

**What's happening
in the news this week?**



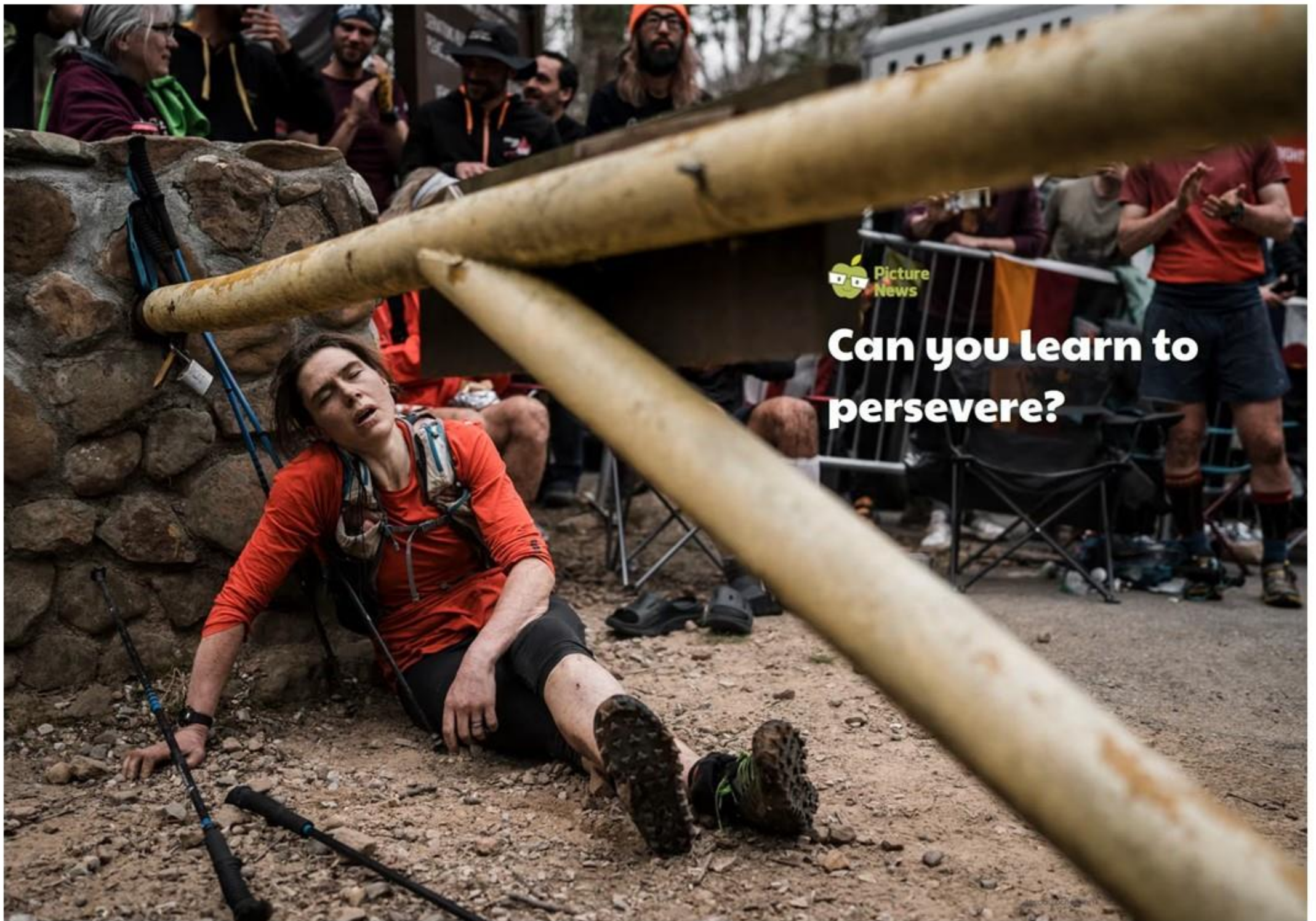
Let's have a look at this week's poster!

22nd - 28th April 2024



Individual Liberty

We each have unique talents, interests and goals. We all have the right to choose the dreams we wish to pursue.



**Can you learn to
persevere?**



Let's look at this week's story

Scottish runner, Jasmin Paris, has become the first female to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.



Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

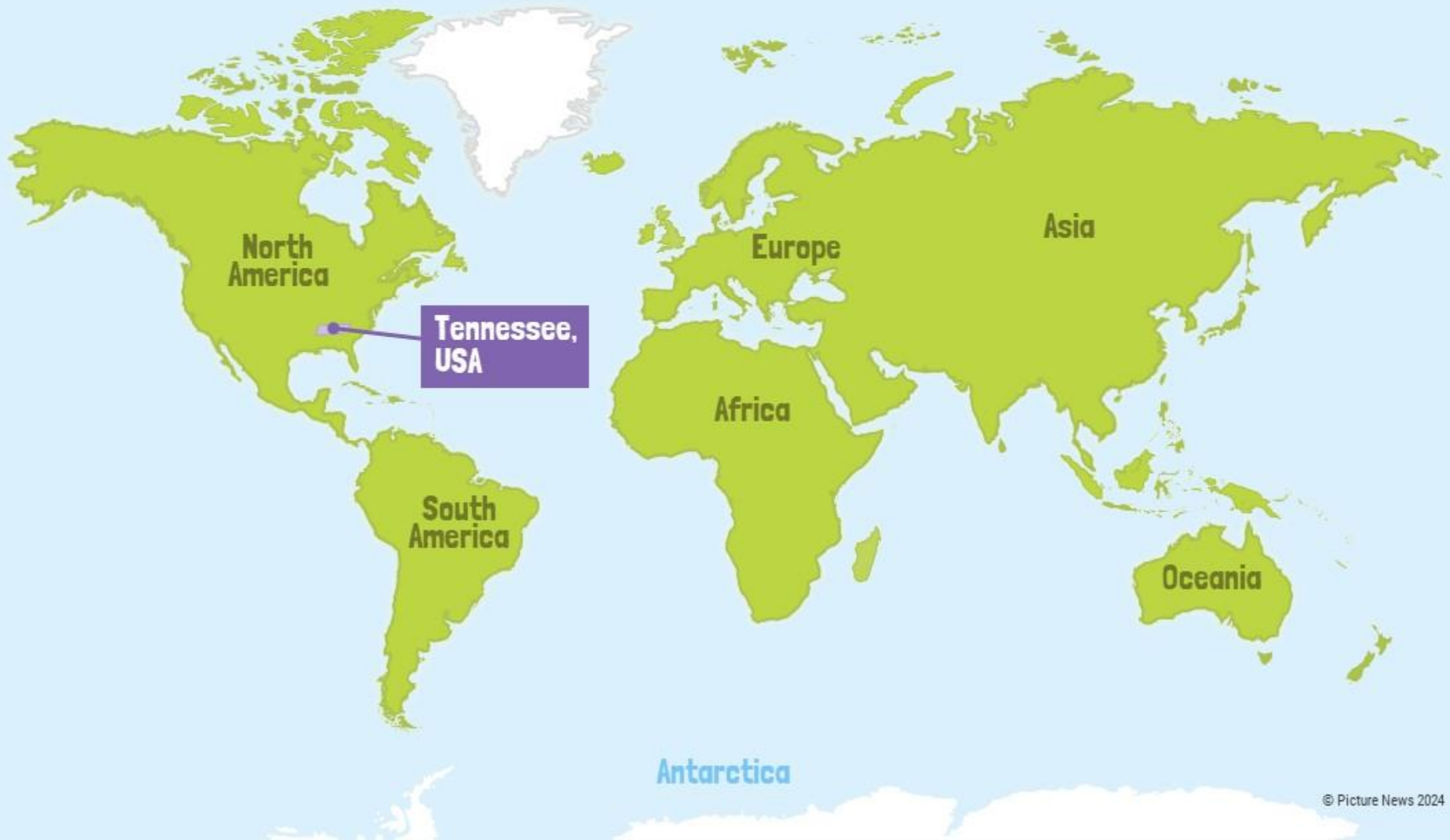
embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





Read the information below about Jasmin Paris and the Barkley Marathons.

What is the Barkley Marathons?

The Barkley Marathons is an ultramarathon trail race held each year in Tennessee, in the United States of America. The course, which changes each year, is five loops of an off-trail course totalling 100 miles (about 161km), with a cut-off of 12 hours per lap, 60 hours all together.

The race is held each year at Frozen Head State Park. The five loops are roughly 20 miles (32.2km) each with a total of 60,000ft (18,288m) of ascents and descents – twice the height of Mount Everest from sea level!



Pictured above: Part of the Barkley Marathons route.
Source: CNN.



Picture: Jasmin Paris competing in a different event.
Source: Paul Dobson.

I'm really glad I helped to prove that women can do these things and I hope it inspires women to take on their own challenges, whatever they might be.

