Dear Supporter,

I am writing to invite you to join us for our Annual Fun Run which will be held this year on Sunday 18th August. The run starts from the school grounds and participants are able to choose to take part in a 2, 5 or 10 kilometre run.

Last year we raised a total of $15,450 which was donated to the children’s hospital and this year we expect to raise over $16,000. This year, we are raising money which will be used to develop the village recreational centre.

To confirm your registration, email funrunsuccess@edu.com or telephone 01784 5337841. As soon as you are registered you simply start collecting your sponsors and come along on the day!

Further instructions are found below, please read them carefully.

Looking forward to seeing you on Sunday 18th August,

D. Jackson

Fun Run Co-ordinator

Thanks in advance for your support!

Moorfields School Fun Run

START TIMES

10 Kilometre Run – 8am
5 Kilometre Run – 8.30am
2 Kilometre Run – 9am

ROUTE MAPS

Details are available on our website www.moorfieldschool.com and will also be available on the day from school reception. All routes will be signposted and there will be marshals stationed along the routes providing cold drinks for runners. If you feel ill or need assistance at any time during the run, please let one of the marshals know and they will be able to help.
WHAT TO WEAR
Shorts and tee-shirts should be fine; however, we recommend you bring a light raincoat in case of bad weather. Comfortable running shoes are a must! Please avoid wearing new trainers on the day to avoid foot problems.

PARKING
The school car park behind C-block (the language department) will be open on the day. Drive in through the main gates then turn right. Westhill Leisure Centre (across the road from the school) will also allow runners to park their cars there on the day.

WHAT HAPPENS AFTER THE RUN?
There will be a number of entertainers including face-painting and the school band. Food and drink stalls will be available. There will also be a prize-giving event for runners who finish 1st and 2nd in each of the runs and two cinema tickets are available for the best fancy dress if you are interested in running in a special costume!

We expect the whole day to finish at around 4pm.

Questions 1-7
Answer the questions below using NO MORE THAN THREE WORDS AND/OR A NUMBER from the text for each answer.

1. How many different lengths of route are there?

2. To whom was the money raised in last year's event given to?

3. How much money do the organisers expect to raise this year?

4. What refreshment will be available from the officials stationed along the route?

5. What do all runners have to wear on the day?

6. Where can participants leave their cars if they do not park at the school?

7. What prize can the runner wearing the best costume win?

Section 2

Read the advertisement and answer Questions 8-13

CHILDCARE SOLUTIONS

NANNYING POSITIONS WORLDWIDE
Are you a qualified nanny and have at least 1 year’s post-qualification experience looking after children?

We can help you find a suitable employment position in one of 16 destination countries.

No registration fee applies for job applicants.

What do our services include?

- An online ‘matching service’ which allows you to post your CV and we will contact you if any families are interested in offering you a position.
- We conduct interviews on behalf of our clients at one of our 4 offices in the U.K.
- Arrangement of a return flight, the cost of which will be covered by your employer.
- Many positions also include medical insurance for the length of your contract.
- Arrangement of full employment contracts between you and your new employer prior to leaving the UK.
- A visa assistance service is available for countries where visas are required (additional costs apply)

You are also entitled to:

- On-going support throughout your contract in the unlikely event of experiencing difficulties
- Access to our ‘Nannies Abroad’ online network and discussion forum.
- Access to an agency staff member via our 24-hour emergency contact facility.

Call us for more information on 1800 222 649

About us

Childcare Solutions was established in 1985 by three qualified nannies who returned to the UK after 5 year’s working overseas. We understand that the opportunity to work abroad appeals to many; however, due to language barriers and safety concerns we realise that many experienced professionals are dissuaded from going ahead with their dream.

Through our established partnerships with sister organisations in 16 countries worldwide, we are able to match child care professionals with appropriate families across the globe.

We have different sized families and different lengths of contract available, so contact us today and let us know what type of work, in which location you are looking for.

Additional requirements to register with Childcare Solutions.

You must:

Be 18 years of age or older. Be able to provide evidence of a clear criminal record in the UK and any other country you have resided in for more than 6 months. Provide 2 references (at least one from a former position)*

*Where pre-written references are provided we will contact your referees personally to reconfirm.
Provide evidence of qualifications. Be enthusiastic, reliable, flexible and hard-working!

So call us today and let us assist you in fulfilling your career goals overseas.

Questions 8-13

Do the following statements agree with the information given in the advertisement?

In boxes 8-13 on your answer sheet write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

8. Applicants are required to attend an interview with the family interested in offering a work position.


10. Costs of visas vary depending on destination.

11. The organisation was set up by experienced childcare workers.

12. Nannies are employed for a minimum of 6 months.

13. The organisation requires recommendations from two previous employers.

Section 3

The Reading Passage has seven sections A-G. Answer Questions 14-18 on your answer sheet.

Depression

A. It is often more difficult for outsiders and non-sufferers to understand mental rather than physical illness in others. While it may be easy for us to sympathise with individuals living with the burden of a physical illness or disability, there is often a stigma attached to being mentally ill, or a belief that such conditions only exist in individuals who lack the strength of character to cope with the real world. The pressures of modern life seem to have resulted in an increase in cases of emotional disharmony and government initiatives in many countries have, of late, focussed on increasing the general public’s awareness and sympathy towards sufferers of mental illness and related conditions.

