word Viti originated when the early settlers were on their journey to Fiji. Viti means where the sun rises.

It is believed that when they were approaching the Yasawa Group, which is also known as the ancestral pathway, the sun was rising ahead of them, so they named the island Naviti- where the sun rises, thus the origins of the name of the island Naviti.

10 As they passed Naviti Island, a much bigger island could be seen, thus it was named Viti Levu. It means bigger than Naviti or the island bigger than Naviti, and that the sun had actually risen from Viti Levu. Viti Levu is the largest island in Fiji.

Naviti Island is located 17.13° South and 177.25° East of the Fiji Group. The island covers an area of 34 square km, with a maximum **elevation** of 388m.

15 According to Wikipedia, the first known European to visit Naviti was William Blich in 1789, before experiencing mutiny on his ship, the HMS Bounty. Seven villages are on the island of Naviti-Soso, Kесе, Gunu, Somosomo, Marou, Muaira, and Malevu, with Soso as its chiefly village.

20 **Tucked away** in a wide band on the north of the island is Gunu Village which is home to 306 villagers, 70 of whom are children below the age 14. As familiar a sight in the entire Yasawa Group, Gunu Village is garlanded by a white sandy beach with a mountain range providing the perfect backdrop when the sun sets over the horizon.

25 According to village headman and traditional spokesman, Waisale Nasau, the first settlers of the village were members of his family unit, Dugulutu. Originally from Vitogo in Lautoka, his forefathers had made the journey to Naviti in search of land. They first arrived at Marou before they emigrated to Somosomo.

30 While at Somosomo his forefathers then asked the elders if they could continue with their journey and look for another place. He said a **scouting** party was then first sent up the mountains and over the ridges until they arrived at a spring called Naqakiloko. Upon their return they told the elders that they had found a safe and secure place where freshwater was available.

35 “At first it was difficult for the elders to allow us to leave them, because we had always been travelling together, but then they allowed and so we parted ways. They arrived at Naqakiloko to quench their thirst, thus the origin of the name of the village Gunu. Gunu means to drink.”

They make up the Tokatoka Dugulutu, the original settlers of Gunu Village.

40 “Our elders were always concerned over us, so they would send their messenger to come and check on us. I was told that the messenger was a big owl and as it slowly descended to approach the village, the earth would tremble and this would be accompanied by a thunderous roar.”

Mr Nasau said they were followed by members who made up the Tokatoka Nabebe, who had tracked from Soso on the other side of the island. The Tokatoka Navuti were last to arrive as they had journeyed from Nalotawa, Ba on mainland Viti Levu.

45 Over the years, there have been numerous intermarriages and agreements between the three tokatoka. As a result, the Tokatoka Navuti was given the chiefly title, a position they hold to this day.

Adapted from: <http://www.fijitimes.com>

A. **Multiple-Choice Questions**

(4 marks)

Choose the **best** answer and write/circle the **letter** of your choice in the **Answer Booklet**.

1. According to the first paragraph, Lapita people _____
 - A. were Austronesians.
 - B. came from South China.
 - C. first settled 3,500 years ago.
 - D. were based on archeological findings.

2. From the Linguistic findings, early settlers _____
 - A. were from Taiwan.
 - B. arrived first in Viti Levu.
 - C. named Yasawa as Naviti.
 - D. travelled to Fiji from Tonga.

3. The word **elevation** (line 14) is synonymous with _____
 - A. boost.
 - B. height.
 - C. advanced.
 - D. promotion.

(continued)

4. The word **scouting** (line 28) is closest in meaning to _____

- A. hunting.
- B. camping.
- C. exploring.
- D. experimenting.

B. Sentence Completion (3 marks)

Complete the following sentences in your **Answer Booklet** using the ideas given in the passage. Try to use your **own word(s)** where possible.

5. After visiting Naviti, William Bligh _____
(1 mark)

6. The two other places the first settlers of Gunu Village had previously settled include _____
(1 mark)

7. _____ is the origin of the current chiefly title holders in Gunu Village.
(1 mark)

C. Open-ended Questions (8 marks)

Use **your own words** as far as possible to answer the questions given below. **Write complete sentences.**

8. Explain how Viti Levu was named. (2 marks)

9. What does the phrase **tucked away** (line 19) imply about Gunu Village? (1 mark)

10. Identify **two** factors which contributed towards choosing Gunu Village for settling. (2 marks)

11. Explain the significance of the title. (2 marks)

12. What is the overall tone of the passage? (1 mark)

Write your answers here.

5. After visiting Naviti, William Bligh _____
(1 mark)

6. The two other places the first settlers of Gunu Village had previously settled include _____
(1 mark)

7. _____ is the origin

of the current chiefly title holders in Gunu Village.

(1 mark)

8. _____

9. _____

10. _____

11. _____

12. _____

SUMMARY WRITING

(5 marks)

Summarise **lines 27 to 46** of the comprehension passage. Use about **70 to 80 words**.

Write your summary in the space provided.

Draft

Title: _____

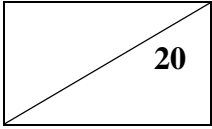
Lined writing area with horizontal lines.

(No of words _____)

Marking Criteria

Points	/3	Accuracy/ Language	/1	Cohesion	/1
--------	----	--------------------	----	----------	----

THE END..... 20%



LABASA SANGAM (SKM) COLLEGE

HOME STUDY PACKAGE 5

WORKSHEET NO: 1 STUDENTS NAME: _____

SUBJECT: MATHEMATICS YEAR 12 _____ (A/B/C/D/E)

DUE DATE: 18/10/2021

Total marks: 10 Weighting: 5%

Instructions :

- I. Write your **name** in the space provided above.
- II. **File the lesson notes.**
- III. Return the **worksheets only** on the due date as stated above.

(REFER TO WEEK 13 NOTES)

1.	<p>2 sets of data are shown below: Set 1 = {1,3,5,7 } and Set 2 = {5,15,25,35 }. The mean and SD of Set 1 are given as \bar{x} and s respectively. Describe the mean and SD of the data in set 2 in terms of \bar{x} and s?</p>	(2 MARKS)																																			
2.	<p>Complete the table shown below and find the Standard deviation.</p> <table border="1" style="margin-left: auto; margin-right: auto;"><thead><tr><th>x</th><th>f</th><th>fx</th><th>$(x - \bar{x})^2$</th><th>$f(x - \bar{x})^2$</th></tr></thead><tbody><tr><td>1</td><td>6</td><td></td><td></td><td></td></tr><tr><td>2</td><td>3</td><td></td><td></td><td></td></tr><tr><td>3</td><td>8</td><td></td><td></td><td></td></tr><tr><td>4</td><td>1</td><td></td><td></td><td></td></tr><tr><td>5</td><td>4</td><td></td><td></td><td></td></tr><tr><td>total</td><td></td><td></td><td></td><td></td></tr></tbody></table>	x	f	fx	$(x - \bar{x})^2$	$f(x - \bar{x})^2$	1	6				2	3				3	8				4	1				5	4				total					(2 MARKS)
x	f	fx	$(x - \bar{x})^2$	$f(x - \bar{x})^2$																																	
1	6																																				
2	3																																				
3	8																																				
4	1																																				
5	4																																				
total																																					

3. **(REFER TO WEEK 14 NOTES)**

A box contains 2 green, 1 red and 2 yellow cubes of the same size. Two cubes are drawn with replacement, that is the first cube drawn is replaced before the second cube is drawn. What is the probability that:

- a) Both cubes are red in color?
- b) A yellow cube is drawn in the second draw?

(3 MARKS)

4. **(REFER TO WEEK 14 NOTES)**

In Savusavu town, the probability that a household has a TV set is 0.73 and the probability that a household has a computer is 0.42. The probability that a household has a TV and a computer is 0.18. Find the probability that a randomly selected household has:

- a) A TV set only
- b) Neither a TV set nor a computer

(3 MARKS)

LABASA SANGAM (SKM) COLLEGE

HOME STUDY PACKAGE 5

WORKSHEET NO: 2 STUDENTS NAME: _____

SUBJECT: MATHEMATICS YEAR 12 _____ (A/B/C/D/E)

DUE DATE: 18/10/2021

Total marks: 10 Weighting: 5%

Instructions :

- I. Write your name in the space provided above.
- II. **File the lesson notes.**
- III. Return the **worksheets only** on the due date as stated above.

(REFER TO WEEK 15 NOTES)

1.

An average light bulb manufactured by the Acme Corporation lasts 300 days with a standard deviation of 50 days. Assuming that bulb life is normally distributed, what is the probability that an Acme light bulb will last less than 365 days?

(2 MARKS)

2.

The weights of Year 12 students are **normally distributed** with a mean of 60 kg and a standard deviation of 4 kg.

- (a) What is the probability that a randomly selected Year 12 student weighs **more than** 55 kg? Give your answer to 4 **decimal places**. (3 marks)

- (b) From a sample of 2500 Year 12 students, how many may be **expected** to weigh **more than** 55kg? (1 mark)

3.

The heights of Year 12 students are **normally distributed** with a mean of 160 cm and a standard deviation of 4 cm.

- (i) What is the probability that a randomly selected Year 12 student has the height **between** 149 cm and 171 cm? Give your answer correct to **3 decimal places**.

(3 marks)

- (ii) From a sample of 1000 Year 12 students, how many may be **expected** to have the height **between** 149 cm and 171 cm?

(1 mark)

FORMATIVE ASSESSMENT TWO

SHORT TEST

MATHEMATICS

YEAR 12

TOTAL MARKS: 20

NAME: _____

Weighting: 20%

Year 12 _____

Due Date: 18/10/21

Instructions :

- I. Write your answers in the space provided.
- II. Return the **short test** on the due date as stated above.

1.

