

ZOOS REOPEN!  
P11

OUR NEW LOCAL HERO

PLAYSTATION 5 REVEALED  
P23

PREM RETURNS!  
P28

# First News

Issue 731 £1.99 19 – 25 June 2020

THE UK'S ONLY NEWSPAPER FOR CHILDREN

## LOCKED OUT IN LOCKDOWN

### HOW DISABLED CHILDREN ARE STRUGGLING

by editor in chief Nicky Cox

**"I HAVE felt isolated and lonely."**

The sad words of disabled teenager Emily echo the findings of a study out this week, which reported that disabled children's friendships, learning, communication, behaviour and health have suffered during lockdown.

The survey of 4,074 parents by the Disabled Children's Partnership (DCP) found that three-quarters of families have lost all their support during lockdown. Parents, brothers and sisters have taken on all care during the day and night, where needed.

The DCP says disabled children and their families have been locked out and wants the Government to make them a priority during the pandemic. Many disabled children have complex health issues, meaning they cannot return to school and need to continue shielding from COVID-19 with their families.

Nearly half of parents say their disabled children's physical health has got worse and up to 80% are

battling with their mental health, too.

Amanda Batten from the DCP says: "As many begin to emerge from lockdown, spare a thought for those left in it."

Emily, 16, told *First News*: "Although we are highly aware of the challenges the Government is facing during this deadly pandemic, this particular part of society was already facing numerous cuts in services. Sadly, the lockdown has only made things worse. I have felt isolated and lonely. The Government must take this as a serious matter and we must all come together to make sure the voices of carers are heard."

We took Emily to meet the Education Secretary, Gavin Williamson, at the end of last year. He said that making more activities available to disabled children would be a priority. This was promised again by the Department for Education last week.



Emily at 10 Downing Street to meet the Education Secretary with *First News*

### 1. EIFFEL TOWER OPENS

The Eiffel Tower in Paris will reopen on 25 June after being closed for over three months due to France's COVID-19 lockdown. However, the number of people allowed up the tower will be limited and everyone over 11 years of age will have to wear a face mask.



### 2. FOSSIL FIND

Scientists have unearthed the oldest ever fossil of an ancient worm. The discovery was made in the eastern part of Yunnan Province, China by a team of scientists from the Department of Earth Sciences at Oxford University. The fossil is thought to be from around 514 million years ago, and contains earthworms, leeches, ragworms and lugworms.

### 3. WORD OF THE YEAR

The 2020 Oxford Children's Word of the Year is, perhaps not surprisingly, coronavirus. The word was used 459 times in the 134,709 entries to the BBC's 500 Words writing competition. That's despite the deadline being on 27 February – before the first recorded death of COVID-19 in the UK.

### 4. TREASURE FOUND

A man who hid more than £1 million-worth of gold and precious jewels – and wrote a book about how to find them – has said the hunt is over. The author, Forrest Fenn, announced that after ten years, one of the thousands of people who went searching has finally found the fantastic haul.

### 5. BAME COVID DEATHS

A leaked report from Public Health England says racism and discrimination may have contributed to BAME (black, Asian and minority ethnic) people catching – and dying from – the coronavirus. The report said people from BAME backgrounds might have a fear of speaking up about health risks or protective equipment because they had suffered racist treatment before.

# 20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

### 6. BOY FOUND

A 14-year-old boy who was missing for two nights on a mountainside in Australia has been found. William Callaghan, who has non-verbal autism, got lost while on a walk with his family. He was found safe and well near the peak of the mountain.

### 7. ELECTRIC INCREASE

New data shows there are now twice as many electric car charging points in the UK as petrol filling stations. There are some 17,947 public electric vehicle charging devices compared to 8,046 petrol stations.



### 8. FREE SCHOOL MEALS

The Government has announced that it will provide free school meal vouchers to low-income kids during the summer holidays. The PM initially rejected the idea, but changed his mind following a campaign started by Manchester United star Marcus Rashford.

### 9. ROMAN TOWN MAPPED

For the first time, archaeologists have mapped a whole ancient Roman city by using a radar system! The site in Italy contained underground baths, a market, a temple and water pipes.

### 10. STICKY SITUATION

You'll either love or hate this story. Marmite, probably the nation's most divisive spread, has been forced to stop making large jars due to the pandemic, resulting in a nationwide shortage. The spread is partially made from yeast extract, a by-product of beer brewing. Unfortunately, UK breweries are producing less beer as a result of pubs and restaurants being shut, which means Marmite is in seriously short supply of its key ingredient.



### 11. READ BEFORE YOU RT

Twitter is taking the fight to fake news with its new 'read before you retweet' campaign. The social media's new pop-up alert has been designed to make sure people know what they're talking about. The alert, which is being trialled with Android users in the US, will appear if users attempt to retweet another user's article without having clicked on it first to actually read it.



### 12. LLAMA-CTIVIST

A llama has attended a Black Lives Matter protest in America. "Caesar the No Drama Llama" joined protests in Portland, Oregon and marched for around three miles with his handler, Larry McCool. The "llamactivist" even stopped for selfies and cuddles.

### 13. TAKING RESPONSIBILITY

A group of celebrities has joined together virtually to take a stand against racism. Stars including Frozen's Kristen Bell and Kesha have made a video pledging to "learn more about issues facing the black community".

### 14. FLOODS HIT CHINA

Guests staying in the Chinese tourist destination of Yangshuo had to be rescued on rafts on the town's flooded streets. Thousands of hotels and shops have been damaged by heavy rainfall, and locals have had to leave their homes.



### 15. TRUMP RALLIES

Despite the risk of coronavirus, US President Donald Trump is restarting large campaign rallies ahead of the election in November. Attendees are being asked to sign contracts which say they cannot take legal action against the president's campaign team if they catch COVID-19.

### 16. CHOOKS IN CHARGE

A village in New Zealand has been taken over by chickens! People in Titirangi in west Auckland got a shock when they came out of lockdown to find chickens were running wild. Before the pandemic, authorities had already caught around 230 feral chickens. But it's thought someone had been leaving chicken feed out, so the chooks have returned and seized the streets!



### 17. MPs AGAINST MISOGYNY

A group of female MPs and charities is calling on the UK Government to start treating misogyny as a hate crime in new laws where people live together. Misogyny is showing dislike or prejudice against women. The group's idea would mean police officers having to record and track all crimes caused by misogyny.

### 18. BATTY TECHNOLOGY

A Scottish company has developed a sensor that could help with social distancing in offices. Using echolocation in a similar way that a bat does, it maps the layout of an office so that companies can work out how to keep workers safely apart.

### 19. OLDEST PLAYHOUSE

Archaeologists have discovered what they believe to be the remains of the UK's oldest playhouse (theatre). The remains were found on the site of a housing development in east London and are thought to be the Red Lion playhouse, which was built in 1567.

### 20. CROCODILE SEARCH

Police in Castilla y León, Spain, are on the lookout for a two-metre Nile crocodile that has been seen in a local river. After several people spotted the croc in a popular fishing and swimming area, the authorities began searching by boat and drone. Locals have been warned to stay away.



# STATUES ROW CONTINUES

**A DEBATE over whether certain statues should be removed from being on show continued this week.**

The statue of 17th century slave trader Edward Colston was thrown into Bristol harbour by anti-racism protesters last week. It's been fished out and will be put in a museum now. But other statues of people who owned slaves, or who are accused of having been racist, are being questioned now.

The statue of slave owner Robert Milligan has been removed from its place outside the Museum of London Docklands.

Several councils across the UK have said they will be reviewing statues with links to slavery or racism in their areas. Some people, including Prime Minister Boris Johnson, argue that toppling the statues is removing a part of our history. Others say they are offensive, particularly to Black, Asian, Minority Ethnic (BAME) people, and would be better placed in a museum, where more can be learned about the person.

The statue of Winston Churchill in London has become a focus for anti-racism protests, after graffiti was written on it calling the former PM a racist. The Mayor of London, Sadiq Khan, and the Met Police decided to protect many statues in the capital by boarding them up.

Last weekend, more than 100 people who said they were defending statues including Churchill's were arrested in London after police were attacked (right) – 23 officers were injured in the violence.

Among the protesters were football hooligans and supporters of racist groups. Mayor Khan described the event as "shameful" and said, "in the face of attacks and abuse, our police did a fantastic job to control the situation".

In Atlanta, USA, there were huge Black Lives Matter protests after a black man was shot dead by a police officer last weekend (see page 8).



The statue of former PM Winston Churchill is one of many that have been protected

## SCOUTS STATUE

ONE of the statues at the centre of the debate is of Robert Baden-Powell, the founder of the Scouts.



The statue is in Poole, Dorset. The local council said they would remove it to prevent anti-racism protesters damaging it.

That's because Lord Baden-Powell, who died in 1941, has been accused of holding racist and anti-LGBT views.

But, after complaints from people who wanted to keep it, the council put a protective case around the statue instead.

Chief Scout Bear Grylls did not comment on the statue, but said Scouts "certainly do not celebrate Baden-Powell for his failings."

## PM PUSHED ON GREEN RECOVERY



Charities think renewable energy can help the UK economy recover

**MORE than 50 charities have written to the Prime Minister asking him to lead a green recovery to the COVID-19 crisis.**

The coronavirus and the lockdown have caused a lot of damage to the economy. This can have an impact on jobs, and how things like schools and hospitals are funded.

Charities including WWF, Oxfam and Greenpeace have asked Boris Johnson to "urgently commit the UK to a green economic recovery action plan to lead the world and turn the tide on climate change". The charities argue that by tackling climate change, the PM can also create more than 200,000 green jobs and boost the economy by £90 billion.

In their letter, they argue that "the actions taken now to respond to the pandemic and rebuild our economies will make a difference to us succeeding in our goal to limit global temperature rise to 1.5°C."

The group wants the Government to spend more on renewable energy and to protect the environment.

# SHOPS OPEN AGAIN

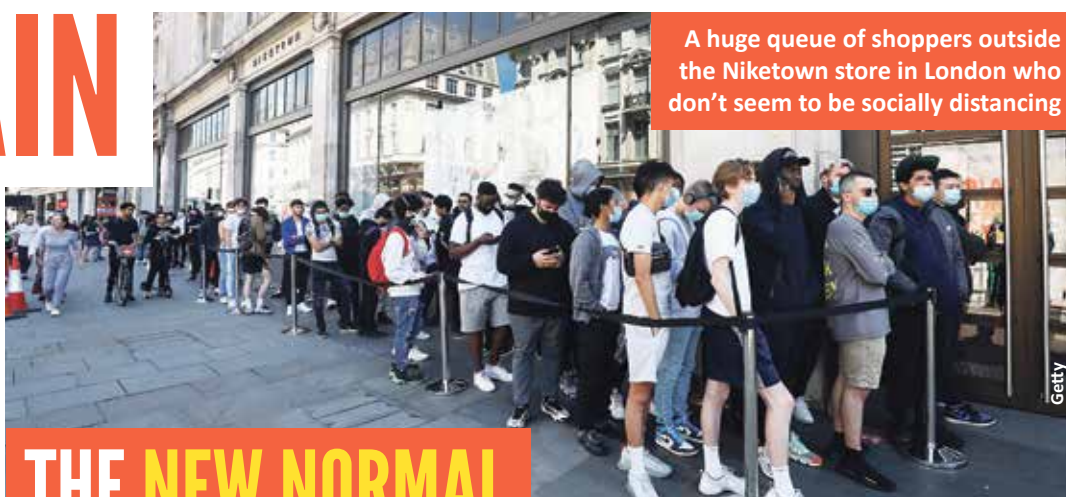
**NON-ESSENTIAL shops began reopening in England this week.**

Most stores have been shut since March, when the Government introduced a nationwide lockdown due to the COVID-19 pandemic. Only essential shops like supermarkets and pharmacies were allowed to stay open. Garden centres reopened in May and car showrooms have been open since 1 June.

But, from Monday 15 June, any shop in England could reopen for business – as long as they followed safety guidelines to keep shoppers and staff safe (see right). Scotland and Wales are expected to follow in the next week or two. Shops in Northern Ireland reopened last Friday 12 June.

Going shopping is a very different experience after lockdown. In clothes stores, fitting rooms are closed. Waterstones, the bookstore, will be quarantining any books customers have touched for 72 hours. Entertainment chain HMV are offering a personal shopper service, so you can leave a shopping list with a member of staff who will gather your items for you.

On the same day as shops in England reopened, some English secondary schools and colleges welcomed back students in years 10 and 12. But only a quarter of the year groups are allowed to be on the school or college site at the same time.



A huge queue of shoppers outside the Niketown store in London who don't seem to be socially distancing

## THE NEW NORMAL

- Customers must keep two metres apart.
- That means shops are limiting the number of people allowed inside.
- That, in turn, means queues have been forming outside shops.
- Many shops have clear perspex screens at the tills between checkout staff

- and the customers.
- Shop staff are expected to clean objects and surfaces frequently.
- Items that customers have touched, such as books or shoes, are put into quarantine for up to 72 hours, to make sure any germs die before the items are touched again.

## LONDON, UK



BLACK Lives Matter protester Patrick Hutchinson carries a man to safety during demonstrations near London's Waterloo Station.

## WINDSOR, UK



THE Queen's birthday celebrations did not go ahead in their usual way at Buckingham Palace and Horse Guards Parade this year due to COVID-19. Trooping The Colour, the Queen's birthday parade, was cancelled, and a special event took place at Windsor Castle instead. The Queen was accompanied by two senior military officials.



