

BOREDOM BUSTERS!
EASTER ACTIVITIES TO
DO AT HOME P13-16

EXCLUSIVE NEW FIRST NEWS STORY
WITH CRESSIDA COWELL – EVERY WEEK
YOU CAN WRITE THE NEXT PART! P9



First News

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OUR TRUSTED
NEWS GETS MORE
THAN 2 MILLION
READERS!*

THANK YOU NHS!

BUILDINGS around the UK, including The Shard in London (right) were lit in blue last week – the colour of the NHS logo – to say thank you to all our health heroes dealing with coronavirus.

by editor in chief Nicky Cox

It's just one way the nation has been showing support for NHS workers across the country.

Hundreds of thousands of people have been taking part in a weekly Clap for Carers on their doorsteps at 8pm on Thursdays. The royal family even got involved, sharing a video of the children of the Duke and Duchess of Cambridge, Princess Charlotte and Princes George and Louis, clapping.

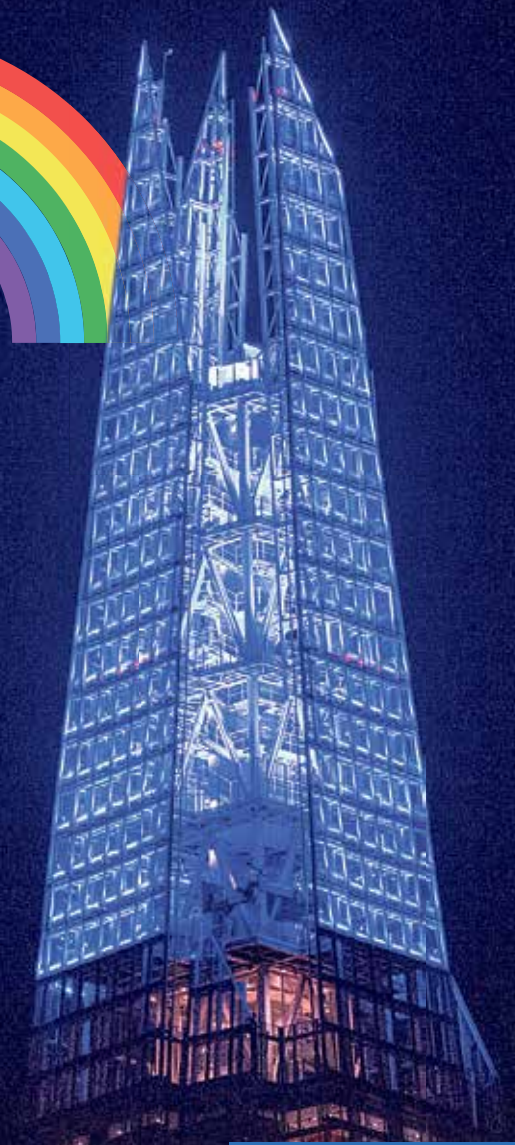
The Body Coach, Joe Wicks, is donating all YouTube advertising money from his daily PE lessons to the NHS. Millions of people across Britain are joining in.

The number of people affected by the new coronavirus has been steadily climbing around the world, including, as forecast, in Britain.

But the Government and its scientific advisers are expecting to see the number of cases, and deaths, start to fall by mid-April as the lockdown starts to have an effect.

The very old and those who were already ill are still the ones who are not doing well with the virus. Children rarely show symptoms and tend to only get a mild illness, but still need to protect others.

Turn to page 2 and 3 for the latest coronavirus news and to read about some of the good it is bringing out in people.



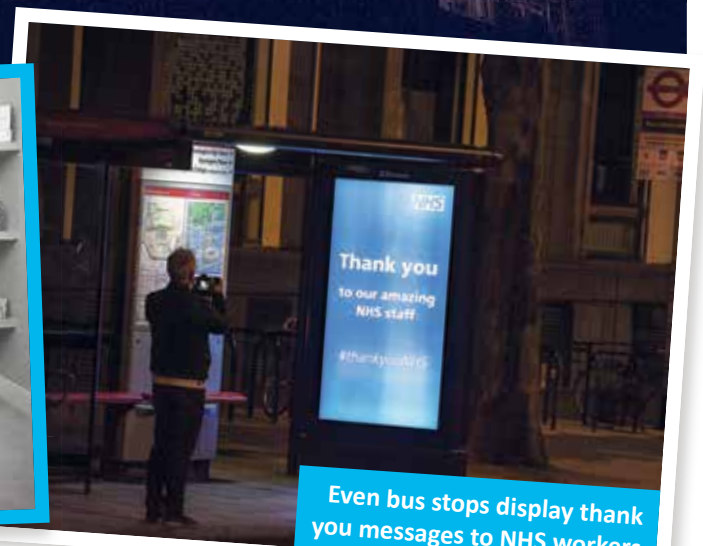
The Shard in London was just one of the buildings that turned blue to thank NHS workers



A message of thanks projected onto a church wall in Brighton



Joe Wicks is giving all the money he makes from his PE lessons to the NHS



Even bus stops display thank you messages to NHS workers



THERE has been some confusion about the UK's lockdown rules, especially when it comes to exercising outdoors or visiting the park. Here's what the Government says on the matter.

Prime Minister Boris Johnson has said people can go out to exercise once a day, but this should be in areas local to you. Although parks can remain open, "communal spaces within parks, such as playgrounds and football pitches, will be closed".

The Environment Department has also said you should "stay local and use open spaces near to your home where possible – do not travel unnecessarily". So your parents shouldn't really be driving you to parks outside your local area.

But what if you don't have a park or big green space nearby? What can you do when you go outside for a bit of fresh air and exercise? Well, you could go on a bear hunt!

It might sound dangerous, but this bear hunt is safe, fun and can be done while keeping a two-metre distance from other people (except your family – that's okay).

People have been putting teddy bears and other stuffed animals in their windows for people to find and enjoy. The trend is spreading around the world and was inspired by the classic children's book,



A self-isolating teddy bear waves hello in New Zealand

We're Going On A Bear Hunt, by Michael Rosen and Helen Oxenbury.

So, if you're out for a daily walk with your family, keep your eyes peeled for those bears peeping out of people's windows. If you can't see any, put some stuffed toys in your windows at home and start it in your street. Ask your parents to tell their neighbours about it and you never know, soon you might find that a whole lot of bears have moved into your road!

An important reminder that the best way to protect yourself and other people is by:

- **staying at home**
- **washing your hands (with hot water and soap) for the length of time it takes to sing Happy Birthday twice – and using hand sanitiser if you have it**
- **coughing/sneezing into a tissue, then binning it. If you don't have one, cough into your elbow, not your hand**
- **not touching your eyes, nose and mouth**
- **getting the latest, accurate advice from reliable sources:**
 - tinyurl.com/whocv2019
 - www.gov.uk/health-and-social-care

BOJO LAID LOW



THE prime minister, health secretary and England's chief medical officer have all been hit by the coronavirus.

Several other MPs, as well as the PM's chief adviser, Dominic Cummings, are also self-isolating at home. The fact that so many senior people have fallen ill has led many to suggest that the Government wasn't listening to its own advice about social distancing. The PM even talked about shaking hands with coronavirus patients when he visited a hospital before the lockdown started.

Mr Johnson is now working from home in the flat above 11 Downing Street, leading the Government via video conferences and phone calls. He also wrote a letter to every home in the UK, saying that he was giving people "one simple instruction – you **must** stay at home."

BREATHING EASIER

DOCTORS and other experts have criticised the lack of ventilators available to treat patients with COVID-19, the disease caused by the new coronavirus.

COVID-19 patients with the most serious symptoms can struggle to breathe, so machines called ventilators are used to breathe for them. The Government said it needed more so there was some good news this week. A group of British engineering businesses formed the VentilatorChallengeUK Consortium, and announced on Monday that they have already agreed on a new ventilator design. They'll start making the first of 10,000 ventilators for the Government this week. Companies in the group include Rolls-Royce, BAE Systems and seven F1 teams.

Mercedes and University College London (UCL) also announced that, in less than 100 hours, they had created a new breathing device that uses something called continuous positive airway pressure (CPAP). These are simpler machines that should reduce the number of people who need to be on a full-sized ventilator.

"We were able to reduce a process that could take years down to a matter of days," said UCL's Tim Baker.



The new device created by UCL and Mercedes

GOOD NEWS FROM SPACE

ONE positive thing about the lockdowns around Europe is that the air quality has improved dramatically in many areas.

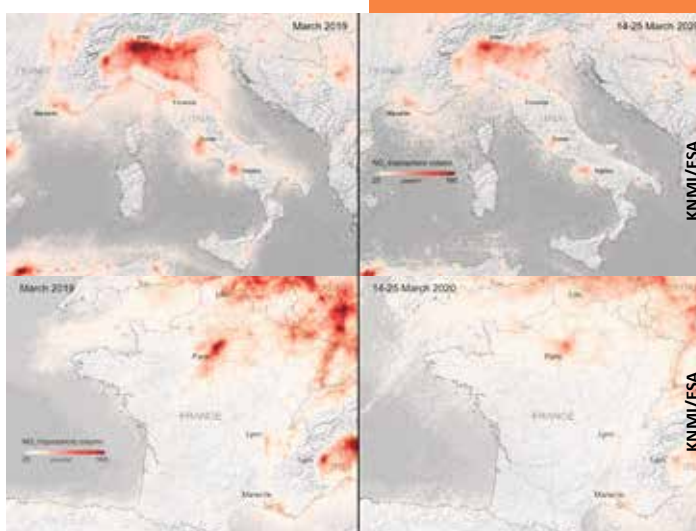
Because millions of cars are off the road while people stay at home, pollution levels in towns and cities are tumbling.

In the UK, levels of nitrogen dioxide (NO₂) and tiny particles known as PM_{2.5} have dropped over major cities.

The European Space Agency (ESA) also released these images from the Copernicus Sentinel-5P satellite, which show the huge drop in levels of NO₂ over Italy and France. Scientists are studying the data to precisely measure the change.

But, even if more people worked from home in the future, there could be downsides. For instance, everyone has their lights and heating on, which is less efficient than having one office – although when it gets warmer and lighter, that will change.

Satellite images comparing March 2019 to March 2020



KEEP FIT INSIDE



IF keeping up with Joe Wicks or any of the other online PE lessons and dance classes isn't for you, the World Health Organization (WHO) has released some handy tips that everyone can follow at their own pace.

The simple exercises are designed so that you don't need any special equipment or a garden. In fact, a chair and a carpet are all you need! The exercises work lots of your muscles and include things like the plank, chair dips and the Superman, as well as a couple that should de-stress you.

Without walking to and from school and running around with your mates at break time or in PE, it's really important right now for you to keep your joints and muscles in shape. Although it's tempting to lounge around for hours, experts say you should get up out of your seat at least every 30 minutes.

To see the illustrated guide, go to tinyurl.com/WHOquarantine.



Sales of table tennis tables have skyrocketed since the lockdown

BOOMING BUSINESSES

AS the UK lockdown continues, many businesses have had to shut and are turning to Government funding to stay afloat.

But what about those businesses staying open and even seeing an increase in demand? Obviously, food shops are doing well, as long as they can maintain their levels of stock.

Companies that sell or fix up bicycles are also doing well, as people want to get to work safely or use them for daily exercise. Similarly, sales of exercise equipment is on the up, as people stuck at home want ways to keep fit while the gyms are shut. Halfords and John Lewis have both seen a rise in the sales of home gym equipment.

People are looking to have some fun too, with sales of table tennis and pool tables going up. Games supplier Andy Beresford told the BBC: "I've sold 124 [table tennis] tables in the last week. In the same week last year, I sold just 15."

Others prefer more relaxing hobbies to pass the time. While some people are ordering seeds out of fear of empty veg shelves, Phil Jones of JustSeed thinks most are just looking for an activity.

"They've been meaning to do the veg patch for years and it's something educational to do with the kids," he said.

Lastly, you can't beat a good book to occupy your mind. Sales of fiction rose by a third, with people wanting to be whisked away to new and exciting places. Book chain Waterstones has seen its online sales rise by 400%! Meanwhile, there's no escaping school, as children's educational books went up 234% to the third highest level on record.



School's closed but learning stays open!

ENTIRE VILLAGE GIVEN FISH & CHIPS

A GENEROUS (and well-off!) mystery man has bought fish and chips for 171 villagers.

Owner of The Fox pub, Stephen Davidson, who will be providing the meals, said the man "doesn't want to be the focus of attention. He thinks people who are fortunate to be in [his] situation should do something for their communities".

