

# What's happening in the news this week?



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

4th - 10th November 2024



# **How can our hopes and dreams help us to succeed?**



AGA Adventures



## Let's look at this week's story

A 23-year-old British climber has become the youngest woman to summit the world's fourteen highest mountains.

Adriana Brownlee reached the 8,027m peak of Shishapangma in Tibet, at around 8am on 9<sup>th</sup> October. She is only the second Briton to complete the feat, after quitting university to begin a career in mountaineering.



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 found below about Adriana's journey. Talk about the difficulties she has faced and the sacrifices she made to achieve her dream.

### Who is Adriana Brownlee and what has she achieved?

Adriana Brownlee is 23 years old and grew up in South West London. From a young age, Adriana had the dream of becoming a successful climber.

Adriana began a course at the University of Bath but chose to leave, saying, 'I quit university and my degree to pursue a career in mountaineering and sacrificed friendships, regular teenage life and more, but it was all worth it.'

On 9<sup>th</sup> October, Adriana became the youngest woman to climb all fourteen of the 8,000m peaks around the world!

Mount Everest, 8849m (2021)	Nanga Parbat, 8126m (2022)
Manaslu, 8163m (2021)	Broad Peak, 8051m (2022)
Dhaulagiri, 8167m (2021)	K2, 8611m (2022)
Annapurna, 8091m (2022)	Gasherbrum II, 8035m (2023)
Kanchenjunga, 8586m (2022)	Gasherbrum I, 8080m (2023)
Lhotse, 8516m (2022)	Cho Oyu, 8188m (2023)
Makalu, 8485m (2022)	Shishapangma, 8027m (2024)

**Above:** All the mountains Adriana has summited, with corresponding years.

Climbing Mount Everest had been the fulfilment of a childhood dream for Adriana. When she was 8 years old, she wrote in her school homework...

I would like to be famous for climbing the  
highest mountain in the world ... and be one of  
the youngest girls to do this. To achieve my  
goal, I would have to train very hard every day  
running to get very fit.

Adriana Brownlee, speaking about her recent achievement.

**I hope to inspire youngsters all over the world that there is no set path in life.**

**Pictured:** 'Adriana Brownlee. 14 Peaks, 1 Woman.' YouTube. @adrianabrownlee5215.





Look at the resource below, which shares some examples of goals you might be working towards.

Take care of a pet.



Learn how to play an instrument.



Eat more fruits and vegetables.



Tie your own shoelace.



Do a handstand or cartwheel.



Ride a bike without stabilisers.



Have you accomplished any of these? Are there any you would like to achieve?



**Look at the resource below and use it to discuss your thoughts on ambitious goals.**

**If a goal is ambitious, it means it needs a great amount of skill and effort to be achieved. Look at the goals below. Discuss which you think are ambitious and which are not.**

- To be happy.
- To be a billionaire.
- To represent your country in a sport.
- To be the first ever to achieve something.
- To make a new discovery.
- To visit a different country every year.
- To help the environment.
- To have a job that you love doing.

### **Talk About**

Do you think some of these goals may be ambitious for one person and not for another?

Have all billionaires needed a great amount of skill and effort to own so much money?

Do you think some people find being happy easier than others?



### **What it takes to achieve an ambitious goal.**

- Learn from mistakes.
- Work hard.
- Be resilient and persevere – never give up.
- Be creative and determined – find a way around the problem or barrier.
- Believe in yourself.
- Have courage.
- Have a good plan or strategy.

### **Talk About**

Do you agree with these?

Can you think of anything else?



# **How can our hopes and dreams help us to succeed?**



AGA Adventures

# Reflection



Our dreams come in all shapes and sizes, and they are unique to us. One thing they all have in common, is that they are something to work towards, and can give us a sense of accomplishment once achieved.





## **Individual Liberty**

We have the freedom to choose our own path in life and we take responsibility for our choices.

# Protected Characteristics



Young people have the potential to accomplish incredible things. Our abilities should never be underestimated because of our age.



Sex



Sexual  
Orientation



Age



Disability



Gender  
Reassignment



Marriage and  
Civil Partnership



Pregnancy  
and Maternity



Race



Religion  
or Belief



# UN Rights of the Child



Children have the right to an opinion on matters that impact them and to make decisions about their own lives. Adults must listen to their opinions and take them seriously.



# Useful vocabulary



## Briton

A native or inhabitant of Great Britain.

She is only the second **Briton** to complete the feat, after quitting university to begin a career in mountaineering.

## Feat

An impressive achievement or skill, often requiring strength, courage, or effort.