## LONDON, UK

GRENFELL Tower is lit up green on the third anniversary of the fire in which 72 people lost their lives. Commemorations this year took place online because of the coronavirus lockdown. Video messages from relatives of the victims were played during a virtual service, remembering all those still affected by the blaze.

## TAIYUAN, CHINA



STUDENTS return to class at a primary school wearing wings, which helps them to keep a safe distance from other pupils.

## TIANJIN, CHINA



A BEAR munches on ice in a pool to cool off from summer heat at Tianjin Zoo.



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



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



Here's what our fans have to say!



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

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

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

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



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# A SIGHT FOR SORE EYES!



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## TOP 10 SIGHTS PEOPLE SAID THEY LOVED

A NEW poll has revealed that British people's favourite sight is a sea view.

The survey by Scope Eyecare asked 2,000 adults in the UK what they most liked to look at. The top answers involved the sea or the sun. And after months of lockdown, we can see why!

Fresh bedding was also popular, along with a rainbow.

What's your favourite sight?

1. A sea view
2. A sunset
3. A beach
4. A sunrise
5. Fresh bedding
6. A rainbow
7. The postman delivering a parcel you've been waiting for
8. Fresh snowfall
9. Birds tweeting and flying around in the morning
10. Reuniting with an old friend



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# CHARITIES IN TROUBLE

A NEW study has shown that one in ten UK charities could go bust in the next six months as a result of the coronavirus pandemic.

While NHS charities have seen a lot more support during the COVID-19 crisis, many other charities are struggling to keep going. Planned fundraising events have had to be cancelled, and donations have fallen as people worry about money during the pandemic.

Due to this fall in fundraising, and a rise in demand for help from charities because of the pandemic, many organisations risk not surviving until the end of the year. A study by the charity Pro Bono Economics found that the coronavirus outbreak could trigger a £6.4 billion loss of income for charities over the next six months.

So far, Cancer Research UK has warned it will lose about £120m in donated money over the next 12 months, and the National Trust has identified a loss of £200m. Smaller, local charities are especially at risk, the study said, with nearly two-thirds reporting that they have already had to make major cuts to the services they provide.

Here at First News, we like to hear about your fundraising activities for charities that mean something to you.

If you've been busy like this week's Local Hero (see right), tell us all about it at [newsdesk@firstnews.co.uk](mailto:newsdesk@firstnews.co.uk).

## EDITOR'S COMMENT



**GOOD** for Emily who is continuing her battle to get a fairer deal for disabled children (front page).

We first met Emily at her dance class for disabled children. She told us she would like to be able to take part in more activities. She spoke about just watching at her school sports day last year because there was nothing for her to do. She wants disabled children to have way more opportunities. We are making a film about her campaign – coming soon!

## GOOD WEEK FOR...

### BANKSY

A MURAL by street artist Banksy that was stolen in Paris has been found in Italy. The piece, which shows a veiled, mournful figure, was cut from a door of the Bataclan concert hall last January. Police found the artwork at a farmhouse in Teramo.



Getty

## BAD WEEK FOR...

### 500 SPECIES OF ANIMALS

Scientists say at least 500 species are likely to become extinct over the next two decades. Threats including logging and poaching have pushed hundreds of mammals, birds, reptiles and amphibians to the brink of being wiped out. The Sumatran rhino (left) is one of the animals at risk.



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## LOCAL HEROES

**A 10-YEAR-OLD boy has raised money for charity by clocking up one million hula hoops!**

Harrison, along with his friends and family, pledged to complete one million hula hoops by his tenth birthday on 9 June for charities affected by the pandemic.

The schoolboy, who can do 100 spins a minute, has raised over £2,000. Most of the hula-hoopers have chosen to support the charity Crohn's and Colitis UK, where Harrison's mum, who suffers from Crohn's, is a trustee.



## KEARVAIG

### ● Rare whale

One of the world's rarest species of whale has been found stranded at Kearvaig Bay in Scotland. The True's beaked whale is now in the collection of the National Museums Scotland, where they were able to identify it. It is the first time one has been stranded in the United Kingdom. True's beaked whales are usually found in deep water off the North Atlantic Ocean and can grow up to 5.4m long.



## SCOTLAND

### ● Porridge World Cup cancelled

The annual Porridge World Cup, which was due to take place in the Highlands in October, has been cancelled due to COVID-19. The event will take place virtually now, with contestants being asked to send in videos showing off their very best porridge recipes. The grand prize is the Golden Spurtle (a utensil used for stirring porridge). The winner will be announced online on World Porridge Day on 10 October.



## LAKE DISTRICT

### ● Hidden tunnel uncovered

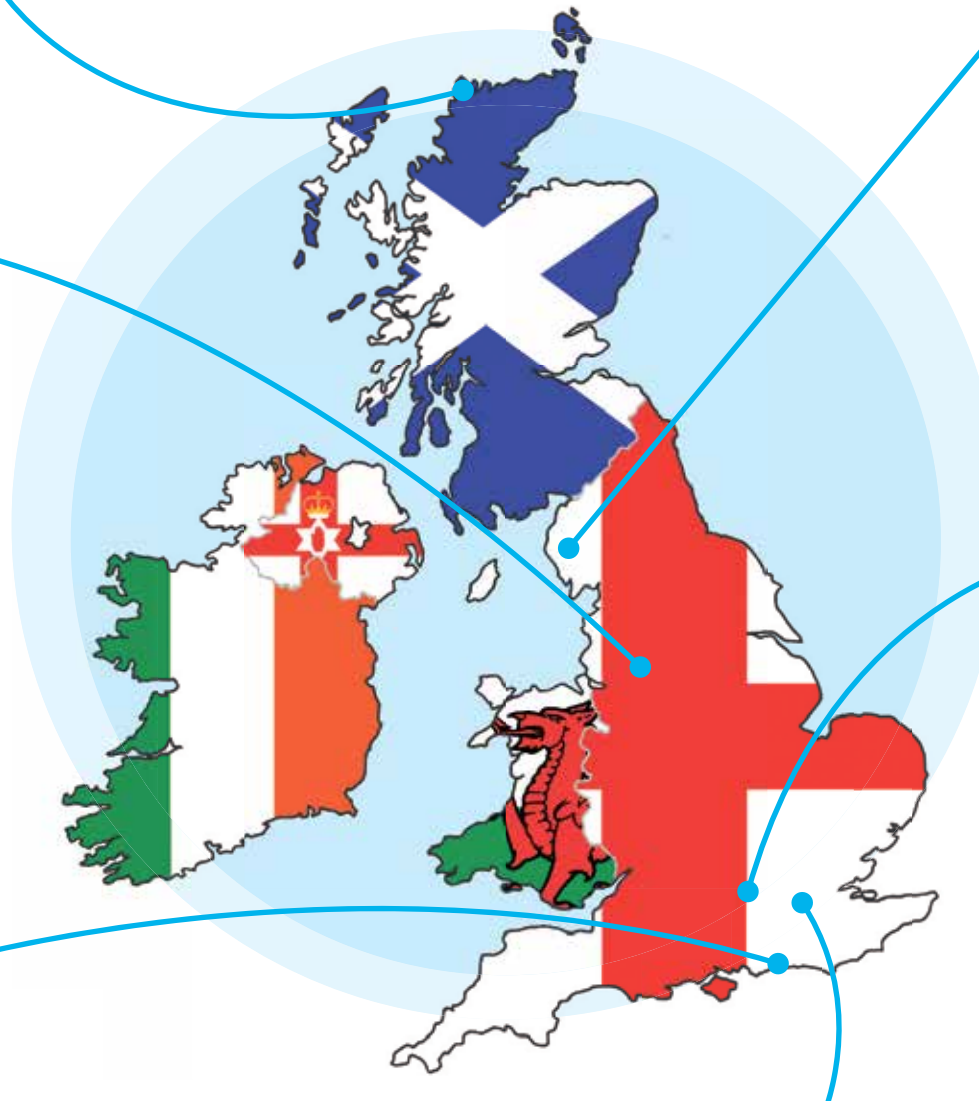
A Victorian tunnel has been uncovered after 50 years, as part of a multi-million pound project to create a new path. The passage was built in 1872 as part of a mineral line bringing coal between west Cumbria and Durham. Around 3,000 tonnes of material had to be removed from the 80-metre long tunnel, which was filled in after the railway line was scrapped in the early 1970s. The new path is due to open this December.



## MANCHESTER

### ● Corrie is back!

ITV's long-running soap *Coronation Street* has started filming again after 11 weeks on lockdown. The cast and crew are sticking to social distancing rules and there will be fewer actors on set. The studio now contains hand washing stations and perspex screens placed around cameras.



## WINDSOR

### ● HRH's video chat

The Queen has taken part in her first official video conference call. To mark Carers Week, the monarch, who was joined by her daughter Princess Anne, chatted to four carers about the difficulties they face during the coronavirus pandemic. The Queen praised them for their hard work.



## WORTHING

### ● A rubbish journey

A rubbish bin that was thrown off Worthing Pier has washed up 720 kilometres away on a beach in Germany. The Worthing Borough Council litter bin was thrown into the sea by vandals six months ago and has washed up on Borkum, a small island in northwest Germany. It is now being used as a plant holder!

## LONDON

### ● Maths week

Maths Week London 2020 is on a mission to make you love everything about numeracy! It takes place from 22–26 June and there's a whole load of activities and events available to access online that you can do at home, or even on your daily walk. Just check out [www.mathsweeklondon.org](http://www.mathsweeklondon.org) for more info.

# NEWS IN NUMBERS

20.4% is how much the UK economy shrunk by in April due to lockdown. That's the largest monthly fall on record.

£10m is how much Stormzy (right) is donating to black British causes over the next ten years. The rapper revealed the money would go to organisations, charities and movements that are committed to fighting racial inequality, justice reform and black empowerment within the UK.

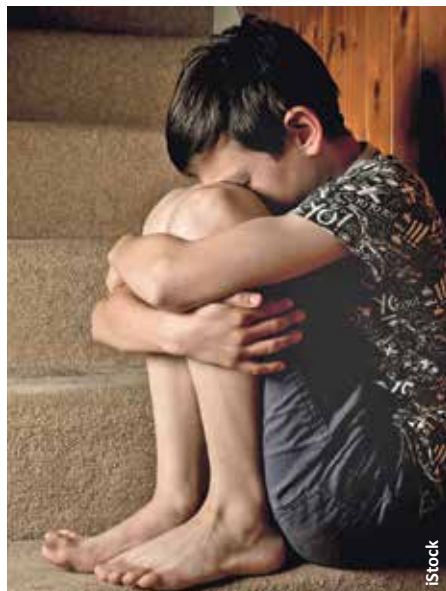


4 migrants were rescued trying to cross the English Channel on a raft made of two windsurfing boards. They were picked up by the French navy after being spotted by a Dunkirk Seaways ferry.

22 June is Windrush Day, which celebrates the contributions of the Windrush generation and their descendants. HMT Empire Windrush was the name of a ship that brought people from the Caribbean to England in June 1948. The National Maritime Museum is marking the occasion with a downloadable pack of activities for children.

## 7. BIG NEWS

### SURGE IN CALLS TO NSPCC DURING LOCKDOWN



**CHILDREN'S** charity the NSPCC has revealed that they've had a record number of calls about children caught up in domestic abuse during lockdown.

Domestic abuse can cover a number of things but generally means violent or threatening behaviour at home. From late March to mid-May, the NSPCC helpline received 1,500 calls from adults worried about children who were experiencing domestic violence between grown-ups.

Although in some cases the child is not the direct victim of violence, witnessing abuse can leave children feeling depressed or scared.

The NSPCC is calling on the Government to change the current Domestic Abuse Bill going through Parliament to make sure the children affected by these issues can get the specialist support they need.

Childline, which is run by the NSPCC, is a separate helpline specifically for children who need help or support on any issue. Childline can be contacted online or on **0800 1111**.



Children sit in front of a shut-down market in Kabul, Afghanistan

# PANDEMIC CAUSING HUNGER

**NEW** research from the United Nations (UN) shows that the coronavirus pandemic is increasing hunger in vulnerable countries across the world.

Studies by the UN's Food and Agriculture Organization (FAO) show the pandemic is already having a major effect in some of the areas in the world where people don't have enough food. This is expected to get worse as the economy suffers from lockdown even more.

In Afghanistan, where the number of people who go hungry is already high, 10.3 million are now living with hunger.

In the Central African Republic, about 2.4 million people do not have enough food, which is up 11% from before the pandemic.

Meanwhile, in Somalia, 3.5 million people are expected to be without access to enough food.

The food chain has been interrupted by lockdowns, and farmers have seen their incomes fall, which is expected to affect the next planting season. This will, in turn, lead to a fall in food production.

The UN secretary general, António Guterres, said: "Unless immediate action is taken, it is increasingly clear that there is an impending global food emergency that could have long-term impacts on hundreds of millions of children and adults."

Experts think 50 million people risk falling into extreme poverty this year due to COVID-19. A poor diet in childhood is known to cause serious health problems for children throughout their lives.

## DO YOU DREAM OF COVID-19?

**SCIENTISTS** are going to carry out a study to see how coronavirus and the lockdown are affecting people's sleep.

During lockdown lots of people have revealed that they're struggling to sleep and are having vivid dreams.