The charitable stranger told Mr Davidson he would like to buy the village of Denchworth a takeaway once a week for at least 12 weeks. He said he wants to bring the community together during the coronavirus lockdown and show "how important pubs are to village life".



HERE TO HELP

by Childline

CHILDLINE, a free helpline for young people, has delivered more than 900 counselling sessions about coronavirus concerns.

The majority (597) of sessions took place during the week when parents started working from home and schools were closed. The day the prime minister said UK schools would shut, there were 121 counselling sessions on the issue.

Young people said they have been struggling to cope with self-isolation, sharing concerns about their school work and difficulties they are having with people at home, such as siblings.

The 24/7 news headlines and disruption to routines have caused worry and anxiety among young people, especially those already coping with difficulties. Some children said they were struggling because any professional help they got from school or the NHS had been cancelled.

If you want to speak to someone, call one of ChildLine's counsellors online or by phone between 9am and midnight. Visit childline.org.uk, call 0800 11 11 or download the For Me App.



WE NEED WORKERS

MOST of the UK's fruit and vegetables are picked by workers who come over from EU countries, but due to the coronavirus, the airlines are mostly grounded, so workers are unable to make it to the UK now.

Farm worker charity Concordia, says 90,000 fruit and vegetable pickers are "urgently needed", as crops will be ready for picking in just a few weeks' time.

The charity says that if farms don't find the staff, as much as a third of the UK's crops could go to waste.

The charity is in negotiations with the Romanian and UK governments about organising dedicated flights for workers, but it will be hard to get enough people.

The Government has also revealed plans to encourage British workers to pick crops over the summer, and some farms have been contacting hotels and restaurants to try to recruit laid-off staff.

Environment Secretary George Eustice said: "Our farmers are doing a fantastic job of feeding the nation."

"There are already brilliant recruitment efforts underway, and I would encourage as many people as possible to sign up."



1. ZOO FUNDRAISER

Beyond the closed gates of ZSL London Zoo during coronavirus lockdown, life goes on for its team of zookeepers and the 18,000 animals they care for. Some keepers are living on site to help keep things ticking over. The charity is nearly 200 years old and is asking for donations to help it feed and look after its animals while the zoo is closed. Visit zsl.org/zsl-london-zoo for more information.



2. WHEAT WONDER

As climate change warms previously cold landscapes, farmers in the north of Canada have found they can grow wheat now. "The snow season is shrinking," said Sylvain Charlebois from Dalhousie University. "Snow was there until the first day of May. It's now disappearing in early April."

3. #BLOSSOMWATCH

The National Trust wants to kick off a new tradition: #BlossomWatch. It wants people to enjoy trees in bloom and post pictures to social media. The idea is similar to Japanese hanami parties, where people gather to enjoy the cherry blossom as spring arrives.

4. VULTURE COMEBACK

The world's highest-flying bird, the Rüppell's vulture, is making a comeback. The rare species of vulture was thought to have been wiped out in parts of Turkey but conservation efforts have seen them return. Last year, four were spotted and this year, seven birds were seen. The vulture flies up to 11,300m high – like a passenger plane!



5. CHILD POVERTY

Since last year, 100,000 more UK children are living in poverty, bringing the total to 4.2 million. Imran Hussain, from UK charity Action for Children, said: "Some families have already become so desperate that our frontline staff are feeding them from their own cupboards." There is a worry that numbers will only increase during the COVID-19 crisis.

20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. RADIO ROCKS

People seem to be turning to the radio more during the current pandemic. The BBC said streaming of its radio stations has gone up 18%, while Global, which runs Capital FM and LBC, said its figures were up by 15%.

7. NEW SPY CHIEF

Senior spy Ken McCallum has been named the new head of MI5, the UK's domestic intelligence agency. McCallum will become the youngest ever Head of MI5 when he takes over from Sir Andrew Parker, at the end of April. It's not quite clear just how young he is, however – as his age is top secret!

8. ASTERIX ARTIST DIES

French comic book artist Albert Uderzo, co-creator of Asterix, has died at the age of 92. He created the popular comic in 1959 with writer René Goscinny. Asterix is one of the best-loved characters in France and is known around the world.



9. GAMBLING ADS

A constant stream of gambling adverts makes children more likely to bet in later life. Researchers found that a whopping 96% of 11 to 24-year-olds had seen ads in the last month.

10. POLL RESULTS

We asked you if our interview with Dr Jenny Harries helped you understand more about the coronavirus. 81% of you said YES, while 19% said NO.

COMMENT First News Live! user codonnell said that as the questions were "asked by a child and read by children it is easier to understand. Thank you for putting this into the newspaper. It really helps."

11. FISHY HISTORY



European Neanderthals (very early humans) used the seas to hunt much earlier than first thought. A cave in Portugal contains evidence of seafood remains dating back to between 106,000 and 86,000 years ago. The discovery is further proof that Neanderthals were very similar to modern humans.

12. DISNEY DUCHESS

Meghan Markle has announced her first job since she and Prince Harry quit as senior royals. The Duchess of Sussex will narrate a Disney documentary called *Elephant*. It will be available on Disney+ from 3 April.

13. TRIBE TRUMPS OIL

A tribe in America has successfully stopped an oil pipeline from being built under the Missouri River. The Standing Rock Sioux Tribe has fought for four years to stop the pipeline being built close to their home.

14. 'VIRTUAL' FUN RUN

Caudwell Children, a charity that helps disabled children, is doing a virtual fun run. There's a group race in August, but you can sign up to do the virtual Colour Runner run at any time at caudwellchildren.com/colourrunner.

Any kids that sign up get a pair of sunglasses to wear and two bags of paint to cover yourself in!



15. TOP ECO TREES

Research suggests that trees such as pines, evergreen oaks and the common yew are some of the best for reducing air pollution. This is because they have leaves all year round, which are good for catching fine particles.

16. AFRICA DOCTOR STRIKE

Doctors in Zimbabwe are refusing to work until they are given protective equipment. The African nation is in the early days of dealing with the coronavirus. "Right now we are exposed and no-one seems to care," said Zimbabwe Hospital Doctors Association president, Tawanda Zvakada. Mr Zvakada said doctors do not have enough gloves, masks or gowns. He said they would return to the frontline to battle the virus when adequate protection was provided.

17. BOOKS BY BIKE

A self-described "book fairy" is delivering books to neighbours when she goes out for her daily cycling exercise. Stella von Koskull from London said: "I have tons of books at home," adding: "This is a time to be helping vulnerable, needy people who cannot go outside."

18. ALLOTMENT DECLINE

A study at the University of Sheffield has found that land used for allotments has decreased by 65%. Allotments, where a person rents a small amount of land to grow their own vegetables, were at their peak between the 1940s and 1960s. The research found that the poorest areas had lost eight times as much allotment space as wealthier areas.

19. EMISSIONS TUMBLE

Emissions of greenhouse gases, such as carbon dioxide, dropped by 3.6% last year in the UK. It has been suggested that the record 36.9% increase in renewable energy usage is a big factor in the drop.

20. PET CHICKENS

There are five times more chickens being kept in UK homes than hamsters. The number of households with chickens



has increased by 200,000 since 2018. There are now five million chickens living in 1.03 million UK homes. Jane Howorth MBE, founder of the British Hen Welfare Trust, said: "You can interact with chickens exactly as you interact with cats and dogs. They're a lot of fun and will also pop out a delicious breakfast for you."



THE Olympic flame is preserved in a lantern during the Flame of Recovery special exhibition, a day after the postponement of the Tokyo 2020 Olympic and Paralympic Games was announced, due to the coronavirus pandemic.



COUNTY Hall seen with its main lights on, before turning them off to celebrate Earth Hour 2020, which took place on 28 March. The initiative highlights climate change with an hour of darkness, as part of a global WWF event.



A CO-OP food store employee loads an order into a delivery robot before it negotiates the empty pavements and pathways to make a home delivery. Starship Technologies has developed the self-driving pods to carry out a number of tasks. They can travel up to three miles, avoiding pedestrians while negotiating roads and obstacles.



VERITY Coward, a student of the Northamptonshire Music and Performing Arts Trust, performs as part of the #NMPositiviT campaign. She made use of the early spring weather to play her cello outside her home and at a recommended safe distance from others.



A FOOTBRIDGE was illuminated with the Italian flag's colours, to show solidarity with Italian coronavirus victims.



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RIPON

● Hornblowing halts

A city tradition dating back to AD 886 has had to change to stop the spread of COVID-19. Hornblowers in the city of Ripon have been sounding a horn every evening in the Market Place for centuries. Now the four hornblowers will be sounding the horn from their own homes and confirming it has been done via Facebook.



Ripon City Council/Facebook

CEREDIGION

● Zoo antelopes escape

Two African antelopes escaped from Borth Wild Animal Kingdom last week. A male was returned to the zoo on the day it escaped, but it took another day to return a female back to her enclosure. It's not the first issue the troubled zoo has had. Last year, one lynx escaped and was shot by the council, while another died in a "handling error". Dean and Tracy Tweedy, who bought the struggling zoo in 2016, are dealing with court orders from the council, which wants the zoo shut down.



borthwildanimalkingdom/Instagram

SHEFFIELD

● Incredible care workers

Nine care workers have chosen to move into Bridgedale House full-time to look after dementia patients. The carers want to be in one place to reduce the risk of catching COVID-19 and giving it to patients or their own families. Care assistant Sarah-Jane Clark said: "We're going to miss our families. But it's important that we do it to take care of our residents."



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WEST YORKSHIRE

● Toad trouble avoided

The cancellation of cross-country races due to the coronavirus is great news for toads. A toad protection group in North Yorkshire says that hundreds of toads have been trampled in previous years. Local races, hosted by Wharfedale Harriers, take place close to a pond where the toads mate.



Getty

WARWICK

● Castle couriers

Warwick Castle has been donating its food to the local community. Since the attraction closed to the public last week, the team have given all their usual food deliveries to Warwick District Foodbank, to pass on to those who need it most.

HAMPSHIRE



Rowans Hc Facebook

● Community help

A hospice that cares for the sick and dying has had the wheels from one of its vans stolen. Rowans Hospice in Waterlooville shared the pic online. The post was shared over 3,000 times and lots of people offered help. A local couple, Mellony and Richard Clegg, provided a new set of wheels to get the van back on the road. It's the perfect reminder that when someone does something bad, there are many more people ready to do good.



Lee Hebdtich

POOLE

● Crushing loss

The driver of a council van made a big mistake when he parked too close to Poole Bridge. The bridge can open and close to let tall boats pass through, but is currently undergoing maintenance. Dock worker Lee Hebdtich snapped the image, commenting: "If someone had been sat in that, it could have been nasty." Luckily, there were no injuries, although Hebdtich said the nearby driver "looked quite embarrassed about it all".

NEWS IN NUMBERS

£96,300 was awarded by the National Lottery to help fund restoration of the eight bells of St Peter's in Ruthin, Denbighshire. The bells, which date from the mid-1800s, are ringing regularly once again.

300,000 people tuned in to take part in an online quiz hosted by former pub landlord Jay Flynn from Darwen in Lancashire. "I wasn't expecting it," he said. "It was just for a few people to keep spirits up locally, but the lockdown changed everything."

Quiz time!



JayFlynn/YouTube

999 calls for non-emergency reasons could be blocking real emergencies from getting through. West Mercia police said that since the lockdown, they have had calls because of cancelled hair appointments and because a dog walker hadn't turned up.

96 migrants, travelling in six boats, have been found trying to cross the English Channel to reach the UK. Authorities say 42 people were crammed onto one of the tiny vessels. Many people from cramped refugee camps attempt the dangerous journey in search of a better life.



premarmanche/Twitter

THE LAST OF THE RAPTORS



Steven Jasinski

MEET the *Dineobellator notohesperus*, a newly discovered dinosaur that's believed to have been one of the last raptors to ever walk the Earth.

The fossilised remains of the ferocious, feathered dinosaur were found in New Mexico, and are thought to be around 67 million years old. It's estimated that the mass extinction event that wiped out the dinosaurs was around 66 million years ago, so this raptor was preserved just in time for us to rediscover it.

Researchers say that the *Dineobellator* would have been only about 1.06m (3.5ft) tall and about 1.8m (6ft) long. Despite its small size, it was still pretty scary!

Covered in feathers and armed with 15cm-long claws and rows of sharp teeth, it's thought that this cousin of the velociraptor was capable of sprinting at 40mph.

The researchers said the new species showed diversity among raptors right up until extinction.

DID YOU KNOW?

Dineobellator notohesperus means "Navajo warrior from the southwest", in honour of the indigenous people who today live in the same region where this dinosaur once roamed.

PLASTIC-EATING BUG

A BACTERIA that can eat toxic plastic has been discovered by scientists.

