

What's happening in the news this week?



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

5th - 11th February 2024

**What makes
someone
inspirational?**





Let's look at this week's story

45-year-old Mar Galcerán from Spain has become the country's first elected parliamentarian with Down's syndrome. Maria del Mar Galcerán Gadea is thought to be the first person with the genetic disorder to join a European regional or national parliament. She has been involved with politics since she was 18, when she joined Spain's conservative People's Party. Speaking to the media, Mar Galcerán said she wants to be seen as a person, and not for her disability.



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

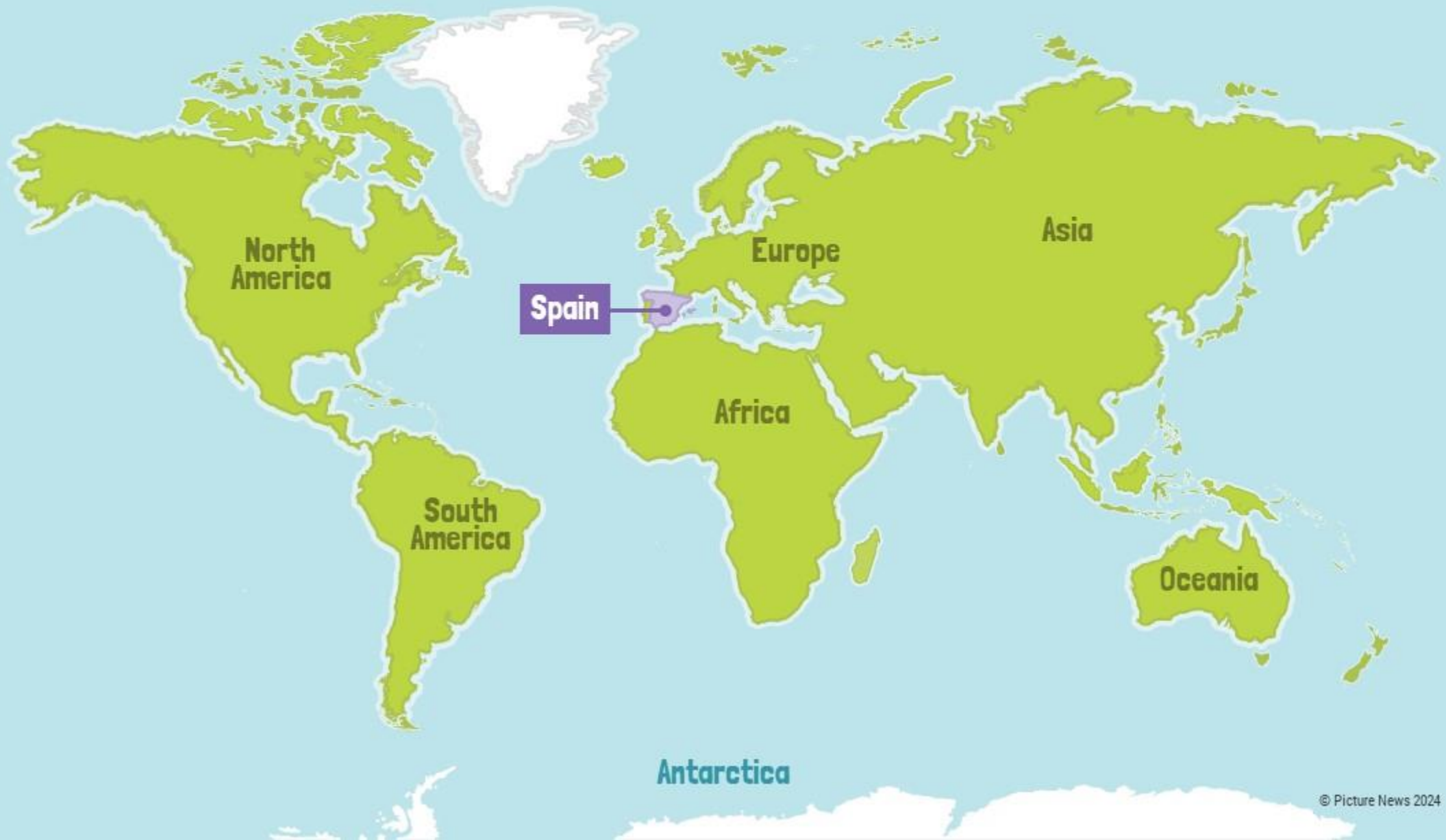
embarrassed

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 through the information found below explaining about Down's syndrome and Mar Galcerán's journey.

