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WIND
POWER
RECORD P3

WHAT WAS
COLONIALISM?
P20-21

MULAN STAR
LIU YIFEI
P12

BIKE TO
SCHOOL WEEK
P11

First News

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THE UK'S ONLY
NEWSPAPER
FOR CHILDREN

CANINE COURAGE

by Shelley Moulden

A MILITARY dog who was wounded saving soldiers' lives in Afghanistan is going to be given a very special award for bravery.



@kuno_themwd

Back in 2019, Kuno and his handler were taking part in a dangerous operation against al-Qaeda terrorists when they came under attack and were trapped. Without hesitation, Kuno, wearing night-vision goggles, ran through enemy fire and tackled the gunman, saving the lives of many British troops. The hero hound was hit by bullets in both back legs during the mission and needed life-saving treatment. He lost one of his paws following the attack, but Kuno has now become the first

UK military dog to get custom-made prosthetics. Although Kuno's injuries meant that he had to retire, the good news is that he can still run, jump and play!

For his bravery, the four-year-old Belgian Malinois will receive the animal equivalent of the Victoria Cross, the Dickin Medal, from vet charity PDSA at a virtual ceremony in November.

"Kuno's heroic actions undoubtedly changed the course of the mission and saved lives," said PDSA director general Jan McLoughlin. "He took on the enemy without fear or hesitation, never faltering from his duty, despite being seriously injured."



2. QUICK NEWS

DISNEY AND DISABILITY



annielainey/Twitter

Disney has launched its first range of costumes and covers designed to allow wheelchair users to dress up for Halloween. The designs on offer allow disabled kids to dress up as Cinderella, Buzz Lightyear and The Incredibles. Best of all are covers that allow users to dress up their wheelchairs as the Incredibles' supercar or the carriage that took Cinderella to the ball!

SILENT SHEDDING

A new study has revealed that children infected with COVID-19 can shed the virus for weeks, even if they never show symptoms. This means they could be spreading the virus more widely than was previously thought. Other studies have shown that children have much less severe symptoms than adults.

SPY NOOR HONOURED

A special blue plaque has been placed on a house in London to honour the brave World War 2 spy who once lived there. Noor Inayat Khan, a Muslim of Indian and American heritage, worked undercover as a radio operator in Nazi-occupied France in the 1940s. She was captured and died in a concentration camp, but never revealed any of her secrets. Noor is the first woman of Indian origin to be honoured with one of the plaques, which mark a link between a notable person and a particular building.



Getty

QUICK NEWS

TO READ YOURSELF AND SHARE WITH FRIENDS

BABY GORILLA BORN



Getty

Bristol Zoo has welcomed a new arrival after the birth of a baby gorilla. Keepers had been expecting nine-year-old Kala to give birth soon, but one morning they came into the zoo to find her cradling her newborn baby. Zoo curator Lynsey Bugg said: "It is so lovely that she was able to give birth naturally, and baby and mum are really well."

LOCKDOWN PROTEST



Thousands gathered in London's Trafalgar Square to protest against lockdown rules, with some making untrue claims that COVID-19 is a "scam" and a "hoax". The Unite for Freedom demonstrators had a wide variety of complaints about the Government's handling of the pandemic, and made false claims about vaccinations and 5G signals.

PIG PREDICTIONS

Super-rich tech boss Elon Musk has unveiled his latest innovation – a pig with a brain chip implant. The Neuralink chip picks up signals from Gertrude's brain to predict her limb movements. It's hoped the technology will eventually be able to help humans with dementia and spinal injuries.

BOULES BRAWL

The gentle game of boules – where teams toss heavy metal balls into sand – turned into a brawl on the first day of a global tournament in Marseille, France. When the visiting Belgian team claimed they'd caught the French cheating, the locals turned on the visitors. Ambulance crews treated players from both sides, and the referee disqualified both teams.

GAP GROWING

The National Foundation for Education Research (NFER) has found that the learning gap between rich and poor students has grown by 46% in the last year. Researchers spoke to more than 3,000 teachers and head teachers, and found that in some parts of the country, disadvantaged and black and minority ethnic children were three times more likely to be at least four months behind in learning than those in the better-off areas of the UK. The NFER says that nearly half of all pupils will need "intensive catch-up support to make up lost ground".



iStock

STALEMATE

India and Russia were both declared the winners of a major international chess tournament, after the Indian team's games were forfeited when they lost their internet connection. The Chess Olympiad was being held online for the first time, and both teams were eventually awarded gold medals after India appealed.

ONLINE CARNIVAL

The famous Notting Hill Carnival took place online for the first time, after the usual festivities were cancelled due to COVID-19. A huge street festival celebrating Caribbean culture has been held in the area every year since 1966, but London Mayor Sadiq Khan asked people to party at home this time. Hundreds held an unofficial march along part of the Carnival parade's usual route, to protest against racism.



Getty

POLIO ERADICATED

Wild polio has officially been wiped out in Africa, after a massive vaccination campaign in Nigeria targeted at the country's most remote and dangerous places. The viral infection, which mainly affects very young children, used to be common all around the world, but is now only found in Afghanistan and Pakistan.

ISLE OF SKYE FLAG



WestHighlandFreePress/ Facebook

A while ago, we showed you some of the designs that had been created for a competition to find a flag for the Isle of Skye. The votes are in and the Scottish island now has an official flag, designed by nine-year-old Calum Alasdair Munro!

STOP FULL STOPS?

Experts have claimed that young people are intimidated by social media messages that end with full stops, as they think the person sending the message is cross with them. Teenagers are more likely to write in bursts without punctuation, putting new thoughts in separate messages. We'll still be using full stops in First News, but there's no need to worry – we're not angry!

3. BIG NEWS

WINDY RECORD



The harbour wall at Newhaven took a battering from Storm Francis

STORM Francis's great gusts have generated a new UK record for wind power.

The fierce storm caused flooding, power cuts and damage to homes and businesses. But with winds of 80mph, it also helped wind power generate its highest ever share of Britain's electricity needs.

Thanks to the high wind speeds, wind turbines produced almost 60% of the power output for the country at 1am on Saturday 22 August.

Over the next decade, offshore wind power alone is expected to meet more than a third of the

UK's power needs.

And there's more good news, as newly published UK Government figures revealed that electricity generated from wind and solar is now 30-50% cheaper than previously thought.

The new estimates published by the Department for Business, Energy & Industrial Strategy suggest that electricity from onshore wind or solar could be supplied in 2025 at half the cost of gas-fired power.

BLACK PANTHER STAR DIES

ACTOR Chadwick Boseman, who played Black Panther in the Marvel movies, has passed away from cancer.

Chadwick had been diagnosed with colon cancer four years ago, but didn't tell the public he was battling the disease. He even filmed multiple movies, including *Avengers: Endgame*, while undergoing chemotherapy and surgery.

His death came as a shock to lots of people, as the actor never talked about his diagnosis. His fellow Avengers paid tribute to their co-star. Australian actor Chris Hemsworth, who plays Thor, captioned a picture of himself with Chadwick on Instagram: "Gonna miss you mate. Absolutely heartbreaking. One of the kindest most genuine people I've met. Sending love and support to all the family."



ARE YOU HAPPY WITH YOUR LIFE?



A REPORT has revealed that British kids are the least satisfied with their lives across Europe.

The study by charity The Children's Society found that British 15-year-olds reported the lowest levels of satisfaction with their lives and the greatest fear of failure across 24 European countries. Young British people also ranked last for children's overall sense of purpose, with two in five saying they felt their life lacked clear meaning or purpose.

The Children's Society found that there was a strong link between fear of failure and low satisfaction in life, with some evidence of rising child poverty playing a part too.

It's thought that too much pressure could be being put on young people to do well at school and in their exams, and this is causing them to be scared of failing.

MIRACLE MOUNTAIN CLIMBER



A SEVEN-YEAR-OLD with cerebral palsy, whose parents were told he'd never be able to walk, has climbed Britain's tallest mountain for charity.

Caeden Thomson trekked 1,345m to the top of Ben Nevis, raising more than £16,000 for his local NHS children's services and the charity SCOPE. Caeden was born 12 weeks early and his parents were told he would not be able to sit, walk or talk, but now Caeden walks, sometimes using a frame or stick, and plays as any other seven-year-old would. His mum says he doesn't let his disability stop him.

The motivation to climb the mountain came after Caeden told his parents that he was lucky for all the things he had in his life. He said he wanted to give back and help others have the opportunities and access to the treatments he has had.

After his mammoth climb, Caeden told Sky News: "My body hurts a lot but I'm okay. It was really, really hard. I felt sick and exhausted at the top, and I felt exhausted but happy at the bottom!" Well done, Caeden!

4. NEWS IN PICTURES

DORSET, UK



THIS 9,000-tonne cliff fall happened at Hive Beach. Fire crews using thermal imaging equipment (to detect body heat) were called in to check if anyone was trapped, but nothing was found. The local council described it as a “huge” rock fall and said heavy rain had made the cliffs unstable.



LONDON, UK

ATM, a world-renowned street artist known for his large-scale pictures of native animals and birds on urban walls, has unveiled his first amphibian artwork for the UK charity Froglife. ATM said: “A large part of environmental improvement is to inspire the younger generation to value and cherish the natural world. Toads are remarkable and fascinating creatures, and the act of communicating this to others by the process of live-painting can have a lasting impact.”



LONDON, UK

PENGUINS, squirrel monkeys and camels are just some of the creatures who had their vital statistics recorded at ZSL London Zoo’s annual weigh-in. Galápagos tortoise Polly slowly made her way to the scales in her outdoor enclosure by following a trail of traffic cones. She weighed in at 116.7kg (18 stone 5lb).



BAYINGOLIN, CHINA

FARMERS dry chillies in the summer heat.



BEIRUT, LEBANON

ARTIST and musician Raymond Essayan plays a piano he partly sculpted into the shape of a grand piano using the rubble in a destroyed building. He was shooting a video for the piece of music he wrote in dedication to Beirut, after the recent explosion that destroyed a large part of the city.



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5. BIG NEWS

IS IT TIME FOR BRITS TO GO BACK TO WORK?



THIS week there's been a lot of debate around whether people should be returning to work in offices, or continuing to work from home.

Last weekend, it was rumoured that the Government was set to launch a campaign that would call on those working from home to return to their normal places of work.

The campaign was apparently set to tell workers that their jobs were at risk if they didn't get back into offices.

A few days later, however, there were reports that the campaign was to be put on hold, after worries that a full return to work could increase coronavirus cases, which could mean that schools would have to be closed again.

Office closures have had a big impact on businesses in city centres. Both Pret A Manger and John Lewis had to cut jobs as they saw

their profits fall. However, smaller high street shops have seen their fortunes rise, as people have been relying on local shops instead.

Independent SAGE, a group of independent scientists offering COVID-19 advice, says that a return to work should have the safety of workers at its core, that workplaces should be regularly monitored, and that no-one should be punished for being unable to return to work.

The Scottish and Welsh governments are still saying that workers should only return to offices if they can't work from home.

France has said that workers can return to offices, as long as they're wearing face masks.

POLL OF THE WEEK

Should grown-ups return to working in offices? Vote at [first.news/polls](https://www.firstnews.com/polls)

MORE MONEY FOR MENTAL HEALTH NEEDED



AHEAD of World Mental Health Day later this year (10 October), the World Health Organization (WHO) has revealed some shocking statistics about mental health around the world, and how much is spent on looking after it.

The WHO says that nearly one billion people on our planet suffer from a mental health disorder. That's around 12% of the world's population.

Despite this number, an average of just 2% of health budgets is spent on mental health around the world. Less than 1% of all the money used to help those in developing countries goes towards mental health.

It's for this reason that the WHO has teamed up with partner organisations United for Global Mental Health and the World Federation for Mental Health to call on countries around the world to invest more in mental health this September.

Dr Tedros Adhanom Ghebreyesus, the director-general of the WHO, said: "We are already seeing the consequences of the COVID-19 pandemic on people's mental wellbeing. Unless we make serious commitments to scale up investment in mental health right now... the consequences will be far-reaching."

EDITOR'S COMMENT



AS our main story on this page shows, the UK and other countries have to make a lot of tough decisions about how we move forward after this pandemic.

It's obvious that there are going to be big changes in where businesses are based, and where people shop and work. By the time you're old enough to get a job, the daily commute might be a thing of the past, but could it mean we only interact with colleagues through a screen? And is that a bad thing?

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GOOD WEEK FOR...



PEDESTRIANS

THE Government has said that parking on pavements should be banned across the whole of England, not just London. Officials say that it will benefit people with pushchairs, the disabled and those with vision problems.

BAD WEEK FOR...



KEVIN O'BRIEN

IN a recent match, the Irish cricketer hit a six (when the ball goes past the boundary without bouncing) out of the stadium, into the car park – and through the rear window of his own car!

INSIDE THE NEW I'M A CELEB CASTLE...