Polyurethane is a type of plastic found in products such as sports shoes, nappies and kitchen sponges. It's almost always sent to landfill because it's too difficult to recycle.

That could be set to change however, following the discovery of a unique bacteria that can break it down.

Usually, when broken down, polyurethane releases chemicals that destroy the bacteria.

However, this new type, which was found at a polyurethane landfill, can attack the toxic plastic and break it down into a substance that can then be recycled.

It may take ten years before the bacteria can be used in industry, but scientists say that its discovery is an "important step" in being able to reuse hard-to-recycle polyurethane products.



iStock

In times like these, we feel that the world needs to be reminded that it's not all doom and gloom out there! That's why we're promoting Happy News! If you like this story, and want some more positivity in your life, head to first.news/happy now!

EDITOR'S COMMENT



HOW are you all doing at home?

It's very odd for us all and I know some people are finding it very hard to stay at home during COVID-19 lockdown and not to be able to get on with the normal things they do. I think it's best not to have the mindset that you're "stuck" at home but, instead, that you "get to be" at home – time to spend with family, and maybe discover new hobbies together. We've had seeds sent to grow a new herb garden – which you can do in a garden, on a balcony or on a bright windowsill.

As well as the terrible sadness of some people getting very ill, we've seen the best in people too (p1, 2 and 3) and the good news that there is less pollution. Maybe we will look back on this time as a world reset!

GOOD WEEK FOR...

CANCER CARE

RESEARCHERS have developed a blood test that can detect accurately more than 50 types of cancer, often before there are any signs or symptoms of the disease.



iStock

BAD WEEK FOR...

REVEREND STEPHEN

A VICAR who was giving a virtual sermon was left feeling embarrassed after accidentally setting himself on fire. Fortunately, Reverend Stephen Beach was totally unharmed by the blaze.



"MAKE DEFORESTATION ILLEGAL"



iStock

A REPORT from the Global Resource Initiative taskforce says UK businesses should be forced to stop using food and materials that cause deforestation by 2030.

The taskforce is a group of experts from environmental groups and big businesses, and they have been looking into how the UK can become greener and reduce our impact on the environment.

Its recent report has found that the UK could make a big impact on ending deforestation around the world by introducing a legally-binding (has to be obeyed) target, which would force businesses to stop using materials from unsustainable sources.

It suggests that the target should be part of a larger effort by the Government to make the UK's supply chains more sustainable.

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USA



● \$2tn to save economy

The US government has announced a “stimulus package” of two trillion (a million million) dollars, to help the country deal with the economic effects of the coronavirus. Those who earn \$75,000 (about £60,000) a year or less will soon receive \$1,200. Married couples earning \$150,000 or less will receive \$2,400, along with a \$500 bonus for every child they have. Billions will also be sent to hospitals and local governments. US President Donald Trump said the money “would deliver urgently needed relief to our nation’s families, workers and businesses”.



ARGENTINA



● Essential tooth fairy

Across the world, lockdowns are being put in place to stop the spread of the new coronavirus, with only essential workers like medical staff and delivery drivers allowed out. In Argentina, the government has added another important job to that list, stating that “the tooth fairy is exempt from the lockdown, as he is not under quarantine”. The announcement came from President Alberto Fernández, after receiving a tweet from the mother of a seven-year-old boy who had recently lost his first tooth.

VENEZUELA



● US accuses president

The US has charged Venezuela’s president Nicolás Maduro and other officials with “narco-terrorism” (crimes related to illegal drugs). The charges say that the president, along with several senior government officials, had been moving drugs into the US in “order to undermine the health of Americans”. The US State Department also offered a \$15m reward last week for information leading to the arrest or conviction of the Venezuelan leader.



NETHERLANDS



● Miracle hotline

Despite being closed due to a nationwide shutdown, the Museum Catharijneconvent in Utrecht has managed to turn its latest exhibit on miracles into a phone service. Callers to the museum are presented with three options. The first tells callers about a staff member who survived the 2004 Indian Ocean tsunami. Option three is where callers can describe a miracle that they experienced. Option two, which has quickly become the most popular, gives callers the chance to request their own miracle. The public’s calls may end up in the exhibition, once the museum opens up again.



JAPAN



● Climate plans revealed

Japan has revealed how the country is planning to tackle its greenhouse gas emissions under the Paris climate agreement. The country is the first large economy in the world to unveil plans ahead of important UN climate talks meant to take place in November. Its plans reveal that the country is aiming for a 26% reduction in emissions by 2030. Analysis from the independent Climate Action Tracker rated the plans as “highly insufficient”, and said that if every country’s plans were at this level, temperature rises would be above 3°C. Japanese climate campaigners accused the country of “smuggling out plans during the pandemic” to avoid questions.

BRAZIL



● Hawksbill hatching

For the first time in years, nearly 100 critically-endangered hawksbill sea turtles have made their first steps – without crowds watching. The hatching sea turtles are usually witnessed by masses of people, who gather to watch the tiny creatures make their way towards the sea every April or May. This time, however, the beaches were closed to pretty much everyone, except for a few government employees.



OUR WORLD

NAME: COLIN LIVES: BRIGHTON

TO FIND OUT MORE, GO TO
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COLIN always felt different, and liked being referred to in a way that wasn’t ‘a girl’. Now, Colin doesn’t identify as a boy or a girl, preferring the pronouns ‘they/them’.

At 14, they came out as transgender. They heard about the Allsorts Youth Project, which is funded by Comic Relief and helps transgender young people improve their mental health at school, while a teacher arranged for the project leader to meet Colin.

Since then, they have been attending Allsorts, finding it a hugely validating experience. Colin has since developed the confidence to go into schools to educate other young people on being trans.

COMIC
RELIEF



SHARING A STORY



Debra Hurford Brown

I'm Cressida Cowell, the Waterstones Children's Laureate and the author and illustrator of the *How To Train Your Dragon* and *Wizards of Once* series, and this is the beginning of a new story I've written for First News readers. I'm handing over to you to imagine what happens next, and remember – absolutely anything is possible in the world of magic, so let your imagination run wild...

'Nothing can get in the window when I've done the spell to shut it,' said Ferocity, trying to calm her pet boggart, Guggalugs, before getting into bed.

Guggalugs was not convinced. He was about the size of your hand, and he waddled up and down the bedclothes, clouds of purple smoke coming out of his ears, which is what happens when boggarts get anxious.

Ferocity's father had gone out hunting, so it was just Guggalugs and Ferocity, all alone in Seeker's Cottage, surrounded by the tangle of the forest.

'The Tappers are coming out of hibernation,' whispered Guggalugs. '...and Tappers are Child-snatchers...'

Ferocity picked Guggalugs up. 'I spelled that window so tight, that not even a dust-sprite could wriggle their way in,' said Ferocity firmly. Ferocity was not the worrying type and she was really quite an accomplished spell-maker for an 11-year-old. And boggarts change their minds easily, so looking into her bright hypnotic eyes

calmed the little creature, and the smoke coming out of his ears turned from the purple of anxiety to a much more jolly yellow.

'You're right!' squealed Guggalugs trustingly, and he fell instantly asleep, tipping forward and snoring loudly into the bedclothes. Ferocity made him comfy, before falling asleep herself.

But much later, the smoke drifting out of Guggalugs's sleeping ears turned from yellow to midnight black. The ears of the boggart had heard something, although the boggart slept on.

The sound was coming from the window. 'Tap,' went the sound. 'Tap... tap... TAP...'

TO BE CONTINUED...

Can you write the next part of the story? Each week we'll be asking First News readers to continue Cressida's story by writing the next 250 words. You can submit your part of the story at newsdesk@firstnews.co.uk, popping **Story** into the subject line. **We'll choose one entry to print next week!**

CRESSIDA'S TOP TIPS FOR WRITING

Cressida shares her top tips for continuing the story:

● **Reading:** Read, read and read some more! All reading counts – picture books, comics, audiobooks – you choose! A series of books can be a good starting point, because if you like book one then you're hooked. And remember, don't feel like you need finish a book that you're not really enjoying – there is so much variety out there, so just put it down and give something else a try.

● **Have a blank notebook:** If there is just one thing that will help develop your own stories it is having a notebook to draw and write in – just for the fun of it. Spelling and grammar and handwriting doesn't matter in this one book, and you can put in it anything you want – it's for stories, or notes, or drawings, or comic strips, or ideas for films or little pictures of characters.

● **Draw a map:** This is a very useful starting point –

many great books begin with a map, such as *Treasure Island* or *Peter Pan*. I use maps for every new world. Start by drawing your imaginary place and then give it boundaries, place names, distances, mark who lives where, are there any obstacles. From that you can begin to draw your characters...

● **Write a story about an amazing research fact:** Research is a boring word for something that is actually really exciting! If you're stuck for where to start a story, then surprising facts about the real world can give fantastic ideas – both history and the natural world are full of unbelievable things, so do some research and write a story about one.

● **Writing is like telling a really big lie:** The more detail you put in, the more the character comes alive. It's the difference between 'Gobber has a big red beard' and 'Gobber has a beard like a hedgehog struck by lightning', or 'a beard like exploding fireworks'. Much more powerful!

As well as kicking off the First News Sharing a Story challenge, Waterstones Children's Laureate Cressida Cowell has launched BookTrust's new virtual hub to keep children entertained, reading and inspired from home. Each day she will be reading a chapter from *How To Train Your Dragon*, as well as sharing drawalongs, giving tips on how to get creative, setting challenges and answering questions. Visit Cressida's YouTube channel ([Cressidacowell](https://www.youtube.com/c/CressidaCowell)) and Book Trust's Home Time (www.booktrust.org.uk) for more creative inspiration!

WHY FEMALES LIVE LONGER

FEMALE wild mammals' lives last 18.6% longer than males.

That's a very big difference – to give you a comparison, female humans on average live 8% longer lives than males.

An international team of scientists studied 101 different species and found that, in 60% of them, females outlived the males.

Researchers think it boils down to genetics and environment. Using bighorn sheep as an example, experts found that males use up more resources in

certain functions – such as finding a mate – than females. Female bighorn sheep were found to cope better than males in harsh winters too.



A bighorn sheep

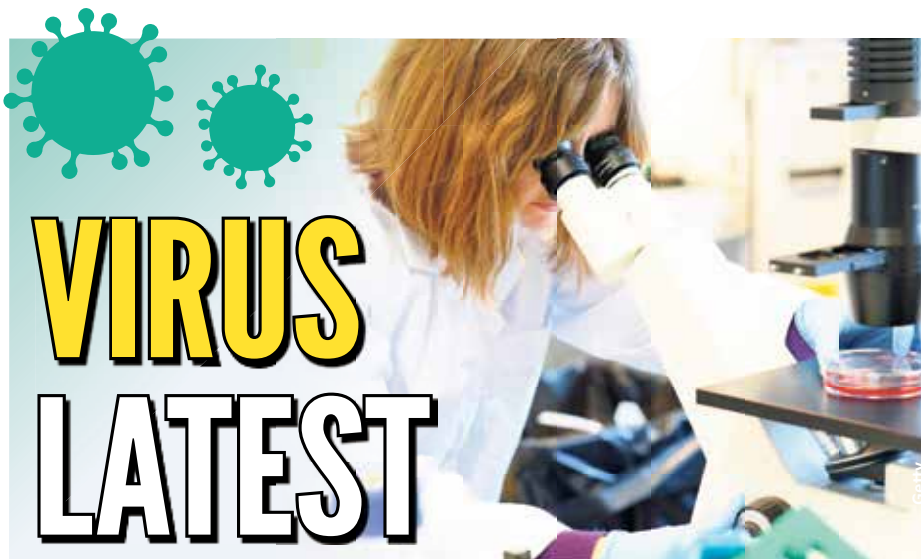
GALAXY SNAPPED



THIS is a new photo of a galaxy far, far, away called NGC 4618.

The Hubble space telescope took the snap of the galaxy, which is 21 million light years away. It has a diameter about one-third that of our Milky Way.

NGC 4618 was first discovered in 1787 by astronomer William Herschel.



VIRUS LATEST

THOUSANDS of researchers around the world are studying COVID-19. They're learning more about the coronavirus that causes it, who it harms the most and what might treat it, while more than 40 studies are being carried out to find a vaccine.

There are major scientific developments regarding COVID-19 every day – even every hour – and here are three of the biggest in the past week:

• **Hopes for a vaccine raised** – Two studies have found that COVID-19 isn't mutating quickly. A mutation is a change in the virus's structure and, although it rarely makes the virus more dangerous, it can make it harder to create a vaccine. The good news is that COVID-19 appears to have only a maximum of ten genetic differences between the strains in the US and the original virus in China. This means that a vaccine is likely to keep working for a long time.

