



Annual Examinations for Secondary Schools 2022

YEAR 8

ENGLISH
SOURCE BOOKLET

In this booklet, you will find the texts which you need to read to be able to answer the reading comprehension and literature questions in the Main Paper.

Source A:

- 1** A new study suggests that using several devices at once like smartphones, computers and TVs – called 'screen stacking' – is a growing habit in children and young people in the UK.

- 5** Researchers from the University of Leicester, who carried out the study, tracked the screen habits of 816 UK girls between the ages of 11 and 14. **They** found 59 per cent of the girls used two or more screens concurrently during weekdays after school. This figure reached 65 per cent in weekday evenings. At weekends, more than two thirds – 68 per cent – used two or more screens simultaneously. Thirty-six per cent said they used multiple screens in bed. Some of the girls admitted to using as many as four screens at one time! The fact is that screens have increasingly become an integral part of young people's lives.

- 15** The researchers also identified links between higher screen use and lower levels of sleep and physical activity, as well as higher body mass index (BMI). This is worrying because the study took place before the current pandemic and sedentary behaviour associated with looking at a screen has since soared. Increased sedentary behaviour is closely linked to type 2 diabetes.

- 20** 'Sadly, this study reminds **us** that we are in danger of creating a new generation of sedentary children,' said study author Melanie Davies, a professor of diabetes medicine.

- 25** In the UK, there are concerns about the impact of screen use on the mental health and wellbeing of young people. As devices get more easily available, researchers are concerned how screen-stacking could make these issues worse.

- 30** The girls in the study used a variety of devices – from smartphones and tablets to PCs, gaming consoles like PlayStation, touchscreen music players and eReaders. The girls themselves reported screen ownership and use. The researchers also measured physical activity and sleep using accelerometers worn on girls' wrists 24 hours a day for a week. Compared to no screens, **those** using one or more screens at weekends had lower

physical activity. Also, compared to no screens, girls using one to three screens after school had shorter sleep spells.

- 35** 'We believe there must be negative effects when teenagers use too many screens at the same time,' said Melanie Davies. 'More than ever, the effects of this on young people need to be known.'

One limitation of the study is that **it** only used girls of a certain age. According to Professor Davies, this was because the girls were already involved in a large physical activity study in schools, called Girls Active.

- 40** 'That study was designed for girls, as data shows that teenage girls are less active than boys,' she told Mail Online.

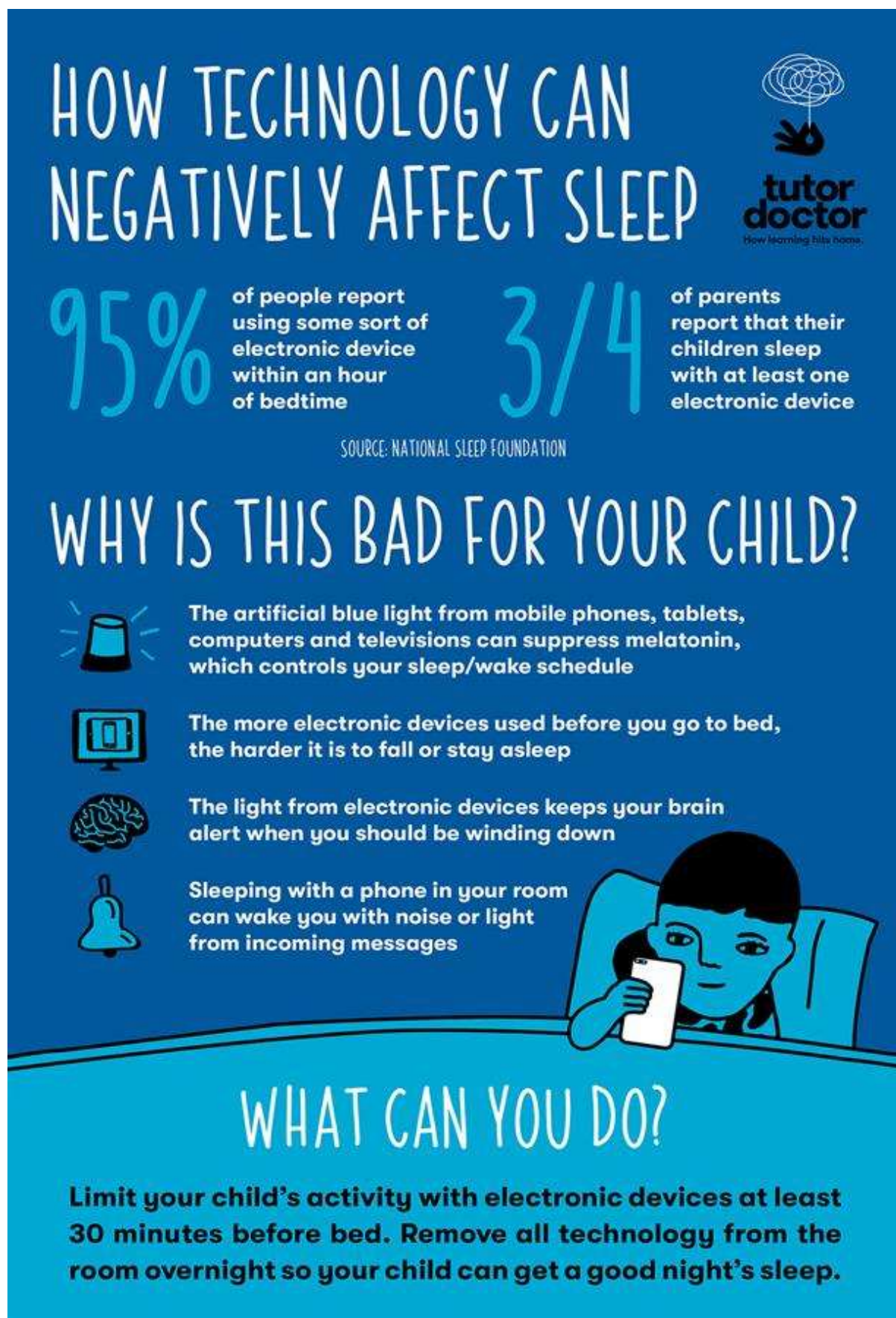
Older data from the US did find higher levels of multi-screen use in girls compared to boys. Therefore, one can reasonably assume that research with boys may give different results. It is also worth noting that this

