

ESL News for the Week of January 23rd, 2017

Story 1: A building collapses

Last Thursday a tall building collapsed in Tehran, the capital city of Iran. There was a fire in the building. It caused an explosion. Many firefighters went into the building to put out the fire. They worked very hard for over 3 hours. Then the building fell down. We don't know exactly how many firefighters have died, but the number is between twenty to thirty.

The building was more than 50 years old. There were many offices and shops inside it.

Story 2: Cats, Dogs, and Babies

Many people think that cats and dogs are dirty. They think cats and dogs are not good to be around babies because they can make babies sick. An article that was published in an important medical magazine said this is not true. In fact, scientists believe that babies' immune systems become stronger when they are around animals. The article also said pets that spend a lot of time outside bring more dirt inside the house and give babies immune systems more chance to be in contact with germs. This is good to make their immune systems stronger.

Story 3: Salt

Do you know that most of the food you eat has salt in it, and some of the food you eat has too much salt. A hamburger, for example, may have all the salt you need for one day. Some bottled waters have salt in them. That's because the company wants you to like the taste. Check the label. If you see the word sodium, s-o-d-i-u-m, that means there is salt in the water. Food items were checked in 85 different restaurants, and some sandwiches had more than the daily recommended amount. So what is the daily recommended amount? Well, it's about 1500 mg. A person should not have more than 2300 mg a day. Did you know that a teaspoon of salt is 2400 mg? That doesn't seem like a lot, does it? But for your body, that's a lot. The average Canadian eats 3400 mg of salt each day. Eating some salt is necessary for good health, but eating too much salt can lead to serious health problems.

Story 4: Electronic Devices Linked to Sleep Loss

Are you having trouble falling asleep? Light from your electronic devices may be to blame. The American Medical Association has a warning for you. Too much light at night which includes using your electronic devices, can stop you from getting a good night's sleep. The energy efficient blue light from your smart phone, computer LED screens, and fluorescent bulbs can affect your sleep because our bodies associate it with day time when there is more blue light. Researchers found the blue light lowers the production of melatonin, which is a hormone that regulates sleep. Changing the brightness of your electronic device, using orange-tinted glasses or screen filters, and switching to blue-light-free bulbs may reduce the amount of blue light exposure at night.

Story 5: February is almost here

Man ... how time flies! The month of February is just around the corner. It is the only month of the year with fewer than 30 days. Did you know that February used to be the last month of the year until about 450BC. February is the only month of the year that can pass without having a full moon. The last time this happened was 1999, and the next time it will happen is in 2018. Every four years is a leap year. A leap year has 29 days. In Canada, events that are celebrated in February are Valentine's Day, Black History Month, Groundhog Day, Family Day, and Flag Day. One of those events is a statutory holiday which means you will not come to school. Do you know which event it is?