• **Link to pangolins found** – COVID-19 is a zoonosis, which means it's a disease that passes from animals to humans. While scientists aren't yet sure of exactly how that happened, a new study has found that pangolins smuggled into China carry viruses closely related to COVID-19. Pangolins are the most-commonly illegally trafficked mammal. They are used for food and medicine, even though they are not proven to have any medical benefits whatsoever. The report's authors have called for an immediate ban on the sale of the animals in wildlife markets.

• **Blood to treat patients** – Doctors in the UK want to give COVID-19 patients and their carers blood from people who have recovered from the virus. COVID-19 survivors are thought to be immune to a second infection because they have antibodies, which are proteins in the blood that attack and kill the virus. So their blood could help protect people who haven't yet been infected. Trials of the treatment will begin soon.



ROBO-CHORES



Sights like this may be normal (if a little scary) by the year 2040

HOUSEHOLD jobs like dusting, cleaning dishes and even food shopping are all likely to be done by robots in 20 years' time.

A new study by the website comparethemarket.com and scientists at King's College London has found that drones, artificial intelligence, robots and smart appliances will take on 90% of tedious tasks. The report even predicts self-plumping pillows and a 'reverse microwave' that chills drinks in seconds!

Technological advancements might mean the average person will save almost two hours a day, or about 14 hours a week, or more than 30 days a year currently spent on chores.

Robot vacuum cleaners and smart fridges that monitor your food already exist. But in the next 20 years, scientists reckon robots will be able to clean the loo and water the plants, while tiny drones will pick up specks of dirt!

But being lazy around the home won't come cheap – the first household robots are expected to cost £25,000 each.

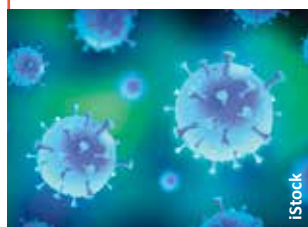
TATA
CONSULTANCY
SERVICES

INNOVATIONS



A YOUNG technology student from Jamaica has come up with an invention that could prove very useful in helping to stop the spread of COVID-19.

Rayvon Stewart set about creating a device to kill harmful germs that linger on hard surfaces. He was motivated by the tragedy of 40 babies who died in Jamaica due to a bacteria called *Klebsiella*. Like the new coronavirus, it is spread by contact and on contaminated surfaces. Rayvon invented what he calls a Xermosol. It's a device that automatically disinfects doorknobs and handles after each use. Xermosol uses ultraviolet light to locate and kill harmful bacteria, and is harmless to people.



SCIENCE
MUSEUM
GROUP

This report is from our friends at the Science Museum

THE table lamp, the ceiling light, the TV, the smartphone screen: most light sources we use in our homes today are powered by electricity.

Although it may now seem an ordinary technology available at the flick of a switch, electric lighting wasn't common in British homes until the 1930s. In fact, for most of human history, generating light was a tedious, hands-on task.

Before gas and electric lighting were invented, the greatest light source indoors usually came from the fireplace. Family activities revolved around this part of the home, with candlelight or oil lamps providing dim light that could be taken from room to room. Move an arm's length from the candle, however, and it would be too dark to even read!

Discover more at bit.ly/3axnQw0.



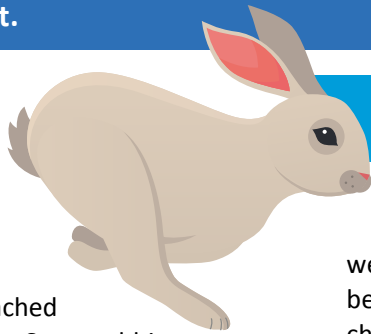
An electric lamp from 1879

NOT JUST FOR EASTER



THE classic image of the Easter bunny means that rabbits are most popular at this time of year and many people may be tempted to buy one as a pet. However, it's important to consider that they are very complex animals. The RSPCA is advising all potential rabbit-owning families to do their research before buying a pet.

WHAT DO RABBITS NEED TO KEEP THEM FIT AND HEALTHY?



Rabbits need a hutch or shelter large enough that they can stand up, turn around and stretch out fully, with an attached run so they permanently have access to a large exercise area. Some rabbits, like the French lop, can grow to the size of a cat, so they need even more space.

All rabbits need to eat a bundle of hay that's as big as they are every day. Owners should avoid commercial muesli-style food, which is bad for rabbits' teeth and tummies. Bunnies are incredibly sociable animals and also need to be kept in pairs; preferably a neutered female and neutered male. They can form very strong bonds with each other and their welfare can severely suffer if they are housed alone. Single bunnies are often miserable and depressed.



WHY RABBITS ARE NOT A GOOD 'STARTER' PET FOR KIDS

No matter how big or small, all pets should be the main responsibility of mum and dad, with a little help from the rest of the family. Rabbits are sometimes seen as a good 'starter pet' for children but they actually have very complex needs. A lot of rabbits prefer to interact with each other rather than humans and, as they are a prey species, some don't like being picked up or cuddled. Plus they need lots of space so they can exercise, which can take up a lot of room!

WHAT CAN YOU DO TO HELP RABBITS?

The RSPCA received more than 5,000 reports about rabbits in need last year and 300 reports about abandoned bunnies. We believe one of the reasons why we rescue so many rabbits is because, sadly, some people don't do their research before getting a pet. At this time of year, many rabbits are bought on impulse. The charity asks anyone interested in owning a pet rabbit to really do your research. Then if you still think you can care for a pair of rabbits, please consider rescue bunnies instead!

WHAT DOES THE EXPERT SAY?

Dr Jane Tyson, RSPCA rabbit welfare expert, said: "Sadly, when rabbits are bought on impulse, an owner may not realise how complex they are to care for and what a commitment caring for rabbits can be.

"We would like to see an end to rabbits being kept alone in a small hutch at the bottom of the garden. As sociable and energetic creatures, this restricts their natural behaviours and has a negative impact on their welfare. Instead, we would like to see more people re-homing rabbits in pairs and providing them with plenty of space to exercise and do their binkies!"



WHAT IS A BINKY?

When rabbits are excited and happy they will do a movement known as a binky, which sees them jumping and twisting their bodies before landing.

If your rabbits do this then you know they are very happy!



FOR MORE INFORMATION ON CARING FOR RABBITS, VISIT WWW.RSPCA.ORG.UK/RABBITS



20 YEARS OF ALEX RIDER

THE 12th book in the best-selling Alex Rider book series, *Nightshade*, hits the shelves this week. Hurrah! Author Anthony Horowitz chatted to First News about the new book and the 20th anniversary of the first Alex Rider book being published.

● Congratulations on 20 years of Alex Rider! How do you feel when you look back?

Well, first of all I look back and think that it is not fair. He's gone from 14 to 15 and a quarter and I've gone from 40 to 60. In terms of Alex the character, I'm just amazed that he's still going, that he's still relevant and there's still an audience out there that enjoys it. When I first started writing those books, some of today's readers hadn't even been born!

● Have you ever thought about ageing him?

I had thought about that but I made the decision right at the beginning, that unlike Harry Potter for example, I wouldn't move forward too much with each book. I went forward weeks or months rather than years. He has had a busy time; he had to save the world 13 or 14 times in the space of a year. I think he has matured. I think the Alex now is a more mature, slightly darker character than I began with. I think that is inevitable though, with everything that has happened to him.

● *Nightshade* is the 12th Alex Rider book, but he's a bit of a reluctant hero. What can you tell us about that part of him?

If I was to put my finger on one reason why I think the books have been so successful, it is because of that exact reason: he is a reluctant hero. He doesn't want to have adventures, he just wants to get on with school and his friends, but he keeps getting dragged into it. I think in a lot of children's books the heroes want to be heroes, but Alex isn't like that. That's what makes him special and I think kids connect with that. Everyone lies to him and everyone manipulates him, so he feels like he can't trust adults and I think that has struck a chord with kids too.

● So much has changed in 20 years, such as technology and gadgets moving on. How much of that is reflected in the books?

I think the stories are classic adventures, therefore they have a slightly timeless quality. Every five years or so we look at the books, the language, the clothes and the gadgets and we decide if we need to change anything. It's surprising how little has to change. In over 20 years I've only ever lost one gadget. In *Point Blanc*, which we have just turned into a TV series, Alex had a compact disc player that turned into a saw. I think most kids now would scratch their heads and wonder what a compact disc is. But that is the only gadget that hasn't survived; we changed it to something more modern. I've been very careful to keep the language quite universal. The way that young people talk and dress changes very, very quickly, so I've always been very careful to keep the adventures quite classic.

● Each Alex Rider book visits lots of different countries. Do you visit them all?

Yes, I go to every country, pretty much. The only place I didn't do for this book was Rio de Janeiro. There are so many different ways now that you can visit a country without leaving your room. I went to Gibraltar for the chase that happens there; I walked it and checked it and made sure it all worked. And the southwestern coast of Crete, where some of the book is set. I don't want to give any spoilers but there are two main buildings involved in the climax of the book, so I went there as well.

● Alex has a new enemy to face in *Nightshade*. What can you tell us about them?

The interesting thing about this enemy is that they are using radicalised or brainwashed children, which is really interesting. It is quite current because there are places in the world where children are being brainwashed and used for one thing or another. So I think that is quite interesting. And the fact that it is

a completely commercial organisation, with absolutely no political agenda at all, and is totally and utterly evil.

● You've said one of your favourite Alex escapes ever is in this book!

Yes! The escape is in Gibraltar and I just liked the idea of putting a boy into a maximum-security prison full of criminals and terrorists and mad people and having him find his way out and escape. It is actually very low-tech: there's no mission impossible, lasers and gadgets; it's actually quite a simple escape. That's what I liked about it, the unlikeliness of that. Overlooking the obvious seems somehow quite credible.

● You mentioned that Alex is being turned into a TV series. Can you tell us a bit about that?

I didn't write the scripts but I was executive producer and very involved in it. I've seen the first five episodes and I am thrilled with what the production team have done with it. What I hope they've achieved is that the old audience, who used to read Alex when they were kids, will enjoy this show. Otto Farrant [below], who plays Alex, looks about 16 and so it is a bit older. The reason the TV series starts with *Point Blanc* [the second book in the Alex Rider series] is that we made the film of *Stormbreaker* in 2003, and having done that once, I felt we should move on. There are elements of the origins and how Alex becomes Alex and sucked into this world, so we do draw on older material. I hope that people who know the books well will be pleasantly surprised. The producers have made lots of changes, but I think they have really captured the spirit of the character and the books.



Otto Farrant

Alex Rider: Nightshade is out now



CHARITIES SUPPORTED BY FIRST NEWS



BOREDOM BUSTERS



WHILE the whole of the UK is being told to stay at home, a host of celebrities and organisations have come to the rescue with activities, stories, games and even virtual lessons we can all access for free. Here's our top pick of some of the best free online things you can join in with at home!

FITNESS FUN

- The Body Coach Joe Wicks started the trend with his free family fitness classes, *PE With Joe*. Weekdays at 9am, at www.youtube.com/user/thebodycoach1
- *Strictly Come Dancing* star Oti Mabuse (right) is hosting online dance classes inspired by *Strictly Come Dancing* and *The Greatest Dancer*. Join her daily at 11.30am at www.youtube.com/user/mosetsanagape
- Dance stars Diversity have opened up their online dance school for everyone to access for free. Until May you can access dance lessons, tutorials and dance challenges online at www.20dv.co.uk



SCIENCE AND NATURE

- Steve Backshall (pictured below) is giving free natural history lessons every Wednesday at 9am at www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A
- TV presenter Konnie Huq will be releasing new, science-inspired activities and experiments every Monday, Wednesday and Friday at www.youtube.com/channel/UCDISobQTc4lifJEU6Lt22eA
- CBBC star Maddie Moate is hosting live nature-inspired videos every day at 11am at www.youtube.com/user/maddiemoate



ACTIVITIES FOR ALL

Lots of children will be missing their regular activities like going to Scouts or Girl Guides, so both organisations have compiled lists of “adventures” you can do at home – but you don’t have to be part of either group to join in. Chief Scout Bear Grylls (right) said he hopes it will help children channel their energy “in a positive way”.



