

Thoughtful Thursdays

St Giles' & St George's CofE Academy - Class based collective worship from Wednesday 4th June 2025
Invitational and inspirational at home discussion prompt followings today's class worship. (If you would like to use it)

TAKEHOME

2nd - 8th
June



The **BIG** Question?

How does it feel to be the first to do something?



In the news this week

The UK has a new astronaut currently training with NASA for six months. Dr Rosemary Coogan, who has a degree in astronomy, is expected to take part in a space mission within the next five years. It is possible that Dr Coogan could become the first British person to walk on the Moon, and there has also been discussions about future missions to Mars!

Things to talk about at home ...

- > Share your thoughts on the news that Dr Coogan could be the first Briton to walk on the Moon. Is it something you think you would like to do? Why?
- > Share with someone at home a time when you were the first to do something. Talk about how you felt before and after. Has someone at home ever been the first to do something?

Please note any interesting thoughts or comments

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Below is some of the information that was shared today during class worship - this may help your discussions at home.

ASSEMBLY RESOURCE

Read the information below, which explains more about Dr Rosemary Coogan's experiences as an astronaut in training.

Dr Rosemary Coogan Fact file


Name: Dr Rosemary Coogan
Age: 34
From: Born in Northern Ireland, raised in England
Job: Trainee astronaut at the European Space Agency (ESA)
What did she study? Dr Coogan studied physics and astrophysics (space, planets, and stars), and has two science degrees! She trained to become an astronaut in Germany.
What else has she done? Before becoming an astronaut, Dr Coogan worked with ships and boats. She trained as a sea cadet and was a volunteer for the Royal Navy Reserve. She can speak French and German.
Where is she now? She is now training with NASA in Houston, Texas. There she is learning how to live in space, use a space suit, and stay safe in difficult situations.

"It's incredibly exciting that we, as humanity, are going back to the Moon, and of course, any way that I could be a part of that, I would be absolutely delighted. I think it's absolutely thrilling."

Dr Rosemary Coogan, recently speaking about a possible future trip to the Moon.

Pictured right: British astronaut, Dr Rosemary Coogan, preparing for a difficult challenge: a pretend spacewalk underwater.

She spent over six hours in a giant pool, practising what it would be like to walk in space. The pool, called the Neutral Buoyancy Lab, is at NASA's Johnson Space Center in Houston, Texas, USA.
 Source: Kevin Church.




Would you like to experience going to space if you had the opportunity? Why?

Resource one

Look at the resource below, which shares what a typical day looks like for an astronaut!

An Astronaut's Day in Space



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    graph TD
      A[Wake up in their 'sleep station', eat breakfast, wash, brush their teeth, tidy their living space, and check the day's plan.] --> B[Take blood samples to check their health, and have a meeting with Mission Control to talk about the day.]
      B --> C[Check the air in the spacecraft and begin science experiments.]
      C --> D[Exercise for two hours on a treadmill or bike to stay healthy.]
      D --> E[Eat lunch together.]
      E --> F[After a short break and some exercise, they do more work, like fixing equipment or conducting experiments.]
      F --> G[Check the air pressure again and finish their tasks.]
      G --> H[Eat dinner and plan for the next day.]
      H --> I[Free time to relax and get ready for bed.]
      I --> J[At weekends, they clean the space station and do other small jobs.]
  
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Reflection

Astronauts live and work in space, floating in little gravity. They eat special food, exercise daily, and do research to help people on Earth. Even when far away from home, they follow routines just like us – sleep, eat, work, and rest.

Source: Nasa.gov - Living and Working in Space.

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Would you like to be an astronaut? Why?



Individual Liberty

We all have the freedom to try new things and discover our interests.
 We can take inspiration from the courage and bravery of others to believe in ourselves and follow our dreams.

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UN Rights of the Child

Education should help children develop their talents, skills, and abilities to their fullest potential. Teachers and other adults should support children to aim high, work hard and achieve exciting and ambitious goals.