A set of quiz scores is **normally distributed** with mean = 50 and standard deviation = 5.

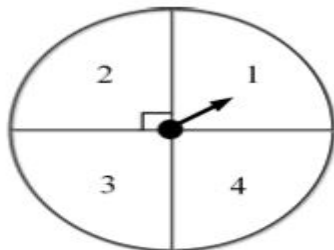
A score selected at random will **almost certainly** lie between

- A. 35 and 50
- B. 35 and 65
- C. 40 and 60
- D. 45 and 55

(1 mark)

2.

Freda spins the pointer. The probability that it stops on an **odd number** is



- A. 0.25
- B. 0.50
- C. 0.75
- D. 1.00

3.

A standard die is rolled.



What is the probability of rolling a

(i) 5 or 6?

(2 MARKS)

(ii) a number less than 7 ?

(1 MARK)

4.

A set of scores has a **mean** of 5. If all of the scores are **multiplied** by 10, the **new mean** will be

(2 MARKS)

5.

The table below shows scores from a maths quiz.

x	f	fx	$(x-\bar{x})^2$	$f(x-\bar{x})^2$
1	1	1	4	4
2	4	8	1	4
3	9	27	<input type="text"/>	<input type="text"/>
4	6	24	<input type="text"/>	<input type="text"/>
Total	20	60	<input type="text"/>	

(i) Calculate the **mean** score.

(1 mark)

ii) Complete the table given above by filling the missing values in the boxes given. (2 marks)

(iii) Calculate the **standard deviation**. (1 mark)

6.

A jar contains 3 red marbles and 2 green marbles, all of same size and shape.

A marble is withdrawn at random and its colour is noted. **Without replacing** this marble, another marble is randomly withdrawn.

What is the probability that the marbles are of **different** colours?

(3 MARKS)

7.

Two dice are rolled and the numbers on the **uppermost faces** are observed.

The sample space is shown in the **lattice diagram** below.

		Die 2					
		1	2	3	4	5	6
Die 1	1	(1, 1)	(1, 2)	(1, 3)	(1, 4)	(1, 5)	(1, 6)
	2	(2, 1)	(2, 2)	(2, 3)	(2, 4)	(2, 5)	(2, 6)
	3	(3, 1)	(3, 2)	(3, 3)	(3, 4)	(3, 5)	(3, 6)
	4	(4, 1)	(4, 2)	(4, 3)	(4, 4)	(4, 5)	(4, 6)
	5	(5, 1)	(5, 2)	(5, 3)	(5, 4)	(5, 5)	(5, 6)
	6	(6, 1)	(6, 2)	(6, 3)	(6, 4)	(6, 5)	(6, 6)

What is the probability of observing

(a) a **sum** of 8?

(1 mark)

(b) an **even number** on die 2?

(1 mark)

8.

The lengths of a sample of fish are **normally distributed** with mean 30 cm and standard deviation 5 cm.

(i) What is the probability that a randomly selected fish from this sample is **less than** 32.2 cm?

(3 marks)

(ii) From a sample of 100 fish, how many may be **expected** to be **less than** 32.2 cm?

(1 mark)

THE END

Labasa Sangam (SKM) College
Year 12 Accounting Worksheet
Home Study Package-5

Worksheet No:13

Name: _____

Year: _____

Due Date: 19th October ,2021

1. Define Financial Statement analysis.

(1 mark)

2. State two needs to preparing comparative financial Statements.

(2 marks)

3. Differentiate between Horizontal analysis and Vertical analysis.

(2 marks)

4. Define Ratio Analysis.

(1 mark)

5. Define Overtrading

(1 mark)

6. Differentiate between Over capitalisation and under capitalisation.

(2 marks)

7. State two limitations of ratio analysis

(1 mark)

Labasa Sangam (SKM) College
Year 12 Accounting Worksheet
Home Study Package-5

Worksheet No:14 & 15

Name: _____

Year: ____

Due Date: 19th October ,2021

Vreedhi Deo operates a grocery shop in Labasa The financial information for the years 2018 and 2019 has been extracted from the books of Vreedhi's grocery shop.

<u>Vreedhi's grocery Shop</u>				
<u>Comparative statement of financial performance for the year ended 31st December, 2018 and 2019.</u>				
	2018		2019	
Sales (all credit)		180000		240000
Less cost of goods sold		<u>75000</u>		<u>90000</u>
Gross profit		105000		150000
Selling and distribution expense	22000		31000	
Administrative expense	8000		10000	
Financial expense	<u>5000</u>		<u>14000</u>	
Total expense		<u>35000</u>		55000
Net Profit		<u>\$70000</u>		<u>\$95000</u>

<u>Vreedhi's grocery Shop</u>				
<u>Comparative statement of financial performance for the year ended 31st December, 2018 and 2019.</u>				
	2018		2019	
<u>Current Asset</u>				
Petty Cash	200		500	
Accounts Receivable	40000		43500	
Inventory	<u>35000</u>	75200	<u>41000</u>	85000
<u>Non-Current assets</u>				
Property , Plant and equipment		100000		170000
<u>Intangible assets</u>				
Goodwill		4800		5000
Total assets		<u>\$180000</u>		<u>\$260000</u>
<u>Less liabilities</u>				
<u>Current Liabilities</u>				
Bank Overdraft(Limit:\$4000)	3000		5000	
Accounts Payable	12000		14000	
Expenses Due	700	15700	1000	20000
<u>Non-Current Liability</u>				
Loan		20000		10000
Net asset		<u>\$144300</u>		<u>\$230000</u>
<u>Proprietorship</u>				
Capital		79000		144300
Add net Profit		70000		95000
		149000		239300
Less Drawings		4700		9300
		<u>\$144300</u>		<u>\$230000</u>

<u>Ratio</u>	<u>Formula</u>	<u>Working</u>	<u>Answer</u>
Gross Profit Ratio (2016)			
Net Profit Percentage (2015)			
Expenses Percentage (2016)			
Rate of return on total assets percentage (2016)			
Working Capital Ratio (2016)			
Debt Ratio (2016)			

Propertitorship Ratio (2016)			
Debt to equity Percentage (2016)			
Inventory Turnover in days (2015)			
Age of accounts receivable in number of days (2015)			

Note:

The business operates for 365 days
 Inventory turnover in 2017 was \$ 30000
 accounts receivable in 2015 was \$20000.

Question 2

<u>Vunivau Cultural Club</u>			
<u>Statement of financial position as at 31st December,2019</u>			
<u>Assets</u>	<u>\$</u>	<u>Liabilities</u>	<u>\$</u>
Cash at Bank	4200	Subscription in advance	650
Equipment	2300	Loan	4000
Less acc depreciation	230		
Building	17000		

Below is the summary of receipts and payments for the year ended 31t December 2109

<u>Receipts</u>	<u>\$</u>	<u>Payments</u>	<u>\$</u>
Bank	1800	Repayment of loan	800
Sale of furniture (book Value \$230)	200	Electricity	130
Donations	740	New Equipment	700
Subscription	800	Secretary's Honorarium	380
		Stationery	170

Additional Information

1. Electricity unpaid \$54
2. The Society has 200 members and the annual subscription is \$5 per member.
3. stationery on hand at 31st December,2019 was worth \$70.
4. The equipment was depreciated by \$230.
5. subscription in arrears \$100.

Required:

_Prepare the statement of Income and expenditure for the year ended 31st December,2019.(8marks)

LABASA SANGAM (SKM) COLLEGE
HOME STUDY PACKAGE – YEAR 12 AGRICULTURE
WORKSHEET 13-14
(Based on notes Week 13-14)

27TH Sep -1st Oct

NAME: _____

YEAR: 12__ (10 MARKS)

DUE DATE: 19/10/21

APICULTURE

1. Explain how bees are fed when nectar is in low supply. **(2 marks)**

2. Explain one way in which a beekeeper can secure a new colony for starting an apiary. **(2 marks)**

3. How is an apiary weeded? **(1 mark)**

4. What does the presence of honey in brood chamber indicate? **(1 mark)**

5. Why should beehives be not placed in places where it is shady in the morning? **(1 mark)**

6. Outline one way in which the problem of angry bees be combatted. **(1 mark)**

7. Differentiate between a **brood chamber** and a **honey super**. **(2 marks)**

LABASA SANGAM (SKM) COLLEGE
HOME STUDY PACKAGE – YEAR 12 AGRICULTURE
WORKSHEET 14-15
(Based on notes Week 14-15)

4th-8th Oct

NAME: _____

YEAR: 12__ (10 MARKS)

DUE DATE: 19/10/21

APICULTURE

1. Identify one pest attracted to honey. **(1 mark)**

2. Discuss the symptoms of sac brood disease.

(1 mark)

3. Why honey is only harvested from strong hives?

(1 mark)

4. Why should honey from uncapped cells not be harvested?

(1 mark)

5. Why must honey be made to stand for 12 hours before bottling?

(1 mark)

6. Differentiate in the uses of bee pollen and propolis. **(2 marks)**

7. State one way in which you can deal with angry bees when opening a hive. **(1 mark)**

8. Name two equipment which are used during honey extraction. **(2marks)**
 - (i) _____
 - (ii) _____

HOME STUDY PACKAGE

School: Labasa Sangam(SKM) College

Subject: Applied Technology

Worksheet Number: 1-2 Week: 13

Year/Level: 12D/E

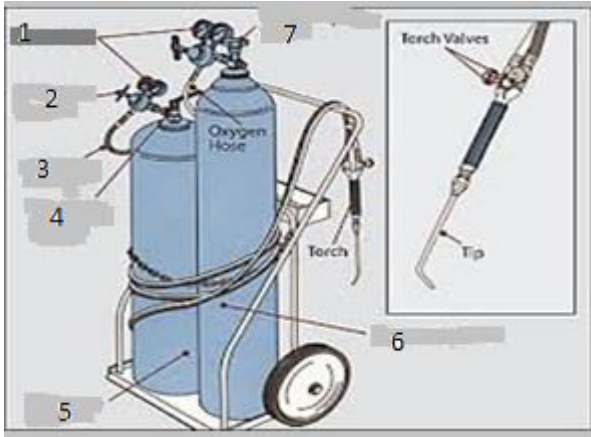
Student Name: _____

Date: 27th September 1st October 2021

Due Date: 18th October 2021.