- www.girlguiding.org.uk/what-we-do/adventures-at-home
- www.scouts.org.uk/the-great-indoors

SPECIALIST SUBJECTS

- If you fancy learning how to play music, Myleene Klass is hosting Myleene’s Music Klass (alongside her children) at 1pm on www.youtube.com/watch?v=jCRXAerag8U
- If you’ve been doing a lot more cooking since you’ve been home, Jamie Oliver (left) is here to help with *Keep Cooking and Carry On*. There’s a new show daily at www.channel4.com or watch it on Channel 4 at 5.30pm



STORY TIME

- David Walliams is reading an audio story every day (for 30 days) from his *The World’s Worst Children* trilogy. You can listen to them at www.worldofdavidwalliams.com
- Dermot O’Leary is taking on bedtime by reading chapters from his *Toto the Ninja Cat* book series at www.instagram.com/radioleary
- Save The Children USA has launched its online reading campaign, *Save With Stories*, alongside a host of celebrities. Visit www.instagram.com/savewithstories to see stories from the likes of Chris Pratt (*Jurassic World*), Chris Evans (*Captain America*) and Demi Lovato.

Some of these activities are hosted on social media channels aimed at users over the age of 13. Check with your parents before accessing any social media sites. For more resources and things to do online, don’t forget to keep checking our page at firstnews.co.uk/boredombusters

WIN! A HAPPY CONFIDENT ME JOURNAL

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

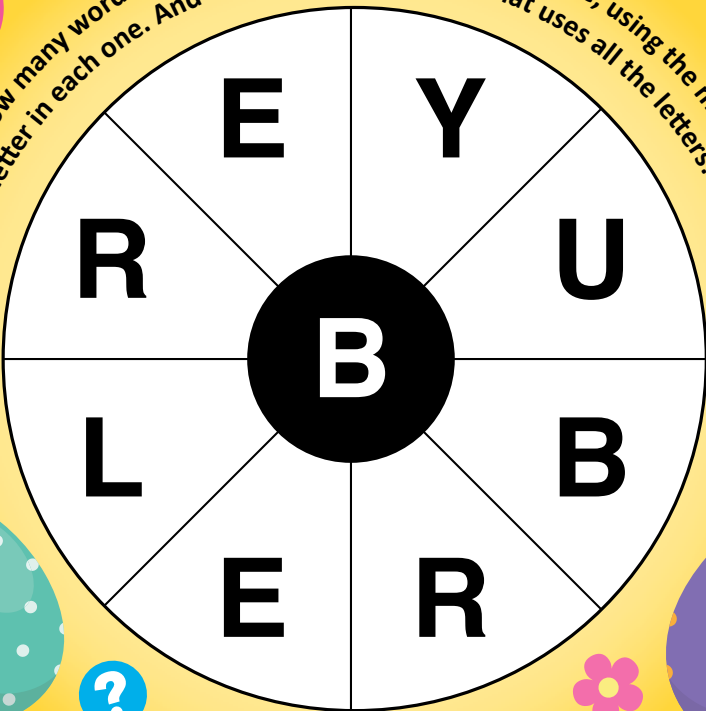
Send in your answers and two lucky winners will get a copy of the Happy Confident Me Journal, a brand-new journal that helps you develop positive daily habits, happiness and confidence. This colourful journal is super easy to jot in, with daily questions, worry boxes, weekly activities (that sometimes involve your family!) and free pages for doodling.



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

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?



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.

GOOD

YEAR

WIN! A TROLLS WORLD TOUR BUNDLE

CAN you complete our crossword by using the clues below?

Send in your answers and three lucky winners will win a Trolls World Tour merchandise bundle. In an adventure that will take them well beyond what they've known before, Poppy and Branch discover that they are but one of six different Troll tribes scattered over six different lands and devoted to six different kinds of music: Funk, Country, Techno, Classical, Pop and Rock. Their world is about to get a lot bigger and a whole lot louder.

Trolls World Tour is released in cinemas and at home on demand from 6 April.



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

ACROSS

- 1 Animal with antlers (8)
- 6 Additionally (4)
- 7 Harsh bird sound (6)
- 9 Clumsy or showing no skill (5)
- 11 ___ the Sheep: TV show (5)
- 12 A type of singing voice (5)
- 13 An elastic fabric (5)
- 16 A job that someone does for a long time (6)
- 18 Martial art (4)
- 19 Parts of a tree (8)

DOWN

- 1 Lifelike (9)
- 2 Topic (5)
- 3 Simple (4)
- 4 Approximately (7)
- 5 Legal rule (3)
- 8 Australian marsupials (9)
- 10 Well-known saying (7)
- 14 Squash by pressing hard (5)
- 15 Killer whale (4)
- 17 What your hand is part of (3)

EASTER PUZZLES

HOW TO ENTER: Send your finished puzzles by email to win@firstnews.co.uk. Don't forget to put **Puzzles 720** in the subject box. We're afraid that we can't accept postal entries for now. The closing date for puzzle entries is **Thursday 9 April 2020**.



WIN! TOPPLE TOWER

CAN you spot the five changes we've made to this picture from *Peter Rabbit*? Send in your answers and two lucky winners will win the new Topple Tower game from the London Transport Museum shop. This classic game has undergone a London-style makeover, with bricks in the colours of Underground lines. ltmuseumshop.co.uk



WORDSEARCH : WHAT ON EARTH?

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

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

- ☐ Basket
- ☐ Chocolate
- ☐ Bunny
- ☐ Daffodil
- ☐ Spring
- ☐ Parade
- ☐ Bonnet
- ☐ Egg hunt
- ☐ Chicks
- ☐ Easter Sunday
- ☐ Tulips
- ☐ Hot cross bun



COMPETITIONS: You can enter First News competitions in one of two ways. 1. Go to firstnews.co.uk/competitions and follow the instructions. 2. Write to us at 'competition name' (eg, 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, Trinity Mirror 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: jacket is a different colour, hat has been added, buttons on dress have been removed, red nose is missing, red roof stripe is larger.

Word Wheel: objection.

Word Wheel: race, rack, rock, rook, room, zoom.

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

A	T	M	O	S	P	H	E	R	E
R	E	P	S	O	M	A	M	A	S
I	P	E	R	A	R	M	A		
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HOME LABORATORY!

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

Our friends at the Science Museum in London have come up with this brilliant bit of “kitchen science” for you to try out. Make sure you ask a grown-up for help and never leave experiments unattended!



SCIENCE
MUSEUM
GROUP

Blow up the balloon!

In this experiment, you can investigate the chemistry of gases by using items from your kitchen cupboard to blow up a balloon.

What you will need:

- A clean, recyclable plastic bottle
- Vinegar
- Water
- Baking soda/bicarbonate of soda
- Teaspoon
- Funnel
- And, of course, a balloon

1. Start off by pouring a small amount of water into the bottle. Then add the same amount of vinegar.
2. Using a funnel, half fill your balloon with baking soda (between ½ and 1 teaspoonful should be enough).
3. Carefully place the balloon over the neck of the bottle and allow it to droop over to the side, making sure none of the baking soda falls into the bottle.
4. Lift the end of the balloon and pour all the baking soda into the bottle. Shake well and place the bottle on a table
5. Watch the balloon inflate all by itself!

What's the science?

The balloon inflates because of a reaction between a base (baking soda) and an acid (vinegar). It produces a gas called carbon dioxide (CO₂), one of the gases we breathe out and that plants need to survive.

By sealing the balloon around the bottle, the gas produced by the reaction cannot escape, and therefore fills the balloon.

WIN! A THINKFUN GAMES BUNDLE

GIVE your brain a workout with these cool logic games from ThinkFun!

Use your powers of deduction to discover the guilty pooch in *Dog Crimes*, and take on the challenging *Domino Maze*. Or what about trying some sequencing fun with *Code Master*? These awesome ThinkFun prize bundles are sure to give you plenty of entertainment.

Three lucky winners will receive *Domino Maze*, *Cat Crimes*, *Dog Crimes*, *Code Master*, *Rush Hour* and *Invasion of the Cow Snatchers*.

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

Which of these is not a breed of cat?

- a) Tabby
- b) Sphinx
- c) Chihuahua



www.amazon.co.uk

ENTER NOW! MARK YOUR ENTRY FUN

firstnews.co.uk/competitions or see page 15. The closing date is 16 April 2020.

WIN! AN OUTDOOR TOY BUNDLE FROM VIVID

THROW yourself into spring 2020 with the latest outdoor toys from Vivid – no screens required!

Take outdoor activities to new heights with Wahu Ryzr! Throw the Ryzr and watch it rise as it cuts through the air!

The award-winning Phlat Ball is ready to make some noise in 2020 with the launch of Phlat Ball Woosh! This brilliant outdoor toy not only transforms from a 23cm flying disc to a 15cm diameter ball when thrown, but it makes a whistling sound when it travels through the air!

Bounce into spring with the amazing Super Wubble bubble ball! Squishy, soft and super stretchy, this unique toy looks like a bubble, but plays like a ball! Inflate up to 80cm for lots of bouncing outdoor fun!

Fifteen lucky winners will win a Wahu Ryzr, Phlat Ball Woosh and a Super Wubble.

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

The spring equinox is the...

- a) last day of spring
- b) longest day of the year
- c) first day of spring



ENTER NOW! MARK YOUR ENTRY TOYS

firstnews.co.uk/competitions or see page 15. The closing date is 16 April 2020.

THE BEST BOOKS FOR THE EASTER BREAK

WORDS FOR LIFE



CARYL Hart writes picture books and young fiction and has published more than 45 titles since 2009. She runs creative literacy workshops in schools, libraries and festivals across the UK. Her favourite word is “lovely” and her favourite food is chocolate, of course! She told us which storybook character she would be.

“ I’d be the bear in *The Christmas Bear* by Paul and Henrietta Stickland! The bear falls into Father Christmas’s workshop and gets to test all the toys and eat delicious Christmas food with Santa and the elves. The illustrations are captivating! ”



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

THIS Easter, we reckon you’ll want a book that you can really get into. A book that’s a bit like one of the very best Easter Eggs – nice and sweet on the outside and filled with goodies inside!

INKHEART CORNELIA FUNKE

Meggie, the hero of this magical tale, is completely obsessed with books, and if you’re a big reader, you’ll really relate to her! The story is fantastical and it’s quite long, so there’s a lot to sink your teeth into.



FIGHTING FANTASY SERIES

If you’re not familiar with the *Fighting Fantasy* books, they’re sort of like single-player board-game books, where you decide what happens. If you want to attack a monster, you’d role a dice to see whether you hit it or not, and turn to page 40 if you did! There are loads and loads of *Fighting Fantasy* books out there, aimed at all different ages.

ON THE ORIGIN OF SPECIES

CHARLES DARWIN, SABINA RADEVA

With amazing art and fascinating facts about the world around us, this up-to-date look at where we came from is brilliant! Microbiologist Sabina Radeva has taken the best bits of Darwin’s revolutionary book and turned them into something that everyone can understand. Best read outside, ideally near some wildlife.



YOUR READS!

THE IRON MAN TED HUGHES

reviewed by Atharva Sharma, aged seven

If you like to read about superheroes, then this book is going to tell you all about a superhero called Iron Man, who was huge and was made of iron. The mystery is we don’t know where he has come from.

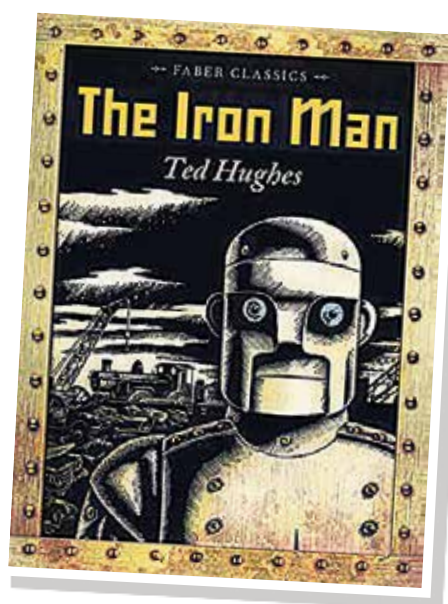
He faces an epic adventure against a space-bat-angel-dragon, who has come from space and turned into a monstrous figure. All he wanted was to be fed with people, forest and every living thing.

Iron Man was determined to save the world and gave him a hard fight.

I liked the part where Iron Man fought against the space-bat-angel-dragon but I was nervous at the same time, as the space-bat-angel-dragon used the searing heat of the sun to melt the Iron Man.

The book is easy to read, with lots of short sentences and poetic language.

I would like to recommend this book to children aged seven to nine, who like adventure and superheroes.



