



NEW NOSES FOR FOXES
P11



FROM SPACE TO SEA
P5



ZOOS IN TROUBLE
P7



ARTEMIS FOWL ON SCREEN
P19

First News

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THE UK'S ONLY NEWSPAPER FOR CHILDREN

FIGHTING THE VIRUS OF RACISM

THE KILLING OF A BLACK MAN BY A WHITE POLICE OFFICER IN THE US HAS SPARKED WORLDWIDE PROTESTS ABOUT RACISM

IS THIS THE MOMENT WE ALL STAND TOGETHER, WHATEVER OUR SKIN COLOUR, TO SAY NO TO RACISM FOR GOOD?

P2-3

US PROTESTS SPREAD WORLDWIDE



AMERICA BURNS WITH RAGE



After a peaceful demonstration, clashes between protesters and police led to scenes like this in Seattle

There have been increasing calls for the “defunding” of police departments across the US in recent days. This generally means taking some responsibilities away from the police and using the money for things like investing in better mental health care, so that people with mental health problems can get help instead of being arrested



PROTESTS against police brutality have continued across America, including in Minneapolis, following the death of a black American man, George Floyd, while being held down by a white police officer.

Derek Chauvin, the white police officer accused of killing Mr Floyd, appeared via video conference in court on Monday. He didn't enter a plea of guilty or not guilty.

Although the majority of protesters have been peaceful, some have been accused of taking things too far, with shops looted and even set on fire. Some have thrown objects at police, but the police have also been widely criticised for a string of attacks on peaceful protesters and journalists.

Two police officers in Buffalo have been charged with assault after they shoved a 75-year-old man to the ground, and there

have been more than 200 incidents of journalists being attacked, including one film crew who were shot at with pepper bullets while they were on air.

President Donald Trump has been criticised for his response, including by former senior members of his own party. He called protesters “terrorists” and threatened to send the army in to deal with them.

“Given the track record of impunity [no punishment] for racial violence of this nature in the United States, black people have good reason to fear for their lives,” read a statement from dozens of

independent UN human rights experts. “Many in the United States and abroad are finally acknowledging that the problem is not a few bad apples, but instead the problem is the very way that economic, political and social life are structured.”

There have been protests following previous police attacks on unarmed black people in the US, such as the LA riots after Rodney King was savagely beaten in 1991. However, the way this protest has spread around the world suggests that the calls for change in America may be too loud to ignore this time.

WHO IS SAYING WHAT?

CRESSIDA DICK, THE METROPOLITAN POLICE COMMISSIONER

...said 27 police officers in London had been injured during the first week of protests, when “a minority of protesters became violent” towards officers outside Downing Street. Two officers were seriously injured, she said. She urged protesters to find “another way” to get their voices heard, adding that she was “deeply saddened and depressed” about the violence by a small number of protesters.



F1 STAR LEWIS HAMILTON

...praised Black Lives Matter protesters for pulling down the Edward Colston statue in Bristol (p3). He said: “All statues of racist men who made money from selling a human being should be torn down! Which one is next? I challenge government officials worldwide to make these changes and implement the peaceful removal of these racist symbols.”



PRIME MINISTER BORIS JOHNSON

...said: “People have a right to protest peacefully and while observing social distancing, but they have no right to attack the police.”



BOXER ANTHONY JOSHUA

...spoke in his home town of Watford: “The virus has been declared a pandemic, it is out of control. And I'm not talking about COVID-19. The virus I'm referring to is called racism. We need to speak out. We need to be united.”



UK PROTESTS

TENS of thousands of people have taken part in protests across the UK to get their voices heard about racism, following George Floyd's death.

There were demonstrations big and small in towns and cities throughout the country, after a week in which people ignored calls from politicians to avoid mass protests because of coronavirus social distancing.

Demonstrators took to the streets in Edinburgh, Cardiff, Sheffield, Newcastle, Carlisle, Bristol, Dumfries, Derby, Chester, Wolverhampton, Middlesbrough, Lytham and Wrexham, among others. Most of the protests were peaceful but a small number of people became violent.

In London, crowds gathered at the US embassy to support protesters in America. It was a peaceful gathering of mainly young demonstrators from all ethnic backgrounds.

Daniel Oderinde, 23, said he had never seen protests like these in the UK before, where "white people and black come together in support of the struggles that we've been going through. If I can share that message and we can come together as one, then I can be part of something monumental."

An anti-racism protest was also held in Parliament Square in Westminster, where the statue of WW2 prime minister Winston Churchill was covered in graffiti.

Thousands on the streets of Manchester knelt in protest, and were joined by former footballer Rio Ferdinand, his wife Kate and their three children.

People gathered at Nottingham Forest's football ground, chanting: "Enough is enough."

Many more people took part in virtual protests. The #BlackLivesMatter movement said 22,000 people from across the world had joined an online protest to show their support. Apollo Sankara of BLM London said of the protests: "This isn't just a moment, this is a movement."



LONDON, UK

A woman walks among placards and signs left outside the Houses of Parliament



An image of the Peterborough artist Nathan Murdoch's work has been shared globally



CALIFORNIA, USA

A young boy joins the Compton Cowboys – ten friends who have known one another since childhood – during a peace ride for George Floyd

WHO WAS EDWARD COLSTON? (1636-1721)

In Bristol, the statue of a slave trader, Edward Colston, was pulled down. His name is seen across Bristol, with streets and buildings named after the 17th-century merchant and slave trader. His statue on Colston Avenue was a protected listed structure and has stood there since 1895, but it was toppled by protesters last weekend and dumped in Bristol Harbour.

His memory has been argued about for years, with some in Bristol saying you can't change history, while others campaigned successfully for his name to be removed from streets, schools and venues. The Labour Mayor of Bristol said the Edward Colston statue was an "insult" to black people.

- Colston was born into a wealthy Bristol merchant's family and, although he lived in London for many years, he was always closely associated with the city.
- By 1672 he was running his own business in London, trading in slaves, cloth, wine and sugar.
- Colston's ships took about 80,000 men, women and children from Africa to the Americas between 1672 and 1689.
- He donated to churches and hospitals in Bristol, also founding two almshouses (houses provided by a charity) and a school.
- Colston also lent money to the Bristol corporation and was a city MP for a short time.



Protesters hurl Edward Colston's statue into Bristol Harbour

1. RETAIL RETURN

In a further easing of the lockdown in England, some shops and restaurants are set to reopen on 15 June, including some branches of Primark, The Entertainer, McDonald's and Nando's. In Scotland, First Minister Nicola Sturgeon hinted that shops could open soon, but the question will be looked at again on 18 June.



2. 80 YEARS TOGETHER

One of the UK's longest-married couples have celebrated their 80th wedding anniversary. Eric and Nancy Kingston were married on 1 June 1940 and have five children, 11 grandchildren, 28 great-grandchildren and 14 great-great grandchildren.

3. SUNBATHER'S SHOCK

A man sunbathing near a railway line in Essex got a shock when concerned rail workers mistook him for a dead body. British Transport Police rushed to the scene only to find the man, who was in his thirties, was just happily sunbathing naked. Afterwards, they warned the public that the railway is not a safe place to sunbathe and that people should stay away from the tracks.

4. NEW BANKSY

Street artist Banksy has revealed a new piece of artwork inspired by the death of George Floyd in America. The piece appeared on Banksy's Instagram account and featured a vigil candle burning an American flag.

5. CLIFF COLLAPSE

You may remember last week we told you that cliff erosion had left a house in Eastchurch, Kent dangling over the edge of a cliff. The house has now collapsed over the edge, and 15 people have had to leave their homes in the area in case of any further cliff falls.

20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. SAVE THE THEATRE

Actor David Tennant has called on the Government to save theatres across the country. He says that many theatres are "teetering" on the edge of going out of business.

7. DRONES HELP BIRDS

Scientists have come up with a new way to help protect an endangered bird – wildlife drones. The kakapo, only found in New Zealand, is nearly extinct, with only 211 left. By using special drones to fly near the birds and monitor their activity, the scientists say they can check on the kakapos without disturbing them.



8. BACK IN THE HOUSE

This week, MPs returned to the House of Commons to vote in person with social distancing rules in place. The queue ran all the way outside, and voting took 90 minutes!

9. CANCELLED FESTIVAL

Sadly, the Bath Children's Literature Festival has been cancelled this year, due to the coronavirus outbreak. An exciting digital programme is being devised to take place instead.

10. GREAT GAGA

Lady Gaga's *Chromatica* has become the fastest-selling album of 2020. More than 53,000 copies of the album were sold in the first week of release and it sold more than the rest of the UK top ten albums combined. *Chromatica* features 16 new songs, including collaborations with Ariana Grande, Blackpink and Sir Elton John.



11. SPY DAD

James Bond has apparently become a father in the new movie, *No Time To Die!* In the latest instalment of the hugely popular film franchise – set five years after the last film, *Spectre* – the spy is still with Dr Madeleine Swann and they have a five-year-old daughter. Release of the film was shelved until November because of the new coronavirus.



12. LOCKDOWN READS

A survey has found that 89% of 7 to 11-year-olds have been reading during lockdown, with 37% of them reading more than before schools closed. The survey was carried out to mark the launch of the Summer Reading Challenge 2020.

13. BUSY STATION ALERT

National Rail has announced that it will start alerting passengers when train services get busy. They'll be told when they buy a ticket, to help people follow social distancing guidelines.

14. LARGEST LESSON

The UN is hosting the World's Largest Lesson on its YouTube channel. Featuring actor Millie Bobby Brown and UN experts from around the world, the lesson will discuss how the world could change after the pandemic.



15. REFUGEE WEEK

This year, Refugee Week is 15-21 June, so why not use lockdown to learn more about the lives of refugees? At refugeeweek.org.uk you can find eight simple acts to do at home, and next week we'll have a special report about the refugee crisis. Watch our video explainer at first.news/idgi.

16. BUTTERFLIES RETURN

Our sunny spring has encouraged a lot of midsummer butterflies to emerge early this year. Dozens of species, including the marbled white (below) and the dark green fritillary, are making an appearance a month before their usual season in July. Experts are saying it's the best summer for butterflies in 25 years, with large numbers of common and endangered species spotted.



17. BYE-BYE BLAZERS?

It might be the end for blazers! Blazers are hard to wash properly, and since some schools are asking students to come in wearing clean clothes every day, a blazer isn't an option any more.

18. BASE JUMPERS

Police are looking for two base jumpers who leapt 272ft (82m) from the top of St Botolph's Church in Boston, Lincolnshire. The pair were spotted jumping with a parachute, although one of them landed on his face rather than feet. Both then fled the scene. The police have called the act "dangerous and reckless".

19. COMMUNICATION CUT

North Korea says it is cutting all communication with its South Korean neighbours. The secretive country said that it will stop talking to the South until North Koreans who fled the country stop launching balloons with negative slogans about North Korean leader Kim Jong-un.

20. LOVE NATURE

The Wildlife Trusts are asking people to love and look after wildlife and wild places this summer. They want people to avoid BBQs and fires, take their litter home, keep dogs on leads and clean up their mess, be considerate towards staff, avoid trampling on meadows and – as there are no toilets – stay local.