So, an international group of researchers, led by Professor Colin Espie from the Nuffield department of Clinical Neurosciences at the University of Oxford, will investigate.

Sleep is really important, because it's essential for tissue repair, cell regeneration, your immune system and your memory. It helps keep your emotions in check, too.

When you don't get enough sleep you can feel as though you don't have much energy, are really tired, can't concentrate as much or remember things, and it can affect your mood. The study is going to look at how concerns about the coronavirus pandemic might affect our sleep.



# POLL



## HAVE YOU HAD TROUBLE SLEEPING DURING LOCKDOWN?

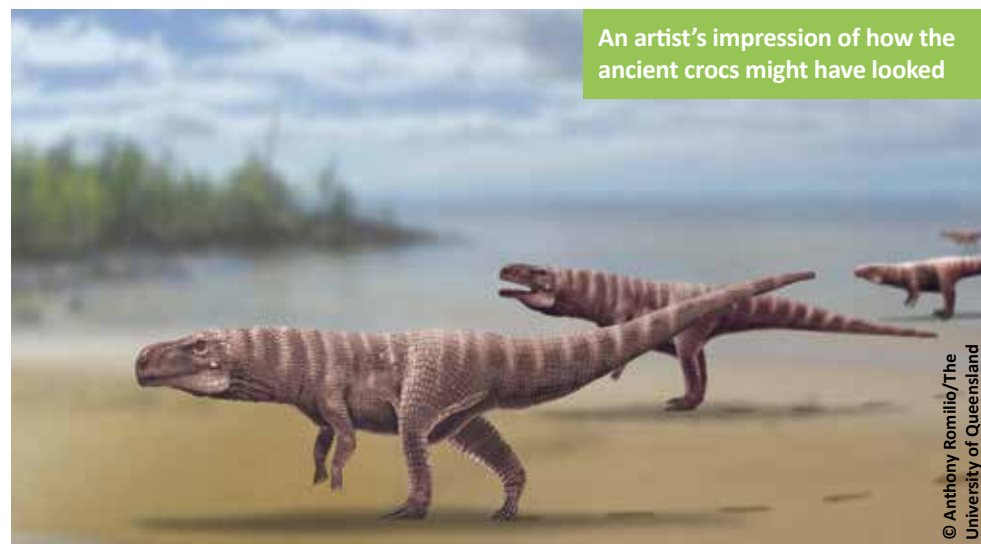
[firstnews.co.uk/polls](https://www.firstnews.co.uk/polls)

# DINO-CROC!

**SCIENTISTS** believe that an ancient species of crocodile that lived around 120 million years ago walked on its two back legs – just like a dinosaur!

The discovery comes after researchers analysed huge fossilised footprints found in South Korea. The study, which appeared in the journal *Scientific Reports*, revealed that the footprints belonged to what scientists think is a new species of crocodylomorpha, the ancestors to modern-day crocodiles and alligators.

They think these super-crocs were more than three metres in length and moved in the same way as many two-legged dinosaurs, such as the T rex. No fossils of the croc's bones have been found yet, but researchers have named it *Batrachopus grandis*.



An artist's impression of how the ancient crocs might have looked



## USA



### Atlanta shooting

Huge protests took place in the city of Atlanta, Georgia last weekend following the shooting of a black man by a white police officer. Rayshard Brooks was shot dead after he took an officer's Taser weapon and began running away. The scuffle started when Mr Brooks was being handcuffed after failing a breathalyser test. The incident, captured on video, went viral. Protesters burned down the restaurant where the shooting took place, and took over a motorway. Atlanta's police chief has resigned.



## UGANDA



### Plastic fantastic

A small business that turned plastic waste into building materials has become a vital supplier of personal protective equipment (PPE). Peter Okwoko and his partner, Paige Balcom, experimented with making face masks from plastic bottles and posted the results on social media. The post was spotted by the local hospital who were in urgent need. The pair were soon supplying them with the masks and have made more than 1,200.

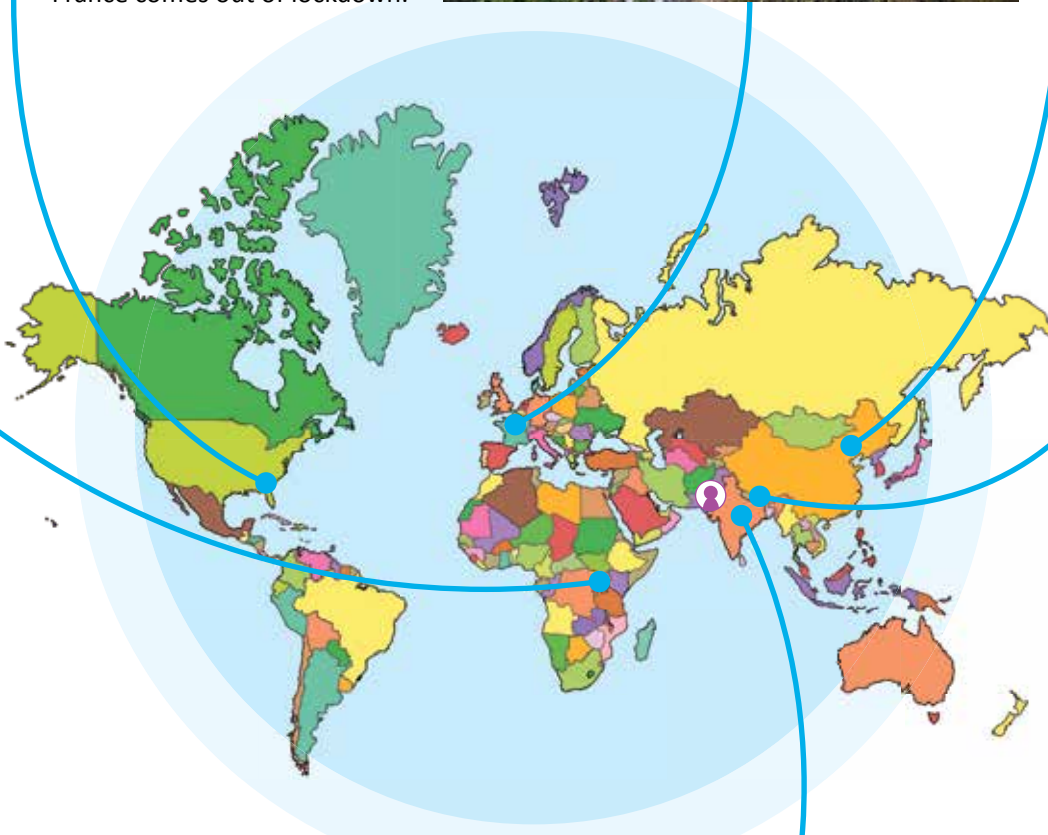


## FRANCE



### Notre Dame renovations

Scaffolding damaged by the devastating fire that almost destroyed Notre Dame cathedral in Paris is about to be removed. Workers will be suspended by ropes as they cut away at the twisted metal. The work will take all summer. As an important symbol of Paris, it is a welcome return for the restoration project – just as France comes out of lockdown.



## CHINA



### Second wave?

Parts of Beijing have re-entered lockdown following an outbreak of COVID-19. As First News went to press, more than 100 new cases had been detected, most of them linked to a seafood market in the city. For 55 days, the only new infections were in citizens returning from other countries. A spokesman for the government said that the chance of the disease spreading further was "very high". Schools have been closed, and temperature checks will begin again at stations and supermarkets.



## MONGOLIA



### Return of the khulan

An adventurous khulan (below) has been the first to use a safe crossing area to return to a vital grazing area. Being nomadic creatures, the khulan, a type of donkey, move to different areas to access food as the seasons change. For 65 years they have been barred from reaching parts of their grazing area by the Trans-Mongolian Railway. Now, a group of conservationists, led by the Wildlife Conservation Society, has created an animal-friendly corridor. Right now, there are two safe crossing places but more are planned. Threatened with extinction, this gives the khulan a chance to recover its numbers.



## INDIA



### Infection rate increase

India is suffering a massive increase in the number of people infected with the new coronavirus, after a national lockdown was eased. The country now has the fourth highest number of cases in the world. Local lockdowns have been introduced as daily case numbers are now regularly topping 10,000. Authorities in Delhi are turning 500 train carriages into emergency hospital wards.



## OUR WORLD



**NAME: NADIA**  
**LIVES: PAKISTAN**



### NADIA, aged 17, has never seen her home country of Afghanistan – she has been a refugee all her life.

Nadia's parents fled Afghanistan more than 40 years ago and the family have lived in Pakistan ever since – just some of the 2.7 million registered Afghan refugees worldwide. Even so, she dreams of the day her homeland will be at peace and she can help to rebuild it. Her aim is to study medicine and become a surgeon "to help my family, to help my country, to make them better".

At school, Nadia is a star student and

believes she will fulfil her goals only by working hard. She even taught herself English by watching television. "In Afghanistan we need educated people," she says. "If we don't have educated people, we won't improve ourselves and we won't improve our country."

The idea of settling down in Afghanistan is never far away. "If peace comes, there is no more beautiful place than your own country," she says.



TO FIND OUT MORE, GO TO  
[WWW.UNHCR.ORG/PROTECTREFUGEES](http://WWW.UNHCR.ORG/PROTECTREFUGEES)

## HEARTBURN TABLET COULD TREAT COVID-19



### COULD a heartburn tablet help in the fight against COVID-19?

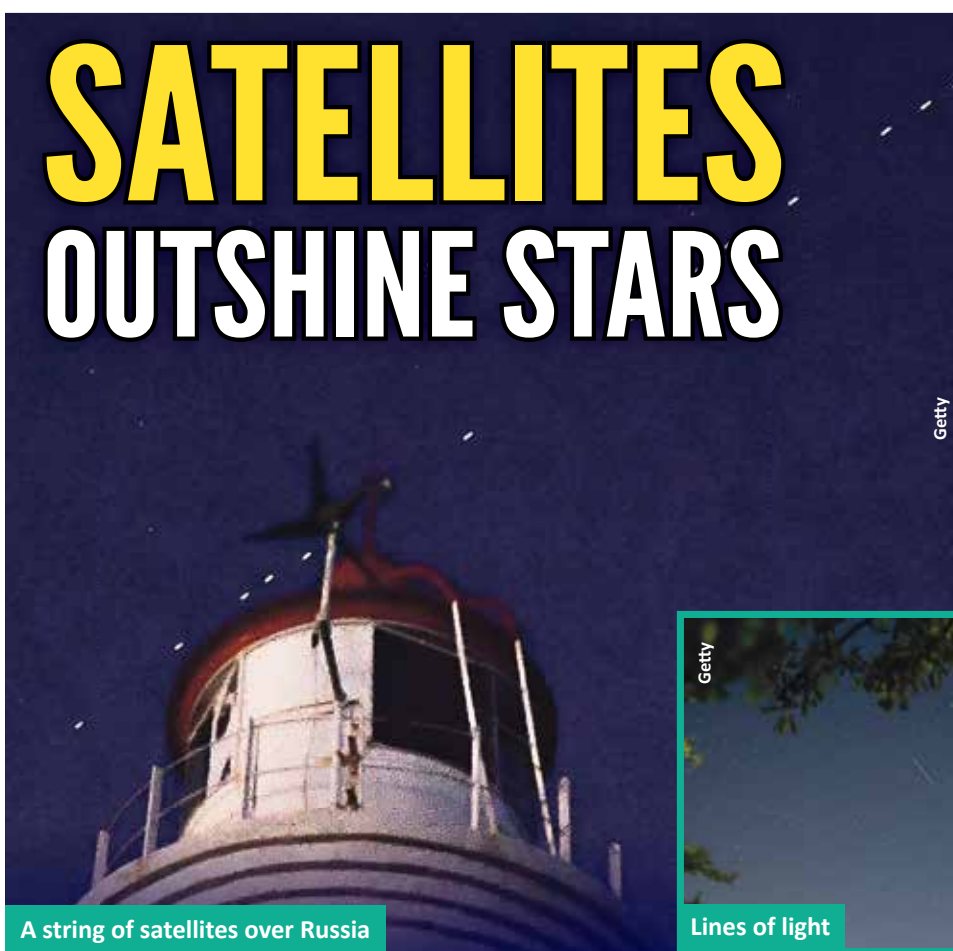
A small group of people who were already taking the heartburn drug famotidine were found to recover more quickly from the new coronavirus. The breathing problems that can occur with the virus improved within a couple of days rather than weeks.

Famotidine is usually given to people whose tummies produce too much acid. This squeezes up into the oesophagus, the food pipe into the stomach, causing a burning feeling in the chest. It is a common problem among older people who have also suffered most from the virus.

A trial of the drug in New York is testing how well it works, with results expected in a few weeks.

Since the study was published, there have been shortages of famotidine in the US as people are buying up the drug.

## SATELLITES OUTSHINE STARS



A string of satellites over Russia

Lines of light

### THE southern night skies are filling up with satellites and it is getting even harder to see the stars, astronomers are warning.

In the northern hemisphere, where there are more people, the pollution from streetlights has already reduced our chances of seeing the stars and planets above us. In the south over Australia and New Zealand, the skies are known as dark-sky sanctuaries because they are so clear and are a huge draw for tourists. But that may not be the case much longer, as more and more satellites are launched into the atmosphere. Elon Musk's SpaceX company alone plans to launch 12,000 satellites.

