



Inspire Bulletin 32 – 9th Dec 2022



Welcome to the next issue of the Inspire Bulletin! We will be sending Inspire bulletins every week to keep you busy and thinking!

Words of the week

Tedious (adjective): too long, slow, or dull; tiresome – *The school holiday quickly became tedious and boring*

Disclose (verb): To make secret information known – *She disclosed her secret to doing times tables quickly!*

Thinking Challenges

Years 3/4

There is a one-story house. The walls are blue, the floor is pink, and the stove and cupboards are red. What colour are the stairs?

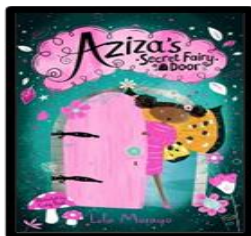
HINT: Read the question, without the second sentence.



Years 5/6

Two mothers and two daughters sat down to eat eggs for breakfast. They ate exactly three eggs and each person had one egg. How was this?

Recommended Reading



Years 3/4 - Aziza's Secret Fairy Door by Lola Morayo - A mysterious gift arrives on Aziza's birthday. It is a secret fairy door that will whisk her away to Shimmerton, a magical world with princesses, naughty fairies, shapeshifters, unicorn shopkeepers and mischief around every corner. But when the precious jewelled doorknob is taken, Aziza is trapped. Will she ever see her home and family again? Maybe her new friends, Peri and Tiko, can help . . .

Christmas Stories for Ages 8-12 - In these stories you'll find:



- An elf who has to make his way back home in time for Christmas
- A reindeer lost on Christmas Eve
- A present that is desperately hoping to be opened
- A boy who falls through a magic lake and ends up at the North Pole
- A spy for Santa who keeps an eye on children

ENJOY!!

Wellbeing

Sinking Meditation - Close your eyes and be very still.

You are very quiet and calm and relaxed. Now, imagine your body is so relaxed that you feel as if you are slowly sinking into the ground. The bed or chair that you are on feels very warm and comfortable and safe. Now let your feet become heavy and relaxed, and feel them slowly sinking downwards, becoming heavier and heavier. Now let your legs become heavy and sink downwards. Now let your back softly sink down deeper and deeper. Your arms feel heavy and are sinking. Your head is heavy and relaxes deeply. Feel your eyes becoming heavy, feel your lips and jaw becoming heavy, feel your cheeks becoming heavy, feel your forehead becoming heavy. Stay in this deep relaxation for as long as you wish. All the muscles in your whole body are completely relaxed, as you enjoy the feeling of sinking deeply. Take in a deep breath and, as you breathe out slowly, feel yourself becoming more and more relaxed... And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

Maths

Years 3/4

If I save £7.50 each week for 10 weeks, how much will I have at the end of that time?

Years 5/6

You want to boil an egg for two minutes. If you only have a three minute timer (hourglass) and a five minute timer, how can you use these to boil the egg for two minutes?

Inspiring Women

Rose Lucinda Ayling-Ellis (born 17 November 1994) is a British actress. Deaf since birth, she is a British Sign Language user. She is known for playing Frankie Lewis in the BBC soap opera *EastEnders* (2020–present). In 2021, she became the first deaf contestant on *Strictly Come Dancing*, and with professional Giovanni Pernice, won the nineteenth series.



Rose was born in Shepway, Kent and grew up in Hythe. She was born deaf. As a child, she took part in a filming weekend run by the National Deaf Children's Society. During the weekend, she met deaf film director Ted Evans, who later cast her in his award-winning short film *The End*. She then applied to Deafinitely Youth Theatre.

Rose Ayling-Ellis has been instrumental in creating a powerful change in attitudes through the beauty of her dancing. Rose Ayling-Ellis winning *Strictly Come Dancing* is a landmark moment for the deaf community.



People sometimes say to deaf people: “Oh, you can’t do that – because you’re deaf.” Rose has shown that deaf people can do anything – dancing, acting and plenty more. Why shouldn’t they? Rose said on the show, “it’s a joy to be deaf”. She feels it is a joy to be part of the wonderful community and to use British Sign Language (BSL) – both to communicate with other deaf people but also, as her dance partner, Giovanni Pernice, has shown by embracing BSL, as a way for deaf and hearing people to work together.



The deaf community’s ideal vision of a perfect world is hearing people communicating with them using sign language, while employing all aspects of deaf awareness: eye contact and clear lip patterns, too. The BSL have witnessed a surge in interest in learning sign language since Rose appeared on Strictly. It’s amazing that one person has raised the profile so effectively.

ANSWERS

Thinking Challenges Answers

Years 3/4

Q: There is a one-story house. The walls are blue, the floor is pink, and the stove and cupboards are red. What colour are the stairs?

A: *There aren’t any stairs, because it is a one-story house*

Years 5/6

Q: Two mothers and two daughters sat down to eat eggs for breakfast. They ate exactly three eggs and each person had one egg. How was this?

A: *One of the ‘mothers’ is also a grandmother. Therefore, one of the mothers is both a mother and a daughter to the grandmother*

Maths Answers

Years 3/4

Q: If I save £7.50 each week for 10 weeks, how much will I have at the end of that time?

A: $£7.50 \times 10 = £75.00$

Years 5/6

Q: You want to boil an egg for two minutes. If you only have a three minute timer (hourglass) and a five minute timer, how can you use these to boil the egg for two minutes?

A: *Once the water is boiling, turn the three minute timer and the five minute timer over. When the three minute timer runs out, put the egg in the boiling water. When the five minute timer runs out, two minutes will have passed and it is time to take the egg out of the water.*