



**KOALAS
HEAD HOME**
P7



**BGT IS
BACK**
P13

**WHICH FIRST NEWS READER HAS
BEEN CHOSEN TO CONTINUE CRESSIDA
COWELL'S STORY? WAS IT YOU? P25**



First News

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OUR TRUSTED
NEWS GETS MORE
THAN 2 MILLION
READERS!*

LOCAL HEROES

**TEACHER DELIVERS
MEALS TO CHILDREN**



Tell us about
your coronavirus local
heroes, like Zane Powles, at
newsdesk@firstnews.co.uk
putting 'Local Hero'
in the subject box

by editor in chief Nicky Cox

A TEACHER is being hailed as a local hero for walking five miles every day to make sure disadvantaged children get a proper lunch during the coronavirus lockdown.

Every morning, Zane Powles delivers 78 packed lunches to children who get free school meals. Each one has a sandwich, a packet of crisps, a biscuit and an apple. At every house he leaves the food on the doorstep, knocks on the door and steps back to the pavement.

The assistant headteacher at Western Primary School in Grimsby says: "It encourages parents to stay in their homes with their children, and keeps everyone safe."

Mr Powles has been doing his round since the lockdown began and has become something of a legend in the area, with several colourful posters praising him. One reads: "Well done, Mr Powles!"

But he says he doesn't think of himself as a local hero.

"My job is the welfare of children, and educating them," said Mr Powles. "In these times I'm just doing it in a different way."

Meanwhile, with the lockdown extended, the Food Foundation charity says that 1.5 million Britons have reported not eating for a whole day because they had no money or way to get food. And three million people said they were in households where someone had been forced to skip some meals.

Other charities running food banks say they are struggling with a huge rise in people coming to them for emergency parcels because they have lost their jobs during the coronavirus pandemic, or can't travel to food stores.

During such times, it's been heart-warming to see how communities are pulling together.





THAT’S been the big question on everyone’s minds, especially when people had to stay at home over the sunny bank holiday weekend. So are things going to get back to normal any time soon?

Well, probably not. While Prime Minister Boris Johnson rests up (see right), Foreign Secretary Dominic Raab is taking his place – and it’s widely expected that by the time you read this, he’ll have extended the lockdown until May.

In a recent briefing alongside the chief scientific adviser Sir Patrick Vallance, it was made clear that things aren’t likely to return to normal for some time. “We’ve still got a long way to go... we’ve still not passed the peak of this virus,” Mr Raab said.

Vallance explained that the effects of social distancing hadn’t been seen in the UK’s infection and death rates yet, but that they would take another look at things when “we are firmly the other side of it in terms of numbers coming down”.

Unfortunately, that won’t necessarily mean that things will suddenly get back to how they were.

Dominic Raab has said that there “won’t be changes until [the Government] is confident as they can be” that it would be safe.

The World Health Organization’s



Dominic Raab is standing in for the PM

guidelines say that restrictions should be lifted slowly and not “all at once”, to avoid a second spread of the virus.

They also say that lockdown restrictions should only begin to be lifted when mass testing is available and the Government can accurately track the spread of the virus.

Obviously, lots of people are worried about how all this will affect businesses and the economy. Apart from a few companies, most are losing lots of money.

The Government has already promised to try to keep businesses going with plenty of extra cash and support. However, as the lockdown continues, it’s likely that new measures will be put in place to keep things afloat.

Remember that the best way to protect yourself and other people is by staying home, and washing your hands regularly and thoroughly for at least 20 seconds.

For the latest, most accurate health advice, see:

■ tinyurl.com/whocv2019

■ www.gov.uk/health-and-social-care

PM “SAVED” BY NHS



A police officer at the entrance to Chequers

PRIME Minister Boris Johnson has left hospital, after spending several days in intensive care with COVID-19.

Mr Johnson said that “the NHS has saved my life, no question” and that it “could’ve gone either way”.

In a video posted on the PM’s official Twitter account, he named several nurses in particular whose care helped him through his illness, including two in particular from New Zealand and Portugal.

The prime minister was told not to rush back to work, so he was sent to recover at his official country residence, Chequers.

Official Government advice says that people shouldn’t travel to second homes, so some might question why the PM has gone to a house that is 40 miles and an hour’s drive away from Downing Street.

HANDSHAKE SHAKE-UP



WILL people still be shaking hands after the lockdown ends?

That was the interesting question asked by Dr Anthony Fauci, the head of the National Institute of Allergy and Infectious Diseases (NIAID) in the US. Fauci is one of President Donald Trump’s most senior medical advisers, and is highly respected.

During a podcast he said that if people stopped shaking hands, it would help to reduce the numbers of annual flu cases and other illnesses. “I don’t think we should shake hands ever again,” he said.

People in many other countries greet each other without touching, such as the ojigi (bow) used in Japan. Lots of other greetings became popular before the lockdown, such as elbow bumps, but what’s your favourite?

CITY OF LOVE

IN Verona, the city where *Romeo and Juliet* is set, true love has blossomed despite the coronavirus lockdown.

The couple, Michele D’Alpaos, 38, and Paola Agnelli, 39, have lived in flats opposite one another for most of their lives. But Michele only spotted Paola when they both stepped out onto their balconies to listen to Paola’s sister play her violin one evening.

Michele decided to find out who Paola was, and luckily his sister knew her, so soon they were calling and texting one another. He has even put a banner on the roof of his block of flats with Paola’s name on it to show his love. They still can’t meet in person, but Michele describes their relationship as “magic”.

Northern Italy has been badly hit by the coronavirus, so news of the romance has cheered up Paola and Michele’s neighbours. “This has brought a ray of sunshine and made people happy,” said Paola.



Michele D’Alpaos (left), Paola Agnelli and the balcony where they fell in love

HUG A TREE!



Forest ranger Valgerður Erling and a southern poplar

THE Icelandic Forest Service has issued advice to those missing hugs with their friends: hug a tree instead!

Forest rangers in the Hallormsstaður National Forest in east Iceland are calling for those feeling lonely to get their arms around Mother Nature.

“When you hug [a tree], you feel it first in your toes and then up your legs and into your chest and then up into your head,” forest ranger Þór Þorfinnsson explained. “It is a wonderful feeling of relaxation!”

However, Þorfinnsson suggested that tree-huggers should do their best to cuddle different trees, rather than the first tree they see – to avoid the spread of the coronavirus, which can linger on surfaces.

Once a good, unhugged tree has been found, Þorfinnsson said around five minutes of hugging is recommended.

THERE IS NO 5G CONSPIRACY



Getty

ACROSS the UK, the fifth generation of mobile internet is being rolled out. Known as 5G, it will massively increase the speed that smartphones will be able to download and upload to the internet – but why are so many people worried about it?

In recent months, conspiracy theories around 5G have become common. There are suggestions that the network will produce high levels of radiation, or that it’s never been tested properly.

Some people are even saying that the new 5G cell towers are to blame for the coronavirus outbreak.

This is completely untrue, and there’s been lots of research to prove it. The world’s top experts on radiation at the International Commission on Non-Ionizing Radiation Protection, which works with the World Health Organization, says that 5G is well below dangerous limits, completely safe, and “poses no threat”.

Despite the scientific evidence

that 5G is completely safe, there are dangerous consequences of the conspiracy theories.

At least 20 mobile towers have been damaged in the UK. Some were set on fire, and engineers have even been threatened and abused while trying to do their jobs.

Vodafone UK’s chief executive has said that he couldn’t believe that people wanted to “harm the networks that are providing connectivity to the emergency services, the NHS and the rest of the country during lockdown.”

The culture secretary, Oliver Dowden, will soon hold talks with social media companies about stopping the spread of these conspiracy theories further.

DON'T BE AFRAID OF HOSPITALS!



iStock

A GOVERNMENT campaign will encourage people who are seriously ill to visit the hospital.

Dr Sanjay Patel, a consultant in paediatric infectious diseases in Southampton, has said he is worried that fewer seriously ill children are being brought to his hospital.

Data shows that attendance at emergency departments has dropped by 22% from February to March. It is believed that many are too worried about COVID-19 to visit the hospital when they, or their children, need to.

Dr Patel stressed that social distancing was very important but also added that “there is a very real risk that some children with illnesses such as appendicitis, dehydration or even sepsis are not being brought to see healthcare professionals as quickly as they would be normally.”

The Government’s public awareness campaign will stress that the NHS is still there for those who need it.

SPILLED MILK



UK farmers have had to pour away thousands of litres of milk, as the coronavirus outbreak has affected supply chains.

Around 300 dairy farmers have had to dispose of the milk they’d usually be sending to businesses like hotels, restaurants and cafés.

