

First News

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TRUSTED
NEWS FOR KIDS,
WITH MORE
THAN 2 MILLION
READERS*



SCHOOLS AND
SHOPS TO OPEN
AGAIN P2



IS RAW
PET FOOD
SAFE? P11



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SNAPS
P18-19



ALEX RIDER
ON SCREEN!
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READ BETWEEN THE LIES



A GLOBAL effort to fight coronavirus fake news has been launched by the UN (United Nations).

by editor in chief Nicky Cox

The idea is to create more accurate information online so that people can spot misinformation more easily – and don't spread it.

UN chief António Guterres said: "Misinformation spreads online, in messaging apps and person to person. Scientists and institutions like the United Nations need to reach people with accurate information they can trust." He added that we can't give in to those who spread "lies, fear and hate".

People across the world are being encouraged

to sign up as "information volunteers" with the new project, called Verified. Their job will be to share trusted content to keep their families and communities safe and connected.

The information volunteers will be sent daily truthful content ready for them to share on social media platforms, containing simple messaging that cancels out misinformation with

facts, or fills in any gaps.

The new Verified information will be around three themes:

- science – to save lives
- solidarity – to encourage us all to work together
- solutions – to call for support for global populations that have been affected by COVID-19

It will also highlight recovery solutions that tackle the climate crisis and tackle the root causes of poverty, inequality and hunger.

BACK TO SCHOOL



SCHOOLS across England remain on track to open to more children from Monday (1 June), the prime minister said last weekend.

During lockdown, only the children of key workers have been in classrooms.

The final decision was due to be made yesterday (Thursday) for more children to get back to school, if five Government tests about safety were met.

There has been lots of disagreement and not everyone is on board with the Government's plan. Wales' education minister, Kirsty Williams, said schools there would not reopen from 1 June, with no date yet set. In Scotland, Deputy First Minister John Swinney said schools will not return until 11 August.

In England, the plan is for primary schools to welcome back children in Reception, Year 1 and Year 6 from next week.

As long as everything is going to plan, it's expected that secondary schools will follow from 15 June, with face-to-face contact for Year 10s and Year 12s to help them prepare for exams next year.

Some schools across the country have said they may not be ready to reopen immediately, so children could be returning at different times in different areas. Some parents, especially those who might live with their own elderly parents, can choose not to send their kids to school. The Government has said parents won't be fined for keeping their children at home due to safety concerns around the coronavirus pandemic.

The Department for Education has said how it thinks schools can open in a way which is safe for children,

teachers and parents.

This includes:

- reducing the size of classes and keeping children in small "bubble" groups without mixing with others
- having different break and lunch times, as well as drop-offs and pick-ups
- more cleaning
- reducing the use of shared items
- using outdoor space for lessons where schools can
- not travelling to school on public transport if possible

All children and staff – and their families – will be able to have COVID-19 tests if they display symptoms. This means children and staff can get back to school if they test negative.

Education Secretary Gavin Williamson said: "This has been a difficult time for the entire country. Education and childcare staff have stepped up to the challenge, making sure children and young people have continued to be supported throughout the past ten weeks."

But he says concerns about the welfare of children in difficult situations, and the need for all children to get the best education possible, means he wants to start a slow return to school.

Expect lots of things to be different when you head back to school. It will still be a while before schools are full and everything is back to normal

Remember: the NHS says that children can get coronavirus (COVID-19), but they seem to get it less often than adults and it's usually mild.

POLL OF THE WEEK

Are you happy to go back to school?
[first.news/polls](https://www.firstnews.com/polls)

WHAT ELSE IS REOPENING?

- By the end of May, garden centres around the UK will have reopened.
- From 1 June, outdoor markets and car showrooms can reopen in England, as long as they meet the COVID-19 guidelines.
- From 15 June, shops said to be non-essential, like those selling clothes, toys, books and electronics, can reopen in England. They must complete a test to make sure they are protecting customers and workers.
- Scotland, Wales and Northern Ireland will set their own dates for further reopening of shops.



CUMMINGS NOT GOING



DOMINIC Cummings, top adviser to Prime Minister Boris Johnson, was holding onto his job this week.

He had been facing calls to quit after it was revealed that he drove 260 miles from London to Durham with his wife and child in March. This was when the PM was telling us all to "stay at home" because of COVID-19.

Mr Cummings says he made the journey because his wife was ill and that if they both caught coronavirus, there would be no-one to look after their four-year-old son. So they drove to a cottage on his parents' farm in Durham in case childcare was needed.

Although Boris Johnson stood by his adviser, many Conservative MPs have said that he should be fired.

HEDGEHOGS ON THE UP

LOCKDOWN and less traffic are among reasons why experts believe UK hedgehogs, whose numbers had plummeted, are making a comeback.

Hedgehogs are only pregnant for about 4-6 weeks before giving birth to adorable babies, and a 'hoglet boom' is expected to arrive in June and July.

A recent study from Nottingham Trent University has also shown that the number of hedgehogs dying on UK roads has nearly halved, because people have been urged to stay at home.

Hedgehog ecologist Hugh Warwick said: "Hedgehog population levels have been a concern for decades, so the recent increase in sightings is brilliant news for wildlife lovers – even if it took a national lockdown to make it happen!"



HOW COVID-19 IS AFFECTING THE POOREST

THE new coronavirus has impacted almost every country in the world, and some countries have been affected more than others. As we begin to lift lockdown restrictions in the UK, we're taking a look at how poorer parts of the world have been managing the outbreak.

The majority of developing countries in Southeast Asia and Africa began their lockdowns long before the number of cases began to peak.

While this has kept the number of cases and deaths low in these countries, the lockdown itself is causing a number of serious problems.

Farmers are struggling to find workers to pick crops, or are unable to transport the crops they have picked, meaning that many farmers are forced to leave crops to rot in the fields.

While it's an immediate problem for the farmers, there are wider concerns that, in winter, there might not be enough food to go around. Here in the UK we can import food when faced with the same problem, but some poorer countries struggle to do that.

Flights have all been dramatically reduced, which has meant that important vaccines that stop children from getting illnesses like measles, polio and tetanus aren't reaching the countries that need them.

According to UNICEF, these vaccinations save the lives of up to three million children a year. The organisation is now calling for "governments, the airline industry and others to free up cargo space at an affordable cost."

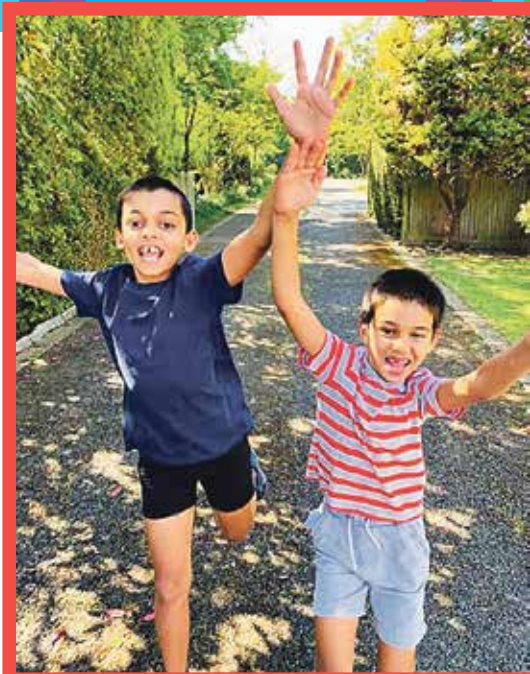


TWO brothers have completed three marathons for Great Ormond Street Hospital Children's Charity.

Sulaiman and Adam Kausar took up the challenge with an initial fundraising target of £500, after visiting their friend's sister at Great Ormond Street Hospital last summer.

Their father Imran said that "they were so moved by their visit and in the spirit of Ramadan – the Muslim month of giving – they decided to start fundraising by running."

As First News went to press, the boys had raised more than £3,700 for the charity!



DEBTS REPAID



BACK in 1847, the Choctaw Native American tribe donated \$170 (the equivalent of \$5,000 today) to help the people of Ireland during a famine. Now, 173 years later, a GoFundMe campaign has been set up to support Native Americans who have been affected by the coronavirus outbreak – and hundreds of Irish people are donating, inspired by the kindness of the tribe all those years ago.

ENERGY USE COULD CHANGE FOREVER



Renewables supplied more than 40% of electricity in the first quarter of 2020

A REPORT from Imperial College and Drax Electric Insights says that the lockdown could "impact electricity demand for years to come".

The amount of electricity needed by the UK on weekdays has fallen by 13% due to the COVID-19 outbreak, since places of business have closed.

The report suggests that after the lockdown has lifted, if "even a small share of the population continues to work from home on some days", it could help to reduce electricity demand.

THEA-MAI (left) is walking 100 miles to raise money for a local homeless charity!

As First News went to press, seven-year-old Thea-Mai had raised £650 for the Wrexham Homeless, People Helping People project in North Wales.

She's already made it onto the front page of the local newspaper, *The Leader*, and is to be interviewed on the radio after lockdown ends.



ZARA, aged seven, Hadi, aged six and their little sister (right) are reading bedtime stories for the children of NHS staff.

The brother and sister thought that these kids might also be having a hard time while their parents are at work.

They set out to read a story every day for 30 days, and raise money for NHS Charities Together while doing it.



Do you know a coronavirus local hero? Send us an email about them to newsdesk@firstnews.co.uk with 'Local Hero' in the subject box

1. MAMMOTH FIND

The remains of more than 60 mammoths have been discovered under the site of a new airport in Mexico. Archaeologists said the bones dated back around 15,000 years. The area used to be under a lake and researchers found traps for hunting mammoths at the site last year.



2. ZOO PLANS AHEAD

Chester Zoo has unveiled its plans to reopen while maintaining social distancing. The zoo, which costs £465,000 a month to run, will “heavily limit visitor numbers each day and every visitor must book online”. Indoor areas will stay closed and extra outdoor picnic areas will be made available. The zoo is yet to confirm a date for the reopening.

3. SPIDER SHOCK

A Nottinghamshire man was shocked to find a Brazilian wandering spider hiding in a bunch of bananas. Christian Holmes had to have his house fumigated (treated with chemicals) after seeing the venomous spider.

4. POTTER BOOK SALE

A couple of weeks ago, we told you about three first edition *Harry Potter* books that were found in a skip. The hardback book was expected to fetch up to £12,000 at auction but smashed its estimate, selling for the huge sum of £33,000!



5. JABS ON HOLD

The World Health Organization says up to 80 million children under the age of one are at risk of disease. This is because the global coronavirus pandemic has caused problems with kids getting their vaccinations. The WHO says at least 68 countries have had trouble delivering jabs, which protect children from diseases like measles and polio. See p3.

20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. PARTY POLITICIAN

A senior politician in Tanzania has been heavily criticised for his dangerous comments. Despite zero evidence, Paul Makonda claimed that coronavirus had “ended” and said people should go to the shops to buy clothes and party over the weekend.

7. ROBOT DOGSBODY

A robot dog has been shown to successfully herd sheep in New Zealand. Spot, developed by Boston Dynamics, can be controlled remotely using software by Rocos. Rocos chief



executive David Inggs said: “The age of autonomous robots is upon us!”

8. SPEEDY SCOOTER

A person driving their mobility scooter along a dual carriageway was stopped by police last week. Shrewsbury police tweeted that “mobility scooters and fast roads are not a great combination”.

9. ORPHAN SAVED

An orphaned deer fawn has been saved from fires that blazed through Hatfield Moors in South Yorkshire. Fire crews who had tackled the fire for two days found the deer and revived it.



10. HEART OF DRONES

Each red dot you see in this picture is one of 300 drones flying above the Erasmus Bridge in the Netherlands. The heart-shaped display was a tribute to freedom and health, with the drones turning red, white and blue, the colours of the Dutch flag.



11. ARRESTED FOR A KISS

A parkour athlete and his partner have been arrested in Iran. But it’s not the dangerous climbing of buildings that they were arrested for – it’s the fact that they were photographed kissing. Police in Tehran described the kisses as “vulgar [in bad taste] acts” which were “contrary to Sharia [Islamic] law”. The arrests have led social media users to criticise Iran’s strict laws.



12. BIG BIT BOOST

A team of researchers in Australia say they have recorded the fastest ever internet speed. They claim to have logged a data speed of 44.2 terabits per second, enough to download 1,000 movies in less than a second!

13. SHELLERATION!

World Turtle Day was 23 May. Cast and crew from the 1990 *Teenage Mutant Ninja Turtles* film reunited online for a pizza party and raised money for the American Tortoise Rescue charity.