THIS week, I'm A Celebrity... Get Me Out Of Here! confirmed that its new camp will be within the ruins of the "haunted" Gwrych Castle in Wales.



Because of the pandemic, the ITV show will be held in the UK instead of Australia this year.

Producers say they've had a tough time finding the right spot, but Gwrych Castle has everything that they were looking for, including an amazing

and atmospheric setting on a hillside overlooking the Irish Sea.

While the location has changed, the show is still set to feature "gruelling trials", which, this year, will all have a medieval theme.

6. HOME NEWS

LANCASHIRE

● Tusk trader jailed

A man who illegally sold parts of endangered species has been jailed for 56 weeks. A police search (pictured below) of Aaron Halstead's home uncovered rhino horns, elephant tusks, stuffed tiger cubs and sperm whale teeth. At his sentencing, the judge said that Halstead, from Burnley, "knew what he was doing was wrong".



Lancashire Police/Twitter

GLOUCESTERSHIRE



Of Earth And Sky

● Poetry in the city

The city of Gloucester has come alive with the power of words. Thirty local residents have had their poetry shared along a sculpture trail around the city. Words have been stencilled in parks and on pavements, while big wooden letters stand proud in churches and dockyards. The installation, titled Of Earth And Sky, has been organised by artist Luke Jerram. "This is about connecting the people of Gloucestershire," he said, adding it was "hugely exciting" to see "powerful poetry take shape" in the city.

UK

● New Lib Dem leader

The Liberal Democrats have chosen Sir Ed Davey as their new leader, after the lengthy selection process finally came to an end. The UK political party has struggled in recent years, slipping from 62 seats in 2005 to just 11 now. Sir Ed Davey said: "The truth is, voters don't believe the Liberal Democrats want to help ordinary people get on in life. It is time for us to start listening."



Getty

SCOTLAND

● Tree of the Year awards

The five contenders for Scotland's Tree of the Year awards have been announced. The trees range from one planted by Mary Queen of Scots in the 1560s to the Milarrochy oak that stands on the banks of Loch Lomond (pictured). Carol Evans, Woodland Trust Scotland director, said: "Everyone has taken solace [comfort] from the nature on their doorstep and it has been quite moving to see so many trees that became places to escape."



Getty

MANCHESTER

● Hefty food donation

A man who lost eight stone (50kg) in weight has donated the same weight in food to a local food bank. Tom Newall went from 20 stone down to 12 after a year of running and eating healthily. Tom is a music conductor and has seen colleagues of his having to use food banks while being out of work during lockdown. He said: "I really wanted to help and give something back to my local area."



Tom Newall Conductor / Facebook

BEDFORDSHIRE



iStock

● Fairy trail fundraiser

A local police officer has raised £800 for repairs after Bromham Mill's woodland fairy trail was vandalised. The trail was created by volunteers to provide a fun forest walk for young families, and featured a wooden playhouse, fairy doors and other surprises. PC Sam Sparkes described her fundraising efforts as "just trying to turn a wrong into a right". Mother Meri Leggott said: "It's genuinely sad to see this needless damage, but Bromham is a village with great community spirit and it's encouraging to see people pulling together."

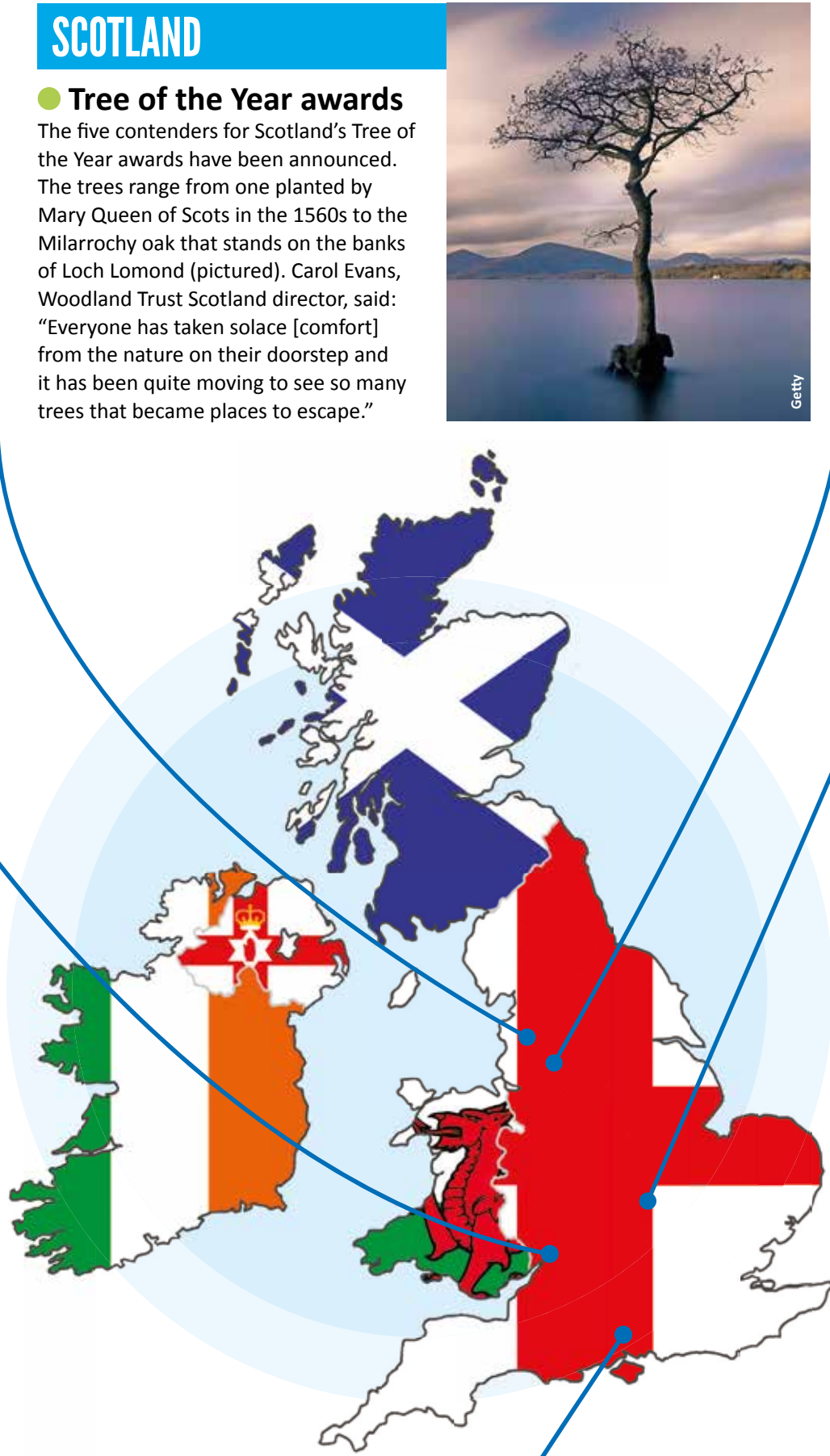
HAMPSHIRE

● Eccentric auction

The memorabilia of an eccentric collector has sold for twice as much as expected. Tony Parker passed away last year, leaving behind a house crammed full of fascinating movie, music and pop culture items. The 274 things that went up for sale sold for a total of £76,000, way above the estimated £34,340. Among the sales was a vampire hunter's kit and a life-size zebra model with The Beatles painted on it. "Really that house is my dad's brain exploded," says daughter Fay Capstick. "Every corner captures a piece of his restless and energetic imagination."



arddaily/Twitter



7. BIG NEWS



THIS month, the charity Oxfam is launching a new campaign to promote second-hand clothing and fight against throwaway fashion.

The initiative, which is being called #SecondHandSeptember, is asking everyone to pledge to only buy second-hand clothes for the month.

According to Oxfam, throwaway fashion is putting huge pressure on our planet, with 13 million items of clothing ending up in UK landfill every week. And from growing the cotton to the dyeing process, it can take 20,000 litres of water to make a cotton T-shirt and a pair of jeans. It would take 13 years to drink that much water.

But there are loads of bargains and vintage clothes to be found in charity shops, and by buying second-hand you can help stop clothes ending up in landfill. If you shop at Oxfam, you'll also be helping the poorest people on the planet to earn a fair wage and beat poverty. What do you think? Will you buy second-hand?

UNREST GROWS IN AMERICA



A protester in Portland, USA. Protests against racial injustice have been going on for more than 90 days

THREE people have been shot dead and one man has been left paralysed after several days of violent protests in the USA.

The latest unrest began in Kenosha, Wisconsin, on 23 August, after a white policeman shot an unarmed black man, Jacob Blake, seven times in the back. Mr Blake is alive but has been left paralysed.

The shooting led to protests that began peacefully, but later became violent. A minority of protesters attacked buildings and cars.

On the third night of clashes between protesters and police, three people were shot, two of them fatally. The police arrested and charged a suspect, 17-year-old Kyle Rittenhouse, who had travelled to Kenosha from a neighbouring state to challenge the protesters.

In response to the unrest, players from six basketball teams then refused to play games. They were quickly supported by athletes in Major League Baseball and Major

League Soccer, who also refused to play.

Last weekend, there was another fatal shooting, this time in the city of Portland, on the west coast of the USA. A large convoy of around 600 vehicles carrying Donald Trump supporters drove into the city.

Some fired paintballs and pepper spray at Black Lives Matter (BLM) supporters. One person, thought to be part of the pro-Trump protest, was shot dead. As *First News* went to press, the circumstances surrounding his death were unclear.

Joe Biden, who is running against Donald Trump in this November's presidential election, has called on the president to speak out against the violence. Mr Biden said: "I condemn violence of every kind by anyone. And I challenge Donald Trump to do the same."

DUA DOUBLES IN POPULARITY



THE name Dua has doubled in popularity – and it's probably down to the pop star Dua Lipa.

The British singer (above) had her first number one in 2017. Back then, just 63 newborn girls in the UK were named Dua by their parents. By 2019, the number had doubled to 126.

Official figures from the Office for National Statistics reveal that Olivia and Amelia were the most popular girls' names of 2019. Oliver – which has been the number one boys' name since 2013 – and George were the top choices for boys. There were 4,932 new Olivers and 4,082 new Olivias last year.

There was also a surge for the name Kylo, which is thought to have been caused by the *Star Wars* character Kylo Ren. In 2015, there were just ten Kylos, but last year there were 67.



A Kylo Ren cosplayer

SHEEP SELLS FOR WORLD RECORD PRICE

A SHEEP has sold at auction for a whopping £367,500 – a new world record.

Double Diamond was snapped up in a joint bid by three breeders at a sale in Lanark.

The six-month-old lamb, which is described as being heavily muscled, has a distinctive gold colour. He is a pedigree Texel sheep, which is a rare and expensive breed that originated on an island off the coast of the Netherlands.

The previous record for a sheep sale was £231,000, set in 2009. Double

Diamond smashed that and will now be shared by three farmers based in Scotland and England. He will likely enjoy a long life of breeding with female sheep.

Jeff Aiken, one of the breeders who bought Double Diamond, said: "He is the best lamb I have ever seen – so correct on his legs, bright, with a great top. He's got it all." A lamb that costs more than the average price of a house in the UK? Ewe couldn't make it up!



Texel Sheep Society and Catherine MacGregor

8. WORLD NEWS

ITALY

● Banksy boat rescue

More than 200 refugees and migrants from Libya had to be rescued from a boat funded by British street artist Banksy. The crew of the Louise Michel called for assistance due to overcrowding and fears that the vessel could capsize. Italy's coastguard took the 49 most vulnerable people, and the rest were picked up later. The boat, which is decorated in Banksy's trademark style, had successfully carried out its previous missions. There is no safe harbour for rescue boats in the area, due to disputes over who is responsible for migrants.



LEBANON

● Bunduq's back!

A woman whose terrified dog bolted after the massive warehouse explosion in Beirut has been reunited with her missing mutt – after he turned up in a city 50 miles away! Journalist Leila Molana-Allen last saw her puppy Bunduq ('Hazelnut' in Arabic) when he fled in fear after the big bang. Locals set up a WhatsApp group to find dozens of lost dogs and Bunduq was eventually tracked down in Tripoli with a man who had taken him to safety. He's now home and safe with Leila and her other dog, Fred.



BELARUS

● Protests continue

Tens of thousands of people have again taken to the streets of Minsk, as tense protests continue against disputed election results. President Alexander Lukashenko says he has no plans to resign and denies rigging the election so he could win. There were far more riot police attending the demonstrations than previous weeks, and the presidential palace is now heavily protected with water cannons.



RUSSIA

● Giant crater mystery

A huge hole has been spotted in the Russian Arctic by a TV crew flying overhead. Despite speculation that the 50-metre crater might have been caused by weapons testing or even a UFO, scientists think there's a perfectly natural explanation. They say high temperatures over the summer must have caused an eruption of methane gas below the thawing permafrost (frozen soil), scattering blocks of ice and soil for hundreds of metres. It's the 17th giant crater to have been spotted in the last six years.