She is only the second Briton to complete the **feat**, after quitting university to begin a career in mountaineering.

## Peak

The highest point of a mountain.

Adriana Brownlee, reached the 8,027m **peak** of Shishapangma in Tibet, at around 8am on 9<sup>th</sup> October.

## Pursue

To follow or go after something with the intention of achieving it.

'I quit university and my degree to **pursue** a career in mountaineering.'

## Sacrifice

Giving up something valuable or important for the sake of a greater purpose.

'I quit university ... and **sacrificed** friendships, regular teenage life and more, but it was all worth it.'

## Summit

To reach the top of a mountain.

All the mountains Adriana has **summited**, with corresponding years.

## Can you use them in your writing this week?

# Collective worship



**Bible Link:** Psalm 71:5  
**Christian Value:** Hope  
**Theme:** Hope for the future



## Pupil talk

- What is hope?
- Do you have hope for the future?
- How do you believe having hope can impact your life?
- Does hope help you to remain motivated and persevere? Can it make you happy?

## Think

A 23-year-old British climber has become the youngest woman to summit the world's fourteen highest mountains. Adriana Brownlee reached the 8,027m peak of Shishapangma in Tibet, at around 8am on 9th October. She is only the second Briton to complete the feat, after quitting university to begin a career in mountaineering.

God loves us, gives us strength and can help us achieve our hopes and dreams. Sometimes the path we travel may change course. It is important to remember God has a plan for us all and He is always with us.

## Invitation prayer

Dear God,  
Thank you for always being there as we journey through life,  
Give us hope for the future as we learn and grow,  
Help us to follow our dreams,  
Amen

## Key stage 1 class discussion

- What are your hopes for next week?
- What are your hopes for next year?
- Do you have any hopes for the future? Is there a job you would like to do, a place you would like to live/visit or a challenge you'd like to achieve?

## Key stage 2 class discussion

- What is success? Can success be different to different people? How can success be measured? Status, money, happiness?
- Think about your hopes and dreams for the future. Are they realistic? How might you adapt them if they don't come true?

## Worship song

Peace, perfect peace



God



Creation



Fall



People of God



Incarnation



Gospel



Salvation



Kingdom of God

## Picture News



### How can our hopes and dreams help us to succeed?

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- Look at this week's poster and talk about what you can see. Can you make a prediction as to what this week's story might be about? The poster image shows 23-year-old climber, Adriana Brownlee.
- Watch this week's useful video and read the information found on the assembly resource about Adriana's journey. Talk about the difficulties she has faced and the sacrifices she made to achieve her dream.
- Adriana had the dream of becoming a climber from a young age. Do you have any dreams or aspirations you'd like to achieve? Think about how people's dreams can change over time.
- Are everyone's hopes and dreams the same?
- Do you think there are any downsides or negatives to having dreams? Do you believe that it's important they are always realistic? Is there such a thing as an impossible dream?

### Reflection

Our dreams come in all shapes and sizes, and they are unique to us. One thing they all have in common, is that they are something to work towards, and can give us a sense of accomplishment once achieved.

## Picture News



### KS1 focus

#### What are some of your goals for the future?



- Look at the poster and remind yourself of this week's story about Adriana Brownlee. Adriana set herself the challenging goal of climbing the highest mountains in the world.
- Can you think of a big goal you have for the future? What would you like to do or learn?
- Look at resource 1, which shares some ideas of goals and aspirations. Are you working towards any of these goals? What goals do you have for the future?
- Think about a goal you have. It can feel overwhelming to think about what you hope to achieve, so try to break it down into smaller steps. What little things can you do to work towards your goal?
- How would you feel if you reached your goal? What can you do if you face a challenge while trying to reach it?
- Why do you think it's important to set goals? How can having a goal help us to try our best and keep going?
- Do goals always have to be big, or can we have smaller aims to work towards every day? Why are smaller goals important too?
- Who can support you in reaching your goals? Think about the people around you - friends, family, and teachers. How can they help?

### Reflection

Setting goals helps us to focus, work hard, and keep going, even when things are difficult. When we reach our goals, we can feel proud of what we have achieved.

