



Inspire Bulletin 75 – 3rd May 2024



Welcome to the next Inspire Bulletin of this term! We hope you enjoy reading it!

Words of the week

Exaggerate (verb): To make something sound more extreme than it actually is – *She always tries to exaggerate how large the fish was.*

Obstinate (adjective): Inflexible, despite persuasion or reason – *Femi's obstinate daughter refused to put her coat on.*

Extra Challenge Word: Quotidian (adjective): commonplace, ordinary, everyday OR occurring daily
Anne Tyler's novels bring the quotidian details of domestic life into sharp focus, and gives them meaning and significance

Origin: Middle English, from the Latin quotidianus.

Thinking Challenges

Years 3/4 - Read the clue in brackets. Add **one** letter to the word in **CAPITALS** to make a new word that matches the clue. Write the new word on the line.

- PLAN (flatland) _____
- TANK (be grateful) _____
- SALE (not fresh) _____
- AMPLE (an example or specimen) _____
- IDEA (perfect) _____



Years 5/6 – From the five possible answers on the right, underline the word which goes equally well with both pairs of words in brackets.

EXAMPLE: (otter, walrus) (stopper stamp) dolphin safe seal post close
(din, racket) (argue, disagree) fight noise row annoy rumpus

(bread, baguette) (lounge, idle) relax toast roll loaf laze

(iris, eye) (student, school) eyeball pupil eyelash teacher learn

Recommended Reading

Years 3/4 – Matilda by Roald Dahl - Matilda is a brilliant child with a magical mind. But her parents have decided she's just a nuisance who wastes too much time on reading and stories. And her headmistress Miss Trunchbull is a terrible bully, who thinks children are rotten and awful and should be locked up. Now it's time for Matilda to find the power to change her story, and show them just how extraordinary children can be . . .



Years 5/6 -The Book of Stolen Dreams by David Farr - When Rachel and Robert are passed a stolen book by their librarian father, they have to go on the run and protect it at all costs. With their father captured and everyone hunting for the Book, they must uncover its secrets and track down the final, missing page. But the cruel and calculating Charles Malstain is on their trail. When the children discover the astonishing, magical truth about the Book, they resolve to do everything in their power to stop it falling into his hands. For if it does, he could rule forever.

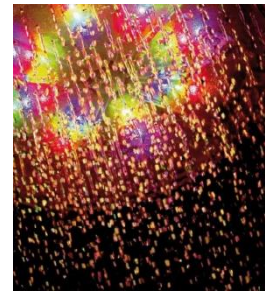


Step inside the pages of an immortal adventure and discover a truly unforgettable journey of wonder, courage and magic...

Wellbeing

Shower of Light Meditation

Close your eyes, be very still and imagine you are standing under a shower of light. Thousands of tiny droplets of light are raining over you. First of all, they touch the top of your head, and instantly your head feels calm and relaxed. Then they drip down your face and the whole of your face begins to feel soft and calm. Your face is relaxed. The shower of light continues and touches your shoulders and arms, making them become soft and relaxed. The rain of light is pouring now over your whole body, including your legs and feet, and you enjoy the feeling as they too relax. Your legs are relaxed. Now your whole body is covered in these beautiful droplets of light, like tiny stars. This shower makes you feel so calm and peaceful and so light. Your body is relaxed. You are peaceful...



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 £5.50 each week for 6 weeks, how much will I have at the end of that time?

Years 5/6 – I think of a number, divide it by 7 and add 15. The answer is 23. What is my number?

Poem of the week

COURAGE BY UNKNOWN AUTHOR

Courage! What if the snows are deep,
And what if the hills are long and steep,
And the days are short and the nights are long,
And the good are weak and the bad are strong.
Courage! The snow is a field of play,
And the longest hill has a well-worn way,
There are songs that shorten the longest night,
There's a day when wrong shall be ruled right,
So courage! Courage! 'Tis never so far
From a plodded path to a shining star.

Inspiring Women

Dame Clare Philomena Grey DBE FRS

is Geoffrey Moorhouse Gibson Professor in the Department of Chemistry at the University of Cambridge and a Fellow of Pembroke College, Cambridge. Dame Clare uses nuclear magnetic resonance spectroscopy to study and optimize batteries. She also made major contributions to the development of lithium-air batteries. She is co-founder of Nyobolt, a company which specializes in niobium-based batteries and was made a Dame Commander in the 2022 Birthday Honours for services to science.



And finally ...

Thought of the week

“Believe you can and you're halfway there.”

Theodore Roosevelt

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 –

PLAN (flatland) - *PLAIN*

TANK (be grateful) - *THANK*

SALE (not fresh) - *STALE*

AMPLE (an example or specimen) - *SAMPLE*

IDEA (perfect) - *IDEAL*

Years 5/6 –

(din, racket) (argue, disagree) fight noise row annoy rumpus

(bread, baguette) (lounge, idle) relax toast roll loaf laze

(iris, eye) (student, school) eyeball pupil eyelash teacher learn

Maths

Years 3/4 - £5.50 x 6 = £33

Years 5/6 - 56 (you reverse the procedure) 23 minus 15 multiply by 7 = 56