14. ANCIENT ALLIGATOR

Saturn the alligator has died in Moscow Zoo at the age of 84. Saturn was given to Berlin Zoo in 1936 and survived the 1943 bombing of the city, before being moved to Moscow after the end of WW2.

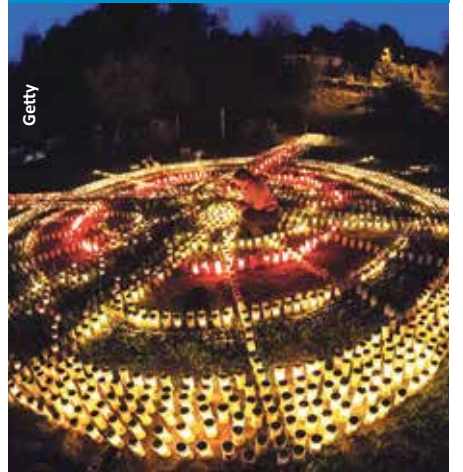


15. WORLDWIDE WASTE

A new report says that food waste will increase hugely around the world due to COVID-19. Global Open Data for Agriculture and Nutrition say that, with borders being closed, food can’t get to where it needs to go. America’s food waste is set to rise a lot, while UK farmers have had to dump millions of unused pints of milk.

16. CANDLE TRIBUTE

Each night, 60-year-old Gertrud Schop lights more than 8,000 candles, each one dedicated to a German victim of COVID-19. She plans to continue the project until a vaccine against COVID-19 becomes available.



17. SOCIAL SNAPS

A grandmother who posted photos of her grandchildren on social media has been told to take them down by a court. The children’s mum, who doesn’t get on with her own mum, doesn’t want their pictures online.

18. STILTON SALES SLUMP

Sales of Stilton cheese have dropped by 30% since lockdown. The strong cheese can only be labelled Stilton if it’s produced in certain parts of the country. The chairman of the Stilton Cheesemakers’ Association said: “We hope the British public will support us by buying Stilton which, in turn, will support British dairy farmers.”

19. DRIVE-IN FESTIVAL

A festival in Oxfordshire that was cancelled due to COVID-19 will offer socially distant drive-in events instead. Henley Festival will be replaced by three nights of comedy, film and karaoke in July, all being enjoyed by people from the safety of their cars.

20. QUIZ CONTROVERSY

A Singaporean man who was denied a £5,750 prize has been given the money after all. Muhammad Shalehan called radio station Gold 905 to enter their mystery voice quiz. But when he pronounced ‘Tony Hadley’ (singer of ’80s pop band Spandau Ballet) slightly differently, the station took it as a wrong answer and denied him the win. When Tony Hadley himself posted a video online showing support for Shalehan, Gold 905 eventually agreed to hand over the prize money.



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And, of course, you can do all the puzzles in the paper!



While stuck at home in lockdown, this is a great opportunity to benefit from free delivery to your home. The newspaper supply chain has been given key-worker status and we remain committed to delivering print copies of *First News* into homes across the UK every week.



Here's what our fans have to say!



“ To everyone at First News, thank you so much! I love it. I tell all my friends about it and they love it too. You do a fantastic job and it makes me understand the news much better. Every week I can't wait for it to come through the door. ” **Sienna, age 10**

“ I read First News, it is great! I keep randomly telling my family and friends facts and they say: 'Where did you learn that?' and I say: 'First News!' ” **Popjam user**

“ My kids race to the door when First News is delivered on Friday. Thank you for delivering something to pull them away from screens. We get some good conversations and the whole family have taken to the puzzles. ” **Jo, parent and teacher**

“ I love First News. It promotes brilliant conversation with my children at home, as well as encouraging them to read. Thank you! ” **Tracey, parent**



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BELFAST, UK



A MURAL showing 100-year-old army veteran and NHS fundraiser Captain Tom Moore – now officially Captain Sir Tom Moore. Donations for Captain Tom’s challenge have now closed, with the inspirational veteran raising over £32m.



A BEEKEEPER has spent lockdown building a beehive out of LEGO. The fully-functioning, colourful hive is now home to 30,000 bees. Ruairi O’Leocháin, a schoolteacher and wildlife activist, said that he had the idea before the coronavirus outbreak, and built his hive by measuring everything against a real beehive he had beside him while he was working.

CALIFORNIA, USA



PAINTED circles help people in Dolores Park to keep socially distant.

CHESHIRE, UK



TINY dwarf mongoose triplets have emerged from their burrows for the very first time since being born at Chester Zoo.

ROME, ITALY



MUSLIMS wearing protective masks and practising social distancing while celebrating the Eid al-Fitr holiday, which marks the end of the Islamic fasting month of Ramadan.



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CUMBRIA

● Scafell Pike rescue

A man and his teenage son had to be rescued from England's highest peak, Scafell Pike. Wasdale Mountain Rescue Team found them on the 978m mountain after a rescue dog helped track them down. The pair were in "an extremely dangerous environment", said the team, following the rescue, where everyone remained 2m apart.



WasdaleMRT/ Facebook

ISLE OF MAN

● Multi-marathon runs

An athlete from the Isle of Man has raised £83,000 by running a staggering 19 marathons in 19 days! The 35-year-old Manx athlete, Christian Varley, was cheered from the roadside, while Mo Farah, Geraint Thomas and Mark Cavendish sent video messages. The money raised will go to the Manx Solidarity Fund, which helps people on the Isle of Man who are struggling with money because of COVID-19.



FundMany/Twitter

BRISTOL

● Car-free city centre

The Mayor of Bristol has announced plans to pedestrianise the city centre, closing some roads to vehicles. Mayor Marvin Rees hopes that as well as helping with social distancing, it will work toward changing people's travel habits in future. He said the city must deal "with the wider challenges of social inequality and climate and ecological emergencies".

SCOTTISH HIGHLANDS

● Rocket test success

The UK's first complete ground rocket test in 50 years has been carried out near Alness in the Scottish Highlands. The test involved a 3.4m rocket performing all the actions for a launch without actually taking off. The Skylark L rocket was built by a company called Skyrora, which is looking to use the rockets to send satellites into space. The company says it could be ready to launch into space as early as spring 2021.



Skyrora_Ltd/Twitter

LEICESTERSHIRE



● Church goes digital

A Christian youth worker has recreated his local church in Minecraft so that the youth club can meet virtually. Josh Young spent four hours recreating St John the Baptist Church in Leicester and about 20 young people, aged from 11-17, meet there once a week. Josh said: "They can't hang out with friends and some are really struggling at the moment. On Minecraft they can meet, talk and play games without physically being there." The virtual church also has extra benefits – Josh made a whale in the game to teach the Bible story of Jonah and the whale!

CAMBRIDGESHIRE



The Love's Farm rock snake / Facebook

● Community rock snake

A wonderfully simple idea has brought the community of Love's Farm in St Neots together. Gemma Keach put a painted rock with the head of a snake by a park and encouraged others to add their own painted rocks for the body. The rock snake has grown to more than 300 rocks long. Local police officers called it a "wonderful example of community spirit".

LONDON

● Wildlife invention challenge

Alexandra Park is asking young people to let their imaginations run wild! With creative organisation Little Inventors, it is encouraging kids to design a new invention, such as an animal's dream home or a high-tech feeding station, to help one of the 319 different species found in the London park. The best inventions in the Ally Pally Wildlife Challenge will be made and displayed in the park. Get your thinking caps on and go to allypally.littleinventors.org for more info.



NEWS IN NUMBERS



FoodbankOldham/Facebook

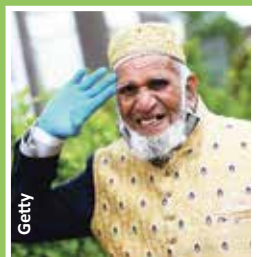
£500 was raised for Oldham Foodbank in Lancashire when a nine-year-old boy shaved his head. After finding out that some families were struggling to buy food, Joseph lost his locks to raise some cash. Although he was scared to shave his head, he said he was "really proud" of himself.



blessedcats/Facebook

250 miles was the distance that a cat travelled before being found and reunited with his owner. Marshall, now nicknamed the Bolton Wanderer, made it from Darwen in northwest England to Rochester in the southeast. Lynne Ashman, who found him, took him to a vet, where his microchip led them back to his owner, Sam Spragg.

£200,000 (and counting!) has been raised by 100-year-old Dabirul Islam Choudhury. Inspired by Captain Tom, he has been walking laps in his garden while fasting during Ramadan, to help people affected by COVID-19 in the UK and Bangladesh.



Getty



ONLY YOU CAN SAVE THE PLANET

SIR David Attenborough thinks young people are the only ones who can save the Earth.

The naturalist says that young people pay more attention to his warnings about environmental threats to wildlife and the dangers of climate change. He also said he thinks that young people, as they get older and wiser, will take on positions of power and actually do something about the problems that face the planet.

Sir David thinks that one good thing to come out of the COVID-19 pandemic is that it could lead to countries working more closely together

to deal with climate change.

“For the first time, the nations of the world are beginning to see that survival depends on co-operation,” he said in an interview for a podcast about climate change called *So Hot Right Now*.



NIGHT LIGHT

A NEW survey has shown that light pollution is stopping us star gazing.

You may remember back in February we told you about Star Count, where people were asked to count the number of stars in the constellation of Orion. The results show that 61% of people who took part could only count ten stars

or fewer, so live in areas with severe light pollution (from street lights, cars, etc).

More than 2,400 people took part in the survey for the Campaign to Protect Rural England (CPRE), a countryside charity. The CPRE said there has been a 4% increase in light pollution since last year, and is now calling on councils to act so that more people can enjoy the stars.

SHOCKING SHOPPING

NEW research reveals that the UK is increasing the threat of extinction of thousands of species, due to our demand for products that include ingredients such as palm oil, timber, soy and cocoa.

The WWF and RSPB report says that to get food and other products, the UK uses a land area overseas that’s nearly as big as the whole of England, Wales, Scotland and Northern Ireland combined. The study also found that the majority of palm oil, soy and cocoa imported into the UK comes from countries with high deforestation rates. There is a risk that these areas are associated with the destruction of wildlife habitats, including the Amazon and forests in Indonesia and West Africa that are home to endangered species, including the giant anteater and orangutan. The charities are now urging the UK Government to take action against imported food that causes deforestation and threatens the climate as well as endangered species.



EDITOR’S COMMENT



YOU can always trust First News to tell you the facts about a news story.

Unfortunately, some sources of information aren’t always as trustworthy, and since misinformation can be shared so quickly online, lies can be spread around the entire world, sometimes in minutes! (See front page.)

To learn more about the fight against fake news, you can download our *Making Sense Of The News* special edition for free at schools.firstnews.co.uk/special-editions.

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GOOD WEEK FOR...

DEN BUILDERS

TWO brothers in France got a surprise when they were building a den for their garden and found 2kg of gold! The pair used their late grandmother’s bedsheets for the den but, when they unfolded them, two large objects fell out. A local auctioneer said they were gold bars worth £35,000!



BAD WEEK FOR...

BIRD LOVERS

CHARLOTTE Morley and Natalie Wattenbach got a shock when a cheeky seagull wandered into their home. After a quick walk around their place, the chilled bird looked like he was going to fly out of the door, but instead hopped onto the kitchen counter and threw up, before heading back outside. Ew!



USA



● Deaths pass 100,000

As First News went to press, more than 100,000 people had died from COVID-19 in the United States. In February, there were just 15 known cases of COVID-19 in the country. It was at that point that President Donald Trump said that “within a couple of days it is going to be down to close to zero.” The US, which has the highest number of deaths in the world, has already begun to lift lockdown restrictions across the country.



As the death toll in the US reached 100,000, US President Donald Trump was criticised in the media for playing golf

FRANCE



● Pot rot

France has just ended its two-month lockdown, meaning office workers have returned to their places of work. There, they’ve found that their leafy deskmates are looking pretty poorly. Should an office worker find that their plant pals are unwell, they can call Merci Raymond, a business that is trying to make Paris greener by rescuing pot plants that might have headed for the great garden in the sky. The company has set up a special hospital, where it is offering to rescue, replace and revive plants left untended during lockdown.



Merci Raymond

PAKISTAN



● Karachi plane crash

A plane carrying 99 people crashed in Karachi last week. The pilot reportedly described a technical fault minutes before the plane crashed. The prime minister, Imran Khan, tweeted: “Shocked and saddened by the crash. Immediate inquiry will be instituted. Prayers and condolences go to families of the deceased.” Only two of the people on board survived. Crashes like this are very rare.