Question 1.

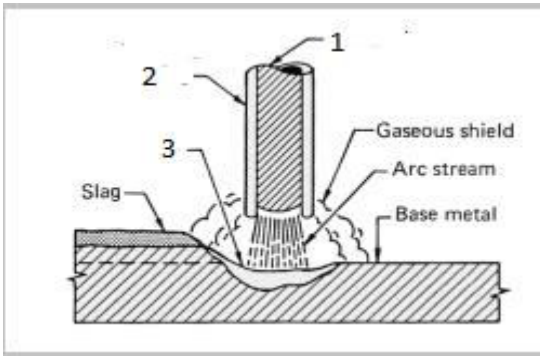
Label the parts of the Oxy-acetylene plant given below.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

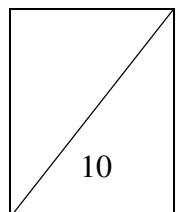
(7marks)

Label the parts of the welding electrode

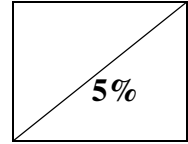


1. _____
2. _____
3. _____

(3marks)



WORKSHEET ASSESSMENT – WEEK 13



QUESTION:2 (10 MARKS)

Define the following terms given below

Welding torch

(1mark)

Cutting torch

(1mark)

Fusion welding

(1mark)

2. State one function of an electrode

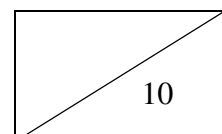
(1 ½ marks)

3. Explain when a common faults in welding can occur?

(1 ½ marks)

Draw a Flame setting in the space provided below

(4marks)



HOME STUDY PACKAGE 5
LABASA SANGAM COLLEGE
WORKSHEET 1
YEAR 12 BIOLOGY
DUE DATE: 18/10/21

STUDENTS NAME: _____

ALLOCATED MARK: 10 MARKS

WEIGHT PERCENTAGE: 5%

SENSITIVITY AND COORDINATION

- 1 Identify the difference between a reflex action and an 'intelligent' action.

_____ (2 marks)

2. Identify two (2) sensory organs of flies (insects).

_____ (2 marks)

3. State two (2) differences between the nervous system and the endocrine system?

_____ (2 marks)

4. Identify whether the following action is complete by the nervous system or the endocrine system:

- a. Quickly moving away the fingers after touching a hot pot. _____
b. Growing in height from birth till the end of puberty. _____
(2 marks)

5. Explain why the sensitivity and coordination ability of parrots will differ from that of an earthworm.

_____ (2 marks)

LABASA SANGAM (SKM) COLLEGE

LESSON NOTES 13

SUBJECT: CHEMISTRY

YEAR LEVEL: 12

STRAND	CONSUMER CHEMISTRY
SUB STRAND	Chemistry of medicines and drugs
CONTENT LEARNING OUTCOME	❖ Identify and describe some common medicines and drugs.

5.2.1 Chemicals in Drugs

- ✚ Drugs refer to any chemical substance that has an effect on the body- positive, negative, intentional, or side-effect.
- ✚ Medicines are legal drugs that are taken with the intention of healing or improving health conditions.
- ✚ Some types of legal drugs are described in the table below

Legal Drugs		
Type	Description/Purpose	Example
Analgesics	<ul style="list-style-type: none"> ➤ An analgesic is a medicine that takes away physical pain. ➤ In simple terms, it is a pain reliever. 	Paracetamol/ Acetaminophen and Aspirin
Antipyretics	<ul style="list-style-type: none"> ➤ An antipyretic is a substance that reduces fever. 	Aspirin and Ibuprofen
Antibiotics	<ul style="list-style-type: none"> ➤ Antibiotics are medicines used to treat infections or diseases caused by bacteria. 	Amoxicillin and Penicillin
Antacids	<ul style="list-style-type: none"> ➤ An antacid is a type of inorganic medication that can control acid levels in the stomach. 	Magnesium sulphates and bicarbonates

5.2.2 Chemicals in non-medicinal drugs

1. Cigarettes

- ✚ Cigarette and cigarette smoke contains a huge number and range of organic compounds.
- ✚ There are approximately 600 ingredients in cigarettes. When burnt, they create more than 7,000 chemicals.
- ✚ Chemicals in cigarette smoke enter the blood stream and affect the entire body and hence it leads to cancer, heart diseases and various lung diseases.
- ✚ Some chemicals in tobacco smoke include: Acetone, acetic acid, arsenic, ammonia, benzene, butane, cadmium, carbon monoxide, formaldehyde, hexamine, lead, naphthalene, methanol, nicotine, tar and toluene.

2. Alcoholic Beverages

- An alcoholic beverage is a drink which contains substantial amount of ethanol (alcohol).
- Since alcoholic beverages contain ethanol, the health effects of ethanol apply to alcohols as well.
- Examples of alcoholic beverages are summarized in the table below.

Name	Description	Percentage Ethanol
Beer	Produced by the saccharification (<i>hydrolysis of polysaccharides to soluble sugars</i>) of starch and fermentation of the resulting sugar.	2 – 12%
Wine	Wine is an alcoholic beverage made from fermented grapes or other fruits. Due to the natural chemical balance, grapes ferment without the addition of sugars, acids, enzymes, water, or other nutrients.	9 – 16%
Spirits	A distilled beverage, spirit, liquor, or hard liquor is an alcoholic beverage produced by distillation of a mixture produced from alcoholic fermentation.	40 – 80%

3. Kava

- The tropical shrub *Piper methysticum* is widely cultivated in the South Pacific. The name “kava” refers to the plant or the beverage prepared from the plant.
- When dried, rootstock consists of approximately 43% starch, 20% fibers, 12 % water, 3.2 % sugars, 3.6 % proteins, 3.2 % minerals and 15 % kavalactones.
- Kavalactones are the active chemical ingredients of the kava root.
- The kavalactone component of kava can vary between 3% and 20 % of rootstock dry weight depending on the age of the plant and the cultivar.



Source: <http://www.raw-devotion.com>

4. Inhalants

- Non-medicinal inhalants are volatile substances that produce harmful chemical vapors that can be inhaled.
- Some common non-medicinal inhalants include: Aerosols, solvents (paint thinners, petrol, markers, paint removers, cleaning removers and cleaning fluids).

5.2.3 Some common illegal drugs

- ✚ Most illegal drugs are stimulants and/or depressants.
- ✚ Stimulants are drugs that induce temporary improvements in either mental or physical functions or both. Examples of these kinds of effects may include increased alertness and physical activity.
- ✚ Depressants are substances that slow down brain activity. Examples of short term effects of depressants include: poor concentration, confusion, fatigue, dizziness and depression.

✚ Examples of some illegal drugs are summarized below:

Name	Description
Marijuana	<ul style="list-style-type: none"> ✚ Marijuana refers to the dried leaves, flowers, stems, and seeds from the hemp plant, <i>Cannabis sativa</i>. ✚ The plant contains mind-altering chemicals. ✚ Marijuana acts as both stimulant and depressant, but it remains in body organs longer than alcohol.
Cocaine	<ul style="list-style-type: none"> ✚ Cocaine is a powerfully addictive stimulant, derived from coca or prepared synthetically and used as a stimulant.
Heroin	<ul style="list-style-type: none"> ✚ Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant. ✚ Heroin is a depressant.
Amphetamines	<ul style="list-style-type: none"> ✚ Amphetamines are synthetic drugs that act as a stimulant.

WORKSHEET 13

- **Do the answers on a separate paper.**
- **Only submit answers for marking.**
- **Ensure that your name and year level is clearly written on every answer sheet.**

1. Give the purpose and examples of the following types of drugs.
i. Antibiotic ii. Analgesic iii. Antipyretic iv. Antacid
2. Name some chemicals found in cigarettes.
3. What is the main component of any alcoholic beverage?
4. What are antacids?
5. Give the main components of dried rootstocks of kava.
6. Differentiate between a depressant and a stimulant.
7. Classify the following illegal drugs as a depressant, stimulant or both.
i. Heroin ii. Marijuana iii. Cocaine iv. Amphetamines

HOME STUDY PACKAGE
LABASA SANGAM COLLEGE
WORKSHEET NUMBER 13

NAME: _____

YEAR: 12____

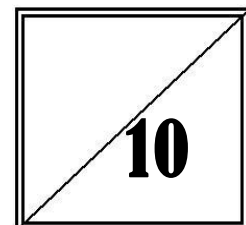
SUBJECT:

ECONOMICS

DUE DATE: 18TH OCTOBER 2021

TOTAL MARKS: 10

WEIGHTING: 5%



Refer to the Strand 1 notes to answer these questions.

QUESTION 1

MULTIPLE CHOICE

(3 marks)

Circle the letter of the **best** answer.

1. The measure of extent of the sacrifice of moving from one point on the Production Possibility Curve to another is known as the
 - A. opportunity cost.
 - B. marginal rate of transformation.
 - C. law of diminishing returns.
 - D. principle of increasing cost.

2. An economy achieves **allocative efficiency** when it is producing
 - A. to minimize economic welfare.
 - B. on its production possibility curve.
 - C. maximum output with the given level of resources.
 - D. the unique combination of goods that best meets the needs of that society.

