



# Inspire Bulletin 64 – 19<sup>th</sup> January 2024



A very warm welcome to the next Inspire Bulletin! We hope you enjoy reading it!

## 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!*

Can you write a sentence using these words?

## Challenge Word!

**Frenetic (Adjective):** Fast and energetic in a rather wild and uncontrolled way.

*There was a frenetic period of activity.*

Origin: from Old French frenetique, via Latin from Greek phrenitikos,

## Thinking Challenges

**Years 3/4** – What has hands that can't clap?

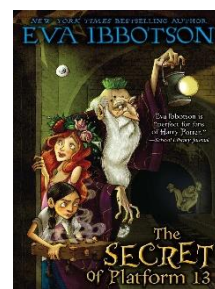
**Years 5/6** – I am small as an ant and big as a whale,  
I can soar through the air like a bird with a tail.  
I can be seen by day and not by night,  
I can be seen with a big flash of light.  
I follow whoever controls me by the sun,  
but I fade away when dark falls like a ton.  
What am I?

## Recommended Reading

**Years 3/4 – The Apprentice Witch by James Nicol** - Arianwyn fluffs her witch's assessment and is awarded the dull bronze disc of an apprentice. To the glee of her arch-rival, Gimma, she's sent to protect the remote, dreary town of Lull. But her new life is far from boring. Turns out Gimma is the pompous mayor's favourite niece – and worse, she opens a magical rift in the nearby forest. As Arianwyn struggles with her spells, it's soon clear there's much more than her pride at stake ...



**Year 5/6 - The Secret of Platform 13 by Eva Ibbotson** - A forgotten door on an abandoned railway platform is the entrance to a magical kingdom--an island where humans live happily with mermaids, ogres, and other wonderful creatures. Carefully hidden from the world, the Island is only accessible when the door opens for nine days every nine years. When the beastly Mrs. Trottle kidnaps the Island's young prince, it's up to a strange band of rescuers to save him. But can the rescuers--an ogre, a hag, a wizard, and a fey--sneak around London unnoticed...?



## Wellbeing

### LIGHTHOUSE



Close your eyes, be very still and imagine you are a lighthouse. Your head is filled with a pleasant white light. See if you can fill every part of your head with light. It feels cool and fresh. Feel the light behind your eyes, feel the light in your forehead, feel the light in your brain. Fill your mind with light. This light feels so cool and fresh. Slowly this light is spreading down your neck and shoulders and into your chest. Take in a deep breath and breathe in sparkling white light, and now breathe out this light. Breathe in light and breathe out light. As you breathe in, imagine your lungs filling with soft white light. Gradually the light is spreading down your arms and legs until your whole body is filled with pure light. If anyone were to look at you, they would see only light. Keep breathing light into your lungs and breathe out light. See how far you can spread the light into the room. Send light beams into every corner of the room. Send them out in front of you and behind you and to the sides and up and down. Be like a lighthouse radiating strong rays of light in every direction. How far can your light beams reach? Stay there like a lighthouse, for 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** - What is 40 divided by  $\frac{1}{2}$  plus 15?

**Year 5/6** – There is a basket containing 5 apples. How do you divide the apples among 5 children so that each child has 1 apple while 1 apple remains in the basket?

## Poem of the week

Dwelling by Andrew Rudd

I am not there  
I am not then  
I am nowhere else  
but here.  
I am not them  
I am not you  
I am myself.  
I rest from doing,  
need not achieve.  
I do not ask  
I do not need.  
This is the place  
for me to be.  
Here I am.

## Inspiring Women



**Helen Dacre** is a British scientist and athlete. She is currently Professor of Dynamical Meteorology at the University of Reading. Her work on modelling and predicting the path of the Eyjafjallajökull volcanic ash plume was vital in the reopening of European airspace as quickly as possible. Helen has previously represented Great Britain in water polo at the European, Commonwealth and World Championships.

*And finally ...*

## Thought of the week

“In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger – something better, pushing right back.” Albert Camus

**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 Clock

Years 5/6 – A shadow

### Maths

Years 3/4 – 95 – dividing by half is the same as multiplying by 2. So  $40 \times 2 + 15 = 95$ .

Years 5/6 – 4 children get 1 apple each while the fifth child gets the basket with the remaining apple still in it!