JAPAN

● Sky high

A new flying car has taken off for the first time. The one-person vehicle uses propellers to get airborne, and can currently hover for up to ten minutes – although makers SkyDrive hope to increase that to half an hour before long. The company's boss, Tomohiro Fukuzawa, says there are more than 100 flying car projects happening around the world, but that SkyDrive's is one of the few to successfully get a passenger up into the air.



PAKISTAN



● Monsoon chaos

Monsoon rains have caused major flooding in parts of Pakistan, India and Afghanistan. Dozens of people have died, with hundreds of thousands more evacuated from their homes. In Karachi, boats were brought in to rescue people from flooded streets, homes have been destroyed, and vehicles were dragged away by the powerful waters, after the heaviest rains for nearly a century.

OUR WORLD

NAME: DANIEL
LIVES: UK

TO FIND OUT MORE, GO TO
WWW.AMNESTY.ORG.UK/CITIZENSHIP



DANIEL feels just as British as any of his friends. He arrived in the UK when he was just three years old – he went to school here, and doesn't remember any other home.

He knew he wasn't a British citizen when he was told he couldn't attend a school trip abroad because he didn't have a passport.

Daniel, and around 120,000 other children based in the UK, have every right to register to become British citizens. Sadly though,

the UK Government charges every single one of these children over £1,200 for the right to register, so a lot of people simply cannot afford it. If they can't register by the time they turn 18, they might be refused access to healthcare, employment, education, social assistance and housing. Worse still, they face arrest, or even

deportation to a country they don't know.

Daniel said: "My mother saved what she could but sometimes that would mean not eating properly."

Daniel is part of a group called The Project for the Registration of Children as British Citizens, who have been working with Amnesty International's Children's Human Rights Network. He has now managed to secure his own citizenship and campaigns to make sure that other children in the UK don't end up in the same position as him, helping them to know their rights and how to access them.



Amnesty International

9. ANIMAL NEWS

CUB-CAM!

A GIANT panda at the Smithsonian's National Zoo in Washington DC, USA, has given birth to a tiny cub – and you can see them both on the zoo's panda-cam.

Mum Mei Xiang gave birth on Friday 21 August to a healthy, wriggly baby. Cameras set up in Mei Xiang's den capture 24-hour footage of the mum and her cub, which helps zookeepers to keep an eye on the pair without disturbing them. You can tune in too!

Baby pandas are born completely helpless and weigh only 90-120 g, but they grow quickly. The newborn cub is totally dependent on its mother and will spend most of its time tucked under Mei Xiang's chin or arm for warmth. It communicates with loud squeaks and squeals, which you can often hear on the livestream. Keepers won't be able to tell if it is a boy or a girl for a few months.

The arrival is definitely a cause for celebration, as the giant panda is still listed as a vulnerable species.

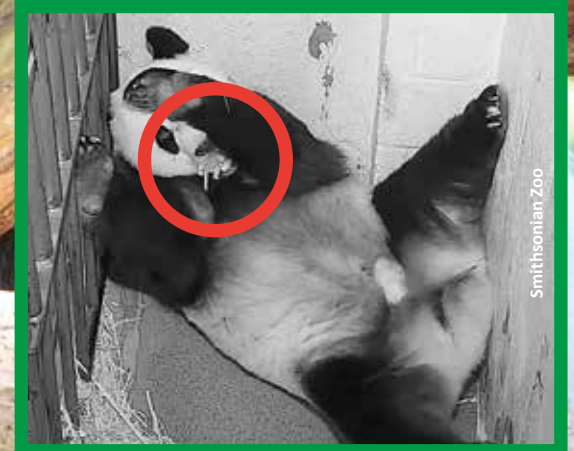
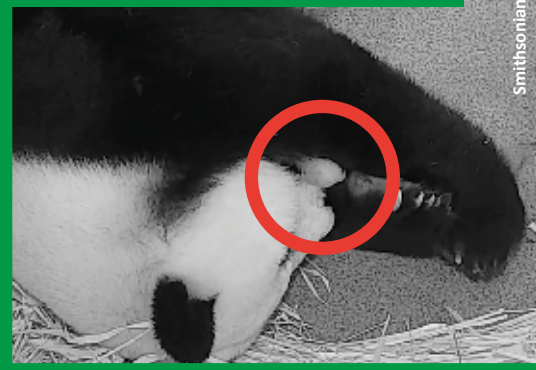
The new cub will stay with Mei Xiang at the zoo until it is around four years old, when it will be transferred to China to be part of the worldwide breeding programme for this species.

You can watch Mei Xiang and her cub online at <https://nationalzoo.si.edu/webcams/panda-cam>.



Mei Xiang hanging out in her enclosure last year

The cub will spend a lot of time tucked under Mei Xiang's chin for warmth



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FACE COVERINGS: THE RULES

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THE SCIENCE

Why do we need face coverings?

At first, scientific research on the benefits of wearing face coverings suggested they weren't especially useful. But in June, as new studies were published, the World Health Organization (WHO) changed its advice. They said: "In light of evolving evidence, the WHO advises that governments should encourage the general public to wear masks where there is widespread transmission and physical distancing is difficult."

COVID-19 spreads when droplets from an infected person's mouth or nose spray into the air and land on surfaces when they talk, sing, cough or sneeze. Many people who are infected with the virus don't know they are, because they have no symptoms or haven't yet started feeling poorly. So by wearing a face covering in enclosed spaces, we protect others from breathing in or touching our droplets.

CONFUSED about who should wear face coverings, when and where? You're not alone! The rules have changed so much lately, it has been hard to keep up. Here's a guide to what the rules are across the UK, as First News went to press.

WHO HAS TO USE THEM?

Most of the rules apply to those aged 11 or over, but younger children can use face coverings if they want. Many shops are selling coverings and masks for kids.

You don't have to use a face covering if you have a physical or mental illness or disability that makes it hard for you. If you care for a deaf person who relies on lip reading, you don't need to use a covering. You also don't have to wear one in public if you are eating, drinking or taking medicine.

SCHOOLS

● **ENGLAND:** Individual secondary schools can demand pupils use coverings in communal areas, where social distancing is not possible. They will not have to wear them in classrooms. Coverings are obligatory in all secondary schools and colleges that are in areas where local lockdowns or COVID-19 restrictions are in place, such as Oldham and Northampton. There are no requirements for face coverings in primary schools.

● **SCOTLAND AND NORTHERN IRELAND:** All secondary pupils in Scotland and Northern Ireland must wear face coverings in corridors and communal areas. They will not have to wear them in classrooms. On school transport, those aged over five must wear face coverings in Scotland.

● **WALES:** Individual schools can set their own rules, but the Welsh government advises all those aged 11 and over to wear coverings where social distancing is hard to maintain.

SHOPS

● **ENGLAND, SCOTLAND AND NORTHERN IRELAND:**

Face coverings must be worn in shops, supermarkets and shopping centres by all people aged 11 and over. Failure to wear a covering can be punished by a police fine of up to £100 in England, or £60 in Scotland and Northern Ireland.

● **WALES:** There is no requirement to wear a face covering in Welsh shops.

OTHER INDOOR SITES

● **ENGLAND AND SCOTLAND:** Over-11s must wear face coverings in almost all public indoor locations, including libraries, cinemas, banks, building societies, post offices and places of worship. Where it is "impractical" to wear a covering – such as in a restaurant, café or gym – it is not obligatory.

● **WALES:** As with shops, there is no rule requiring people to use face coverings in other public indoor spaces.

PUBLIC TRANSPORT

● **ENGLAND, WALES, SCOTLAND AND NORTHERN IRELAND:** Face coverings must be worn at all times on all public transport, but this applies to those aged 5+ in Scotland, 11+ in England and Wales, and 13+ in Northern Ireland.

OH, CHRISTMAS THREE!

THIS year's Royal Institution Christmas lectures will be given by three scientists.

The legendary annual talks, which began in 1825, bring science to life for a young audience. They are broadcast on BBC TV in the week between Christmas and New Year.

The Royal Institution (Ri) recently announced that this year's lecturers are physicist and oceanographer Dr Helen Czerski (left), geologist Professor Chris Jackson (centre) and environmental scientist Dr Tara Shine. The theme of the three talks is 'Planet Earth: a user's guide'. Together, the experts plan to reveal "the hidden wonders of Earth that keep us all alive", and look at the impact humans have had on our planet – in particular, on climate change.

The Ri says the lectures will show how we can each help repair the damage we've done and live more sustainably as Earth's population increases.



Paul Wilkinson

SCIENCE
MUSEUM
GROUP

This report is from the National Science and Media Museum

WE'RE all used to taking instant snaps from our smartphones, but photography wasn't always that speedy or open to everyone.

In the 1800s, photographers needed to be skilled chemists to develop photographs themselves, and, as photographs were expensive to produce, they were usually only available to the wealthy.

But on 4 September 1888 American inventor George Eastman received a licence to produce the Kodak, a camera that would go on to change photography forever. Made up of a small handheld box with a lens, containing paper film roll, people would take their own photographs, then send the film to Kodak to develop. However, it wasn't until 1898 when Kodak created a cheaper camera, called the Brownie (pictured), that photography became easier and more affordable. Discover more at the National Science and Media Museum.



Science Museum Group



A GREENER SCHOOL RUN

DID you start walking and cycling during lockdown? Would you like to start walking or cycling to school? If so, then you're not alone.



As we begin to emerge from the COVID-19 lockdown, everyone is looking for physically distanced ways to move around. Therefore, it's important that steps are taken to make sure it's easier for more children to walk and cycle to school.

Last year, only 2% of primary school pupils in England regularly cycled to school. However, as physical distancing guidance continues, the UK Government is hoping more children will travel to school actively, which will help to make sure there is enough room on public transport for those who need to travel further.

WHAT NEEDS TO BE DONE TO MAKE WALKING AND CYCLING TO SCHOOL EASIER?

As you return to school life, there are a number of things that local authorities can do to help make it easier for you to walk and cycle to school. Such measures include:

- Restricting access to traffic on residential streets around schools.
- Rolling out school streets (where streets outside the school gates are open to people walking and cycling, but closed to cars).
- Dedicated cycle lanes separated from cars.
- Wider footpaths to help you keep your distance from others.

This can create an environment that helps you travel safely, and encourage those who started cycling during lockdown to continue to do so.

WHAT ARE THE BENEFITS OF AN ACTIVE SCHOOL RUN?

There are a number of benefits to being able to walk, cycle and scoot to school, including:

- Safety skills and independence – cycling to school helps young people to develop road safety skills and learn how to manage risk gradually. As you gain the skills you need to stay safe, you can develop independence, and discover ways and solutions for getting about by yourself.
- A fun and active way to travel – much like cycling, scooting to school can help you develop road safety skills and to gain independence. It is also great fun and

TOP TIPS FOR CONFIDENT CYCLING

Cycling to school for the first time may seem overwhelming, especially when the roads are busy. However, there are a few things you can do to make it easier and to help you feel more comfortable:

- Plan your route in advance – planning ahead will save time and make your journey to school much smoother. Working to find the best route can also be a fun way to explore your local area. Finding quieter roads and cycle paths wherever possible can help make the journey easier and more enjoyable.
- Practise the journey ahead of time – once you've planned your route to school, ask your parents to try out a practice run with you over the weekend when the roads are quieter. Knowing what to expect from the journey will help you feel more confident when it comes to Monday morning.
- Cycle training – if you are thinking about cycling to school, cycle training can be a great way to help you develop skills. Bikeability training can help you cycle safely and give you confidence on the roads.



encourages exercise and a more active and healthy lifestyle from a young age.

- Keeping fit – by 2050 it is predicted that 70% of girls and 55% of boys will be overweight or obese, but a short walk each day is easy, free and good for your health.
- Discovering your local area – walking or cycling to school can help you engage with your local community, develop wider social networks, greater spatial awareness and improved road sense.
- It's good for the environment – the more children who are able to travel actively to school will also help reduce congestion and pollution around the school gates, in turn helping to create a healthier and more appealing environment.

ON YOUR BIKE

Bike to School Week, organised by the walking and cycling charity Sustrans and supported by the Bikeability Trust, runs from 28 September – 2 October. The week-long event is a great way to promote the benefits of walking and cycling to school. There will be an exciting range of activities to be completed with your fellow classmates at school, and there is even an opportunity for one lucky pupil to win an exciting prize. To find out more and see how you can get involved, visit www.sustrans.org.uk/our-blog/projects/2019/uk-wide/bike-to-school-week.

GIRL POWER!

THE live-action *Mulan* movie is heading to Disney+ this week. To celebrate the launch, Adam Tanswell chatted to Liu Yifei, who plays Mulan!



■ **How does it feel to be the lead actor in Disney's *Mulan*?**

I'm enjoying every single moment. I am so happy and thankful for this beautiful opportunity. It's been wonderful because winning this role tells me I'm on the right path and it opens up my imagination to so much more. I love acting so much. I'll never give it up!

