



Inspire Bulletin 55 – 30th June 2023



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

Words of the week

Contemplate (verb): to think about something deeply OR to look thoughtfully for a long time at something

She contemplated the consequences of her actions

Eliza contemplated the painting in the art gallery

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*

Thinking Challenge

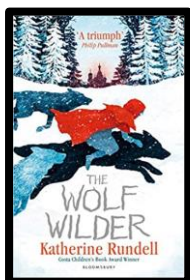
Years 3 & 4 - What English word retains the same pronunciations, even after you take away four of its five letters?

Years 5 & 6 - What occurs once in every minute, twice in every moment, yet never in a thousand years?

Recommended Reading



Years 3 & 4 – The Young Magicians and The Thieves' Almanac by Nick Mohammed - Four unlikely friends. One world-famous conjuring club. And a set of impossible crimes... Meet Alex (doesn't say much), Zack (expert pickpocket), Sophie (the nifty hypnotist), and Jonny (very tall). Together they are The Young Magicians, ready to go beyond the blue door of the Magic Circle in search of a secret book and an adventure they'll never forget... Humorous and engaging, this is the perfect book for junior readers, filled with adventure, friendship, and fun.



Years 5 & 6 - The Wolf Wilder by Katherine Rundell - Feodora and her mother live in the snowbound woods of Russia, in a house full of food and fireplaces. Ten minutes away, in a ruined chapel, lives a pack of wolves. Feodora's mother is a wolf wilder, and Feo is a wolf wilder in training. A wolf wilder is the opposite of an animal tamer: it is a person who teaches tamed animals to fend for themselves, and to fight and to run, and to be wary of humans. This is a story of revolution and adventure, about standing up for the things you love and fighting back. And, of course, wolves.

Wellbeing

SOFT BED

Close your eyes, be very still and imagine that you are lying on your back, on the softest bed in the world. This is such a comfortable bed. It feels so soft and warm. The sheets are made of the finest cotton and feel warm and soft against your body. The pillow is made of the softest feathers. You feel warm and cosy covered with warm and fluffy blankets. You feel safe and secure. Very slowly your legs become more and more relaxed. Your muscles start to relax as you gently sink deeper into the soft bed. Feel the backs of your knees and ankles sinking into the softness of the bed. Feel your hips becoming heavy as they relax. Now feel your spine starting to relax completely. Enjoy this wonderful feeling as each part of your back sinks into the soft bed. Feel your shoulders sinking into the bed. Feel the muscles in your arms gently relax as they sink into the bed. Feel your head letting go and becoming heavy, your mouth letting go, your forehead relaxing, as you sink deeper and deeper into the pillow.

The deeper you relax, the more you gently sink. You feel very calm lying here. In your mind, repeat to yourself *I am completely calm, I am completely calm*. Stay very still and calm 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.

I AM COMPLETELY CALM,

I AM COMPLETELY CALM

Maths

Years 3 & 4 - Imani has been hired to paint the numbers 1 through 100 on 100 apartment doors. How many times will she paint the number 8?

Years 5 & 6 - At a fruit stand, an orange costs 18p, a pineapple costs 27p and a grape costs 15p. Using the same logic, can you tell how much a mango costs?

Inspiring Women

Dina Asher-Smith - Athlete

Dina Asher-Smith is a British sprinter. She is the fastest British woman in recorded history and has been listed in the *Powerlist* as one of the UK's most influential people of African/African Caribbean descent.

She currently holds British records in the 100 metres, 200 metres and 4 x 100 metres.

Dina was born in Orpington, Greater London and she studied history at King's College London.



Answers

Thinking Challenges Answers

What English word retains the same pronunciations, even after you take away four of its five letters?

A: Queue

What occurs once in every minute, twice in every moment, yet never in a thousand years?

A: The letter M

Maths Answers

Imani has been hired to paint the numbers 1 through 100 on 100 apartment doors. How many times will she paint the number 8?

A: 20 times (8, 18, 28, 38, 48, 58, 68, 78, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 98)

At a fruit stand, an orange costs 18p, a pineapple costs 27p and a grape costs 15p. Using the same logic, can you tell how much a mango costs?

A: 15p. The cost is equal to 3p for each letter in the fruit's name.