HAS LOCKDOWN AFFECTED YOUR MENTAL HEALTH?



"My mental health has been worse during lockdown. I don't get that much exercise and I don't feel very happy, as people close to me have got ill"
– FNLive! user lune

"It is all just more relaxed at home. You don't have to stress about anything like going to school, you never have any deadlines to worry about and you have your family with you all the time. If I have any problems I can just ask my parents. I'm finding plenty of things to do" – FNLive! user ravioli

"I feel better, as we have no rush to do things and I can take my time on my work"
– FNLive! user fluffycat4

"I think my mental health has been worse because I haven't been socially interacting with others, and I haven't interacted with nature that much"
– FNLive! user sambrophy

IN a recent poll on our website, we asked whether the lockdown had been good or bad for your mental health. Sadly, more than half of you think it's been bad news.

More than half (55%) of people who voted are feeling worse, while 45% found things have been the same or better. The lack of social contact with friends and family is a big loss for some readers.

Oceangirl says: "It feels worse because I cannot see my friends or most of my family face to face, and when I see them I want to give them a big hug but I can't do that because of coronavirus."

Not having to rush for school is a big bonus

for others. Dragon13 is having a better time: "It feels better, as I am getting more sleep and feel more relaxed about my schoolwork, with less homework and more free time." For those who already suffer from anxiety this is clearly a difficult time: schoolwork, exams, the dangers of the virus and being stuck with difficult siblings all feature in your comments, but as Izzie99 says: "It's just a frightening time, but I know that we will get through this together. Keep calm and read First News!"

ACTION ON OBESITY

EATING more sweets and sugary snacks has been one downside of boredom in lockdown, but a Scottish health charity has found some health positives too.

Obesity Action Scotland found that 43% of people in Scotland are cooking from scratch more and that 21% of people are eating together as a family more. This has led to 44% eating fewer takeaways and 28% eating fewer ready meals, as well as 29% eating more fruit and veg. The charity is keen to make this shift part of a big change in eating habits, especially as almost half of people also admitted to eating more biscuits, cakes and sweets.

One of the striking facts to emerge from the pandemic is that obesity plays a big part in a person's ability to survive COVID-19.

In poorer countries where there is less obesity, there have been far fewer deaths. Almost a third of adults in the UK are obese and in the US it is almost a quarter.

Both countries have suffered high death rates, unlike many African countries where obesity levels are much lower. It's just one more reason why a healthy lifestyle is important.



A FORMER astronaut has become the first woman to reach the deepest known point on Earth – Challenger Deep.

Dr Kathy Sullivan, who was the first American woman to walk in space, dived 10.9km below the surface of the Pacific Ocean in a submersible named Limiting Factor. She is the eighth person to visit Challenger Deep, but the first to both walk in space and to descend to the deepest point in the ocean.

The trench is so deep that the water pressure is equivalent to 100 elephants standing on a human head! After returning to the surface, Kathy and her pilot, Victor Vescovo, called the International Space Station to tell the astronauts what they'd seen.

EDITOR'S COMMENT



COVID-19 is a new coronavirus – a silent disease that is challenging the world's top scientists. The race is on to find a vaccine or cure.

But worldwide protests following the death of George Floyd during his arrest has brought to the front again a virus that has been with us for centuries – racism. Unlike COVID-19, it isn't new and it doesn't need the world's top scientists to solve it. It's down to each and every one of us to treat everyone the same, regardless of their skin colour.

GOOD WEEK FOR...

WOOLLY THE WOOLLY-NECKED STORK

THE ZSL London Zoo resident has turned 32 years old, making her the oldest woolly-necked stork in any zoo. Woolly has been at the zoo for 25 years and celebrated her special day with some of her favourite treats.



BAD WEEK FOR...

CATE BLANCHETT

The *Thor: Ragnarok* actor injured her head with a chainsaw during lockdown. Aussie Cate, who is based in the UK, revealed in a podcast that although she'd scraped her head she was fine.

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MASKS ARE A MUST

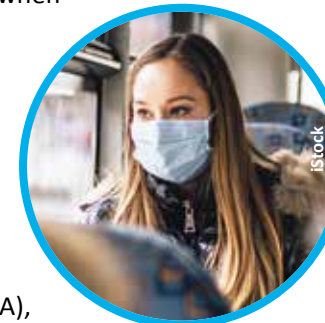
THE Government announced that from 15 June, masks must be worn when travelling on public transport.

As the lockdown rules ease, about 20% more people are using public transport but, officially, the rules remain the same. People are still expected to work from home when possible and not use public transport.

For months, scientists advising the Government could not agree on whether masks helped to stop the spread of COVID-19. But now, people not wearing a mask on public transport may be stopped from boarding or even fined.

The British Medical Association (BMA), which represents doctors in the UK, says that the Government is not going far enough. The BMA says that masks should be worn anywhere that social distancing is difficult, such as in shops. It also says that the new regulations have taken too long to be brought in.

The BMA is worried that the number of coronavirus cases will start going up again once people are mingling in public spaces.



UK

● Ant and Dec's assembly

TV presenters Ant and Dec popped up in a special virtual assembly aimed at addressing young people's fears over the coronavirus. The event was part of the NSPCC's Speak Out Stay Safe programme of assemblies. The famous pair asked Minister for Children and Families Vicky Ford questions from primary school pupils about things like home learning, social distancing and coronavirus testing. The charity has revealed that, since January, their Childline service has delivered 6,938 counselling sessions to children and young people affected by the virus.



BLACKPOOL

● Super son

An eight-year-old boy has raised more than £12,000 for his dad's cancer treatment during lockdown. James-Lee Howick's dad has bowel cancer and wants to try other treatments that are not available on the NHS. So James-Lee came up with a series of fun tasks all based on the number 33, his dad's age, to help raise the cash. Over 30 days he took part in tasks including eating 33 sweets, doing star jumps and keepy-uppies, and blowing out 33 candles.

BRADFORD

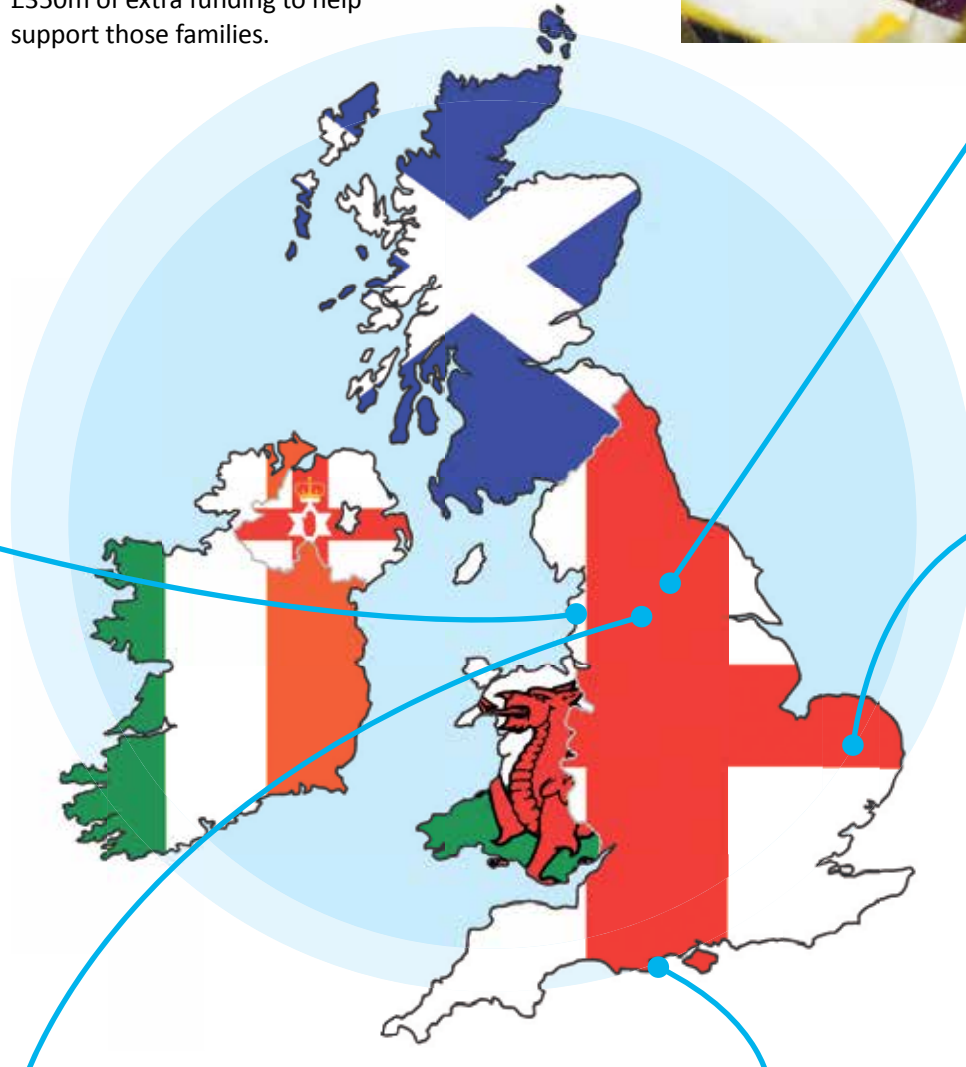
● Lack of inclusion

Bradford City Council has apologised after it produced a promotional poster celebrating the city's communities but only featured white people. The pictures were used on social media as part of the #TogetherBradfordCan campaign to help the area recover from the coronavirus lockdown, and featured seven council managers. Council leaders have apologised and said that the images didn't properly represent the ethnically diverse area.

SCOTLAND

● Kids going hungry

Food banks in Scotland have seen a huge rise in emergency food parcels going to children during the coronavirus pandemic. The Trussell Trust, which runs more than 130 food banks across the UK, reported a 62% increase in parcels going to children during April. The trust is calling on the Government to help poorer families. The Scottish government says it has committed £350m of extra funding to help support those families.



YORKSHIRE



● Garden of the decade

A garden inspired by the Yorkshire Dales has been named Garden of the Decade at the RHS (Royal Horticultural Society) Chelsea Flower Show. The cottage garden features dry stone walls, a flower meadow, stream and a bothy (shelter), and was designed by Yorkshireman Mark Gregory. This year's flower show was a virtual exhibition after the event was cancelled for the first time since World War Two, due to the lockdown.

NORFOLK

● VIP volunteers

The Duke and Duchess of Cambridge have revealed that they're supporting people in need across the UK to mark Volunteers' Week. Prince William has been helping out Shout85258 (the UK's first crisis text messaging helpline), providing mental health support as one of its 2,000 trained volunteers. Kate has also been hands-on, helping out with the Royal Voluntary Service's NHS Volunteer Responders scheme by carrying out 'check in and chat' calls with people who are self-isolating or vulnerable.



DORSET

● Seahorses return

Seahorses have returned to Dorset during the lockdown. The Seahorse Trust has revealed that 16 protected spiny seahorses were counted at Studland Bay, which is the largest number since 2008. The Trust thinks that the lower numbers of people and boats in the area are the reason for the species' return.



