



# READING IS GOOD IDEA

## LC1 LINGUATRIVIA: A Few Tips



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### Year 7 MFL Reading homework

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#### GEOGRAPHY:

Here is a map of France. You must know the main cities of France and where they are located roughly (**dans le nord/le sud/l'est/l'ouest de la France**): Marseille, Paris, Lyon, Bordeaux, Toulouse, Grenoble, Lille, Strasbourg, Brest, Nantes, Nancy, Nice, Toulon...



You also need to know the countries having borders with France : l'Espagne/ l'Italie/ La Suisse/ L'Allemagne/ Le Luxembourg/ La Belgique.

There are a few rivers in France : **La Seine** (in Paris), La Garonne, Le Rhin and Le Rhône are the main ones.

The seas surrounding France are "**la Mer Méditerranée**" in the south, "**l'Océan Atlantique**" in the west (or Bay of Biscay) and "**la Manche**" (the English Channel ) in the north.

France is divided into 22 regions (including the "territorial collectivity" of "**Corse**" or Corsica) and is subdivided into 96 "departments". The 22 « régions » are :

Alsace, Aquitaine, Auvergne, Basse-Normandie, Bourgogne, Bretagne, Centre, Champagne-Ardenne, Corse, Franche-Comté, Haute-Normandie, Ile-de-France, Languedoc-Roussillon, Limousin, Lorraine, Midi-Pyrénées, Nord-Pas-de-Calais, Pays de la Loire, Picardie, Poitou-Charentes, Provence-Alpes-Côte d'Azur, Rhône-Alpes.

#### HISTORY:

- There are around 60 million inhabitants in France.
- The government is a Republic (**une République**). The "Président de la République" is called **François Hollande**. The current Prime Minister (Premier Ministre) is Jean-Marc Ayrault.
- The French National Day ("**La Fête Nationale**") is "**le 14 juillet**" (Bastille Day). It is a bank holiday with fireworks (= **des feux d'artifice**) and a parade on the **Champs-Élysées (avenue)**.
- The French National Anthem is called '**La Marseillaise**' and was written by **Rouget de Lisle**.

#### CULTURE:

The Eiffel Tower ('**La tour Eiffel**') is **324 metres** high (including the aerial).

The most famous museum in Paris is "**Le Louvre**"; it houses the Mona Lisa ("**La Joconde**") by Leonardo Da Vinci. On top is '**La pyramide du Louvre**' which is made of glass (= **verre**).

**Montmartre** is a famous area in Paris: painters sell their paintings on a square called "**La Place du Tertre**". Montmartre was used a lot on the film "**Amélie Poulain**", starring Audrey Tautou.

The equivalent of Oxford Street in Paris is "**Les Champs-Élysées**". It is an **avenue** with lots of shops.

#### Here is a list of people you should know or recognise:

Famous actors and actresses (= acteurs et actrices): Gérard Depardieu (Obélix), Catherine Deneuve (Peau d'âne), Audrey Tautou (Amélie), Marion Cotillard (La vie en rose), Alain Delon (La piscine), Jean Reno (Godzilla), Daniel Auteuil (Jean de Florette), Brigitte Bardot (And God Created Woman), Jean Dujardin (The Artist), Louis de Funès (Rabbi Jacob).

Famous singers (= chanteurs et chanteuses): Jacques Brel, Charles Aznavour, Claude François, Edith Piaf, Vanessa Paradis, Johnny Hallyday, Mylène Farmer, Christophe Maé, Zazie, Olivia Ruiz, Christophe Willem, Shy'm, Dalida, Emmanuel Moire, Pascal Obispo, Serge Gainsbourg.

Famous sportsmen (= sportifs et sportives): Thierry Henry (football), Zinedine Zidane a.k.a. Zizou (football), Eric Cantona (football), Franck Ribéry (football), Samir Nasri (football), Amélie Mauresmo (tennis), Laure Manaudou (swimming), Alain Prost (Formula 1), Olivier Giroud (football).-Famous scientists (= scientifiques): Antoine Lavoisier (who put together the first extensive [list of chemical elements](#), and helped to reform chemical

nomenclature), Pierre and Marie Curie (radioactivity), Louis Pasteur (who created the first vaccines for rabies and pasteurization).

Famous French Presidents(= présidents de la République) : Charles de Gaulle, Georges Pompidou, Valéry Giscard d'Estaing, François Mitterrand, Jacques Chirac, Nicolas Sarkozy, **François Hollande (current President)**.

Famous models (= mannequins): Laëtitia Casta (l'Oréal advert), Carla Bruni-Sarkozy, Adriana Karembeu, Noémie Lenoir (Marks and Spencer advert).