Dr Michele Bannister of the University of Canterbury in New Zealand says: "When you look into the night sky, do you want to see nature or do you want to see artificial constructions? This is what it comes down to."

SpaceX is heavily criticised because of the high number of its Starlink satellites, and the speed it's launching them. The company says its aim is to provide cheap broadband internet to the remotest parts of the Earth. They have launched more than 400 sats in the last year in batches of 60 at a time. But they are so bright they show up as long white lines streaking across the sky.

Australian astrophysicist Professor Jonti Horner says that there's no control over what happens above the Earth. He says: "We've lost a lot of the night sky already and this is the next step in its destruction – unless we do something about it."

## ALLERGIES BREAKTHROUGH



### ANAPHYLACTIC SHOCK is an everyday threat to the lives of people who have allergies.

A bee sting or a hidden food could cause a life-threatening reaction or even, in rare cases, death. At the moment, medication is the only way to treat it and treating the reaction quickly is crucial. This is why most people who know they have severe allergies carry an EpiPen, which can inject medicine quickly into the body.

But, now, a study has shown that it's possible to take a pill to prevent anaphylactic shock before it even occurs, no matter what the cause. People could, for example, take it to stop any accidental reactions when they are trying new foods.

Studies so far have been small but the good results mean further testing on humans will take place. Dr Bruce Bochner, who is involved in the study, said: "This pill could quite literally be life-changing and life-saving."



## INNOVATIONS

### ROBOTS with flexible feet made from coffee waste are being developed in the US so they can walk on uneven surfaces, just like humans.

It's easy to spot even the most life-like robots by the way they walk: it's usually slow and stiff (like the one pictured). But scientists at the University of California San Diego have created feet that can adapt to different types of surface. The feet, which are made of latex filled with ground coffee, behave like a liquid when they are raised and firm up when they hit the ground. The robots can walk faster and have a better grip, which means they will be more useful in rugged environments.



## WARNINGS IGNORED

### AN online survey of 500 people shows that an alarming number of people in the US have been using bleach to wash their food.

In April, President Trump falsely suggested drinking bleach could be a way of killing COVID-19. Doctors immediately warned people not to consume it. But more than a third of people surveyed in America have admitted using dangerous products – including a fifth who use highly toxic disinfectant on their skin.



Cleaning products are highly toxic to humans



# REFUGEES AND CORONAVIRUS

**WORLD REFUGEE DAY  
SATURDAY  
20 JUNE**

CORONAVIRUS is connecting countries across the world, but what will it mean for those forced to flee theirs?

Bushra, 19, fled the war in her home country of Syria five years ago. Living in the centre of the current pandemic feels much the same, she says: “Both mean you will be stuck inside your home, constantly afraid that at some point death will come knocking on your door.”

Except this time, her door is in the middle of Azraq refugee camp, a home to more than 36,000 Syrian refugees in the middle of the desert. If death knocks this time, there is nowhere else to go.

Her anxiety is being felt across the globe. Hundreds of millions of children are trapped indoors. Parents and caregivers are working from home whenever they can. Borders have been closed. Lives have been completely changed.

While coronavirus is overwhelming even the strongest health systems, where is the hope for those without a permanent home or access to a working hospital and medical supplies?



Bushra

## ● What life is like

Bushra shares one cramped room with her mother and four sisters. Her neighbours live less than a metre away, healthcare in the camp is basic and medical supplies are scarce. In some camps, water can only be used through communal taps.

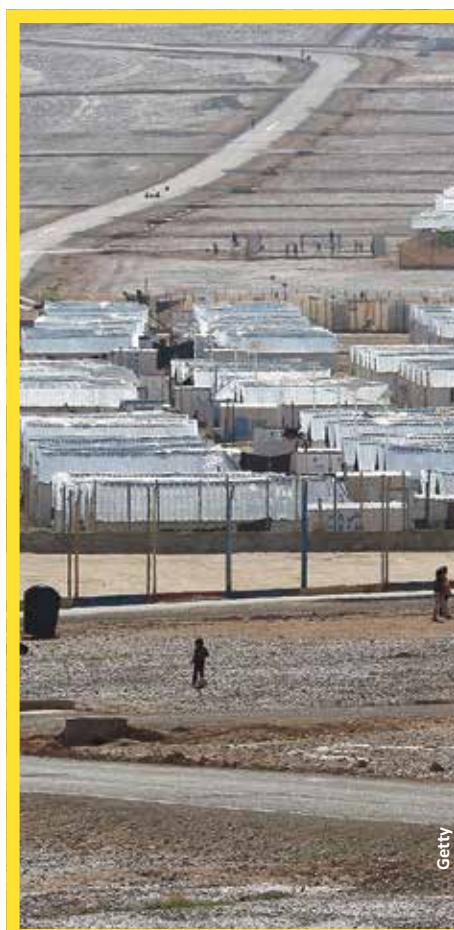
UNICEF staff have spent nights camped out at Azraq, the second largest camp for Syrian refugees in Jordan, working around the clock with partners to install water systems for a new isolation unit, and to help strengthen water and sanitation systems at the paediatric facilities (those especially for kids).

They know that for those living there, self-isolation and social distancing are close to impossible.

At a time of international crisis, as countries pull together, we cannot forget those who have been forced to flee theirs and are more vulnerable than ever.

## ● How is UNICEF helping?

These are new waters for all of us, but UNICEF is well equipped to help children and families. We have increased our educational programming around the world. We have been supplying water and soap to those who need it most. We are working with governments and other organisations to keep children safe and ensure their rights to health, education and play are met during the coronavirus crisis. This work is crucial.



## UNICEF'S CORONAVIRUS RESPONSE

UNICEF is working to meet the immediate needs of children and families, as well as continuing longer term work to reduce existing problems, including malnutrition, displacement and chronic poverty. The response supports governments and calls on decision-makers to:

- Keep children healthy and well nourished
- Reach vulnerable children with water, sanitation and hygiene
- Support families to cover their needs and care for their children
- Protect children from violence, exploitation and abuse
- Protect refugee and migrant children, and those affected by conflict

We are conscious of the secondary impact this will have on children too – while school closures are necessary right now, we know that the longer children are out of school, the less likely they are to return. Bushra told us that she relied on school in the camp – it was providing her with a lifeline to her future goals.

We must all work together now – as part of an international effort – for all children, to ensure that no-one is left vulnerable.

## ● Don't give up hope

For the moment, Bushra cannot get an internet connection in the camp so she uses her mobile phone light to study her textbooks at night when it is quiet and her family are asleep. We are working hard to make sure that schools – run by UNICEF in the camps – can still provide children with the educational materials they need.

Bushra still has hope that things can improve if we pull together: “I am scared that something might happen to those I hold dearest, but I will never give up because I believe that this crisis will pass, and we will see a normal day again.”

The UNICEF 'Save Generation Covid' appeal is the largest ever for children in our 73-year history, and we urgently need funds for lifesaving support and services to ensure that children survive this crisis – and thrive beyond it.

Visit [unicef.uk/donate-generationcovid](https://www.unicef.uk/donate-generationcovid) to donate and help save #generationcovid

# WE'RE OPEN!

**ZOOS across the country have started to open their doors this week, after the Government gave the go-ahead, as long as visitors can maintain safe social distancing.**

Last week we reported that many zoos were in danger of closing for good after being told to stay closed, despite being large, mostly outdoor spaces.

However, last Wednesday, Prime Minister Boris Johnson announced that if they could reopen safely, zoos and safari parks could start to welcome visitors from Monday 15 June.

Many zoos, including ZSL London Zoo and ZSL Whipsnade Zoo, had already started preparing for reopening, marking two-metre spaces around their animal enclosures. Some zoos are not quite ready to open yet and are still making the changes they need to open safely.

While it's great news that zoos can open, many are still worried that reduced visitor numbers will mean they won't make enough money to survive

the winter season.

The British and Irish Association of Zoos and Aquariums (BIAZA) is urging people to support their local zoo in any way they can. "Today some of us are celebrating, but the struggle continues," BIAZA said. "We are proud that together we are rising to the challenge, whether we are small or large, regardless of the types of animals we care for, or the nation we are in. As a community, we are stronger together."

If you are planning on visiting a zoo with your family, you will need to pre-book tickets first.

Some areas, like reptile houses, will be closed and you must follow strict social distancing guidelines at all times. Check with your local zoo for details about their opening times.



Teams at ZSL London Zoo mark out 2m spaces around their animal enclosures ready for social distancing



## SHARK SECRETS

**A DETAILED study of great white sharks has found they spend a lot more time feeding along the seabed than previously thought.**

The study into their diet was done by a team at the Charles Perkins Centre and School of Life and Environmental Sciences at the University of Sydney. They studied the predators off the east coast of Australia and found the remains of fish that live on the bottom of the ocean in the stomachs of more than 40 young sharks. This evidence supports data from tagged great

white sharks that shows they spend a lot of time many metres below the surface of the ocean.

Lead author Richard Grainger said: "The stereotype of a shark's dorsal fin above the surface as it hunts is probably not a very accurate picture."

The full study was printed in the journal *Frontiers in Marine Science*.



## OFF THE MENU

**PANGOLIN scales are no longer officially listed as an ingredient to be used for traditional Chinese medicine.**

The news was reported in medical journals in China this week. It comes as China raised the protection level for pangolins to the highest in the country. Both changes are good news for pangolins, which are the most-trafficked animal species in the world. They've come very close to extinction due to the illegal wildlife trade. As many as 200,000 are consumed each year for their scales and meat.

## WOW!

**SUPERMARKET chain Iceland has adopted every penguin at Chester Zoo! The company offered to help following an appeal by the zoo, which has huge debts as a result of closing its doors during the COVID-19 pandemic.**



# IT'S TIME FOR THE SCHOOL NEWSPAPER OF THE YEAR AWARDS 2019-2020



## THIS YEAR'S CATEGORIES

- Primary School Newspaper
- Secondary School Newspaper
- Home News Reporter of the Year
- Innovative News Project
- Editorial Team of the Year

The awards are open to all schools where students have created their own newspaper, newsletter or web pages to report news to their school community at any time from September 2019 to June 2020, in addition to children creating their own factual newspapers at home. All entries must report factual and accurate information.

The winners will not only have the honour of receiving the title of First News School Newspaper of the Year, but the winner of each category will receive a magnificent trophy for their school and feature in a First News Special Report!

Ask your School News Team Leader to download the competition entry form at [tinyurl.com/y9e32fg5](http://tinyurl.com/y9e32fg5).

The deadline for entries is Wednesday 24 June. We will announce the winners in First News in July.

**CALLING all junior journalists!** This year's First News School Newspaper competition is now open for entries.

We know it's been a challenging time for school newspaper teams. Amazingly, some of you have managed to keep reporting news to your school communities during lockdown. Others produced brilliant and informative school newspapers, websites and broadcasts in the first half of this academic year. Whatever your news team have been up to,

now it's time to get your entries in so we can celebrate all your efforts.

To reflect the fact most of you haven't been in school since March, we've added a new category this year – Home News Reporter of the Year. If you've been busy creating your own newspaper or news blog while you've been at home, enter your efforts for this award.



Last year's primary school winners, Ashcott Primary School



Last year's secondary school winners, Stretford High School



# THE BIG PICTURE

**NO social distancing here – but thankfully there doesn't need to be!**

Lockdown and social distancing measures have ended in New Zealand, after three weeks without any new COVID-19 cases. So a full crowd of 43,000 rugby union fans flocked to Auckland's Eden Park to see the Auckland Blues beat the Wellington Hurricanes. It was the largest crowd the Blues have played in front of for 15 years!

Sadly, as First News went to press, two new cases of the disease were confirmed in two people who arrived in the country from the UK – although officials said they didn't think that the pair had spread the disease to anyone else.

# GAME ON!

CBBC'S top football series, *Jamie Johnson*, is back on our screens so we chatted to cast members Louis Dunn (Jamie), Jonnie Kimmins (Boggy) and Maddie Murchison (Zoe) about what we can expect!



Maddie Murchison plays Zoe

● **What can you tell us about the new series of *Jamie Johnson*?**

**Maddie:** It has loads of twists and turns and unexpected moments that you will have to watch out for.

**Jonnie:** This is our most ambitious series – so many characters, some new ones coming in, some old ones coming back, massive storylines that deal with current issues and events, and a whole lot more that I can't say. I promise it's going to be a rollercoaster ride of a series!

● **What is your character up to this series?**

**Louis:** Jamie is still wanting to progress in football and also help others at the same time.

**Maddie:** Zoe starts something really big that she works hard on to make happen, I can't say exactly what, but you will find out.

**Jonnie:** Boggy's got his biggest storyline yet, it is building through the whole series. Mostly, he's trying to keep everything from falling apart and to keep on top of things.

● **The show is based around football – what is your personal relationship with football?**

**Jonnie:** I'm the odd one out of this cast. I don't have any relationship with football except that my brother loves it and gets annoyed that I'm in the show – especially with all the professional footballer cameos! I'm just not really a sporty person, much like Boggy!

**Louis:** I love football. I play in college and outside of



BBC

college for a local team. I also support Manchester United and have done my whole life. Love the club.

**Maddie:** I've played football for many years and enjoy it – I've watched many live matches, from Arsenal ladies to the Spurs men's team.

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

**Zoe:** We don't really train for the show but me and the cast are always having a kickabout between scenes and on our lunch breaks.

**Louis:** Normally the week before shooting, there is a rehearsal week where we get used to the set-up and the intensity of how filming will go.