■ **How similar are you to Mulan?**

Mulan never gives up. She has the courage to look deep inside herself and to make choices to be the best version of her. I am the same. When people ask me about my goals as an actress, I always say: "Don't limit yourself." Mulan would say the same thing.

■ **What went through your mind when you first heard about the auditions for *Mulan*?**

If you're asking me: "Was I nervous?" Of course I was nervous! I had to ask myself: "Why do you want to go for this audition? Is it because this is a huge movie or is there another reason?" I asked for a script to look through and I spent a whole day processing everything before the audition.

■ **How tough was the audition?**

I did my homework. I wrote down lots of notes throughout the flight [from China to LA] and I said to myself: "I'm going to bring my strength and my acting skills to this role." After I said my lines, I went through some physical training, which was very interesting. They would record everything! I had to push myself really hard with all the exercise and the push-ups – and the trainer was writing down notes all the time.



■ **How did you physically prepare for such an action-packed role?**

I would meditate and train myself to think in a certain way to be able to focus. Neither me nor Mulan is a superhero, that's for sure! In the action scenes, my body just reacted to the story. Every night I would do homework for the character. I would try to find a new passion every night to get me through the next day's training. I would focus.

■ **Was it scary to jump on rooftops on set?**

I had a harness, which was very secure. It's funny, I had to learn to wear the harness because I don't wear them in my everyday life, but I've worn them in a few movies. I'm not a professional athlete, so I had to learn a number of new things every day.

■ **What other training did you tackle?**

They wanted to get my body prepared for the role, so I did some basic physical training and some martial arts training. It was really helpful, but really tough. Every morning, the first thing I did was a work-out for two hours. And then I'd do two hours of martial arts training later in the day.

■ **You also sing on the movie's soundtrack. What do you think of the iconic *Mulan* song, *Reflection*?**

Reflection is definitely one of my favourite songs. I sang it for one of my auditions, so it's very special to me. It's very sweet and strong at the same time. I love it.

■ **What would you say is the core message of the movie?**

It's about unconditional love for family. The two daughters in our movie both bring honour to their family in a traditional way and in a new way. That's the heart of the story. It's also about not limiting yourself.



Mulan is available to stream on Disney+ Premier from 4 September at £19.99. You must have a Disney+ account to stream this movie

CHARITIES SUPPORTED BY FIRST NEWS



MARVELLOUS NURSES



All images copyright Roald Dahl's Marvellous Children's Charity

ROALD Dahl's Marvellous Children's Charity provides specialist nurses and support to seriously ill children. There is currently a network of 78 Roald Dahl Specialist Nurses across the UK who care for more than 21,000 children with complex, lifelong illnesses.

WHY 'ROALD DAHL'S' MARVELLOUS CHILDREN'S CHARITY?

Roald Dahl was a brilliant storyteller. You might have read some of his books, like *Charlie and the Chocolate Factory*, *Matilda* or *James and the Giant Peach*. During his life he was a big supporter of vaccinations for children (injections to prevent you getting a serious illness such as measles), he gave his time and money to ill children, and he even helped invent new medical treatments. He believed in kindness above all things. Lots of his stories are about children doing amazing things, even when life was really tough. This is the idea behind the Roald Dahl's Marvellous Children's Charity – to help seriously ill children and their families in their times of need, so they can do amazing things too.



“ My Roald Dahl Nurse, Sarah, is amazing. She's one of a kind and I don't think she realises just how important she is to me, my mum and my family. ” Logan, aged seven

HOW CAN I HELP?

Raising money with your family is fun! You'll be just like some of the characters in Roald Dahl's stories who undertook kind acts to overcome the odds. We need to provide more Roald Dahl Specialist Nurses so we can help more children. We support more than 21,000 children at the moment but we know there are over 100,000 seriously ill children in the UK who need this kind of specialist support. If you would like to help raise money so we can provide more Roald Dahl Specialist Nurses, why not take part in some marvellous fundraising?



WHY ARE ROALD DAHL SPECIALIST NURSES SO SPECIAL?

Roald Dahl Specialist Nurses are experts, and they are always there for the children and families they support. They advise, they reassure and they become 'part of the family'. Children with lifelong illnesses often have to go to lots of hospital appointments and Roald Dahl Specialist Nurses are experts in co-ordinating those appointments so the children and families don't have to be at the hospital as much. The nurses provide the support children need when they are nervous, scared and when they need medicine or treatment. They are always there to talk to for advice and reassurance.



“ Kat is my Roald Dahl Specialist Nurse. She has been amazing. She showed me a way out of the darkness, believed in my ability rather than my disability and has been so much more than just a nurse. She has been the light for not only me but my whole family, and I owe the charity so much. ” Will, aged 14



We have lots of fundraising ideas on our website, including ideas from a recent competition that was judged by Doctor Who star Jodie Whittaker. Sarah (pictured below) won the competition with her film night idea, where you invite your friends and family to watch a Roald Dahl film, provide themed snacks and dress up as your favourite Roald Dahl character. Guests pay a donation to Roald Dahl's Marvellous Children's Charity.

Or why not get your school or group to host a Roald Dahl Dress Up Day on Roald Dahl Story Day (13 September – or any day you like), where you dress up as your favourite Roald Dahl character and pay £2, with all donations going to Roald Dahl's Marvellous Children's Charity. There's more info on how to get started at www.roalddahl.com/fundraising.



14. POP TV *Advertisement feature*



ASH and Pikachu's latest adventure has begun in *Pokémon Journeys* – now on POP, the fun-filled, free-to-air television channel for kids!

Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.



Ash meets Goh, another boy with boundless curiosity about Pokémon, and both are overjoyed when Professor Cerise asks them to become official research fellows.

With Ash as determined as ever to become a Pokémon Master, and Goh aiming to catch one of every Pokémon (including the Mythical Mew) our heroes are in for adventure and excitement as they explore the wide world of Pokémon!



CATCH THE WHOLE OF THE SERIES ON POP, WATCH EVERY DAY AT 6:30PM.

POKÉMON
MOVIES



WHICH POKÉMON ARE YOU?
ANSWER AT [FIRST.NEWS/POKEMONPOLL](https://www.firstnews.co.uk/pokemonpoll)

COLOUR IN!



TEEN GENIUS

PAULINA Chávez plays Ashley Garcia in the Netflix original series *Ashley Garcia: Genius in Love*. We caught up with the actor in Los Angeles to find out more about the show!

■ **Hi Paulina! What can you tell us about the series?**

It's about a 15-year-old Latina, the youngest person to ever earn a PhD in both robotics and applied maths. She gets her dream job at JPL [the Jet Propulsion Laboratory] to make robots for NASA, so Ashley moves in with her uncle Victor [Jencarlos Canela] in Pasadena, far away from her over-protective/loving mother.

■ **That sounds like a big job! What else can you tell us about Ashley?**

Ashley is hoping to get a chance to have a fun, normal teenage experience by fulfilling her bucket list. She is an extraordinary teen who has focused on her studies all her young years, now she's landed her job at JPL.

■ **Are there any similarities between you and Ashley?**

I'm similar to Ashley in several ways: we are both Latinas who have been focusing on training to pursue our careers. In order to be able to follow my dreams, I was home-schooled and missed out on the high school experience. Ashley focused on school and earned her PhD and moved across the country to work at JPL in Pasadena, while I also moved from Texas to Los Angeles to work on the Netflix series and follow my dreams. Also, our moms are very overprotective, just like every Latina, loving mom!



■ **You've just turned 18, so was it quite easy thinking back to play a 15-year-old?**

I was actually 16 going on 17 when I booked the role, so I wasn't too far off the 15-year-old Ashley. I immediately related to her because of the fact that I also missed out on the middle school and high school years.

■ **What were you like when you did actually go to school?**

When I was in elementary [primary school], I was involved in activities like cheerleading, theatre and dance, and I would always volunteer in community events. I continued with theatre, band and mariachi in

middle school. I was then home-schooled in eighth grade.

■ **Ashley is a very cool science fan. Do you think shows like this make science cool for young girls?**

Yes, I believe it's important to have shows like *Ashley Garcia*, as this can have a huge impact on the career exposure for young girls. There needs to be more positive roles on TV and in film, so that girls can see themselves in those careers.

■ **What kind of research did you do for the role?**

I actually didn't do a lot of research for the science part of it, though I did read a few articles; it was more about the character development. I had the chance to observe other extremely smart people around me and adopted some personal traits and applied them to Ashley. I did have to learn a lot of science terminology [vocabulary] and difficult phrases!



■ **Ashley works with some NASA scientists, so what did you learn from NASA?**

I didn't get to visit NASA or JPL; they have really strict rules for visitors, but I did get to work with a robot on the show. It was really interesting to see the robot being controlled and have it do all the moves needed for the show.

■ **Would you like to go into space one day?**

I think space is incredible and there is so much to explore and learn, but I do not see myself wanting to go to space!

■ **Do you believe in extraterrestrials?**

There are so many galaxies out in the universe, that it is hard to believe that we are the only living beings. I wouldn't be surprised!



■ **Finally, why should we tune into Ashley Garcia: Genius in Love?**

Ashley Garcia: Genius in Love is about an aspirational young Latina girl who is relatable. It is incredible how this show is representing Latino families and I'm super excited for everyone to watch.



Series one and two of *Ashley Garcia: Genius in Love* are available to stream on Netflix

THIS WEEK



1 Soccer Aid takes place this week and there's a star-studded line-up taking part, but the charity match will be held without an audience for the first time. Joe Wicks is one of the celebrities who will play for England, and he said: "When you get the call-up to play for the England side at the Soccer Aid for UNICEF match, it's impossible to say no! It's an amazing experience to play with some of football's biggest legends and this year's game is going to be particularly special. We know we are playing to help UNICEF's vital work to help stop coronavirus making life even tougher for vulnerable children around the world." Catch all the action on Sunday 6 September at 6:30pm on ITV.

2 The Masked Singer UK will return in 2021 and there will be a new judge on board. BAFTA award-winning comedian Mo Gilligan will join Davina McCall, Rita Ora and Jonathan Ross in a bid to guess who is behind the masks.

3 Justine Afante has been crowned the winner of The Voice Kids 2020. The singer was part of Team Pixie.

4 The final 40 acts in this year's Britain's Got Talent competition have been revealed. The live semi-finals begin on Saturday 5 September on ITV, with Ashley Banjo (right) replacing Simon Cowell.



PICS OF THE WEEK

PANTOMIMES in theatres around the country may have been cancelled, but former *Blue Peter* presenter Peter Duncan is bringing this festive tradition online for everyone to enjoy!

Traditional pantomimes may be tricky this year, but a talented team is taking the story of Jack and the Beanstalk online. Filmed in London, and following social distancing rules, the show is full of ingenious sets, fabulous costumes and even a real beanstalk!

Jack and the Beanstalk will be available to stream from 4 December until 10 January and ticket holders will be able to watch it as many times as they want. Early bird tickets (£15) are available now at www.pantoonline.co.uk.



ADAM B

YouTuber Adam B joins the *Blue Peter* gang this week as their brand-new presenter! He told us about nabbing his dream job...

■ How excited are you to be *Blue Peter's* 40th presenter?

It's so crazy to hear those words! I've only told my mum and dad, so hearing you say those words is still pretty alien to me! I'm very pumped and gassed to be joining the team though.

■ Have you always been a fan of the show? And what are your memories of watching it?

It's crazy – this show that I watched growing up is a show I'm going to be involved in! There were four presenters when I was watching it too, so it's crazy to be part of

a team of four now.

■ How different is it to your YouTube channel?

YouTube is a lot of work. I'm the talent, the editor, the director, the designer – and I upload it at the end. I'm like a one-man production team. With *Blue Peter*, you've got this whole team around you, so you feel a lot more taken care of and reassured. Other people know

what's going on and can plan ahead, so it's great to turn up, do my thing and leave again!

■ How did your mum and dad react when they heard you'd got the job?

The same as me; they were in shock! When I finished the screen test, I thought I hadn't done brilliantly, since I kept looking into the wrong camera... so I wasn't expecting it at all. It was a huge, good surprise!

■ Your first *Blue Peter* challenge saw you spending a day with the Buxton Mountain Rescue Team – what was that like?

I'm not a fan of heights, so it was definitely a challenge for me! From the top of the mountain to the bottom is quite a long way down. It was a good challenge though. I got to face my fear of heights, and learn a lot about what the rescue team does in there day-to-day.

■ *Blue Peter* is known for being a show where you can learn some arts and crafts skills – how are you at that kind of thing?

I wouldn't call myself Leonardo da Vinci, but I like to get stuck in with arts and crafts! I've done a lot of DIY stuff for my YouTube channel, and worked with my dad on making props before.

Blue Peter is live on CBBC every Thursday at 5:30pm and is available on BBC iPlayer.