Getty

HONG KONG



● New law questioned

Last week, it was announced that a new law was being proposed that could end the right to protest in Hong Kong – and it sparked huge protests. Last year, there were months of protests in Hong Kong against the Chinese government, after China brought in new laws that would allow citizens of Hong Kong to be arrested and locked up in mainland China. Hong Kong is considered a part of China, but has its own system – one where protests and criticism of the government are allowed. Kenneth Chan, a political scientist at Hong Kong Baptist University, said that the new law was the “beginning of the end of Hong Kong”.



Getty

AUSTRALIA

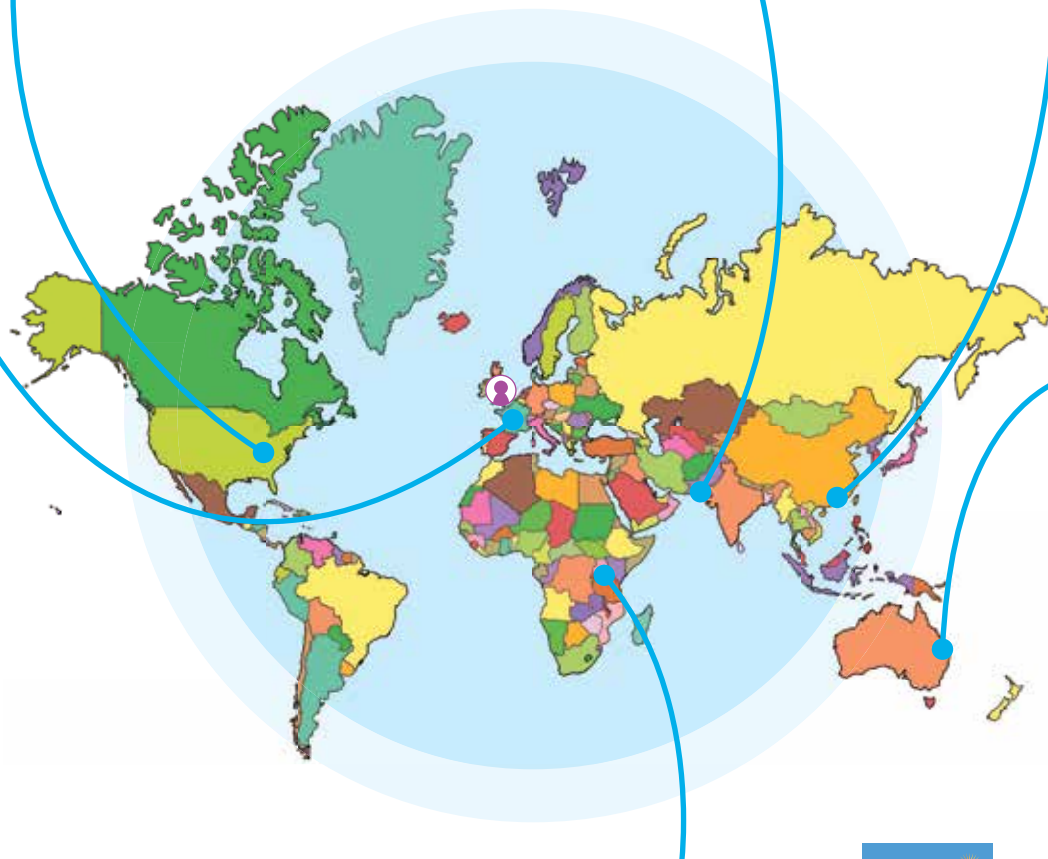


● Gifts from the dolphins

The caretakers of the dolphins at Tin Can Bay, a popular tourist spot in Queensland, are being left gifts of coral, barnacle-covered bottles and kelp by the dolphins who live there. It’s thought that the pod of humpback dolphins are used to seeing and being fed at the scenic spot so, when lockdown began and people stopped appearing, the creatures started bringing objects to the beach. The nearby Barnacles Cafe, where tourists can feed dolphins, said that the dolphins were showing “how much they’re missing the public interaction and attention”.



Barnacles Cafe & Dolphin Feeding



RWANDA



● National climate plan

Rwanda has become the first African nation to submit a plan to the United Nations to fight climate change. Rwanda, which is also the least-developed nation to have submitted a climate plan, is aiming to reduce emissions by 16% in the next ten years. Rwanda’s environment minister Jeanne d’Arc Mujawamariya said: “Our country is already counting the cost of climate change. With this new climate action plan, we have a clear roadmap to limit our already low emissions.”



Getty

OUR WORLD

NAME: MAYA
LIVES: UK

TO FIND OUT MORE, GO TO
WWW.UNHCR.ORG/PROTECTREFUGEES



MAYA remembers the moment she decided to become a pilot: watching planes take off and land at Heathrow Airport. Towards the end of last year she made a giant stride towards achieving her dream when she made her first solo flight.

Life didn’t always look so positive. When civil war broke out in her home country of Syria in 2011, Maya had to keep changing schools to avoid bombs and gunfire.

When she and her family fled Damascus and came to the UK in 2015 – when Maya was just 16 years old – she was eager to get back into the classroom. But school after school rejected her because they

didn’t recognise her Syrian certificates.

Yet she carried on, making it to university to study aviation engineering. At the same time, she was becoming a campaigner for young refugees and has spoken at events all over the world.

“I want to show people what I’ve been through,” she says. “I want to tell other refugees that it’s going to get better.”



© UNHCR/
Diego Ibarra Sánchez

MORE BAD NEWS FOR TRUMP

THE drug Donald Trump has claimed can successfully treat COVID-19 has been linked to an increased risk of death in coronavirus patients.

For several weeks, the US president has promoted a drug normally used to treat malaria, claiming it could be a “game-changer” in the battle against COVID-19.



Last week, Mr Trump said he had been taking hydroxychloroquine in order to keep COVID-19 away. That’s despite the fact his own government says Americans should not take the drug as a coronavirus treatment and, in any case, it isn’t a vaccine so can’t stop you catching the disease.

Studies so far have shown it doesn’t help treat the virus. But there is new evidence that the drug can actually be extremely dangerous. A study of 96,000 coronavirus patients in hospitals worldwide found that those who received hydroxychloroquine (below) had a much higher risk of death compared with those who weren’t given it.

Those treated with it were also more likely to develop an irregular heart rhythm that can lead to sudden death.



As a result of this study, the World Health Organization has said it will drop hydroxychloroquine from its trials into treatments for COVID-19 because of safety concerns.



A volunteer in Wuhan, China, takes part in a trial of a potential COVID-19 vaccine

VACCINE UPDATE

THERE has been some good news in the race to find a COVID-19 vaccine.

There are dozens of vaccines being worked on and trialled around the world right now. One of them, developed by an institute in China, has been found to be safe for humans, with no major side effects. Even more importantly, it is able to get the immune system to respond to protect against the new coronavirus.

This is not proof that the vaccine will stop people catching COVID-19, but it is a very positive sign. Professor Wei Chen from the Beijing Institute of Biotechnology, who is leading the research, said the developments were encouraging, but that “we are still a long way from this vaccine being available to all.”

There was more mixed news last week from a vaccine being trialled at Oxford University. A dose of the vaccine given to six monkeys stopped them from developing pneumonia (a serious lung condition), but did not prevent infection with the virus.

This might mean that a human who is given the vaccine could catch COVID-19, not become poorly, but still spread it. The Oxford vaccine, which has the support of the UK Government, has already been given to humans in the trial. Scientists think we will find out more about whether or not the vaccine works later in June.

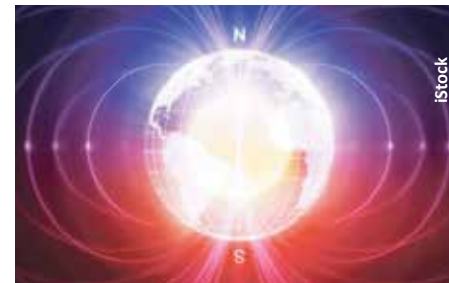
LIFT-OFF!

THIS rocket, called an Atlas V, lifted off from Cape Canaveral in Florida last week carrying a mysterious space plane.

The X-37B Orbital Test Vehicle is part of a secret US military programme that began 21 years ago. The flight will involve several experiments and the US Space Force says it will help to “maintain superiority” in space for the US.



MAGNETIC FIELD WEAKENING



EARTH’S magnetic field is weakening in an area between South America and Africa.

The discovery has surprised scientists, who say it is causing satellites in Earth’s orbit to suffer technical problems.

The magnetic field protects our planet from charged particles the sun spews out, as well as radiation from space that could harm us. The field is also constantly moving and changing shape.

Research shows that, over the last 200 years, the magnetic field has lost nearly 10% of its strength.

But an area between Africa and South America has shown a surprisingly big reduction in magnetic intensity. It’s been labelled the South Atlantic Anomaly (an anomaly is something unusual).



From 1970 to 2020, the minimum field strength in this area dropped from around 24,000 nanoteslas to 22,000. A nanotesla is a unit used to measure magnetic fields.

As well as its strength dropping, the area of the anomaly has grown and moved westward. Experts think it could be splitting into two.

As a result of the weakening, charged particles will more easily affect satellites and cause problems.

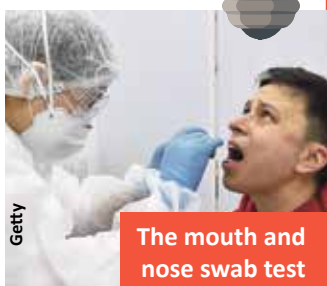
TATA CONSULTANCY SERVICES

INNOVATIONS

A COVID-19 saliva test is being developed by a pharmaceutical company based in Cambridge.

The idea is to produce a simple test kit that could be available to buy from pharmacies and used at home in order to test for the virus in saliva. A person spits into a tube, and the result is available within just ten minutes. The most commonly used test at the moment requires using a swab to take a sample from the mouth and nose. It takes 24 hours or longer – sometimes much longer – to get a result.

Saliva tests are thought to be as accurate as the current swab tests – possibly even more so.



The mouth and nose swab test

SCIENCE MUSEUM GROUP

This report is from the Science Museum in London

WHILE many of us are spending more time at home, you might be doing more household chores, like hoovering.

But did you know that vacuum cleaners once looked like the one pictured here?

As far back as 1901, engineer Hubert Cecil Booth was rolling his new vacuum cleaner on to the wealthier streets of London. It was a huge beast of a machine that was drawn by horses! Uniformed operators would arrive at your house to conduct the miraculous cleaning. Long hoses were fed through windows and a motor or engine would suck air through a filtered hose and nozzle.

Hoovering might have been a lot more fun back then, but it wasn’t cheap! The cost was the same as the annual wages of a junior domestic maid.

Discover more at tinyurl.com/VacuumInvention.



© Science Museum Group



KEEP THEM COOL



iStock

MOST of the UK has been enjoying warmer weather over the last few weeks, so leading vets and animal charities are asking people to remember not to leave their dog in a car.

Every year, the Dogs Die In Hot Cars campaign helps to remind owners how deadly a hot car can be to a pet.

If you and your family are taking your dog out in the car, it is very important that you do not leave them inside on their own, even for a few minutes. If it is a warm day, the temperature inside a car can soon rocket, causing severe illness and, in the worst cases, death. If you think you may have to leave your dog in the car for even just a few minutes, the expert advice

is to leave them at home with access to shade and a cool bowl of water instead.

Despite the advice, some people do still leave their dogs in cars on warm days. Passers-by often notice dogs in distress and wonder what they can do to help, so if you see a dog in a car on a hot day, the advice is to call 999 to report it. Animal charities like the RSPCA may not be able to respond quickly enough, and only the police would legally be able to break a car window to rescue the dog.



iStock

WILD CHICK

THE first wild white stork chicks in hundreds of years have hatched in the UK.

Nests from three white stork pairs were being monitored at the Knepp Estate in West Sussex. Earlier this month, researchers from the White Stork Project noticed one pair of storks removing broken egg shell from their nest. They have also been spotted returning to the nest and regurgitating

food (bringing up food they have already eaten) for their young. Experts believe that so far six chicks have successfully hatched across two of the nests.

The White Stork Project aims to restore at least 50 breeding pairs of white storks across the south of England by 2030.

WOW!

THE Big Cat Sanctuary in Kent is holding its first online Spots and Stripes Day fundraiser today (29 May). There will be lots of fun activities happening on their website and Facebook page all day, free for everyone to join in. Find out more at thebigcatsanctuary.org/spotsstripes.

ALBIE'S ADVENTURES

LUCKY pupils from RL Hughes Primary School in Wigan have been getting lockdown visits from their school dog, Albie.