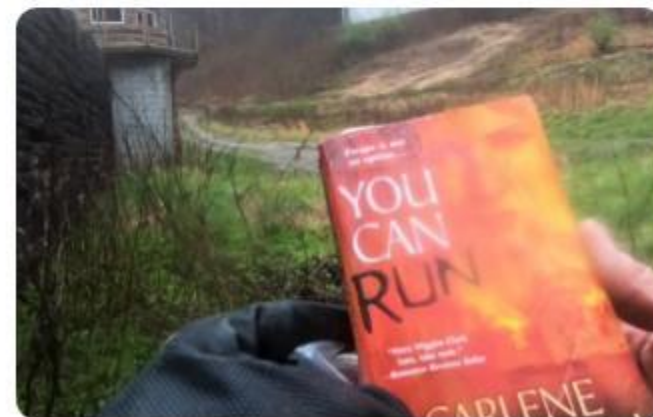
Jasmin Paris, following her successful completion of the Barkley Marathons.

Who is Jasmin Paris?

40-year-old, full-time vet and mum of two girls (age 3 and 6) Jasmin Paris, is a British runner who is a national fell running champion.

In 2024, she was the first woman to successfully complete the Barkley Marathons.

Pictured below: The race checkpoints are unmanned and in the form of books. Runners rip out the page that corresponds to their race bib number to prove they reached it. The books often have titles connected to running! **Source:** CNN.



Talk about the challenge and how difficult it must have been for those participating.



Look at the resource below, which shares some inspirational quotes.



If you
fell down
yesterday,
stand up
today.



Perseverance, secret
of all triumphs.



It doesn't
matter how
slow you go,
so long as
you don't
stop.



Perseverance is power.



I can't
do it



Of course I struggle,
I just don't quit.





Look at the resource below, which shares some examples of people who have persevered.

JK Rowling



Before she became a famous author, JK Rowling received multiple rejections from publishers for her Harry Potter manuscript. Finally, Bloomsbury decided to accept it and she is now one of the world's most recognised names.

Michael Jordan



Michael Jordan is a former professional basketball player. He was actually dropped from his high school basketball team. He kept on practising harder and harder and he eventually made it onto the Chicago Bulls. He said, 'I have failed over and over and over again in my life. And that is why I succeed.'

Bethany Hamilton



Bethany Hamilton started surfing when she was just 3 years old but at age 13, she was bitten by a shark causing her to lose an arm. Bethany did not let that stop her surfing career and she went on to win huge championships.



Thomas Edison



Thomas Edison invented the lightbulb. He didn't give up after thousands of his experiments failed! He said, 'I didn't fail 1000 times. The light bulb was an invention with 1000 steps.'