**Jonnie:** Luckily, none! I can spend my time relaxing when I'm not needed on set.

● **There are some great famous footballers in this series. What were they like to film with?**

**Louis:** There are some amazing footballers this season. They are all very nice people and I look up to them, so it is nice to play and talk to them face to face.

**Jonnie:** Unfortunately, I don't get to meet any of them as I never have any scenes with them. From what I've heard, they're great to film with, though.

● **Which footballers do you look up to the most, and why?**

**Jonnie:** I don't know any footballers well enough to look up to them!

**Louis:** A footballer I look up to is Cristiano Ronaldo. He is the hardest working player on Earth, and it shows when he plays and the trophies he wins.

**Maddie:** I don't really look up to a footballer, but

I do have some favourites like Jordan Nobbs, Leah Williamson and Lucy Bronze.

● **Women's football is one of the themes in this series – were you excited by that?**

**Maddie:** I was definitely excited about this because usually I'm on a team with boys and not many girls, so it's nice to play with different abilities.

**Louis:** I think it is important. I was excited to learn and watch as women's football is an up-and-coming sport today and keeps growing.

**Jonnie:** While I'm not a football person and really don't know much about it, after my time on *Jamie Johnson* I've gained an appreciation for the women's game. CBBC has a lot of girls watching, and I think that with women's football gaining more traction in the media, and more popular in general, that we should promote it and give girls positive footballing role models on the show!



Jonnie Kimmins as Boggy

BBC

● **What is it like on the set of *Jamie Johnson*?**

**Louis:** It is great on the set. The cast and crew are all great people and lovely to be around which makes it easier to film.

**Jonnie:** When I first joined JJ more than five years ago, I was overwhelmed by the amount of people, equipment and organisation there was behind the scenes. On an average day in series five, we would have anywhere from 60-80 cast and crew members working to get the show made, and that's just in the location we were filming in. It's incredible fun, hectic and stressful, but I wouldn't change it for anything.

**Maddie:** It can be hard work at times but all of the filming is definitely worth it. When you see the final show it makes us all really proud of our hard work.



BBC

Louis Dunn as Jamie Johnson with footballer Raheem Sterling, who makes a guest appearance this series

## CHARITIES SUPPORTED BY FIRST NEWS



Catch *Jamie Johnson* on CBBC and BBC iPlayer

# VOTE FOR THE NEXT BIG TECHNOLOGY THAT WILL CHANGE THE WORLD

## DESIGNED BY YOUNG PEOPLE

The Longitude Explorer Prize, run by Nesta Challenges with support from the Department for Business, Energy and Industrial Strategy, asks young people to come up with bright ideas using technology to make the world a better place. They range from robots to drone ships, and healthy eating apps to smart specs – and lots more in between.

Hundreds of teams from schools and youth groups have entered ideas to help people live longer, live better, live greener and live together. The final 39 teams are now working hard to bring their concepts to life. Connecting remotely in lockdown, the teams are being helped by experts to create prototypes and models of their big tech ideas.

The teams will present their amazing solutions and prototypes to the judges in July. The winners will take home £25,000 for their school or youth group. **It's not just up to the judges, you have a say too!**

The Longitude Explorer People's Choice Award is a **new prize voted for by you**. Visit the Longitude Explorer

website – [bit.ly/Vote-LEP](https://bit.ly/Vote-LEP) – to find out all about the finalists and vote for your favourite idea. **The winning team of the People's Choice Award will win £5,000.**

Hurry, voting closes on 3 July!



If you're excited about the Longitude Explorer Prize, sign up to our newsletter at [bit.ly/Vote-LEP](https://bit.ly/Vote-LEP)



### HOW CAN YOU MAKE THE WORLD A BETTER PLACE?

All of us have the power to change things to help our community that you would like to help fix with a brilliant idea. Have a go at filling in the grid to help you take the steps to make your idea a reality.

#### STEP ONE

**Identify a problem:**  
What is the problem you want to solve?

#### STEP TWO

**Think about the impact:**  
Who does the problem impact and how does it affect them?

Use materials in your home to create a model of your idea. Share what you make with us on social media @nesta

# VOTE FOR YOUR WINNER AT [bit.ly/Vote-LEP](https://bit.ly/Vote-LEP)

Y

# VOTE AT bit.ly/Vote-LEP



Test your knowledge of tech and AI, visit the Longitude Explorer Prize website to take part in our fun quizzes!

## WORLD A BETTER PLACE?

Challenges. Is there a challenge in your mind? How might you do that? Take steps towards solving it.

### STEP THREE

**Generate ideas:**  
What could you create to solve this problem?

### STEP FOUR

**Plan and test:**  
How could you test whether your idea works?

Share your idea! What can you find that could be useful? Use #LongitudeExplorer

# Vote-LEP

## THE BIG IDEAS YOU CAN VOTE FOR...

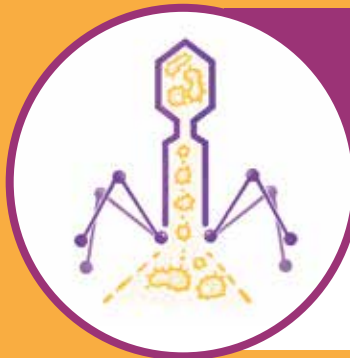
### LIVING LONGER

Technology to help us stay independent and connected as we grow older.



### LIVING BETTER

Technology to help our bodies and minds stay healthy, and to help us feel better when we are sick.



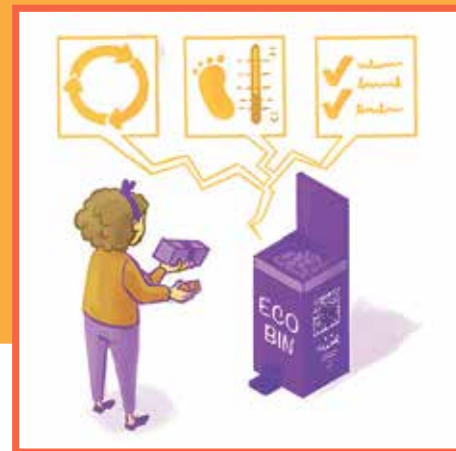
### LIVING GREENER

Technology to help us look after the planet and make our environments cleaner.



### LIVING TOGETHER

Technology that connects us with other people, through safe and environmentally friendly transport.



Longitude  
Explorer  
Prize

Powered by  
**nesta** Challenges  
Department for  
Business, Energy  
& Industrial Strategy



# YO! YOSHI

FORMER professional wrestler John Cena has moved into acting. This week you can catch him as the voice of Yoshi, a polar bear who hates being cold, in the live-action film *Dolittle*.

## YOU PLAY A POLAR BEAR CALLED YOSHI IN *DOLITTLE*. HOW DO YOU APPROACH THAT AS A PERFORMER? DID YOU RESEARCH POLAR BEARS?

The people involved in making the movie are extremely talented and you have to ask yourself whether they've asked you to do it for some reason, that you have some value, that you bring something to the table. Everyone has their own process, and getting help to better your chances in the form of coaching and training is a way to go about it, but I kind of like on-the-job training. I can do the best I can do, but it may not make the edit because the director's looking for a different vision. If the director tells me: "This is what I'm looking for," then I can work on doing it the best I can.



something and you love it, and then you find out that great talent also feels the same way about it, that's a pretty cool deal.

## DID THE CHARACTER CHANGE AT ALL?

I was always Yoshi, but he went through a couple of re-inventions. He was a surfer bro at one point and then they kind of settled on this... the term was glass-half-full, positive-thinking, and that really helped connect the dots. Because you have a lot of people saying he's a polar bear who is afraid of the cold, you can switch that and say he's a polar bear who searches for warmth. And when you have this positive force who connects with his friends, with his family, it's clear he seeks warmth. It's

## HOW DID YOU GET INVOLVED IN *DOLITTLE*?

When I was approached, my next question was a familiar one: "Can I read the script?" I have to like it. If you don't have a purpose that makes you want to wake up charged every day, it'll be a lot of tough days at work. Even voice-over work, which isn't like being someone in the movie, you want to feel good about going to work every day. I loved it and then I began to find out who was in it and who was producing it. When you read



obvious why *Dolittle* would take him in. So that one little piece of advice helped steer the direction after three or four tries of getting Yoshi right. The great thing about being an animated character in these live-action movies is they can re-invent the whole thing.

## HOW DO YOU KEEP THE PERFORMANCE FLOWING WHEN YOU ARE ACTING ACROSS DIFFERENT RECORDING SESSIONS?

You have to keep an open mind, and be ready for anything, because voice work is at points embarrassing. You have to be humble because you're way over the top. And quite frankly, sometimes the isolation allows you to do things that you may not do in front of another person or another actor. You can take those chances that you normally wouldn't take, and understand that's the work for the day. Once you cross those bridges of leaving your inhibitions behind, being open to feedback and understanding that signing up as animated character means that they're probably going to ask you back to record a few times, you know what you signed up for. You're in it for as long as they need, and whenever they call, you show up and do a few lines.



*Dolittle* is available on 4K Ultra HD, Blu-ray & DVD now



THIS WEEK



**1** Racism is in the news a lot at the moment and an important new documentary series about racism in schools starts this week on Channel 4. *The School That Tried To End Racism* follows a class of 11 and 12-year-olds as they learn more about unconscious racism and take part in a study on how to stop it. The first episode will air at 9pm on 25 June and it will be available on All4 after that. The second episode will follow on 3 July.

**2** If you have Sky TV, you can now access some exclusive workshops by the KIDZ BOP choreographers and vocal coaches. Three new videos have been added to the Sky VIP programme. KIDZ BOP have also released a brand new album, *KIDZ BOP Party Playlist!*, which is out now.



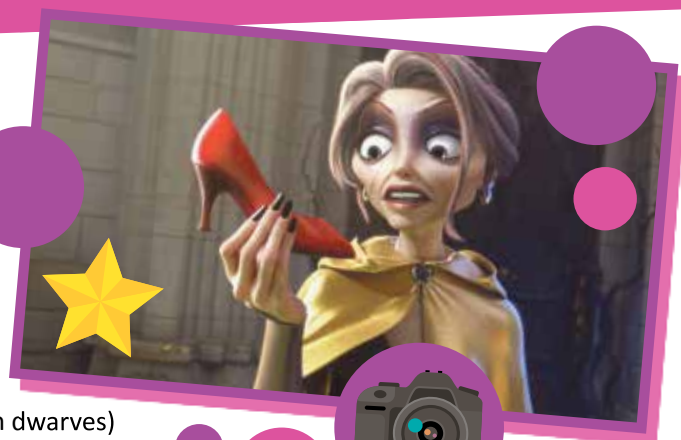
**3** Tara Arts theatre company have launched a free storytelling series featuring famous Indian fables from *The Panchatantra*. The stories will be read by celebrities to celebrate diversity in storytelling while theatres and other arts venues are closed. There are three stories currently available to watch at [www.tara-arts.com](http://www.tara-arts.com) with more being added weekly.

PICS OF THE WEEK

**IF you like fairy tales then this new fairy tale with a twist may be just what you're looking for!**

*Snow White and the Red Shoes* features some of your favourite fairy tale characters as you have never seen them before. Chloë Grace Moretz plays Princess Snow White, who finds some magical red shoes in the castle of the Evil Queen. She teams up with the Fearless Seven (a group of princes who have been turned into green dwarves) to battle the Queen and search for a missing king.

*Snow White and the Red Shoes* is available for digital download from 22 June



TAMARA SMART



THE actor tells us about playing Juliet in the film adaptation of *Artemis Fowl*.

**Tell us a bit about Juliet!**

Juliet is a strong, level-headed, fearless and confident girl who knows what she's doing. She is great at martial arts and has a strong relationship with her uncle, played by Domovoi Butler.

**She's a bit of an action girl – what training did you have to play her?**

My first couple of days of filming were intense stunt sequences, so two weeks prior to filming I did stunt training. I am a dancer so I was really confident going in there, but after ten minutes I couldn't breathe! I got through the two weeks though, and seeing the scenes was totally worth it. The experience made me want to do all my own stunts. I can't take credit for all of them but the ones I did do, I am pretty proud of.

**How familiar were you with the *Artemis Fowl* books?**

When I first auditioned, the name was familiar but I hadn't read it. Once I did, I couldn't put them down and I said to myself that even if I don't get it, I am definitely going to watch it.

**The film features a lot of mythical creatures. Which was your favourite?**

My favourites have to be the troll because it is



the biggest and scariest, as well as Mulch (Josh Gad) obviously because he's just so funny and goofy throughout the movie.

**Which magical creature would you like to be for a day?**

I would love to be a LEPrecon officer [from the film] and fly and fight trolls. I just want to be able to fly.

**Do you believe in magic, and have you ever experienced anything magical?**

I am definitely a believer in magic. I went on the fifth longest zipline in Canada and the views and experience was magical and so freeing. I have to say, Disneyland is also pretty magical!

*Artemis Fowl* is available to stream now on Disney+

# 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](http://www.gov.uk/coronavirus)

# BOREDOM BUSTERS!

BY now you might be an absolute pro at keeping busy at home, but just in case you're not we've packed the next few pages with things to do! You could try to solve our bonkers brain teasers, give the First News Picture Challenge a go, then lose yourself in our puzzles. Once you've done all that, check out the First News website for even more stuff to do!