Albie belongs to assistant head teacher Lisa Tarbuck and has been at the school since he was a puppy. As part of his daily exercise, Albie has already managed to visit the homes of more than half of the 460 pupils at the school. The school asked families to put a sign up in their front window if they wanted Albie to stop and say hello. Mrs Tarbuck knocks on the door and then steps back, leaving Albie to play with the children in their front gardens. They try to visit around 20 homes a day and Albie gets cleaned after each visit. Mrs Tarbuck said: "This is a good way to show them they have not been forgotten about – as well as bringing a bit of joy."



RL Hughes Primary School

Cats usually eat cooked meat or kibble



WHY ARE VETS CONCERNED?



Pet owners who support raw meat diets believe they improve their pets' skin problems, give them a shinier coat, manage allergies, and help digestion. However, there is no scientific proof that holds up any of these health claims.

On the other hand, there is plenty of research carried out by scientists that shows that feeding a raw meat diet – whether homemade or shop-bought – carries health risks for pets as well as their humans.

Because the meat is uncooked, there are greater chances of contamination with dangerous bacteria and other nasty bugs if not stored properly. Pets who eat this infected meat can become ill themselves or shed the bugs into the environment, which could make humans sick too.

PET TROUBLES



Tiny bacteria like this (seen here under a microscope) can make you feel really ill

Bacteria such as *E coli*, *Listeria* and *Salmonella* can cause severe stomach infection in pets, with symptoms such as vomiting and diarrhoea. In dogs, eating bones can also lead to stomach blockages, which can require surgery to fix.

There is also a risk that your pet is not getting all the nutrients it needs in the quantities it needs them, especially when the raw meat diet is prepared at home. Dogs, for example, need 37 essential nutrients, including proteins, carbohydrates, vitamins and minerals, for a healthy, balanced diet. In a homemade raw-meat meal, it's much easier to get the balance wrong than right. A deficiency in their nutrition can lead to serious health problems.

Raw diets for pets are becoming increasingly popular, but is it the best way to feed your pet?



VETS SAY 'RAW IS RISKY'

THE TREND FOR FEEDING PETS A RAW FOOD DIET HAS SKYROCKETED IN RECENT TIMES, BUT WHY ARE VETS SO CONCERNED?

PET diets often follow human food fads. Organic, grain-free, vegetarian and vegan are all concepts that have leapt from the two-legged to the four-legged world. Not surprisingly, the trend for raw foods has sniffed out the dinner bowls of our furry friends too.

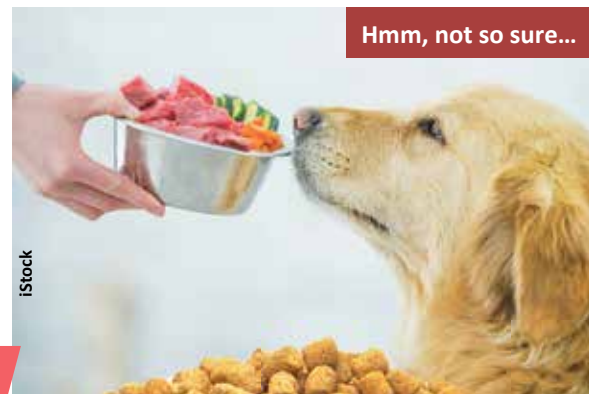
A raw meat diet for pets involves feeding uncooked meats, sometimes with whole or ground bones and raw fruit and vegetables. It can be made at home or bought at supermarkets.

Those who champion a raw meat diet for dogs or cats see it as more natural and healthier than kibble. But while vets welcome pet owners taking an interest in where their pet's food comes from and how it's made, most are not in favour of a raw food diet.

BUG ALERT FOR OWNERS

If not handled carefully, raw meat can contaminate kitchen surfaces, fridges and utensils in the house. Pets often carry bugs from contaminated raw meat without showing any signs of infection and shed these in their poo. One recent study found that dogs fed such a raw-meat meal shed the bacteria in their poo for up to 11 days, even though they didn't show any physical symptoms of illness. This can pose a real risk to public health.

Leftovers from a raw meal will also remain in the dog's mouth for many hours, so handling dogs, especially after feeding – for example, giving a cuddle or allowing them to lick the face or the mouth – can risk the spread of infection.



Hmm, not so sure...



A typical bowl of kibble

ADVICE FOR PET OWNERS

All these risks to our pets' and our own health, without any scientifically proven benefits, are the reason why we recommend against feeding a raw meat diet to our furry friends. After all, it's better to be safe than sorry!

Pet owners who choose to feed raw food diets must be aware of all the possible health risks associated with raw meat and take proper care while preparing and feeding it. The British Veterinary Association (BVA) advises pet owners to check with a veterinary surgeon trained as a nutritionist before feeding it to their animals – both for their own as well as their pet's health.

WHAT IS ZOOONOSIS?

'Zoo' is the Greek word for 'animal', and 'sis' means 'condition'. So zoonosis is any disease or infection that is passed from animals to humans. *Salmonella*, *Listeria* and *E coli* can all cause zoonotic diseases that can spread through feeding raw meat diets to pets.

HOW IS HOME-SCHOOLING?

We asked children and young people about their education during lockdown.

1 IN 10 RESPONDENTS SAID THEY ARE NOT BEING HOME-SCHOOLED

58% ARE FINDING HOME-SCHOOLING STRESSFUL

1 IN 5 SAID THEY ARE WORRIED ABOUT FALLING BEHIND AT SCHOOL



WHAT'S WORRYING YOU?

When asked what was most worrying them, some things stood out more than others.



ALMOST 40% OF RESPONDENTS ARE WORRIED ABOUT NOT SEEING THEIR FRIENDS

A THIRD OF YOUNG PEOPLE ARE CONCERNED ABOUT THEIR PARENTS OR GUARDIANS GETTING ILL

NEARLY 30% OF CHILDREN AND YOUNG PEOPLE WORRY ABOUT CATCHING COVID-19 THEMSELVES

17% OF RESPONDENTS SAID THAT THEY ARE WORRIED ABOUT STAYING SAFE, WHILE 13% ARE WORRIED ABOUT THEIR FRIENDS STAYING SAFE

WHAT DO CHILDREN THINK ABOUT LOCKDOWN LIFE?

CHILDREN'S lives in the UK are being upended by the closure of schools and other restrictive measures made to contain the coronavirus, and many feel their opinions and feelings are overlooked on issues that affect their lives. With schools in England proposed to open on 1 June, UNICEF and First News asked children aged 6-16 to share their experience and opinions about the impact of the lockdown on their lives.

Around the page are some quotes from the children and young people who entered the survey, along with what we found out.

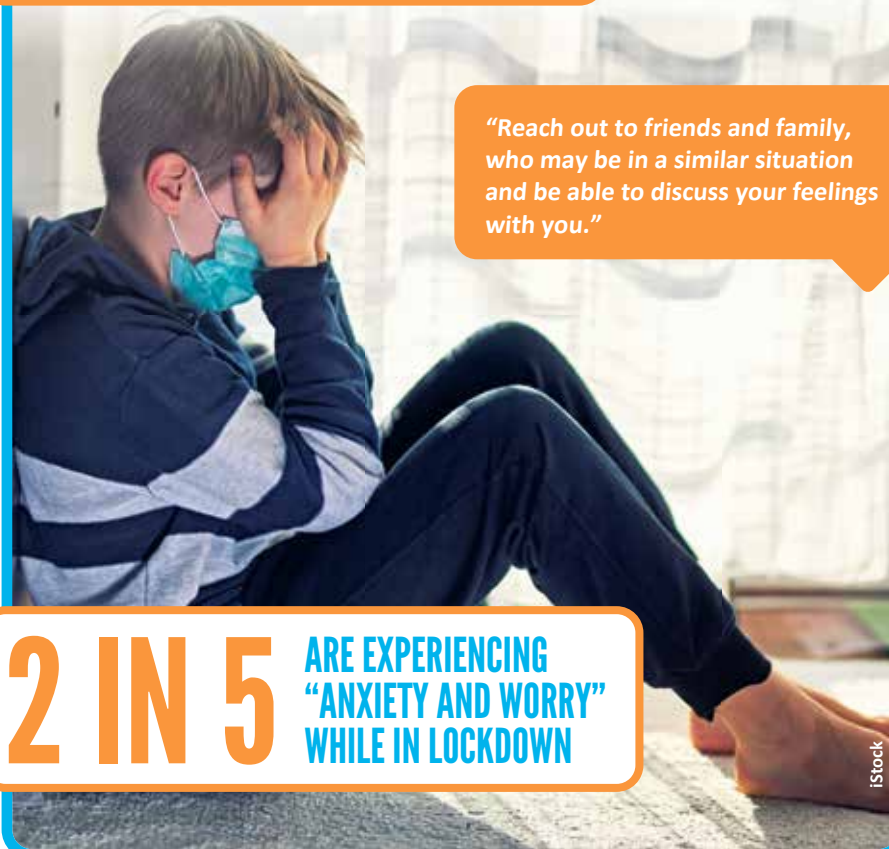


Maham, 17, is a member of UNICEF UK's Youth Advisory Board (YAB). She helps the charity make sure children's voices are heard during the coronavirus pandemic

LOCKDOWN LIFE

Children and young people have been severely impacted by the coronavirus outbreak, and many of them are worried about what's going on – as shown by the results of the poll.

62% ARE WORRIED ABOUT THE IMPACT OF CORONAVIRUS ON THEIR LIVES



"Reach out to friends and family, who may be in a similar situation and be able to discuss your feelings with you."

2 IN 5 ARE EXPERIENCING "ANXIETY AND WORRY" WHILE IN LOCKDOWN

"With this extra time, our minds are more likely to wander into dark places, picturing the worst possible outcomes and slowly starting to believe that is where the future lies."

WHAT ABOUT THE FUTURE?

It is clear from the poll that children and young people are worried about the future, and with so many concerned about falling behind, it's clear why respondents wanted to get back to school.

MORE THAN HALF SAID THAT THEY WANTED TO GET BACK INTO THE CLASSROOM SOON

"Many of us didn't expect to be upset over the cancellation of exams; there was a time when that would have been every student's dream. A lot of us have been feeling like we are no longer in control of our future, which can understandably make us anxious."



UNICEF UK's Youth Advisory Board has written an open letter with more than 14,000 signatures, calling on the Government to address UK children directly on the coronavirus response and how, as the survey shows, it has impacted children's lives.

UNICEF and its partners all over the world are working to make sure children's rights are protected during and after the pandemic. Find out more at bit.ly/2XIXV5I

“TO PLAY SOMEONE I IDOLISED IS AMAZING!”

ALEX Rider makes his TV debut this week with a brand-new series on Amazon Prime Video. We chatted to Otto Farrant, who plays Alex, the teenage spy and star of the Alex Rider books written by Anthony Horowitz.



Hi Otto! What can you tell us about your new show, Alex Rider?

Alex Rider is about a teenage boy whose uncle dies unexpectedly, and suddenly he is thrown into a world of espionage. He has to save the world while grieving for his uncle. But it's also a story about friendship and conquering your demons and forgiveness too. And it's epic and action-packed! Hopefully everyone will love it. I think it's got something for everyone.

What's so exciting about getting to play Alex?

I read the books from when I was nine years old and I loved them. And if I felt that, I know that millions of people around the world also felt that. So, I know how much love for the books and the character there is out there. And the only thing that I can do is do my best to live up to the expectations. The books have sold over 19 million copies in 33 languages – it's insane. So, to play someone that I idolised as a kid is amazing.

What have you enjoyed the most about playing this role?

The thing that struck me when I read the books

is how well Anthony writes tension and action. In all the books, the most enjoyable bits for me are when Alex has really got to dig deep and save the world because things are really against him. He's amazing at getting out of those situations. So, the most exciting thing when I got this was to be able to put that on screen and really feel those emotions.

What do you love about Alex?

I think I love the character because he is so relatable. He could be anyone. He could be a friend of mine. He could've been me. It's just about the circumstances that he's put in, and the people that he's surrounded by. He's someone who's complicated and has had a complicated upbringing. He's been trained all his life by his uncle to be a spy, without knowing. And then he's a victim of circumstance, in that his parents died when he was younger, and now his uncle's dead. It's not easy, and he has to really dig deep to find the courage to save the world, to defeat his own demons. That's why he's so iconic, because he encourages us to see a side of ourselves that is steely and resilient [tough].

How similar are you to Alex?

I'd like to think that I am an ordinary kid like him. I grew up in south London, and there's nothing particularly special about my upbringing. It was just happy. And I think if I'm playing an ordinary kid, it's going to be far more relatable to an audience than seeing a superhero on screen, because you can't relate to those people. You can only relate to real people. And Alex is very real and he's very caring. He's a great character to play.