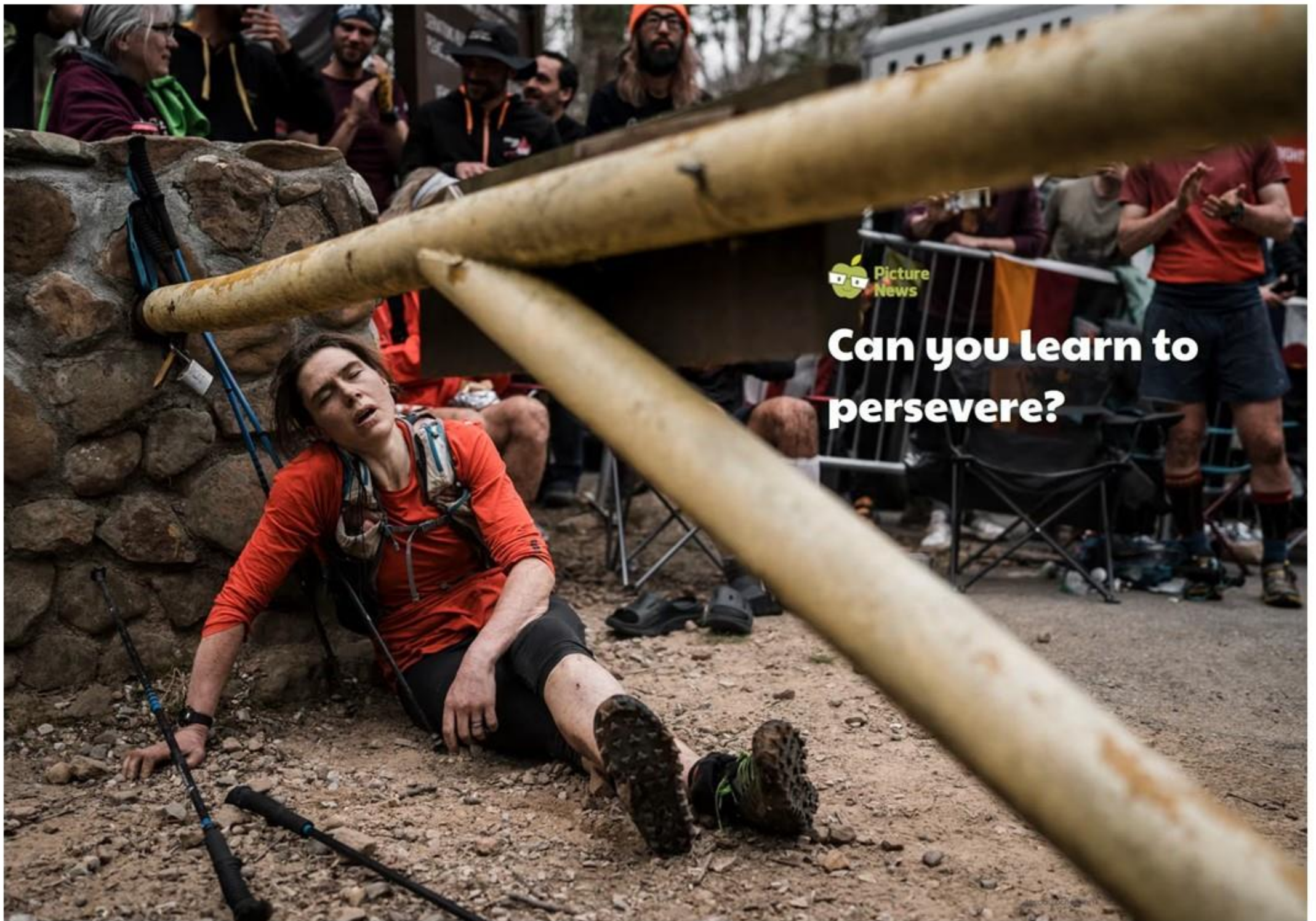
Nelson Mandela



Nelson Mandela fought against racial segregation in South Africa. Despite being imprisoned for 27 years, he did not sway from his belief in justice and equality. He was released from jail and became the president of South Africa.



For each of these people, discuss what they wanted to achieve and the barriers they faced. Can you share any other examples of someone persevering?



**Can you learn to
persevere?**

Reflection



Perseverance is continuing, even when things get difficult, and it may seem much easier to give up. The greatest achievements have often come from those who have overcome huge challenges through their determination.



Protected Characteristics



Jasmin Paris was the first female to complete the Barkley Marathons. We are all capable of achieving amazing things. We should not be limited by others, or ourselves, because of our sex.



Sex



Sexual Orientation



Age



Disability



Gender Reassignment



Marriage and Civil Partnership



Pregnancy and Maternity



Race



Religion and Belief



UN Rights of a Child



Children are all different and have their own unique interests and talents. Education should aim to nurture and develop the talents of every individual child.



Useful vocabulary



Ascent

An upward walk or climb.

Descent

A downward walk or climb.

The five loops are roughly 20 miles (32.2km) each with a total of 60,000ft (18,288m) of **ascents** and **descents**.

Checkpoints

Places along a route where a check is carried out.

The race **checkpoints** are unmanned and in the form of books.

Correspond

To match.

Runners rip out the page that **corresponds** to their race bib number.

Fell

A northern English word meaning 'hill' or 'mountain'.

Jasmin Paris is a British runner who is a national **fell** running champion.

Ultramarathon

A long-distance running race that is longer than a traditional **marathon** (26.2 miles).

The Barkley Marathons is an **ultramarathon** trail race held each year in Tennessee.

Unmanned

Not having or needing people in order to work correctly.

The race checkpoints are **unmanned** and in the form of books.

Can you use them in your writing this week?



Can you learn to persevere?

Scottish runner, Jasmin Paris, has become the first female to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.



- Look at this week's poster. Does anyone know who is on the poster or where the event is taking place?
- Read this week's story and look at the information found on the assembly resource, all about Jasmin Paris and the Barkley Marathons. Talk about the challenge and how difficult it must have been for those participating.
- Watch this week's useful video, which provides an interview with Jasmin Paris. How do you think she was feeling after completing the challenge?
- It was Jasmin's third attempt at the challenge. Why do you think she chose to try again?
- Can you think of a challenge or task you faced where you needed to keep going and not give up? How hard was it? What helped you decide to carry on?
- Do you think perseverance is a skill that you can learn? If so, what do you think is the best way to learn it?