According to the Royal Association of British Dairy Farmers (RABDF), the demand from the businesses who would use that milk has dropped by nearly 70-80%. They say that about a million litres of milk being produced every day has got nowhere to go.

However, demand for milk in supermarkets has risen, and there’s been a massive increase in demand for home milk deliveries.

The RABDF says that farmers are trying to get their dairy products to these places that can use it, but there is just too much and it needs to be disposed of.

Plus, factories that would turn that milk into longer-life products, like cheese or butter, are also at full capacity, so can’t take the extra milk either.

The RABDF says that the dairy industry is “working closely with the Government to try and develop a plan to support farmers through this difficult time”.



Getty

1. #LETSBUILDTOGETHER

The LEGO Foundation has donated \$50m (about £40m) to a range of charities to support children in need and ensure they continue to have access to learning. It has also launched the #letsbuildtogether initiative. Daily play challenges, new play ideas and live build-a-longs will be shared on social media with the hashtag. For more information and to get building, head to lego.com/letsbuildtogether.



2. TALK TO SANTA

Have you always wanted to ask Santa a question? Well, now you can! Santa is livestreaming every day at 11am to keep in touch with kids around the world. www.santaclausoffice.com is the place to go and join the chat.

3. COVID-19 KIDS' BOOK

A story book to help children understand COVID-19 has been released. More than 50 humanitarian organisations worked together to produce *My Hero Is You*, which is aimed at six to 11-year-olds and is available online and as an audio book.

4. VERTICAL FARMING

The United Arab Emirates is putting £80m into vertical farming (indoor farming without soil). The country imports 80% of its food, as it is difficult to farm in the UAE, where it is very hot and rarely rains. By building



the world's largest indoor vertical farm, it will increase the amount of local food being produced.

5. ESSEX LORRY DEATHS

The man who drove a lorry that led to the death of 39 people has pleaded guilty to manslaughter. The lorry was discovered in Essex last October. It contained the bodies of Vietnamese migrants who were being smuggled into the UK. Maurice Robinson, from County Armagh, pleaded guilty to manslaughter, while another accused man denied the charges.

20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. SAVING SALMON

The University of Edinburgh is working on a way to breed salmon that are more tolerant to sea lice. The lice are a big problem for Scottish salmon and have been blamed for salmon populations reaching an all-time low.

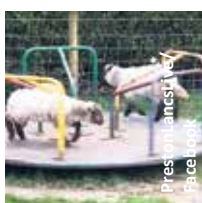
7. POPE SPEAKS OUT

In his Easter message, Pope Francis called for a universal basic income to be considered. This idea means that everybody in a country would be paid the same sum of money, regardless of their circumstances. Several countries, such as Spain and the US, have already agreed to some form of basic income during the coronavirus lockdown.



8. SHEEP WORKOUT

Debbie Ellis spotted a couple of sheep getting their daily exercise by using a roundabout as a hamster wheel!



9. A BIT TOO EASY-JET?

Airline easyJet has been given a £600m Government loan to help it survive the coronavirus pandemic. The loan was given weeks after the company paid £174m to people who own shares in easyJet, including £60m to easyJet founder Stelios Haji-Ioannou. A spokesman for the founder recently suggested a "reduction in crewing numbers" (making staff lose their jobs) as a way to save money.

10. SUBTITLED TV

Author Cressida Cowell and other celebrities are campaigning for subtitles to be added to children's programming as a way to boost literacy levels. Organisers say: "Research across multiple countries has shown us a way to improve children's literacy. It's incredibly simple: just turn on the subtitles."

11. TOURIST TROUBLE

A popular mountain range in China was forced to close again soon after reopening. More than 20,000 visitors turned up to Huangshan, overcrowding the popular attraction.



12. QUEEN'S SPEECH

The Queen has recorded an Easter message for the first time during her reign. In it, she said that "we need Easter as much as ever" and reminded the country that "coronavirus will not overcome us".

13. VACCINE TRIALS

German company CureVac is hoping to begin trials for its COVID-19 vaccine in June. Even if tests go well, doctors say the vaccine would not be widely available for over a year.

14. ANIMAL HEROES

Two sisters in Turkey are helping to keep hungry animals fed during lockdown. Necla Varol, an animal rights activist, and her sister Nazife Çoklaş, feed more than 200 stray dogs and cats each day from their van. Nazife said: "To feed them is a beautiful feeling. All they need is a bit of love, and it makes me happy to see them running to us."



15. ECONOMIC IMPACT

The Centre for Economics and Business Research (Cebr) says that lockdown is costing the UK economy £2.4 billion every day. Cebr says that daily losses for the hospitality sector are around £172m and £237m for the construction industry.

16. RHINO HELPERS

Scientists have found that a certain bird can reduce the risk of endangered rhinos being poached by hunters. Red-billed oxpeckers are often seen on rhinos, as they feed off ticks and maggots. A study of black rhinos found that rhinos with the birds were warned of nearby humans up to 50% of the time. Rhinos with no birds only noticed humans 23% of the time.



17. POLLUTION WORRY

Research has found that children in pushchairs could be breathing in up to 44% more pollution than parents pushing them. This is because they are closer to the level of car exhausts.

18. ALBINO ROBIN

An albino robin has been struggling to find a mate because of her unusual look. It's thought that male robins may not recognise her as a robin without the bird's famous red breast. However, avoiding the stress of breeding has meant the robin has lived a longer life.



19. POST OFFICE BLUNDER

A glitch in the Post Office's IT system from the early 2000s caused many people to be wrongfully accused of theft. It's now believed that wrongful convictions could have been nine times higher than previously thought.

20. HIPPO-POTTY-MUS

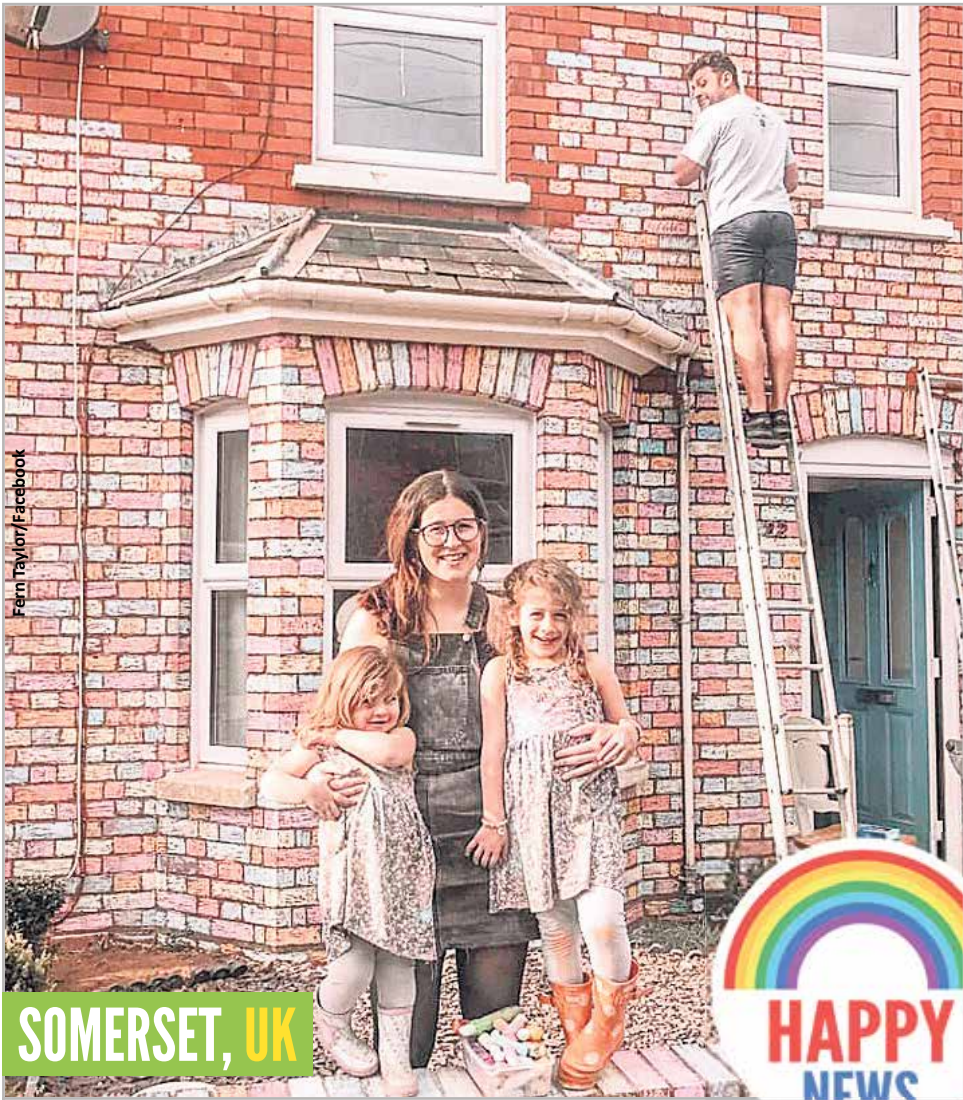
A set of metal hippos that are actually bathroom appliances could fetch more than £2m at auction. One hippo (pictured below) is a toilet, another is a bath and the third is a bidet for washing your bum. The bathroom suite was created by sculptor François-Xavier Lalanne in 1992. The auction house described the set as "very practical as well as beautiful".