NEWS IN NUMBERS

500 people attended a street party in Harlesden, London, breaking lockdown rules about social distancing. The Metropolitan Police broke up the event and arrested five people.

9,000 litres of water were used to refill a pond in York to save tadpoles struggling to survive as the pond dried out. North Yorkshire firefighters stepped in to fill up the pond on their way home from tackling a fire.



4,465 competitors took part in the first sport to return after lockdown restrictions were lifted in England – pigeon racing. They were released by The Barnsley Federation of Racing Pigeons in a park in Kettering and flew the 90 miles home.





Social distancing markers have been added at Chester Zoo for when visitors return

ZOOS across the country have been devastated by news that they will have to remain closed 'indefinitely'.

Many zoos, including Twycross, Dudley, Paradise and Chester, are seriously worried for their future. If they can't raise money soon they will not be able to afford to feed the animals and may have to close forever. As charities, many zoos rely on donations as well as ticket prices to keep them going. It costs £465,000 a month to care for and feed the 35,000 animals at Chester Zoo and 97% of the zoo's money comes from the two million people that visit each year.

At the end of May, many zoos were hoping to re-open within days, along with many other non-essential businesses. Bosses of the zoos felt that with so much open space they were safer than many beauty spots, as they can manage social distancing and ensure visitor safety. But on

31 May, zoos and aquariums were put on a list that made it illegal for them to remain open.

With the possibility of no money coming their way in the near future, zoos are appealing to the Government to think again. A debate has been organised in Parliament for Thursday 11 June and zoos are hoping that the law will be overturned. Several zoos have launched campaigns to raise money so that they can keep going until then.

"We understand the challenges faced by zoos and aquariums during these unprecedented [never seen before] times, but it's vital that we do not move too quickly in reopening, to ensure public health is protected," the Government said.

SCHOOL PLAN SCRAPPED

THE Government has dropped its plan to get all primary pupils in England back to school this term.

Most schools had said that it would have been impossible to stick to social distancing guidelines with so many pupils returning to school.



Education Minister Nick Gibb (right), in an interview with Sky News kids show FYI, said he was satisfied with the return of schools so far, and that the priority was to keep pupils and teachers safe. "Schools are doing a magnificent job in keeping the schools clean, making sure that children are in those small groups of 15 and not mixing with other groups," he said.

There is still a lot of uncertainty about whether young people spread the coronavirus as much as older people, so scientists, teachers and parents have lots of different opinions about whether schools should return.

However, Mr Gibb said he wanted to encourage all parents of children in Reception, Year 1 and Year 6 to send their kids to school.

He also said that all children could be back in school in September if scientists say that it can be done safely. He also agreed that it would take many months to find a vaccine, and that was unlikely to be by September.



AN 11-year-old from London has raised more than £1,200 for the Royal Free Charity by making and selling happiness jars.

Maxine decided to make the jars to try to raise money for her local hospital, which helped her get better when she became ill with a severe allergic reaction, aged seven.

Maxine made 80 jars filled with clay rainbows, hearts and glitter, which she gave to everyone who donated to her appeal. She said: "I really enjoyed creating the jars, but it was quite tiring and took a lot more work than I expected! It was all worth it in the end and I felt really proud of myself for supporting this charity."



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

KIDS AT WORK

THE COVID-19 pandemic is going to make the problem of child labour worse, international experts say.



A boy working as a welder in Afghanistan

The UN's International Labour Organization (ILO) says that many of the forces that drive children into work, such as poverty and little or no education, will only increase as the coronavirus pandemic continues. Around 152 million kids are thought to be in work, including 72 million who do jobs that the ILO says are 'hazardous'.

Today (12 June) is the World Day Against Child Labour, and the ILO is due to release a report about the steps countries can take to ensure that children aren't pushed into work. However, the ILO has previously said that giving money to families (known as 'direct giving' or 'cash transfers') helped to reduce child labour by 40% between 2000-2016.

GHANA



● Drones vs coronavirus

The government of Ghana has been using drones to collect coronavirus test samples. Many parts of Ghana are rural with few roads, which makes delivering vaccines for diseases and collecting testing kits very difficult. The new drone network has already collected coronavirus samples from more than 1,000 health centres across the country. The UK has been helping to fund the effort, along with Gavi, the Vaccine Alliance, which helps to vaccinate children in the world's poorest countries.



RUSSIA



● Arctic oil spill

A state of emergency has been declared in Russia, after 20,000 tonnes of oil spilled into the Ambarnaya River. The oil, which came from a diesel fuel tank that had collapsed, is owned by Russian mining company Nor Nickel. Russian president Vladimir Putin announced that the company has agreed to pay all the damage costs – around £115 million.



INDIA



● Not this man's best friend

A British man has been rescued after falling down a well and breaking his leg. Jacob Roberts was fleeing from a dog when he fell into the four-metre-deep pit. After six days, Jacob's cries for help were heard by a passing farmer going to feed his cows. Police pulled Jacob out and took him to hospital, where he is recovering.



BRAZIL



● Hidden deaths

The Brazilian government has stopped recording the number of deaths related to COVID-19, and hidden previously published statistics from the government's Health Ministry website. As First News went to press, Brazil had the third highest death rate in the world, behind the US and the UK. Brazil's doctors have warned that without the information, it will be harder to plan the country's recovery, and harder to track and fight the spread of the virus in more rural areas.



NEW ZEALAND



● Clear of coronavirus

New Zealand has officially declared that it has had no new coronavirus cases for over two weeks. Prime Minister Jacinda Ardern told reporters she did "a little dance" when she was told the country no longer had any active virus cases. New Zealand has now been moved to Level One of its four-level coronavirus alert system, which means that social distancing is not required and there are no limits on public gatherings. Borders will remain closed to foreigners, however. PM Ardern said: "The job is not done, but there is no denying this is a milestone. So can I finish with a very simple: 'Thank you, New Zealand!'"



AUSTRALIA



● Night parrot "can't see at night"

The night parrot is one of the most mysterious birds in the world. Active only at night, it has long been thought that the creature must be able to find its way in the dark to be able to find food, avoid obstacles and escape predators. However, researchers have scanned the only known intact skull of the rare night parrot, and reckon that the bird's eyes aren't much better than those of other parrots.



OUR WORLD



NAME: MOISÉS
LIVES: BRAZIL



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

WITH a toy microphone and a homemade video camera put together with cardboard and tape, Moisés is determined to get the story.

It doesn't matter that he cannot actually record any of the interviews he conducts with his fellow refugees in a temporary shelter in northern Brazil. For 11-year-old Moisés, it's only important that he is talking, listening and recording history. "I ask people about what their journeys from Venezuela to Brazil were like," he says. "The responsibilities of a journalist are to tell the news, to speak with people, and to report well."

Moisés is one of more than five million Venezuelans who have left their country in recent years. Moisés

dreams of becoming a journalist so he can shine a light on what's happening in his country.

He has learned a great deal from his interviews, including this message for kids his age all over the world: "Children should be good to each other," he says. "Don't treat me badly, and I won't treat you badly – and we can treat each other well."



© UNHCR

ONE METRE OR TWO?



THE prime minister, Boris Johnson, has said he wants to reduce the COVID-19 2m social distancing rule.

The Chief Medical Officer, who advises the Government on the new virus, says the rule needs to stay in place for as long as the pandemic continues. The World Health Organization (WHO), on the other hand, says 1m is enough. In many countries, the rule is 1.5m.

The measure is in place because the closer you are to someone who is infected, the greater the risk of catching the virus. So why does Mr Johnson – and some businesses and MPs – want to reduce the UK's 2m rule?

It would make it easier for shops, restaurants, bars, factories and other businesses if people could stand just 1m or 1.5m apart. It means you could fit more people into a space.

But a new study published in medical journal *The Lancet* doesn't back the WHO or Mr Johnson. Researchers found that the risk of being infected is 13% within 1m, but just 3% beyond that distance.

The study also found that, for every extra metre of distance up to 3m, the risk is reduced by half. So being 1m away from another person could be twice as risky as being 2m away.



An empty London street during lockdown

THE COVID-19 lockdown has improved the health of nearly two million people in the UK with lung conditions.

Although the restrictions have been hard for many of us, there have been some positive outcomes for the environment, including a massive reduction in air pollution. As fewer people have gone out in their cars, our air has become cleaner.

This has meant people who live with serious lung problems such as asthma and chronic pulmonary disease have noticed significant improvements in their conditions.

The British Lung Foundation (BLF) surveyed 14,000 people in the UK with lung conditions. They found that one in six (16.2%) had noticed improvements in their health during lockdown. That works out at 1.94 million people. Visits to hospital for asthma have fallen by half during lockdown in the UK too.

There is a direct link between air pollution and lung problems. When the air quality is particularly bad, it can make lung conditions worse and lead to people having to go to hospital. But the good news is there has been a significant fall in pollution since the lockdown began in late March; scientists say there has been a 40% decrease in nitrogen dioxide (NO₂) levels. NO₂ is a gas emitted by cars, trucks, buses and power plants. It's especially bad for people with asthma, as it can worsen symptoms.

One in five parents of a child with a lung condition said they noticed an improvement to their child's symptoms, and 83% said air pollution should be a priority for the Government.

Paul, aged 14, has suffered from asthma since he was five. He told the BLF he could really feel a difference during lockdown: "I walk out, and I'm hit with clean air. This lockdown, in my eyes, has been really beneficial for highlighting the main sources of our air pollution problem, which has made me really happy."

Tens of thousands of deaths every year are linked to air pollution, and it can cause a wide range of health problems, including lung disease, heart disease and cancer.



An asthma sufferer

DRUG STUDY WITHDRAWN

TWO weeks ago we reported on a study that showed a potential treatment drug for COVID-19 had caused deaths.

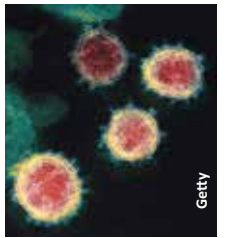
Now, that study into hydroxychloroquine has been withdrawn by the researchers behind it. They say they cannot be sure the data used in the research is accurate.

In fact, it seems the data is likely to be highly inaccurate, which has proved embarrassing for the study's authors.

The drug, which is used to treat malaria, received a lot of attention after President Trump praised it as a treatment for COVID-19, and said he had taken it. But, despite this latest study being withdrawn, the evidence so far suggests hydroxychloroquine probably doesn't work.

Last week, a University of Oxford trial was ended after hydroxychloroquine was found to have no effect on COVID-19. The study involved more than 11,000 patients from 175 NHS hospitals. There was no benefit to hospital patients who were given the drug, and it didn't help prevent very sick patients from dying.

However, thousands of scientists around the world are working hard to find treatments that do work.



TATA CONSULTANCY SERVICES

INNOVATIONS

BLIND people can read Braille in mid-air now, thanks to speakers that give off ultrasound waves.

Braille (right) is a printed reading and writing system that uses raised dots to represent the letters of the alphabet.

Now, scientists at the University of Bayreuth in Germany have developed a device that creates points in the air that are similar to Braille dots.