18. BOREDOM BUSTERS! PUZZLE FUN

WIN! MARVEL BATTLEWORLD BATTLE BALLS



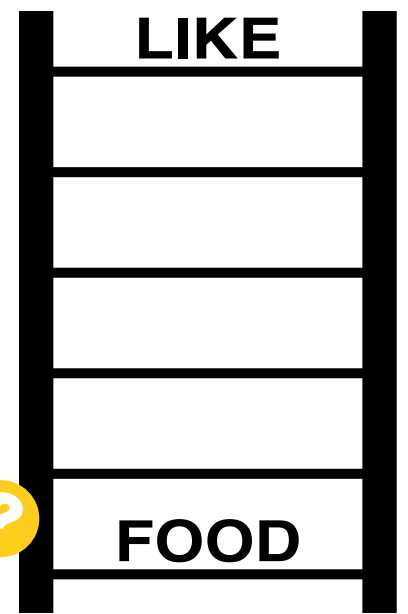
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CAN you complete our sudoku puzzle, filling in the numbers one to nine?

Send in your answers and three lucky winners will each win two Battle Balls. This summer, head into an epic battle with Funko's brand-new toy range, Marvel Battleworld: Mystery Of The Thanostones. Collect your favourite Marvel Heroes and take down the evil Thanos! The best part? Each Battle Ball contains a mysterious Thanostone with a surprise character – you never know which one you're going to get! Available to purchase at Smyths Toys Superstores, Tesco and Asda.

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

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! MAPPED HELIX COSMIC BUNDLE



CAN you complete our crossword puzzle by using the clues below?

Send in your answers, and five lucky winners will win a Mapped Helix cosmic bundle.

One of the UK's leading stationery brands, Mapped is giving you the chance to win an exclusive cosmic bundle, just in time for the start of the new term!

www.mapedhelix.co.uk

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

ACROSS

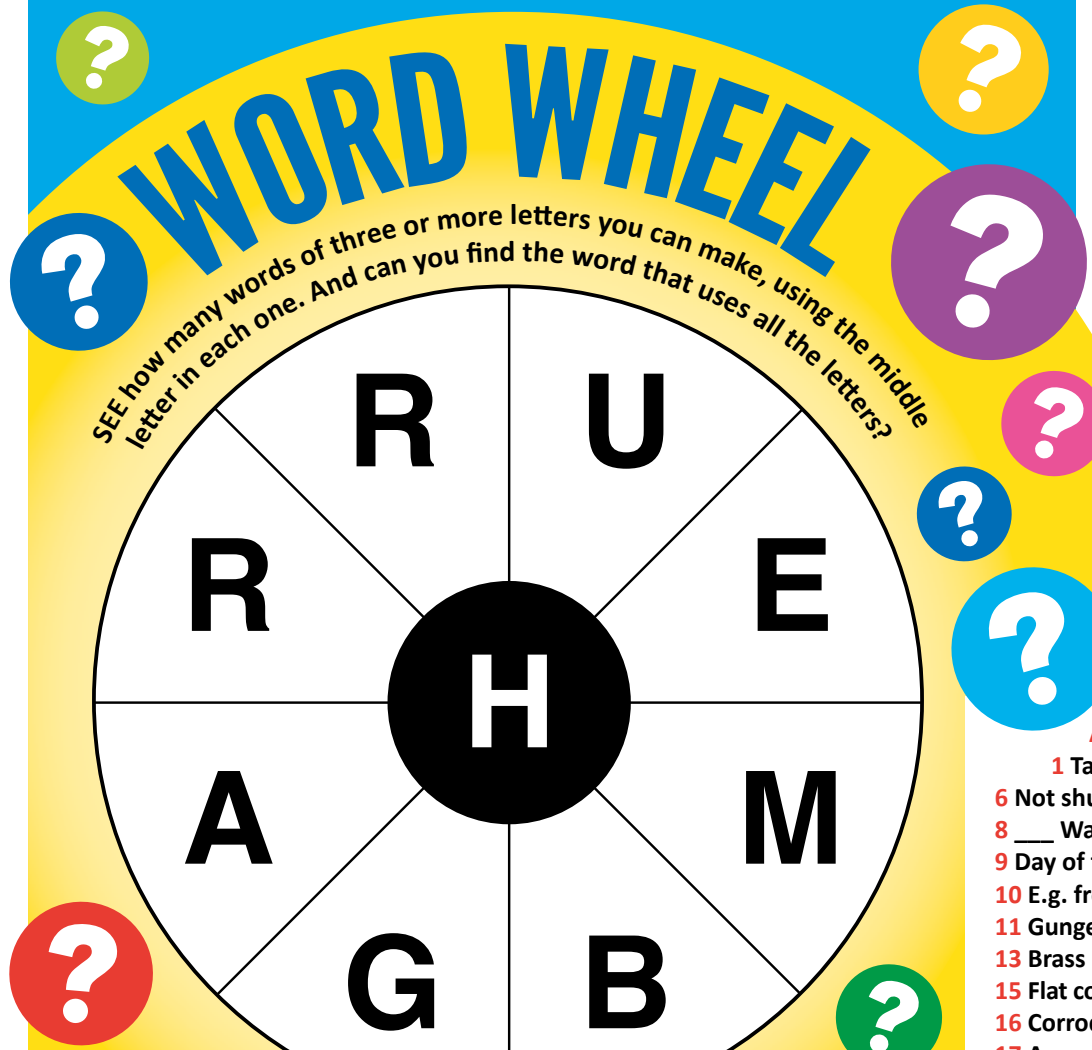
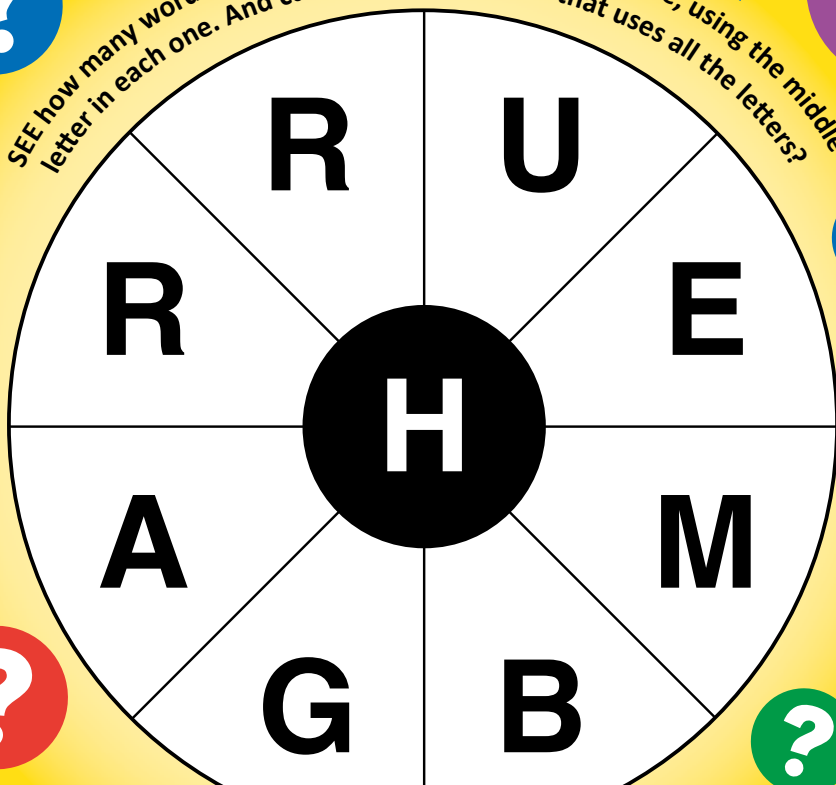
- 1 Talk to another person (11)
- 6 Not shut (4)
- 8 ___ Watson: Harry Potter actor (4)
- 9 Day of the week after Monday (7)
- 10 E.g. from Dublin or Cork (5)
- 11 Gunge (5)
- 13 Brass musical instrument (7)
- 15 Flat container used to carry food and drink (4)
- 16 Corrode (4)
- 17 A country in Europe (11)

DOWN

- 1 Numbers that reference a grid point (11)
- 2 Come across or encounter (4)
- 3 Sound (5)
- 4 Military force (4)
- 5 Over-emphasised (11)
- 7 Room for young children (7)
- 8 Opposite of later (7)
- 12 Plentiful or abundant (5)
- 13 Form of transport you hire (4)
- 14 Popular edible fish (4)

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?



19. BOREDOM BUSTERS!

HOW TO ENTER:

Send your finished puzzles by email to win@firstnews.co.uk. Don't forget to put **Puzzles 742** in the subject box. We're afraid that we can't accept postal entries for now. The closing date for entries is **Thursday 10 September 2020**.

WIN! STUFF-A-LOONS MAKER STATION

CAN you spot the five changes we've made to this picture from *Artemis Fowl*? Send in your answers and three lucky readers will each receive a Stuff-A-Loons Maker Station. Stuff-A-Loons is the new, cool way of creating your own stuffed balloons! Simply choose your fillings, inflate your balloon using the Stuff-A-Loon Station Maker, stuff and create a beautiful gift or decoration – suitable for any occasion!



www.character-online.com



A



B

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WIN! POUND PUPPIES SOFT TOYS



THESE classic Pound Puppies are looking for a loving home!

They need someone to adopt and love them, and have been waiting for someone like you to choose them as your very own pet!

They are easy to take care of – just give them a little love and lots of hugs! If you take them home, they will love you very much. Each Pound Puppy includes a sticker sheet, name tag and adoption certificate so you can write in the name you choose for your new pet!

Six lucky winners will each win two Classic Pound Puppies soft toys. To be in with a chance of winning, just answer this question:



Which of these is a breed of dog?
a) Noodle b) Boodle
c) Poodle



*styles may vary

ENTER NOW! MARK YOUR ENTRY PUP

firstnews.co.uk/competitions or see below. The closing date is 17 September 2020.

WIN! A HARUMIKA BUNDLE FROM BANDAI

DESIGN your own fashion creations with award-winning Harumika!

The brand-new collection has everything a budding clothes designer needs. With three assortments to choose from, there are different mood board sets and variations for designing your very own line of bespoke couture by layering, folding and customising fabrics and accents to model on your mannequin.

All the materials and accessories are reusable, so the possibilities are endless! Eight lucky winners will each win a Bandai Harumika bundle, which includes a Single and Double Torso set.

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

In which country would you traditionally wear a kilt?
a) Spain b) Brazil c) Scotland



Available from Smyths
[@harumikauk](https://twitter.com/harumikauk)



ENTER NOW! MARK YOUR ENTRY CRAFT

firstnews.co.uk/competitions or see below. The closing date is 17 September 2020.

COMPETITIONS: You can enter First News competitions in one of two ways. 1. Go to firstnews.co.uk/competitions and follow the instructions. 2. Write to us at 'competition name' (e.g. Holiday), First News, 7 Playhouse Court, 62 Southwark Bridge Road, London, SE1 0AT. **Please note:** First News will not share your personal details with third parties. First News will only use your details to contact the competition winners. First News competitions are open to those aged 17-and-under and residents of the UK & Republic of Ireland, except employees of First News, First Group Enterprises Ltd, Reach plc and any associated companies and their families. Winners will be the first correct entries drawn after the closing dates. No purchase necessary. No responsibility can be accepted for entries that have been lost or damaged in transit. First News will not enter into any correspondence. All winners will be notified accordingly and their names and addresses will be available on request. No cash alternative for any prizes will be offered. The winner may be required to partake in media activity relating to the competition.

LAST WEEK'S ANSWERS:

Spot the difference: Red object missing from background, Mulan's shirt is blue, helmet cap is bigger, helmet has design added, handle is longer.
Word ladder: near, bear, bead, bend, band, land.
Word wheel: different.

3	6	4	9	8	1	2	7	5	A	B	E	R	D	E	N			
1	9	7	2	5	3	4	8	6	R	O	R	I						
8	2	5	4	7	6	1	9	3	H	V	E	N	A	A	S	C	O	T
6	7	8	3	2	9	5	4	1	U	A	M	S	E	R				
9	3	1	5	4	8	7	6	2	R	A	K	E	N	E	A	R	E	R
5	4	2	1	6	7	9	3	8	T	A	S	T	E	N	M	I	N	I
2	1	6	7	3	4	8	5	9	F	A	S	T	E	N	M	I	N	I
4	5	3	8	9	2	6	1	7	L	I	O	N	S	O	C	C	U	R
7	8	9	6	1	5	3	2	4	C	E	E	D	U					
									K	E	Y	B	L	A	R	D		

HORRIBLE HISTORY



Getty

THE ongoing Black Lives Matter protests have focused attention on Britain's history of taking resources, wealth and slaves from other countries, with calls for it to be taught in schools. Dr Joanne Ruth Davis, research associate at SOAS (School of Oriental & African Studies) University of London gave us this rundown of the history of colonialism and why it's still relevant today.

Evidence of the British Empire can still be seen in many countries, including the Rashtrapati Bhavan in Delhi, India. It is the home of the Indian president but was one of the many buildings in the city built by British architect Sir Edwin Landseer Lutyens. Part of the city is still known as Lutyens' Delhi

THE SUN NEVER SETS

Have you ever heard the saying “the sun never sets on the British Empire”? During the 1800s, Britain had conquered so much of the world that wherever there was daylight as the Earth turned, the rays would land on a colony [a country controlled by a more powerful nation] of the British Empire.