KID NORMAL AND THE FINAL FIVE GREG JAMES, CHRIS SMITH

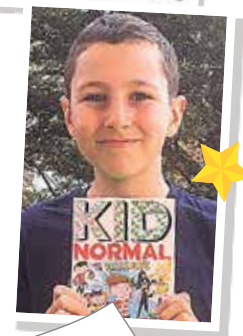
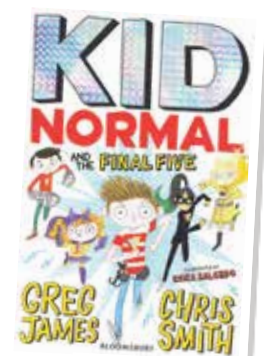
reviewed by Edward Norman, aged ten

The whole of Murph Cooper’s school has been mind-controlled, along with the entire city.

All the worse because most of Murph’s friends have superpowers and the evil villain Knox has turned everyone against them.

Kid Normal (Murph) and his four friends, the Super Zeroes, have to stop Knox, break the mind control and defeat the little surprise that awaits them...

I really enjoyed this book because it has great humour, brilliant action scenes and, most of all, WOMBATS. I recommend this book to anyone wanting both laughs and adrenaline, and if you read this book, DO NOT THINK ABOUT RABBITS!



WE WANT YOUR BOOK REVIEWS!

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

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





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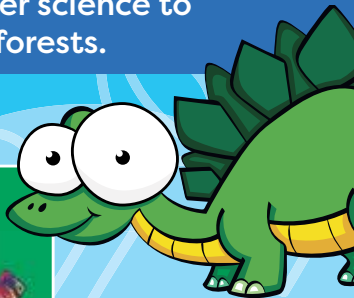
Jam-packed with things to make, do and learn on a range of exciting subjects, from super science to animal babies, from dinosaurs to rainforests.

For a young palaeontologist

Take your dino-mad child back in time to when dinosaurs ruled the Earth. These giant creatures once roamed our planet, and we've got loads of facts, jokes, games, colouring and puzzles to help children learn all about them. Play Race to the Volcano, fly the mini Pterodactyl kite or play with the scratch art kit. Hours of fun!

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GOOD NEWS FOR RHINOS

THE update to the International Union for Conservation of Nature's (IUCN) Red List shows good news for the African black rhino, which has seen a small rise in its population.

The species is still critically endangered, and much more work needs to be done to help protect the creatures, but so far conservation efforts appear to be working.

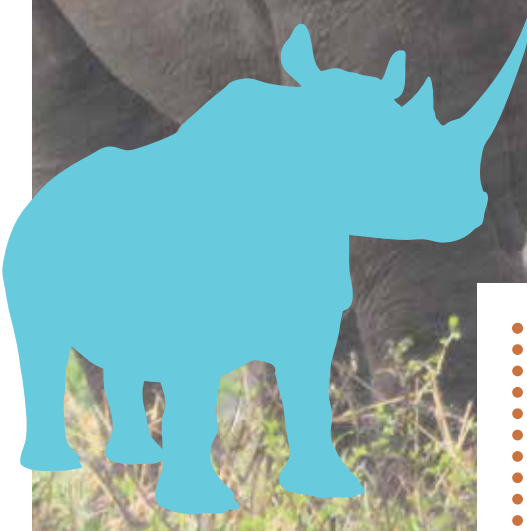
The number of animals counted in Africa has grown from 4,845 in 2012 to around 5,630 at the last complete count in 2018.

The populations of African black rhinos have been guarded, monitored and even moved to new locations, in a bid to keep them safe and boost the population.

Conservation groups around the world have been working closely with local communities to involve them in the protection of this amazing species.

Dr Grethel Aguilar, the acting director general of the IUCN, said: "It is a testament [proof or tribute] to the immense efforts made in the countries the species occurs in, and a powerful reminder to the global community that conservation works."

All species of rhino are under threat, mostly from poachers.



RH Emslie

POISONOUS PETS



iStock

ANIMAL welfare experts are asking for a change in the law when it comes to keeping venomous snakes as pets.

A recent report in the journal *Vet Record* found that a wide variety of venomous snakes can be bought in pet shops in England, without a licence.

Pet shops can sell one of these snakes to anyone, then the owner must apply to their local authority for a licence to keep it – but many don't. Many experts, including the president of the British Veterinary Zoological Society (BVZS), believe the laws around buying these snakes need to be a lot stricter.

Venomous snakes are difficult to care for, with very specific food, heat and housing needs. There are also concerns that there are not enough vets in England who are qualified to care for this type of animal should they get sick.

WILDLIFE HEROES

WHILE most of us are being asked to stay in our homes at the moment, the animal rescue team from the RSPCA are still working to save injured, abandoned and needy animals.

The RSPCA has confirmed that it will still respond to wildlife emergencies during the coronavirus lockdown.

Chief executive Chris Sherwood said: "There are still animals that need our help and I'm so incredibly thankful for frontline officers helping animals in emergency situations, our hospital workers for providing emergency treatment and our centre staff and volunteers who are giving love and affection to the hundreds of animals in our care."

The RSPCA has 17 animal centres, four wildlife centres and four animal hospitals across England and Wales. It is an emergency service and you should only call the RSPCA if you have found a sick or injured animal that needs emergency care.



RSPCA



Chester Zoo

TWINS!

CHESTER Zoo has announced the arrival of rare, twin ring-tailed lemurs.

The tiny babies were born to parents Dog and Fiona and have spent their first few days clinging to mum for safety. At the moment they are no bigger than tennis balls with tails!

Zoo conservationists are working hard to protect the species because ring-tailed lemurs are extremely endangered in the wild. Experts believe that the island they live on, Madagascar, has lost 90% of its original forests. The lemurs are also targeted by poachers for the illegal pet trade.

Mike Jordan from Chester Zoo said: "Ring-tailed lemurs are one of the planet's highest primate conservation priorities, so we're absolutely thrilled to see two tiny babies born into the group here at Chester."

TROLL-IFIC FUN

STEP into the colourful, musical world of the Trolls this week, as *Trolls World Tour* is released. The film has skipped the cinema and gone straight to digital download for you all to watch at home. We chatted to Justin Timberlake and Anna Kendrick, who play Branch and Poppy.

● **Poppy and Branch are going on their second outing, so can you tell us a bit about what's in store for them?**

Anna: Poppy and Branch are back! This time they're going on an adventure because they discover they are not the only trolls in the universe, and that there are all these other kingdoms and different types of trolls, who are all about different types of music. So they get to go and meet them and learn about their music and we all learn the power of listening to people.

● **They've changed a bit since the first film. Where do we find them now?**

Justin: Yes, they have. Well, Poppy is now Queen Poppy and we pick up where we left off. They discover that they aren't the only type of trolls and the different types of trolls are represented by different types of music. It's such a fun ride and hilarious. Also, there is so much music, really fun music. We get to pass that message along about celebrating everyone's differences, something as simple as: "You may listen to that and I may listen to this, but that's cool". It's a lot of fun. Did I mention that we had a lot of fun?

Anna: It was a lot of fun.

● **Poppy is struggling a little bit with being queen, but what kind of ruler do you think you would be?**

Anna: Oh, I think I would be a very direct ruler. I think it's probably good that I am not always in a leadership role because I get a little bossy. Which is okay, but I think I'd probably have to learn some of the same lessons that Poppy does, that it is important to listen to other people.

Justin: I mostly wish I was in the band Queen. That seems like that would have been a lot of fun.

● **Branch is a bit of a reluctant hero in this film, but he really steps up!**

Justin: Well said. I think Branch is reluctant to do anything! I think he is also feeling some feelings for



Poppy that he really wants to express but doesn't really know how, so he really wants to stick by her side. That also offers some very funny jokes in the movies as well.

● **It sounds like you had a great time, but was there one scene you enjoyed the most?**

Anna: I really liked the pinkie promise scene with Biggie. I really liked the way that it represented how serious a pinkie promise is to kids. It really is such a big deal when you're a kid.

Justin: Yes, the way his character turns around when they make the promise, it's like they're on a hoverboard. It's very funny! For me, the moment that popped up in my mind was getting to work with a choir. It's always such an amazing experience and we have a choir on a few songs in the movie, particularly our song at the end of the film, *Just Sing* – it's always amazing to work with great talent like that.

Anna: Love a choir! I was in several choirs growing up. Kids – join a choir!

● **Which of the troll kingdoms would you prefer to live in?**

Anna: I would like to be a techno troll because it looks like a lot of fun. They seem to have the most fun body type. They're just floating around and they have little tails. Plus they're all neon, which is cool.

Justin: We're finding a lot of people like the country trolls. It's really cool how the animation changes a little bit, the texture changes and the colours. The country trolls are hilarious!

● **Justin, you're also the co-executive music producer on this film. Was it hard juggling that with voicing Branch?**

Justin: Actually, for me it was very helpful because we were using so much music to drive the plot forward, which is what we did with the first one. Essentially *Trolls World Tour* is more of a musical than the first film was. I found it to be more of an advantage to know what message we were trying to convey [get across] with the music. Of course it was challenging, but I found it to be a lot of fun that I knew sort of where my character would be because I was standing on the outside a little bit, making music for those moments.

● **The big messages in this film are to listen to people and celebrate our differences. Why is that so important?**

Justin: I think that with kids, when they start school or in a playground and they see all these other children who are different to them, they can automatically have this fear of not fitting in, because you feel so different on the inside. That was what was so exciting for me, as a dad as well, to be able to pass on a message that it's cool to be different; that is what makes you who you are and that should be celebrated. And also to urge kids to learn more about how the other young people around them are different, to take the time to get to know that and have that understanding. It's something that I try to teach, personally, so it was exciting to try to teach that using music in such a fun way!



Trolls World Tour is released on demand on 6 April



THIS
WEEK

1 The team behind Britain's Got Talent have announced that the show will start in the next few weeks, with the auditions shows that have already been filmed. The live finals have been postponed and will be shown later in the year.

2 The Doctor has shared a message of support during the current coronavirus situation. The official Doctor Who Twitter account shared the video of the Doctor (played by Jodie Whittaker) listing things we should all do during this unusual time:

1. You will get through this and things will be okay
2. Tell jokes – even bad ones
3. Be kind – and look out for each other
4. Listen to science and doctors
5. Stay strong and stay positive

3 Little Mix are back with a brand-new single, Break Up Song. The four are gearing up for their world tour this summer and the launch of their new TV series for BBC One, Little Mix: The Search.



PICS OF THE WEEK

THESE exclusive behind-the-scenes pictures were taken on the set of *Four Kids and It*, the brand-new film that premieres on Sky Cinema today.

They were taken by Billy Jenkins and Ellie-Mae Siame, who play Robbie and Maudie in the magical adventure.

Billy said: "My favourite day filming was when I got to fly." The story is based on the book written by author Jacqueline Wilson and follows a group of children who find a magical creature hiding on a beach in Cornwall.

Don't miss *Four Kids and It* on Sky Cinema from 3 April.

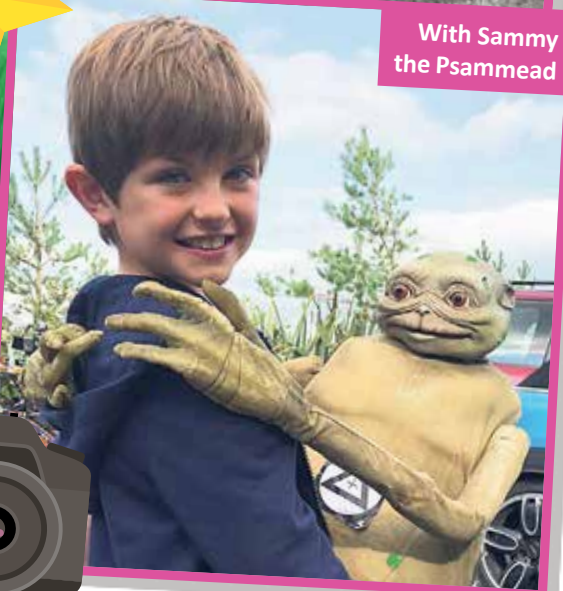
Playing in the sand in between takes



With Sammy the Psammead



Flying with the green screen



What's new in *Frozen 2*?

Elsa goes on an incredible journey in *Frozen 2*. She goes on this incredible quest with her family to unleash and discover the origins of her powers. On that journey, these characters uncover some secrets about their past and their family – but mostly, they bring out the best in each other. They push each other to be the best they can be.

What can you tell us about Elsa in the sequel?

Elsa is now the queen of Arendelle. In the first movie, she had magical powers that she felt were too much. Her powers were scaring people and hurting people, so she was trying to figure out how to harness them. In this film, she needs to test her powers to see if they are enough to save her people and her kingdom. She has to step into her powers in *Frozen 2*.

Did you feel a lot of pressure to come up with a sequel that was better than the original *Frozen*?

