



Inspire Bulletin 73 – 19th April 2024



Welcome to the first Inspire Bulletin of the summer term! We hope you enjoy reading it!

Words of the week

We looked at **synonyms** and **antonyms** in Inspire Club this week.

A **synonym** is a word that has the same, or nearly the same, meaning as another word. An **antonym** is a word that has the opposite meaning to another word.

Rickety (adjective): (of a structure or piece of equipment) poorly made and likely to collapse.

We went carefully up the rickety stairs.

Synonyms: shaky, crumbling, derelict

Antonyms: firm, stable, steady

Loom (verb): to appear or stand over someone in a threatening way.

The teacher loomed over the children during the test.

Synonyms: emerge, appear, hover

Antonyms: vanish, recede, retreat

Thinking Challenges

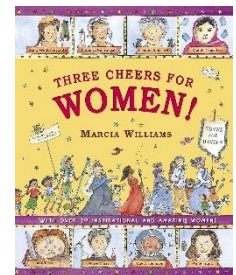
Years 3/4 – Molly's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?



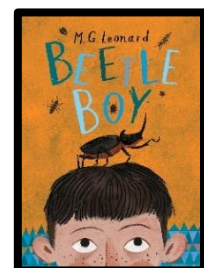
Years 5/6 – You can find it in Mercury, Earth, Mars, Jupiter and Saturn, but not in Venus or Neptune. What is it?

Recommended Reading

Years 3/4 -Three Cheers for Women by Marcia Williams-A celebration of inspirational women from all over the world and throughout history, told in Marcia Williams' comic-strip style. Join Marcia Williams as she celebrates incredible women from around the world and throughout history. From writers to warriors and astronauts to activists, discover their awesome stories and be amazed by their achievements. Marcia Williams' comic-strip style should encourage even the most reluctant reader to enjoy this inspirational book packed with facts, quotes and jokes.



Years 5/6 - Beetle Boy by M. G. Leonard - Can a boy be best friends with a beetle? Thirteen-year-old Darkus Cuttle's search for his kidnapped father leads him to discover a mountain of extraordinary beetles, and pits him against the mad-scientist of the fashion world, Lucretia Cutter, an haute couture villainess with an alarming interest in insects!



Wellbeing

Tortoise



Close your eyes, be very still and imagine that you are a tortoise lying in the warm grass. Whenever you feel like becoming really peaceful, you can curl up inside your strong protective shell. It feels so safe in your shell. It is like being in a very safe home. You feel completely content here. As you breathe in and out, you are filling the shell with warm air, making it feel very cosy inside. Breathe in, breathe out. Stretch your arms and legs as much as you can, and relax, relax, relax. As you stretch, you feel the warmth of the sun on your limbs. Now, stretch your head and neck as long as you can – stretch, and stretch and stretch, and let go, and relax. Take in another deep breath, and enjoy the smell of freshly cut grass. You feel so soft and warm in your cosy shell. You can hear the sounds and voices from the outside world, but it doesn't bother you at all. For these moments, you have chosen to sit quietly in silence and enjoy being still. Keep repeating to yourself, **I am still, I am still**. You feel so cosy and protected in your little home. How long can you stay in this relaxed position?

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

Maths

Years 3/4 – What number comes next in the sequence? 1, 2, 4, 7, 11 ...?

Years 5/6 -What mathematical symbol can be placed between 5 and 9 to get a number greater than 5 and smaller than 9?

Poem of the week

The Trees

by Philip Larkin

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.

Is it that they are born again
And we grow old? No, they die too.
Their yearly trick of looking new
Is written down in rings of grain.

Yet still the unresting castles thresh
In fullgrown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

Inspiring Women

Christiane Nüsslein-Volhard



is a German developmental biologist and a 1995 Nobel Prize winner for her work in genetics. She is the only woman from Germany to have received a Nobel Prize in the sciences. She has contributed to the understanding of evolution and how human foetuses develop and used mutated fruit flies to understand how genes instruct stem cells to grow.

And finally ...

Thought of the week

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” – Anne Bradstreet

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

ANSWERS

Thinking Challenges

Years 3/4 – Molly!

Years 5/6 – The letter R

Maths

Years 3/4 – **16** - add 1 more each time - +1, +2, +3, +4, +5

Years 5/6 - A decimal point. 5.9