B. Clinical depression, or ‘major depressive disorder’, a state of extreme sadness or despair, is said to affect up to almost 20% of the population at some point in their lives prior to the age of 40. Studies have shown that this disorder is the leading cause of disability in North America; in the UK almost 3 million people are said to be diagnosed with some form of
depression at any one time, and experts believe that as many as a further 9 million other cases may go undiagnosed. World Health Organisation projections indicate that clinical depression may become the second most significant cause of disability on a global scale by 2020. However, such figures are not unanimously supported, as some experts believe that the diagnostic criteria used to identify the condition are not precise enough, leading to other types of depression being wrongly classified as ‘clinical’.

C. Many of us may experience periods of low morale or mood and feelings of dejection, as a natural human response to negative events in our lives such as bereavement, redundancy or breakdown of a relationship. Some of us may even experience periods of depression and low levels of motivation which have no tangible reason or trigger. Clinical depression is classified as an on-going state of negativity, with no tangible cause, where sufferers enter a spiral of persistent negative thinking, often experiencing irritability, perpetual tiredness and listlessness. Sufferers of clinical depression are said to be at higher risk of resorting to drug abuse or even suicide attempts than the rest of the population.

D. Clinical depression is generally diagnosed when an individual is observed to exhibit an excessively depressed mood and/or ‘anhedonia’ – an inability to experience pleasure from positive experiences such as enjoying a meal or pleasurable social interaction - for a period of two weeks or more, in conjunction with five or more additional recognised symptoms. These additional symptoms may include overwhelming feelings of sadness; inability to sleep, or conversely, excessive sleeping; feelings of guilt, nervousness, abandonment or fear; inability to concentrate; interference with memory capabilities; fixation with death or extreme change in eating habits and associated weight gain or loss.

E. Clinical depression was originally solely attributed to chemical imbalance in the brain, and while anti-depressant drugs which work to optimise levels of ‘feel good’ chemicals - serotonin and norepinephrine - are still commonly prescribed today, experts now believe that onset of depression may be caused by a number, and often combination of, physiological and socio-psychological factors. Treatment approaches vary quite dramatically from place to place and are often tailored to an individual’s particular situation; however, some variation of a combination of medication and psychotherapy is most commonly used. The more controversial electroconvulsive therapy (ECT) may also be used where initial approaches fail. In extreme cases, where an individual exhibits behaviour which indicates that they may cause physical harm to themself, psychiatric hospitalisation may be necessary as a form of intensive therapy.

F. Some recent studies, such as those published by the Archives of General Psychiatry, hold that around a quarter of diagnosed clinical depression cases should actually be considered as significant but none-the-less ordinary sadness and maladjustment to coping with trials in life, indicating that in such cases, psychotherapy rather than treatment through medication is required. Recovery as a result of psychotherapy tends, in most cases, to be a slower process than improvements related to medication; however, improvements as a result of psychological treatment, once achieved, have been observed in some individuals to be more long term and sustainable than those attained through prescription drugs. Various counselling approaches exist, though all focus on enhancing the subject’s ability to function on a personal and interpersonal level. Sessions involve encouragement of an individual to view themselves and their relationships in a more positive manner, with the intention of helping patients to replace negative thoughts with a more positive outlook.
G. It is apparent that susceptibility to depression can run in families. However, it remains unclear as to whether this is truly an inherited genetic trait or whether biological and environmental factors common to family members may be at the root of the problem. In some cases, sufferers of depression may need to unlearn certain behaviours and attitudes they have established in life and develop new coping strategies designed to help them deal with problems they may encounter, undoing patterns of destructive behaviour they may have observed in their role models and acquired for themselves.

Questions 14-18

Which paragraph contains the following information?

Write the correct letters A-G in boxes 14-18 on your answer sheet.

14. Details of treatment alternatives for worse case scenario depression.
15. Information regarding cases where drug treatment is inappropriate.
16. Details of how those diagnosed with depression may be more vulnerable than other members of society.
17. Information about society’s attitudes to depression and similar illnesses.
18. Information regarding why estimates of incidence of future growth in cases may be overly exaggerated.

Questions 19-21

Which THREE of the following statements are true of depression?

Your answers may be given in any order

A. Governments have generally failed to take action to educate the general public about the condition.
B. The highest reported number of cases are in the USA.
C. In Britain, it is likely that there are more individuals who live with the condition without the help of a doctor than those being officially treated.
D. Clinical depression may be triggered by divorce.
E. Lethargy may be one of the symptoms of depression.
F. Prescribed pharmaceuticals have radically changed over recent years.
G. Approaches to treating depression are not universal.

Questions 22-25

Complete the summary of paragraphs F and G with the list of words A-L below.

Write the correct letter A-L in boxes 22-25 on your answer sheet.

Whilst recovery through counselling rather than medicine may be more 22.____, results once achieved may have more 23.____ with some patients. Counselling sessions are geared
towards improving the subject's relationship with others and their own 24.____, encouraging sufferers of depression to take on a more 25.____ outlook.

A. gratifying  B. longevity  C. ambition  D. optimistic
E. pessimistic  F. difficulty  G. gradual  H. self-image

IELTS Writing Test

IELTS WRITING (GT) Task 1

You should spend about 20 minutes on this task.

A family member is coming to stay with you. He/she will be arriving by train in the morning, but you won’t be home until the evening.

Write a letter to your relative. In your letter:

• explain arrangements you have made for them to have keys and get into the house
• tell your relative how to get from the train station to your house
• say when you will be home and suggest what you could do together that evening.

You should write at least 150 words.

You do NOT need to write your own address.

Begin your letter as follows: Dear.....,

IELTS WRITING (GT) TASK 2

You should spend about 15 minutes on this task.

As a part of class assignment you have to write about the following topic.

Have newspapers become a medium of the past or do they still play an important role in people’s lives?

Do you agree or disagree?

Give reasons for your answers.

You should write at least 60 words.