These mid-air dots can be felt on a person's hand if they hold it 20cm from the device, which contains 256 tiny speakers.

Tests involving 11 blind people found they all correctly identified nearly 90% of Braille characters.

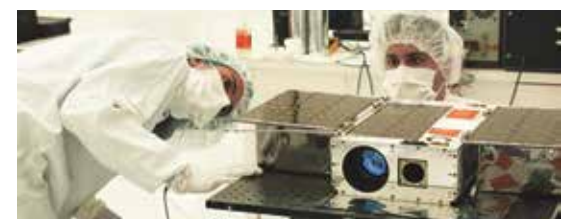


TINY SAT SPOTS HUGE PLANET

A PLANET has been detected by a satellite the size of a briefcase!

Known as ASTERIA, the satellite (right) has been roaming the Earth in low orbit since 2017. It spotted a super-hot planet, which is twice the size of Earth, by recording dips in the brightness of a star caused by the planet passing in front of it.

Scientists then measured the data and compared it to previous observations. That confirmed tiny ASTERIA had spotted a world named 55 Cancri e.



An artist's impression of the planet and its sun





25
CELEBRATING
25 YEARS OF
CHANGING LIVES

GET YOUR SCHOOL INVOLVED WITH JEANS FOR GENES DAY

MON 14 - SUN 20 SEPT

1 in 25 children in the UK are born with a life-altering genetic disorder.

Ask your teacher or school council if your school can hold a Jeans for Genes Day and help us provide vital care, equipment and support for children like Ethan.

Meet Ethan, aged 5

Ethan has Lesch Nyhan syndrome, a rare genetic disorder. Despite his complex needs, he is very alert and can communicate with his family using a PODD book, which displays symbols and pictures. Money raised via Jeans for Genes has meant that they can come to Zoe's Place to receive respite care and he enjoys time in the pool.

Sign-up for your digital fundraising kit, packed full of ideas including some great home-based and virtual fundraisers at jeansforgenesday.org

Select your fundraising day whether you are back at school or still at home, and remember if you can't make 14-20 Sept you can hold your Jeans for Genes Day at any time!



NOSEY FOXES



FOXES living in cities or towns are adapting to become more like domestic dogs, a new study has shown.

Researchers from the University of Glasgow's Institute of Biodiversity, Animal Health & Comparative Medicine have been studying the differences between urban foxes and foxes that live in more rural areas.

As part of the study, they looked at the skulls of thousands of foxes from London and the surrounding countryside to see if they could find any major differences.

They found that foxes living in more built-up areas have smaller brains and a different-shaped snout to foxes from the countryside.

The different snout makes it easier for the city foxes to forage in bins and domestic areas.

These small changes are similar to the changes that would have occurred in wild dogs as they became more domesticated.

While foxes are not domestic animals, many of them are now much more comfortable being around people. But we need to remember that they are not domesticated and you should never attempt to touch a wild fox. If you think a fox is injured or hurt, you should contact one of your local animal charities.



WOW!



A WESTERN lowland gorilla in South Africa travelled more than 40 miles in a helicopter for a medical procedure at an animal hospital. The 210kg ape was given a body scan called a CT to take a closer look at growths in his nose.

COOL CUT

WHILE the UK waits patiently for hairdressers to reopen, Trigger the alpaca has had his very own lockdown haircut.

The recent warm weather meant that Trigger was feeling the heat in his thick woolly coat. So keepers at ZSL London Zoo decided to cool him off by giving him a DIY haircut!

People across the UK have been sharing their DIY haircuts on social media, but not all have been as successful as Trigger's new look!



TURTLE SURPRISE

A BURMESE roofed turtle living alone in a remote area in China has surprised conservationists by laying a clutch of 19 eggs.

Earlier this month, 14 of the eggs hatched, which is fantastic news, as this is one of the rarest turtle species in the world.

Conservationists from the Wildlife Conservation Society (WCS) and Turtle Survival Alliance (TSA) in Myanmar announced the good news this week. Fewer than five breeding females are known to be living in the wild, so this many young is a fantastic boost for the species. The young will be raised in captivity in the hopes of increasing the numbers of these turtles.

So far, 2020 has been a hugely year successful for this species. Earlier in the year a young female turtle at Yangon Zoo in Myanmar nested, a first for a turtle of this species born in captivity. So far, four eggs have hatched, with more expected.



TAKE THE

TRAVEL TO TOKYO

VIRTUAL CHALLENGE



TEAM GB and ParalympicsGB are helping families to get active as one nation with the Travel to Tokyo virtual challenge. They are supporting families' physical and mental health by helping them stay active together through Get Set.

TELL ME MORE

Team GB and ParalympicsGB believe remaining active matters, now

more than ever, for both physical and mental wellbeing. While we might not be heading to the Tokyo Games this year, the Travel to Tokyo virtual challenge is supporting millions of 5 to 11-year-olds and their families from across the UK in getting active together as one nation.

The latest research from Sport England shows that 67% of people believe exercise is helping them with their mental health during the COVID-19 outbreak. This is supported by the Travel to Tokyo virtual challenge, which allows pupils to work alongside their classmates virtually and celebrate their

progress online as one school team.

Every physical activity, no matter how small, can be logged online as part of the Travel to Tokyo virtual challenge on the Get Set website, and getting involved has never been easier. Families can now just search for their school team using their school postcode and start logging activity – that's it!

By logging activity to their school's team, young people can stay connected to their classmates and wider school communities while working with their families to meet weekly goals and win fantastic prizes.



DOWNLOAD YOUR FREE HOME LEARNING PACK

- In order to best support families in staying active at home, there's a free Travel to Tokyo Home Learning Pack that can be downloaded at getset.co.uk/travel-tokyo.
- The Home Learning Pack is filled with Tokyo Tens, which are fun, quick and easy ten-minute activities that encourage young people to get active at home.
- From Duster Dodge, which gets pupils active in the living room using just a spare sock, to the TV Triathlon, which keeps kids moving while watching their favourite shows, every Tokyo Ten is designed to be accessible for all young people and to include their siblings and parents, to get the whole family moving.



WE'RE ALL ONE TEAM.
GET ACTIVE WITH GET SET.



TRAVEL TO TOKYO



Families can download these free resources and track their schools' progress at getset.co.uk/travel-tokyo. Keep updated with the latest news on Twitter @GetSetCommunity and @GetSetClub on Instagram. Share how you're keeping active using our hashtag #TTYYourWay

#TTYYourWay
Please be aware of age restrictions on social media websites

COUNTING CORONAVIRUS

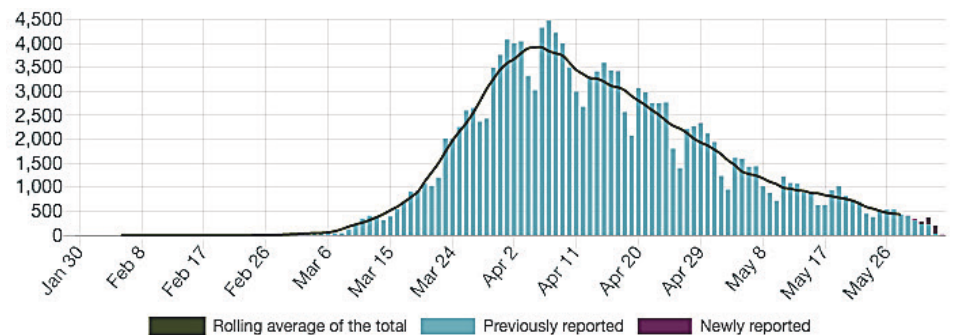


THE COVID-19 pandemic is always in the news at the moment.

Every weekday, Government ministers and health experts hold a press conference to share statistics about how widespread the virus is, the number of people who have sadly died because of it, and tell us the measures the public need to take to help keep people safe. But how do we know all these facts and figures? It turns out it's not as easy as it might seem, and there's more uncertainty behind these figures than you might expect.

● What do we count?

When statisticians attempt to work out the answer to a question like: "What's going on with COVID-19?" the first thing they have to do is decide what to count or what to measure. It's important to get this right, as choosing the wrong statistics may mean people draw the wrong conclusions and make bad decisions. In the case of the virus there are two key things that are reported each day: how many new cases, and how many new registered deaths? But what do we count as a case? And what counts as a death?



The smooth line shows the 'rolling' average

● Dying of or dying with?

Counting the number of people who have died because of COVID-19 is not always easy. Many people who have symptoms of the virus and are admitted to hospital will be tested and the test will confirm they have COVID-19. For those people who sadly pass away, some will have died directly because of the virus, but some others may die due to other medical conditions, with the person just happening to have the virus as well. Another issue is that not everyone who dies with COVID-19 symptoms may have actually had a test in the first place, and so a doctor might have to make a judgement as to whether the patient actually had the virus, or whether it may have been a different illness with similar symptoms. In these cases it's up to statisticians to decide which cases should be counted. As long as everyone recording data follows the same rules it doesn't matter too much, but it may make it hard to compare different countries that have different rules for whether to record a case as a 'COVID death'.



● Testing times

The number of 'confirmed cases' isn't the same as the number of people who have the virus, but it can be a useful measure of how it is spreading. This is because we can see how this number changes over time, and assume that even though the real number of cases is likely to be much higher, it will probably be increasing

or decreasing at roughly the same rate. A confirmed case represents a person who has tested positive for COVID-19, but many things can affect the reliability of testing. These include the number of tests increasing over time, false results from imperfect tests, and the rules about which people get tested.

● A more accurate picture

Everyone involved is working hard to provide the data to statisticians to help support the Government, but there is another problem with the daily updates. It's really difficult to get up-to-date information from the hundreds of hospitals, care homes and GP surgeries around the country. Some report patient deaths days, or even weeks, after an individual passes away. This too varies from country to country, adding to the difficulties around making comparisons with other nations. In Ireland,

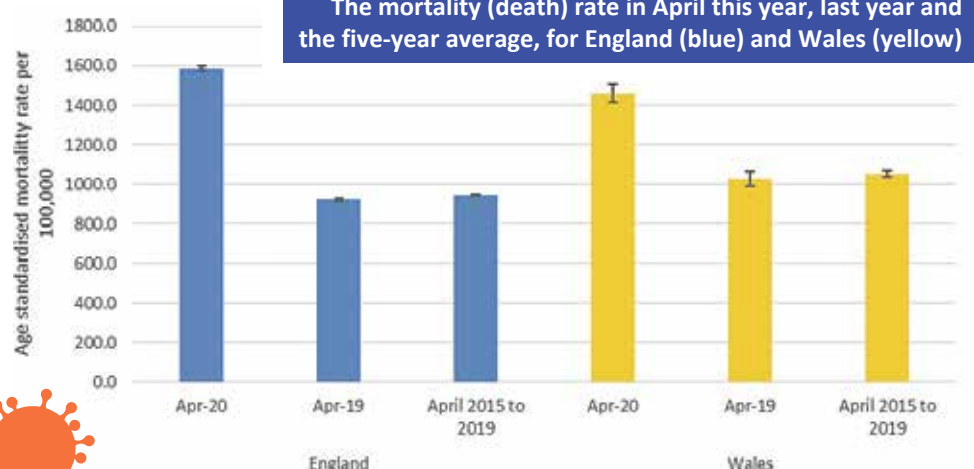
for example, it can take up to three months for a death to be officially registered.

