



Inspire Bulletin 69 – 1st March 2024



Welcome to the next edition of the Inspire Bulletin! We hope you enjoy reading it!

Words of the week

Jubilant (adjective): a feeling of great happiness – *It was the last day of school, the students were feeling **jubilant**, they were ready for the holidays.*

Alleviate (verb): to make less severe – *She is a good, kind, gentle soul who worked to **alleviate** the suffering of her neighbours.*

Can you write a sentence using these words?

Extra Challenge Word

Brouhaha (Noun): An uproar, an excited reaction to a situation - *The decision to extend the school day by an hour caused an almighty brouhaha.*

Origin: Late 19th Century French, the word resembles the sound made by an excited crowd!

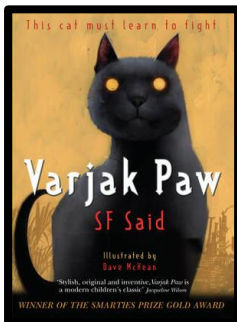
Thinking Challenges

Years 3/4 – A cat has three, a dog has three, but a school has six. What is it?

Years 5/6 – I am the only organ that named myself. What am I?



Recommended Reading



Years 3/4 – Varjak Paw by S. F. Said - Varjak Paw is a Mesopotamian Blue kitten. He lives high up in an old house on a hill. He's never left home, but then his grandfather tells him about the Way - a secret martial art for cats. Now Varjak must use the Way to survive in a city full of dangerous dogs, cat gangs and, strangest of all the mysterious Vanishings.

Years 5/6 - Malamander by Thomas Taylor - When Violet teams up with Herbie to help her find out what happened to her long lost parents, little does she realise how her life will become entangled with the Malamander monster or Eerie-on-Sea. A fascinating story that captures a uniquely quirky and fantastical atmosphere.



SINKING

Wellbeing

Close your eyes and be very still. You are very quiet and calm and relaxed. Now, imagine your body is so relaxed that you feel as if you are slowly sinking into the ground. The bed or chair that you are on feels very warm and comfortable and safe. Now let your feet become heavy and relaxed, and feel them slowly sinking downwards, becoming heavier and heavier. Now let your legs become heavy and sink downwards. Now let your back softly sink down deeper and deeper. Your arms feel heavy and are sinking. Your head is heavy and relaxes deeply. Feel your eyes becoming heavy, feel your lips and jaw becoming heavy, feel your cheeks becoming heavy, feel your forehead becoming heavy. Stay in this deep relaxation for as long as you wish. All the muscles in your whole body are completely relaxed, as you enjoy the feeling of sinking deeply. Take in a deep breath and, as you breathe out slowly, feel yourself becoming more and more relaxed.

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

Maths

Years 3/4 – Lucy has been hired to paint the numbers 1 to 50 on 50 apartment doors. How many times will she paint the number 3?

Years 5/6 - Can you find four consecutive prime numbers that add up to 220?

Poem of the week

You've Got to Start Somewhere

By Deborah Landau

I had the idea of sitting still
while others rushed by.
I had the thought of a shop
that still sells records.
A letter in the mailbox.
The way that book felt in my hands.
I was always elsewhere.
How is it to have a body today,
to walk in this city, to run?
I wanted to eat an apple so precisely
the tree would make another
exactly like it, then lie
down uninterrupted
in the gadgetless grass.
I kept texting the precipice,
which kept not answering,
my phone auto-making
everything incorrect.
I had the idea. Put down the phone.
Earth, leaves, storm, water, vine.
The gorgeous art of breathing.
I had the idea — the hope
of friending you without electricity.
Of what could be made among the lampposts
with only our voices and hands.

Inspiring Women

Jackie Kay – Poet

Jackie Kay is a Scottish poet, playwright and novelist. In 2016 she was named the Scots Makar – the national poet of Scotland.

Jackie has won many prizes for her work and in 2020 she was made a CBE for services to literature. She was Chancellor of the University of Salford between 2015 and 2022.



And finally ...

Thought of the week

"The world is difficult, and we are all breakable. So just be kind." - Caitlin Moran

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 -Letters

Years 5/6 - The Brain

Maths

Years 3/4 – 14 times (3, 13, 23, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 43)

Years 5/6 – 47, 53, 59, 61