## BRAIN TEASERS

1. FEED ME AND IT WILL GIVE ME LIFE. GIVE ME A DRINK AND I WILL DIE. WHAT AM I?
2. WHAT GOES UP BUT DOESN'T GO DOWN?
3. I HAVE FIVE FINGERS BUT AM NOT ALIVE. WHAT AM I?

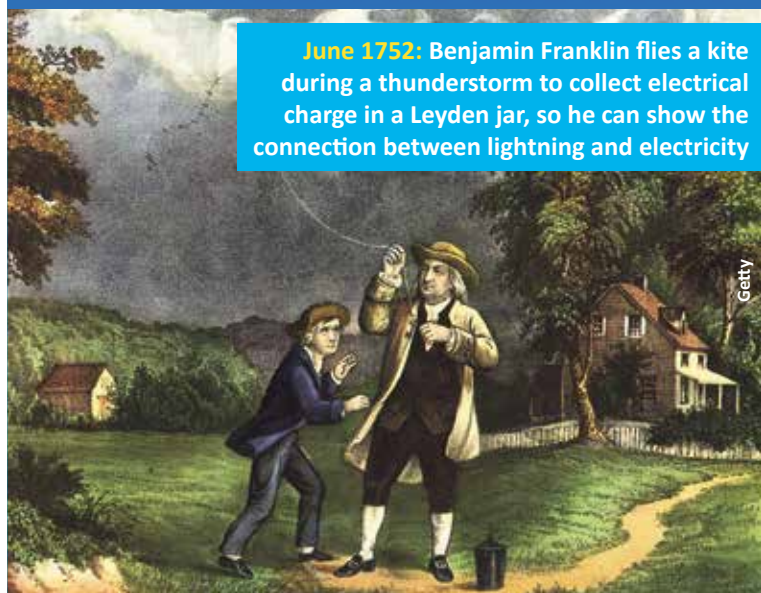


ANSWERS TO THE BRAIN TEASERS IN ISSUE 726:

- 1) Your left hand 2) An egg 3) Your shadow

ANSWERS TO THIS WEEK'S BRAIN TEASERS IN FIRST NEWS SOON!

## THIS WEEK IN HISTORY



**June 1752:** Benjamin Franklin flies a kite during a thunderstorm to collect electrical charge in a Leyden jar, so he can show the connection between lightning and electricity

## THE FIRST NEWS PICTURE CHALLENGE

WE want you to recreate this famous picture using anything you can find in your house! Send your photos to [newsdesk@firstnews.co.uk](mailto:newsdesk@firstnews.co.uk) with the subject Isolation Station, and we'll feature our favourite entries on the FN Isolation Station, which you can find at [first.news/happy](http://first.news/happy).

## OUR CITY TOGETHER

## THIS WEEK'S HEROES IN THE BATTLE AGAINST BOREDOM

A BUNCH of brilliant people and places are doing their bit to entertain us! This week, here's what we've been enjoying.



- Our City Together is a free digital art programme that has been launched by the City of London. It's a cultural feast featuring an inspiring and positive mix of artworks, photography, films, talks, museum collections and more, from places like the Barbican Centre, the Museum of London and the London Symphony Orchestra. Find out more about the programme at [www.ourcitytogether.london](http://www.ourcitytogether.london).
- Science buff Dallas Campbell (left) has engineered the perfect paper aeroplane, and has created a video so that you can make one too! The plane is only one of a number of awesome STEM resources that you can find on the STEM Learning website at [www.stem.org.uk/home-learning](http://www.stem.org.uk/home-learning).

## THE GREAT BRITISH TECH APPEAL

VODAFONE is launching a scheme to get 10,000 phones and tablets to those who are most in need during the COVID-19 crisis, and you can help!

Vodafone UK has teamed up with Barnardo's to launch the Great British Tech Appeal. They need you to dig through your drawers, cupboards and lofts to find your family's old smartphones and tablets, so that they can be sent to disadvantaged children, families and the charity workers who support them.

Vodafone will cover all postage and packaging costs for the devices, and will provide three months' free connectivity for every device distributed.

To get involved, head to [www.vodafone.co.uk/techappeal](http://www.vodafone.co.uk/techappeal).



## FIRST NEWS' POSITIVITY PLACE

If you're feeling a little low about the news or the lockdown is getting you down, why not head to the First News Isolation Station? It's our own little corner of positivity on the internet!

Featuring messages of support to key workers, along with things to do, happy news stories and more, we hope it's enough to cheer you up on a bad day.

If the site inspires you, and you want to submit your own bit of positivity to the First News Isolation Station, email us at [newsdesk@firstnews.co.uk](mailto:newsdesk@firstnews.co.uk) with the subject Isolation Station.



# WIN! MISSION PYTHON 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 Mission Python. Mission Python shows you how to build a space adventure game on your computer. You'll learn how to customise the map, room designs and puzzles. It all uses free software.

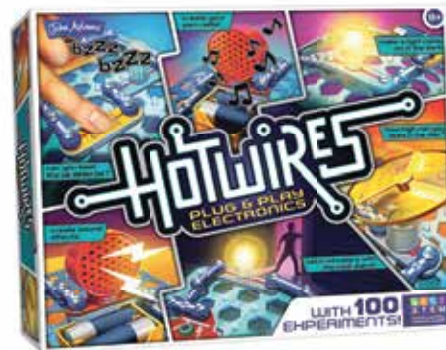
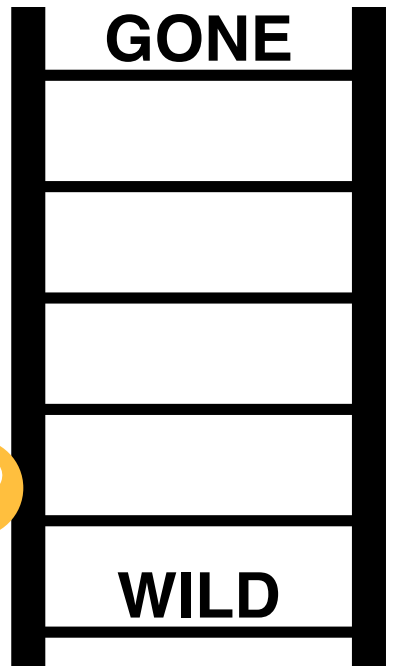
Get a free sample and find stockists at [www.sean.co.uk/books](http://www.sean.co.uk/books).



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

# 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! HOT WIRES

CAN you complete our crossword by using the clues below?

Send in your answers and one lucky winner will win Hot Wires, the ultimate in plug-and-play electronics! Snap together the component blocks and discover 100 amazing experiments involving light, sound and movement. You can even build a lie detector!

For more info, head to [www.johnadams.co.uk](http://www.johnadams.co.uk).

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

### ACROSS

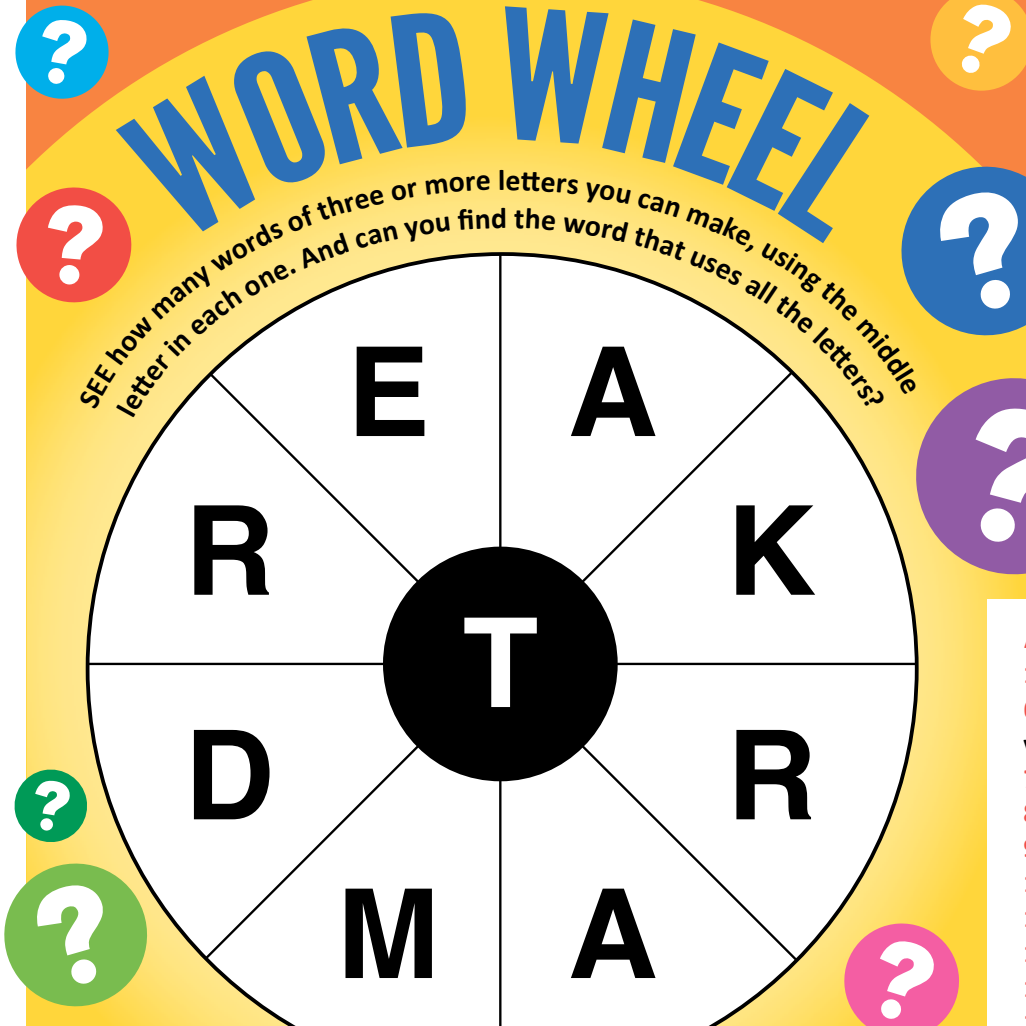
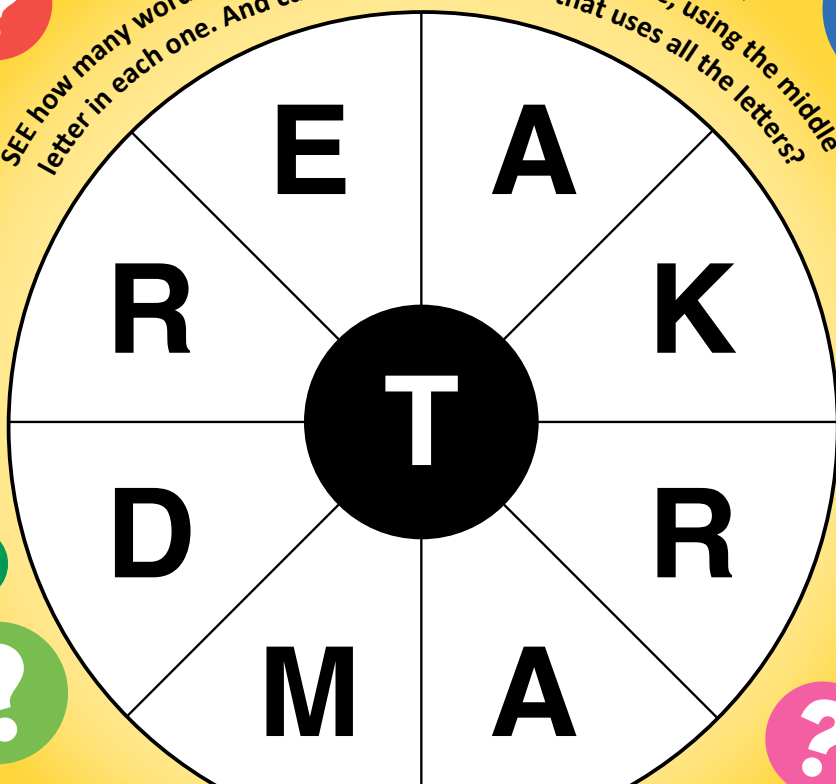
- 1 \_\_\_ City: Premier League football club (10)
- 6 A soft, white substance used in vegetarian food (4)
- 7 Harsh bird sound (6)
- 8 Take small bites from (6)
- 9 \_\_\_ fruit: green fruit with a hairy skin (4)
- 11 Elegant and stylish (4)
- 13 Person who carries golf clubs (6)
- 15 Guidance (6)
- 17 Behind schedule (4)
- 18 Animals similar to alligators (10)

### DOWN

- 2 Do away with or put an end to (7)
- 3 Tiny piece of bread (5)
- 4 Part of a tree (5)
- 5 Argue (3)
- 7 Notice (3)
- 10 Item blown by a referee (7)
- 12 Egyptian capital (5)
- 13 What you use to play snooker (3)
- 14 New \_\_\_ : capital city of India (5)
- 16 Twelfth month of the year (abbreviation) (3)