Reflection

Perseverance is continuing, even when things get difficult, and it may seem much easier to give up. The greatest achievements have often come from those who have overcome huge challenges through their determination.



KS1 focus

What is perseverance?



- Ask the children what they think perseverance means. Share thoughts and ideas.
- Come up with a class definition of perseverance e.g., perseverance is continuing to work at something even when it is difficult, or it takes a long time.
- Have you ever been in a situation where you had to persevere? What happened? Why did you keep going? Were you successful in the end?
- Why is perseverance important? How can perseverance help you in your daily life?
- Can you think of any synonyms for perseverance?
- Can you think of any other qualities, like perseverance, that help you to learn and grow?
- Look at resource 1, which shows some inspirational quotes. Focus on the quote 'Of course I struggle, I just don't quit'. What do you think this means? How do you feel when you read this?
- In groups, choose a quote from resource 1 to discuss. What sort of language is used? What is the meaning of the quote? How do you think it makes the reader feel?
- Present your quote to the rest of the class and listen to the other groups.
- In groups, or as a class, write your own inspirational quote. These could be displayed in the classroom to keep everyone motivated.

Reflection

Even, or especially when things get difficult, it is important to keep going. Perseverance can help us to grow, learn and achieve our most ambitious goals.



KS2 focus

What are some examples of perseverance in life?



- Discuss what perseverance is. Share any experiences you have of perseverance, perhaps in yourself or others.
- Often, perseverance is required to overcome obstacles, difficulties, setbacks or barriers in order to achieve something. Can you think of a time you faced an obstacle, difficulty, setback or barrier in your life? What was it? Were you able to overcome it?
- Look at resource 2, which shares some examples of people who have persevered. For each of these people, discuss what they wanted to achieve and the barriers they faced. Can you share any other examples of someone persevering?
- Make a list of things you believe someone needs so they can persevere. What personal traits do you need e.g., resilience, self-belief, stubbornness? Do you think having friends and family who support your goals helps? How passionate about your goal do you need to be?
- Think about some of your goals. Consider the things you would like to achieve this year, before you become an adult, and as an adult. Discuss how you can achieve each and how our goals may evolve, adapt or change.
- Can you think of a time when persevering may not be the right thing to do?

Reflection

Sometimes the goals we set or the things we want to achieve do not come easily. Persevering through setbacks, failures and obstacles often ends in success!



KS2 follow-up ideas

Option 1

Use the theme of 'perseverance' to inspire some poetry. Use the questions and the vocabulary below to help you plan and write your poem.

- How does it feel when you are struggling or you cannot do something?
- What could you compare this feeling with?
- What might you say to yourself or someone to help them keep going?
- How does it feel when you begin to make steps towards your goal?
- What could you compare this feeling with?
- What can you learn about yourself through persevering?

ammunition	endurance	grit	pain
catastrophe	failure	hope	resolve
courage	faith	hurdle	struggle
determination	focus	journey	success

Option 2

List some of the distances some people walk or run such as 100m sprint, 10k race, 5k parkrun, a marathon.

- Do you know how far each is? Estimate how many laps around your school hall each would be.
- How many miles/kilometres is a marathon? How many is a half marathon?
- What distance might an ultramarathon be?
- Do you know of any distance challenges or races near you? How far are they? Can you find the route on a local map?
- Have you ever taken on a distance challenge?

Measure some distances that you can try running and walking. You could time how quickly you can complete the shorter distances or see how far you can go within a set time!



KS1 follow-up ideas

Option 1

The Barkley Marathons take place in Tennessee, USA.

- Do you know what 'USA' stands for?
- Which continent is the USA located in?
- Can you find this on a map?
- Which country do you live in?
- Do you know which continent you live in?
- Is there another country or continent you would like to visit?
- Can you locate these places on a world map or a globe?

Challenge – set a timer for 2 minutes. Can you write the names of/label the world's seven continents?



Option 2

Talk to a partner about something you want to achieve or improve at. This could be moving to the next reading level, getting your swimming badge, baking a cake or something else! The proverb, 'A goal without a plan is just a wish', means that, in order to realise your dreams, you need to plan steps to make them come true! Draw and/or write about your goal. Think about:

- What is it you want to achieve?
- What small steps can you take to improve e.g., practising, asking for help, research?
- How will you know when you have achieved your goal?

