



# Inspire Bulletin 82 – 28<sup>th</sup> June 2024



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

## Words of the week

**Immaculate (adjective):** perfectly clean, neat or tidy – *Alanna's room was **immaculate** after she tidied it.*

**Epiphany (noun):** a moment of sudden revelation – *Shruthi had an **epiphany** whilst learning about long multiplication.*

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

## Thinking Challenges

**Years 3/4** – Read the clue in brackets. Add **one** letter to the word in CAPITALS to make a new word that matches the clue. Write the new word on the line.

PLAN (flatland) \_\_\_\_\_

TANK (be grateful) \_\_\_\_\_

SALE (not fresh) \_\_\_\_\_

AMPLE (an example or specimen) \_\_\_\_\_

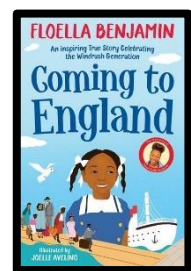


**Years 5/6** – How can you make 7 even?

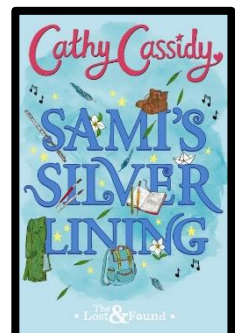
If in a car race, the driver who came two places in front of the last driver finished one ahead of the driver who came fifth. How many drivers were there in the race?

## Recommended Reading

**Years 3/4 – Coming to England by Floella Benjamin** - Floella Benjamin was just a young girl when she, her sister and two brothers arrived in England in 1960 to join their parents, whom they had not seen for fifteen months. They had left their island home of Trinidad to make a new life in London – part of a whole generation who were encouraged to move to Britain and help rebuild the country after the Second World War.



**Years 5/6 - Sami's Silver Lining by Cathy Cassidy** - Syrian refugee Sami is doing his very best to start a new life in England, but he's haunted by his painful past. Even though he's made friends in the Lost and Found band, memories of his treacherous journey across icy waters are never far away. As romance blossoms with the girl of his dreams, can the promise of a brighter future help to thaw Sami's heart? This moving and heart-wrenching story is the next must-have book in Cathy Cassidy's brilliant *Lost and Found* series.



## Wellbeing

### Floating

*Close your eyes, be very still and imagine that you are lying in the soft clouds. You are very high up in the sky, but you feel completely safe and supported by these cotton wool clouds. The fluffy clouds feel so soft against your skin. It feels as if your whole body is turning into a cloud. Gently move your arms and legs and feel how soft and delicate they are. You feel so safe as you nestle into the softness of the clouds. As you lie there, you feel your body becoming light. Your arms, stomach, chest, legs and head become light. It is almost as if your body has turned into a soft cloud. As you lie there, you start to drift through the sky. Your whole body feels completely relaxed and soft. Your mind also feels very soft and gentle. All worrying and upsetting thoughts are just drifting away, leaving you with a peaceful mind. Lie there for as long as you wish and enjoy this wonderful floating feeling as you drift through the sky. **And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes...***



## Maths

**Years 3/4** – Work out the total for this shopping list:

3 apples at 35p each =

7 onions each at 20p =

24 eggs at 10p an egg =

4 sweets at 25p each =

**Total =**

**Years 5/6** - List all the factors of 12.

List all the factors of 36.

List all the factors of 48.

List the first 5 multiples of 14.

List the first five multiples of 17.

## Poem of the week

### Midsummer, Tobago by Derek Walcott

Broad sun-stoned beaches.

White heat.

A green river.

A bridge,

scorched yellow palms

from the summer-sleeping house

drowsing through August.

Days I have held,

days I have lost,

days that outgrow, like daughters,

my harbouring arms

## Inspiring Women

### Vee Kativhu - Content creator and YouTuber

From juggling her studies with a part-time job at McDonald's to gaining degrees from Oxford and Harvard universities, Vee (Varaidzo) Kativhu's academic journey has become an inspiration to thousands across the world. While at university, she set up a YouTube channel to share her experiences as a student from a lower socio-economic background, and provided study tips and resources to others like her.



Since then, Vee has launched Empowered by Vee, a platform through which she seeks to make higher education more accessible for unsupported or under-represented students around the world. She has written a practical self-help book for young people and is currently pursuing a PhD in Education Leadership

## Thought of the week

**“Love life. Engage in it. Give it all you’ve got. Love it with a passion because life truly does give back, many times over, what you put into it.”**

**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.**

### ANSWERS

#### Thinking Challenges

**Years 3/4-** TANK (be grateful) - *THANK*

SALE (not fresh) - *STALE*

AMPLE (an example or specimen) - *SAMPLE*

IDEA (perfect) - *IDEAL*

**Years 5/6-** How can you make 7 even?

*A: Remove the S*

If in a car race, the driver who came two places in front of the last driver finished one ahead of the driver who came fifth. How many drivers were there in the race? *A: 6*

#### Maths

**Years 3/4-** 3 apples at 35p each = £1.05

7 onions each at 20p = £1.40

24 eggs at 10p an egg = £2.40

4 sweets at 25p each = £1.00

**Total = £5.85**

**Years 5/6-** List all the factors of 12 – 1, 2, 3, 4, 6, 12

List all the factors of 36. – 1, 2, 3, 4, 6, 9, 12, 18, 36

List all the factors of 48. – 1, 2, 3, 4, 6, 8, 12, 16, 24, 48

List the first 5 multiples of 14. – 14, 28, 42, 56, 70

List the first five multiples of 17. – 17, 34, 51, 68, 85