The citizens who lived in these colonies, who researchers in this field call ‘autochthonous [pronounced ‘or-tok-thon-ous’] populations’, became British whether they chose to be British citizens or not, and had to obey the same laws. British colonisers ruled the colonies from afar. They owned the natural resources and workers in each colony. The saying about the sun never setting on the British Empire was used to show how Britain had superhuman strength, power and authority, as it had managed to defeat the sun.

EXPLORERS AND ADVENTURERS

Britain was not the only colonialist nation. After the Renaissance, starting in 1450, countries with ports and a coastline developed their seafaring technology. France, Spain and Portugal, as well as Germany, Italy, Belgium and Holland, also ventured to explore the world beyond the shores of Europe.



A cartoon showing England as an octopus with its tentacles grabbing land across the globe

They were inspired by the idea of newness: new spices, fabrics, jewels and precious metals would be exotic additions to their normal possessions and culture, and would raise their status even further. Ships allowed them to transport cargo back and forth to show, and then sell, their discoveries.

REFUELLING STATIONS

As these European expeditioners journeyed across the world, they set up refuelling stations along the way so that they could refresh their food stores, leaving behind staff to run them. The explorers settled in South, North and Central America, and along virtually the entire African coast south of the Sahara. They settled in Macau, Hong Kong, India, Australia, New Zealand and the South Pacific, but didn't settle in mainland China or Japan.

The stations were situated along coastlines, so that ships' crews could have easy access to produce made on the stations. After their stations became small coastal towns, people ventured inland and sometimes set up new remote trading stations. The refuelling and trading stations grew, both in size and number, and sometimes



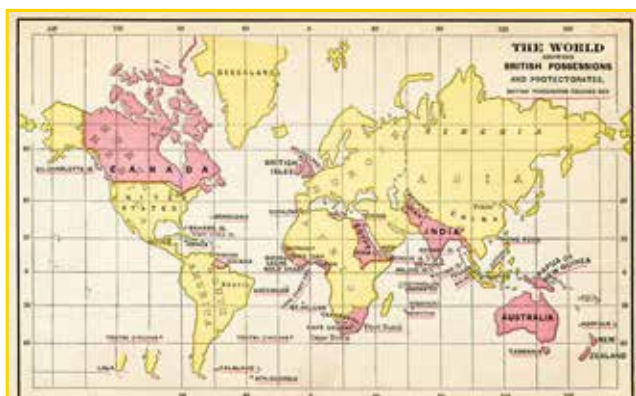
Colonialists inspect the rubber that African workers have been forced to collect

a fort would be added and soldiers would arrive. Local labourers were recruited to do menial [boring, unskilled] work, but seldom treated fairly. Slowly, all aspects of the explorer party's culture were more important and powerful than the culture of the autochthonous population(s), and the colonialists established their own powers even further.

MOVEMENT AND WEALTH

Colonialism is basically about the movement of wealth. The colonial states wished to own more of the amazing products they found along their journeys, especially plants like sugar, rubber and coffee, and natural resources such as jewels and gold. They used labourers from the colonies to extract goods, farm crops and mine resources. The colonialists wanted to include the value of these resources within the accounts of their own countries rather than the countries they occupied. They also wanted the land, so colonialists began to say that the autochthonous populations were inferior in culture, language, design, religion and many other aspects of daily life. They said that autochthonous peoples were unfit to manage and develop their own natural resources, compared to the abilities of the colonialists. By the late 19th century they had invented whole theories that rulers ought to be the white colonialists, while the black or brown-skinned workers were to be the ruled.

Autochthonous populations resisted the settlers' presence, employment practices and land use. But



A map from 1883 showing the British Empire in red. Above: a Goodyear tyre advert from 1935, comparing the company to the British Empire

21. SPECIAL REPORT

even though they were legally equal before the law of the colonial power, people still did not have proper rights – for example, even the right to vote. They often experienced terrible poverty as a result, with the problems poverty brings: ill-health, starvation, slavery, overcrowded living conditions and political persecution [cruel and unfair treatment] for standing up for their lives.

People even needed permission to journey freely around their own country. Millions across the world were abducted and sold away into slavery across the planet. But slavery was legal until 1826 and slave traders were legitimate [legally acceptable] tradesmen and their companies were legal.

Eventually, war occurred. Autochthonous populations who put up a fight were usually killed because they lacked guns and artillery [big weapons such as cannons]. Resistance and calls for social change did not work, and would cost millions of lives for the next 150 years, before the first countries gained independence, beginning with Ghana in 1957. All those global resources belonged to the colonial states for all that time.



Cape Coast Castle in Ghana was used to hold slaves before they were taken by ship to the Americas

BRITAIN WAS A COLONY TOO

In a way, all countries in the whole world have been colonised in one way or another. There is no region anywhere in which newcomers have not declared and won wars, leaving citizens at their mercy and changing the shape of their society for ever. Britain was itself a colony, firstly to the Romans, who conquered Britain in 55BCE (Before the Common Era). Soon after the Romans were expelled in 410CE (Common Era), Vikings sailed from Denmark and Sweden in their sophisticated ships and conquered coastal areas of Britain, Iceland and Northern Ireland, Greenland and North America. The Vikings also travelled by land east, towards India and China. They too ruined whole societies with murder and mayhem and stole their goods, which is how Vikings get their pirating reputation. Other social meetings were less



Viking ships arriving off the coast of Britain

violent, and some Vikings remained in the places they found, even after their main group moved on. Either way, both Roman and Viking culture, language, myths and religion became part of British culture after time. For example, the English word 'twinkle' for starlight is taken from the Danish word 'tonkle' for star. The word's existence means that Britain's colonised heritage can be seen in its daily culture without our ever even knowing it or thinking about what that represents.



The Romans' presence in Britain can still be seen at sites like Chester's Roman fort and Hadrian's Wall

INTER-COLONIAL WARS

In the 15th century, competition began to rage between the various European seafarers. These colonial powers were all trying to outdo each other in the race to take over the world's countries. This meant that they spent more time fighting each other than actually colonising. For example, they would compare the number of ships they had, the wars they won at sea against each other, as well as how much they had taken in jewels, luxuries and natural resources from the countries they colonised. Furthermore, when colonial states went to war against each other, even in a completely different part of the world, the winner took over all the territories of the whole region belonging to the loser. The fate of the autochthonous peoples was entirely in the balance.



The Mau Mau uprising against colonial rule in Kenya led to some of the most horrific abuses by Britain's colonialists. Thousands of people were imprisoned, hanged or murdered, including women and children

This turned out to be too expensive for the colonialists. Instead of continuing to fight each other, in 1887 the European superpowers made the Map of Berlin to carve up Africa fairly between them. This meant that they could save fortunes by ending the wars against each other.

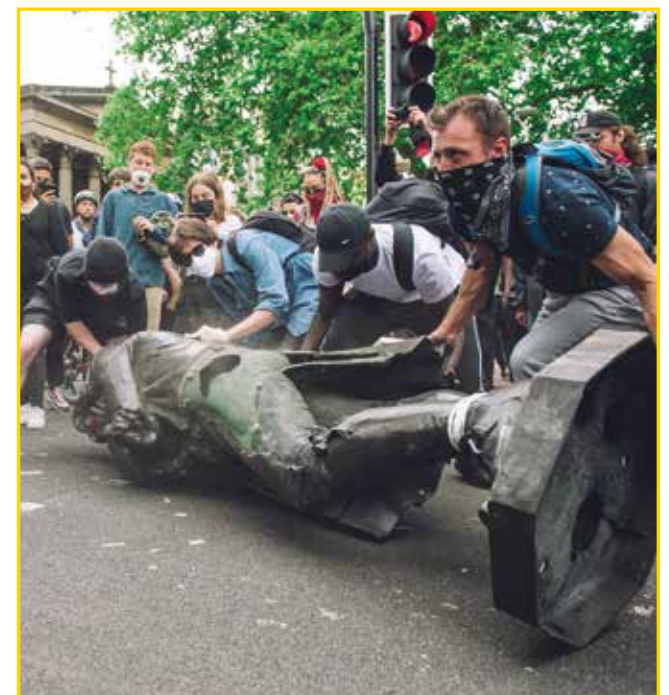
The leaders of the autochthonous populations across the world were not with them or involved in this, and many spent the following century fighting against these new borders, which cut through communities and societies without caring for their normal lines. The colonialists didn't carve up the rest of the continents in the same way, but they did stop fighting each other.

COLONIAL HISTORY

Colonialism is really interesting, because no two colonial histories are the same, even if the general pattern is. Different colonialists used different approaches to occupy autochthonous lands, and autochthonous peoples in those lands each responded uniquely to issues of colonialism.

This provides a complicated set of ideas to be understood, yet colonialism is not part of the British school curriculum in history, economics or literature. To study British colonial history, you have to be at university, but there are precious few researchers who do – which means there are good jobs available. Perhaps this is because while big social changes occurred in the colonies, nothing changed in Britain or other colonial capital cities. However, there was a visible build-up of wealth, as impressive buildings and roads, towns, universities and so on were set up using the money made from colonialism.

Some have asked that colonialism be included in the school curriculum because of its real importance. And it is true that colonial history is a feature of our modern lives and relevant even to 2020. Right now, students and staff at universities around the world, including in Britain, are demanding that universities decolonise their institutions. This means institutions look very carefully at each curriculum for instances of racism or bias against any particular group and replace these with knowledge found in other knowledge systems. Institutions should also support new types of research and take a good look at subjects that may have excused the inequalities of colonialist ideas. In turn, many universities take these accusations very seriously and seek ways to change their practices. These and other institutions do not want to be thought to excuse or encourage a terrible colonial history of racism, race supremacy [thinking that one race is better than another] and treating people unfairly.



The statue of slave trader Edward Colston in Bristol was rolled into the harbour during the Black Lives Matter protests in June

22. GAME ZONE

THE MOST EXCITING NEWS FROM



EUROPE'S biggest games convention may have been held entirely online this year, but that doesn't mean it hasn't served up some exciting new games for us to get hyped about!

Gamescom began with a special two-hour-long showcase called Opening Night Live (ONL), where presenter Geoff Keighley revealed some more details about games that we already knew about, as well as showing off some new ones.

One of the biggest bits of news from the show was the reveal of *Fall Guys* Season 2. Featuring all-new medieval-themed levels and skins, it's looking like a lot of bumbling fun!

Next up was a proper good look at the PS5 exclusive, *Ratchet & Clank: Rift Apart*. As the heroes blast their way through enemies, they'll find themselves leaping (and falling) through wormholes into other dimensions. This stuff really shows off the power of next-generation consoles,

as these other dimensions feel like completely different, detailed levels. It's actually pretty bizarre not seeing a loading screen as you go from dimension to dimension.

We've been excited about *LEGO Star Wars: The Skywalker Saga* since it was first announced, and this week we actually got to see some gameplay. Rather than the top-down appearance that LEGO games have traditionally had, it looks like *The Skywalker Saga* will be played over the shoulder, a bit like *Fortnite* (PEGI 12). It's definitely an interesting mix-up, and we can't wait to see more.

Finally, there was one big announcement that we're extremely excited by – a co-op multiplayer mode is coming to *Untitled Goose Game*. Honk!



WHAT CAN THE DUALSENSE DO?

SONY has begun to reveal some of the cool things that their new DualSense controllers can do.



The smooth, white controllers already look pretty futuristic, but the technology inside is more impressive!

Like the Switch's Joy-Cons, precise vibrations from within the controller will give you feedback on what's happening.

An explosion on your right will mean the controller will shake from the right, a magic spell might ripple through the controller, or it might feel like electricity flows from the base of the controller, out from the top.

The DualSense will also have 'adaptive triggers', which can change function, depending on how you press them. Pressing a trigger halfway could mean just firing out one missile, while pressing it all the way could release several.

One developer has even said that when you run out of ammo in its game, the triggers will freeze and you won't be able to press them at all!

What do you think of these new features? Do they make you want to get your hands on the DualSense?

OXFORD CHILDREN'S BOOKS Advertisement feature

Frobscottle, Delumptious, Oompa-Loompa...



AVAILABLE NOW!