# WORD WHEEL

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



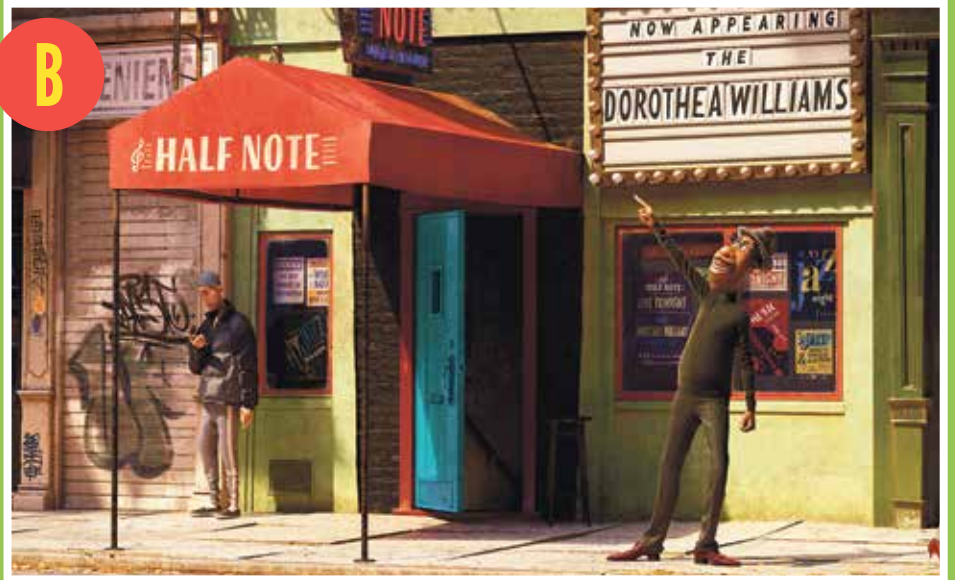
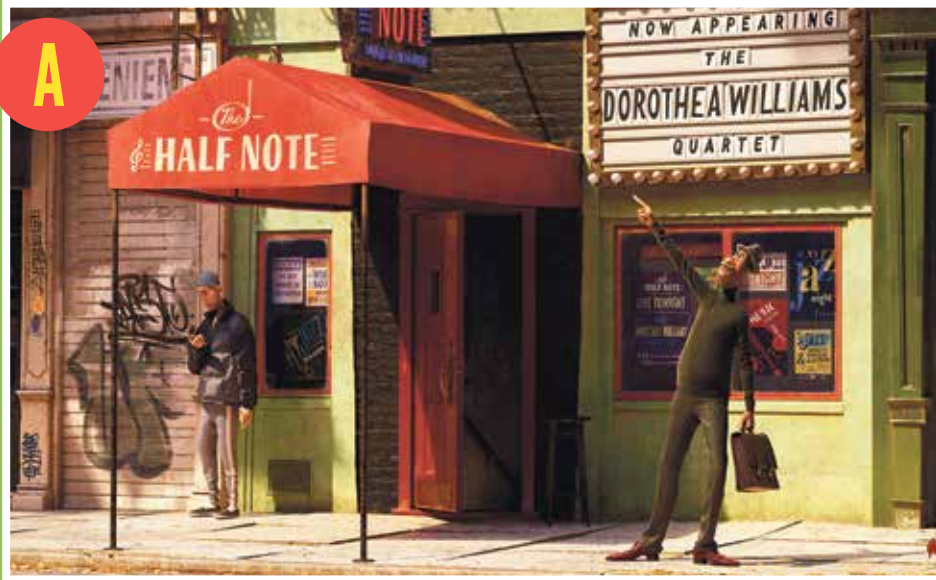
# 21. BOREDOM BUSTERS!

## HOW TO ENTER:

Send your finished puzzles by email to [win@firstnews.co.uk](mailto:win@firstnews.co.uk). Don't forget to put **Puzzles 731** in the subject box. We're afraid that we can't accept postal entries for now. The closing date for puzzle entries is **Thursday 25 June 2020**.

# SPOT THE DIFFERENCE

JUST for fun this week! Can you spot the five changes we've made to this picture from Disney Pixar's *Soul*?



© 2019 Disney/Pixar. All Rights Reserved.

## TRANSFORM YOURSELF INTO A COMPREHENSION NINJA

A new series to boost comprehension skills at home for ages 5-11



- ✓ Develop your understanding of the world with a range of non-fiction texts on different topics
- ✓ Master different question types to become a comprehension ninja
- ✓ Boost your reading skills and confidence with fun activities
- ✓ Written by bestselling author and teacher Andrew Jennings
- ✓ Answers and helpful advice for parents included

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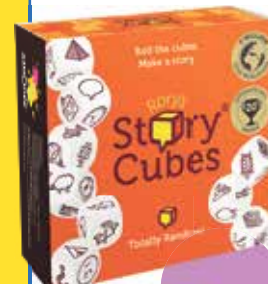
## WIN! A GAMES BUNDLE FROM ASMODEE

WE'VE teamed up with leading board games company Asmodee to give six lucky readers the chance to win a bundle of fun, fast games – including the UK's best-selling game, *Dobble!*



**Dice Academy:** Get ready to test your knowledge and your mental skills! Roll the dice and be the first player to match each theme to a word that starts with the letters you're given!

**Bananagrams:** Fast and frantic, players race against each other to build crossword grids. No pencil, no paper, or board required! Comes in a small banana-shaped pouch, perfect for playing on the go!



**Dobble:** The smash-hit observation game where players race to match the identical symbol between cards. Reliant on a sharp eye and quick reflexes.

**Rory's Story Cubes:** Roll the cubes. Make a story. Make it serious or silly, weird or wonderful, short or epic. There is no wrong way to play! To be in with a chance of winning, just answer this question:

How many sides does a cube have?  
a) four b) six c) eight

## ENTER NOW! MARK YOUR ENTRY GAMES

[firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) or see below. The closing date is 2 July 2020.

**COMPETITIONS:** You can enter First News competitions in one of two ways. 1. Go to [firstnews.co.uk/competitions](http://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:** coffee cup on desk, badge on lanyard changed colour, man added to background, hand removed, ear is bigger.

**Word ladder:** warm, wars, tars, tans, tens, teas.

**Word wheel:** labyrinth.

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

P	O	L	I	T	I	C	I	A	N	
I	T	O	P	I	C	E	T	H	I	C
C	R	K	F	L	O					
H	O	O	P	L	A	Z	E	R	O	
G	E	C	T							
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B	A	M	B	I	M	U	S	T	I	C
M	E	O								
R	E	A	S	O	N	A	B	L	E	

# MEGA CHOCOLATE FACTORY



AS if its picture-perfect scenery and stunning cycle paths weren't enough, the Netherlands will soon be home to a massive Willy Wonka-inspired chocolate factory!

Oh, and it will have its own rollercoaster, too.

Roald Dahl would probably describe this "razztwizzler" as "giganticus" or something – and he wouldn't be wrong. Just look at it!

Dutch chocolate company Tony's Chocolonely recently shared an artist's impression of the somewhat unusual chocolate factory, set to open in Zaandam, a small city just outside of Amsterdam.

According to *Time Out* magazine, the building is inspired by Willy Wonka's chocolate factory from Roald Dahl's book, *Charlie and the Chocolate Factory* – but even that weird and wonderful factory didn't have its own rollercoaster!

The initial artwork shows a giant red structure with a rollercoaster track shooting out of it. Naturally, the image has piqued the interest of Roald Dahl fans and rollercoaster fans alike.

Sadly, as *First News* went to press, Tony's Chocolonely announced that work on the £89 million factory was being paused due to the COVID-19 outbreak. That means we can't say exactly when we'll be able to ride that rollercoaster or look for a real-life Wonka.

There's also been no mention of behind-the-scenes tours in exchange for golden tickets found in their chocolate bars but, let's face it, any ticket to this palace of fun could be considered golden.

Did we mention it had a rollercoaster?



Tony's Chocolonely

Tony's Chocolonely

## DALAI LAMA'S DEBUT ALBUM

THE Dalai Lama, the spiritual leader of Tibet, is dropping his own album to mark his 85th birthday!

Kids and adults across the world have been getting creative and learning new skills in lockdown, so is it really so surprising that the Dalai Lama has been working on an album?

It's not actually as crazy as it sounds.

The Buddhist leader is set to release his debut album, *Inner World*, on 6 July. *Inner World* will be made up of 11 tracks on which the Dalai Lama recites teachings and sacred mantras, with music from 30 different instruments playing in the background.

The album's release coincides with His Holiness' 85th birthday.



Getty



## DON'T LOOK DOWN!

CHINA'S "horizontal skyscraper" has officially opened its first attraction – a glass-bottom observation deck.

And it's not for the faint-hearted!

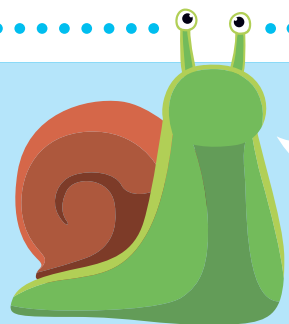
In fact, it's barely for the brave, as this stomach-churning glass-bottom floor is a whopping 250m up in the air!

The horizontal skyscraper, known as The Crystal, stretches across the tops of four of the eight vertical skyscrapers that make up the Raffles City Chongqing complex in Yuzhong District, China. The Exploration Deck (we'd name it the "see-through, lose your lunch sky tunnel", but that's just us) officially opened this week, following a lifting of COVID-19 lockdown restrictions.

To adhere to local social distancing measures, only 3,000 people are allowed to visit the giant Exploration Deck each day and tickets must be purchased in advance to regulate the crowds.



Saidie Architects



WHY CAN'T A SNAIL CATCH A COLD? IT'S TOO SLOW!

WHAT DO YOU CALL A DEER WITH NO EYES? NO IDEA!

HA! HA! HA!  
SUBMITTED BY HUDSON, AGE 8

SHARE YOUR JOKES WITH US AT [NEWSDESK@FIRSTNEWS.CO.UK](mailto:NEWSDESK@FIRSTNEWS.CO.UK)



Written and illustrated by Paul Palmer



# INTRODUCING... THE PLAYSTATION 5!



AT long last, we've been given a proper look at the PlayStation 5, and it's something to behold!

The striking white console was revealed alongside a bunch of new games in a special video last week.

Standing taller than the Xbox One, the PS4 and the Xbox Series X, the PS5 is shaping up to be one of the largest modern games consoles.

Lots of people on social media

compared its design to a WiFi router – and even though we think the PS5 looks pretty cool, we'd be lying if we said that we didn't see the similarity!

Since we already know a lot about the console's insides, it was a first chance to see some of those features in action.

One great example of the PS5's new fast-loading storage system, known

as a solid-state drive (SSD), was in the trailer for *Ratchet and Clank: Rift Apart* (pictured above).

The game showed the heroes tumbling through dimensional rifts, falling from a swamp to a busy city, to a pirate ship – without a loading screen in sight!

While we still don't know a price, we now know that there will be two versions

of the console released this winter.

It's not been confirmed yet, but we're guessing that the Digital Edition will be cheaper than the PS5, which comes with a disc tray.

Sony's CEO says that the company is focussing on "value over price", although we'll have to wait and see to find out just what that means!



THIS collection of classic games, some centuries old, is an awesome addition to the Switch!

Have you ever been to someone's house and seen a strange looking board game? Or been asked to play a card game that you don't know the rules of? Chances are, those games are all featured in *51 Worldwide Games*!

The new release from Nintendo bundles loads of classic games in a super friendly package. Rules are explained clearly, and the controls make a lot of sense on all of the games, even for those who are new to videogames.

We may not be doing much travelling these days, but it's easy to see this game becoming an excellent companion for long journeys. Until then, it's a lot of fun on your own, and with the family!

## £6.4M RAISED!

A SPECIAL bundle of indie games has raised more than \$8 million (£6.4m) for the Black Lives Matter movement.

For a limited time, online indie game store itch.io offered a whopping 1,700 indie games for a minimum donation of just \$5 (£4).

Normally, those games would cost \$9,205 (£7,250). So the bargain quickly became a popular way to support an important cause.

The money will be split between two American organisations working to stop police brutality.



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# WHAT'S IN THE SHOPS?

## SMALLEST TOPPLE TOWER IWANTONEOFTHOSE.COM £5.99

Steady hands are required for this miniature version of the classic tower stacking game. Each block is just 3cm long, so if you found regularly-sized stacking games a challenge, prepare for new levels of stress – and fun, of course! A set of tweezers are included to give you a little bit of help with the miniature blocks.

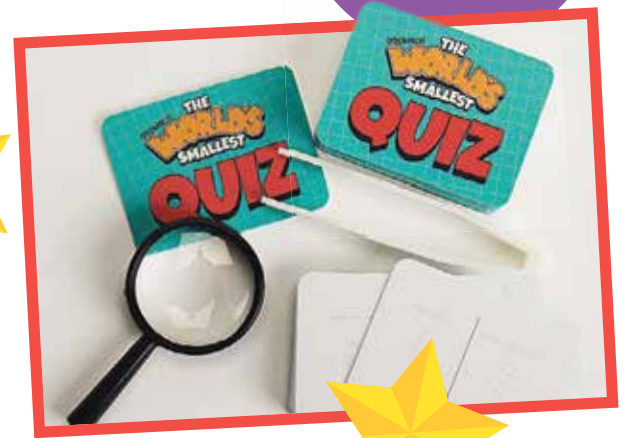


## SMALLEST PLANETARIUM FIREBOX.COM £9.99

Bring the mystery and wonder of the sky at night to your home with the world's smallest planetarium. This great kit includes a miniature projector to proudly showcase the Milky Way's finest stars, plus a 48-page mini book to help you identify the constellations.



