



# Inspire Bulletin 77 – 17th May 2024



Welcome to the next edition of Inspire!

## Words of the week

**Adjacent (adjective):** Position next to or nearby. *Sarah and Nikita had **adjacent** rooms in the house.*

**Adhere to (verb):** To act in accordance with something. *All students must **adhere** to the rules set by the teacher.*

## Thinking Challenges

**Years 3/4** - Identify **one** word in the brackets to make the sentence sensible.

**Example:** The yacht sailed into the (shop, hospital, harbour, cinema, matchbox)

1. The dog lay on the mat and gnawed on a (cat, floor, emu, bone, chair).
2. Our car broke down and had to be taken to the (nursery, doctor, park, zoo, garage).
3. Potatoes are my favourite (fruit, pasta, bread, pets, vegetable).
4. The table was laid, ready for (sanding, varnishing, lunch, painting, dancing).
5. Britain is entirely surrounded by (water, wasps, trees, fences, lettuce).



**Years 5/6** – Identify the two words, **one** from each group, that are the most **opposite** in meaning.

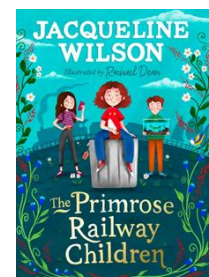
**Example:** (old, son, home) (new, grandfather, house)

1. (defend, deny, claim) (depart, attack, test)
2. (mumble, grumble, humble) (complain, proud, mutter)
3. (contract, expert, agree) (contain, expand, explode)
4. (sneeze, pray, curse) (spell, bless, cast)
5. (secret, private, neighbour) (hidden, reconcile, public)



## Recommended Reading

**Years 3/4 - The Primrose Railway Children by Jacqueline Wilson** - Phoebe Robinson loves making up stories - just like her wonderful, imaginative Dad. When he mysteriously disappears, Phoebe, Perry, Becks and their mum must leave everything behind and move to a small cottage in the middle of nowhere. Struggling to feel at home and missing her Dad terribly, Phoebe's only distraction is her guinea pig Daisy until the family discover the thrilling steam trains at the railway station and suddenly, every day is filled with adventure. But what is Mum hiding and more worryingly is Dad okay?



**Years 5/6 - The House with Chicken Legs by Sophie Anderson** -

Marinka dreams of a normal life, where her house stays in one place long enough for her to make friends. But her house has chicken legs and moves on without warning! Marinka's grandmother is Baba Yaga, who guides spirits between this world and the next. Marinka longs to change her destiny and sets out to break free from her grandmother's footsteps, but her house has other ideas...



## Wellbeing

### Quiet Space

Close your eyes, be very still and imagine there is a tiny space right in the middle of your head. A tiny space where there is no noise and no movement. It is completely silent here. This is your own secret place, which you may come to whenever you like.

Nobody can come in, because the door is right inside your mind and they wouldn't be able to find it. It's a place that only you may come to when you want to be alone and quiet. It's your private place. Can you open the door inside your mind and step into this quiet space? It feels lovely sitting here in the quiet. It is so calm and quiet, take in a deep breath. As you breathe in, breathe in a feeling of peace. Breathe in peace, breathe out peace. You feel so safe and cosy here. Just allow all your thoughts to slow gently down, while you enjoy the peace and quiet. Repeat to yourself *I am quiet, I am quiet, I am quiet*. Stay for as long as you wish, feeling peaceful, peaceful. Feel quiet. Feel calm. Feel silent. Feel still. Feel quiet, feel quiet, feel quiet.



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

## Maths

### Fraction Problems

Years 3/4 –

1. What fraction of a week is three days?
2. One quarter of a number is 10. What is the number?

Years 5/6 –

1. If  $\frac{2}{3}$  of Jane's room is painted blue and  $\frac{1}{6}$  is painted red, what fraction of her room is painted?
2.  $\frac{11}{16}$  of the children in a class are boys. What fraction are girls?
3. Identify the largest of these fractions.  
 $\frac{3}{4}, \frac{3}{6}, \frac{3}{8}, \frac{3}{10}, \frac{3}{12}$

## Poem of the week

A Water Lily Is Born

by Hargan (Year 9)

The very first breath

When my heads been drowning under the water

My petal spreads

I see my forever daughter

I'm rising

I'm reaching

I'm praying

I'll reach another day

Away

From the winter

## Inspiring Women

### Abia Akram - Disability leader

An activist in the disability movement since 1997, when as a student managing her own disability, she started the Special Talent Exchange Program (Step). She is the first woman from Pakistan to be nominated co-ordinator for the Commonwealth Young Disabled People's Forum. Abia is the founder of the National Forum of Women with Disabilities and has campaigned for the implementation of the UN Convention on the Rights of Persons with Disabilities and Inclusive Development.



## Thought of the week

*"That is one good thing about this world ... there are always sure to be more springs." - L. M. Montgomery*

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. bone
2. garage
3. vegetable
4. lunch
5. water

##### Years 5/6 –

1. defend, attack
2. humble, proud
3. contract, expand
4. curse, bless
5. private, public

#### Maths

##### Years 3/4 –

1.  $\frac{3}{7}$
2. 40

##### Years 5/6 -

1.  $\frac{5}{6}$
2.  $\frac{5}{16}$
3.  $\frac{3}{4}$