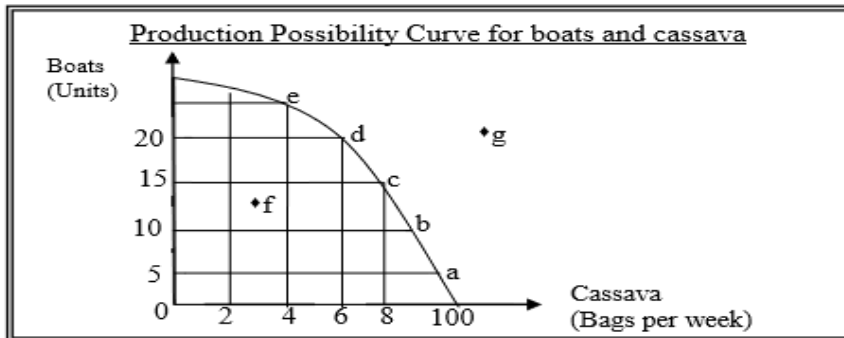
3. The term that best describes the production possibility frontier is
 - A. Indifference curve.
 - B. Transformation curve.
 - C. Law of variable proportion.
 - D. Lorenz curve.

QUESTION 2

SHORT ANSWER QUESTIONS

(7 marks)

Study the diagram below on the Production Possibility Curve (PPC) and answer questions (i) to (v).



(i) Define **efficiency**.

(1 mark)

(ii) State **two** assumptions of the PPC curve.

(1 mark)

(1 mark)

(iii) Identify a point which shows full employment from the PPC above.

(1 mark)

(iv) Calculate the following:

I. marginal rate of transformation of increasing boats by moving from Point c to d.

(1 mark)

II. opportunity cost of producing each additional unit of bags of cassava when the economy is increasing production from 6 to 8 bags.



(1 mark)

(v) Illustrate a shift in the PPC if boat production increased due to improvement in resources.(illustrate on the above graph) **(1 mark)**

STUDENTS NAME: _____ YEAR: _____

HOME STUDY PACKAGE
LABASA SANGAM (SKM) COLLEGE
YEAR: 12
SUBJECT: GEOGRAPHY
WORKSHEET 14
TOTAL MARKS 10 (WEIGHTING 5%)

Read the supplementary notes on New Zealand farming system provided and answer the following questions.

Cattle Raising (Refer to pages 89-90)

1. Differentiate between store beef and stud beef. (2 Marks)

Arable Crops (Refer to pages 92 – 93)

2. Where in New Zealand does more arable crops are planted.? Provide reasons. (2 Marks)

3. What is Hay? (1 Mark)

4. What is Silage? (1 Mark)

STUDENTS NAME: _____ YEAR: _____

5. Why do South Farmers rely on fodder crops and North Island farmers grow few fodder crops?

(2 Marks)

6. What is fodder crops and provide examples?

(2 Marks)

LABASA SANGAM (SKM) COLLEGE

YEAR 12 B

HINDI

HOME STUDY PACKAGE -5

2021

NAME :-----

YEAR :-----

DUE DATE : 18th October

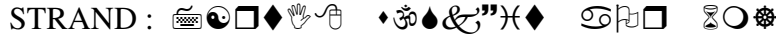
YEAR 12 LESSON NOTES

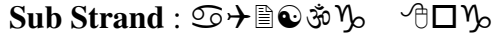
SCHOOL ; LABASA SANGAM (SKM) COLLEGE

SUBJECT ; HINDI

BATCH 5

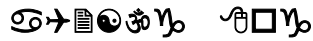
WEEK 13

STRAND : 





Sub Strand : 

Content Learning Outcome

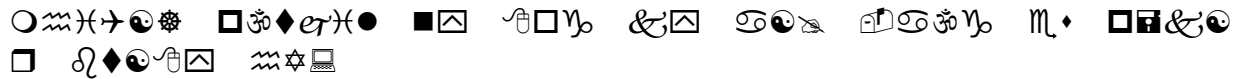
प्रश्नों का सही जवाब लिखने की क्षमता






- 
- 
- 
- 







❖ 

✓ 

✓ 

✓ 

ଉତ୍ପତ୍ତି, ଧାରଣ, ବିକାଶ, ପ୍ରଚାର, ବିନିମୟ, ଶକ୍ତି, ସମ୍ପର୍କ, ସମାପ୍ତି

ପ୍ରକୃତି, ପ୍ରାଣୀ, ମନୁଷ୍ୟ, ଅନାଥ, ଶତ୍ରୁ, ସତ୍ୟ, ଧର୍ମ

ସମାଜ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି

YEAR 12 LESSON NOTES
SCHOOL ; LABASA SANGAM (SKM) COLLEGE
SUBJECT ; HINDI
BATCH 5

WEEK 14

STRAND : ପଠନ, ଶୁଣନ, ଲେଖନ, ଉଚ୍ଚାରଣ, ଶବ୍ଦାଳକରଣ, ଶିକ୍ଷଣ

Sub Strand : ଶୁଣନ

Content Learning Outcome

प्रश्नों का सही जवाब लिखने की क्षमता

ଉତ୍ପତ୍ତି, ଧାରଣ, ବିକାଶ, ପ୍ରଚାର, ବିନିମୟ, ଶକ୍ତି, ସମ୍ପର୍କ, ସମାପ୍ତି

❖ ଶୁଣନ

ଉତ୍ପତ୍ତି, ଧାରଣ, ବିକାଶ, ପ୍ରଚାର, ବିନିମୟ, ଶକ୍ତି, ସମ୍ପର୍କ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି

❖ ଶୁଣନ

ଉତ୍ପତ୍ତି, ଧାରଣ, ବିକାଶ, ପ୍ରଚାର, ବିନିମୟ, ଶକ୍ତି, ସମ୍ପର୍କ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି

❖ ଶୁଣନ

ଉତ୍ପତ୍ତି, ଧାରଣ, ବିକାଶ, ପ୍ରଚାର, ବିନିମୟ, ଶକ୍ତି, ସମ୍ପର୍କ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି

❖ ଶୁଣନ

ଉତ୍ପତ୍ତି, ଧାରଣ, ବିକାଶ, ପ୍ରଚାର, ବିନିମୟ, ଶକ୍ତି, ସମ୍ପର୍କ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି
ଋଷି, ଧର୍ମ, ଶାନ୍ତି, ସୁଖ, ସମୃଦ୍ଧି, ବିକାଶ, ପ୍ରଗତି, ଅଗ୍ରଣିତ, ସମାପ୍ତି

❖ ጢጥራዎችን በቀጠለው ሰዓት ውስጥ
 ለማግኘት የሚያስፈልጉትን ጥያቄዎችን በደንበኞች ስም
 ላይ በግልጽ ማሳሰብ ይገባል። ለዚህም ማሳሰቢያ ለማግኘት
 በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።

⊙ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
 ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን
 ማስገባት ይገባል።

- ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
- ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
- ❖ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
- ❖ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።

⊙ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
 ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።

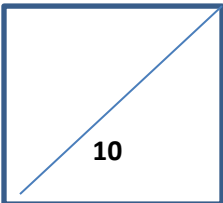
- ❖ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
- ❖ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።

⊙ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።
 ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።

- ❖ ለደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል። ለዚህም ማሳሰቢያ ለማግኘት በደንበኞች ስም ላይ ጥያቄዎችን ማስገባት ይገባል።

BATCH 5
 WEEK 13

NAME:-----
 YEAR : -----
 DUE DATE: 18th october



LABASA SANGAM (SKM) COLLEGE
YEAR 12 HISTORY WORKSHEET 1
WEEKS 13,14,&15
WEEK 13
TOTAL MARKS: 10

NAME: _____

YEAR: _____

WEIGHTING: 5%

DUE DATE: 19/10

Read the notes thoroughly before answering the question.

1. Where was Sukuna's first school? **(1 mark)**

2. Look up the word **ethnographer** in your dictionary. What does it mean? **(1 mark)**

3. Who built the Laucala Bay air base? **(1 mark)**

4. Why were the Nadi and Nausori bases constructed? **(1 mark)**

5. Who were the two major powers in the decision making about air bases in Fiji. **(2 marks)**

6. List three reasons why Nadi was chosen over Suva. I. **(3 marks)**

7. Why do you think that control was not passed over to the British Colonial authorities?

(1 mark)

LABASA SANGAM (SKM) COLLEGE

YEAR 12 HISTORY WORKSHEET 2

WEEK 14,15

TOTAL MARKS: 10

NAME: _____

YEAR: _____

WEIGHTING: 5%

DUE DATE: 19/10

1. Nadi became an aviation “hub”; explain why this occurred; **(1 mark)**

2. A New Zealand community expanded at Nadi airport. Name some of the facilities available to this community. **(2 marks)**

3. What is an enclave? Why do historians use this term to describe New Zealanders living at Nadi? **(2 marks)**

4. Who dominated the administration of Fiji Rugby Union up to the 1930s? **(1 mark)**

5. Name two Fijians of chiefly status who were instrumental in introducing rugby. **(2 marks)**

(1) _____ (2) _____

6. An important year for Fiji rugby was 1939. List two key events. **(2 marks)**

(a) _____

(b) _____

LABASA SANGAM (SKM) COLLEGE

Home Economics - LESSON NOTES

Year: 12A

WEEK - 13

BATCH 5

Strand	HOME MANAGEMENT
Sub- Strand	THE FAMILY-POST NATAL CARE
Content Learning Outcome	<ul style="list-style-type: none">➤ Describe the post- natal care to the infants➤ Identify the qualities of good parenting and discuss its influence on the family➤ Discuss how social changes affects the family structure and its effects on the family

Postnatal care

- is entirely about the provision of a supportive environment in which a woman, her baby and the wider family can begin their new life together.

