



Inspire Bulletin 81 – 21st June 2024



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

Words of the week

Transparent (adjective): Allowing light to pass through, so that objects behind can be distinctly seen OR easy to perceive or detect

*The water in the pond was **transparent**, she could see the fish swimming.*

*The prime minister wanted to be **transparent** about her plans to hold an election.*

Contemplate (verb): to think about something deeply OR to look thoughtfully for a long time at something

*She **contemplated** the consequences of her actions.*

*Eliza **contemplated** the painting in the art gallery.*

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

Thinking Challenges

Years 3/4 – Answer these letter analogies. Use the alphabet to help you



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A is to be B as C is to _____

Z is to Y as F is to _____

D is to G as T is to _____

MN is to OP as FG is to _____

Years 5/6 – What English word retains the same pronunciation, even after you take away four of its five letters?

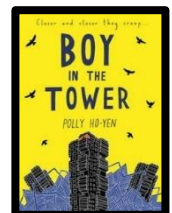
What occurs once in every minute, twice in every moment, yet never in a thousand years?

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 - Boy in the Tower by Polly Ho-Hen - From the seventeenth floor of the tower block where he lives with his mother, Ade watches as the buildings fall around him. The Bluchers - a strange and terrible kind of plant - are taking over the city, and everyone is being forced to evacuate, but his mother is refusing to leave her room. And so Ade watches alone as the city slowly empties, and the Bluchers creep ever closer.....



Wellbeing

Be A Queen

Close your eyes, be very still and imagine your mind is the queen and your body is the servant. Whatever the queen orders, the servant has to obey. Whatever the mind says, the body has to



respond to. You are a very kind queen and always treat your body with a great amount of love and respect. You are very grateful to your body, for without it you wouldn't be able to do much at all. So sit for a while and think about how wonderful your body is. Now, as the queen, you can order your body to do anything. Can you ask your body to wiggle its toes or its fingers? Now you are going to gently order the body to completely relax. Can you order the legs and feet to become still and relax? Say to your legs *I command you to relax*, and feel them become heavy and

relaxed. Now order the chest and the stomach to relax. Say to your chest and stomach *I command you to relax*, and feel all the muscles in your stomach and chest letting go and relaxing. Now direct the arms and hands to relax. Say *I command you to relax*, and notice as they do become heavy and relaxed. Finally, command the head to completely relax. Your eyes relax, your ears relax, your forehead relaxes, your mouth relaxes, your jaw relaxes. The whole of your body is completely relaxed. What a powerful queen you are! Your body has obeyed your every word and is completely still and relaxed. Stay as still as you can until it is time to command the body to move again. **And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes...**

Maths

Years 3/4 – There are several books on a bookshelf. If one book is fourth from the left and 6th from the right, how many books are on the shelf?

Years 5/6 – Round 519 to the nearest 10

Round 4763 to the nearest 100

Round 3850 to the nearest 1000

Round 543,216 to the nearest 10,000

Poem of the week

Solstice by Tess Taylor

How again today our patron star
whose ancient vista is the long view
turns its wide brightness now and here:
Below, we loll outdoors, sing & make fire.
We build no henge
but after our swim, linger
by the pond. Dapples flicker
pine trunks by the water.
Buzz & hum & wing & song combine.
Light builds a monument to its passing.
Frogs content themselves in bullish chirps,
hoopskirt blossoms
on thimbleberries fall, peeper toads
hop, lazy—
Apex. The throaty world sings ripen.
Our grove slips past the sun's long kiss.
We dress.
We head home in other starlight.
Our earthly time is sweetening from this.

Inspiring Women

Eiman Kanjo is a British computer scientist and engineer. She is professor of pervasive sensing at Nottingham Trent University. Her research considers the development of wireless sensing technologies. She was named as one of the Top 50 Influential Women in Engineering in 2022. Eiman directs the Smart Sensing Lab at Nottingham Trent University. Here she builds systems and digital capabilities for social good. This includes developing wearable technologies and devices for assessing their environment. Her sensors can be attached to the smart phones of cyclists to monitor air pollution uncover the environmental contributors to asthma attacks and monitor how the hustle and bustle of cities impacts physical health.



Thought of the week

“What good is the warmth of summer, without the cold of winter to give it sweetness.” – John Steinbeck

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

- 1) A is to be B as C is to **D**
- 2) Z is to Y as F is to **E**
- 3) D is to G as T is to **W**
- 4) MN is to OP as FG is to **HI**

Years 5/6

Queue

The letter M

Maths

Years 3/4 - 9

Years 5/6

- 1) Round 519 to the nearest 10 - 520
- 2) Round 4763 to the nearest 100 - 4800
- 3) Round 3850 to the nearest 1000 - 4000
- 4) Round 543,216 to the nearest 10,000 – 540,000