



Inspire Bulletin 65– 26th January 2024



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

Words of the week

Fleeting (adjective): lasting for a very short time – *For a fleeting moment, she saw her reflection in the window.*

Aggravate (verb): to make something (a problem, injury or offence) worse or more serious OR to annoy/exasperate – *Getting angry would only aggravate the situation.*

Can you write a sentence using these words?

Challenge Word!

Trenchant (Adjective): Of writing and ideas, vigorously effective, perceptive and articulate.

Her trenchant views cut right to the heart of matter.

Origin: The Old French for cutting

Thinking Challenges

Years 3/4 – What has one eye, but cannot see?

Years 5/6 – Remove 9 letters from this sequence to reveal a familiar English word. **BSAINXLEATNTEARS**



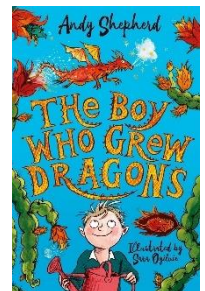
Recommended Reading

Years 3/4 – The Boy Who Grew Dragons by Andy Shepherd - When Tomas discovers a strange old tree at the bottom of his grandad's garden, he doesn't think much of it. But he takes the funny fruit from the tree back into the house - and gets the shock and delight of his life when a tiny dragon hatches! The tree is a dragonfruit tree, and Tomas has got his very own dragon, Flicker.

Tomas soon finds out that life with Flicker is great fun, but also very ... unpredictable.

Yes, dragons are wonderful, but they also set fire to your toothbrush and leave your pants hanging from the TV aerial. Tomas has to learn how to look after Flicker - and quickly. And then something extraordinary happens - more dragonfruits appear on the tree. Tomas

is officially growing dragons!



Year 5/6 -The Explorer by Katherine Rundell - From his seat in the tiny aeroplane, Fred watches as the mysteries of the Amazon jungle pass by below him. He has always dreamed of becoming an explorer, of making history and of reading his name amongst the lists of great discoveries. If only he could land and look about him. As the plane crashes into the canopy, Fred is suddenly left without a choice. He and the three other children may be alive, but the jungle is a vast, untamed place. With no hope of rescue, the chance of getting home feels impossibly small. Except, it seems, someone has been there before them...



Wellbeing

MOUNTAIN



Close your eyes and be very still and imagine that in front of you is the tallest mountain in the world. If you climbed this mountain, you would see all four corners of the world! Slowly you start to climb the mountain, step by step by step. It is very steep and seems to reach the clouds. Keep going until you reach the top. It is very windy at the top. The air is so fresh. You feel so far away from everything here.

From the top of this mountain you can see the entire world. It feels so quiet and peaceful on the top of your mountain. All you hear is the wind blowing in your ears. Feel the cool wind on your face. Take a few moments to enjoy the fresh air. Breathe in and fill your lungs with this clean mountain air. You can feel your nostrils tingling as you inhale. It feels wonderful to be breathing in such freshness.

Now, with your mind, see if you can send some peace to the whole world. Stay very still and imagine all the people of the world below, and send them thoughts of peace. Imagine there are thousands of rays of light, filled with love and peace, coming from your mind and touching the world. It is as if, for a second, everyone feels they are on top of your mountain, experiencing a lovely feeling of peace. You may climb this mountain any time you feel upset or need a bit of peace and quiet. No one can disturb you when you are so high up your mountain. Stay here for as long as you wish, enjoying the peace of the mountain.

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

Maths

Years 3/4 – Which 3 (different) numbers have the same answer whether they're added or multiplied together?

Year 5/6 – Maya works at the aquarium. When she tries to put each turtle in its own tank, she has one turtle left over. But if she puts two turtles per tank, she has one tank left over. How many turtles and how many tanks does Maya have?

Poem of the week

I Am In Need Of Music by Elizabeth Bishop

I am in need of music that would flow
Over my fretful, feeling fingertips,
Over my bitter-tainted, trembling lips,
With melody, deep, clear, and liquid-slow.
Oh, for the healing swaying, old and low,
Of some song sung to rest the tired dead,
A song to fall like water on my head,
And over quivering limbs, dream flushed to glow!
There is a magic made by melody:
A spell of rest, and quiet breath, and cool
Heart, that sinks through fading colors deep
To the subaqueous stillness of the sea,
And floats forever in a moon-green pool,
Held in the arms of rhythm and of sleep.

Inspiring Women

Sarina Wiegman - On 14 August 2020, the FA announced it had reached a four-year deal with Netherlands manager Sarina Wiegman, who agreed to take over the Women's England football team from September 2021, becoming the first non-British permanent manager. Sarina led the Lionesses to victory at the Euros in 2022 and runners up in the World Cup 2023.



And finally ...

Thought of the week

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead

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

ANSWERS

Thinking Challenges

Years 3/4 - *A needle*

Years 5/6 - *BANANAS*

Maths

Years 3/4 - 1, 2 & 3

Years 5/6 - *She has 3 tanks and 4 turtles*