



Inspire Bulletin 84 – 12th July 2024



Welcome to the last edition of Inspire for this academic year! We hope you enjoy reading it!

Words of the week

Monotonous (adjective): dull, tedious, and repetitive; lacking variety or interest – *Every day she eats toast for breakfast; she finds her morning routine very **monotonous**.*

Deliberate (verb): To engage in long and careful consideration – *She **deliberated** over the menu.*

OR Deliberate (adjective): done consciously and intentionally – *It was a **deliberate** attempt to cause trouble.*

Challenge: can you write your own sentences using these words?

Thinking Challenges

Years 3/4 – What has a back and four legs, but cannot stand or walk?

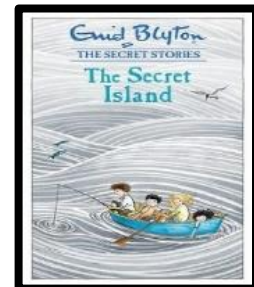
Years 5/6- I never ask you a question, but you will answer me... What am



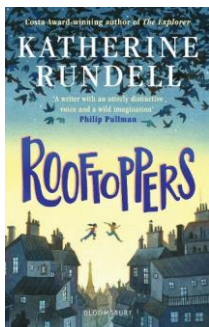
Recommended Reading

Years 3/4 – The Secret Island by Enid Blyton –

In Enid Blyton's very first full-length adventure novel, meet siblings Peggy, Mike and Nora. They live with their cruel uncle and aunt and long to escape, so when their friend Jack takes them to a secret, deserted island, they run away to live there. But not all is as it seems on the island and the children soon find their adventures are only just beginning...



Years 5/6 - Rooftoppers by Katherine Rundell –



Everyone tells Sophie that she was orphaned in a shipwreck - found floating in a cello case on the English Channel on her first birthday. But Sophie is convinced her mother also survived. When the Welfare Agency threatens to separate her from her guardian and send her to an orphanage, Sophie takes matters into her own hands, starting with the only clue she has - the address of a cello-maker in Paris. On the run from the authorities, Sophie finds Matteo and his network of rooftoppers - urchins who walk tightropes and live in the sky. In a race across the rooftops of Paris, will they be able to find her mother before it's too late? Hopeful, inspiring and thrilling in equal measure, this is a classic adventure story about pursuing your dreams and never ignoring a possibility.

Wellbeing

Door of Light

Close your eyes, be very still and imagine that in front of you is a door. Have a close look. What colour is the door? You wonder what special things are behind the door. Where will it lead? On the door is the word WELCOME. You turn the door handle and step inside. You find yourself walking into a room that is filled with the most golden-red light. All the thoughts in your mind become very still. It is as if this golden-red light is filling your head and making you feel very gentle and peaceful. Stay very still and feel this beautiful light swirling around your head. Now feel the light in your arms. See if you can feel the golden-red light in your chest and tummy. Can you feel it in your legs? Your whole body feels as if it is made of golden-red light, and you feel wonderful. At this moment you would not rather be anywhere else, as it is so lovely being in this room of light. You are surrounded by perfectly pure light. The light is swirling around your body. You feel so safe and secure in it. Stay in this wonderful room of light for as long as you wish and, when you are ready to, step out of the room of light and open your eyes again.

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

Maths

Years 3/4 – The ages of a mother and daughter add up to 66. The mother's age is 48, what is the daughter's age?

Years 5/6 - If 3 salesmen can sell three stoves in seven minutes, how many stoves can six salesmen sell in seventy minutes?

Poem of the week

Bed in Summer

BY ROBERT LOUIS STEVENSON

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

Inspiring Women

Misty Copeland - Misty Danielle Copeland is an American ballet dancer for American Ballet Theatre, one of the three leading classical ballet companies in the United States. On June 30, 2015, Misty became the first African American woman to be promoted to principal dancer in ABT's 75-year history.

In addition to her dance career, Misty has become a public speaker, celebrity spokesperson and stage performer. She has written two autobiographical books and narrated a documentary about her career challenges, [A Ballerina's Tale](#).



Thought of the week

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."
- Roald Dahl

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- a chair

Years 5/6 – a telephone

Maths

Years 3/4 - 18

Years 5/6- 60