



# Inspire Bulletin 60 – 8<sup>th</sup> Dec 2023



A very warm welcome to the next Inspire Bulletin of this term! We hope you enjoy reading it!

## Words of the week

**Hindrance (noun):** Something that obstructs or delays progress – *This incident is a hindrance to our travel plans*

**Quaint (adjective):** Pleasantly old-fashioned or unusual – *The little seaside town had several quaint tea shops*

**Can you write a sentence using these words?**

### Challenge Word!

**Sanguine (adjective):** optimistic or positive, especially in an apparently bad situation.

*I feel quite sanguine about the weather forecast for the weekend. The cold never bothered me anyway.*

Origin of this word: From Old French sanguin(e), 'blood red', from Latin sanguineus, 'of blood'. In Medieval medicine, it was believed that a ruddy (reddish) complexion meant a person was naturally optimistic.

## Thinking Challenges

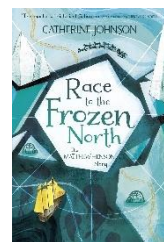
**Years 3/4** – During which month do people sleep the least?

**Year 5/6** – A is the father of B. But B is not the son of A. How is that possible?

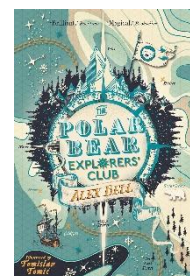
(Clue: try a bit of lateral thinking!)

## Recommended Reading

**Year 3/4 - Race to the Frozen North by Catherine Johnson** - Matthew Henson was simply an ordinary man. That was, until Commander Robert E. Peary entered his life, and offered him a chance at true adventure. Henson would become navigator, craftsman, translator, and right-hand man on a treacherous journey to the North Pole. Defying the odds and the many prejudices that faced him to become a true pioneer, this is his incredible and often untold story.



**Year 5/6 – The Polar Bear Explorer's Club by Alex Bell** - Join Stella Starflake Pearl and her three fellow explorers as they trek across the snowy Icelands and come face-to-face with frost fairies, snow queens, outlaw hideouts, unicorns, pygmy dinosaurs and carnivorous cabbages.



When Stella and three other junior explorers get separated from their expedition, can they cross the frozen wilderness and live to tell the tale...?

## Wellbeing

### MAGIC DUST



Close your eyes, be very still and imagine you have some magic dust. Hold it in your hand and look at it. The silver dust is sparkling in the light. It is almost as if you are holding thousands of tiny diamonds. Now this is magic relaxing dust. Whichever part of the body you sprinkle it on, that body part becomes completely still and quiet. Start by sprinkling a little dust on your feet. The magic powers in the dust are working, sending your feet to sleep. They are becoming very still. Sprinkle a little silver dust on your legs. Can you feel your legs going to sleep and becoming still? Sprinkle some more dust on your tummy and chest. Everything inside starts to relax and fall asleep. Sprinkle some dust too on your head, and all the muscles in your head relax. Finally, sprinkle the rest of the dust on your arms and hands and let them relax. The magic dust has sent your whole body to sleep, so stay still for as long as you can.

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

## Maths

**Years 3/4** - Look at these digits: 5 6 2 1 8 3 4

What is the largest number you can make using all these digits?

**Year 5/6** –

List all the factors of 12.

List all the factors of 36.

List all the factors of 48.

List the first 5 multiples of 14.

List the first five multiples of 17.

## Poem of the week

**Winter Trees by William Carlos Williams**

All the complicated details  
of the attiring and  
the disattiring are completed!  
A liquid moon  
moves gently among  
the long branches.  
Thus having prepared their buds  
against a sure winter  
the wise trees  
stand sleeping in the cold.

## Inspiring Women

### Mary Earps – Football Player

Mary is an English professional footballer who plays as goalkeeper for the England national team. Mary grew up in West Bridgford, Nottingham and attended The Becket School. Her footballing journey started when, at the age of 10, she realised she had a particular knack for Goalkeeping. At the 2023 FIFA Women's World Cup, she served as the vice captain for England, and received the Golden Glove award for best goalkeeper of the tournament.



*And finally ....*

## Thought of the week

*"There is always light. If only we're brave enough to see it. If only we're brave enough to be it." — Amanda Gorman*

## ANSWERS

### Thinking Challenges

Years 3/4 - February as there are less days!

Years 5/6 – B is a daughter!

### Maths

Years 3/4 – 8,654,321

Years 5/6 –

List all the factors of 12 – 1, 2, 3, 4, 6, 12

List all the factors of 36 – 1, 2, 3, 4, 6, 9, 12, 18, 36

List all the factors of 48 – 1, 2, 3, 4, 6, 8, 12, 16, 24, 48

List the first 5 multiples of 14 – 14, 28, 42, 56, 70

List the first five multiples of 17 – 17, 34, 51, 68, 85