You do lots of stunts as Alex. Which one have you enjoyed the most?

One day on a snowy mountain in Romania, they strapped me to a rig, which was tied to a snow bike. The

snow bike just went, and suddenly I was flying about on this thing going down the mountain. I just had to do lots of reaction shots. There were people chasing me with guns on other snow bikes, and I just had to keep my balance and also react to what was going on around me. It was really fun. I think what you're going to find with Alex Rider is that there are going to be some amazing stunt sequences, but it's also going to have real depth within the characters to show these are real people and how they go through these experiences.

What did you do to prepare for the role?

I did a lot of physical training. I started by building a routine where I was exercising two days on and then one day off. And the kind of exercise I was doing was krav maga, which is an Israeli self-defence training programme. It's all about efficiency. You can only use it if you're being attacked or your life is threatened. It's about getting out of that situation in the most efficient way. The other stuff that I did was climbing. I've got really into bouldering, which is my newfound passion. I just go and climb walls for three hours straight – sometimes on my own, sometimes with an instructor. It's like solving a puzzle in your head while doing physical exercise, which for me relates to the character so much. It's a really good way of relaxing my brain, but also doing a bit of character work. I'm ready for action now. Always ready for action!



Alex Rider starts on 4 June on Amazon Prime Video. This is an action series, so some scenes may not be suitable for nervous or younger viewers

CHARITIES SUPPORTED BY FIRST NEWS



WIN! GORMITI FIGURES

CAN you complete our sudoku puzzle and fill in the numbers one to nine?

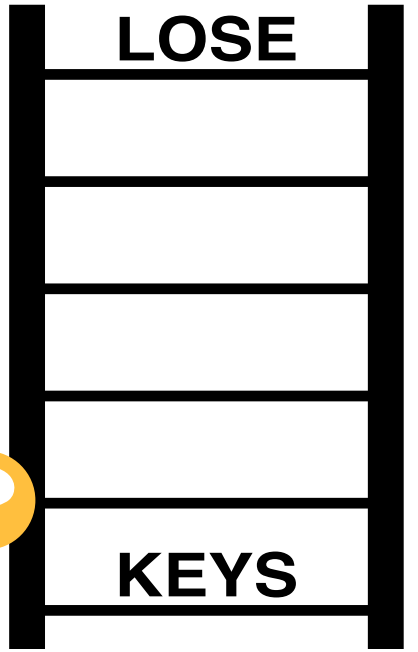
Send in your answers and one lucky winner will win four Gormiti figures. Take on the challenge of good vs evil with these four Gormiti action figures, including all four of the powerful Lords from the Island of Gorm: Titano, Keryon, Voidus and Hydros. Fully articulated, they are ready to battle! www.flairplc.co.uk



7			9		3			8
9			4	2	8			7
	1		6		7		4	
	7	1				8	9	
		3	8		4	2		
	4	8				7	3	
	2		7		5		1	
4			1	6	2			3
1			3		9			2

WORD LADDER

SEE if you can get from the top of the ladder to the bottom by changing one letter at a time to make a new word.



WIN! THE CLASSIC GAMES COMPENDIUM



CAN you complete our crossword by using the clues below?

Send in your answers and two lucky winners will win the Classic Games Compendium. The Classic Games Compendium has everything you need to keep the family entertained! Complete with more than 100 games, including many family favourites such as chess, draughts, ludo, and snakes and ladders, this set is sure to provide hours of fun for families at home!

1		2			3		4		5	
6					7					8
9			10			11				
12						13		14		
					15					
16	17						18			
			19							

ACROSS

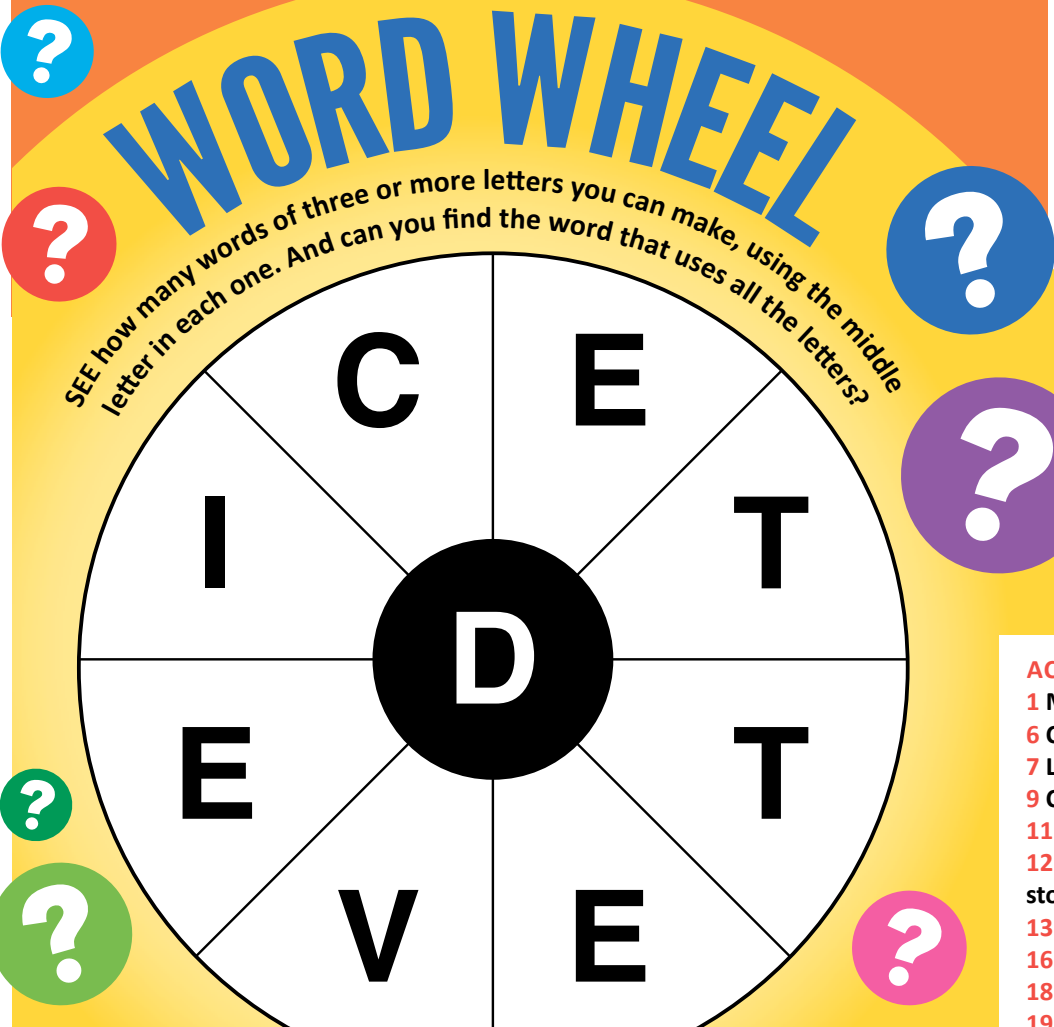
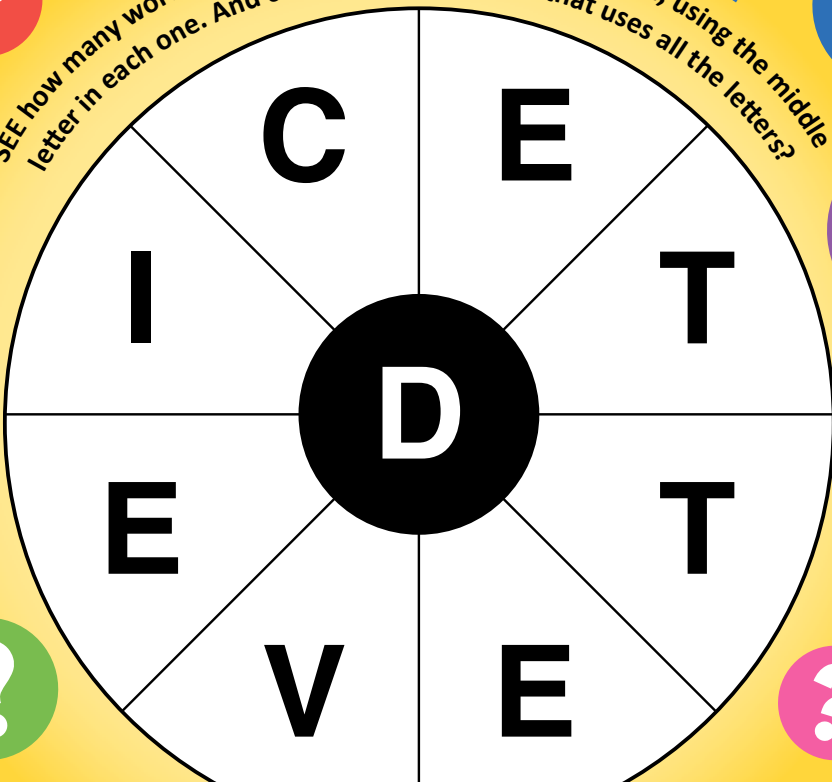
- 1 Move from one place to another (8)
- 6 Compass point (4)
- 7 Long journey by water (6)
- 9 Choose a politician for office (5)
- 11 Catapult (5)
- 12 ___ In Wonderland: story by Lewis Carroll (5)
- 13 A type of fabric (5)
- 16 Where a dog traditionally lives (6)
- 18 Cone (anag) (4)
- 19 Enter without permission (8)

DOWN

- 1 Place with rides and fun things to do (5,4)
- 2 Supermarket passage (5)
- 3 Next after four (4)
- 4 E.g. kings and queens (8)
- 5 Type of carpet (3)
- 8 People who design and build machines (9)
- 10 Food item that grows on palm trees (7)
- 14 Sri ___ : country off the coast of India (5)
- 15 Otherwise (4)
- 17 A hen lays this (3)

WORD WHEEL

SEE how many words of three or more letters you can make, using the middle letter in each one. And can you find the word that uses all the letters?



15. BOREDOM BUSTERS!

HOW TO ENTER: Send your finished puzzles by email to win@firstnews.co.uk. Don't forget to put **Puzzles 728** in the subject box. We're afraid that we can't accept postal entries for now. The closing date for puzzle entries is **Thursday 4 June 2020**.

SPOT THE DIFFERENCE

JUST for fun this week! Can you spot the five changes we've made to this picture from *The Pirate Fairy*?



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WORDSEARCH

CAN you find the words below in our ocean-themed wordsearch? Remember that the words can be horizontal, vertical or diagonal.

M G T V F A N W O R M P K P Z M Q O I W C N R M O Z
 O I N I K T I W P D T D O W J F W A X E U M J A S D
 E S Q E X P R E E U L H S F Y R Q H M G T K A Z K Q
 O A H V J Q B O G B T Q V M H Z N Y A S T P R P R K
 W R A A Q H H D I A P F T P G M D V M L L S X F I Y
 S H K N R V R A L I B U I A C X F D M X E F V F L M
 I Y J F G K V I H Y Z F L N X C N M N W F P N K L Y
 P X T M T E I A V L V D M L N Y S T N N I P E Q Z E
 L J B V J I L D D D M J C G H U B K Y N S J L S N S
 S S H R I M P F R G H L I Q P O A B D B H T E P U T
 W B D L R Y Z K I M I N Y T U O V S F D B K S P K W
 E E Z Z X K U U E S X A F Z W B N A N P U B E D T S
 H B Q H Q Y N N X O H M N X A S A Q D U I J L G N T
 F N V C I X R W Z J K A R T G Z Y E P P E R G O C T
 J K B W O B P T I M S G D B S H E E M L A B C X T Q
 S Z K B M R H Q J E B J X J N Q P P I M D D E Y H J
 P Y W T H G A M A P C H I T K N U R V S I Q A U B B
 W F L S N B G L L Y G A J K Y H R I Y A W M A G S D
 E Y H Y R C H T G O V O T A N R V N D H Z B L N K L
 J E L L Y F I S H U S U J M Y Y F M N L H Z Z U P X
 K J L J P D D T I X Y S A B Q V D O L P H I N Q F C
 M N N M V Y V H Q S Z I E Y Y Q N D O X E C D Z Y C

- Coral
- Whale
- Jellyfish
- Shark
- Cuttlefish
- Shrimp
- Eel
- Dolphin
- Fan worm
- Krill
- Angelfish
- Giant squid

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LAST WEEK'S ANSWERS:

Spot the difference: picture removed from frame, Paddington's hat is blue, pattern missing from wallpaper, sock is longer, man's head is bigger.

Word wheel: reconnect.

Word ladder: dull, bull, ball, bale, bade, fade.