I feel like everyone keeps asking us to compare the two movies, but I don't focus on things like that. We honestly



didn't spend a lot of time talking about any pressure because we really trusted the creators and their storytelling. Every day, it was a gift to walk into work and put my voice down for Elsa. I really, really enjoyed it.

Which song stands out the most for you in this movie?

Into The Unknown is a beautiful song. In the

movie, Elsa is asking lots of questions. She's asking herself: "Why do I have these powers? What is my purpose in life? What is calling me away?" Deep down, she knows she has to find the answers to these questions, so *Into The Unknown* is her first realisation that she can't just sit by in the kingdom waiting for things to happen. Instead, she needs to get out into the world and get the answers.

When did you first start singing?

I've been singing ever since I was a little girl. I've always loved music. Singing is how I choose to express myself. It's who I am.



Frozen 2 is now available to own or watch on Sky Cinema



IDINA MENZEL



Adam Tanswell met up with the star of Disney's *Frozen 2*...

22. GAME ZONE

BUILD THE EARTH

PEOPLE ARE CREATING THE EARTH IN MINECRAFT

A MAD Minecraft-er has found a way to re-create the Earth in actual size, and now he wants people to fill it with towns and cities!

In the normal game of Minecraft, there's a vertical limit of 256 blocks, which equals 256 metres. However, thanks to clever modifications to the game, YouTuber PhippenFTS scrapped the limit entirely.



Then, using another modification, along with data from global mapping agencies, he's generated the

millions of square kilometres that cover the Earth into one big flat Minecraft map.

Now, he's crafting a community of people to build the components that make up the virtual planet.

As First News went to press, an incredible 30,000 people had shown interest in the project.

When you can't go outside, why not build it inside?



MAKING THE BIG BELLS

ANIMAL Crossing: New Horizons is an incredible sales success!

The fifth instalment of the game sold more copies in its first week than all the other titles in the series combined – and that's not including digital sales.

In Japan, the game was even bigger. Nintendo sold more Switch consoles in its home country last week than it did when the Switch first came out!



Bells are currency in Animal Crossing

NEW BOOK

EXPECTED TO FIT IN PROUD TO STAND OUT



TWO AMAZING BOOKS ABOUT FRIENDSHIP AND FINDING YOUR PLACE IN THE WORLD, FROM 12-YEAR-OLD AUTISTIC AUTHOR LIBBY SCOTT AND ACCLAIMED AUTHOR REBECCA WESTCOTT.

LETTERING DESIGN BY AARON CUSHLEY

RACING DINOSAURS

GIGANTOSAURUS

EXPLORE and race around while you help Tiny, Mazu, Bill and Rocky save their world in **Gigantosaurus!** Games reviewer George gave us his thoughts.

"Gigantosaurus is a fun adventure game I played on the Nintendo Switch, where you have to collect dinosaur eggs that have fallen out of nests.

You can play as Rocky, Tiny, Bill or Mazu. You go through five lands: the Forest, Glacier, Volcano, Jungle and Desert.

I like this game because I like racing and there's racing in this. You even get to choose your own race car!"



SWITCH, PS4, XBOX ONE, PC



FOOTBALL 'GAMES'

DESPITE the coronavirus, footie fans are still getting their fix.

Research has shown that the player count of football videogames shoots up when matches would have usually been played live. This was

helped last week when Football Manager was made free to play until 1 April, resulting in a record high of more than 180,000 players, up more than 100,000!

WIN! A ZURU BUNCH O BALLOONS BUNDLE

GET a supreme soaking this Easter with Bunch O Balloons from ZURU!

Fill and tie 100 water balloons in less than 60 seconds with these sensational self-tying water balloons.

Simply connect to a tap or hose, fill and make hundreds of water balloons with no hand-tying needed. Plus they can be used anywhere, including the (paddling) pool, garden or the beach!

For the ultimate water war, you could also win a Filler/Soaker and Water Slide Wipeout!

We have six bundles up for grabs, which include a Filler/Soaker, a Water Slide Wipeout and four Bunch O Balloons triple packs.

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

A cactus is known for its...

- a) flowers
- b) leaves
- c) spines

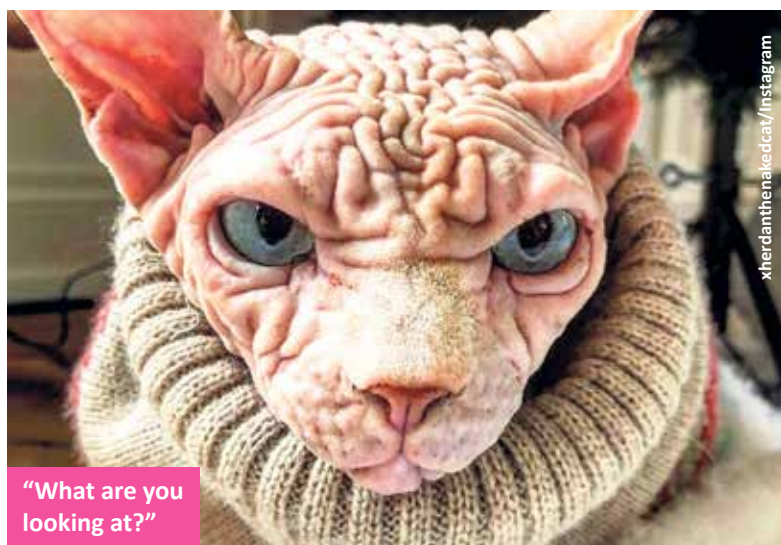


www.bunchoballoons.com

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firstnews.co.uk/competitions or see page 16. The closing date is 16 April 2020.

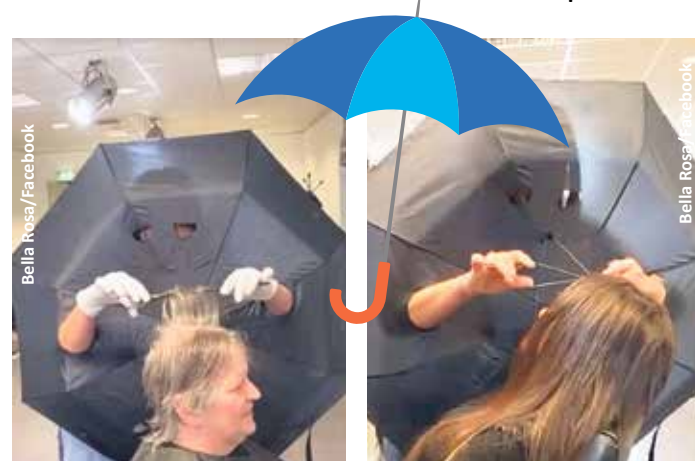
WRINKLES AND WHISKERS



HAVE you heard of the sphynx cat? It's an unusual breed of cat that doesn't have hair – and one of them is becoming an internet sensation.

Xherdan is particularly wrinkly and, like the famous Grumpy Cat, has an expression that makes him look like he's not in the best mood. But his owner Sandra Filippi says that's just the way he looks and he is actually a real sweetie who likes playing and cuddles.

Xherdan has an Instagram account that is building a loyal army of fans. At the time of writing, more than 30,000 people are following him, with more than 7,000 of those joining in the last month alone.



BROLLY GOOD

ONE hairdresser in the Netherlands used a very unusual item to create a makeshift barrier between her and her customers.

By cutting arm and eye holes in an umbrella, the hairdresser from Bella Rosa salon continued to work on her clients' hair and eyebrows.

We're not sure that a brolly barrier is very effective against COVID-19 and wouldn't recommend it, but it seems like the inventive shield was more of a fun joke on the last day before the salon closed to the public due to the coronavirus.

It's not the first time hairdressers have got creative. In China, a video was released showing hairdressers using their tools attached to long sticks to wash and even cut hair!



SNAKE SURPRISE

WHAT do you do when you find a giant snake chilling out on your doorstep? If you live in eastern Australia, you call the Gold Coast & Brisbane Snake Catcher!

That's exactly what one Queensland resident did when she woke up to a giant Burmese python on her porch.

Luckily, snake catcher Tony Harrison came to the rescue. He has run the business for 26 years and said the slithery snake was his biggest ever catch. Mr Harrison said the albino snake was obviously a pet that had escaped and described it as a gentle giant.



Harrison and his son with the snake

BALCONY MARATHON



A KEEN runner has run a marathon on his balcony at home!

Like us all, 32-year-old Elisha Nochomovitz from France has been encouraged to stay at home to stop the spread of coronavirus. But he wasn't going to let that stop him running, though.

Nochomovitz, who has completed 36 marathons, ran up and down his balcony around 3,000 times to make up the 26.2-mile marathon distance. It took him six hours and 48 minutes to complete. He said it was his hardest marathon yet, as the short length of the balcony meant he couldn't build up any momentum because he had to keep turning around!

**WHY ARE SNAKES
HARD TO TRICK?
YOU CAN'T PULL
THEIR LEG!**



**WHY DID THE
RABBIT GO TO THE
HAIRDRESSERS?
IT WANTED A HARE-CUT!**

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Written and illustrated by Paul Palmer



WASTE MATTERS

WHEN WILL THE GOVERNMENT AND THE OLDER GENERATION ACT ON ENVIRONMENTAL ISSUES?

HAZEL McRiley lives in Froyle, Hampshire. When she found out that a new incinerator has been proposed in her local area, Hazel decided to investigate.

THE PROBLEM

We live in a society that has a 'throwaway' mentality. Over the last few years people have become more aware of the environmental impact of the amount of rubbish we are throwing away, but we need the Government to make new laws to help reduce our waste. An example of an effective legislation was when microbeads were banned from cosmetic products as they were polluting the oceans.

In the past, the UK Government has allowed waste companies to send low-quality recycling abroad for processing. In reality this has taken our waste and created a problem in other countries who will no longer accept it.

Surely the solution to this environmental issue is to ensure that we create less waste and package things in materials we can actually recycle. A vast amount of the waste we send to landfill could be recycled: our cartons, toothpaste tubes and many film wrappings all show recycling symbols, but in some areas the facilities to recycle them do not exist.

A SOLUTION?



An architect's impression of the proposed incinerator

Veolia, the waste management company for Hampshire, the county where I live, have proposed a solution... to build an incinerator in the Wey Valley, near Alton, to burn waste.

If the plan goes ahead, they will replace a recycling centre with a new massive facility with 90-metre chimneys, about the same height as Big Ben! The site will sit just alongside a national park and the chimneys will reach above the height of the surrounding hills in the countryside setting.

When it is operational, lorries will collect waste to be incinerated here. This process will produce a vast amount of energy, some of which will be used to generate electricity.

Unfortunately, it is not a very efficient process, as a large amount of energy is lost as heat. The chimneys will also release plumes of carbon dioxide and other chemical pollution into the atmosphere.

The process will also produce tonnes of toxic ash, which will need to be transported away to be disposed of.



Here is us [Hazel and her brother, Robbie]! Behind us is the valley where the incinerator would be. The chimneys would be higher than the hill we are standing on!

COMMUNITY ACTION

My brother (13), sister (10) and I went to the meeting in our village about this project, to see what Veolia had to say. Apparently, it is needed as part of a Government plan to deal with more waste inside the country, rather than exporting it.

The air pollution specialist told us the impact on the environment around where we live would be minimal. But it's not just the effect on the local area I'm worried about – pollution has a worldwide impact.

Schemes like this give the message that it is okay for companies to produce single-use packaging and products with a short lifetime, as the unrecyclable materials can just be burned. But burning the waste is harmful for the environment, and we as consumers need to recycle as much as we can and be mindful of what we buy.

THE BIGGER PICTURE

If this facility is built, it removes the driving force for us to address our waste production.

Where is the motivation to clean up our wasteful habits of mixed materials, excessive packaging and short-lived products if we can easily send them to an incinerator and not consider the environmental consequences?

We need the Government to act to protect the planet's resources and curb our waste production. We can no longer turn a blind eye to the impact of our everyday lives and for this reason I stand against the building of this incinerator.

FIRST NEWS ACTIVE CITIZENSHIP AWARDS

Do you want to get involved with our ACTIVE Citizenship Awards and make positive changes at your school or in your local community?

The award scheme's Pupil Toolkit will guide you through your project and help you with your planning, research and action. Ask your teacher or parent to visit firstnews.co.uk/actawards to download this resource.

FirstNews QUIZ

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

WHAT HAVE WE
LEARNED THIS WEEK?