NASA/University of Central Lancashire

RESEARCHERS at the University of Central Lancashire (UCLan) have revealed detailed, high-resolution images of the sun. They were taken by NASA's High-Resolution Coronal Imager telescope (or Hi-C for short) and show the sun's outer layer in detail for the first time. Fine magnetic threads filled with extremely hot, million-degree plasma can be seen in the stunning pictures.



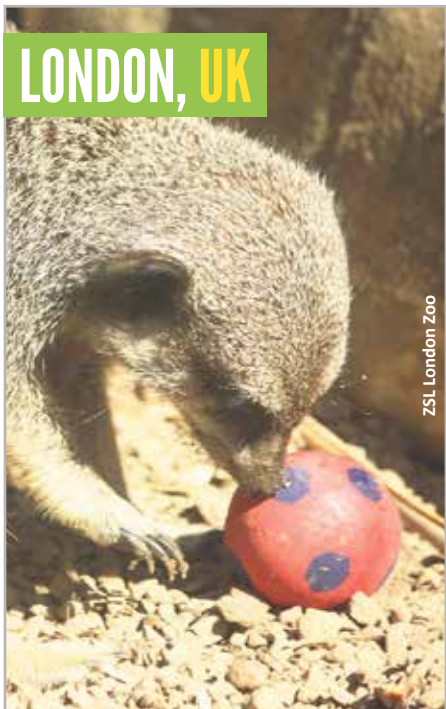
SOMERSET, UK

THE Taylor family spent hours colouring every brick of their terraced house in chalk to create a rainbow effect to "lift people's spirits" during the coronavirus lockdown.



Nathan Wyburn Artist/Twitter

ARTIST and former *Britain's Got Talent* semi-finalist Nathan Wyburn has created a collage tribute to NHS workers, using photos of more than 200 NHS staff who are working on the frontline of the coronavirus battle.



ZSL London Zoo

DEDICATED keepers at ZSL London Zoo – who are still working behind closed gates to look after the zoo's animals – painted fresh eggs, to celebrate Easter with an egg hunt for the meerkat mob.



Getty

A SUPER moon, also called the 'pink moon' in April, rises over the city. The pink moon is traditionally the fourth full moon of the year.



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BELFAST

● Zoo comes to you

Belfast Zoo is making sure you don't miss out on the animal antics while the zoo is closed to the public. Staff are providing regular updates on social media with the hashtag #BelfastZooComesToYou. Zoo manager Alyn Cairns said: "Belfast Zoo is very popular with families, particularly at this time of year. We thought it would be nice to capture some footage behind the scenes and share it."



Belfast Zoo

LANCASHIRE

● Boy's big thank you

A five-year-old whose dad died in a car crash last year saved up his pocket money to thank the medical staff that fought to save his dad's life. Kelvin Baker bought 180 Easter eggs and gave them to staff at the North West Ambulance Service and Royal Blackburn Teaching Hospital. It was Kelvin's birthday last week and the staff wanted to say thank you back, so they posted a birthday video, bought Kelvin presents and raised money to send him and his mum to Disneyland! Mum Simone said: "Today has been a day I've been dreading... Kelvin's first birthday without his daddy... but I can honestly say it's been better than I could have ever imagined!"



Tony Punn/Facebook

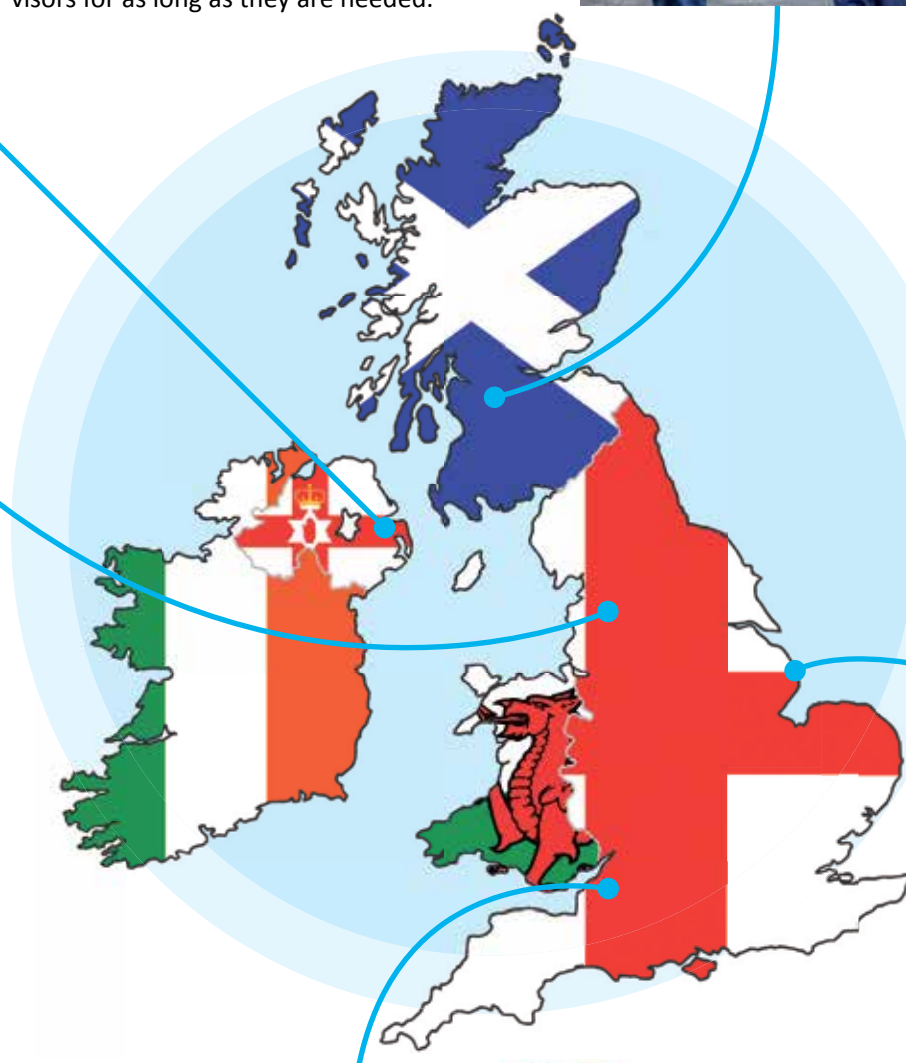
GLASGOW

● Innovation school helps out

Kelvinside Academy Innovation School has been hard at work making more than 1,300 protective visors for NHS workers and carers, using 3D printers and laser cutters. David Miller, director of the school, said: "We have access to technology that we know can make a difference. We will continue the production of protective visors for as long as they are needed."



Kelvinside Academy



BRISTOL

● Laundrette "angels"

A laundrette in Bristol has come to the rescue of tower block residents. The 80 families living in Lansdowne Court in Easton have to share a small room with five washing machines, making social distancing impossible. Local laundrette At The Well heard about the trouble and offered a mobile laundry service to residents. Samuel Smith, who lives on the 15th floor, described staff as "angels", adding: "This is just what we needed. We needed that help."



atthewell/Facebook

UK

● Walking map

A new project by Ordnance Survey is looking to build a 'slow map' of Britain, showing routes for walking between towns. Daniel Raven-Ellison, who started the map, wants to show people the benefits of taking the slow way from A to B, like saving money, improving your health and having fun. Almost 10,000 miles of routes have been found, with a goal of around 50,000 miles for the final map.



Getty

● Air pollution plummets

Since the lockdown, nitrogen dioxide levels in some UK cities have fallen by up to 60%. The air pollutant comes from cars, and clean air campaigner Jenny Bates said: "Once this dreadful situation is over, we don't want to go back to where we were or worse."

LINCOLNSHIRE



Getty

● Golf course for birds

A golf club that shut in 2018 will be turned into a reserve for birds. The National Trust has bought the coastal land in Sandilands for £800,000. A spokesperson for the trust said: "The Lincolnshire coast is one of the most important stretches of English coastline for wildlife. The area we are talking about would have once been full of migratory birds, and it has the capacity to be that again."