What on Earth: plug, towels, rubber duck, toilet rolls, toothbrush, toothpaste.

9	2	6	4	1	3	8	7	5
8	4	1	2	7	5	9	6	3
3	5	7	6	8	9	1	4	2
4	6	3	1	5	2	7	8	9
1	9	8	7	3	4	5	2	6
5	7	2	8	9	6	3	1	4
7	3	4	9	2	8	6	5	1
2	8	9	5	6	1	4	3	7
6	1	5	3	4	7	2	9	8

C	R	E	A	T	I	V	I	T	Y
H	A	E	R	O	S	T			
O	C	E	A	N	R	O	A	S	T
T	I	S	E	B	E	V	O		
R	I	D	I	E	M	E	A	N	
T	U	E	A	L					
W	A	R	Y	P	U	B	L	I	C
H	A	E	T	E	V				
O	W	N	E	D	U	N	D	E	R
C	L	M							
W	E	S	T	I	N	D	I	E	S

HOME LABORATORY!



iStock

SCHOOL may be closed, but there are still loads of fun science experiments you can carry out in the comfort of your own home!

Our friends at the Science Museum in London have come up with another brilliant bit of 'kitchen science' for you to try out, but make sure you ask a grown-up for help!



LAVA LUNACY

In this experiment, you will create a vigorous reaction inside a bottle using water and oil.

What you will need:

- Clean recyclable plastic bottle
- Funnel
- Vegetable oil
- Water
- Food colouring (any colour except yellow)
- Alka-Seltzer (antacid) tablet

Method:

1. Pour water into the bottle until it is one third full.
2. Add a few drops of food colouring.
3. Then fill the rest of the bottle with vegetable oil, leaving a bit of room at the top.
4. Break the Alka-Seltzer tablet in half and add it to the bottle.
5. Watch the lava blobs go!

Caution: be careful not to knock over the bottle once it's full, as spilt vegetable oil can cause slips and is tricky to clean up.

What's the science?

Water and oil do not mix, as you probably know! This is because water is denser than oil and sinks to the bottom. The food colouring mixes only with the water, which is why the oil stays its normal colour. The Alka-Seltzer tablet falls through the oil and when it reacts with the water it creates tiny bubbles of carbon dioxide (CO₂). This gas floats to the surface because it is much lighter (less dense) than both the water and the oil, carrying drops of coloured water with it. When the bubbles pop and the gas is released, the denser water sinks back down again.

SCIENCE MUSEUM GROUP

FIRST NEWS QUIZ

FirstNews QUIZ

HAVE a go at our First News Challenge! Why not set yourself and your friends or family a time challenge to see who can get the highest score in the quickest time? Good luck! See how well you did by using the answers at the bottom.

WHAT HAVE WE LEARNT THIS WEEK?

1 Which African nation has become the first to submit a plan to the United Nations to fight climate change?

.....

2 Where have the first wild white stork chicks in hundreds of years hatched?

.....

3 Where is Earth's magnetic field weakening?

.....

.....

4 A hardback first edition of *Harry Potter and the Philosopher's Stone* sold for how much at a recent auction?

.....

5 Which author wrote the *Alex Rider* series?

.....

6 The mayor of which city plans to pedestrianise the city centre?

.....

7 In which country would you find an art installation called *Wave*?

.....

8 A group of famous people teamed up to read which book to raise money for charity?

.....

- 1) Rwanda 2) Knepp Estate, West Sussex 3) In an area between South America and Africa 4) £33,000 5) Anthony Horowitz 6) Bristol 7) South Korea 8) James and the Giant Peach

**We can help control
the virus if we all**



Stay Alert!

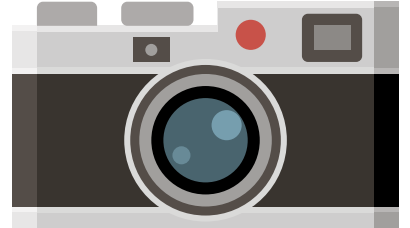
**Keep our distance, wash our hands,
think of others and play our part.**

All together >

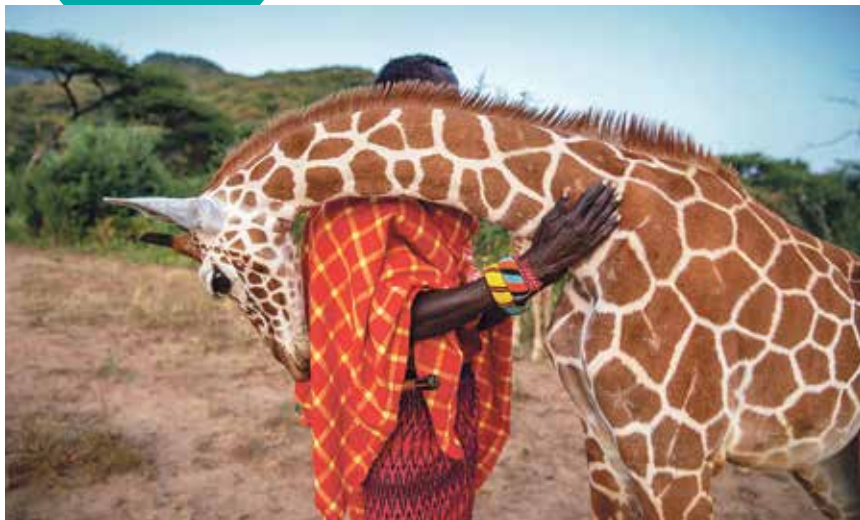
www.gov.uk/coronavirus

SCIENCE SNAPS

EVERY year, the California Academy of Sciences holds its BigPicture photography competition, so we wanted to share this beautiful selection of winners and finalists from this year's edition. Anyway, we'll shut up and let the pictures do the talking...



The grand prize winner was Andy Parkinson's *Shelter in Place*, which shows a mountain hare curling itself up into a ball in the face of a brutal winter storm in Scotland. Mountain hares are the only hare that is native to the UK, but numbers have fallen to less than 1% of the levels seen in the 1950s



Ami Vitale was the winner of the Photo Story category, with her *Guardians of the Giraffes* series. She says the Samburu people in northern Kenya have realised how protecting reticulated giraffes (pictured) and other large animals is better for them, their livestock and the ecosystem as a whole



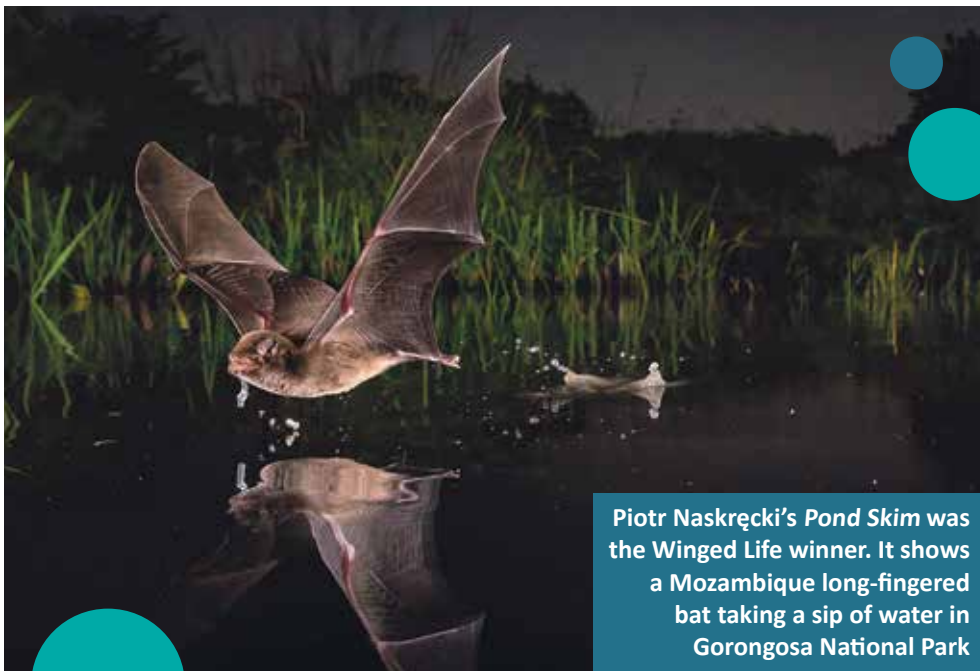
With a waterfall pouring down from above, two common toads were spotted mating in France's Lez river by Mathieu Foulquié



The Human/Nature winner was Jak Wonderly with *The Cost of Cats*. His creative but sad picture shows 200 of the birds that couldn't be saved by animal rescue staff in California, after being mauled by cats



A cheeky elephant is seen snuffling about for treats in this picture, *Snack Attack*, by Gunther De Bruyne. Unfortunately for this open-air kitchen in Malawi's Kasungu National Park, the elephant was unhappy at the lack of goodies, so bashed in the kitchen's roof. De Bruyne says that elephants are more aggressive in areas where the creatures are targeted by poachers



Piotr Naskręcki's *Pond Skim* was the Winged Life winner. It shows a Mozambique long-fingered bat taking a sip of water in Gorongosa National Park



The Terrestrial Wildlife category featured Talib Almarri's *Hippo Huddle*, which was taken over Botswana's Okavango River. Did you know that hippos can hold their breath underwater for up to five minutes?



Yi Lu's *Speed and Strategy* was the spectacular winner of the Terrestrial Wildlife category. Although this impala nearly got away, the cheetah tripped it up, which shows that these big cats have brains as well as pace

These images originally appeared on *bioGraphic*, an online magazine about science and sustainability, and the official media sponsor for the California Academy of Sciences' *BigPicture: Natural World Photography Competition*.

DANCE DRAMA

ALEXANDRA Chaves, who plays Piper in *The Next Step*, gives us the lowdown on the new episodes of the dance drama.



● **The new series of *The Next Step* deals with some big issues. Can you tell us anything about what we can expect?**

Well, we certainly left fans with quite a cliffhanger at the end of the first half of season seven! Piper and Amy's friendship has experienced a lot of ups and downs throughout the seasons. This remains true throughout season seven with the Finn love triangle. I think the important message is that, throughout it all, being there for the people that care about you is important. Communicating and being honest with friends is vital to maintaining a strong and trusting lifelong friendship. I am lucky to have that friendship with Shelby Bain, who plays Amy in *TNS*!



● **What's it like on the set of *The Next Step*?**

It is an absolute blast on set! The cast and crew (many of whom have been part of the show since the beginning) are like family to me, so we enjoy spending every second together! I am so lucky to call them my best friends. I usually arrive at the studio at 6am and go right to hair and makeup. My hair is super thick, so I spend at least 30 minutes in the hair chair! Then I go to wardrobe and then to set. In between filming, the cast enjoy telling jokes, eating snacks and trying new dance moves.

● **The show is based around dance and the performing arts – what's your personal relationship with dance?**

Ever since I can remember, I have loved performing on stage and putting on shows for my family in my living room! I cannot imagine my life without dancing and acting. Like my character, Piper, whenever I am feeling down, I turn to dance to lift my spirits. I am most passionate about lyrical and contemporary dancing, as it allows me to tell a story and express emotion. The passion I have for storytelling in dance led me to pursue acting.

● **How much dance training do you have for the show?**

I have been dancing for 15 years at a competitive dance studio. That was the dance foundation that led me to be cast in *The Next Step*. When the cast are rehearsing for dance scenes, we can often complete an A-Troupe dance in an hour! The dancers and choreographer have been working together for a long time, so we all work really well together, which makes the rehearsal go fast. However, if we are rehearsing for an elaborate dance, such as in Regionals in season four, we often take two eight-hour days to choreograph one dance. The ropes dance in season six required a lot of practice to get comfortable!

● **Which dance shows do you enjoy watching on TV?**

I would love to be on *Strictly Come Dancing*! Unfortunately the show doesn't air where I live, but my friend and CBBC presenter, Karim Zeroual, has posted some amazing videos of his performances online. It looks like such a fun show, with diverse dance genres and a lot of incredibly talented dancers.

The Next Step is on CBBC on Wednesdays, or you can catch up on BBC iPlayer

PEACHY PERFORMANCES

A HOST of famous actors and film-makers have teamed up to read Roald Dahl's *James and the Giant Peach* to entertain families at home and raise money for charity.

James and the Giant Peach, with *Taika and Friends* is a ten-part series with a star-studded line-up. Each video features film-maker Taika Waititi reading part of the story, joined by celebrity guests. Episode one features Chris and Liam Hemsworth, who provide the voices for James' aunts. Other famous faces who have already signed up to take part include Ryan Reynolds, Josh Gad, Eddie Redmayne, Cate Blanchett, Mindy Kaling, Lupita Nyong'o and Cara Delevingne.