The post natal period –

- the first six weeks after birth-is critical to the health and survival of the mother and her new born.
- The most vulnerable time for both is during the hours and days after birth. Lack of care in this time period may result in death or disability as well as missed opportunities to promote healthy behaviours, affecting women, new born, and children.

CARE OF THE NEW MOTHER

Physical care

Normal bleeding

For the first two to three days after delivery, blood loss may be like a heavy period.

Over the next week the amount will gradually lessen and the colour will change from red to brownish/pink.

Spotting can continue for four to six weeks.

- Do not go swimming until bleeding has stopped.
- Do not use tampons until after the first six week check.
- Have hot water bath.

Perineum care

- The perineum is the area of skin and muscle close to the birth canal.
- At the very end of labor these skin and muscle layers thin and stretch to allow the baby to be born.
- If there is some form of tearing, or an *episiotomy* (a cut made into the perineum to enlarge the birth opening), the following recommendations will assist the healing process and help the new born mother to become comfortable.
 - Keep the perineum clean by showering each day and sitting in warm water with antiseptic or warm salt water to assist in the quick healing process.
 - Change sanitary pads at least every four hours—this can help reduce the risk of infection.
 - If there are some stitches, they are usually dissolvable and will fall out between one to three weeks after the birth.

Exercise

- After having a baby, one should always get in and out of bed on her side, as this reduces the strain on the perineum, back and tummy.
- If there is any pain while moving, extra caution is to be taken while getting in and out of bed.

Rest and activity

- Ensure that movement is done carefully and smoothly, drawing in the pelvic floor before and during movements, especially more strenuous activities such as lifting, pushing, coughing etc.
- Return to all activities at home should be done gradually, starting with short sessions only—as the muscles recover and get stronger, the mother will be able to gradually increase her activities.
- It is very important to return to a general fitness program after having a baby. Because the ligaments and support structures of your body are not back to full strength for up to a year postnatal, it is important to choose from the many safe sports and exercise programs available, while avoiding a few risky activities.
 - Walking, swimming, Pilates, gym stations with light/medium weights, cross-training and cycling are all good exercise choices at this stage.

Postpartum blues and depression

- Approximately 80 per cent of women experience the *baby blues* around three days after birth.

- Baby blues can be caused by hormone changes; tiredness; pain from stitches; a wound or full breasts or even feeling flat after all the excitement of the birth.
- One may feel anxious about small things and become very weepy.
- Some new parents find it difficult to bond with their new baby. They should not feel guilty if they do not instantly bond. These feelings will change and grow over time.
- About 10 to 20 per cent of women can go on to develop *postnatal depression (PND)* which may include one or more of the following signs or symptoms:
 - o persistent low mood
 - o extreme anxiety, confusion and panic
 - o difficulties in sleeping or excessive sleeping
 - o not eating or overeating o inability to enjoy anything or cope with routine tasks
 - o inability to think clearly or make decision.
 - o feelings of wanting to harm baby or self
 - o Wanting to run away.

• *Postnatal depression* is a treatable condition and it is most important to get help early. Help can be sought through midwives, child health nurse and from health centres.

• It is also important to seek help if childbirth experiences are stressful, disappointing or traumatic.

Seeking assistance from Nurses and doctors with questions regarding childbirth is important to ensure both the baby and the mother are well.

POST NATAL CARE TO THE INFANTS

Nappy changing

- Gather everything that is needed and place it all within easy reach.
- While changing nappies, do not be tempted to leave the baby unattended on a change table, for whatever reasons.
- Always keep one hand on the baby, especially as they get older. At this point changing a baby should be done on a lower surface or a change mat on the floor.
- Encourage eye contact with the baby during nappy changing.

For girls:

Wipe from front to back, wiping away any bowel motion or urine from their skin.

For boys:

Clean all around the folds of skin of the genitals. Boys can spray urine everywhere, so be very prompt when replacing the nappy.

NORMAL INFANT URINE AND BOWEL HABITS

Urine

- It is to be expected that babies will have one wet nappy on the first day, two on day two and three on day three, and so on until breastfeeding is established.
- Gradually approximately six to eight heavy wet nappies is expected per day, with the urine a pale yellow in color.
- If using *disposable nappies* it can sometimes be difficult to tell if the nappy is wet—feel the front and bottom of the nappy to check the crystals inside the nappy—if wet, they should feel full. Some disposable nappies have a “wetness indicator” which changes color if the nappy is wet.

Bowels

- Baby’s first bowel motions, called *meconium*, are black/dark green in color and should occur within 24 hours of birth.
- After a few days of feeding the bowel motions change color to brown/green and then to a yellowish mustard color which is loose with small curds in it like cottage cheese.
- Mothers’ breast milk contains natural laxatives which prevent constipation.
- In the early days babies may have a bowel motion with every feed but this will slow down.
- The normal range of bowel motions is eight per day to one per week. If you there are any concerns contact the midwife, doctor or child health nurse.
- Formula fed babies are more prone to constipation.

Bathing

- Just as it is important to gather everything that is needed and all placed within easy reach before changing nappies, it is equally important to do the same when bathing the baby. Never leave the baby alone in the bath.
- The temperature of the bath should be warm but not too hot. Place the elbow or wrist in the water to check the temperature—if it is comfortable then it should be suitable.
- Babies may only need to be bathed every second day in cooler weather but in warmer months a daily bath is recommended.

LABASA SANGAM (SKM) COLLEGE

Home Economics - LESSON NOTES

Year: 12A

WEEK - 14

BATCH 5

Strand	HOME MANAGEMENT
Sub- Strand	THE FAMILY-POST NATAL CARE
Content Learning Outcome	<ul style="list-style-type: none">➤ Describe the post- natal care to the infants➤ Identify the qualities of good parenting and discuss its influence on the family➤ Discuss how social changes affects the family structure and its effects on the family

Cord care

- The umbilical cord will feel cold and clammy, initially, and then will become quite dry and brown in color.
- Wash hands with soap and water before, and after, handling the cord.
- Check at each nappy change—there should be no blood loss.
- When re-dressing the baby, fold down the nappy.
- This helps keep the cord exposed to air (keeping it dry), reduces undue pressure on the cord prevents potential for infection through fecal contamination.
- When bathing the baby, wash the cord with water and dry gently.
- There are no nerve endings in the cord so it will not hurt the baby when cleaning the cord.
- There is a variation in the length of time it will take for the cord to separate: however, this usually occurs between five and 15 days.
- When it is close to dropping off, old blood may be noticed around the base of the cord. It is normal for the cord to smell at this stage. Just clean as previously described.
- If the skin around the cord becomes red or hot to touch, looks inflamed, is offensive to smell or is noticeably draining pus, show the midwife, nurse, doctor or child health nurse as soon as possible.

Sleeping and settling

- A newborn baby's sleep cycles lasts about 20 to 40 minutes with broken sleep anywhere from two to six hours.

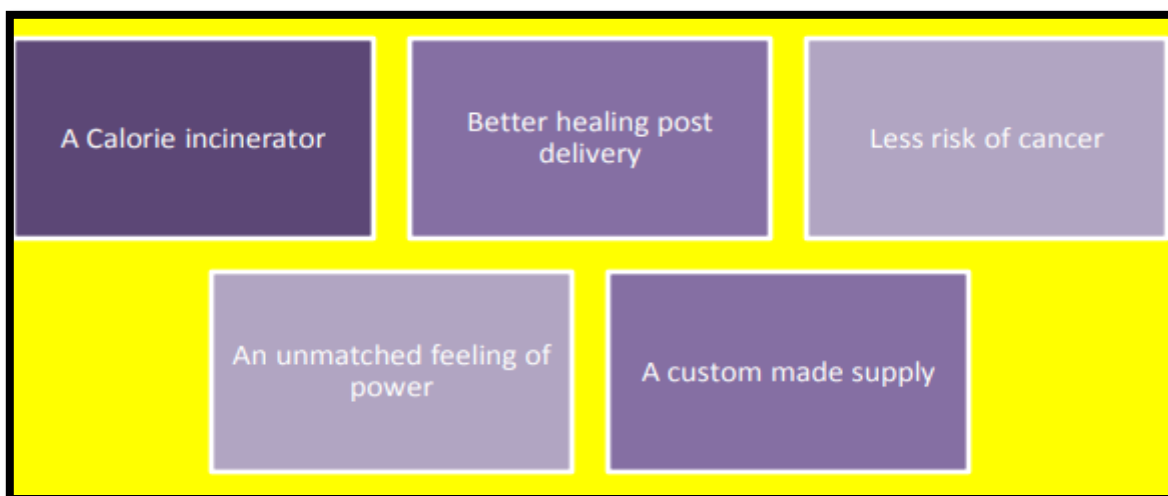
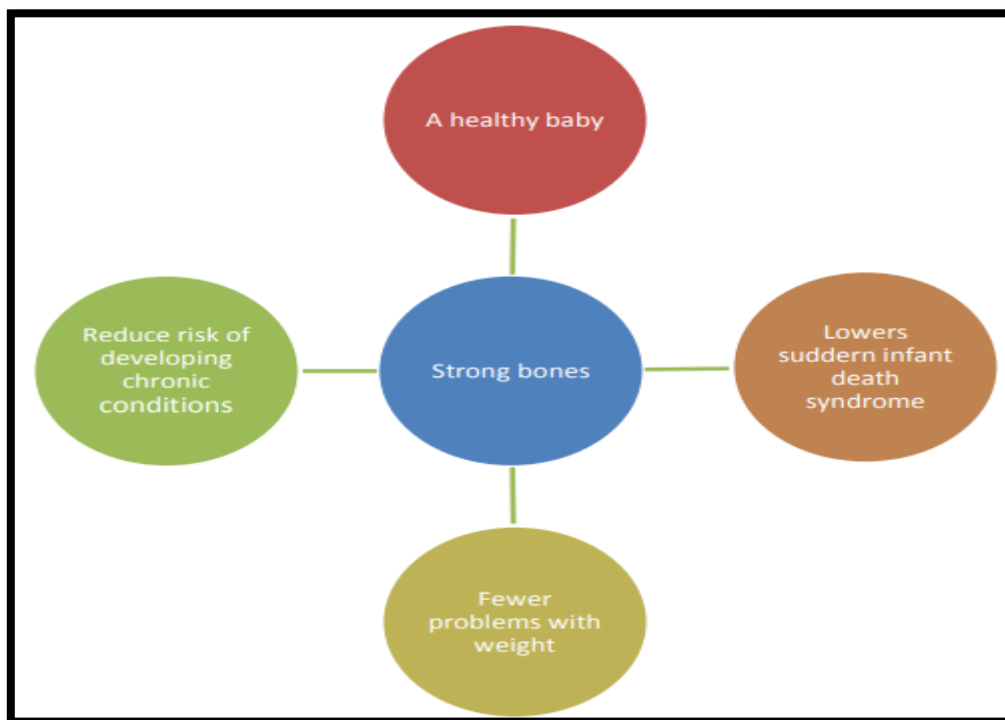
- During light sleep babies will sometimes move and make noises. Their breathing pattern is irregular and they can be woken easily at this time.
- During deep sleep they are very still and will not move when touched.