1 What does ESA stand for?

2 How long did it take Elisha Nochomovitz to complete his balcony marathon?

3 In which country did nearly 100 hawksbill sea turtles take their first steps towards the sea?

4 Who recently became parents to twin ring-tailed lemurs?

5 What tradition in Ripon has had to change to help prevent the spread of COVID-19?

6 Which band has a single out called *Break Up Song*?

7 Which is the only country in Europe where football is still being played?

8 Which author does Serena meet in this week's issue?

1) European Space Agency 2) six hours and 48 minutes
3) Brazil 4) Dog and Fiona 5) horn blowing 6) Little Mix
7) Belarus 8) Anthony Horowitz

WHAT'S IN THE SHOPS?

NERF SPORTS VORTEX HOWLER ACCELERATOR

SMYTHSTOYS.COM £12.99

Designed for distance, the Vortex Howler Accelerator launcher helps make it easier to throw, so you can send the mini Vortex Aero Howler ball flying far. Place the Howler ball in the scoop, then fling the launcher forward to unleash the ball. The set includes two Vortex Howler Accelerator launchers and a Vortex Aero Howler ball.



MEGA JUMP DOUBLE SKIPPING ROPE

WICKEDMANIA.COM

£10.00
Jump like a pro with this wicked Mega Jump. You'll have hours of fun in the garden, whether you're a complete beginner or a skipping pro. The specially designed rope release means that it's really easy to adjust the length to suit each person skipping. From basic to advanced tricks, the great features of Mega Jump will help you become an expert in no time!



GARDEN GAMES

PROFESSOR PUZZLE GARDEN DICE GAMES

ARGOS.CO.UK £12.00

These fast-paced dice games are addictive family entertainment. Roll the extra-large dice and have lots of fun trying to score the highest combination of points – you'll improve your maths ability without even realising it. There are ten different games for you to play, and the set contains five giant wooden dice, three scorepads, two pencils and a games book.

*All prices correct at time of printing



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

MAKING MATHS FUN

by Sean Palmer, Hip Hop Class, Gallions Primary School

MEET Bobby Seagull, a man who loves maths and wants others to enjoy maths – and he visited our school in East London.

Although we were told beforehand, we were still surprised to see him. His fun assembly got all the children talking before the assembly had even finished!

He taught us that people thought that some things were impossible – running a mile in four minutes, for example. He said that if you break up the word impossible, you'll get I'm-possible. And that was true for Roger Bannister, the first man to run a mile in four minutes!

Bobby also did a great Stick With Maths workshop, teaching us about combinations and how many possibilities there are for each one.

It was mind-blowing that 11 footballers could be arranged 39,916,800 times! It was a very fun and enjoyable lesson that we all loved.

You're probably wondering what impact it had on me? Well, for starters, the message is that you can do anything. It has inspired me to work harder and to try my best.

It also got me more into maths. A mile in four minutes seems impossible – yet Roger Bannister did it. This shows me – and you – that anything is possible if you set your mind to it.

For more information, visit plprimarystars.com/stick-with-maths.

Bobby Seagull's workshop



SCHOOL NEWS

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

In these unusual times, we still want to know what you're up to! How have you been learning at home? Have you made up any great games? Helped out vulnerable neighbours? Why not share your experiences with First News readers?

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

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

SCIENCE WEEK

by pupils from Highfield and Brookham schools

TO celebrate British Science Week, Highfield and Brookham schools had some very important visitors: Jane Boswell, Dr Lizet Horn, Cathryn King and Fiona Sperry.

These four inspirational women ran STEM workshops to help develop our understanding of science in the world around us.

With the knowledge that one in ten STEM roles are unfilled in an increasingly technological world, we were astonished and enthused to learn that these jobs actually existed – especially designing videogames!

We were shown how to use a stethoscope to listen to our own heartbeats, and then to the heartbeat of a real-life miniature Shetland pony.

We learnt plenty of new things, including the fact that teeth are the only parts of our body that are unable to heal themselves. We were also able to see how footprints could be detected, printed our own fingerprints and were even given mouth swabs to show how DNA could be collected.

Finally, we all learnt how to successfully direct an avatar by testing and modifying coding instructions.

The workshop was so successful, we are going to start a coding club next term. The future seems to be in good hands!

Listening to the heartbeat with Jane Boswell



SCHOOL NEWS

MEETING NICK SHARRATT

by Seren, Sandon Primary Academy

I WON Stoke Reads' Christmas card competition and won a visit from award-winning illustrator Nick Sharratt to my school!

I made a card with Rudolph on it and Nick Sharratt picked my card as the winning design from over 500 entries.

He also visited all 22 of the classes at my school as part of the prize!

I got to meet Nick before everyone else and he drew me a dinosaur and signed my book. He asked me about all the different types of dinosaurs.

He also talked in our assembly, drew pictures and read out *Vikings In The Supermarket* and *Shark In The Dark*! My favourite book by Nick is *Stomp, Chomp, Big Roars! Here Come The Dinosaurs*. It was so exciting to meet him and I have been doing lots of drawings and reading since.

Reading with Nick Sharratt



SCHOOL NEWS

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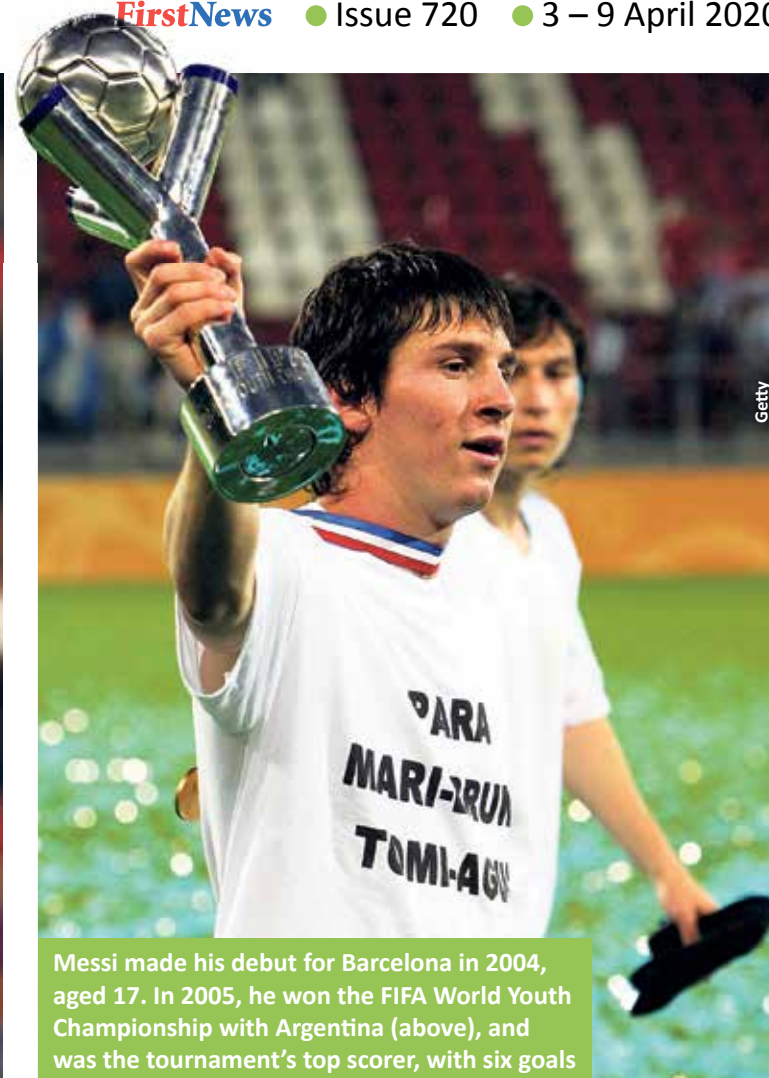
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MESSI IN PICTURES

Getty



The greatest of all time? Barcelona's Argentinian legend Lionel Messi holds loads of records, including the most goals ever scored in Spain's La Liga (438), and the most goals scored by a single player in a calendar year (91). He is also his country's top scorer, with 70 goals. In this Sport in Pics special, we take a look at some of the biggest moments in the career of this footballing genius



Getty

Messi made his debut for Barcelona in 2004, aged 17. In 2005, he won the FIFA World Youth Championship with Argentina (above), and was the tournament's top scorer, with six goals



Getty

Messi made his Champions League debut in the 2005-06 season. Here he is in action against Chelsea at Stamford Bridge in February 2006. Barça went on to win the competition



Getty

Messi's first World Cup appearance was at the 2006 tournament in Germany. He came on as a substitute in a group game, scoring Argentina's last goal in a 6-0 thrashing of Serbia & Montenegro



Getty

Proving that even one of the greatest footballers of all time can have a dodgy taste in fashion, here's Messi in 2013, picking up the fourth of his six Ballon d'Or prizes

A devastated Messi walks past German players celebrating after they beat Argentina 1-0 in the 2014 World Cup final

Getty



Getty

This is the moment, in January 2019, when Messi scored his 400th league goal for Barcelona, in a 3-0 win over Eibar. He became the first player to score 400 goals in just one of Europe's top five leagues. Messi has now won ten Spanish league titles, four Champions Leagues, six Spanish Cups, eight Spanish Super Cups, three UEFA Super Cups and an Olympic gold!

SPORT IN NUMBERS

2,000

beds will be installed at the Principality Stadium in Cardiff. The home of the Wales national rugby union team will become a field hospital to help the NHS in Wales treat COVID-19 patients.



Getty

1

football league is still operating in Europe. The Premier League in Belarus plays on, even though

COVID-19 has caused every other football competition in the continent to be suspended. The capital city derby between FC Minsk and Dinamo Minsk last weekend was watched by a sell-out crowd of 3,000 (below).



Getty

70%

of Barcelona players' wages are being cut, as the club responds to the COVID-19 crisis. In a statement,

players said they would "make further contributions to ensure that the employees can continue to be paid 100%" throughout the crisis. There were concerns that club staff, who earn far less than the players, would lose their jobs.



Getty

WHAT HAPPENS NOW?



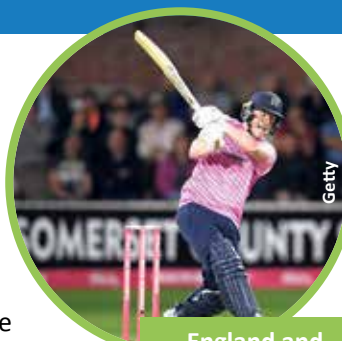
Getty

Manchester City Women players during a league game in February. All senior football has been suspended

ALL major sporting leagues and events have been suspended, cancelled or postponed due to COVID-19. When, if ever, are things likely to get back to normal? Here's a guide to what's what, as First News went to press.

CRICKET:

There will be no professional cricket in the UK before 28 May at the earliest, but the England and Wales Cricket Board (ECB) is looking at starting the new season "behind closed doors" (without any spectators). They are considering setting up COVID-19 test checkpoints and isolation units at cricket grounds for staff and players.



Getty

England and Middlesex star Eoin Morgan

TOKYO 2020 OLYMPICS AND PARALYMPICS:

Organisers have announced the rescheduled Olympic Games will run from 23 July to 8 August 2021, and the Paralympics will follow from 24 August to 5 September.

LEAGUE FOOTBALL:

All league football in England is suspended until 30 April, but it may be delayed further. There's a possibility the season could be cancelled. If it is, it's not yet known if the Premier League leaders, Liverpool, will be awarded the title, or what will happen to teams fighting for promotion or to avoid relegation.

The FA wants the Women's Super League season to be completed by August.

It has also been announced that football in England below the National League's three divisions will end immediately. More than 100 non-league clubs have sent a letter to the Football Association asking them to change their decision.

In Scotland, it is thought to be highly unlikely that this season will be completed.



Getty

Liverpool's Mo Salah

FORMULA 1:

The first eight races of the season, which was due to start in Australia on 15 March, have been cancelled or postponed, and more could follow. Ferrari boss Mattia Binotto has suggested the season could run until January 2021, if it starts late (it was scheduled to end in November).

TENNIS:

Officially, all professional tennis is suspended until 7 June, but it seems likely the suspension will be extended. The French Open, due to have started in May, has already been rescheduled to 20 September. According to a German tennis official, Wimbledon will be cancelled. The famous tournament was meant to start on 29 June.



Getty

F1 champion Lewis Hamilton

EURO 2020/COPA AMERICA:

This summer's European Football Championships have been moved to next year. They will begin on 11 June 2021. The Copa America, jointly hosted by Colombia and Argentina, has also been postponed and will start on the same date.

TOUR DE FRANCE:

The famous cycle race is due to run from 27 June to 19 July. The French sports minister and event organisers have said they are looking into running a scaled-down version of the Tour this summer. They have given themselves a deadline of 1 May to make a decision. One option believed to be under consideration is to ban fans from lining the route.



2019 Tour de France winner Egan Bernal

Getty



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