New episodes will be launched every Monday, Wednesday and Friday on the official Roald Dahl YouTube channel.

Money raised from the videos will be used to help charities taking part in the battle against COVID-19, including Roald Dahl's Marvellous Children's Charity, which helps provide specialist nurses for critically ill children in the UK, and global charity Partners In Health.

You can watch all the episodes so far at tinyurl.com/y9zyw76n.



THIS WEEK

1 Radio 1's Big Weekend UK 2020 has taken place as a virtual festival for the first time. Stars including Sam Smith, Niall Horan, Rita Ora and the Jonas Brothers all performed live from their homes around the world. Niall Horan said: "Watching the world come together and creating like this is different and really cool." You can watch all the performances from the weekend (even if you didn't have a ticket!) at tinyurl.com/y9afbb62.



2 If you're missing theme parks and rollercoasters, Universal Orlando Resort has uploaded 360° footage of some of its most popular rides. Hang upside down on *The Incredible Hulk* or ride a Hippogriff in the Harry Potter-themed *Flight of the Hippogriff* – all from the comfort of your living room! You can try all of the amazing rides at tinyurl.com/hp4cete.



3 A group of young singers have teamed up to create a choir called Virtually Together. They've never met in person, but perform their favourite tracks from their own homes. See their latest cover at tinyurl.com/y78rkuhj.

PICS OF THE WEEK

DISNEY is aiming to make home-schooling a lot more magical, with the launch of the **Disney Destination of Imagination**.

The new online platform is live now and packed with animation lessons, fun and educational games and activities, with new content going live weekly.

Whether you're a Star Wars, Marvel or classic Disney fan, all the activities are sprinkled with a bit of Disney magic. Learn to draw Olaf from *Frozen* or a classic Mickey Mouse. Discover how Captain America's shield is created or join in with some Disney-themed exercises.

It's all free to access at www.shopdisney.co.uk/events-and-activities.



TOM HOLLAND

How do you go about preparing for a role as an elf? It's interesting because, yes, they're elves, but really they're humans. The idea was to ground the fantastical side of this film in reality. We wanted to make Ian seem like a regular kid who goes to school, and his elfness was just an added piece of artistic design. It wasn't so much about playing an elf as it was about playing a teenager.

Unusually for an animation you actually did some of the scenes with your co-star, Chris Pratt. How was that?

We did that one time... and it didn't really work because I couldn't stop laughing!

This isn't your first animated movie, so how do you find recording lines? Some actors say it can be quite lonely.

I'm definitely in my pyjamas for a lot of it! I don't know if I found it lonely because we had Dan and Kori in the room, our director and producer. They were lovely people and really warm and welcoming. It's actually very tiring, but I'm really lucky to be very busy. I'd been working for a long time and I would do Pixar's sessions on my weekends off, when I was working on other things. So it was tough, to get into this mindset and have this crazy energy to play this



crazy character, but equally as rewarding. Being part of a Pixar movie was always a dream of mine and here I am!

Did you use your own experiences with your brothers to inspire Ian's relationship with Barley?

My brothers and I have a very different relationship to the one that Ian and Barley have. But being the older brother, I do embarrass my little brothers every now and then – especially my brother Paddy. He's always the butt of every joke. I sort of played Paddy a bit in this film.

Disney Pixar's *Onward* is out now on DVD, Blu-ray and digital download



Getty

THE British actor talked to us about playing an elf in *Onward*, recording with Chris Pratt and being a big brother.

THE BIG PICTURE



Getty

A GIRL feeds two cougar cubs at the Africa Bio-Zoo rehabilitation centre in Córdoba, Mexico.

The cubs have been given the topical names of Pandemic and Quarantine, as they were born during the lockdown.

Cougars are also known as pumas or mountain lions, and can be found all across the American continent, from the tip of South America right up to Canada. Although the cubs pictured here have spots on their fur, they'll lose them as they grow their adult coats.

WIN! THE CHANCE TO WRITE FOR CHICKENSHED

CHICKENSHED THEATRE CHANGING LIVES

CALLING all budding writers! Would you like to see your writing performed on stage? Chickenshed have relaunched their *Tales from the Round Table* competition and are looking for a talented *First News* reader to write a section of the show (a date will be set once the theatre re-opens after lockdown).

This year the team are looking at Arthurian legends. There are hundreds of different myths and tales told about King Arthur and the legendary Round Table. It will feature famous characters such as Guinevere, Merlin, the Lady in the Lake, Sir Lancelot, the legendary sword Excalibur, dragons – of course – and other mysterious stories that aren't as well known.

They'd like you to write a section about the Knights of the Round Table. The Round Table is King Arthur's famed table, around which he and his Knights gathered. Chickenshed would like you to bring this legend up to date (perhaps including environmental concerns or any other modern-day issues), but you can write about whatever inspires you, from a knight's adventure to a discussion around the Round Table. Chickenshed shows are always original and full of fun, so use your imagination and be as creative as you like!

Chickenshed would like the section to be: ● **Written in rhyming verse** ● **Five verses, maximum** ● **Written with a modern-day twist** ● **Suitable for all children, from babies upwards (Tales shows are aimed at younger children).**

The winner will be invited to see *Tales from the Round Table* with their family and friends (up to a maximum of eight tickets). Transport costs are not included, so the winner will need to be able to get to Chickenshed Theatre in Southgate, London.



Email your entry to win@firstnews.co.uk with Chickenshed in the subject line.

firstnews.co.uk/competitions or see page 15. The closing date is 19 June 2020.

MINECRAFT IS STILL MASSIVE!

NOW over 11 years old, you'd think that *Minecraft* might not be quite as popular as it once was, but in fact it's still growing!

Microsoft has revealed that *Minecraft* sales have officially reached 200 million, and that 126 million people play the game monthly.

The near-infinite block-based survival game became the best-selling game of all time last year, beating the next best-selling game by 70m copies.

Microsoft bought *Minecraft* for £1.5 billion back in 2014, when 50 million copies of the game had been sold. While it seemed like a lot back then, it's now clear that Microsoft made a smart purchase!



Mojang/Microsoft



Triband

iOS, PC, SWITCH

DON'T tell our sports editor, but over here in the **First News Game Zone**, we think that golf is pretty boring. If you feel the same, then you might want to check out *What The Golf?*

Yes, *What The Golf?* is technically a golf game, but it's a very, very silly one! For example, in some levels you have to putt the ball into a hole, but in others you have to swing the club into the hole instead. Or the golfer himself!

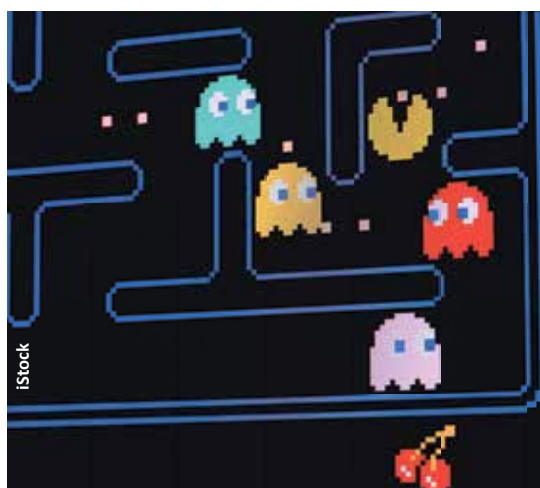
Every single level mixes things up in hilarious ways and has two challenges for you to try out. You may end up sending a sofa through the air into a flag. Or maybe a cat. It'll constantly surprise you!

We played the Switch version, which has a special two-player party mode, where you race each other to putt random stuff as quickly as you can!

If normal games of golf were a little more like *What The Golf?* we'd definitely enjoy them more!



Triband



HAPPY BIRTHDAY PAC-MAN!

PERHAPS the most famous videogame character out there turned 40 last week!

Pac-Man was designed by Toru Iwatani, who came up with the idea for the dot-munching character after eating a slice of pizza.

iStock

TAKEDA Advertisement feature

STORIES THAT NEVER STAND STILL

BEING labelled 'naughty' or 'bad' and feeling like no-one understands the way you think is tough, but that's what it can be like living with attention deficit hyperactivity disorder (ADHD). Did you know that ADHD is one of the most common childhood conditions and it can continue through your adolescence and into adulthood?

While having ADHD isn't something you can control, it's nothing to be ashamed of. We should celebrate the quality that makes you unique, creative and awesome.

Take it from the people who have shared their stories, struggles and achievements in *Stories That Never Stand Still*, a book created by people with ADHD for people with ADHD.

This book tells the real-life stories about the exceptional experiences of people living with the condition. It shows the positives of having

an ADHD brain, along with ways to support the negatives, and aims to inspire, educate and empower young people with ADHD and those around them, including their families, teachers and healthcare professionals.



C-ANPROM/UK/2757 Date of preparation: May 2020



Developed in collaboration with a range of UK patient organisations and initiated and funded by Takeda UK, a global pharmaceutical company, you can download *Stories That Never Stand Still* for free.



Download the free eBook at born tobtheadhd.co.uk/stories-that-never-stand-still or by scanning this QR code with your phone



For teachers and parents of children with ADHD looking for guidance and support, please visit adhdandyou.co.uk for a range of helpful resources

WHAT'S IN THE SHOPS?

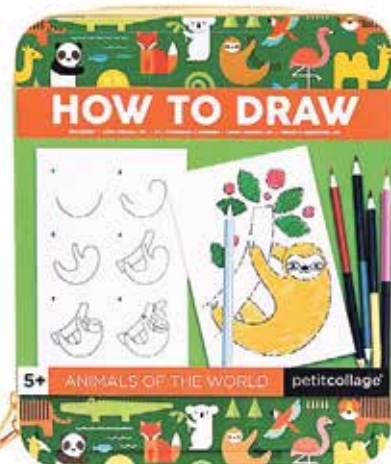
FLAMINGO ROOM LIGHT CREATIVE KIT JOHNLEWIS.COM £15.99

Everyone needs a light-up flamingo in their house! Featuring bright bulbs, this room light comes with patterned backgrounds and also plain ones for you to decorate and customise. The light can either be wall-mounted or sit happily on a shelf.



HOW TO DRAW ANIMALS OF THE WORLD ACTIVITY KIT TEMPTATIONGIFTS.COM £14.99

Mix and match characters to create your favourite combinations and use the drawing pads included to bring the designs to life! The set includes four double-sided coloured pencils and a pencil, and comes in a zipped keepsake tin ready for on-the-go fun this summer!



GEORGE THE GIRAFFE SEWING KIT AMAZON.CO.UK £12.95

Bring this gorgeous George the Giraffe to life with a few simple stitches with this fun and simple sewing kit. Suitable for complete beginners, it comes with a pre-made giraffe body, stuffing, thread and needles.



*All prices correct at time of printing

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WIN! OUTDOOR TOYS

FROM  Learning Resources®

CALLING all outdoor explorers! We've teamed up with Learning Resources® to give five lucky winners the chance to win a brilliant bundle of real outdoor explorer toys!

Explore your garden like never before with not one but two sets of binoculars, allowing you to see and hear the world around you! View leaves, bugs, feathers and petals at up to 8x magnification with this real working microscope designed by a real scientist!

Experiment with measurements with Measure Mate™, featuring five different tools: vertical measure, callipers, a trundle wheel, spirit level and measuring stick. Plus, discover amazing, up-close lunar exploration with a GeoSafari® Jr My First Telescope!

Five lucky winners will win: GeoSafari® Jr My First Microscope, GeoSafari® Jr My First Telescope, GeoSafari® Jr Kidnoculars®, GeoSafari® Jr Kidnoculars® Extreme™ and a 5-in-1 Measure Mate™.

To be in with a chance of winning, just answer this question:

A slug has how many noses?
a) two b) four c) six

www.learningresources.co.uk

ENTER NOW! MARK YOUR ENTRY MATE

firstnews.co.uk/competitions or see page 15. The closing date is 11 June 2020.

THE PERFECT SCREEN BREAK!

New! **MIND·SHOT**
A cool, creative alternative to screen-time for kids

7 pocket-sized packs of kids' puzzles and ideas to stimulate young minds. Each pack contains 15-30 minutes of activities – ideal for screen breaks, at home or on the go.

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- Helps kids support the natural world and learn why their ideas matter.
- Promotes calmness, confidence and self-esteem.
- Contains easier and more challenging activities, so siblings can share.
- More themed sets coming soon!