## WORLD'S SMALLEST



## SMALLEST QUIZ AMAZON.CO.UK £7.99

If you love collecting really tiny cute stuff and love testing your brainpower, then this is the perfect activity for you. The world's smallest quiz includes 100 general knowledge questions. Just trying to pick up and read the cards is a challenge. Good luck!

\*All prices correct at time of printing

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# WIN! A DRAGON BALL BUNDLE FROM BANDAI UK

★ EXPERIENCE the hugely popular anime series *Dragon Ball* as it comes to life with all-new action figures from Bandai UK!

Fans of mega-hit *Dragon Ball* – one of the most successful manga and anime series of all time – can now create their very own piece of Super Saiyan action with Bandai's new and extensive range of action figures.

Three lucky winners will each win a *Dragon Ball* Bundle from Bandai UK containing: a *Dragon Ball* Limit Breaker figure (30cm), two *Dragon Ball* Limit Breaker figures (33cm), two *Dragon Ball* Dragon Stars figures and two *Dragon Ball* Foil Bags.

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

Who is the Prince of Saiyans?

- a) Vegeta   b) Goku  
c) Gohan



[www.bandai.co.uk](http://www.bandai.co.uk) Available from Smyths, Argos, B&M and Game

## ENTER NOW! MARK YOUR ENTRY BALL

[firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) or see page 21. The closing date is 2 July 2020.



# WIN! A FAMILY TREASURE TRAIL

STEP outside and re-discover a world of fun and adventure with Treasure Trails this summer.

Solve the clues and uncover the secrets with one of more than 1,200 self-guided adventure trails across the UK.

With themes including Treasure Hunts, Spy Missions and Murder Mysteries, Treasure Trails provide the perfect solution to responsible, social distancing entertainment.

Lasting around two hours, each trail has its own specific theme and makes use of well-known local landmarks, signs, statues, monuments, images, engravings or any other unique or eye-catching features to create an exciting adventure.

From remote locations to wide-open spaces, there are hundreds of Treasure Trails to choose from across the country, whether you're budding buccaneers, mini Miss Marples or undercover secret agents!

And 35 lucky winners can pick the trail that is closest to them to complete. To be in with a chance of winning, just answer this question:

Who wrote the James Bond books?

- a) Anthony Horowitz   b) Roald Dahl  
c) Ian Fleming

Please visit [www.treasuretrails.co.uk](http://www.treasuretrails.co.uk) for more information. Treasure Trails are suitable for up to five people and designed to appeal to all ages.



## ENTER NOW! MARK YOUR ENTRY TRAIL

[firstnews.co.uk/competitions](http://firstnews.co.uk/competitions) or see page 21. The closing date is 2 July 2020.

# WRITE A STORY WITH CRESSIDA COWELL

**WORDS FOR LIFE**



**CHRIS Haslam's first children's book, *Orla and the Serpent's Curse*, is the tale of a girl and her dog whose holiday is ruined when they stumble across an ancient curse in a Cornish wood. Chris told us what books he read as a child:**

“ The first book I remember was an ancient compendium of stories about heroic canines called *When Dogs Delight*. Later I loved being able to stay over at my grandmother's house because she had all the books my mum and my uncle had read when they were kids: the adventures of Biggles – look him up – the adventure stories of Jack London, and tales of far-off places. ”



TO READ THE FULL INTERVIEW, VISIT [WORDSFORLIFE.ORG.UK/AUTHOR-INTERVIEWS](http://WORDSFORLIFE.ORG.UK/AUTHOR-INTERVIEWS) FOR BOOK RECOMMENDATIONS, ACTIVITIES AND GAMES, GO TO [WORDSFORLIFE.ORG.UK](http://WORDSFORLIFE.ORG.UK)



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

[FIRST.NEWS/CRESSIDACOWELL](http://FIRST.NEWS/CRESSIDACOWELL)

## SO FAR IN THE STORY...

Young spellcaster Ferocity and her smoke-producing pet boggart, Guggalugs, were taken from their home by child-snatching Tappers. After escaping and getting lost, the pair met Trick, a mysterious boy who said he could take them somewhere safe. The three then journeyed to Trick's home, Perum Hollow, to speak with the boy's grandfather. On that journey, Ferocity found a strange copper piece, which Trick's granddad revealed to be one of four key-pieces that helped seal evil away from the world. Trick and his grandfather each had another, leaving one left to find. The trio were told they must find the fourth, and so they set off, following a map given to them by the grandfather. They arrived at a cave currently occupied by a familiar face: Trick's mum Ariella. Little do they know they're being watched...

## PART 12 BY CHARLINE LEPANT

*Trick's grandfather pounded his fist on the battered table angrily. A teenage girl came into the room and sat down next to him. 'What's wrong?' she asked him, her green eyes full of worry.*

*'Nothing, I... no, nothing.'* He chewed a pencil thoughtfully. The girl stood up to leave, saying, 'Ok then.'

*'Actually, Aida, I do need your help. Your magic has improved immensely – I think you can do it.'*

*Aida's face lit up with happiness at the prospect of helping him, and she sat back down, ready for anything.*

*'Aida, I want you to perform a transportation spell, and focus on the Skleros Mountains. I'm going to think up an animal, and put it into your mind for you to transport. Got it?'*

*Aida nodded, and closed her eyes to focus. Her hands started to glow orange, and sparks flew out the gap between them. Then, Trick's grandfather closed his eyes and a moment later his hands were engulfed in a pink smoke, where a figure of the beast, Typhon, revolved. Then it was over. The colours faded. It was done. Typhon was transported to the Skleros Mountains, where Trick and Ferocity would go.*

*The man chuckled evilly and left the room. Aida was left at the table, and she peered into the crystal ball. The scene of the foursome was still there, and it all clicked. She put her head in her hands, murmuring. 'What have I done? I have to help my brother'. 'Before it's too late.'*

**Cressida Cowell said:**  
"It was a TRICKY decision this week! There's a great twist here from Charline"

## PART 13: BY YOU!

### IF you took the time to send us your story, thank you!

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](mailto:newsdesk@firstnews.co.uk), popping **Story** into the subject line, or at [first.news/cressidacowell](http://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!

## THE TRIALS OF MORRIGAN CROW

JESSICA TOWNSEND

reviewed by Eva Patinha, aged 10

A curse forces Morrigan Crow to die on her 11th birthday. She lives with her father; who wishes that his daughter was not cursed so that he could be a well-respected political figure; her stepmother, who despises her; and her grandmother, who always has something to say. Yet the impossible comes true as a remarkable man comes to take her away to the secret Nevermoor.

To join the Wondrous Society she must pass four impossible trials using an exceptional talent – which she doesn't have.

This is a lovely book that will stick with you through to adulthood and will help shape you as an extraordinary person. I recommend it to anyone from the age of eight to 30 who needs a little bit of suspense and adventure in their lives!



## 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](mailto:bookreviews@firstnews.co.uk).

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Benefits for parents:

- instant feedback on all activities (no marking for parents!)
- regular email to report the child's progress and introduce the weekly discussion topic

**£20 for access until the end of August\***

\*Please note, the activities are updated on a weekly basis in term time. During the summer holidays, children will have access to all the back catalogue of activities but no new ones will be published.

**FOR FULL INFO AND TO ORDER, GO TO [WWW.FIRSTNEWS.CO.UK/HOMEIHUB](http://WWW.FIRSTNEWS.CO.UK/HOMEIHUB)**

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DAY T-SHIRTS!



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



SCHOOLS and families can create their own mini-Olympic and Paralympic Games this summer.

#TTYYourWay

Please be aware of age restrictions on social media websites

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 and sports day may look a bit different, 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.

Our Home Sports Day pack celebrates International Olympic Day in the week of 22 June 2020 with simple inclusive circuits.

Every physical activity, no matter how small, can be logged online as part of the Travel to Tokyo virtual challenge to win weekly prizes. Also, schools or families who share their activities by 29 June 2020 will be in with a chance of winning a class set of exclusive Adidas Olympic Day T-shirts for their school.

Keep updated with the latest news on Twitter @GetSetCommunity and @GetSetClub on Instagram. Share how you're keeping active using our hashtag #TTYYourWay

# HOME LEARNING

by Noah Warner, Bridgetown Primary School, Warwickshire

THIS term, the Year 4 topic at my school is Roots and Shoots. Although we haven't been in the classroom, the teachers have been sending lots of films and other information through to us.



We have been looking at plants and learning that they need warmth, light and water to grow. We have also learnt how water travels up through the stem of a plant and into the leaves and petals, as well as the names of the different parts of a plant.

One of our challenges was to try to grow our own plants at home. We have planted sunflowers, peppers and even kiwi and apple seeds.

I have been remembering to water them, and they have been getting lots of warmth and light from the sunshine, and all of them have started to grow.

My favourite plant is the monkey nut plant. I cracked open a monkey nut and left it to soak in water in some kitchen roll.

After three days the nuts had germinated and I planted them.

They are growing really well, but I can't see any nuts growing yet!



**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 has that made you feel? Why not share your experiences with First News readers?

Email your report (including pictures) to [yournews@firstnews.co.uk](mailto: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.

# OCEAN DAY POEM : POSTCARD WINNER

by Aarav Lachani

I AM very passionate about wildlife and animals on our planet. For World Ocean Day (8 June), I wrote a poem as part of my Life Studies work. My poem reminds everyone that life under the water is in danger because of the actions of humans on the land:

The dark blue ocean, how wonderful I can now see,  
 Ahoy Captain, sail deep through the seas.  
 The hidden world with precious clams and pearls,  
 the majestic whales and dolphin swimming in swirls.  
 The tiny fish too swim around with glee,  
 oh how I love this ocean that I can see!  
 So many wonderful creatures roaming around free,  
 Wait, what does that angry, big wave bring to me?  
 Plastic in abundance, there's tons and tons,  
 We cannot have this, something must be done!  
 I hear you my dear ocean, I can now really see,  
 Oh humans, let these wonderful creatures just be free.  
 Dive deep inside and you see the colourful ocean reefs,  
 The tiny fish too that eats the ones that look like leaves.  
 The octopus, shellfish, starfish and many more,  
 Are suffocated by the human waste and plastic galore.  
 The creatures are dying I can now see,  
 Screaming, they are saying "save our ocean" to me.



by Jazmine

I ENTERED a competition that asked for a picture that would make people smile. I am very happy and smiling because my picture was picked out as the best one!

Specsavers will be sending it to people who might be lonely because they haven't been able to see their friends and family during the lockdown.

They are probably feeling sad if they have been stuck inside their house for a long time.

My picture is being put on the front of a postcard and is going to be sent out to lots of grandparents across the country.

My own grandparents still have to be more careful and are not allowed to go outside as much as I can. The postcard will have telephone numbers on the back so people can call someone if they need help. I think it is a really good idea.

I really enjoyed drawing the picture and am so happy it was picked as the winner.

I do hope it will make people smile when they receive it in the post.



Jazmine's winning design

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# SPORT IN NUMBERS

23

million pounds will be cut from Formula 1 teams' budgets, after the sport was badly affected by the coronavirus pandemic. F1 has been forced to cancel or postpone several races this season. The first race will be the Austrian Grand Prix next month. Valtteri Bottas (below) of Mercedes is expected to be on the starting grid.



Getty

4,000

tennis fans saw an emotional Novak Djokovic get knocked out of the tournament he set up in his

home country, Serbia. Djokovic, who now lives in Monaco, said being on the courts he played on when he was young caused the tears. The Adria Tour event was designed to help players return to the game after months of lockdown.



Getty

32

was Rory McIlroy's position in the leaderboard at the Charles Schwab Challenge

– the first major golf event of the restarted season. The world number one had a terrible final round, which left him nine strokes behind the winner, Daniel Berger. McIlroy later admitted that he made a run of errors.



Getty



Liverpool's Virgil van Dijk in action during a recent friendly against Blackburn

# IT'S BACK

**THERE'S a packed schedule of football fixtures this week as the Premier League and Championship swing back into action.**

The football authorities have agreed to restart England's top two divisions after taking various safety precautions and testing players and staff for COVID-19.

The Premier League restarted on Wednesday 17 June, and some 20 more games will be played over the next week. The Championship resumes tomorrow (Saturday 20 June).

It won't be football as it was when it was abruptly stopped in March, though. Games will take place in empty stadiums with crowd noise played on speakers. All matches will be live on TV, and a full list of fixtures and their broadcast details is available on the Premier League website.

After the three-month break, Liverpool in particular will be raring to go – they're on the verge of winning their first league

title since 1990. Two wins from nine games left to play would give them the six points they need to lift the Premier League trophy for the first time. They sit comfortably at the top of the table, a full 25 points clear of Manchester City in second.

Players will also have a chance to battle it out for the Golden Boot, awarded to the season's top scorer. Jamie Vardy of Leicester City is leading that table with 19 goals, ahead of Arsenal's Pierre-Emerick Aubameyang on 17.

In the Championship, it's tight at the top and the title race could go down to the wire. Leeds are currently in first place, just a point ahead of West Brom. There's also a lively battle going on between several teams for the four play-off places. A total of three clubs will be promoted to the Premier League.

# NO NORTH RUN



**AS some sports start up again, other events are still being cancelled because of the coronavirus pandemic.** The latest casualty is The Great North Run, an annual half-marathon that started 40 years ago. Some 60,000 people had signed up for this year's race, scheduled for 13 September, but despite the best efforts of the organisers, maintaining social distance with so many people involved is almost impossible. The Mini, Junior and Great North 5km runs are also cancelled.

