



Inspire Bulletin 70 – 8th March 2024



Welcome to the next edition of the Inspire Bulletin! What an exciting week it has been with both World Book Day and International Women's Day!

Words of the week

Translucent (adjective): allowing some light to pass through – *Her **translucent** wings spread as wide as the room.*

Restrain (verb): To prevent someone from doing something – *The pupils could not **restrain** their excitement.*

Can you write a sentence using these words?

Extra Challenge Word

Extricate (Verb): to set someone or something free with difficulty - *The magician managed to **extricate** himself from the straitjacket in record time.*

Origins - from the Latin verb 'extricare', from 'ex-' meaning 'out' and 'tricare' meaning 'perplexities'

Thinking Challenges

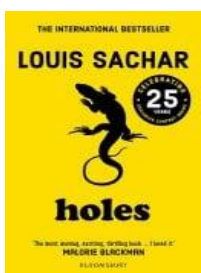
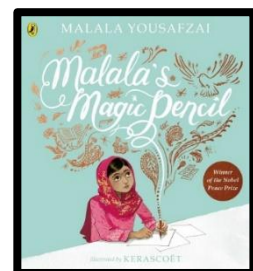
Years 3/4 – You're camping and have a match, a candle, an oil lamp and a campfire. When it gets dark, which one do you light first?



Years 5/6 - I can touch the sky. I can touch the Earth. But if I touch you, you will be shocked. What am I?

Recommended Reading

Years 3/4 – Malala's Magic Pencil by Malala Yousafzai - As a girl growing up in Pakistan, Malala longed for a magic pencil, to fix the problems in her everyday life. But as she got older, Malala began to understand there were more important things in the world that needed changing. This beautifully illustrated picture book tells Malala's story in her own words, showing younger readers how she held onto hope, even in the most difficult circumstances.



Years 5/6 - Holes by Louis Sachar - Stanley Yelnats' family has a history of bad luck, so when a miscarriage of justice sends him to Camp Green Lake Juvenile Detention Centre (which isn't green and doesn't have a lake) he is not surprised. Every day he and the other inmates are told to dig a hole, five foot wide by five foot deep, reporting anything they find. Why? The evil warden claims that it's character building, but this is a lie. It's up to Stanley to dig up the truth.

Wellbeing

Tree

Close your eyes, be quite still and imagine you are a very tall tree. You are standing very still and your legs are rooted solidly to the ground. Can you make your body still like a sturdy tree trunk? Imagine that your roots have grown from your toes and that they have grown deep into the earth. How far into the earth have your roots grown? The deeper they are, the stronger you become. You are a mighty tree. Inside, you feel very strong and powerful. Say to yourself *I am strong and powerful, I am strong and powerful, I am strong and powerful*. Stay for a few moments and just enjoy this feeling of being strong and steady. If anyone came to shake you, you would not move an inch. Now imagine you are growing taller. Enjoy this wonderful feeling of gently stretching. Can you feel the extra space in your body, as you stretch out? Grow and grow, stretch and stretch, until you are the tallest tree. Your head is now high up in the air.

It feels so light and airy up here. Your head and shoulders are the top of the tree, the branches. Your feet don't move, but the top half of your body sways softly in the cool breeze. Stay for a while, and enjoy this feeling of having very strong and rooted legs and a soft and flexible body.

And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

Maths

Years 3/4 - Sally is 40 years old and her mother is 80. How many years ago was Sally's mother half of Sally's age?

Years 5/6 - If 3 salesmen can sell three stoves in seven minutes, how many stoves can six salesmen sell in seventy minutes?

Poem of the week

Phenomenal Women by [Maya Angelou](#)

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Inspiring Women

Did you know that today is International Womens Day? We are celebrating this with some quotes from some Inspiring Women!

'People will forget what you said, people will forget what you did, but people will never forget how you made them feel!'



Maya Angelou

'Not all of us can do great things but we can do small things with great love.'



Mother Teresa

'What you do makes a difference, and you have to decide what kind of difference you want to make.'



Jane Goodall

Helen Keller



'Together we can do so much more.'

'We are not interested in the possibilities of defeat. They do not exist.'



Queen Victoria

'To bring about change, you must not be afraid to take the first step. We will fail when we fail to try.'



Rosa Park

And finally ...

Thought of the week

"It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change."

Queen Elizabeth II

We hope you have enjoyed reading this edition of our Inspire bulletin and are always happy to receive any feedback you may have. Have a lovely weekend!

ANSWERS

Thinking Challenges

Years 3/4 - *A match*

Years 5/6 - *Lightning*

Maths

Years 3/4 – 60 years (when Sally's mum was 20 which is half of 40)

Years 5/6 – *Six salesman can sell 60 stoves in seventy minutes.*