Who is Mar Galcerán?

Maria del Mar Galcerán Gadea was very interested in politics and how decisions were made as a child. When she was 18, she joined a Spanish political group and over the next few years, she worked in many different political roles.



Mar Galcerán worked hard to make people more aware and understanding of people with Down's syndrome in Spain. She also worked at an organisation that helped families with children who have Down's syndrome.



In January 2024, Mar Galcerán was voted in as a member of the Spanish national parliament. She is thought to be the youngest parliamentarian in Europe with Down's syndrome.



What is Down's syndrome?

Down's syndrome is a genetic condition, which normally affects someone's learning and physical features; it is not a disease or illness.

People who have Down's syndrome have their own personalities and strengths, just like anybody else.

Those with the condition usually experience some level of difficulty learning, so sometimes it might take a person with the condition a bit longer to learn something new.



"There are people who support me. But there are also others who think I'm not capable. But these are people who don't know me or my background. I want to learn how to do it well...for those of us who have different abilities."

Spanish politician, Mar Galcerán
Source: Twitter: @mar_galceran

What do you think are some of the obstacles that Mar Galcerán may have faced over her life and work and how do you think she might have overcome them?



Look at the resource below, which looks at some people who have overcome obstacles and become inspirations!

Eight-year-old, Tony Hudgell raised more than £19,000 for charity after hiking up the Lake District Mountain, Orrest Head. Tony had both of his legs amputated. As a surprise, Tony was joined by Hari Budha Magar, who became the first double above-the-knee amputee to climb Everest in May.

Previously, Tony received Pride of Britain and Points of Light awards for raising more than £1.7m for charity during the pandemic.



Pictured: Tony Hudgell.
Source: Windermere School X page @windermerec.



"It's opening the world to other children and other adults like Tony and Hari."

Cumbrian guide,
Steve Watts

"I want to inspire others and change people's opinion of disability."

Hari Budha
Magar



Pictured: Kadeena Cox OBE.
Source: Kadeena Cox OBE X page @kad_c.

"I decided, MS isn't going to define me. My life doesn't revolve around MS, MS revolves around me. Running, you see, has been my big thing for years. I don't know what I would have done otherwise. I am sure that I would not have recovered anywhere near as well if I had not had this to strive for. It has helped me massively from a physical perspective, and it has also enabled me to control certain parts of my condition. I would have been a lost girl without my sport."

Kadeena Cox OBE

Kadeena Cox competes for Great Britain in para-cycling and athletics. She has won gold medals in both sports. Before Kadeena's strokes and diagnosis of multiple sclerosis, Kadeena competed as a sprinter. Multiple sclerosis (MS) is a condition that can affect the brain and spinal cord. Kadeena Cox says living with hidden disabilities can receive negative reactions from people.



Do any of these people inspire you?



Look at the resource below, where some people share their inspirations.



"My best friend, Thomas, is my inspiration. He was born with cerebral palsy, which is a condition affecting his movement and coordination. I don't think I know anyone so positive, happy, determined and kind. He always gives everything he does 100% and he never makes excuses for not being able to do things. He makes me feel like I can achieve anything I want to and he gives me so much confidence and courage."

Mohammad

"Over time, my dad has become my inspiration. He has always worked incredibly hard but with a love and passion for what he does, which has encouraged me to find my own passions in life. He has always shown determination and resilience and never let anything stop him from achieving his goals. He is 70 years old now and still works, because it is what he loves and still sets himself challenges such as climbing mountains and cycling. He has shown me age is not a barrier and I want to be still setting goals and loving my job when I am 70 years old!"

Elidh



"Mary Earps has inspired me. She has faced many challenges to become the world's best goalkeeper! She has trained hard, worked through disappointment and has never given up. She also used her voice to share there were not many women's replica goalkeeper kits. Nike actually then produced a limited number of her shirts. Mary also won Sports Personality of the Year 2023. I want to be a goalkeeper like Mary."