Offer!
Just £10 for set (8c+p+p) at digitaldetoxkids.com

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MIND SHOT Inspiring, expanding and supporting young minds – all in one Shot

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FREE Charity Partner

WRITE A STORY WITH CRESSIDA COWELL

**WORDS
FOR LIFE**



CLARE Welsh is the author of more than 30 books for children, including picture books and early readers. She is passionate about using creativity and the arts to promote a love of learning and emotional wellbeing. Clare's new picture book, *The Perfect Shelter*, is out on 27 June. Clare told us which storybook character she would be:

“ I'd love to be Sophie in Judith Kerr's *The Tiger Who Came To Tea*. Sophie has the ultimate adventure and gets to go to the café for tea! I have transformed myself into the tiger for many a lesson in my role as an early years teacher, to give children this very experience. I really value bringing books to life with props and costumes (and a hefty dose of imagination, of course!) and using stories as hooks for new learning. ”



TO READ THE FULL INTERVIEW, VISIT WORDSFORLIFE.ORG.UK/AUTHOR-INTERVIEWS FOR BOOK RECOMMENDATIONS, ACTIVITIES AND GAMES, GO TO WORDSFORLIFE.ORG.UK



TWO months ago, Cressida Cowell, the Waterstones Children's Laureate and the author and illustrator of the *How To Train Your Dragon* and *Wizards of Once* series, began a new story in *First News*. Then, she handed things over to YOU to write what happens next. Every week the story has continued, written by our readers, 250 words at a time. To read the first eight parts, head to:

FIRST.NEWS/CRESSIDACOWELL

SO FAR IN THE STORY...

Young spellcaster Ferocity and her smoke-producing pet boggart, Guggalugs, have been tasked with saving the world by locking a door that keeps evil away. Along with Trick, a mysterious boy who has befriended the pair, Ferocity and Guggalugs must now journey to find a strange metal piece to finish the job.

PART NINE BY FREYA LUSTY

Ferocity looked down at the map. It was old and tattered, but still readable. Questions raced through her head. Why her? What was this extra puzzle piece? She looked up, hoping for some answers, but there was no-one there – Trick's grandfather had vanished!

'Trick, was that by any chance...'

'Yeah, he's a bit unpredictable sometimes, but after a while you learn to live with it. What does this map say we have to do?'

There was a picture of the woods, along with another place that was unclear to them. Mountainous hills surrounded a small, circular plate with forest-green lines and a smudged red dot.

'Well, let's get to it. You can't stop for tea when you're saving the planet!' cheered Trick, who was clearly in a good mood after seeing his grandfather.

They trailed back through the magnificent diamond-drawn room, and out through the other side of the tree; the woods were still menacing, staring at their every move.

But somehow, the three felt reassured that they knew they were doing something, something that could change the world forever.

After hours of trekking through the woods, Ferocity (who carried Guggalugs all the way) and Trick finally saw some mountains. Crystal-white snow crested the rocky mountains, stretching for miles on end. However, its beauty faded as vultures circled threateningly.

'Ferocity, I need to tell you something, and you will understand why soon. My grandad told you about the puzzle pieces. When they are fitted together, they make a maze...'

YOUR READS!

VIPER'S DAUGHTER MICHELLE PAVER

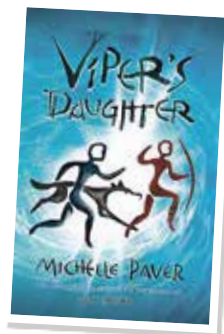
reviewed by Evie Louw, 13

Viper's Daughter is thrilling and full of adventure. The exciting plotline keeps you reading and you cannot take your eyes off the page.

Set during the Stone Age, it is about two teenagers, Torak and Renn, who live in a forest with their pack-brother, Wolf. After a series of events, Renn finds out that Torak is in a world of danger.

When Renn disappears, Torak and Wolf go off to find her. To find out what happens next, I would recommend you read the book to be swept away on a magical adventure with them!

Believe me, you don't want to miss it. I would recommend this book for ages nine to 14, as at some points it can get a bit frightening when they encounter scary creatures and evil enemies along the way. I would give this book five stars, as I couldn't put it down and I felt like I had been on the fun, fantasy adventure with the characters.



WE WANT YOUR BOOK REVIEWS!

Looking for something to do? Send us a book review! Whether you've read a book recently that you desperately want to tell people about, or have read one that you think others should avoid – write us a review!

We'll need around 100 words on a book you've been reading and a picture of yourself (with parents' permission!) sent to bookreviews@firstnews.co.uk.

PART TEN: BY YOU!

A big thanks to everyone who took the time to send us their creative efforts. We enjoyed reading them all, and love how talented you all are! If your story wasn't chosen this time, don't let that stop you having another crack at it. We could choose you to continue the story in next week's issue!



You can submit the next part of the story by email at newsdesk@firstnews.co.uk, popping **Story** into the subject line, or at first.news/cressidacowell.

We'll be deciding on the next part of the story every Monday, so make sure you send us your story by then!

IT'S A MAD HOUSE

TWO-HEADED TURTLE



Nothing to see here. But inside...

AN estate agent in America is selling one of the weirdest houses we've ever seen.

It all looks normal from the outside, just a red brick house with windows, door and garden. Nothing to see here, right? WRONG! Step inside and things take a turn for the weird. The living room could be from Hogwarts, as you walk past a fireplace and up a spiral staircase to the library. There's even a gargoyle! But what's with the giant space wall?

That prepares you for the dining room, which is made to look like the inside of a spaceship! If space feels too isolating and you just want to relax, why not head to the spare bedroom, which is a tropical hideaway, complete with a sand-covered floor and beach hut?!

The house, listed on property site Zillow, could be yours for \$159,900 (£131,197).



Spaceship dining room



Beach island bedroom getaway



Castle decor and space wall



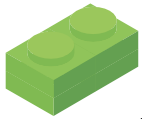
Pen News/Virginia Living Museum

A RARE two-headed turtle has been found in America.

A member of the public found the creature and gave it to the Virginia Living Museum to look after. The two heads control different parts of the turtle's body. "The left head seems to control the left legs, and the right head controls the right legs," explained curator Travis Long. "If they don't figure out how to work together, something as simple as swimming could be potentially dangerous."

REBRICKULOUS!

A UK charity is looking to raise money by asking people to walk on LEGO bricks!



Have you ever stepped on a LEGO brick by accident? It's not a pleasant experience. Yet Caudwell Children, which supports children with disabilities and their families, is asking you to do it on purpose! It's all for a good cause though.

Kate McMahon, from the charity, explains: "Nearly everybody has had that experience of standing on a little plastic block of LEGO and it can really hurt. So we've enlisted the support of UK Firewalks, experts in creating mind-over-matter experiences where people can use their willpower to overcome physical obstacles, to create a 'rebrickulous' fun event for all the family."



Oooooooooow!

The LEGO Walk takes place online on 20 June. UK Firewalks will show participants special ways of walking to make sure your feet can handle the challenge. So, are you brave enough to face the LEGO Walk Challenge? To register, email Kate at kate.mcmahon@caudwellchildren.com.



AlkiSurfShop/Twitter

A BIG WAVE HELLO

A GIANT wave has been crashing in South Korea. Don't worry though – it's digital.

The amazing sight is an installation called Wave, by design company d'strict. The wave, which crashes atop a building in Seoul's Gangnam District, looks incredibly realistic.

The building features the country's largest digital billboard, and d'strict spent about three months designing the digital wave. "We want to create overwhelming experiences," said Jun Lee from d'strict. "Waves are beautiful and dynamic... we chose them as our subject because they evoke [bring out] feelings of comfort, which is much needed now."



Written and illustrated by Paul Palmer



NHS SUPPLIES

by Lauren

MY sister, mum and I have been very busy this week.

We have been making headbands for the NHS! A few days ago, my mum received an email from a friend with a request from a local hospital asking for some supplies.

They needed surgical gowns, face masks, headbands and draw-string bags. So, we wanted to help and do our part for the NHS.

We decided to make headbands, as we could make them bright and colourful, which would be useful and cheerful.

These headbands are very important because they have buttons sewn on them for the face mask to hook over, so the mask won't pull on your ears.

We didn't just make one headband or two – we made 100 and sent 50 to St Thomas' Hospital in London and 50 to the hospital in Worthing.

Within a week, after about 20 hours of sewing, we have finished and have cut out more than 300 pieces of fabric, sewn on 200 buttons and have used the sewing machine too many times to count!

We hope the nurses, doctors and carers find these headbands useful and comfortable.



JUNIOR JOURNALIST

Headbands for the NHS



LOCAL HEROES

WE WANT TO HEAR WHAT YOU/YOUR SCHOOL IS UP TO

Write in to let us know what you've been up to on lockdown! How have you been learning at home? Have you been getting creative? How have you been keeping fit and active? Why not share your experiences with First News readers?

Email your report (including pictures) to yournews@firstnews.co.uk

Don't forget to include your name and age (and your school's name and address for school news reports). By writing in, you give consent to First News printing details and photographs of those involved in the report.

PUZZLE DELIVERY

by Lola

I WANTED to tell you about a project I started for our community.

My dad made me a puzzle board to draw a design on, which he then cut out into a puzzle for me to make and keep. I enjoyed making it so much that I thought it would be nice if other children could do the same.

I asked my dad to make lots of puzzle boards and then my mum and I started to deliver them to children in the community who wanted to make them.

The best thing is we did this all for free so anyone could take part. I have delivered over 80 puzzles, including to two local schools with children of key workers still attending.

I am proud that I can keep children happy during this time and give something back to my community.

JUNIOR JOURNALIST



Puzzle boards



Lola making deliveries

LOCKDOWN LIFE

Mia and Max's LEGO city



by Mia

I AM doing lots of arts and crafts now I'm in lockdown.

Lately I have painted toilet rolls to look like animals and objects, and built a LEGO city with my brother, Max. I also like to keep in touch and call friends and family, especially my cousins.

I play with my hamster, Jasmine, when I'm not busy having virtual school lessons.

I am so happy we get to use electronics more now in our daily life!

I also like to block code with Scratch on my laptop and help Max with Scratch Jr.

I use my garden lots, but I do get bored at times. Although I love having the chance to spend this time with my family.

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SPORT IN NUMBERS

8

June is when Spain's professional football league will resume, after the Spanish government gave the go-ahead. La Liga, which Barcelona star Lionel Messi (below) plays in, was suspended in March due to COVID-19. Matches will be played in empty stadiums, as in Germany.



91

-year-old Margaret Maughan, Britain's first Paralympic gold medallist, has died. Maughan won two gold medals in archery and swimming at the 1960 Paralympics in Rome. She had been paralysed in a car accident just a year before. In 2012, she lit the flame at the opening ceremony of the London Paralympics.



2022

is when the 2021 Alpine World Ski Championships in Cortina d'Ampezzo, Italy will now take place. The Italian winter sports federation has asked to push back the event by a whole year because of the COVID-19 pandemic. That means it will take place one month after the Winter Olympics in China. Wendy Holdener (below) won a gold at the last event.



WILL QUARANTINE HIT SPORT?

Lewis Hamilton in action at the 2019 British Grand Prix

SPORTS authorities are talking to the UK Government about how the upcoming COVID-19 quarantine measure may affect summer events.

The Home Secretary, Priti Patel, has announced that all individuals arriving in the UK from 8 June will have to self-isolate for 14 days. If the Government allows some sporting events to start up again, the quarantine could cause big problems for organisers.

The Formula 1 season was meant to start in March, but has been delayed, like so much sport, due to the pandemic.

Organisers hope the British Grand Prix at Silverstone can take place on 26 July, followed by a second race at the same track on 5 August. But with drivers and teams flying in to London, quarantine rules would make it impossible for them to participate in the races.

This isn't the only headache for F1 organisers. As seven of the ten F1 teams are based in the UK, staff and drivers returning from races abroad would all have to quarantine each time they returned. That means teams might have to

plan for not returning to the UK in between races.

It's believed F1 bosses are talking to the Government. One option is for the British races to both be moved to August. It's possible that, if COVID-19 cases continue to fall, the Government may decide to scrap the quarantine regulations by then. Another option is for F1 to hold several races at once – "triple-headers" or "quadruple-headers" – with longer breaks between meets.

It's also possible the Government may say people involved in professional sports do not need to self-isolate.

If the British race is cancelled, it will be the first time since the F1 championship began in 1950 that a season won't have a British Grand Prix.

Government sources told the BBC the "door has not been shut" on sporting events involving travel, including a cricket series between England and the West Indies in July.

CLASSIC SPORTS PIC OF THE WEEK

Ashleigh Barty prepares to strike the ball during the final of the French Open in 2019. The Australian beat Markéta Vondroušová of the Czech Republic. It was Barty's first Grand Slam singles title, and it made her the first Australian, male or female, to win a French Open singles title since 1973