Famous writers (= écrivains): Victor Hugo (who wrote « **Les misérables** »), Jules Verne (« Around the World in 80 Days »), Molière (theatre plays), Jean de la Fontaine (Fables), Albert Camus, Amélie Nothomb, Charles Perrault, Antoine de St-Exupéry (« Le petit Prince »).

I hope that you found this useful. Good luck! Bonne chance!!

1. List six countries which border with France?
2. What is the French national anthem called?
3. How tall is the Eifel tower?
4. Name a famous French singer.
5. Which sport is Eric Cantona famous for?



## Different Benefits of Reading Books



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## **LC2 Benefits of time with family**



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## **What are the Benefits of Spending Time with Family and Friends?**

We live in a time when everyone appears to be connected via their screens. We use social media as if our lives depended on it. And we've convinced ourselves that by sending a text or clicking on a 'Like' button, we've accomplished our daily social interaction goals.

Humans, on the other hand, are social beings. Staring at screens all day is the polar opposite of that, which is why a large body of research indicates that excessive use of social media platforms is one of the leading risk factors for feeling isolated, lonely, and anxious.

On the other hand, staying in touch with friends and family does wonders for your mental, spiritual, emotional, and physical health. Keeping in touch with friends and family members should ideally entail weekly phone calls and in-person get-togethers. When we focus on building quality relationships we can reap the below benefits.

When we feel isolated or disconnected, we are more likely to experience stress, anxiety, and depression. Being around people we care about and who care about us, on the other hand, can be uplifting and help us feel more grounded and at ease, which is why research shows 36% of Americans increase their social interaction to cope with stress.

Furthermore, engaging in activities with others, such as going for a walk, playing a game, or conversing, can serve as a distraction from our daily stresses and help us feel more relaxed and present. Finally, discussing our stress with others can help us process and work through our emotions, which can be a useful coping mechanism.

### **Improved Mental Health**

Spending time with family and friends has been shown to improve mental health in a variety of ways. For starters, socializing with others can help lift our spirits and increase feelings of happiness and well-being. Second, there has long been evidence that social interaction and mental health have a cause-and-effect relationship. Research has shown, face-to-face contact, according to can lower the risk of mental illnesses such as depression, addiction and anxiety. Finally, talking about our feelings with someone can be a helpful way to process and work through any challenges we may be facing, which can help improve our overall mental health.

### **Encourages You to Avoid Unhealthy Lifestyle Habits**

Spending time with family and friends can encourage you to avoid unhealthy habits in a few different ways. First, the people you are with may model healthy behaviours, which can inspire you to adopt those behaviours as well. For example, if you are with friends who enjoy going for walks or hikes, you may be more likely to join them and get some exercise yourself. Additionally, the social support and positive reinforcement that you receive from loved ones can help you to feel more motivated to maintain healthy habits. When you know that your family and friends care about your well-being, you may be more likely to take care of yourself and make choices that support your overall health.

### **Increased Self-Esteem**

Being surrounded by a supportive network of people can aid in the development of confidence and the maintenance of a healthy self-esteem. It can help us feel more valued and appreciated when we have people in our lives who care about us and are there for us.

In addition, participating in activities with others can make us feel more competent and capable. When we are able to contribute to group endeavours and have a sense of purpose and belonging, our self-esteem can improve. Finally, spending time with people we care about and who care about us can make us feel better about ourselves and our relationships. This can result in a general sense of fulfilment and well-being, which can contribute to higher self-esteem.

### **Practical Support During Challenging Times**

Spending time with family and friends can be extremely helpful for getting through challenging times, such as an illness, divorce, or job loss. When you are facing a difficult situation, the love and support of your loved ones can be a source of comfort and strength. They can provide emotional support by listening to you, offering words of encouragement, and helping you to feel less alone. They can also offer practical assistance, such as help with childcare, transportation, or errands. Having people you can rely on during tough times can make a big difference in your ability to cope with stress and adversity. In addition, spending time with loved ones can help to distract you from your problems and provide a sense of normalcy and routine, which can be very helpful in times of crisis.

### **Increases Your Sense of Purpose and Belonging**

Spending time with family and friends can increase your sense of purpose and belonging in several ways. First, being with loved ones can give you a sense of connection and support, which can help you feel more

grounded and fulfilled. When you have people in your life who care about you and who you care about in return, you may feel more motivated to pursue your goals and lead a meaningful life.

Additionally, spending time with family and friends can give you a sense of belonging and community, which can be especially important if you are facing challenges or transitions in your life. When you have a strong network of supportive people around you, you may feel more confident and capable of tackling difficult situations. Finally, participating in shared activities and traditions with your loved ones can give you a sense of purpose and contribute to your sense of identity and belonging.

