



Inspire Bulletin 63 – 12th January 2024



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

Words of the week

Rebuff (noun/verb): To reject in an ungracious or abrupt manner – *The shopkeeper rebuffed the assistant's excuses with a stern look.*

Troglodyte (noun): Someone who lives in a cave/someone who is deliberately ignorant or old-fashioned – *The famous writer was a well-known troglodyte who holed up in a cabin for months at a time without a single visitor*

Can you write a sentence using these words?

Extra Challenge Word

Peccadillo (Noun): A relatively minor fault or error.

His tendency to lie to journalists was a mere peccadillo.

Origin: From the Spanish word 'pecado' meaning sin; the 'illo' suffix implies small and endearing.

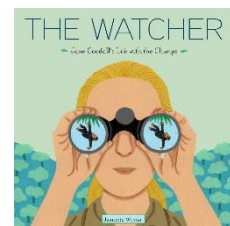
Thinking Challenges

Years 3/4 – It is an insect, and the first part of its is another insect; what am I?

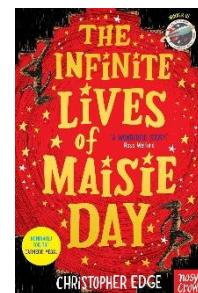
Years 5/6 – What kind of cheese is made backwards?

Recommended Reading

Years 3/4 – The Watcher by Jeanette Winter - Follow Jane from her childhood in London watching a robin on her windowsill, to her years in the African forests of Gombe, Tanzania, invited by brilliant scientist Louis Leakey to observe chimps, to her worldwide crusade to save these primates who are now in danger of extinction, and their habitat. Young animal lovers and Winter's many fans will welcome this fascinating and moving portrait of an extraordinary person and the animals to whom she has dedicated her life.



Year 5/6 - The Infinite Lives of Maisie Day by Christopher Edge – How do you know you really exist? It's Maisie's birthday and she can't wait to open her presents. She's hoping for the things she needs to build her own nuclear reactor. But she wakes to an empty house and outside the front door is nothing but a terrifying, all-consuming blackness. Trapped in an ever-shifting reality, Maisie knows that she will have to use the laws of the universe and the love of her family to survive. And even that might not be enough... A mind-bending mystery for anyone who's ever asked questions.



Wellbeing

BIG SQUEEZE



Close your eyes and be very still. First of all, squeeze your fists as tight as you can. See if you can make each fist into a tiny ball. How tiny can you make your fists? Now uncurl your fingers very, very slowly, and relax your hands. Let them drop down and become heavy. Now squeeze your arms very tightly against your body. Squeeze, squeeze, squeeze, then relax and let them become heavy. And now squeeze your shoulders right up to your ears, squeeze and squeeze, and let them drop down again and relax. Squeeze your face into a tiny knot, squeeze and squeeze. Squeeze your eyes very tight, squeeze your nose, squeeze your mouth together, squeeze your cheeks and now let them go, and relax, relax, relax. Pull in your tummy as tight as you can, squeeze and squeeze and squeeze, then let it go, and relax again. Now squeeze your legs together as much as you can, squeeze and squeeze, and then relax them again. Squeeze your feet as tight as you can, squeeze and squeeze and squeeze, then let them go and relax, relax. You should be feeling very relaxed now. Just stay here for a while, and enjoy this feeling of deep relaxation. Take in a deep breath and as you breathe in say to yourself *I am relaxed, I am relaxed, I am relaxed*. Breathe out and say to yourself *I am relaxed, I am relaxed, I am relaxed*.

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

Maths

Years 3/4 - 101 99 102 98 103 97 ? ?

Year 5/6 – Can you arrange four nines to make it equal to 100 using two mathematical symbols?

Poem of the week

Sometimes

by Sheenagh Pugh

Sometimes things don't go, after all,
from bad to worse. Some years, muscadel
faces down frost; green thrives; the crops don't fail.
Sometimes a man aims high, and all goes well.
A people sometimes will step back from war,
elect an honest man, decide they care
enough, that they can't leave some stranger poor.
Some men become what they were born for.
Sometimes our best intentions do not go
amiss; sometimes we do as we meant to.
The sun will sometimes melt a field of sorrow
that seemed hard frozen; may it happen for you

Inspiring Women

Fran Kirby is an English professional footballer who plays as an attacking midfielder for Chelsea and the England national team. She began her career with hometown club **Reading** before moving to Chelsea in July 2015. She has spoken out against body shaming and raised awareness of many issues affecting young people today.



.And finally ...

Thought of the week

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style." - Maya Angelou

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 - Beetle

Years 5/6 - Edam

Maths

Years 3/4 - 101 99 102 98 103 97 ? ?

A: 104 and 96

Years 5/6 – *A: $99 + 9/9 = 100$*