FEEDING METHOD

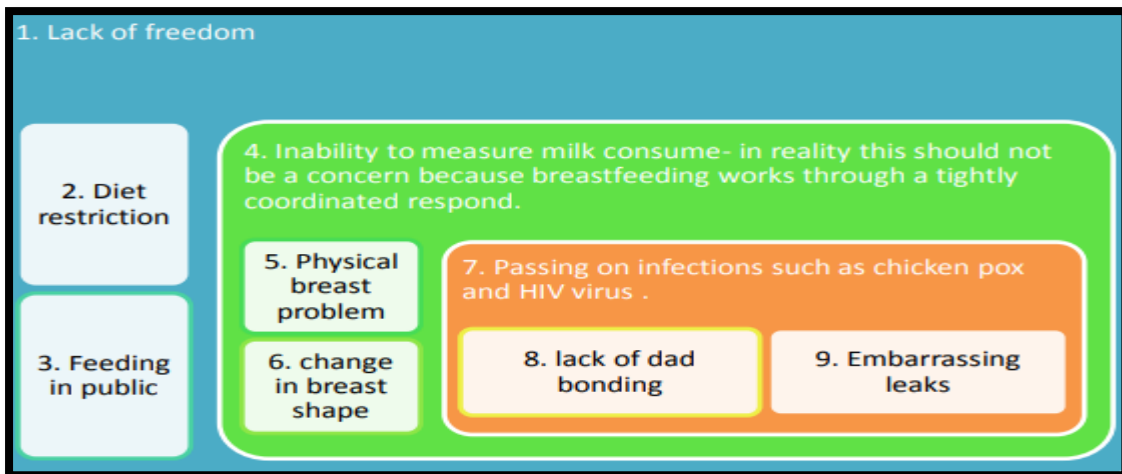
BREASTFEEDING

Breastfeeding is nature`s gift to nature that the baby is on a firm healthy foundation during the vital, formative period of human life.

ADVANTAGES OF BREASTFEEDING



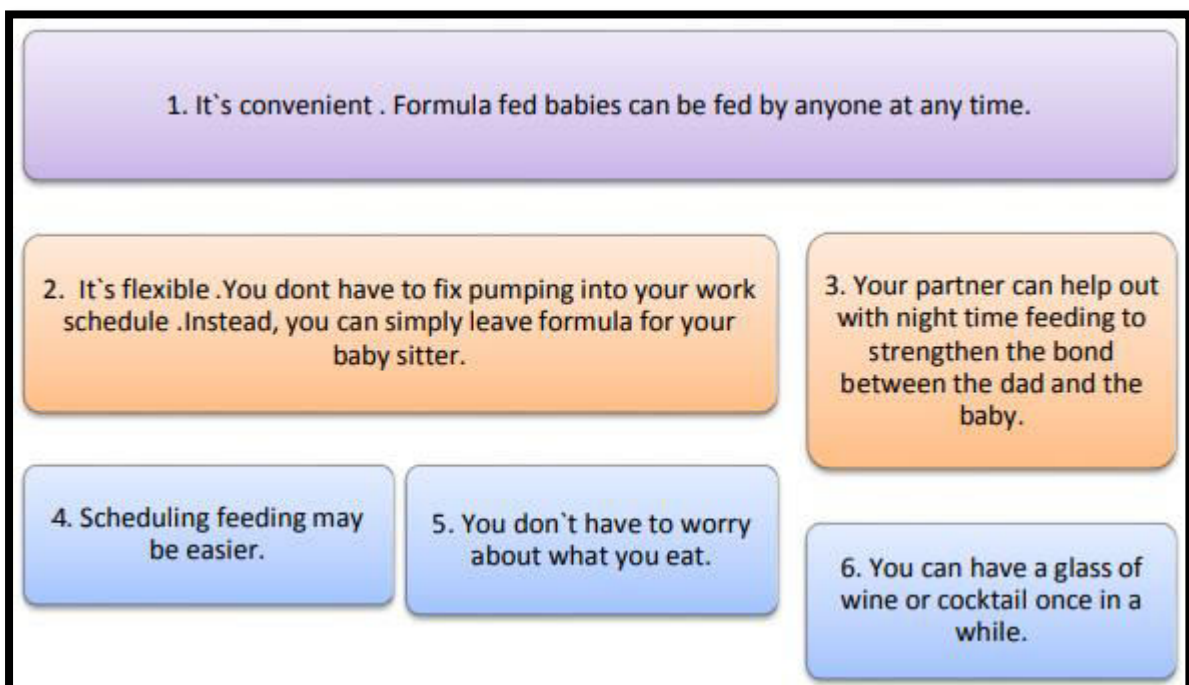
DISADVANTAGES OF BREASTFEEDING



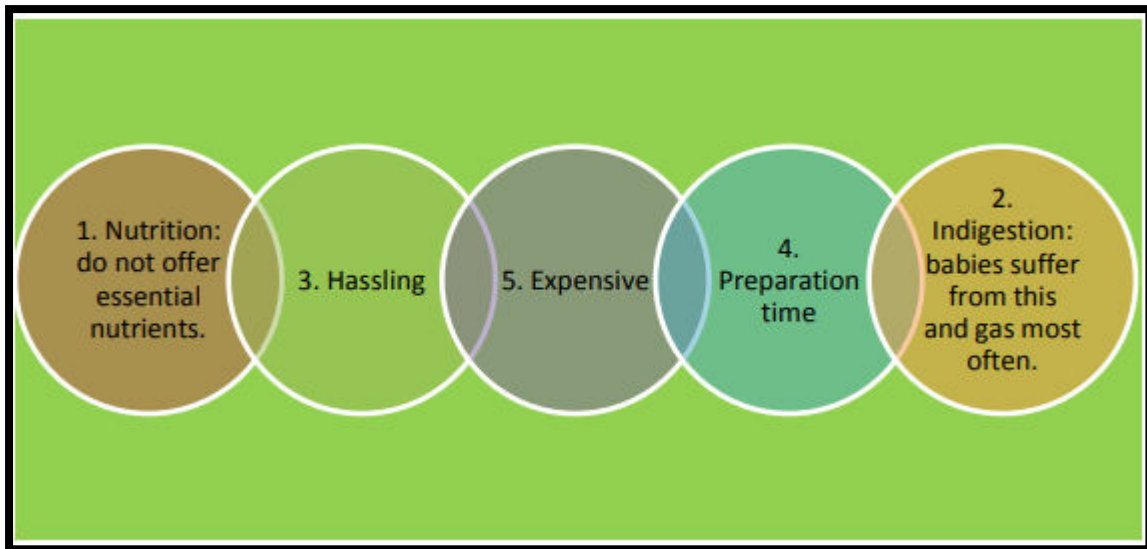
FORMULA FEEDING

- Formula feeding is also a healthy choice for babies.
- If you use a formula, your baby will get the best possible alternative to breast milk.

ADVANTAGES OF FORMULA FEEDING



DISADVANTAGES OF FORMULA FEEDING



IMMUNIZATION

- The policy statement in the Ministry of health states that the target populations for the Expanded Program on Immunization Vaccines are children from birth to 18 months of age for primary immunization.
- For infants under 18 months

Immunization Schedule				
Age	Vaccine	Dose	Route	Site
Birth	BCG*(please see table 2 below for guidance on babies born to HIV positive mothers)	0.05mL	Intradermal	Mid upper arm
	HBV0within 24 hrs of birth	0.5mL	Intramuscular	Anterolateral thigh
6 weeks	DTP-Hep B-Hib1	0.5mL	Intramuscular	Anterolateral thigh
	Pneumococcal Vaccine 1	0.5mL	Intramuscular	Anterolateral thigh
	Rotavirus Vaccine 1	1.5mL	Oral	
	OPV1	2 drops	Oral	
10 weeks	DTP-Hep B-Hib 2	0.5mL	Intramuscular	Anterolateral thigh
	Pneumococcal Vaccine 2	0.5mL	Intramuscular	Anterolateral thigh
	OPV 2	2 drops	Oral	
14 weeks	DTP-Hep B-Hib 3	0.5mL	Intramuscular	Anterolateral thigh
	Pneumococcal Vaccine 3	0.5mL	Intramuscular	Anterolateral thigh
	Rotavirus Vaccine 2	1.5mL	Oral	
	OPV 3	2 DROPS	Oral	
12 Months	MR 1	0.5mL	Intramuscular	Upper arm
18 Months	OPV 4	2 drops	Oral	

*studies have shown that giving the hepatitis B vaccine within 24 hours of birth found that immunized infants born to mothers infected with hepatitis B were less likely to become infected with Hepatitis B.