Keep your plan somewhere visible to remind you of your long-term goal, and what you are doing now to achieve it.



This week's useful websites

This week's news story

www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-68643341

This week's useful video

Interview with Jasmin Paris
www.youtube.com/watch?v=YLX5b2qYlaY

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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Time to Play!

The boss of Lego, Niels Christensen, is one of a group of people who want to raise awareness of the importance of play. He says, '... all children should benefit from the power of play'. His comments come after a worldwide study found that nearly three quarters of children think that their grown-ups do not take play seriously. Education experts across the globe agree on the huge benefits that play can bring children, including building curiosity, developing imagination and solving problems. A coworker of Niels at Lego says, 'Play is the superpower of children', but she worries that not all children



Pictured: Lego. **Source:** Canva.

get the chance to learn through play. To this end, some companies from around the world have come together and decided to invent a day dedicated to playing! The very first 'International Day of Play' will take place on 11th June this year. The hope is that this day will remind people around the world just how important it is for children to be able to play freely. So, get the date in your diary, it's time for children to teach their adults a thing or two about playing!

Hello, what's your name?

The first few months of 2024 have seen some incredibly wet and windy weather in many countries. But did you know that lots of storms have names? The idea behind this is that it helps the public to keep track of storms as they move and change. It also helps people to prepare for weather that can be dangerous. Not all storms are named, only those that are expected to be particularly severe. Most countries have a special office in charge of studying and

predicting weather patterns. In the UK, this is the Met Office, and they decide whether a storm should be named and what that name should be. In fact, the Met Office ask the public for ideas for storm names, and the most popular names are made into a list for the year. So, if you have an awesome idea, you can send it into the Met Office, and it might be used to name the next big storm!



Pictured: A storm approaching.
Source: Canva.

Should everyone be allowed to lead a private life?



There are some things that you don't always want people to know. Everybody should be able to keep some things private.

Ted

Croissant Race

Around 200 Parisian waiting staff have taken part in a traditional croissant race through the streets of France's capital city. The participants, who all work in cafés and bistros, completed the 2km course whilst wearing their work uniforms. They showed their professional skills by balancing a tray containing a croissant, an empty coffee cup, and full glass of water with one hand during the race. Running is not allowed, and penalties are given for spilling the water or eating the croissant! Similar races are held in other countries too, but the first one in Paris took place in 1914. This year marks the return of the historic event after a 13-year break, timed to promote the Olympics, which will be hosted in Paris this summer. The competitors' times, and the amount of liquid they spilled, were used to calculate the winners. Pauline Van Wymeersch and Samy Lamrous were crowned Paris' fastest waiting staff. Both finished the race in less than 15 minutes. They each



Pictured: Competitors who took part in 'la course des cafes par Eau de Paris'.
Source: EAU DE PARIS Facebook page.

won medals, two tickets for the Olympic opening ceremony and a night at a Paris hotel.

Do you think it would be very difficult to carry the trays without spilling the glass of water? What skills do think would help you to do well in a race like this?

Bears in a Boat

Four young black bears, who live at Woburn Safari Park in Bedfordshire, UK, have been enjoying a new pastime. Harvard, Maple, Colorado, and Aspen have been riding on a swan pedalo! The recent heavy rain caused a mini lake to form in their reserve. Their keepers thought this would be a great time to repurpose a pedalo that was awaiting repair! Speaking about the unusual addition to the bears' habitat, Tommy Babington from the park said, 'It was great fun for visitors to see them climb on board, and we love devising new ways to provide food, scent and habitat enrichment that stimulates their natural foraging behaviours. Bears are naturally very curious animals, and keepers will encourage this with all kinds of enrichment through their habitat as this keeps their minds and bodies active. The swan boat enrichment may be a



Pictured: The black bears at Woburn Safari Park ride on a swan pedalo.
Source: Woburn Safari Park Facebook page .

less conventional approach to stimulating their natural behaviours, but it certainly was a hit.'

What other items do you think could make exciting additions to the bears' home?

Should everyone be allowed to lead a private life?



I think that some events in someone's life can be shared in public, but everyone deserves the right to have some things private.

Lena

TAKEHOME



Can you learn to persevere?

In the news this week

Scottish runner, Jasmin Paris, has become the first female runner to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.

Things to talk about at home ...

- > Can you imagine how Jasmin might have felt when she finished the event? Make a list of the different feelings you believe she may have had.
- > Can you think of a time when you found something really difficult? Were you able to complete the challenge or task? Talk about the experience and what you learned from it.

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