Charlie

**What is inspiring about each of these people?
Are you inspired by any of them?**

**What makes
someone
inspirational?**



Reflection



Inspirational people can be found all around us,
helping motivate us to become the best we can be
and to achieve wonderful things!





Democracy

As adults, we will be able to vote for the people we want to represent us in parliament.

As children, we have opportunities to vote for those we want to represent us such as school council members, sports, arts and eco committees.

Protected Characteristics



Mar Galcerán from Spain has become the country's first elected parliamentarian with Down's syndrome. Nobody should be treated unfairly because of a disability.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
and Belief



UN Rights of a Child



Every child with a disability should enjoy the best possible life in society. Governments should remove all obstacles for children with disabilities to become independent and to participate actively in the community.



Useful vocabulary



Capable

Having the ability to do things effectively and skilfully and to achieve results.

...there are also others who think I'm not **capable**.

Elected

Choose someone by voting.

45-year-old Mar Galcerán from Spain has become the country's first **elected** parliamentarian with Down's syndrome.

Genetic disorder

A condition caused by a change in a person's DNA.

Maria del Mar Galcerán Gadea is thought to be the first person with the **genetic disorder** to join a European regional or national parliament.

Inspirational

Making you feel full of hope, positive or encouraged.

Share your experiences of different **inspirational** people in leadership roles.

Motivate

To make someone want to achieve something.

Inspirational people can be found all around us, helping **motivate** us to become the best we can be and to achieve wonderful things!

Parliament

The group of elected people who make or change its laws and decide what policies the country should follow.

Maria del Mar Galcerán Gadea is thought to be the first person with the genetic disorder to join a European regional or national **parliament**.

Can you use them in your writing this week?

Picture News



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- Look at this week's poster image and read through the story. Talk about why you think it has made news headlines all around the world.
- Watch this week's useful video, which explains more about Mar Galcerán's journey. Many people have said that Mar Galcerán is 'breaking barriers' as the first European national politician with Down's syndrome. What do you think is meant by this?
- Read through the information found on the assembly resource explaining about Down's syndrome and Mar Galcerán's journey. What do you think are some of the obstacles that she may have faced over her life and work and how do you think she might have overcome them?
- Share your experiences of different inspirational people in leadership roles (e.g., at school or in government). What do you believe makes them inspiring? Are all your responses to this the same?
- Are you aware of a time when you have inspired others? How would you like to inspire others in the future?

Reflection

Inspirational people can be found all around us, helping motivate us to become the best we can be and to achieve wonderful things!

Picture News



KS1 focus

Who has overcome obstacles to inspire others?



- Write 'inspire' on the board. Have you heard of this word before? What do you think it means?
- Explain that if you inspire someone, you make them feel like they want to do something and that they can do it. You make them feel positive and encouraged. Has anyone ever made you feel this way? Who was it?
- Sometimes people have to face challenges, difficulties and obstacles to achieve their goals. Can you think of any challenges, difficulties or obstacles someone may face?
- Look at resource 1, which looks at some people who have overcome obstacles and become inspirations! Do any of these people inspire you? What obstacles do you think they have overcome?
- Focus on Steve Watt's comment. What do you think 'It's opening the world' means? Do you agree that what Tony and Hari have achieved will open the world for others?
- Think back to the people who have inspired you. What did they do or achieve? Did they have to overcome any obstacles? How did they make you feel?
- Discuss some of your goals or things that you would like to achieve. Are there any challenges, difficulties or obstacles you may need to overcome? How will you do this? Who will help you? Do you think you will inspire someone else?

Reflection

Everyone is different with different obstacles to face. People who overcome obstacles can inspire us and make us feel we can do it too!

Picture News



KS2 focus

What characteristics do people who inspire us have?



- Think about some of the people who have encouraged and inspired you. The people who made you feel you could achieve your goals or made you want to face a new challenge. Who are they? Why do they make you feel inspired? Can you describe them?
- Look at resource 2, where some people share their inspirations. What is inspiring about each of these people? Are you inspired by any of them?
- Using the people from resource 2 and the people who have inspired you, make a list of some of their common characteristics e.g., hardworking, determined, resilient, successful.
- Order the list of characteristics from the one you value the most to the one you value least. Does everyone agree? Will everyone find the same people inspire them? Why?
- Mohammed is inspired by his friend, Thomas, not just because of how Thomas approaches his own challenges but also how he makes Mohammed feel. Do the people who inspire you give you confidence and courage?
- One of the reasons Eilidh is inspired by her dad is he is passionate about the things he does. What are you passionate about? A sport, music, the environment, people being treated fairly, animals?

