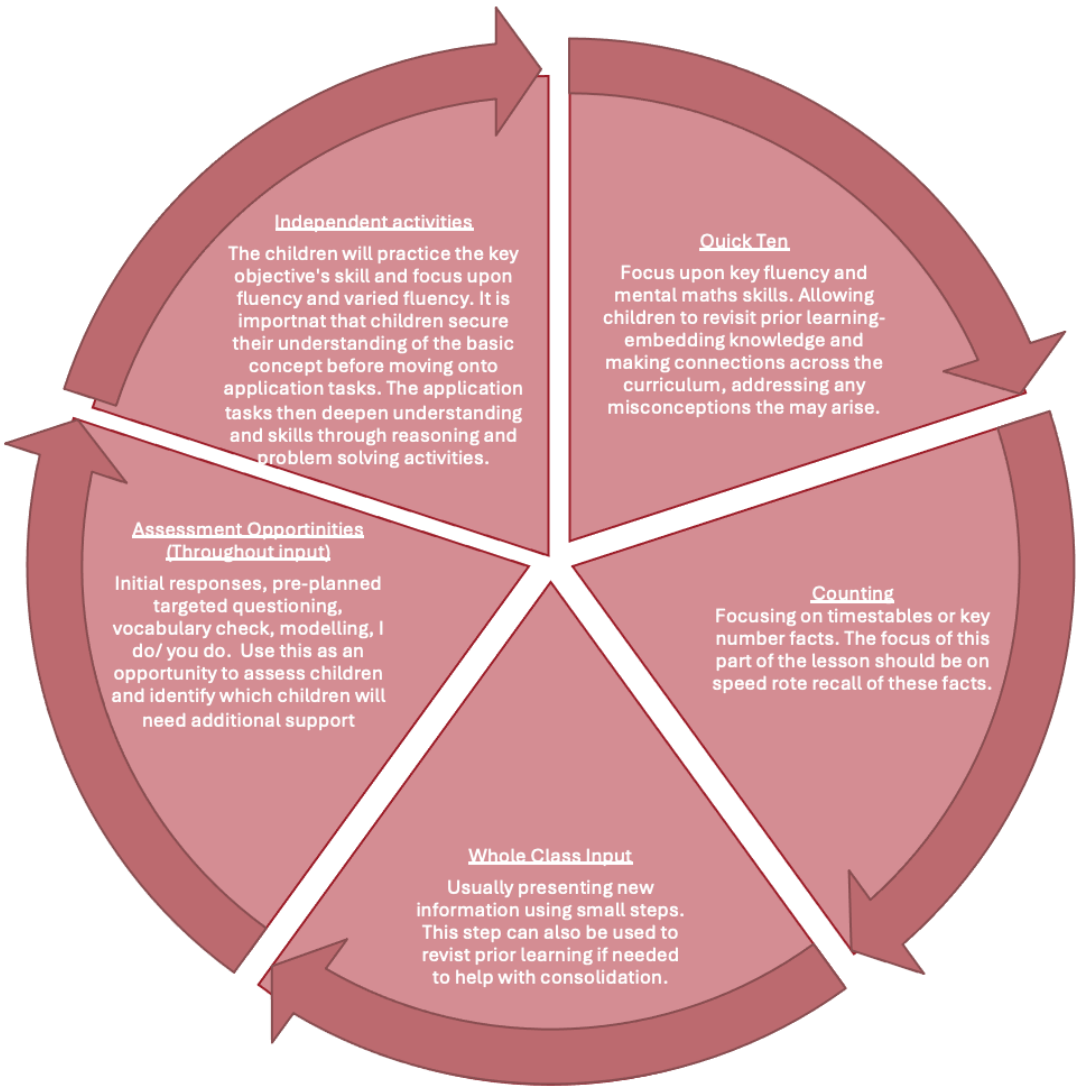Maths lesson essentials