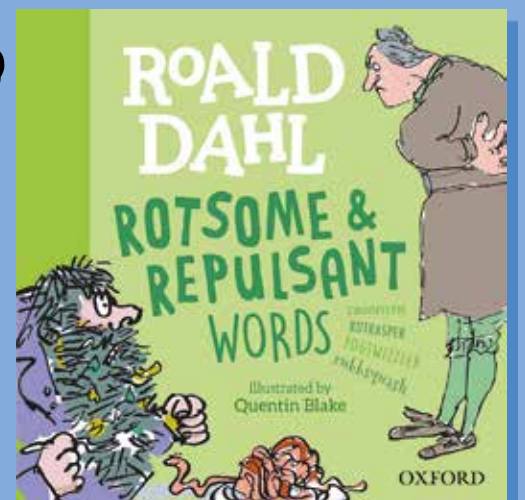
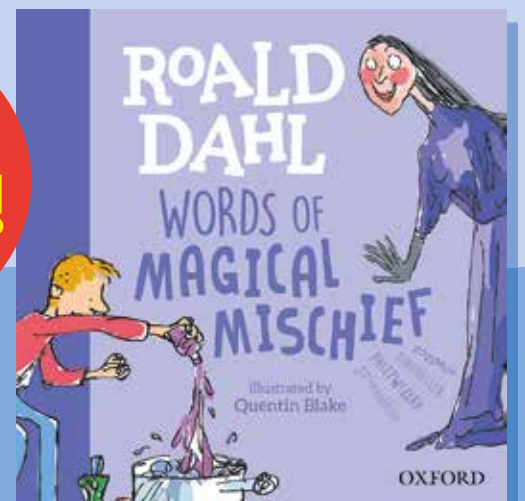
YOU might recognise these words from many a bedtime reading of Roald Dahl, but did you know that they're all examples of gobblefunk?

That's the name Roald Dahl gave to the words he invented and used in his phizz-whizzing stories. Explore the marvellous world of Roald Dahl's language in these two new collections of fascinating language facts and top tips to create your own stories!



INVENT YOUR OWN MAGICAL WORDS WITH THESE TIPS FROM ROALD DAHL WORDS OF MAGICAL MISCHIEF

- Concoct new synonyms for a word by changing the ending. For example, **witchy** becomes **witchful**, **witchsome** or even **witchicious!**
- Brew up a new magic word using rhyme! Roald Dahl loved to make up words this way, like **flavory-savory**, **Oompa-Loompa** and **ozimus-zozimus**.
- Make a new word by respelling words like fantastic or fantabulous with **PH** to make **phantastic** and **phantabulous**. They instantly look more magical!



Gobblefunk Challenge!



DID YOU KNOW...

that **13 September** is **Roald Dahl Story Day**?

See how many of Roald Dahl's invented words you can use throughout the day!

FIND MORE ROALD DAHL ACTIVITIES AT WWW.OXFORDOWL.CO.UK/ROALD-DAHL

23. CRAZY BUT TRUE

PEEKABOO! I SEE YOU!



BURGER is a nosy dog. He loves to watch the world go by. That's why his owner, Brian, cut a hole in the garden fence. Then Brian had a great idea...

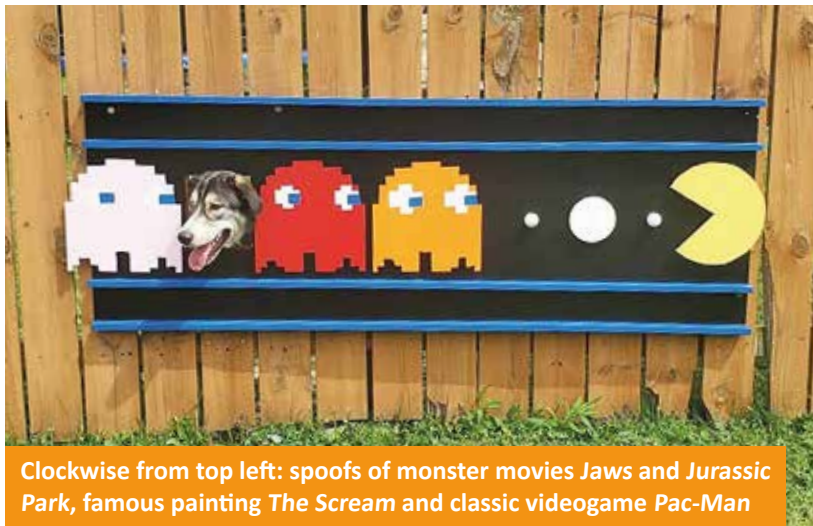
Burger spent so much time poking his face through the gap in the fence that Brian decided to 'dress up' the hole. Ever since that idea, he has designed posters with his son to make Burger the star of movies, games and famous paintings.



All pics: thedogfence/Instagram

The fun idea, inspired by the boredom of lockdown, has been well-received by neighbours and passers-by. In a little over six months, they have even built up more than 1,000 followers on their Instagram page, thedogfence.

As well as bringing a smile to people's faces, Brian uses social media to advertise dogs that are up for adoption and looking for their forever homes.



Clockwise from top left: spoofs of monster movies *Jaws* and *Jurassic Park*, famous painting *The Scream* and classic videogame *Pac-Man*

SERVICE WITH A 'SMILE'



THE Japanese employees below sure do look happy. But take a closer look and you'll see that these smiles are printed on their masks.

Japanese store Takeya has printed male and female smiling mouths on the face masks of their employees. The Smile Campaign is designed to make their employees seem more friendly. What do you think? Do they look more friendly or just a little bit odd?



Do you think they're really smiling?



HUG A TREE



Getty

THE first TreeHugging World Championships have taken place.

More than 12,000 people watched the event unfold on social media. Participants could upload their own pictures of treehugging while the live event took place in Lapland, Finland.

Competitors battled it out in three events: speedhugging (hugging as many trees in 90 seconds), dedication, and freestyle, awarded to the most dedicated and creative hugs.

Stefania from Italy was the overall winner thanks to her "convincingly caring" hugs.

PURPLE POLLUTION?

IN Scotland, the water in a burn (big stream or little river) has turned purple!

Local resident Hamish Cleland took a video of the strange sight while walking his dog in Glasgow's Tollcross Park.

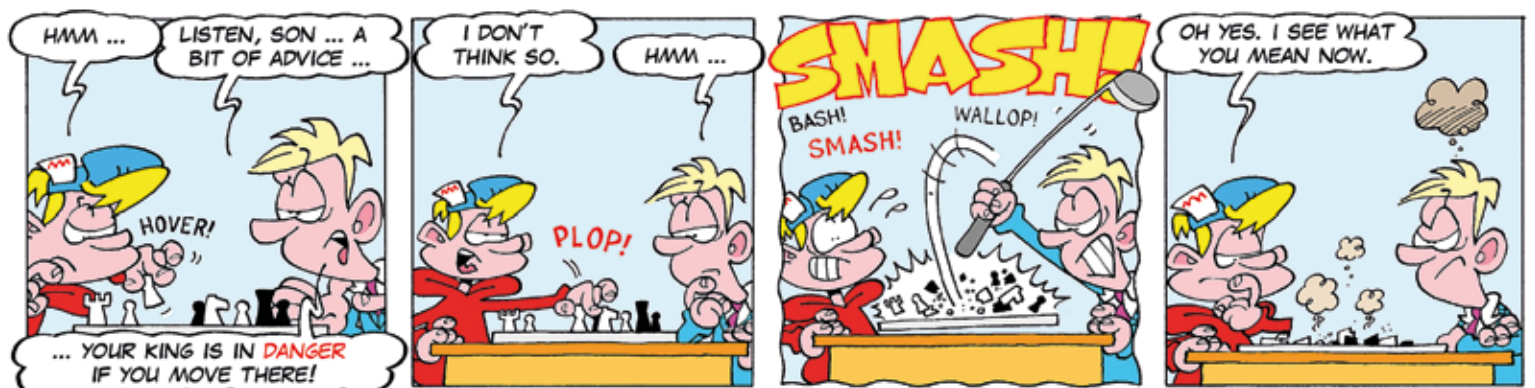
Nobody knows what has caused the colour change, but the Scottish Environment Protection Agency (SEPA) is investigating the mystery.



Hamish Cleland/Facebook



Written and illustrated by Paul Palmer



24. SHOPS

WHAT'S IN THE SHOPS?

WHERE'S WALLY?

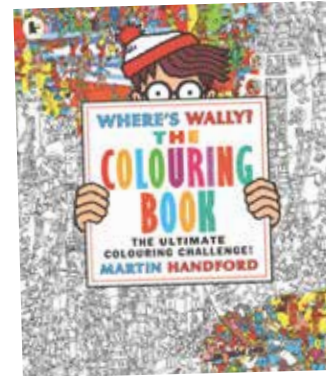
WHERE'S WALLY? JIGSAW PUZZLES FIREBOX.COM £14.99

Choose from one of three *Where's Wally?* thousand-piece puzzles. Each one features a classically chaotic *Where's Wally?* scene, jam-packed full of unusual characters, drama and silliness. It's the ultimate gift for *Where's Wally?* fans who love doing jigsaw puzzles. How long will it take you to find Wally?



WHERE'S WALLY? FIND IT FAST GAME AMAZON.CO.UK £11.99

How quickly can you spot Wally? The *Where's Wally? Find It Fast* game is a fun and speedy matching game! Pick a card that contains multiple images of Wally and other general objects, then roll the picture dice – find an image on the dice that matches one on the card to win the round. The player who finds the most matches wins.



*All prices correct at time of printing

WHERE'S WALLY? THE COLOURING BOOK WATERSTONES £8.99

Get ready for the ultimate colouring challenge! Bring busy *Where's Wally?* scenes to life by colouring them in and search for hundreds of things as you go. Try to find Wally and his lost colouring pencils in every scene too – the hunt is even trickier in black and white! When you reach the end of the book, read the checklists for even more things to flick back and find!

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We are extremely passionate about the environment and we are always looking at ways to reduce waste throughout the company and across all of our products. Our paper comes from sustainable sources. The new material we use to wrap mailed copies is made from potato starch, so it is now fully home compostable and completely biodegradable, and you can put it in with your food waste, in your green garden waste recycling bins, or on your own compost heap.

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READY, set... back to school! To celebrate, we've teamed up with Learning Resources® to give six lucky winners a brilliant bunch of back-to-school essentials! You could win:

MathLink® Cubes Set of 100: Easy for little hands to connect and twist apart. Great for counting to 100 by tens and ones, grouping and one-to-one correspondence. Includes an activity guide.

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

How many years are there in a decade?
a) 10 b) 50 c) 100



www.learningresources.co.uk

ENTER NOW! MARK YOUR ENTRY SCHOOL

firstnews.co.uk/competitions or see page 19. The closing date is 17 September 2020.

WRITE A STORY WITH CRESSIDA COWELL

A FEW months ago, Cressida Cowell, author and Waterstones Children's Laureate, started a new story in *First News*. Then she handed things over to YOU to write what happened next. Every week the story has continued, written by our readers, 250 words at a time. Read every part of the gripping tale at:

FIRST.NEWS/CRESSIDACOWELL



SO FAR IN THE STORY...

Long ago, a war between spellcasters and evil creatures took place. For years, many of these evil creatures have been locked away... until shapeshifter Typhon helped his father, the Lord of the Beasts, to find the door to an ancient maze that could return these monsters to the world. The task of stopping these evil beings has fallen on young spellcaster Ferocity and her smoke-producing pet boggart, Guggalugs, who, after surviving a surprise attack from the shapeshifter, have tracked down the Lord of the Beasts with their spellcasting allies: the mysterious Trick, his sister Aida and his mum Ariella. The three had been fooled into believing that the shapeshifter was actually Trick's grandfather, and very nearly lost their lives to him. Now they face Typhon, the Lord of the Beasts and an army of his subjects in a race to the centre of the strange, magical maze.

PART 23: BY LUCY HALLAM

'No!' Ferocity screamed, at the same moment that the Lord of the Beasts roared 'Yes!' The crimson spell stopped in its tracks and then receded before disappearing in a puff of mist. The Lord of the Beasts turned and raced towards the voice, completely forgetting about the spellcasters. Ferocity went to race after him, but Trick held her in place. 'What are you doing?' she cried. 'We can't go after him,' he told her. 'He's too strong and he's got all of those beasts defending him.'

Ariella, Aida and Guggalugs were nodding too.

'But we can't let him get the banisher,' Ferocity sagged in Trick's arms. Deep down, she knew he was right.

'So what do we do?' Aida asked quietly. 'If the Lord of the Beasts gets his hands on it, we'll be banished... forever.'

There was an ominous silence. None of them could think what to do. Then a victorious roar pierced the air.

'The Lord of the Beasts,' Ariella whispered. The five glanced at each other, and then, coming to a silent agreement, they pelted towards the voice.

They sneaked silently through the maze, turned a corner and there he was, the Lord of the Beasts. Wreathed in shadows, he looked more dangerous than ever. A pillar of pure white light writhed before him. He reached into it and withdrew a long, thin staff.

'Merlin's staff,' Ferocity whispered, awed.

'Yes, my dear,' the Lord of the Beasts hissed, looking right at them.

The shadows around the creature sank into him, and he revealed his true form. A mop of red hair. Big, green eyes. Betrayal and shock clenched Ferocity's heart in a vice. 'Father?'

PART 24: BY YOU!

IF you took the time to have a go at continuing the story, thank you!