## Picture News



### KS2 focus

#### Who has achieved amazing things after setting ambitious goals?



- Think about the achievements of other people. Is there someone you think has achieved something amazing? Do you know them or is it someone famous? What did they achieve? Why do you think it is amazing?
- Often, when we look at the achievements of others, we don't see the journey they took to get there. We don't know what barriers they overcame, the failures they encountered, or if the journey was easy or hard. Have you ever thought how lucky someone else was or wished you could be like them?
- Use resource 2 to discuss your thoughts on ambitious goals.
- Look at the diagram. Think about how this may model someone's journey towards achieving their goal.
- Can you think of any famous historical people you have learned about who set and achieved ambitious goals? E.g., Florence Nightingale, Nelson Mandela.
- Think about your own goals. Do you believe they are ambitious? Does it matter if they are ambitious? Have you considered how you will achieve them? Have you considered setbacks? Do you think your goals will stay the same or change in the future? Why?

### Reflection

Success means different things to different people. Think about the things that are important to you and what you hope to achieve. Have courage to go on your own journey, whilst encouraging and celebrating the journeys of others.



## KS2 follow-up ideas

### Option 1

The diagram on resource 2 represents the journey someone may take to achieve their goals and be successful. Create your own piece of art to represent your journey, ambitions and goals. Think about:

- Which colours, tones, lines, shapes represent success?
- Which colours, tones, lines, shapes represent failure?
- How will you represent a life journey?
- What median will you use? Paint, pencil, chalk, pastel, collage?

### Option 2

Mountain maths! Use the heights of the mountains Adriana climbed to complete the maths challenges below.

Mountain	Height in metres
Mount Everest	8849
Manaslu	8163
Dhaulagiri	8167
Annapurna	8091
Kanchenjunga	8586
Lhotse	8516
Makalu	8485
Nanga Parbat	8126
Broad Peak	8051
K2	8611
Gasherbrum II	8035
Gasherbrum I	8080
Cho Oyu	8188
Shishapangma	8027

- Read each height aloud then record it in words.
- Order the mountain heights highest to lowest.
- Round each to the nearest 10, 100 and 1000.
- Sort them into odd and even.
- Find half of each.
- Which are multiples of 3? How do you know?



## KS1 follow-up ideas

### Option 1

Create a whole class 'Mountain of Dreams' display to showcase and support everyone's aspirations. Begin by drawing or painting a large outline of a mountain for your display. Think about a goal or dream that you have, write it on a Post-it or piece of paper and stick it onto the mountain. Spend some time reading what others have written – how can you support them along their journey to realise their goals and dreams?

### Option 2

Adriana climbed some of the highest mountains in the world, called the '8000ers' because they are all over 8,000 metres high. These mountains are found in different parts of the world, mostly in Asia. Take this opportunity to investigate some of the mountains Adriana climbed, e.g., Everest, K2, Annapurna. For each mountain, can you find out:

- How tall is it?
- Which country/continent is it in?
- Which mountain range is it a part of?
- Can you find it on a map?

Talk about why these mountains are so challenging to climb (e.g., high altitude, cold weather, carrying equipment) and how setting goals, like climbing a mountain, requires perseverance and planning. Would you like to visit or climb a mountain one day? How do you think it would feel to stand at the top?



## This week's useful websites

### This week's news story

[www.bbc.co.uk/news/articles/cx25lw94l26o](http://www.bbc.co.uk/news/articles/cx25lw94l26o)

### This week's useful video

Adriana Brownlee Becomes Youngest Woman To Conquer The 14 Peaks  
[www.youtube.com/watch?v=Mc2VhhOWD3U](http://www.youtube.com/watch?v=Mc2VhhOWD3U)

### This week's Virtual Picture News

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

### This week's vocabulary

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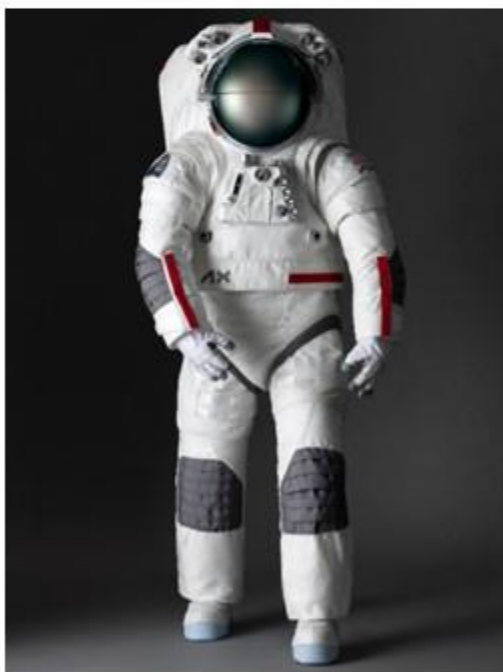
## 'Who are you wearing?'

Brand-new space suits for the Artemis 3 mission to the Moon have been revealed, and they look amazing! The Artemis 3 mission, planned for 2026, will be the first time astronauts have visited the Moon since 1972.