NEWS IN NUMBERS

60 members of an orchestra are rehearsing together via video links. Music director Leo Geyer wanted to keep a "sense of community spirit" among the members of the Devon Philharmonic Orchestra during lockdown.

282 Munros (mountains in Scotland that are over 3,000ft high – around 914m) have been climbed by Kevin Woods. He walked 1,400 miles, the same as hiking from Edinburgh to Rome. He climbed 460,000ft, the same as climbing Mount Everest 15 times.



kevinwoodsmountain/Instagram

£65,000 was raised for two London hospitals when a shirt worn by cricketer Jos Buttler was auctioned. Buttler, who wore the shirt in last year's World Cup win, said the shirt "smells like a mixture of sweat and champagne".

£731,000 is how much handwritten lyrics to a song have sold for! The song is Hey Jude, recorded by the Beatles, arguably the biggest band of all time. Musician Sir Paul McCartney wrote the song in 1968 to cheer up his bandmate John Lennon's son, Julian (pictured right with Paul).



Getty



LOO FOR YOU

ALGORITHMS are used to study many bits of our lives, but now they are being used for the most private of our daily habits – going to the loo!

Scientists from the University of Stanford in the US have designed a toilet that can check our health by examining our waste. Not only that, but the toilet can recognise who is sitting on it by the shape of their rear.

Although it all sounds a bit weird, there is a serious purpose. Dr Sanjiv Gambhir, who is leading the project, says that a whole range of diseases, including cancer, can be detected in what we flush away.

The hope is that, in the future, such diseases will be spotted and treated earlier. The technology could also help people manage conditions like diabetes and IBS.

WOW!



AS the bushfire season comes to an end in Australia, lots of the koalas rescued from the terrible fires in December are being released back into the wild. Recent rains mean that there are plenty of new leaves on their favourite

eucalyptus trees. They will be released back where they were found, and many will be returned to the exact same tree. Radio trackers will help scientists to check their progress.



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/happynews now!

BRAINY BIRDS

BIRDS are not seen as brainy but a new study shows they can be pretty smart when it comes to finding food.

Far from being set in their ways, birds are constantly learning and adapting. Scientists found thousands of examples of birds changing their behaviour when looking for food; they are even learning from humans.

Using clever techniques to get meals also increases bird species' chances of long-term survival. Examples include using bait such as bread or insects to lure fish, and cracking nuts or shells by putting them in the road for cars to crush.

This ability to adapt, unfortunately, doesn't protect birds from many of the rapid changes in the environment, says Daniel Sol, one of the authors of the report. Many bird species are still in danger of extinction.



EDITOR'S COMMENT



OUR front page this week focuses on the positive spirit that has come out of the coronavirus crisis.

Teacher Zane Powles is just one of many people who are doing their bit to help people who could be struggling in their communities. First News wants to hear about more people like Mr Powles. Tell us about your local heroes at newsdesk@firstnews.co.uk putting 'Local Hero' in the subject box.

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GOOD WEEK FOR...

KEITH WATSON

THIS 101-year-old patient has been discharged from hospital after treatment for COVID-19. Keith caught the virus after going to hospital for surgery following a fall, but is now recovering well.



BAD WEEK FOR...

THIS WINDOW!

ASTON VILLA'S Rushian Hepburn-Murphy smashed a window at his house when showing off his ball skills on Instagram. Don't tell his mum!



AWARD WINNER



CONGRATULATIONS to the charity Surfers Against Sewage for their film *The Creature*, which has won this year's First News Charity Film Award.

The awards were set up to recognise some of the amazing films that charities are producing, either to promote important messages or raise funds. These short films can provoke wider discussion on big issues, as well as amuse, inspire and entertain us. *The Creature* reminds us of the damage that our throwaway culture is doing to the planet.

Thanks to all those First News readers that voted in this special category. Wildcat90 commented: "I thought the creature was beautifully made and really emphasised the effect we have on our oceans." You can watch the winning film and all of the runners-up at first.news/thecreature.

USA



● Safety dilemma

Powerful tornadoes and storms hit southern states across the US last week. Hundreds of buildings were destroyed, and at least seven people died. The storms meant that authorities had to find a balance between keeping people safe from the tornadoes as well as the coronavirus. However, the American Meteorological Society said that it was more important people found shelter than stay in lockdown.



NICARAGUA



● Missing president

Nicaragua's 74-year-old president, Daniel Ortega, has not been seen in public for more than a month. His last appearance was on 12 March, when he spoke via video from a living room. It's believed that Ortega is very protective of his health and that, due to the coronavirus pandemic, he has gone into hiding. Nicaragua's response to COVID-19 has been controversial, as it has not closed schools, shops or borders to halt the spread of the virus.

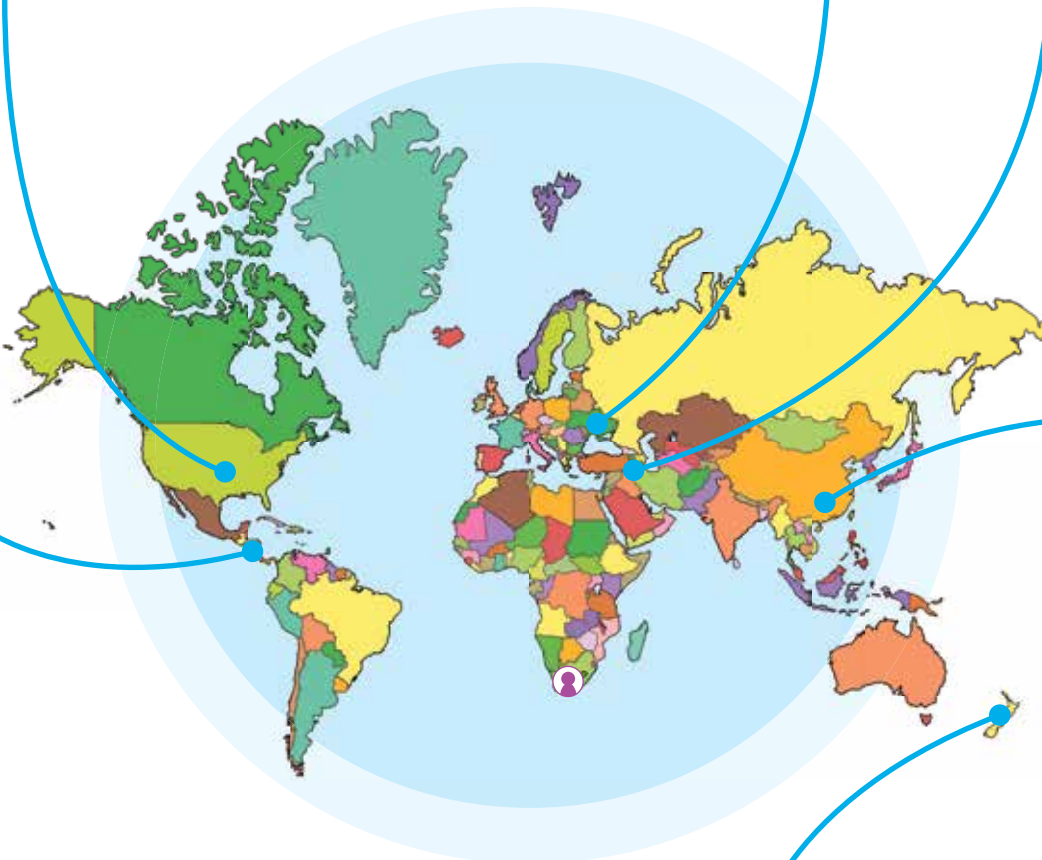


UKRAINE



● Radiation danger

In 1986, the Chernobyl nuclear plant caught fire, releasing dangerous radiation, which was absorbed by the soil. This week, wildfires in Ukraine reached the abandoned town of Pripjat, 1.5km from the Chernobyl site, burning trees and shrubs grown in this radioactive soil and releasing it back into the air. Olena Miskun, an air pollution expert at environmental group Ecoaction, said that Ukrainians were "lucky to have" quarantine measures in place. "Stay at home, walk less and wear masks," she said.



SYRIA



● Bombing blame

A new report from the United Nations has said that it is "highly probable" that Syria and its allies carried out a series of bombings on hospitals and other civilian buildings in the war-torn country last year. The UN did not mention that Russia was a part of these strikes, despite being Syria's main ally. A spokesperson for Human Rights Watch said it was "deeply disappointing" that Russia wasn't named in the report. Independent observers say that 70 healthcare facilities were bombed by Syrian and Russian forces in the last year.

CHINA



● Dams cause droughts

The construction of large new dams in China has reduced the water supply in countries downstream during droughts, a US-funded research company has found. Sixty million people in Myanmar, Laos, Cambodia, Vietnam and Thailand rely on the Mekong river for their livelihood, but last year's drought saw river levels drop to their lowest in 50 years. This had a devastating effect on farmers and fishermen. The study says reservoirs in China have lots of water, but they do not let it out during the wet season. China denies contributing to the problem, but promised to co-operate on management of the river.



