



Inspire Bulletin 61 – 15th Dec 2023



A very warm welcome to the last Inspire bulletin of 2023! We have prepared a festive edition for you and we hope you enjoy it!



Words of the week

Festive (adjective): relating to a festival, especially Christmas – *The festive season is fast approaching!*

OR Cheerful and jovially celebratory – *There is a festive mood in the household.*

Celebrate (verb): to acknowledge a significant day or event with a social gathering or enjoyable activity – *They celebrate Christmas by giving presents.*

Challenge Word!

Crumping: The sound you make when walking over semi-frozen snow - *She crumped over the hills.*



Thinking Challenges

Years 3/4 - If you were standing directly on Antarctica's South Pole facing North, which direction would you travel if you took one step backward?

Years 5/6 - Which one of Santa's reindeer can you see in outer space?



Recommended Reading

Years 3/4 - A Christmasaurus Carol by Tom Fletcher

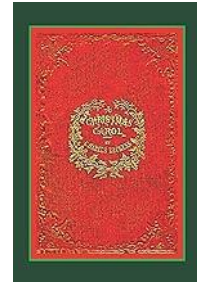
Have you ever heard of **Ebenezer Scrooge**? The most miserly, miserable Christmas-hating miser from that very famous old book? The man who is more **BAH HUMBUG** than **HO HO HO**? Well, what if I told you that he was about to step out of HIS story and into this one? And I'm afraid he's got some grand plans . . . he wants to **CANCEL CHRISTMAS!** But don't panic - **William Trundle** and his very best friend, the **Christmasaurus**, are on the case. They're determined to track down Scrooge and save Christmas from total *Scrooge-ification!* And they're not alone; the whole Trundle family, William's new friends **Eddie** and **Lucy** and, of course, **Santa** himself are here to help!



Can this Christmas crew stop Scrooge before it's too late and Christmas is BAH HUMBUGGED for good?

Years 5/6 – A Christmas Carol by Charles Dickens

When Charles Dickens wrote A Christmas Carol in 1843 he gave an enduring gift to the world, capturing the essence of the love, kindness and generosity of the Christmas season. It is a timeless classic and the story's uplifting magic remains as potent today as when it was first published. It's a must read for everyone!



Wellbeing

Peace Star Meditation – Close your eyes, be very still and imagine you have a star in the middle of your forehead behind your eyes. This is your special peace star and every time you think about it you immediately feel peaceful and calm. Can you see it? What colour is your shining peace star? Stay as still as you possibly can and imagine a tiny star of peace shining inside your head. Breathe in peace, breathe out peace, breathe in peace, breathe out peace. The more you concentrate on your peace star, the more you become peaceful and calm and your whole body relaxes. Say to yourself *I am calm, I am peaceful, I am relaxed. I am calm, I am peaceful, I am relaxed.* Enjoy the peace you have created and stay in your peaceful place as long as you wish.



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



Maths

Years 3/4 - Santa's Sleigh is 15 metres long. If five sleighs are parked one directly behind the other, how long is the line of sleighs?

Years 5/6 – A box of candy canes can be divided equally (without cutting) among 2, 3 or 7 children. What is the least number of candy canes the box could contain?



Poem of the week

A Winter Ride by Amy Lowell

Who shall declare the joy of the running!
Who shall tell of the pleasures of flight!
Springing and spurning the tufts of wild heather,
Sweeping, wide-winged, through the blue dome of light.
Everything mortal has moments immortal,
Swift and God-gifted, immeasurably bright.
So with the stretch of the white road before me,
Shining snow crystals rainbowed by the sun,
Fields that are white, stained with long, cool, blue shadows,
Strong with the strength of my horse as we run.
Joy in the touch of the wind and the sunlight!
Joy! With the vigorous earth I am on.

Inspiring Women

EMMA THOMPSON



Dame Emma Thompson is a British actress and screenwriter. She has received numerous accolades throughout her career spanning more than four decades, including two Academy Awards, three BAFTA Awards, two Golden Globe Awards and a Primetime Emmy Award. She has acted in some famous Christmas films.

And finally

Thought of the week

Peace begins with a smile – Mother Teresa



ANSWERS

Thinking Challenges

Years 3/4 - still North!

Years 5/6 - Comet

Maths

Years 3/4 - $15 \times 5 = 75$

Years 5/6 - 42 -the lowest common denominator of 2, 3 and 7 is $2 \times 3 \times 7 = 42$.

We wish all our readers a very Merry Christmas and a happy and peaceful New Year. We' ll be back in 2024!