Many do not report deaths on the weekend, leading to a curious pattern in the daily graphs that appear to show deaths falling and rising again over a seven-day cycle. Fortunately, there are techniques that statisticians can use to help account for these problems, such as plotting a 'moving' or 'rolling' average that shows the smoother and hence more realistic pattern in the data.

● Another way

Probably the best way of understanding the impact of the virus, and the one that allows more reliable comparison between countries, is the 'excess mortality' [mortality means number of deaths], which is calculated in the UK by the Office for National Statistics (ONS). The excess mortality is found by simply counting every single death registered in the UK each day, regardless of whether COVID-19 was a factor. When this is compared to the average number of deaths in a particular week for previous years, the difference between the two numbers can be taken as representing all the deaths related to the virus. This is known as an indirect measure, as it uses other numbers to infer (a statistician's word that means estimate using data) the number we really want to know. It is a very useful measure but takes time to compute, as statisticians at the ONS have to wait until they are sure they have all the data up to a certain date.

The mortality (death) rate in April this year, last year and the five-year average, for England (blue) and Wales (yellow)



Some of you may be going back to school and things will seem a bit different

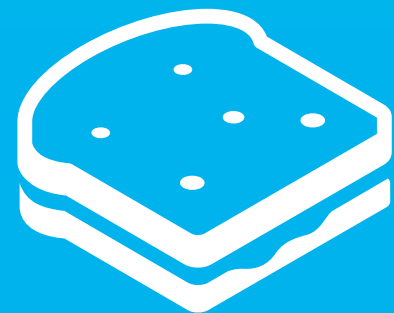
We have looked at how schools can open in a safe way.



reducing the size of classes



keeping children in small “bubble” groups without mixing with others



having staggered break and lunch times, as well as drop-offs and pick-ups



more cleaning



reducing the use of shared items



schools using outdoor space as much as they can



not travelling to school on public transport if possible

All together >

www.gov.uk/coronavirus

Schools are making changes so that some of you can get back to school

Here's what some Year 6 pupils have been saying at school and at home.

It was exciting to see my friends properly, instead of on Google Meet!

If social distancing measures are still working in school, I think it's much better for students' mental health and education to be back there

Do you know, it wasn't anywhere near as strange as I thought. Today was a good day; seeing my friends felt so good

I miss seeing my friends and having good conversations with my teachers. However, I am still pleased to be doing school at home in a calming environment with no distractions, and think the teachers are doing a great job with remote learning

I'm really excited to go back to school, as I have only seen my friends through a screen, which doesn't have the same effect as when you see them face to face. Also, it is my last year at primary school, and I wouldn't want to go off to secondary without seeing all my friends first

WIN! COOL SCRATCH PROGRAMMING BOOKS

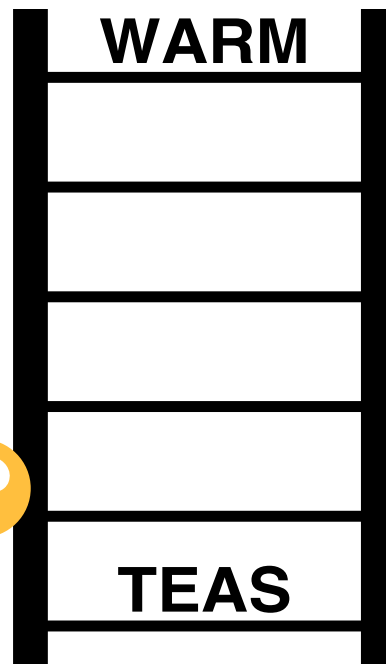


CAN you complete our sudoku puzzle and fill in the numbers one to nine?

Send in your answers and two lucky winners will win a copy of *Cool Scratch Projects in Easy Steps*. *Cool Scratch Projects in Easy Steps* shows you how to create amazing computer projects, including a drum machine, mazes, a cartoon frog game and eye-popping 3D games that work with the glasses provided. Get a free sample and find stockists at www.sean.co.uk/books.

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

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! CLOCK IT! GAME

CAN you complete our crossword by using the clues below?

Send in your answers and two lucky winners will win *Clock It!* Say it, draw it or mime it... it's a race against time. First, place 12 cards around the clock face game board. Then start the timer that shows the card you have to draw, mime or describe to the other players. Now it's a race to guess as many cards as possible before the time runs out!

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

ACROSS

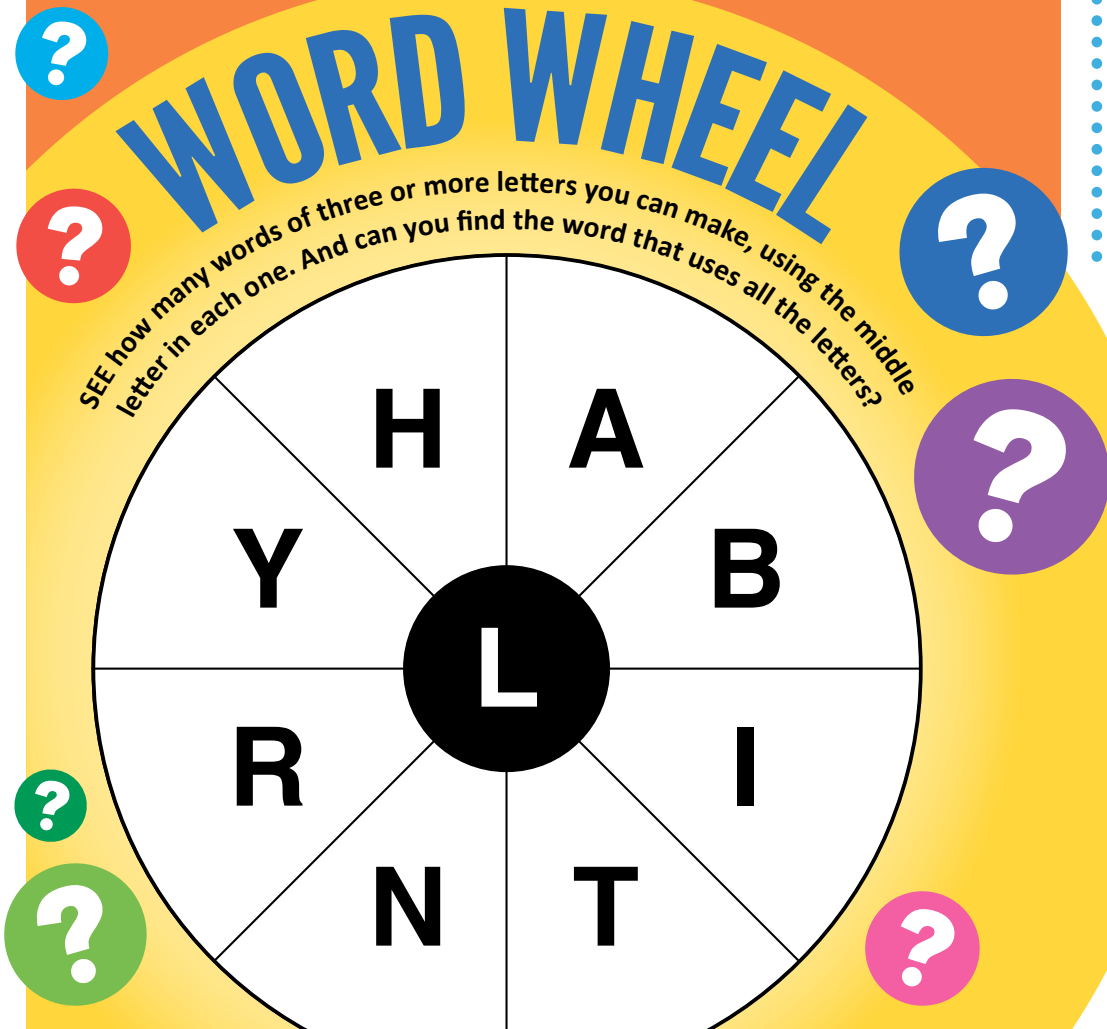
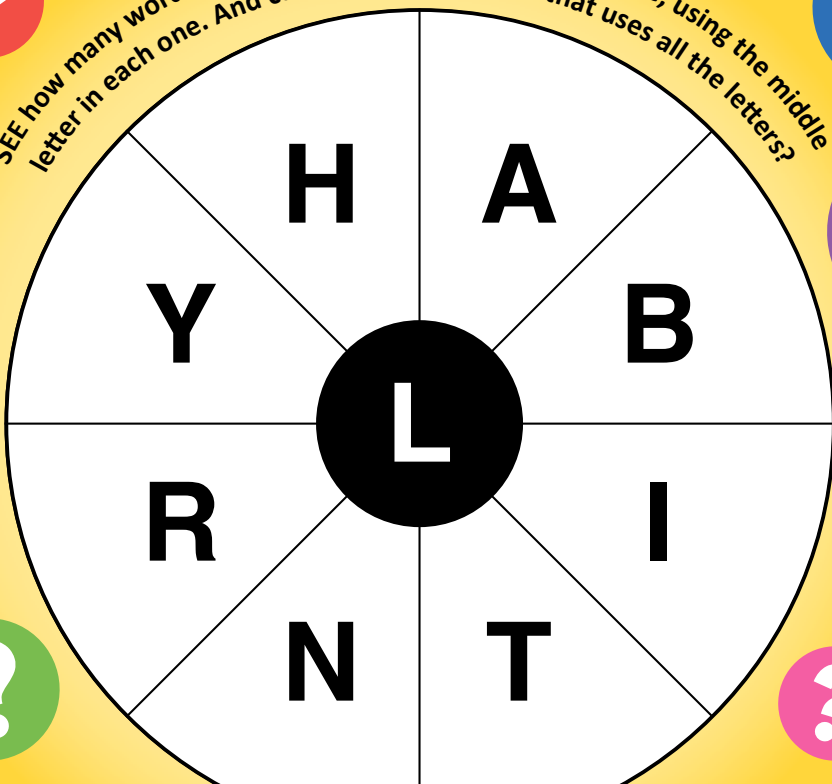
- 1 E.g. a Member of Parliament (10)
- 5 Subject (5)
- 7 A moral principle (5)
- 9 Fairground game in which rings are thrown (6)
- 10 Nothing (4)
- 12 Uncommon (4)
- 13 The 12 star signs (6)
- 16 Famous cartoon deer (5)
- 17 Pleasant sound; song (5)
- 18 Fair and right (10)

DOWN

- 1 Playing field (5)
- 2 Cat elk (anag) (6)
- 3 Cook (4)
- 4 Track and field sports (9)
- 6 A radio or TV show (9)
- 8 Sound a dove makes (3)
- 11 Ordinary and widespread (6)
- 12 Curved chest bone (3)
- 14 Ride a bike (5)
- 15 Untruths (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?