#### You May Live Longer

There is some evidence to suggest that maintaining close relationships with those you care about, such as family and friends, can help you live a longer life. Researchers conducted a study that lasted for nine years and found that those individuals who had no social ties were approximately three times more likely to pass away than those individuals who had strong relationships with their friends and family. Research also has shown that people who are able to maintain strong relationships live longer lives than those who do not have social connections. This is true even for people who live unhealthy lifestyles but are able maintain quality connections.

1. What are the four benefits of staying in touch with friends?
2. What percentage of Americans increase their social interaction to cope with stress?
3. What happens when you know that your family and friends care about your well-being?
4. What can help you develop confidence?
5. What happens when we take part in group endeavours?



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## **LC3 Castles in Germany**



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There are more than 25,000 palaces and castles in Germany. Many of them are renovated, but some lie in ruins. Most of them are visited for their importance in the country's history. For many centuries, Germany was a region with fragmented territories and Central Europe was ruled by various emperors, kings, and counts.



1. The most popular castle with tourists visiting Germany is undoubtedly Neuschwanstein Castle in the picturesque Bavarian Alps. The fantastic 'fairy-tale castle' was built on top of a hill by the eccentric Bavarian king, Ludwig II, also known as the 'Mad King'. Unfortunately, the king never lived in his favorite castle, as Neuschwanstein Castle was only finished after his death. Did you know that Disneyland's Sleeping Beauty Castle is modelled after Neuschwanstein?
2. The stunning Sanssouci palace in Potsdam, near Berlin, was built by Emperor Frederick II, who is usually referred to as Frederick the Great. Frederick wanted to establish an orchard on the grounds, but then decided to also build a summer palace above the terraced garden to enjoy the great views from the elevated position.



#### *Heidelberg Castle*

3. The castle ruins which are probably the most famous castle ruins in the world are a landmark of Heidelberg. The castle towers majestically on top of hill above the Neckar river. The castle was mentioned as early as 1225. It is impressive, and was home to the counts and prince electors of the Rhine palatinate for more than 300 years.

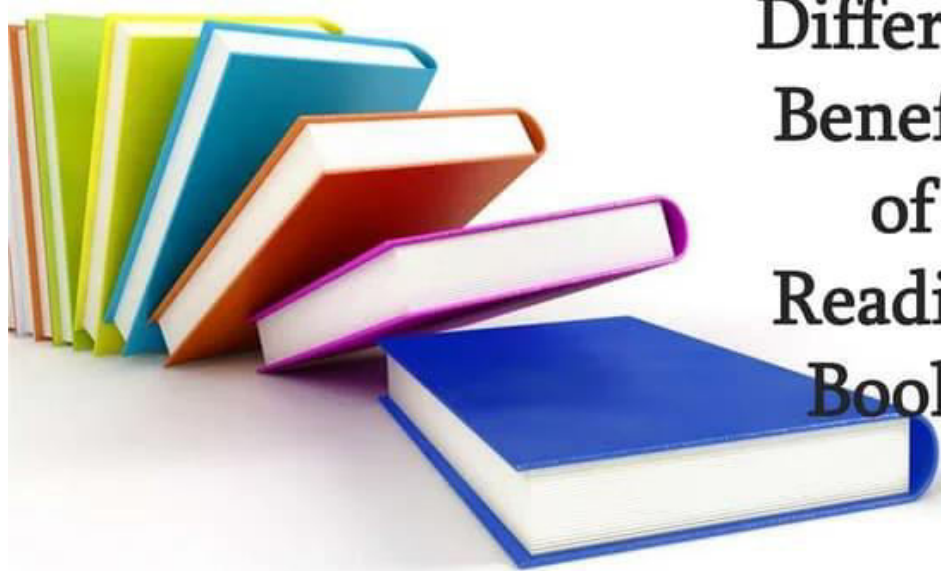


#### *Hohenzollern castle*

4. This medieval castle located on top of an isolated mountain near Stuttgart. It was first built in the 11th century and since then is used as a show piece. The castle never was used as a proper residence by the Habsburger or Hohenzollern dynasties. Never anybody lived longer in this castle than just a couple of months! The castle is still privately owned and is one of the most visited castles in Germany.

Questions:

1. What is the name of the most popular castle in Germany and who built it?
2. What is this castle also known as?
3. Where is Sanssouci castle in Germany?
4. Which river is Heidelberg castle next to?
5. Which century was Hohenzollern castle built in?



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## LC4 Daily routine

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#### A TYPICAL DAY IN THE LIFE OF A HIGH SCHOOL STUDENT IN FRANCE. 10 FUN FACTS!

“Have you ever wondered what a day would be like in a school in another country? Let me share with you 10 fun facts about a typical day in the life of a high school student in France.”

