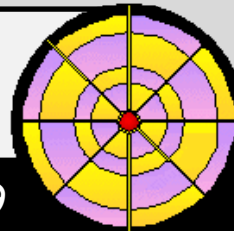


The Daily Rigour

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Your free weekly numeracy newspaper!

'Daily mile' scheme comes to workplace

Businesses across Scotland have been asked to encourage employees to walk a mile a day - following a scheme started by a Scottish primary school in 2012. The exercise is in addition to PE and has been credited with improving the health of pupils.

Another way to keep fit is to run in races. 10k runs are perhaps the most popular running events in the UK. A 10k race (10 000 metres) is an achievable but challenging distance for a beginner and is often used as a way of increasing endurance for longer distances.

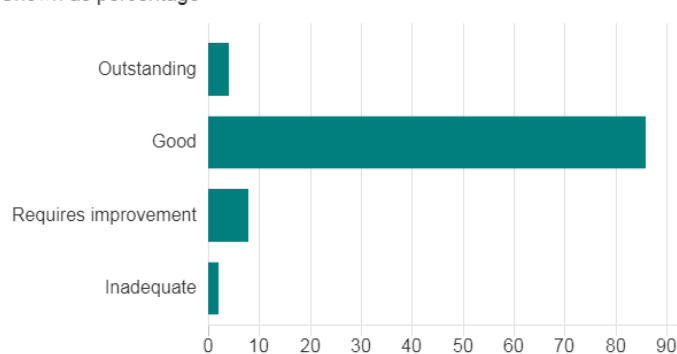
1 mile is equal to roughly 1.6 kilometres. How many days would it take a pupil to walk the equivalent of a 10k race?



Nine in Ten GPs rated good or outstanding

GP inspection ratings

Shown as percentage



HEALTH

Nine in ten GP surgeries in England have been rated as good and outstanding by inspectors.

(a) What is this figure as a fraction, decimal and percentage?

The inspection has taken nearly three years to complete and involved 7300 surgeries.

(b) How many surgeries were rated as good and outstanding?

Sea level fears as Greenland darkens

Scientists are "very worried" that the melting of the Greenland ice sheet could accelerate and raise sea levels more than expected.

Currently the Greenland ice sheet is adding up to 1 mm a year to the rise in the global average level of the oceans.



It is the largest mass of ice in the northern hemisphere covering an area about seven times the size of the United Kingdom. The UK covers an area of 242 495 km². How many square kilometres does the Greenland ice sheet cover? Give your answer in WORDS.

OAP reunited with first pay packet after 62 years!

A pensioner has been reunited with his first pay packet, and the money inside it, 62 years after handing it over to his mother for safekeeping. He earned the two pounds and 15 shillings, as an apprentice builder in 1955.

A shilling from the 1950's was worth 12 pence.

How much was this pay packet worth in pounds and pence?



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