This mission hopes to see the first woman and the first non-white astronaut walk on the Moon. The suits were made by US space agency, Nasa, with help from Italian fashion brand, Prada. The mostly white suits have red stripes, which is a hint of the Prada style. They come in only one size, which means they can fit everyone, and they will help astronauts stay cool and move more easily on the Moon. Special boots mean they can walk in space for up to eight

hours! Speaking about the partnership, Lorenzo Bertelli from Prada said, 'We're proud of what we've created together.'

*If you could design a spacesuit, what would it look like?*



**Pictured:** The new Artemis space suit.  
**Source:** @NASAArtemis on X.

## Feel Better, Boki!

Boki is a two-year-old brown bear, who lives at Wildwood Trust in Kent. Sadly, Boki has an illness, which causes liquid to collect in his brain. This can lead to Boki having seizures, which make him unwell. Luckily, a specialist wildlife vet surgeon has stepped in to help, performing a special surgery to help Boki feel better. Dr Romain Pizzi said, 'It was a tricky surgery, but we hope this will give Boki a happier, healthier life.' Dr Pizzi and his team worked hard to make sure the fluid could be safely drained. Boki's surgery was the



**Pictured:** A friendly brown bear. **Source:** Canva.

first of its kind ever done in the UK! Boki is now recovering, and everyone at the wildlife park is taking good care of him.

### What impact can music have on our lives?



*Music is powerful because it can cheer me up when I am sad or angry.*  
**Sarah**

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



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[help@picture-news.co.uk](mailto:help@picture-news.co.uk)



[@HelpPicture](https://twitter.com/HelpPicture)

## Leave the Leaves

A wildlife conservation and advocacy group is encouraging Americans to 'Leave the Leaves'. It is part of a campaign to inspire people to take a break from raking and consider the importance of leaf litter for wildlife. Organisers, the National Wildlife Federation, explain, 'Songbirds, small mammals, amphibians, and reptiles all rely on the leaf layer in some way. Many beloved insect species like butterflies, moths, and fireflies use this layer as a safe spot to wait out the winter, and



**Pictured:** Autumn leaves. **Source:** Canva.

others forage in and even eat the decomposing leaves.' The 'Leave the Leaves' campaign is all about utilising fallen leaves rather than throwing them away. The National Wildlife Federation recognises that a thick layer of leaves in gardens can damage grass, leaving lawns unsightly. Paths can also become slippery and dangerous. However, they suggest moving the leaves is the answer, as it not only benefits the wintering wildlife, but also benefits your garden! Placing them on garden beds helps suppress weeds and adds nutrients to the soil, or piling leaves in the corner of the garden will produce the most incredible compost.

**Do you like to see the leaves change colour in autumn? What happens to them in your local area?**



**Pictured:** Salamander in autumn leaves. **Source:** Canva.

## Children's Writing Competition

The BBC's 500 Words is the largest children's writing competition in the UK, and its deadline for entries is this week! Children aged 5-11, who are currently residing in the UK, are invited to submit a story they would love to read in 500 words or less. The competition is a celebration of creativity, so spelling, punctuation and grammar are not marked. BBC's 500 Words said, 'We want children to have fun writing their stories, be as creative as they can and make us laugh, cry or just be blown away by what we are reading. Children are encouraged to write a story they would love to read themselves. Over the years there have been incredible stories submitted.'



**Pictured:** BBC 500. **Source:** BBC Bitesize on X.

In February 2025, fifty finalists will be invited to Buckingham Palace, where the bronze, silver and gold winners will have their stories read out by celebrities. Each winner will also receive a bundle of books, with those awarded gold winning an additional 500 books for their school library. The deadline for entries is Friday 8th November at 9pm, so if you haven't entered yet, it's not too late!

**Do enjoy writing stories?**

**Would you describe yourself as creative?**

### What impact can music have on our lives?



*Music can impact your lives by affecting your emotions whether it is cheering you up, relaxing you or helping you feel better.*

**Ibrahim**

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



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[help@picture-news.co.uk](mailto:help@picture-news.co.uk)



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# TAKEHOME

4th - 10th  
November



## How can our hopes and dreams help us to succeed?



AGA Adventures

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### Things to talk about at home ...

- > Share your response to Adriana Brownlee's achievement. Talk about some of the challenges she will have faced and sacrifices she will have made to reach her goal.
- > What goals and aspirations do you have for the future? Ask someone older at home about theirs. Have their dreams changed over time? Have they fulfilled any of them?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