*Lisa Foret hails from France. In this blog post she shares with us a typical day in a high school, in France and its territories.*

Before we start, we need to acknowledge that in France you *start high school at 15 years old* and you are supposed to graduate when you are 18.

**Fun fact n.1:** Your day starts at 8 am and ends at 5 pm or 6 pm (no joke).

**Fun fact n.2:** Your lunchtime lasts 1 hour (you get your starter meal, your main course, cheese, and dessert at the cafeteria, a “salad bar” is provided and you can get a second serving as well).

**Fun fact n.3:** You stay with the exact same classmates (up to 35 students!) for the whole academic year, you share the same schedule all year long, and start with a new set of classmates the next year.

**Fun fact n.4:** Students attend *le collège* which is their middle school at the age of 11 – 14yrs. Le collège ends with a test called “*le brevet*”

1. La sixième (11 ans) = (Year 7 UK).
2. La cinquième (12 ans) = (Year 8 UK).
3. La quatrième (13 ans) = (Year 9 UK).
4. La troisième (14 ans) = (Year 10 UK).

Remember students attend *le lycée* (pronounced: *lee-seh*) which is their high school at 15yrs -18yrs.

1. La seconde (15 ans) = (Year 11 UK).
2. La première (16 ans) = (Year 12 UK).
3. La terminale (17 ans) = (Year 13 UK).

**Fun fact n.5:** Every student has to study for numerous mandatory subjects (including 2 international languages) and has to choose 2 different “electives” to add to their schedule. Here is a list of all my subjects, when I used to be a high school student, *et voilà*:

- French
- Maths
- History
- Geography
- English
- Spanish
- Biology
- Physics
- Chemistry
- PE
- Art
- Philosophy
- Literature
- Social studies
- History in Spanish (elective 1)
- History in English (elective 2)

**Fun fact n.6:** Never forget your school bag with your notebooks, pens and books. Forgetting your material is like forgetting your towel to go to the beach.

**Fun fact n.7:** Always get ready for “surprise tests”!

**Fun fact n.8:** Classes last 55 minutes, AND you can have 2 hours of one subject in a row (I used to start my Friday with 2 hours of philosophy and finish my day with 2 hours of maths).

**Fun fact n.9:** High schoolers typically come to school by bus because in France you are not allowed to obtain your driving licence before 18 years old.

**Fun fact n.10:** Every high school (and schools in general) are named after someone who was historically speaking “important” and/or who brought progress in a specific field.

My high school was “Lycée Augustin Fresnel”.

“Augustin Fresnel did important work on optics where he was one of the founders of the wave theory of light.” <https://mathshistory.st-andrews.ac.uk/Biographies/Fresnel/>

A typical daily routine for a high school student in France may vary depending on the individual student's schedule, extracurricular activities, and personal preferences. However, here is a general outline of what a typical day might look like for a high school student in France:

1. **Morning:**
  - High school typically starts early in the morning, around 8:00 or 8:30 a.m.
  - Students may have breakfast with their families before heading to school.
  - The morning usually begins with classes, which may include subjects like mathematics, French language and literature, history, geography, science, and foreign languages.
2. **Lunch:**
  - In France, lunch is an important meal and is often a leisurely affair.
  - High school students may have a longer lunch break, usually around 1-2 hours, during which they can eat lunch at the school cafeteria, go home if they live close by, or eat at a nearby restaurant.
3. **Afternoon:**
  - After lunch, students typically have more classes in the afternoon.
  - Extracurricular activities such as sports, clubs, or study groups may also take place in the afternoon.
  - Some students may have part-time jobs or internships after school.
4. **Evening:**
  - In the evening, high school students usually have homework and studying to do.
  - Family time is important in French culture, so students may have dinner with their families.
  - Some students may have additional extracurricular activities or hobbies in the evening.
5. **Weekends:**
  - Weekends are a time for relaxation, spending time with friends and family, and pursuing hobbies and interests.
  - Some students may have part-time jobs or participate in sports competitions or other events on weekends.

Overall, the daily routine of a high school student in France is a balance of academic work, extracurricular activities, socializing with friends and family, and personal time for relaxation and hobbies.

1. What time does school start in France?
2. Lunch is an important meal of the day in France. How long does it last?
3. What is the name of the school they attend at the age of 11?
4. What is the name of the test that students take at the end of Year 10?
5. For how many years do students attend their high school, known as le lycée?
6. What is the name given for the final year in their high school?
7. How many foreign languages do they have to study in France?
8. How long do lessons last in France?
9. Why do students attending high school, typically come to school by bus?
10. When do students do extra - curricular activities?



## Different Benefits of Reading Books