

SEPTEMBER 2017 LANCASHIRE COUNTY COUNCIL

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Lancashire County Council: September 2017 Q&A

1. What are the key changes that Lancashire County Council is implementing in September 2017?

Lancashire County Council is implementing a number of changes in September 2017, including:

- The introduction of a new digital care record system
- The implementation of a new school funding formula
- A review of the council's waste and recycling services
- The launch of a new online portal for residents to access council services

2. What is the new digital care record system?

The new digital care record system is a secure online system that will store and share information about people's health and social care needs. The system will be used by health and social care professionals to provide better coordinated and integrated care for people.

3. What is the new school funding formula?

The new school funding formula will be used to distribute funding to schools in Lancashire. The formula is based on a number of factors, including the number of pupils, the deprivation levels in the area, and the school's performance. The new formula is designed to ensure that all schools have the resources they need to

provide a good education for their pupils.

4. What is the review of the council's waste and recycling services?

The review of the council's waste and recycling services is being carried out to identify ways to improve the services and make them more efficient. The review will consider a number of options, including changing the collection schedule, introducing new recycling schemes, and increasing the use of technology.

5. What is the new online portal for residents?

The new online portal is a secure website that residents can use to access a range of council services. The portal will allow residents to view their council tax bill, apply for benefits, and report problems such as potholes or streetlights. The portal will also provide access to information about council services and events.

The Power of Habit: How to Build Good Habits That Last

What is a habit?

A habit is a behavior that is repeated regularly and tends to occur subconsciously. Habits can be either good or bad, and they can have a significant impact on our lives.

How can I build good habits that last?

There are three key steps to building good habits:

1. **Start small.** Don't try to change too much at once. Pick one small habit that you want to improve, and focus on that.
2. **Be consistent.** It takes time to build a new habit. Be patient and consistent with your practice.
3. **Reward yourself.** When you achieve a goal, reward yourself with something that you enjoy. This will help you to stay motivated.

How can I break bad habits?

Breaking bad habits can be challenging, but it is possible. Here are three tips:

1. **Identify your triggers.** What are the situations or events that trigger your bad habits? Once you know your triggers, you can avoid them or prepare for them.
2. **Replace your bad habits with good habits.** When you feel the urge to engage in a bad habit, try to replace it with a positive behavior.
3. **Be patient.** Breaking a bad habit takes time and effort. Don't get discouraged if you slip up occasionally. Just keep at it and eventually you will succeed.

What are the benefits of having healthy habits?

Healthy habits can improve your physical, mental, and emotional health. They can help you to lose weight, reduce stress, sleep better, and have more energy. Healthy habits can also help to prevent chronic diseases such as heart disease, stroke, and cancer.

Conclusion

Habits play a significant role in our lives. By understanding the power of habit, we can build good habits that last and break bad habits that hold us back.

Student Exploration: Heat Transfer by Conduction

Question 1: What is heat transfer by conduction?

Answer: Heat transfer by conduction is the transfer of heat energy through direct contact between two materials. Heat flows from a hotter object to a cooler object until they reach the same temperature.

Question 2: What factors affect the rate of heat conduction?

Answer: The rate of heat conduction is affected by three factors:

- **Temperature difference:** The greater the temperature difference between the objects, the faster the heat transfer.
- **Material:** Different materials have different thermal conductivities, which determine how easily they transfer heat.
- **Cross-sectional area:** The larger the cross-sectional area of the contact surface, the faster the heat transfer.

Question 3: How can conduction be used to heat or cool objects?

Answer: Conduction can be used to heat or cool objects by transferring heat from a warmer object to a cooler object or vice versa. For example, a hot stove heats a pot by conduction, while a refrigerator cools food by conduction.

Question 4: What are some real-world examples of heat transfer by conduction?

Answer:

- A spoon placed in a hot cup of coffee will heat up by conduction.
- The heat from your body warms up the bed sheets or blankets you are sleeping on.
- The metal frame of a window can feel cold to the touch on a cold day.

Question 5: How can insulation help reduce heat transfer by conduction?

Answer: Insulation is a material with a low thermal conductivity that prevents heat from flowing easily through it. It can be used to reduce heat loss from homes, buildings, and other objects by??the flow of heat by conduction.

Unit 2 Tasks: Indicative Content - ISMI

Indicative Content: Question and Answer

Paragraph 1: ISMI (noun) Forms

Question: What are the four basic forms of ISMI (noun) in Arabic? **Answer:** Mufrid (singular), Muthanna (dual), Jama' (plural), Jama' Takseer (plural of paucity).

Paragraph 2: ISMI Forms in Context

Question: How do you determine which form of ISMI to use? **Answer:** The form of ISMI used depends on the context, such as whether it is singular, dual, plural, or a plural of paucity.

Paragraph 3: Indefinite Noun

Question: What is an indefinite noun? **Answer:** An indefinite noun is a noun that does not refer to a specific person, place, or thing.

Paragraph 4: Definite Noun

Question: How can you make a noun definite? **Answer:** A noun can be made definite by adding the definite article *Al* (the).

Paragraph 5: Non-Determinable Noun

Question: What is a non-determinable noun? **Answer:** A non-determinable noun is a noun that cannot be used with the definite article *Al*.

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