NEW ZEALAND



● Steepest street again

The title of 'the world's steepest street', has been returned to Baldwin Street in Dunedin, New Zealand, after a rethink by Guinness World Records. Last year, Ffordd Pen Llech, a street in the Welsh medieval castle town of Harlech, snatched the title. But Baldwin Street appealed, arguing that the measurement should be taken from the centre of the road, rather than the sides. Following an "intensive review", Guinness agreed, saying it had now formally changed the criteria for any future claims. Gwyn Headley, who campaigned for Harlech to retain the title, said: "Blinking back the tears, we would like to congratulate Baldwin Street for winning the record."



OUR WORLD

NAME: THABO
LIVES: SOUTH AFRICA

TO FIND OUT MORE, GO TO
WWW.COMICRELIEF.COM

THABO lives in a block of flats in a poor area of Johannesburg where crime, drugs and violence are all around him.

At home, there isn't much food and he often goes to bed without eating. Thankfully, Thabo has been attending the Fight With Insight boxing gym, a project funded by Comic Relief, since he was six.

As well as becoming fitter, he has learned how to control his anger, and knows he is now in a place where people care about him.

COMIC
RELIEF



VIRUS LATEST

Blood donations from COVID-19 survivors could be very effective in treating the virus

HERE are the latest scientific developments on COVID-19:

• **Blood treatment trial** – Two weeks ago we reported on plans to begin trials for a blood transplant treatment in the UK. Survivors of the virus have antibodies in their blood that can be used to kill the virus in current sufferers. There's been some good news from two trials in China, where 15 patients with severe COVID-19 were given blood donated by people who had recovered from the disease. None of the patients suffered bad side-effects, and within days of treatment, all their symptoms had improved. However, some scientists pointed out the patients also received medication, and the trial involved a small group, so they can't be sure it's an effective treatment yet.

• **Air pollution link** – A new study by scientists at Harvard University in the USA has shown a link between air pollution and COVID-19 deaths. Researchers found that even a tiny increase in particle pollution levels in the years before the outbreak is linked to a 15% increase in the death rate. So that means people who live in

areas with heavy air pollution are far more likely to die from COVID-19 than those who live in cleaner areas. But remember that a very small number of people with the virus die from it, and most of them have other serious health conditions too. Scientists have known for a long time that air pollution is linked to respiratory (breathing) conditions like asthma, so it follows that it can make COVID-19, a respiratory infection, worse. However, air pollution has fallen enormously since lockdowns were introduced worldwide.

• **Vet becomes medic** – A veterinary scientist has been credited with preventing deaths from COVID-19 in the Faroe Islands. Debes Christiansen converted a laboratory that specialised in salmon disease to a testing facility for the new coronavirus. Around 10% of the entire population of the Faroe Islands have now been tested, and all of the 184 who tested positive were tracked and quarantined. Only one had to go to hospital. The lockdown on the islands is due to be eased on 20 April.

TATA
CONSULTANCY
SERVICES

INNOVATIONS

TINY 'robots' made using pollen are able to clean dirty water!

It may sound bizarre, but a team at the University of Chemistry and Technology in Prague, Czech Republic, is working on this innovation right now.



Pollen is the powdery substance produced by plants and flowers. Its grains can absorb mercury, which is present in some contaminated water that comes from factories. Although the mercury can be removed in treatment plants, it takes a lot of time and costs a lot of money.

So the scientists in Prague cleaned and purified pollen and stuck particles of platinum to each pollen grain. They added it to water and, after two hours, the pollen had absorbed 80% of the mercury.



THE HUNGRY GALAXY

THIS spiral galaxy, known as NGC 4651, contains what American space agency NASA calls "a violent secret".

A spiral galaxy is, as the name suggests, a swirling collection of stars and gas, just like our own Milky Way. Most galaxies are spiral, but some are known as elliptical and irregular. The middle of a spiral galaxy is thought to contain a super-massive black hole.

So what is this "violent secret"? NASA experts think NGC 4651 has consumed another smaller galaxy! It gobbled up its neighbour, though NASA isn't sure when.

The Hubble Space Telescope took the picture above, but it can be observed with a household telescope too, even though it's 35 million light years away!

HOME LABORATORY!

SCIENCE
MUSEUM
GROUP

WE'VE shown you how to get a bottle to inflate a balloon and how to cover your bananas in tattoos. Now, here's another experiment from our pals at the Science Museum that you can carry out in the comfort of your own home! **Please don't try this one without the help of an adult.**

Egg in a bottle!

In this eggs-periment, you'll learn how heat affects air. But be careful, as this experiment requires the use of a match.

What you will need:

- One peeled hard-boiled egg
- A glass bottle with a mouth just smaller than the egg
- Strip of thick paper
- Match – **make sure you ask an adult to help**

Method:

1. Position the egg near the empty bottle.
2. Ask a grown-up to take a strip of thick paper and light it with the match. Once it's burning, drop it into the bottle.
3. Immediately place the egg on the top of the bottle so it covers the mouth, then watch as it begins to slowly make its way inside.

What's the science?

The hot air inside the bottle starts to expand. But once the fire goes out and the air starts to cool down, the air pressure inside the bottle starts to lower. The higher pressure on the outside of the bottle is what pushes the egg inside!

10. AMAZING OFFERS!

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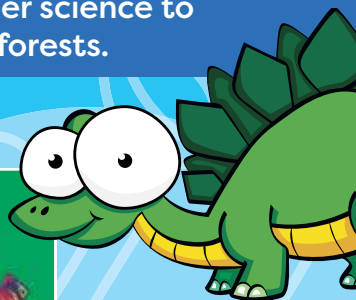
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OR



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NEW LAW FOR PETS

TIGER CATCHES COVID-19



A TIGER at the Bronx Zoo in New York has tested positive for COVID-19, the disease caused by the new coronavirus.

Nadia, a four-year-old Malayan tiger, developed a dry cough. She was tested for the virus, and the test showed that she had it. Three other tigers and three lions at the zoo have all developed similar symptoms, but have not been tested. They have all lost their appetites but are otherwise well and being cared for by the zoo's veterinary team.

It's believed the infected cats caught the virus from a keeper who had it but wasn't showing any symptoms. Other cat species at the zoo, including cheetahs and leopards, have not shown any symptoms so far.

Although it seems like the keeper passed the virus to the big cats, there's no evidence to show that animals, including pet cats or dogs, can pass the virus on to humans.

LAST week a law took effect that aims to end puppy and kitten farms in England.

Lucy's Law came into force on 6 April. It means that you can now only buy new puppies and kittens from registered breeders. The animals must be seen with their mother and be sold from the place they were born. Anyone caught selling a puppy or kitten without the right licence and without the mother will face a fine or prison.

The idea is to stop the trade in puppies and kittens that come from puppy or kitten farms. These "farms" are often full of animals being treated badly, kept only to have babies, which are sold for money. Often the puppies and kittens are

taken away from their mother when they are too young and as a result are often in poor health.

The law is named after a cavalier King Charles spaniel who was rescued from a puppy farm where she and the other puppies were kept in terrible conditions and treated poorly.

If you and your family are thinking of getting a puppy or kitten, make sure you do your research, as different breeds all have different requirements. You should also consider getting a rescue animal too, as there are thousands of animals in shelters around the UK looking for new homes.

RARE LEOPARDS TAGGED

TWO rare snow leopards have been tagged and fitted with radio collars in Nepal.

The male big cats were caught in Nepal's Shey Phoksundo National Park, in a collaboration between WWF and the government of Nepal. They were tranquillised before being given a health check and fitted with the satellite collars.

It's hoped that the data collected from the collars will include information about the habitats of snow leopards, their day-to-day movements and their behaviour. These big cats are naturally shy and spend most of their time high in mountain ranges, making it hard for scientists to study and understand them.

Snow leopards can only be found in 12 countries in the world, and experts estimate there are as few as 4,000 animals left in the wild, making them vulnerable to extinction.



One of the snow leopards after being fitted with a radio collar



CHOCOLATE WARNING

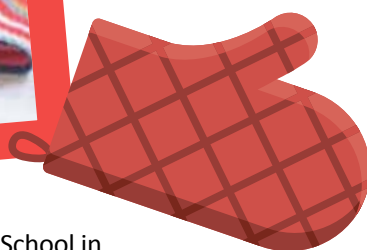
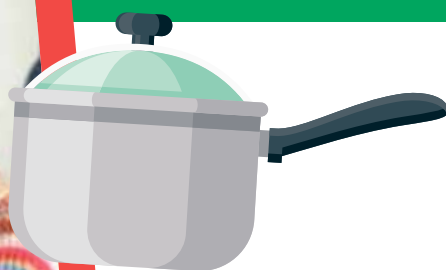
LEADING vets are warning households around the country to keep their pets away from any leftover Easter chocolate.