Source: Fiji National Immunization Policy and Procedure Manual, Ministry of Health, 2013

Vaccine –Preventable Diseases and the Vaccine that Prevent Them				
Disease	Vaccine	Disease spread by	Disease Symptoms	Disease complication
Chicken pox	Varicella vaccine protects against chickenpox	Air, direct contact	Rash ,tiredness, headache ,feve	Infected blisters, bleeding disorders, encephalitis(brain swelling),pneumonia (infection in the lungs)
Diphtheria	DTaP*vaccine protects against diphtheria	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, pneumonia (infection in the lungs), death.
Hib	Hib vaccine protects against Haemophilia	Air, direct contact	No symptoms unless bacteria enters blood	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorder.
Hepatitis A	Hep A vaccine protects against hepatitis A	Direct contact, contaminated food or water	May be no symptoms, fever, stomach ache, loss of appetite	Chronic liver infection, liver failure, liver cancer
Hepatitis B	HepB vaccine protects against hepatitis B	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting.	Chronic liver infection, liver failure, liver cancer
Flu	Flu vaccine protects against influence	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue.	Pneumonia (infection in the lungs)
Measles	MMR**vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye.	Encephalitis (brain swelling), pneumonia (infection in the lungs), death.
Mumps	MMR**vaccine protects against mumps	Air, direct contact	Swollen salivary glands (under the	Meningitis (infection of the covering around the brain and

			jaw), fever, headache, tiredness, muscle pain.	spinal cord), encephalitis (brain swelling), inflammation of testis or ovaries, deafness.
Pertussis	DTaP*vaccine protects against pertussis(whooping cough)	Air, direct contact	Severe cough, runny nose ,apnoea,(a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV Vaccine protects against polio	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, and headache.	Paralysis, death

Pneumococcal	PCV vaccine protects against pneumococcal	Air, direct contact	May be no symptoms, pneumonia(infection in the lungs)	Bacteria (blood infection),meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus	Through the mouth	Diarrhoea, fever, omitting	Severe diarrhoea, dehydration.
Rubella	MMR**vaccine protects against rubella	Air, direct contact	Children infected with rubella virus sometimes have a rash ,fever ,swollen lymph nodes	Very serious in pregnant women can lead to miscarriage, stillbirth, premature delivery, birth defects.
Tetanus	DTaP*vaccine protects against tetanus	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever.	Broken bones, breathing difficulty, death

MMUNIZATION RECORD

Age	Vaccine	Date vaccine administered	Vaccine batch number	Clinic received	Signature
Birth	Hepatitis B				
	Note date & time				
6 Weeks	BCG				
	DTP-Hep B- hib				
	OPV				
10 weeks	Pneumococcal				
	Rotavirus				
	DTP-HepB-Hib				
14 weeks	OPV				
	Pneumococcal				
	DTP-HepB-Hib				
12 months	OPV				
	Pneumococcal				
18 months	Rotavirus				
	MR				
ADDITIONAL VACCINES					

LABASA SANGAM (SKM) COLLEGE

Home Economics - LESSON NOTES



Year: 12A

WEEK - 15

BATCH 5

Strand	HOME MANAGEMENT
Sub- Strand	THE FAMILY-POST NATAL CARE
Content Learning Outcome	<ul style="list-style-type: none">➤ Describe the post- natal care to the infants➤ Identify the qualities of good parenting and discuss its influence on the family➤ Discuss how social changes affects the family structure and its effects on the family

GOOD PARENTING AND EFFECTS ON THE FAMILY

GOOD PARENTING	EFFECTS ON THE FAMILY
<p>Loving Your Child</p> 	<p>Sometimes the best thing parents can give their children is love and affection. A warm touch or a caring hug can let the child know how much parents really care about him or her. Do not ever overlook how important a physical connection is when it comes to children.</p>
<p>Strong ethical and moral values</p> 	<p>Enforce rules that apply to every person leading a happy and productive life — not model rules of your ideal person.</p> <p>Teach children that it is okay for them to be different, and they do not have to follow the crowd. Teach them right from wrong when they are young, and they will be able to make their own decisions, instead of listening to or following others.</p>

Be responsible



One characteristic of being a good parent is being responsible. That means that parents should go out and get a job. They should buy food and provide shelter and clothing. It also means being mature enough to handle situations, that needs careful considerations and genuine care. Being a good parent also means providing stability and structure.

Educate and Motivate



It is very important for parents to ensure that their children receive the best education as possible. It is also important for them to motivate their children to be educated, be it academic or spiritual education. At some or the other point in life parents have to learn to compromise for their children, be it financially or in any other way to build a secure future for their children they should be that much responsible to give up what it takes.



Preventing anti-social behavior

Children's first experience with social behavior begins at home therefore parents have the important responsibility of teaching their children good Social skills. Early, effective and appropriate discipline, lessons in behavioral skills, family therapy, and psychotherapy may help reduce the chance that at-risk children go on to become adults with antisocial personality disorder.

Create joy and laughter in a family



Source: Soronaivalu Collection, 2015

There are many different ways to have fun. Being outdoors and enjoying nature has great physical and emotional benefits. In a good weather, involve the family in activities such as going to the park or beach, hiking, swimming, sleeping in a tent in the backyard, or going on a picnic and playing rugby or soccer etc. These activities initiate family bonding and happiness.

Invest in yourself



Recognize Your Most Important Financial Asset: Yourself. Protect yourself and your loved ones. Borrow sparingly. Live simply today for a more comfortable tomorrow

SOCIAL CHANGES THAT AFFECTS THE FAMILY STRUCTURE

- Social connections come from a variety of sources—
 - family and friends,
 - shared living spaces,
 - interaction with neighbours, and
 - participation in community or religious organizations.
 - For many people as they get older, their family structure changes as children leave home and spouses die.

Changing women role and dual career families:

The increase in female headed household could be due to a variety of reasons including

- widowhood,
- migration,
- non-marital fertility and
- marital instability.

In recent decades;

- women have become heads of household because men, the traditional head of household had left for work or other reasons.
- More over due to civil unrest, and displacement,

- a refugee situation exists in a number of countries in the region, often resulting in females taking over the task of running the household.

Migration

- The migration of professionally and technically qualified people in search of paid employment particularly from rural to urban areas and overseas.
- Countries such as Australia, New Zealand, China and the United States have opened new avenues for all types of migrants and paved the way for thousands of professionally and technically qualified persons to migrate.

Increased family breakdown

- On a range of outcome including
 - educational achievement,
 - behavior,
 - mental health,
 - self-concept,
 - social competence and
 - long-term health,

There are significant difference between children who experience parental separation compared with children from intact families.

- *Children from intact families* can experience circumstances known
 - to increase the risk of poor outcome such as poverty ,
 - parental conflict,
 - violence and
 - poor parenting,
- Whilst *children whose parents separate* may not experience these or can cope well, with the result that many children experiencing family breakdown will function as well as, or even better than, children from intact families.

Increase role of grandparents for childcare

- While some women have children later in life, and are likely to therefore become grandparents at an older age,
- other women become grandparents at a relatively young age.
- The average age at which some one becomes a grandparent is shifting and has been variously cited in recent years at anywhere between 47-54.

Increase in technology advances telecommunication

- Availability of technology from mobile phones, digital cameras, to home computers is evident in most homes nowadays and
- it has improved and eased many household responsibilities and
- improved family communication in so many ways.

However if not managed and monitored well, it may pose many problems to the family such as

- having a negative impact on the social interaction within the household in terms of time allocation patterns,
- the choice of social functions,
- the transmittal of cultural values, and
- in the overall family behaviour.

Establishment of regular family contact

- A feeling of closeness or affection from being united with other people in the family.
- Family togetherness, meaning that husband, wife, and children choose to spend their leisure time with one another.
- Playing together is an essential trait of happy, healthy families.
- Certainly our children need to do their chores, and of course they need discipline with consistency.
- A great thing happens to families when they play together:
- They begin to talk and laugh and lighten up.
- Family memories are built, inside jokes are shared, and serious moments of intimacy are communicated. Families need special times together to build lifelong memories and to play together.

Late Marriage

- Delaying marriage (pushing the age at marriage into the late 20s and higher).
- A well-known changing family pattern is a shift in family structure the dramatic increase in single parent families.
- The other dramatic divergence in family patterns is a shift in family timing an increase in the proportion of men and women who *postpone marriage and childbearing*.
- Delayed family formation has
 - economic,
 - social,
 - psychological, and
 - biological effects that are fundamentally incommensurate.
- There is maturity in both partners and a positive relation between age at marriage, spouse's marital role performance, and marital satisfaction.

THE END

LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

YEAR 12

WORKSHEET 11

BATCH 5

NAME: _____

YEAR: _____

DUE DATE: 18/10/21

PREPARED BY:

Mrs. F. Simmons

Mobile: 8643127

Email: tuidraki_simmons@yahoo.com

HOME MANAGEMENT

BATCH 5 SHORT ANSWER QUESTIONS

LESSON NOTES 13/14/15

The Family

Post-partum blues are common after childbirth. With reference to the above statement, write down two

1. Causes for postpartum blues. **(2 marks)**

- _____

- _____

2. Symptoms of post-partum blues. **(2 marks)**

- _____

- _____

3. Ways mothers can prevent postpartum blues from occurring. **(2 marks)**

- _____

- _____

4. Ways family members can support mothers with postpartum blues. **(2 marks)**

- _____

- _____

5. (i) Define the term episiotomy. **(2 marks)**

(ii) Explain the importance of choosing safe sports and exercise program after childbirth.

