8. A bird leaves its nest at time $t = 0$ for a short flight along a straight line.

The bird then returns to its nest.

The bird is modelled as a particle moving in a straight horizontal line.

The distance, s metres, of the bird from its nest at time t seconds is given by

$$s = \frac{1}{10}(t^4 - 20t^3 + 100t^2), \quad \text{where } 0 \leqslant t \leqslant 10$$

(a) Explain the restriction, $0 \leqslant t \leqslant 10$

(3)

(b) Find the distance of the bird from the nest when the bird first comes to instantaneous rest.

(6)