17. BOREDOM BUSTERS!

HOW TO ENTER:

Send your finished puzzles by email to win@firstnews.co.uk. Don't forget to put **Puzzles 730** in the subject box. We're afraid that we can't accept postal entries for now. The closing date for puzzle entries is **Thursday 18 June 2020**.

SPOT THE DIFFERENCE

JUST for fun this week! Can you spot the five changes we've made to this picture from My Spy?



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VISIT OUR VIRTUAL SAFARIS



LONGLEAT, the UK's number one safari park, has unveiled two brand-new safari tours for online visitors to enjoy.

As well as our existing drive through the safari park, our new tours will take you to exciting destinations to visit our incredible animals.

- Enter the Jungle Kingdom, home to meerkats, aardvarks and porcupines.
- Visit the Monkey Temple with its marmosets, red pandas and colourful free-flying lorikeets.
- Head down under to meet the iconic marsupials at Koala Creek, then travel to Central and South America to view giant otters and Cuban crocodiles.
- End in Animal Adventure, home to blue and gold macaws, armadillos and giant Egyptian fruit bats.



Enter into the spirit by creating cardboard box safari vehicles!



For more information on all activities and to view the virtual tours, visit www.longleat.co.uk or our YouTube channel.

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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: tooth is missing, picture in background is bigger, stud is missing, extra badge has been added, eyebrow has been removed.

Word ladder: soft, sift, silt, sill, bill, ball.

Word wheel: imitation.

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

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

HOME LABORATORY!

IF you're still spending most of your time at home, there are still loads of fun science experiments you can carry out there!

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



ALKA-SELTZER ROCKETS

In this experiment, you will create your own mini rocket and launch it using a fizzy antacid tablet.

What you will need:

- An empty film canister or similar
- Teaspoon
- Alka-Seltzer (antacid) tablet
- Water



Method:

1. Remove the film canister's lid.
2. Break off a quarter of one tablet of Alka-Seltzer and place it on the inside of the canister lid.
3. Put 2-3 teaspoons of water into the empty canister.
4. Tip the quarter tablet into the canister and snap the lid shut. It is important to have a tight seal.
5. Shake the canister for a few seconds.
6. Place the film canister on a flat surface, lid down. Step back and wait to see the rocket soar!

Caution: be patient with the experiment and treat the rocket as you would treat fireworks. **Never stand over the film canister once it has been turned into a rocket.**

What's the science?

The Alka-Seltzer tablet reacts with the water and produces a gas called carbon dioxide (CO₂). Pressure builds up in the canister as more gas is released, and the lid is eventually forced off. Sir Isaac Newton's third law of motion states that for every action there is an equal and opposite reaction, and this activity demonstrates it clearly; the lid pushes down against the surface, and the canister pushes upwards in the opposite direction, shooting up into the air.

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COOL KID



TEEN actor Ferdia Shaw makes his big-screen debut this week in *Artemis Fowl*, the new adaptation of the best-selling book series. We chatted to Ferdia about trolls, dwarves and learning new skills on set.

THE FIRST ARTEMIS FOWL BOOK IS 20 YEARS OLD. WERE YOU FAMILIAR WITH THE CHARACTER BEFORE YOU GOT THE ROLE?

Yep! I'd read all of the books before I went to the auditions. I think that really helped because I already knew the character and how I wanted to portray him. I was comfortable playing him and knew the back-story, so I wasn't just reading scenes where I had no idea what was going on in them. It definitely helped!

TELL US A LITTLE BIT ABOUT YOUR CHARACTER, ARTEMIS.

So, Artemis is the smartest 12-year-old you could hope to meet. He's kind of edgy; the Artemis in the film has an edge but he also has his kinder side. We're trying to get them both across. He's struggling with the loss of his mother at the start of the film and then his father disappears, so that spurs on the adventure of him finding the fairy world and using it to get his father back again.

ARE YOU SIMILAR TO HIM IN ANY WAY?

Yeah! I really like the way that he is always solving puzzles and stuff, especially the Aculos [fairy treasure]. The way that I trained to use that was by using Rubik's Cubes, because the Aculos is a twistable object, so I did a lot of that, learning how to do different combinations. I can do a 12-sided Rubik's Cube now too. It's not so hard once you know what you're supposed to do.

THERE'S A LOT OF ACTION IN THE FILM, SO WHAT KIND OF TRAINING DID YOU HAVE?

Yeah, I did a lot of that stuff! Obviously the surfing was huge and that was left to my very talented surf double, Sam. He did those really big scenes. I did a bit of surfing, just to get the hang of it for when I come into the shore or catch a little wave. That really

got me into surfing, so I do a bit of that now near where I live. The Onewheel was really great as well; I actually trained to use that. That was really tricky because I had to go up a really windy hill, up to Fowl Manor. I even got a Onewheel, as the crew gave me one at the end of filming, which was really nice. But I crashed it into a gate straight away, which was unfortunate, so now it's waiting for repairs. It is such a nice thing to do though. I was trying to do it all the time during filming – even using it during PE for my tutoring!

ARTEMIS IS KNOWN FOR WEARING HIS SHARP SUIT AND SHADES. WHAT WAS THAT LIKE TO FILM IN?

It was weird! The suit itself is not a proper suit, in a way; it's more of a body suit. We used to call it the suit of woe. It's not made out of cotton but a stretchy material, so there are no creases in it. You actually have to climb into the suit rather than put it on, but it was cool.



THERE ARE LOTS OF MYTHICAL CREATURES IN THE FILM, SO WHAT WAS IT LIKE SEEING THEM IN THE FINISHED MOVIE? THE TROLL WAS PRETTY SCARY!

Yeah, he is! For the scenes with the troll, he is actually a stuntman on stilts wearing a green-screen suit, so we had a point of reference. It was really cool to see the finished product though. I love what they have done with the troll; it looks pretty true to the books and even the graphic novel in a way.

WHICH MYTHICAL CREATURE DO YOU LIKE BEST?

I like the dwarves in *Artemis Fowl*. I think they really come across well, the way they tunnel, and I love their abilities, like the way they are able to pick locks with their hair and tunnel through anywhere. I also love the way that the fairy world in *Artemis* is mythological meets sci-fi. Originally, fairies would have just had normal wings, but now it's in the 21st century and they have all this high-tech weaponry and stuff. It's really cool.

WHAT WAS IT LIKE WORKING WITH ALL THE FANTASTIC ADULT ACTORS IN THE FILM, AND DID THEY GIVE YOU ANY ADVICE?

Yeah, it was great. You're always picking up hints on how they play their own roles and how they do it themselves. I definitely learnt a lot from all the other cast members throughout the filming process, just on how to improve my own role. We actually baked some fairy cakes with Dame Judi Dench. It was kind of a bonding experience before we went into the heavy scenes together. The fairy cakes didn't come out that well, I'm afraid to say. They turned to sludge because we got the ingredients mixed up. It was a really nice experience though!



Catch *Artemis Fowl* exclusively on Disney+ from 12 June

CHARITIES SUPPORTED BY FIRST NEWS



ART IS COOL

RICKY Wilson is a pop star and former judge on *The Voice*, but now he's joined the cast of the brilliant new CBBC series *Celebrity Supply Teacher*. We chatted to Ricky about his time as an art teacher and why we should put more art in our windows...



● What made you want to be part of *Celebrity Supply Teacher*?

It was very easy really, it's something that I am quite passionate about, especially in schools. Art is often not seen as being as important as writing and adding up, but I love it and it made my time at school easier and it made me who I am today. It's magical to me that you can walk into a room with nothing and come out with something of value that you have created. I think that is marvellous. Things that I learnt in art I use every day, and I know that I have a peculiar job, but it is something that has stuck with me and I loved every minute of it. I was one of those kids that used to spend lunchtimes in the art room, so I wasn't that classically cool kid, but I felt that it was cool and it was something I did. I'm glad I did.

● A lot of readers will be surprised to know you were once a teacher!

I wasn't born a pop star, so I had to get there and it is really hard. No matter how talented you are, you have to be extremely lucky to get your voice heard. And I got into teaching because I didn't really know

how to do anything else. Teaching came quite naturally. I went to university and did graphic design and didn't really want to leave, so I just stayed and became a teacher at the art college. It was great! Bits I wasn't very good at were the administration bits, but when it came to meeting people and seeing what their creative process was, I found it really inspirational. If you surround yourself with people who have the same interests as you, it is great. I encourage anyone, if you have an interest in something, get out there and find people that are interested in the same thing. The thing that I liked about art is that it allowed me to put a little piece of me into everything I did.

● How did it feel to put on your teaching hat again for the show?

It was quite tricky for me because I'd never taught kids before. It was actually a joy. When I was explaining things, I felt like a magician. I teach about colour theory and when I found out about this when I was young, it opened so many doors in my imagination and helped me make my pictures look better. I was really excited because I really loved the fact that maybe I was having a big part in someone's future, because I remember when I first loved art.

● You do a bit of painting in the show, so did you have to practise beforehand?

No, I didn't. It was only when I got the art supplies for the show that I started doing it again. It was an amazing feeling because you grow up and you put things aside and you get on with life and you forget how much fun it can be. Luckily I had some paint and some canvases left over and I've been doing it ever since. I'm painting my dad a picture of his house for his birthday. During lockdown a lot of kids have

been drawing and painting rainbows and displaying them and I think that it's really magnificent. I think it should be a thing: not just rainbows but anything that you paint or draw you should put in the window, not just on the fridge. Share it with the world. The moment you share it with someone else you know in your heart that you're happy with something you have created.

● What tips would you have for kids who want to give art a try?

You can make art out of anything. Even building LEGO is art. Just use what you have got. One of my favourite things is just cutting things out of magazines. That is a really good way to start, because if you aren't that confident in your drawing skills, you can just ask a member of your family if they have an old magazine that they don't mind you cutting up. They can help you cut out pictures and stick them down to make collages. Making collages is my top, top tip for getting started in art!

● Your dog Reedus makes an appearance too. Was he a helpful classroom assistant?

He's always helpful. He helps me in everything I do. He sits in my office when I'm working and it's always nice to have him around. It's like having someone over your shoulder, but not someone who can tell you you are doing the wrong thing. I love having my dog around, he thinks everything I do is brilliant. I've been working on a children's book in my office and he always sits on the little sofa watching me write.

I feel like he's my little spirit guide in doing that. He hasn't made it into the book yet because I think he'd be embarrassed!



Watch *Celebrity Supply Teacher* weekdays at 9:25am on CBBC or catch up on BBC iPlayer. Ricky's art lesson goes out on 18 June.

DRIVE TO THE MOVIES

WHILE cinemas and other entertainment venues remain closed, there is hope for film fans, as Luna Cinema launch drive-in cinemas this summer.

The Luna Drive-In Cinema will open in July at a number of locations around the UK, including Warwick Castle, Blenheim Palace and the Allianz Park stadium in London. You'll be able to watch a film on the big screen with state-of-the-art sound and screens, from the comfort of your car. You'll even be able to

order snacks and drinks remotely, which will be delivered to you. It will be the first cinema experience to reopen since entertainment sites were closed in March.

You can find your closest Luna Drive-In Cinema, and find out which films are showing, at lunadriveincinema.com.