HOME MANAGEMENT

**BATCH 5
SHORT ANSWER QUESTIONS**

LESSON NOTES 13/14/15

The Family

Breast feeding is a gift from nature. With reference to the above statement, discuss two

1. Advantages of breast feeding. **(2 marks)**

- _____

- _____

2. Disadvantages of breast feeding. **(2 marks)**

- _____

- _____

3. Ways working mothers can still provide breast milk for their babies. **(2 marks)**

- _____

- _____

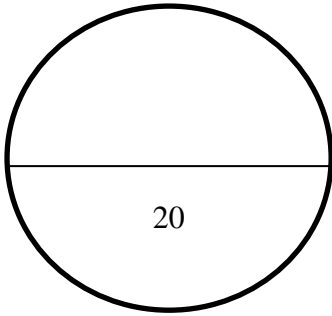
4. Ways family members can support the working mother to continue breast feeding. **(2 marks)**

- _____

- _____

5. State one advantage of breast feeding. **(1 mark)**

6. Explain the importance of cord care for the baby. **(1 mark)**



LABASA SANGAM (SKM) COLLEGE

HOME ECONOMICS

SHORT TEST TWO -20%

Name : _____

Year: _____

HOME MANAGEMENT

ESSAY QUESTION

[20 marks]

The Family

Social changes occurring within families have an effect on family structure. With reference to the above statement, discuss

- **Two social changes that occur within a family. (4 marks)**
- **One positive effect of each of the changes on the family. (4 marks)**
- **One negative effect of each of the changes on the family. (4 marks)**
- **One way families can manage the social changes identified. (4 marks)**

LABASA SANGAM (SKM) COLLEGE

NAME: _____

HOME STUDY PACKAGE

YEAR: _____

YEAR 12 PHYSICS

WORKSHEET 1:(10 Marks)

NOTE: Please only return the worksheets 1 and 2.

COULOMBS

1. Calculate the electrostatic force between two charges of +6nC and +1nC if they are separated by a distance of 2 mm.

(2marks)

2. When sugar is poured from the box into the sugar bowl, the rubbing of sugar grains creates a static electric charge that repels the grains, and causes sugar to go flying out in all directions. If each of two sugar grains acquires a charge of 3.0×10^{-11} C at a separation of 8.0×10^{-5} m, with what **force** will they repel each other?

(2marks)

3. Calculate the distance between two charges of +4nC and -3nC if the electrostatic force between them is 0.005 N.

(2marks)

4. Lusiana is dusting the house and raises a cloud of dust particles as she wipes across a table. If two 4.0×10^{-14} C pieces of dust exert an electrostatic force of 2.0×10^{-12} N on each other, **how far apart** are the dust particles at that time?

(2marks)

5. Calculate the charge on two identical spheres that are similarly charged if they are separated by 20 cm and the electrostatic force between them is 0.006 N.

(2marks)

LABASA SANGAM (SKM) COLLEGE

NAME: _____

HOME STUDY PACKAGE

YEAR: _____

YEAR 12 PHYSICS

WORKSHEET 2: (10 Marks)

ELECTROMAGNETISM

1. A square loop of aluminium wire is initially placed perpendicular to the lines of a constant magnetic field of 0.5 T. The area enclosed by the loop is 0.2 m². The loop is then turned through an angle of 90° so that the plane of the loop is parallel to the field lines. The turn takes 0.1 s. What is the induced emf in the loop?

(3marks)

2. A straight wire of mass 200 g and length 1.5 m carries a current of 2 A. It is suspended in mid-air by a uniform horizontal magnetic field B (Fig. 4.3). What is the magnitude of the magnetic field?

(3 marks)

3. Synchrotron is used in Nuclear Physics to produce high speed protons. A strong magnetic field is used to keep the protons in a circular orbit. Consider a proton traveling at 5×10^8 m/s around a synchrotron with a 6 m diameter in a magnetic field of strength 0.08 T. (The charge of a proton is 1.6×10^{-19} C)

(i) Calculate the magnetic force on the proton.

(2 marks)

(ii) Calculate the mass of the proton.

(2 marks)

HOME STUDY PACKAGE

NAME: _____
 YEAR: _____

School: Labasa Sangam(SKM) College
 Subject: Technical drawing
 Week:13/worksheet:1-3

Year/Level:12C/D/E
 Due Date:18th October 2021
 Date:27th September -1st October 2021

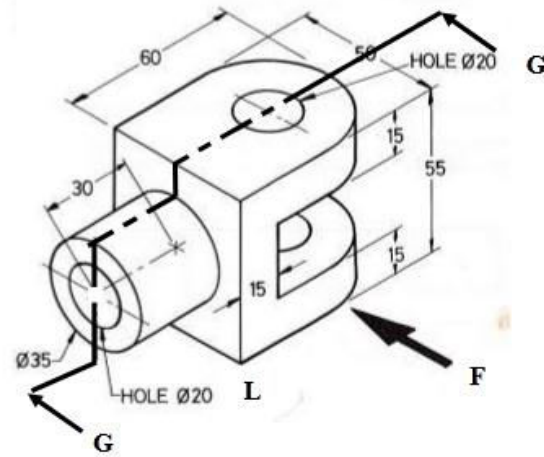
Question:1

(a). Given: A pictorial view of a Tool Rack is shown not to scale.

Required: (i) Draw the End Elevation. **(3 marks)**

(ii) Draw the Sectional Elevation of cutting plane G-G. **(7 marks)**

Note: Use the starting point L for both the views.



Question:1(i)			
i	Accuracy-Length	1	
	Accuracy-Height	1	
	Correct sectional shape	1	
Q1(ii)			
	Correct starting point used	1	
	Accuracy-Length	1	
	Accuracy-Height	1	
	Correct sectional shape	2	
	Accuracy -Hatching	1	
	Correct line work	1	

END ELEVATION **L**

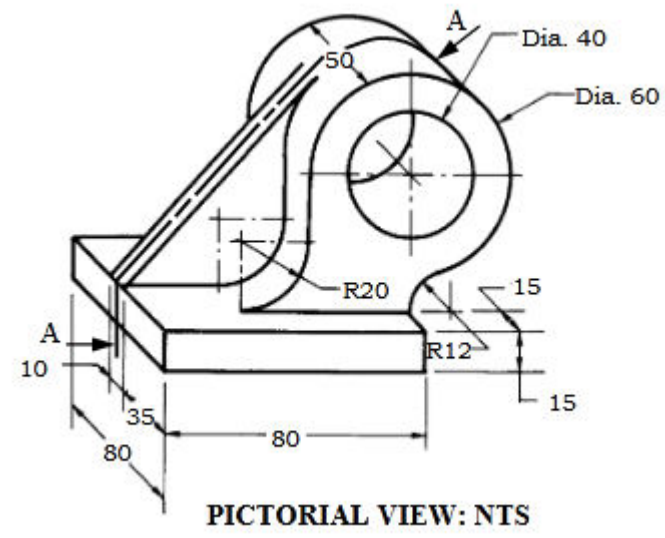
L SECTIONAL ELEVATION

Question:2

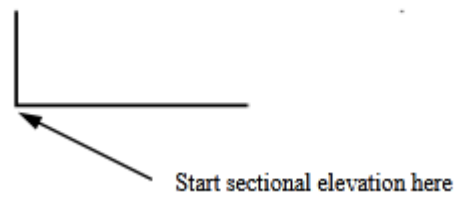
(10 marks)

Given: A pictorial view of a machine part shown below.

Required: Draw the Front Elevation in full section on cutting plane A-A.



Question:2			
i	Correct line work	2	
	Accuracy-fillets	2	
	Accuracy-Tangents	2	
	Neatness	1	
	Accuracy-Length	1	
	Accuracy-Correct measurement	1	
	Correct shape	1	



WORKSHEET ASSESSMENT-WEEK:13

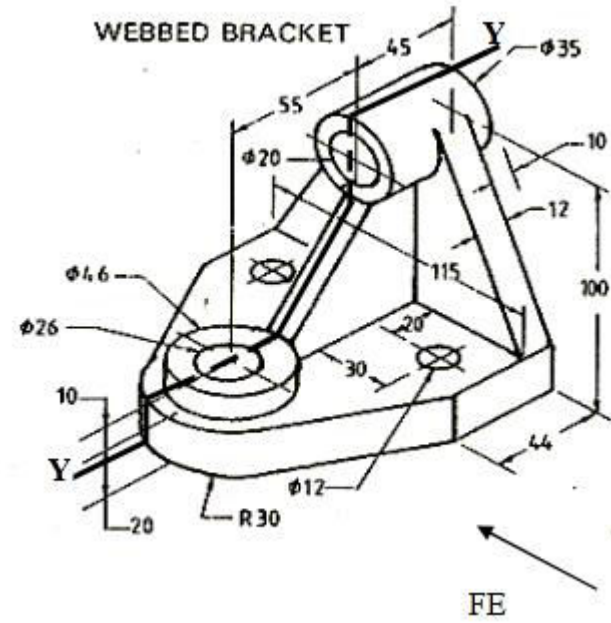
Question:3

(10 marks)

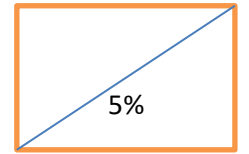
(b) **Given:** The sketch of a Webbed Bracket not drawn to scale and the cutting plane Y-Y.

Required: (i) Draw the full sectional front elevation to a scale of 1 : 1 using the starting point given. (8 marks)

(ii) Label the Boss and the Rib clearly on the sectional view. (2 marks)



Start sectional front elevation here



Question:3			
i	Correct starting point used	1	
	Accuracy-Length	1	
	Accuracy-Height	1	
	Correct sectional shape	3	
	Accuracy -Hatching	1	
ii	Correct line work	1	
	Correct labels with guide lines	2	