Reflection

We are all inspired by different people and for many different reasons. Their success and talent may inspire us or it may be their determination, resilience and hard work. Anyone who makes us feel like we want to do or achieve something is an inspiration!



KS2 follow-up ideas

Option 1

Think about being an inspiration.

- How do you think it feels to be an inspiration to someone else?
- Do you think everyone can be an inspiration to someone?

Not everyone may recognise they are an inspiration and this week's resource provides an opportunity to tell them! Write a letter or send an email to someone who inspires you. Use the following to help structure your letter/email:

- Explain why you are writing.
- Introduce and share some information about yourself.
- Tell them why they inspire you.
- Conclude by thanking them.

Send your letters/emails as knowing you are someone's inspiration is an incredible feeling!

Option 2

Democracy is a system of government. Democracy means 'rule by the people'. In a democracy, a government is elected and people have a say in how it is run. Some countries are more democratic than others.

Ourworldindata.org found the most democratic countries were Denmark, Sweden, Norway and Switzerland.

- Locate Denmark, Sweden, Norway and Switzerland on a world map.
- Which continent are they located?

Ourworldindata.org found Saudi Arabia, Eritrea, China and Afghanistan to be the least democratic countries.

- Locate Saudi Arabia, Eritrea, China and Afghanistan on a world map.
- Which continent are they located?

Challenge – read and research to explore the history of democratic rights in the UK. Were these always fair and equal?



KS1 follow-up ideas

Option 1

Think about a person who inspires you.

- Who are they?
- Describe what they look like.
- Describe what their personality is like. Are they hardworking, kind, determined?
- What have they achieved?
- How do they make you feel?

Draw a picture of the person who inspires you and use words and sentences to describe them.

Option 2

Use this opportunity to plan a class vote.

- What could you vote for? A class treat, which story to read next?
- How could you collect your votes? A ballot box, a show of hands, using counters, a survey?
- How will you make sure the vote is fair?
- How will you find out the winner?

Work in groups to prepare for your vote. Make and gather any resources you need, such as ballot papers and a box. Once you have your results, think about:

- How many votes did the winner receive?
- What was the least number of votes?
- What was the difference between the most and least votes?
- How many votes were there altogether?
- Did everyone vote? How do you know?



This week's useful websites

This week's news story

<https://bit.ly/3vIk1DT>

This week's useful video

Mar Galcerán makes history

https://www.youtube.com/watch?v=EqvU_ezgaUU

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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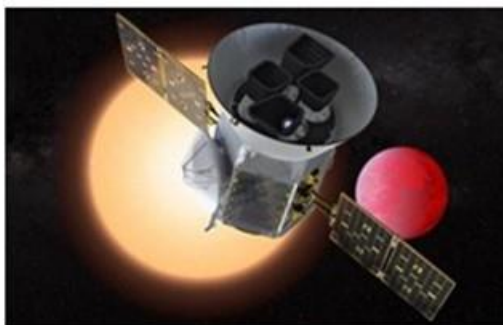
85 Possible Planets

Astronomers from the University of Warwick have discovered 85 possible planets with temperatures potentially cool enough to sustain life. Of the potential exoplanets (an exoplanet is any planet beyond our solar system), 25 were previously found by independent research teams. However, 60 are new discoveries found using data gathered by NASA's Transiting Exoplanet Survey Satellite (TESS). TESS is designed to discover and monitor thousands of exoplanets and other objects in orbit around the brightest dwarf stars in the sky, by recording changes in light. The observed dips in the brightness of stars are called transits and show that objects, such as exoplanets, are passing in front of them. Scientists think that the new exoplanets are similar in size to Saturn, the second largest planet in our solar system. Saturn is over nine times wider than Earth! Professor Daniel Bayliss, of the University of Warwick said, 'It's very exciting to find these planets, and to know that many of them may be in the right temperature zone to sustain life. Encompassing the collaborative spirit of



Pictured Left: NASA's Transiting Exoplanet Survey Satellite. **Source:** NASA_TESS @NASA_TESS X page.