THIS WEEK



1 If you enjoyed the first series of *The Rubbish World of Dave Spud* on CITV, then you'll be pleased to know that another 52 episodes are on their way. The new episodes will air later this year and in early 2021. The show follows Dave (voiced by Johnny Vegas) and his family and friends in a world where nothing seems to go right!

2 TV presenter Gino D'Acampo is rumoured to be relaunching a family quiz show that your parents would have watched! *Family Fortunes* was a huge hit 20 years ago and will be back on ITV later this year. The show features two families who battle it out by answering questions for a chance to win money and prizes.

3 Joe Wicks has signed a new deal to write a series of books for adults and children. Joe said: "I can't wait to start developing new adult books with HarperCollins and to create children's books for the first time. I'm on a mission to get the world fitter, stronger, healthier and happier. Books play a crucial part in that."



PICS OF THE WEEK

FROZEN 2 will arrive on Disney+ in July, but **Frozen fans can find out everything they need to know about making the film this month!**

Into The Unknown: Making Frozen 2 is an exclusive look behind the scenes at the animation. The six-part documentary starts a year before the world premiere of *Frozen 2* and talks to film-makers, artists, musicians and cast members about the pressure of making the long-awaited sequel.

Into The Unknown: Making Frozen 2 will premiere on Disney+ on 26 June, followed by *Frozen 2* on 3 July.



NATHAN BRYON

You're taking part in the online Puffin Festival of Big Dreams, but what will you be doing?

I will be doing a super sneak peek reading of our brand-new book *Clean Up* (out 23 July) and showing a few of the pages with Dapo Adeola's incredible illustrations.

What can people expect when they tune in to an online festival?

Well, to be honest this is my first online festival, but Puffin have made an amazing resource pack to guide everyone through all the amazing events, so they don't miss anything. Unlike most festivals in fields, an online festival means you don't have to use a Portaloo, which is a big win!

What advice do you have for kids who might want to practise their writing and storytelling while at home?

Write it! Jump right in the deep end, dream big! One challenge I would set is whatever you do, make sure you finish the story. Don't stop mid-way if you get stuck; keep on going and get to the end!

Can you remember the first story you wrote as a kid?

I can't remember the first story I wrote as a kid, but the first story I wrote as a teenager was called *June Goes To The Moon*. It was about my mum, who was desperate to watch the movie *The Devil Wears Prada*, but in our house me, my dad and my brother didn't want to watch it, so my mum kidnaps the Queen and flies to the moon for some peace and quiet to watch it.

What advice would you give to children who are reluctant readers?

I was a reluctant reader at one time, and I think it's important to remember stories come in all shapes and sizes. I'm dyslexic, so I would be, and still am, put off by longer books, so I love reading comic books. Picture books may seem like they are for super young children but they have incredible stories for everyone. Work your way up to the more intimidating books with more pages, and also get into audio books!



THE author tells us all about the Puffin Festival of Big Dreams, the online book festival happening this week!

The Puffin Festival of Big Dreams runs from 8-14 June as part of the celebrations for Puffin's 80th birthday. Find out more at www.puffin.co.uk/DreamBig

GAMING GRANNY

THIS lady might just be the coolest grandma ever – a 90-year-old from Japan who loves playing videogames!

Hamako Mori spends three or more hours every day playing computer games and even has her own YouTube channel, where she regularly posts videos of her gaming achievements.

Hamako lives with her family in Chiba, southeast of Tokyo, and even holds a Guinness World Record as the world's oldest gaming YouTuber.



Gamer Grandma / YouTube

CHEEKY LITTLE MONKEYS

AUTHORITIES in India have revealed that a troop of monkeys stole blood samples from people who have the new coronavirus.

A lab technician at the Meerut medical college was pounced on by the gang of rhesus macaques as he walked across the college campus. The monkeys grabbed three COVID-19 blood samples he was carrying. Since lockdown started in the area, monkeys have been venturing into places that are usually full of humans.

Coronaviruses can pass from humans to animals at times, but the samples were found intact.



iStock

FEISTY FLAMINGOS

A NEW study has revealed that the more pink a flamingo is, the more fierce it is.

The research from the University of Exeter discovered that the pinkest flamingos are the most aggressive when it comes to food. The team studied the lesser flamingo species at the WWT Slimbridge Wetland Centre in Gloucestershire and found that all birds pushed each other around trying to get to food, but the brighter-coloured birds were more aggressive than the others.

A flamingo's pink colour comes from carotenoids in their food, and their bright pink feathers are a sign of good health.



iStock

RECORD BREAKER!

A MAN has broken his 150th Guinness World Record.

David Rush from Idaho broke his latest record by drinking an entire litre of lime juice in 17.29 seconds.

He already holds records for the furthest distance to throw a tortilla, the furthest distance to blow a pea in one breath and the fastest half-marathon while skipping.

David says that he's on a mission to break world records to promote STEM education.



David Rush / YouTube



WHAT DID ONE
FIREFLY SAY TO
THE OTHER?
YOU GLOW, GIRL!



WHY WAS THE MATHS
BOOK SO UPSET?
IT HAD A LOT OF
PROBLEMS

SHARE YOUR JOKES WITH US AT NEWSDESK@FIRSTNEWS.CO.UK



Written and illustrated by Paul Palmer



23. GAME ZONE

GET READY FOR THE BAFTA: YOUNG GAME DESIGNERS AWARDS!



THE finalists in this year's BAFTA: Young Game Designers (YGD) awards have been announced ahead of the live online award show on 18 June.

The BAFTA: YGD is an annual competition for those aged 10-18 to showcase their creative ideas and prototype (first version) videogames. It's split into two categories and age groups: the Game Concept Award and the Game Making Award, across ages 10-14 and 14-18.

The winners then receive help to build their game from some of the biggest videogame studios in the world.

You can find out more at ygd.bafta.org.

POOR PERFORMANCE

THE worst areas to play online multiplayer games in England have been revealed in research by Compare the Market.

The company compared average broadband speeds, the availability of superfast connections and the general availability of a decent broadband connection.

They found that the Southwest is generally the worst place for internet, with five of the ten areas where gamers are most likely to see their poor connections disrupt gameplay.

The City of London and Westminster have the worst access to superfast broadband in England, while Kingston Upon Hull ranks the highest for the best place to play videogames online, thanks to good average speeds and wide availability of superfast broadband.



SONY FINED

SONY has been hit with a massive fine by Australian authorities over its PlayStation store refund policies.

The Australian PlayStation Support Centre and the Australian branch of the PlayStation Network are run by Sony Europe, which will have to pay the massive £1.9 million (AUD\$3.5m) fine handed out by the Australian federal court.



Sony

DID YOU KNOW?

A clever person on the internet has done the maths, and found that all 388 games released for the Nintendo 64 videogame console (released in 1996), could fit on a single Nintendo Switch cartridge!

Sony has faced criticism for its online refund policy for years, which says that if you download a game, or more than 14 days go by after purchase, it doesn't have to refund you.

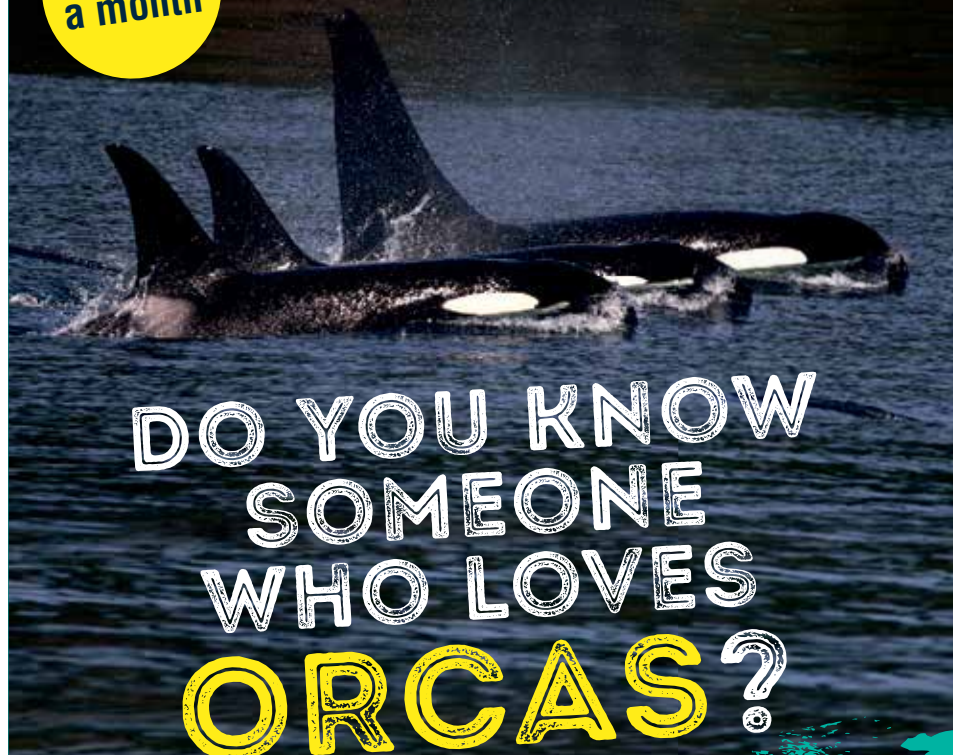
The chairman of the Australian Competition and Consumer Commission (ACCC) said that consumer rights "do not expire after a digital product has been downloaded and certainly do not disappear after 14 days."

"Consumers who buy digital products online have exactly the same rights as they would if they made the purchase at a physical store," the chairman of the ACCC said.

In the UK, Sony says you can get a refund within 14 days of purchase, but if you download the game, you can only get a refund if it's faulty.

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YOU CAN ADOPT:



BEND

Bend was a surprise from the time she was born. No one had ever seen an orca quite like her. On the front edge of her dorsal fin was a deep cut and it grew lopsided taking on a comical look of the sorting hat from Harry Potter!

OR



FIFE

Fife is the younger brother of Corky. Tragically, he has never met his sister as she has been held in captivity by SeaWorld. He is quite a character, extremely handsome and easy to recognise by his tall dorsal fin.

WDC { WHALE AND DOLPHIN CONSERVATION

TO FIND OUT MORE VISIT ADOPTAWHALE.COM

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WHAT'S IN THE SHOPS?

FATHER'S DAY

ODDSOCKS SOCK INVADERS GIFT SET IWANTONEOFTHOSE.COM £12.99

Let this retro gaming sock gift set invade your dad's sock drawer this Father's Day, with these fun and bold retro game designs. This set of six odd socks can be paired up to create 15 pair combinations – no more boring sock days. Who doesn't love a pair of socks as a present?!



GROW YOUR OWN CHILLI FIRE BUCKET KIT DEBENHAMS.COM £8.40

This chilli bucket has all you need to start growing hot chillies. Grow your own Demon Red chillies in a fun, bright-red fire bucket. It's the perfect gift for all dads who enjoy an extra bit of kick with their meal. The kit includes fire bucket, compost and Demon Red chilli pepper seeds.



