



Inspire Bulletin 58 – 24th Nov 2023



A very warm welcome to the first Inspire Bulletin of this academic year! For our existing readers, we have made a few changes this year and added in an **extra challenging word** for you learn and also our **Poem of the Week** and **Thought of the Week**. Whether you are an old or new reader, we do hope you enjoy reading Inspire! Do let us know too as we love to hear from you!

Words of the week

Optimistic (adjective): Always looking on the bright side, feeling confident and hopeful – *Anisha was feeling optimistic about her spelling test, because she had done a lot of practice.*

Havoc (verb/noun): widespread destruction; to devastate – *The weather has been causing havoc with the trains.*

Can you write a sentence using these words?

Challenge Word!

Perspicacious (adjective): Quick in noticing, understanding or judging things accurately - *She was perspicacious enough to see through my mask of confidence.*

Origin of this word: early 17th century, from Latin perspicax, perspicac- 'seeing clearly'

Thinking Challenges

Let's start with some riddles this week!

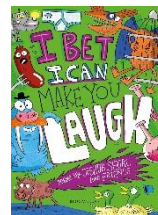
Years 3/4 – What can you see but not hear?

Years 5/6 – You can see me in water but I never get wet. What am I....?

Recommended Reading

Years 3/4 – I Bet I can Make you Laugh by Joshua Seigal

Packed full of stupendously silly, fantastically funny and hysterically hilarious poems, this brilliant anthology is edited by dynamic poet, Joshua Seigal. Featuring a diverse range of contributors and some brand new poems from Joshua himself, this book is perfect for anyone who needs a giggle or a belly laugh!



Year 5/6 Happy Poems by Roger McGough

Poems to make you smile! Critically acclaimed poet Roger McGough has drawn together a fantastic collection of upbeat poems to bring happiness into your day with this uplifting collection *Happy Poems*.

Perfect for happy children or those needing a little cheer, Roger reminds us that happiness can be found all around us in the everyday, in family, in books in nature and, of course, in our pets! Includes gems from the very best classic and contemporary poets, such as John Agard, Adrian Henri, Brian Patten, Carol Ann Duffy, Joseph Coelho, William Wordsworth and William Blake.



Wellbeing

BUBBLES



Close your eyes, be very still and imagine you are holding a huge bottle of bubble liquid. You are going to blow some bubbles. These are special peace bubbles that will drift through the world, spreading peace everywhere. First, become very peaceful. Take a deep breath as you breathe in, feel as if you are breathing in deep peace. Imagine that you are breathing peace into your lungs and whole body. Now breathe out peace into the atmosphere.

Now take your bubble wand, breathe in peace, and, as you blow out, blow as many bubbles as you can.

Imagine you are filling each bubble with peace. Breathe in peace again and blow out peace into the bubbles. Now watch the bubbles drift upwards into the sky and move along. Watch as the delicate shiny bubbles of rainbow light drift softly through the air. They are carrying all your thoughts of peace to places in the world that need peace. It feels so good to be sending peace into the world. Blow your bubbles of peace for as long as you wish. Breathe in peace, breathe out peace.

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

Maths

Years 3/4 - How many times can you subtract the number 5 if you start with 25?

Year 5/6 – Find the number that completes the following sequence?

1 4 9 16 ? 36 49

Poem of the week

Mercy
by Rudy Francisco

She asks me to kill the spider.
Instead, I get the most
peaceful weapons I can find.
I take a cup and a napkin.
I catch the spider, put it outside
and allow it to walk away.
If I am ever caught in the wrong place
at the wrong time, just being alive
and not bothering anyone,
I hope I am greeted
with the same kind
of mercy

Inspiring Women

Ons Jabeur - Tennis player

After a historic run at the 2023 Wimbledon Championships, Tunisian tennis star **Ons Jabeur** became the first Arab or African woman to reach a Grand Slam final in the Open era. Just months later, she reached the final of the US Open.

The 28-year-old, who started playing tennis when she was just three, made it to number two in the Women's Tennis Association (WTA) ranking - the highest position ever held by an African or Arab, whether male or female.

Ons has won three career singles titles, and has been credited with inspiring a new generation of players.



And finally ...

Thought of the week

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can." - John Wesley

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 - Light

Years 5/6 – A Reflection

Maths

Years 3/4 - 5 times

Years 5/6 – 25 - the numbers are the squares of 1, 2, 3, 4, 5, 6 & 7