The British Veterinary Association (BVA) wants to remind people that chocolate can be deadly to our pets and to keep them away from it, to avoid the need for emergency vet care.

THERE'S A CLASSROOM IN MY KITCHEN!



LIKE many of you, Year 6 student and First News Junior Journalist Mia Nicholls is stuck at home and adjusting to these strange times. She wrote a journal about her experience for us and ITV News. How does your 'new normal' compare to Mia's?



LIFE AT HOME

I haven't been to my school, Lyndon Green Junior School in Birmingham, for more than two weeks now, while the country has been in lockdown to prevent the spread of coronavirus. It was scary being told I might not go back to school until Year 7, not being able to see friends and family, SATs tests being cancelled and not being able to go outside.

It has been hard trying to take this all in, but I like to think that we are living history! Writing down my thoughts in my diary is helping me get through this upsetting event.

At the beginning, a lot of children in school were excited to have time off and the virus was just a big joke, but as more people have suffered it has been realised that it is serious and we still have to work hard to get our education.

I think that home-schooling is more of a challenge than regular schooling, because a house has many distractions and temptations.

MY FAMILY

My dad has been helping me with maths. However, maths is very different to when he was at school, so at times we have been learning together!

My mum is a teacher; the obvious choice when I need help. The problem is she also has to work from home, and sometimes has to go to work to look after the children of key workers, which is difficult when my sister, brother and me all need separate lessons.

My brother Austin and sister Gabrielle are younger than me and want to play all the time, which makes finding a quiet working space tricky (especially when Austin decides to play his drum and Gabrielle starts singing!)



A Nicholls family selfie

HOME-SCHOOL LIFE:

Most of our lessons happen in the kitchen, but sometimes I work in my bedroom or even the

garden. What I like about home school is that I don't have to rush to get to school in the morning, I can choose what order I do my lessons in, I can work at my own pace and I can do things that aren't on the curriculum. For example, I can do a lot more art and cooking.

Online learning is something my school gets us to do often. It's useful because my teacher can send me assignments over the internet. Usually, I do it on a computer or iPad. I don't only do learning online though – I make sure I do plenty of work on paper too; the school sends a variety of weekly tasks for us to try.

We have also been doing maths tuition on websites like White Rose Maths. There are many other online lessons you can try as well.

I think lockdown is a good idea because when people are not together it stops the infection spreading. We are spending lots of time together as a family playing games, building dens and reading.

But the downside is that we can't see our friends, teachers and relations. I miss being with my grandparents every day. Children and adults all over the world are in this situation, but we should just take it a day at a time. Here are some tips to make yourself feel better:

MIA'S TOP TIPS

- Try doing something you enjoy. It's no use just worrying over everything – try to make a bit of time to do something you like.
- Talk to an adult. Tell an adult you trust about how you feel.
- Think positive. The NHS is there to help; remember that you are safe at home. The world will be waiting for you when this is over.



FIRST NEWS ISOLATION STATION

We're creating an online hub for stories about life at home, and messages of support to those that need it. To read Mia's story, read poetry and see posters of support, head to first.news/isolationstation.

To submit something to the Isolation Station yourself, please email us at newsdesk@firstnews.co.uk, with the subject line 'Isolation Station'.





BRITAIN'S Got Talent is back on our TV screens! We caught up with Ant and Dec to find out everything we need to know about the new series of everyone's favourite talent show...

● **What's the first thing that goes through your mind when you wake up on audition days?**

Ant: What time will Simon Cowell get there today?! The second thing is just thinking about what we will get to see. We don't know. We have no idea who's going to walk around the corner, what they are going to do: good, bad or indifferent. So it's quite exciting, especially before the series starts. You get this real sense of excitement about what you're going to discover.

● **You're always the last people to see the acts before they go on stage...**

Dec: What's crazy is people are often surprised when we go: "Right, the judges are ready, the audience is ready, are you ready?" and they say they are, so we tell them it's time to go on and they're like: "What, now?"

Ant: Or the other thing we often get is: "I just walk out onto the stage?" Yes, that's how it works!

Dec: We try to do our best to treat every auditionee as if they are the very first we've ever seen.

● **How would you rate the talent this year?**

Ant: I'll tell you what we've had this year more than the last few series, is people just giving it a go. What I mean is, we ask them who's seen their act and they tell us no-one! They've just decided to turn up and give it a go. It's like we've gone old-school *Britain's Got Talent* this year, and people are just walking in from their bedrooms and showing us their talent. Thankfully, a lot of them have been good! I mean, there have been classic good and classic bad on both sides.

Dec: There have been a lot of those acts who have been doing it without anyone seeing it and they go: "So I thought I'd come to *Britain's Got Talent*", and we're like: "That's quite a jump, you know?" It's felt, at times, like we're doing the first series again, when you get those people. They are the people who turned up in the early

days and now they're back. It's quite nice!

● **Do you think BGT Champions has had an impact on the people trying their luck this year?**

Ant: We've had a lot of comedians this year, so I don't know whether that's down to the success some have had on BGT or the comics we had on *Champions*. It seems to me that comedians and magicians have really come out of the woodwork now.

Dec: Ant's right, we've had a lot of magicians and a lot of comedians, which is good because we went through a few years where we had hardly any of either.

Ant: Yeah, there was a period where every singer/songwriter came on. Everyone with a guitar was on that stage. There's far less of them this year too, so when you do get a good one it's really refreshing.

Dec: We have a lot of parents or friends in the wings with us, and every time Simon stops a song and asks for another option we have to reassure them that it's very normal! Annoyingly, Simon is often right to change their songs!

● **Simon seems obsessed with novelty acts...**

Ant: It's all about his son Eric and what he would like. Everything he sees that he would normally have buzzed off in years gone by, now he's like: "My son would love that." So, he tends to put them through. Like this year we have a keyboard-playing dinosaur... what? If a keyboard came out a few years ago, Simon would have buzzed them straight away, but now it's a dinosaur playing the keyboard and it's a yes from him!

● **The judges seem on good form, though David hasn't been quite as naughty this year...**

Ant: There's still time for that – he's still outrageous!

Dec: He's still being mischievous. Simon got David up on stage so they could both have knives thrown at them...

Dec: Simon's got a real fascination with danger acts. It's not the first time he's got up on the stage.

Ant: Maybe because he's lost a lot of weight there's less chance of him getting hit!

Dec: It is dangerous because with that act there's no trickery involved; it's just someone throwing dangerous things at you! No thank you!

● **We've seen a lot of nervous acts – can you remember a time when nerves have almost got the better of you?**

Ant: We were nervous before we hosted the BRITs. It's quite daunting because you're playing to the room and the audience at home. I think we're quite lucky because we've got each other.

Dec: I think it's all about being prepared, making sure you've rehearsed and prepared for everything. You can be nervous, but I always remember someone saying to me: "It's a perfectly natural reaction to be nervous, but don't let it overtake you." You just have to go: "Okay, I feel the nerves, I understand why I feel like this, it's a perfectly natural reaction and I will use these nerves to keep me focused. What's the worst that can happen?"

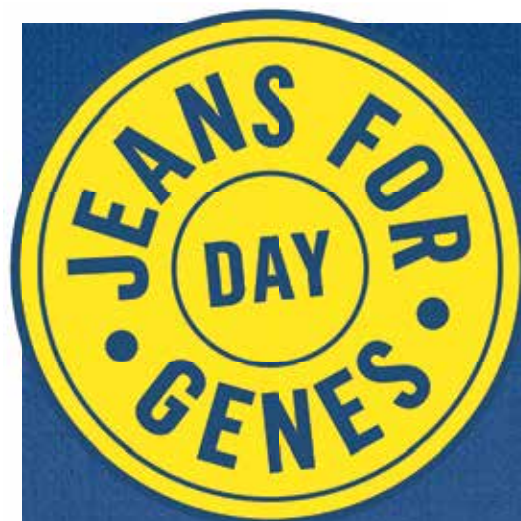
Ant: Yeah, using that energy for good. It shows you care. If you're not nervous, then what's the point? It might be time to hang it up.

CHARITIES SUPPORTED BY FIRST NEWS



Britain's Got Talent is on ITV, Saturdays at 8pm

The audition shows were filmed before the coronavirus outbreak. The live shows will be held later in the year.



JEANS FOR GENES DAY



Sutton Girls School
kicks off support for
Jeans for Genes

SCHOOLS and schoolchildren have been huge supporters of Jeans for Genes Day over the last 25 years – wearing their jeans and donating every September to transform the lives of children with life-altering genetic disorders.