NASA PUZZLES FIREBOX.COM £17.99 EACH

Made up of 100 pieces and based on photography from the official NASA archives, your dad can embark on his own space mission with these challenging puzzles. Choose from the moon or Mars.



*All prices correct at time of printing

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WIN! FROGGY PARTY GAME FROM BANDAI UK

FROGGY Party is an energy-burning game!
Do everything Froggy says – while moving around the lily pads!

When you hear the signal, hop onto one! Be careful though – while some lily pads can score you extra points, Froggy may also have an extra task for you.

Froggy, the interactive game-master, explains the rules and leads you through this 15-minute game, which includes five lily pads and a self-inking stamp to mark points.

We have 16 copies of Froggy Party to give away. To be in with a chance of winning, just answer this question:

What do frogs use to catch their food?
a) legs b) feet c) tongue

www.bandai.co.uk
Available from Argos



ENTER NOW! MARK YOUR ENTRY FROG

firstnews.co.uk/competitions or see page 17. The closing date is 25 June 2020.

WIN! A TETRIS BUNDLE FROM John Adams

EXPERIENCE one of the best-selling videogames of all time like never before, with these fantastic Tetris games from John Adams!

Tetris Dual: A head-to-head, tabletop strategy game based on the classic videogame. The object is simple:

play the Tetrimino shapes displayed on the LCD screen by dropping them into the Matrix.

Tetris Shake: The stacking, strategy game where you have to put all your Tetriminos on top of each other before they come crashing down!

Tetris Speed: Test your reactions in a fast-paced game. Each card shows the next Tetrimino shape to be played. Race to play a matching card from your hand.

Tetris 3D: Tetris 3D is the baffling brainteaser puzzle. How many ways can you find to complete each challenge?

Five lucky winners will each win a Tetris games bundle. To be in with a chance of winning, just answer this question:

Tetris was originally created in which decade?
a) '70s b) '80s c) '90s

Available in all good toy stores and online. For more information, visit www.johnadams.co.uk

ENTER NOW! MARK YOUR ENTRY TETRIS

firstnews.co.uk/competitions or see page 17. The closing date is 25 June 2020.

WRITE A STORY WITH CRESSIDA COWELL

WORDS FOR LIFE



SHARON Creech has written 21 books for young people and is published in more than 20 languages. *Saving Winslow* is her new novel, illustrated by Sarah Horne, and it's out now, published by Guppy Books. Sharon told us what the best thing about reading is:

“ I love that every book or story is its own journey: you begin and off you go! I love the freedom of it, the chance to explore other people and places. You don't know who you will meet along the way, nor where you will go. ”



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



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

FIRST.NEWS/CRESSIDACOWELL

SO FAR IN THE STORY...

Young spellcaster Ferocity and her smoke-producing pet boggart, Guggalugs, have teamed up with a mysterious boy called Trick. Tasked with saving the world by locking a door that keeps evil away, the group head into a cave, seeking safety from the harsh weather they've travelled through – but there's someone else inside...

PART 11 BY SORCHA MOORE

“Flatten yourself against the wall,” Trick instructed in a hushed voice. Ferocity immediately followed suit, covering Guggalugs' ears. “We'll continue on in the mornin' then?” a rough, deep voice said, more as a statement than a question.

“Aye,” another voice replied, hoarser than the last.

A third, more human voice yelled out: “You haven't explained what you want with me!”

Trick's face changed suddenly and he covered his O-shaped mouth. “Mum,” he whispered. Sadness turned to anger and Guggalugs thought that smoke would start pluming out of his ears.

“You don't need to know yet, princess!” snarled the first voice. Trick picked up two large stones and hurled them at the two creatures. They fell, knocked out, onto the cave floor. Trick's mum cried in relief but fell silent, not wanting to wake her captors up.

Ferocity helped Trick find the key and take off the woman's bonds. “Good aim!” she smiled, embracing her son. Her face wore a warm smile but her eyes were tired and sunken.

“Who's your friend here, Trick? My name's Ariella.” Ferocity nodded and introduced herself and Guggalugs. “I assume your grandad sent you? Best be getting back then,” Trick shook his head. “He sent us on a quest, to find the last copper piece. Ferocity found one on the way to Perum Hollow. He never mentioned anything about you being taken by Night Creatures.”

Staring into his crystal ball, Trick's grandfather watched the foursome from afar. “Drat!” the old man hissed.

Cressida Cowell said:

“I rather like Sorcha's story development – where the grandfather turns out to be evil.”

PART 12: BY YOU!

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

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

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

YOUR READS!

PIPPY LONGSTOCKING ASTRID LINDGREN, MINI GREY reviewed by Piya Gupta, age nine

The book is about a girl called Pippi Longstocking who has an angel for her mother, and a faraway pirate as her dad. Pippi believes they would always come back for her. She moves to a small village called Villa Villekulla, where she makes new friends and has lots of different adventures.

I absolutely loved the book; it has some really goofy, funny and kind characters. There is a different adventure in each chapter. I think readers who enjoy humour would love this book too.

The book in my opinion is for readers aged 6-10. The one thing I did not like so much is that it can be difficult to keep track of the adventures, as they happen so quickly.

Overall, I loved this book and I think you would too. I would encourage you to buy it.



WE WANT YOUR BOOK REVIEWS!

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



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Nominations close on 17th July 2020

UK active KIDS Made to Play

VIRTUAL SCHOOL TRIP

by Year 6 pupils, Our Lady of the Rosary, Manchester

OUR school trip was cancelled due to the coronavirus pandemic, so we decided instead to complete the trip while fundraising for charity.

When our trip to Pontareas in Spain was cancelled, instead of being discouraged, we decided to attempt a trip anyway and set out to reach Spain – virtually.

We walked, ran and cycled nearly 2,000km to represent our journey from Manchester to Spain, all in aid of dealing with the coronavirus pandemic. This wasn't only a personal challenge but an opportunity to help raise funds for the international development charity CAFOD's coronavirus response.

The school's chosen charity, CAFOD, has recently launched an emergency coronavirus appeal and is scaling up its support to local aid experts. These local experts are providing food to vulnerable families, as well as improving handwashing and sanitation facilities across communities.

Cycling for the virtual trip



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

Write in to let us know what you've been up to on lockdown! Have you been getting creative? How have you been keeping fit? If you're back to school, how's that made you feel? 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.

LITTER HUNT

by Fern and Skye

JUNIOR JOURNALIST

WE live in a beautiful village called Lymm to the south of Manchester. Alongside the Trans Pennine Trail and the Bridgewater Canal, the most popular tourist attraction is Lymm Dam.

Unfortunately, due to COVID-19, the majority of the parks and National Trust centres are closed, which has seen an increase of visitors to local beauty spots like Lymm Dam.

We know that people need to get out and about for exercise and fresh air, but unfortunately a small number of people are disrespectful towards nature and the amount of littering has significantly increased. We had an amazing idea to help with this issue and to improve the environment by collecting litter. We used sticks to collect rubbish while our mum helped with her rubber gloves. Overall we collected two bin bags full of rubbish and made Lymm Dam a pretty place once again.



COMMUNITY HELP

by Beatrice Stewart

JUNIOR JOURNALIST

I LIVE around the corner from St Ives Lodge Residential Care Home and thought you'd like to know about the amazing local response and how we have clubbed together to support the home after it was featured on the news.

There are 35 residents at St Ives Lodge and 47 staff. With the help of 26 houses on our road, we have set up a support group to help St Ives Lodge and the neighbouring Spinney Care Home. With neighbours on our road aged between eight and 80, our group has: arranged for the local secondary school (Bancroft's, Woodford Green) to provide 60 visors produced by their DT department to help carers with the PPE shortage; hand-made wash bags for carers to use for their scrubs; picked flowers from our gardens and prepared them for the residents, as well as arranging donations from the local shops. Plus we provided hand creams for all workers after they mentioned washing their hands had made them exceptionally dry.

I also hand-made cards, labels and helped create flower arrangements and pick 'n' mix bags for the residents and delivered them.

When we handed these items to the staff they were hugely appreciative and said: "The flowers are wonderful, we have put them in residents' rooms that are isolating... Thank you, you don't know what it means to us. It's brought a tear to our eyes".

I have found it such a humbling response and I have enjoyed helping my mum and community. We're all so keen to help during this scary time.



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SPORT IN NUMBERS

78

days after snooker was suspended due to the pandemic, it's back. The Championship

League finals started on 1 June at the Marshall Arena in Milton Keynes, without any spectators. World number one Judd Trump (below) won nine of his opening ten matches.



Getty

4

anti-doping tests were missed by world 400m champion Salwa Eid Naser. That's what the

Athletics Integrity Unit says – but Salwa claims she missed 'just' three. Strangely, she was allowed to race at the World Athletics Championships in Doha last year after missing the first three. She has now been suspended.



Getty

6-4

was the score in the final as Nathan Aspinall beat Jonny Clayton to win darts' PDC (Professional

Darts Corporation) Home Tour title. Aspinall made a trophy out of a dinner plate to celebrate his triumph! The tournament involved more than 100 players who filmed themselves at home on their mobile phones.



PDC

Chelsea players celebrating during the League Cup final in February



Getty

CHELSEA THE CHAMPIONS

CHELSEA have been crowned champions of the Women's Super League (WSL), after the season was cancelled due to the COVID-19 pandemic.

The Blues were in second place in the table when the season was suspended in March. Manchester City were one point ahead.

However, the Football Association (FA) chose to decide final positions on what they call a "basic points-per-game basis". The FA worked out how many points each club got per game, on average. Chelsea scored 2.60 points, just ahead of Manchester City on 2.5.

Liverpool, who were placed at the bottom of the table on just 0.4 points per game, have been relegated. Aston Villa, who were top of the Championship (the second division), will replace them next season. This, the FA said, was decided "on sporting merit". Liverpool said they were "disappointed" in the decision.

Chelsea are unbeaten in the WSL since January 2019 and have now won their third league title. They also won this year's League Cup when they beat Arsenal in the final.

In the men's game, the Premier League remains on track to restart on Wednesday 17 June. The first match will be Aston Villa v Sheffield United, followed by Manchester City v Arsenal that same night. Teams will be allowed to make five substitutions, instead of the usual three. Nine substitutes will be allowed to sit on the bench.

All the remaining matches will be live on TV, with Sky and BT showing the lion's share. Four matches will screen live on the BBC – the first time ever the broadcaster has shown live Premier League football. Amazon Prime will show four games, and says they will be free to watch.

NFL: "WE WERE WRONG"



Getty

THE National Football League (NFL) has changed its mind and said players can now protest against racism during the American national anthem.

Quarterback Colin Kaepernick began kneeling before NFL matches in 2016. It quickly became a symbol of anti-racism in the USA and beyond. Kaepernick was strongly criticised by US President Donald Trump, and the NFL banned players from 'taking the knee'.

Now, the man in charge of the NFL, Roger Goodell, has said: "we were wrong for not listening to NFL players earlier". He also said "we believe black lives matter".

President Trump has continued to strongly criticise players for kneeling during the anthem. Recent protests (see p2-3) have seen hundreds of thousands of people worldwide kneeling.

Colin Kaepernick (No7) taking the knee in 2016