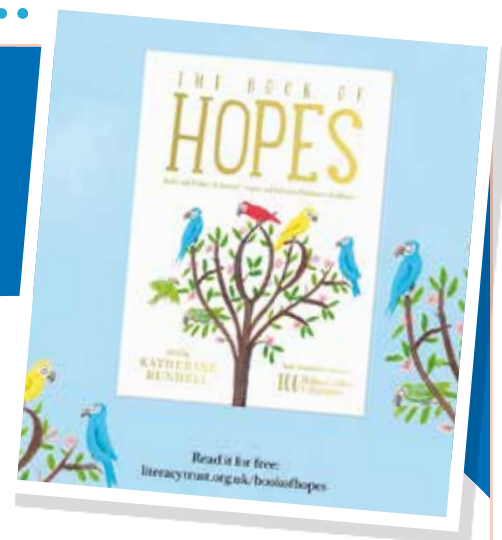
We're still enjoying reading all of your amazing entries! If your story wasn't chosen this week, there's no reason you can't try again. We could choose you to be next week's star writer!

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!



WORDS FOR LIFE



EDITED by author Katherine Rundell, *The Book of Hopes* is a collection of stories, poems and pictures to comfort, entertain and inspire, from over 100 children's authors and illustrators, including Greg James and Chris Smith, Onjali Q Raúf and Anthony Horowitz.

If you're feeling anxious about returning to school, you can read the stories for free on the National Literacy Trust website – literacytrust.org.uk/bookofhopes – or it will be available in bookstores, published by Bloomsbury, next month.

Head to page 332 to give *The Incredible Instant Joke-Creating Machine* a whirl, or *Consider the Dung Beetle* on page 92!

Words for Life



READ IT FOR FREE: LITERACYTRUST.ORG.UK/BOOKOFHOPES

YOUR READS!

ZOE'S RESCUE ZOO: THE CUDDLY KOALA

AMELIA COBB

reviewed by Zoe Bailey, aged seven

The Zoe's Rescue Zoo books are all about a girl called Zoe and her special mouse lemur friend Meep, who live at her great uncle's rescue zoo.

Great Uncle Horace has recently rescued a baby koala from Australia. Zoe helps the koala, called Kip, to learn to climb, but sadly Kip falls out of the tree.

Zoe has to find a way that the koala feels safe again and she can keep looking after him. Luckily, Zoe has an amazing gift: she can actually talk to animals! With the help of a backpack she builds Kip's confidence to be off the ground again.

There are other books all about baby animals in the series, and this book is suitable for 5-8 years. I have enjoyed other books in this series, because they are heart-warming and funny.

The cuddly koala is my favourite book in this series, because I really like koalas.



RIVER ISLAND KIDS #BEBOLD

@RIVERISLANDKIDS 

WANT MORE?
HEAD OVER TO [RIVERISLAND.COM](https://www.riverisland.com) FOR THE BOLDEST 'BACK TO COOL' LOOKS!

Now you're back at school, it's important to keep having fun and being yourself, in and out of class! Remember it's cool to be confident, so Be Bold and that A+ in attitude (and style) will soon be yours. If you've finished your homework, go for extra credit and give our activities a go!

FIND YOUR BOLD

SPOT THE DIFFERENCE

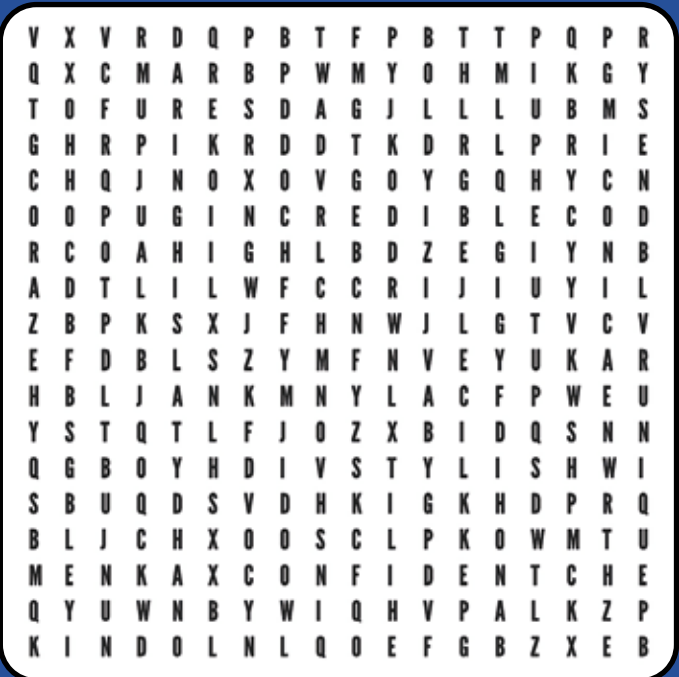
It's the **you**niform you really, really want, but how well do you know it? Spot the five differences between these two images to test yourself!



CHANGES: Shoes are black, wall is blue, RI logo added, peace hand removed, jumper cuff turned white



We've hidden nine words for you to hunt down. How many can you find?



- Incredible
- Daring
- Bold
- Kind
- Stylish
- Confident
- Iconic
- Unique
- Cool

TOP THREE TIPS

Be yourself

You are one of a kind! Be confident in your strengths and proud of the things that make you unique. Being like everyone else is boring. Stand out from the crowd and embrace your boldest self because it's amazing!

Be kind

You're back at school, but we know it can still feel scary at times. If your friend is upset, ask them how you can help. We all have bad days, but sometimes all it takes is for a friendly face to check in to cheer us up. It's cool to be kind!

Be creative

Do more of the stuff you love! If painting makes you happy, pick up your brushes and create another masterpiece. If you love music, why not write your own song? We all have strengths, so find out what makes you tick and watch your confidence soar.



LET'S GET BOLD!



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Terms and conditions: This exclusive First News offer is available online at www.riverisland.com until 17 September 2020. The discounts only apply on River Island full-price kidswear products excluding our charity T-shirts. Log in to your River Island account and enter the code **FIRSTNEWS10** at the checkout to redeem this offer. Returned items will be refunded at the discounted price paid on production of a valid receipt. Where, in our reasonable judgment, we believe that there is an error, we will be entitled to cancel your order and refund your payment. This offer can not be redeemed in conjunction with other offers or multibuy.

LEARNING IN LOCKDOWN

SCHOOL NEWS

by Aleena Khan,
Chilton Primary School,
Oxfordshire

IT is impossible to deny that the past few months have been challenging for children who have had to miss months of school life.



Aleena

I have finished Year 6 and it has been frustrating to have missed out on the final few months of primary school. Believe it or not, I am disappointed to have missed my SATS too! However, recently I asked myself: "Have there been any positives about living in lockdown?" Surprisingly, a fair few came to mind!

● I got to grips with technology like never before! Whether it was learning on laptops, using Zoom, answering emails or approaching my teachers for help virtually, I realised learning from a distance is possible! We have the great power to

adapt – who knew an app could teach you fractions? We even made a cheesecake with my teacher on Zoom!

● Lockdown showed me just how important friendships are. I enjoyed coming up with creative ways to connect and even sent hand-written letters to cheer my friends up! Socially distant picnics in the garden are not just possible, but enjoyable!

● As a family, we shared so many meals together. Sometimes we had three meals a day together and I was amazed at how much there was to talk about!

● Living in lockdown showed me the importance of fitness and wellbeing. I aimed to do at least 10,000 steps a day, regular runs in the open air and short bursts of exercise with my family.

History will remember us as people who made a difference during a global crisis.

All young people in this country have done their bit and should feel proud. I certainly do.

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



Write in to let us know what you've been up to lately! Have you been getting creative? Been for a great day out? How has it made you feel now that lockdown is easing? 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.

INTO FILM WINNER

by Ted

WINNING Into Film's Nature In Your Neighbourhood competition left me speechless!

Part of this was because I enjoyed making it so much. During lockdown I made a series of films for homework tasks each week and started to get some great feedback from people in my class. This gave me the boost I needed to enter the competition.

The competition gave my family and I a real focus whenever we were in the garden or going on family walks during lockdown. We saw so much and by the time I came to edit the film, I had lots of footage to choose from. I hadn't got a clear idea of what the film was going to be about, but the more I thought about what I'd filmed, it fell into place, because there were all these amazing things around me that I hadn't seen as being similar to us before. It was then that I decided to share lessons from nature around us that could help us get through lockdown.

The £300 film-making first prize is amazing, especially when you go to the

Into Film website and see all of the wonderful films that other young people submitted.

The entries were really inspiring for me. I hope to take the equipment to school and my aim is to teach others how to make films, so that they can enjoy everything that film-making brings: fun, creativity and being able to tell a story about anything you choose!



Ted, winner of Into Film's Nature In Your Neighbourhood competition

JUNIOR JOURNALIST

VIRTUAL FESTIVAL

by Ines Yarokhovets-Alvarez, St Joseph's RC Primary

STUDENTS from different schools in the UK have been asked to sing a song called *With Her Head Tucked Underneath Her Arm*.

We were supposed to sing at the Tower of London this year, but unfortunately that had to be cancelled because of the coronavirus. I felt really upset and so did everyone else, but our frowns were turned around when the amazing staff from Water City Music had an extraordinary idea...

They changed the festival into a virtual concert. This was a spectacular idea! I was so excited that I still had the chance to sing and show my talent.

Water City Music helps everyone to be together, even when we are apart. This virtual festival has not just given us the opportunity to sing, it has taught us a lesson, which is to never hide your talent – and that we all have beautiful voices.

I would like to thank Robert Cole for helping Water City Music with some publicity, Michael Bochmann for arranging this wonderful project and, best of all, my mum for recording me singing this lovely song.

THANK YOU ALL!



Ines

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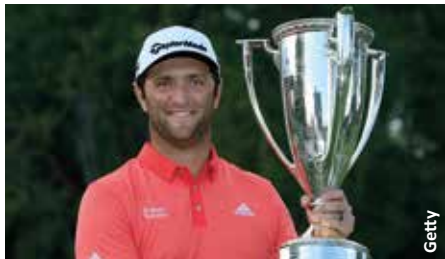
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SPORT IN NUMBERS

66

is the number of feet Jon Rahm putted his final ball to beat Dustin Johnson in the BMW Championship

play-off in Chicago. Fans had already been treated to some spectacular shots from both players, who tied at the end of the match, leading to the play-off. Jon still goes into this week's tournament behind Dustin on points.



Getty

3

is the number of tries scored by rugby league player Blake Austin for Warrington Wolves in their 36-0 win

over Wakefield. It takes Warrington to third place in the league table and was Blake's third hat-trick in his career. His final try, sealing the game and adding to Wakefield's misery, followed a run almost the length of the pitch by fellow player Ben Currie.



Getty

28

is the number of days Arsenal had to rest between playing the FA Cup final and the Charity Shield. Traditionally

marking the end of one football season and the start of another, the two rescheduled games had to be played within less than a month following the lockdown. It turned out not to be a problem for the FA Cup winners, as they beat Liverpool on penalties.



Arsenal's Reiss Nelson and Eddie Nketiah

US OPEN CLOSED



Britain's Johanna Konta is seeded number nine in the US Open

COVID-19 and controversy over a players' union have already had an impact on the US Open tennis tournament, making it one of the strangest in the history of the game.

While many of the major players will be at the US Open, a number of top seeds are unable to attend due to health and travel worries. Most notable are Rafael Nadal and Bianca Andreescu, who won the men's and women's titles last year, along with the ladies world number one Ashleigh Barty, and Roger Federer, who has had knee surgery.

Andy Murray, who returns to the game after a long recovery from injury, has said that he expects the experience to be "weird". He has not played in a major tournament since the Australian Open in 2019, so walking onto a court without any fans will be very different.

Serena Williams, who will be taking part, thinks the unusual circumstances mean the tournament will always be remembered, but she hopes that it will not devalue it. "If you win, it will be like: 'Wow, I was able to win in this crazy circumstance where there was no fans. It was just so

sterile and weird, but I mentally came through,'" she said.

Despite all the players being in a tournament bubble, French player Benoît Paire tested positive for COVID-19 before the first match was played and withdrew from the tournament. He has had to isolate for ten days, and to date no other cases have been discovered.

In addition Novak Djokovic, who is also playing, resigned as president of the Association of Tennis Professionals (ATP). Up to 70 other male professionals support him and propose to start a players' union, but other major players such as Rafael Nadal, Roger Federer and Andy Murray are not yet committed. It has caused some friction in the locker rooms already and it is not clear whether women, who have their own separate association, will be invited to join the new organisation if it goes ahead.

The US Open is on until 13 September.

T20 TEST



Eoin Morgan racking up the runs against Pakistan

Eoin Morgan captained his England team to a thrilling win in their T20 game against Pakistan, scoring 66 runs off 33 balls himself. He remains captain for the three-day series against Australia beginning on 4 September. Joe Root, captain of the Test team who beat the West Indies, has been left out along with Ben Stokes, whose father is seriously ill, and the injured Jason Roy. The shortened game is fast-paced, big-hitting and often high-scoring. The series against Australia will be shown on the BBC.