- 45** research took place before the Covid-19 lockdown.

During lockdown, children spent a large part of their day in front of a screen, another new study suggests. Tonies, an online shop selling children's audio systems, looked at data from an April 2021 survey. The participants were 1,000 UK parents of children aged between three and eight years. On average, parents said their children spent three hours 53 minutes a day looking at a screen in the last 12 months. However, 35 per cent said their children spent more than five hours per day on their devices. This is probably because many parents relied on more gadgets and screen time to keep children occupied when working from home during lockdown.

- 55** However, there are now calls for interventions due to growing concerns about the impact of screen time and social media use on the mental health and wellbeing of young people. The American Association of Pediatrics (AAP) have issued guidelines for parents of young children. They recommend that when introducing digital media, parents should watch high-quality programming with their children to help them understand what they are seeing and apply it to the world around them. The guidelines also recommend that families should choose to have media-free times together, such as at dinnertime or while driving. AAP suggest there should be media-free locations at home, such as bedrooms and playrooms. Ultimately,
- 60**
- 65** balancing screen time with activities like outside play is a great way to reduce children's screen time.

Adapted from: <https://www.dailymail.co.uk/sciencetech/article-9529735/UK-children-looking-four-screens-time-study-finds.html>



Adapted from: [How Technology Can Negatively Affect Sleep | Online infographic, Online learning, School activities \(pinterest.com\)](#)

Source C:

Autumn

Autumn arrives

Like an experienced robber

Grabbing the green stuff

Then cunningly covering his tracks

5 With a deep multitude

Of colourful distractions.

And the wind,

The wind is his accomplice

Putting an air of chaos

10 Into the careful diversions

So branches shake

And dead leaves are suddenly blown

In the faces of inquisitive strangers.

The theft chills the world

15 Changes the temper of the earth

Till the normally placid sky

Glow red with a quiet rage.

By Alan Bold

Source D:

The front door of Number Five Shaker Row clicked open. A girl in a white night-dress walked steadily down the path, bare feet not flinching from the freezing paving stones. Pushing the gate wide, she crossed the lanes to the steps leading to the beach. The tide was in, lapping at the pebbles at the high water mark. The moon hung in the sky like a circle of ice. A gentle breeze lifted long black strands of hair, teasingly wrapping them over her face.

5

She flitted down the steps and crunched across the pebbles ignoring the cut made in her heel by a shard of glass. Moving swiftly, she came to the water's edge. Sea-foam caressed her toes as waves slapped on the shore.

10

She paused, absorbing the calm around her. Then, raising her arms above her head, the girl opened her mouth, clenched her fists, and gave out a deep, rumbling roar – a sound out of all proportion to her size. It poured from her like the onset of an avalanche, echoing across the sea. The elements were alert to her call. Wave crests formed out in the channel; the wind began to pick up strength; clouds straggled across the moon, blotting its face.

15

The storm-raiser laughed. Pleased with the fury of the onslaught, she sent the tempest inland, directing it with a jerk of an arm over her head.

20

Unleashed upon the streets of Hescombe, the storm wound among the houses like a crowd of rampaging hooligans, up-ending bins, blowing loose tiles from roofs, uprooting trees to fall on walls and cars, crushing them like cardboard. Car alarms wailed. A ginger cat streaked across the empty streets, seeking shelter from the hail of missiles.

Adapted from *Mines of the Minotaur* by Julia Golding