The charity that organises Jeans for Genes Day is called Genetic Disorders UK (GDUK) and they want to say a huge thank you for your support and let you know what they are doing to continue to support children and families affected by genetic disorders during the coronavirus pandemic.



WHAT ARE GENETIC DISORDERS?

We all have around 20,000 genes. They are the building blocks of our bodies. They decide the colour of our eyes, how tall we are, whether we have freckles, dark or light skin... the list goes on.

But if something goes even slightly wrong with just one of those genes, the instructions get jumbled and the body may not work properly – this is called a genetic disorder.

A genetic disorder means that some children cannot see, walk, talk or may look very different to you.

HOW THE CORONAVIRUS IS AFFECTING CHILDREN WITH GENETIC DISORDERS

Children and adults with genetic disorders are some of the most vulnerable in our society; exactly those who the coronavirus will hit hardest.

Genetic disorders include conditions and symptoms that mean that those affected are at greater risk of becoming poorly. This could be because they have severe respiratory conditions, such as a genetic disorder called cystic fibrosis, or metabolic diseases that increase the risk of infection, such as a genetic disorder called homozygous sickle cell.

MEET LOUIE

Louie, aged seven, was born with a life-limiting genetic disorder called spinal muscular atrophy with respiratory distress, which affects all the muscles in his body. Louie is paralysed from the neck down and needs a ventilator to breathe.

Louie's mum must use hand sanitiser before and after changing his airway tube – it's a vital and regular tool of her care routine to prevent infection.



MEET TAMILORE

Tamilore has the genetic disorder sickle cell anaemia and often experiences pain that makes him feel weak. His physical health has had a knock-on effect on his education and hobbies, but, despite these challenges, he has been able to achieve in these areas. Tamilore has recently been discharged from hospital after being on a ventilator to help treat a case of pneumonia.

DID YOU KNOW?

- There are more than **6,000** recognised genetic disorders
- It is estimated that **one in 25 children** is affected by a genetic disorder
- There are **500,000 children** living with a genetic disorder in the UK

MAKING A DIFFERENCE: THE GENETIC DISORDERS HELPLINE

The Genetic Disorders helpline is open as normal, providing free, confidential guidance and support on all genetic disorders, as well as the specific impact of the coronavirus.

The genetic disorders UK telephone and email helpline is a highly valued service, responding to all enquiries regarding genetic disorders, specific genes, inheritance, genetic testing and genetic services.

A genetics counsellor called Emily provides emotional support and information to callers who are facing a difficult and distressing situation in relation to a genetic diagnosis affecting them or their children.

Emily answers a call on the Genetic Disorders helpline



Thorntree Primary School looking good in their denims!



Pupils at St Saviour CE School Bolton celebrate Jeans for Genes Day

£25

will pay for one hour of helpline support for parents caring for a child with a genetic disorder

HOW YOU AND YOUR PARENTS CAN HELP

GDUK can only continue to run their helpline because of the kindness and generosity of their supporters.

During a crisis, calls increase. GDUK want to be able to answer all those calls and help all those in need. To do this, they need to expand and promote their service.

Please ask your parents to keep the Genetic Disorders helpline running during the coronavirus crisis, and afterwards, by making a donation at www.geneticdisordersuk.org/donate.



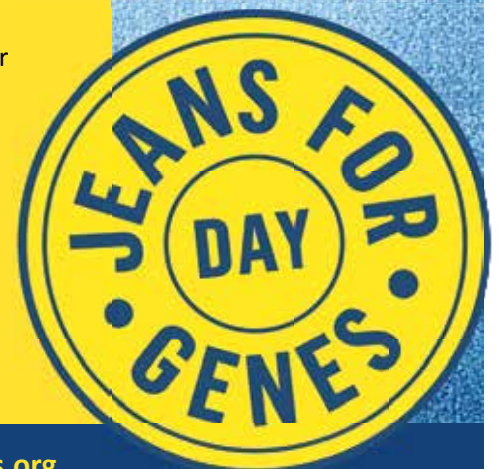
Learn more about genes and genetic disorders while you are at home.

Jeans for Genes have a range of free educational resources to keep you learning while schools are closed. Find films, worksheets and other resources at www.jeansforgenes.org/educationalresources.

FUNDRAISING CHALLENGES AT HOME

As we all adjust to spending more time at home due to the coronavirus, here are some great home-based fundraising ideas to relieve the boredom and to keep funding GDUK's vital helpline.

- **Stairway challenge** – which mountain will you climb? Choose a summit, work out how many times you need to climb your stairs and then plan the time needed to complete your challenge. Set a fundraising target and then create a fundraiser on Facebook or JustGiving. Don't forget to tell everyone you are doing this while at home – the cheers and donations will come flying in.
- **Virtual Jam for Genes** – if you have a musical talent, take it online with a virtual gig through Facebook or Instagram live. Set up a JustGiving page so that those who join you can donate.
- **Coronavirus 'swear' jar** – put £1 in the jar whenever you use the word 'coronavirus' and donate the collection to GDUK.
- **eBay denim upcycle sales** – Got some old jeans? Jazz up your jeans with pom-poms and patches and sell them on eBay. Donate the money to GDUK. Make your donation at www.geneticdisordersuk.org/donate.

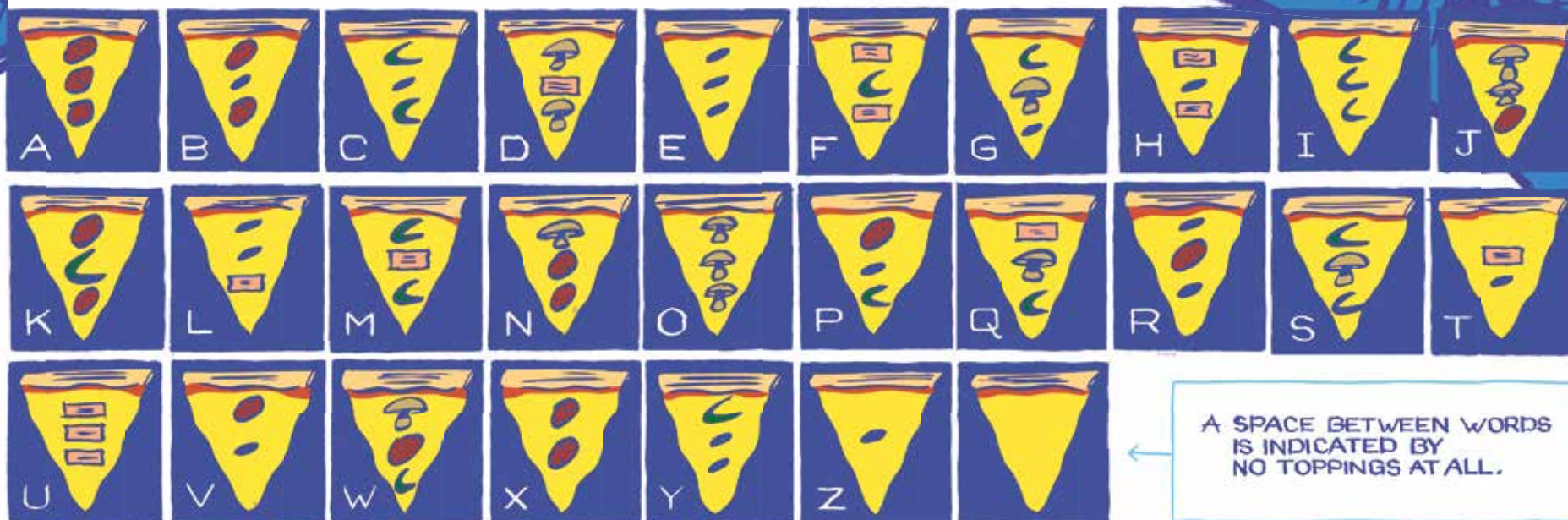


And don't forget to register for your 2020 Jeans for Genes Day digital fundraising pack at www.jeansforgenes.org. Select your fundraising day, whether you are back at school or still at home, from **Monday 14 – Sunday 20 September** and don't forget... jeans on! Please be aware of age restrictions on social media sites

MARK ANCHOVY PIZZA DETECTIVE



CAN you help **Mark Anchovy** crack the Dough Vinci Code?
Use the key below to find the secret words hidden in each pizza...



COLIN Kingsley is a pizza delivery boy with a twist. He's actually an aspiring detective.

But in sleepy Ruffington-on-Sea, there are no cases to solve – until the Golden Spatula League comes calling. The world's premier agency for 'caterer-detectives', run by children, the GSL have been dazzled by Colin's freakish memory skills.