Pictured Below: An image showing Saturn, Earth and Jupiter. **Source:** Canva.



the TESS mission, we have also made our discoveries public so that astronomers across the globe can study these unique exoplanets in more detail. We hope this will drive further research into these fascinating exoplanets.'

Do you think it would be exciting to discover planets that could be lived on outside of our solar system?

World's First Magma Observatory

The Krafla Magma Testbed (KMT), in a remote area of Iceland, has been announced as the world's first magma observatory. KMT's website said the research facility, open to all, will have access to a magma chamber (an underground reservoir of molten rock). Scientists plan to drill down to the magma chamber, so that they can observe and experiment on the magma to see how it behaves and reacts whilst underground. This will give them a greater understanding of magma, volcanoes and help to improve volcano prediction. The world's first tunnel to a magma chamber also has the potential to unleash unlimited energy, using geothermal power. Geothermal energy is the heat produced deep in the Earth's core. It is a clean, renewable resource that can be used for heat and electricity. Two boreholes will be drilled, one will give scientists their first direct measurements of magma and the second could help to supercharge geothermal power, giving access to tons of green



Pictured: Magma flow. **Source:** Canva.

energy. 'What we know about magma comes from interpreting activity measured at the surface, the geology of fossil magma chambers, and laboratory experiments. The Krafla drilling project will provide direct samples and observations, helping the world to read signs of volcanic unrest better,' explained John Eichelberger, a volcanologist (a geologist, who focuses on understanding volcanoes) at the University of Alaska.

Do you know the difference between lava and magma?

It's all about location - magma is molten rock that is trapped underground, it becomes lava when it erupts to the surface and keeps flowing like a liquid!



Pictured: Krafla volcano, Iceland. **Source:** Krafla Magma Testbed - KMT Facebook page.

Giant Tortoises Airlifted Home

136 Giant Galápagos Tortoises have been returned to their natural habitat by conservationists. The Galápagos National Park Directorate, working with the Galápagos Conservancy, successfully transported the young tortoises by helicopter! Flying was determined to be the safest and least impactful way to transfer the endangered animals. The other option being multiple expeditions, involving a journey by sea followed by each tortoise being carried on a person's shoulders for several kilometres over lava fields and challenging terrain. The reptiles, which are all between 5 and 9 years old, were airlifted from Arnaldo Tupiza Chamaidan Breeding and Rearing Centre to the Cinco Cerros area on Isabela Island's Cerro Azul volcano. They have been hatched and brought up at the centre by park rangers, who have ensured they are healthy, microchipped for identification and prepared for release. These most famous residents of the Galápagos Islands, in the Pacific Ocean, are herbivores (meaning they mainly eat plants) and their reintroduction to their native habitat will help maintain ecosystem stability. Dr Jorge Carrión, the Director of Conservation at the Galapagos Conservancy, described their repatriation as, 'a crucial milestone in



Pictured: Galápagos tortoises being airlifted and released on the island. **Source:** Galápagos Conservancy Facebook page.

our conservation mission in Galápagos.' They are the largest living species of tortoise, have an average lifespan of over 100 years, can grow as large as 1.8 metres long and weigh over 400 kilograms! **Did you know that the word 'Galápagos' comes from an old Spanish word for tortoises?** **Do you know any other interesting facts about the islands?**

Last week's topic:

Will self-driving vehicles change our lives?



I think self-driving cars will change our lives in a good way as they prevent those who drive recklessly from driving reckless and because of their amazing sensors and technology, they will be safe.

Jack

They're good because older people who can no longer drive can use them to be transported.

Sam

No because what would happen if the car malfunctions or doesn't stop when it should.

River

Let us know what you think about this week's news?



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TAKEHOME



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Things to talk about at home ...

- > Make a list of people you find inspirational. What about them inspires you?
- > Think about some of the places you find leaders (e.g., schools, councils, clubs). For each place, how are the leaders chosen? Share how important you think it is for leaders to be from a diverse range of backgrounds and with different experiences.

What makes someone inspirational?



Please note any interesting thoughts or comments

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