To join their ranks, Colin – codenamed **Mark Anchovy** – must fly to Rome to track down a valuable stolen painting, titled *Girl With A Squirrel*. The chief suspect: Big Alan Fresco, notorious art thief and pizza addict. It's the toughest, most pizza-ry mystery the GSL have ever encountered.

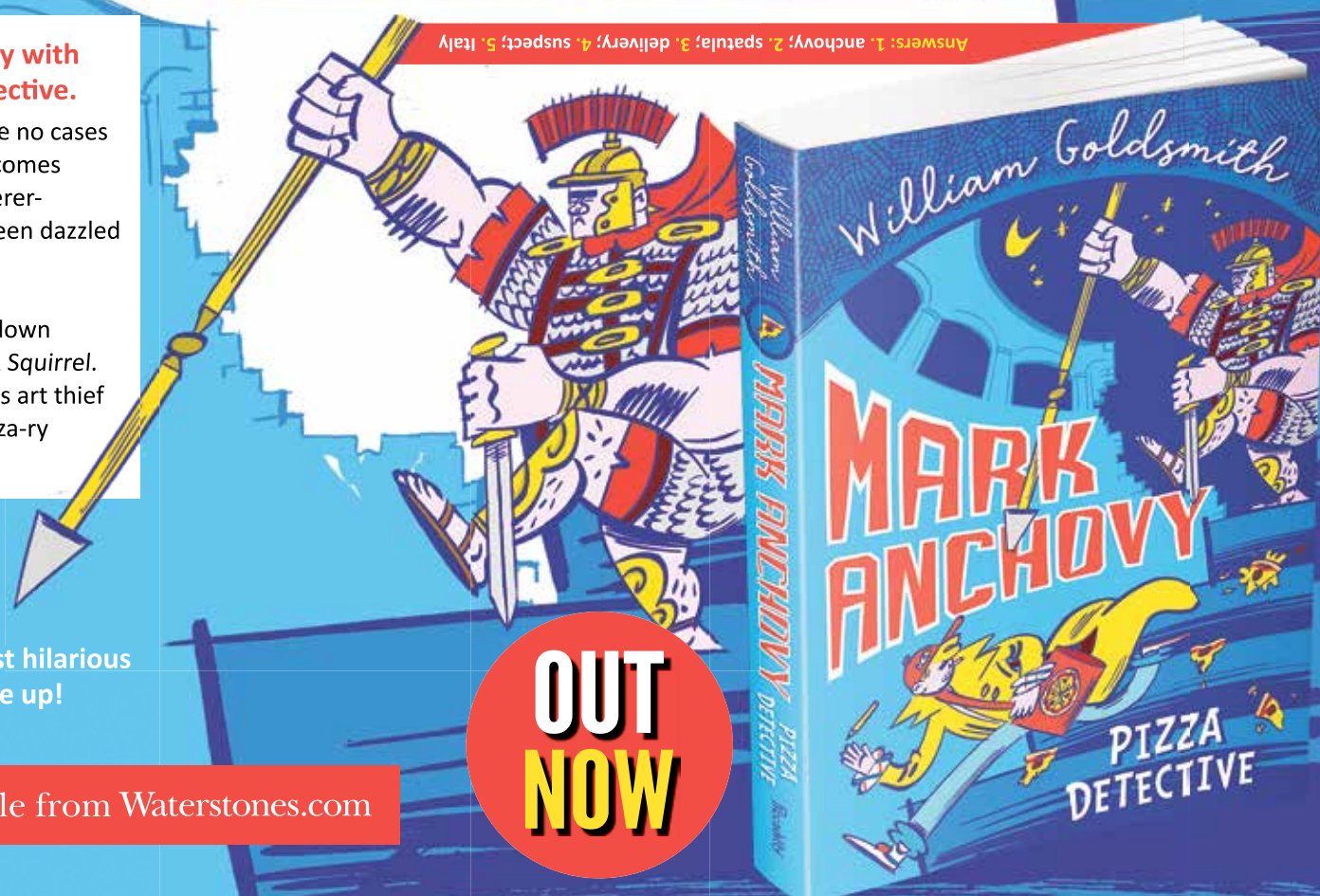
Written and illustrated by **William Goldsmith** – with hilarious black and white artwork from start to finish!

Mark Anchovy Pizza Detective is the first hilarious book in a trilogy that readers will gobble up!

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**OUT
NOW**



Answers: 1. anchovy; 2. spatula; 3. delivery; 4. suspect; 5. Italy

THE NEW DUALSENSE CONTROLLER

THE new controller for the PlayStation 5 (PS5) has been revealed, and it's absolutely packed with fancy features.

Unlike Microsoft and its new Xbox Series X, Sony has been slowly releasing details about the PS5, and this week, the new DualSense controllers were unveiled.

Until now, the majority of the PlayStation's controllers have been called DualShock controllers. The company says that the new name is to highlight the focus on making players feel like they're really in the game.

To do this, Sony has added haptic feedback, which is when a device vibrates or moves to give the user the experience of touch. Sony said that it will "add a variety of powerful sensations you'll feel when you play, such as the slow grittiness of driving a car through mud."

The DualSense will also have a big focus on sharing moments of gameplay. The controller will feature a microphone and a new create button, and it's thought that this will allow you to livestream straight from the PS5 itself.

Lastly, and perhaps most excitingly (okay, quite excitingly), the DualSense will now charge with a USB-C cable like most Android phones.

Does the DualSense make you more, or less, excited than you were about the PS5?



Sony PlayStation

Sony PlayStation



GET CREATIVE WITH LEGO SUPER MARIO!

THE high-tech interactive Super Mario LEGO set has been given a release date.

Nintendo has said that 1 August is when you can get hold of the new LEGO Super Mario Adventures with Mario Starter Course (£50). It's a collection of 231 pieces that allow you to build your own physical Mario game levels.

The set is available for pre-order now, and comes with a free Super Mushroom Expansion Set, while stocks last.

There are two further expansion sets being released at the same time: the Piranha Plant Power Slide Expansion Set will cost £30, while the massive Bowser's Castle Boss Battle Expansion Set will retail at £100.

The separate sets can then all be linked together, so you can mix and match parts to make your perfect LEGO Super Mario level. Yippee!

WHAT'S IN THE SHOPS?

POP TROLLS QUEEN BARB FIGURE THETOYSHOP.COM £10.00

Relive the magic of the film with this Funko Pop! Queen Barb. This 3¾-inch Queen Barb figure, from the new *Trolls World Tour*, comes in a clear windowed box and will brighten any shelf up. Collect all Funko Pop! *Trolls World Tour* figures, including Branch, Hip Hop Guy and Buddy, King Trollex, Poppy and Queen Barb.



MONOPOLY JUNIOR: TROLLS WORLD TOUR EDITION AMAZON.CO.UK £24.99

Collect the most Tiny Diamond cash while taking an imaginary journey through the colourful *Trolls* world. Join Poppy and other *Trolls* characters on their adventures, as you move your character token around the board, buying and selling locations inspired by the *Trolls World Tour* movie. Who will be the winner and own the most property in the Troll world?



TROLLS WORLD TOUR VOLCANO ROCK CITY CONCERT PLAYSET JOHNLEWIS.COM £34.99

THIS LEGO *Trolls World Tour* Volcano Rock City Concert playset brings the world of music to life for *Trolls* fans. With three mini-figures (Poppy, Branch and rock star Queen Barb), competition is going to be tough. Help Poppy get ready with different hair accessories, as she prepares to take on Queen Barb in the ultimate rock battle.



*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.

SCIENCE IS COOL

CBBC star Maddie Moate has teamed up with her partner, science writer Greg Foot, for *Let's Go Live*, a new science show on YouTube that aims to keep you entertained on weekdays while school is closed. There's also a brand-new series of *Maddie's Do You Know* launching this week on BBC iPlayer.

● Tell us a bit about your YouTube science show, *Let's Go Live*, and what made you start it?

When the schools closed we realised straight away that there was a need for something daily that parents could watch with their kids, or they could put the kids in front of for half an hour, knowing that they would be entertained, educated and it would give them something to do for the rest of the day. We wanted to make sure that each show featured an educational activity that kids could then go and do in the afternoon, using stuff at home. We just thought: let's do it and give it a go.

● How long does each show take to put together?

The ideas side doesn't take too long. We're lucky in that actually both Greg and I are science communicators, so we both have a backlog of science ideas. Also there are amazing resources online that we are able to take and make our own. For example, the 'how to make a poo digestive' demonstration is a classic that has been around for a very long time, we just tweak it to make it our own. What if we put it on a teddy? Or we put it on Greg? At the moment we get up at 7am and start getting ready for the show. Greg uploads the photos, the pictures and sound effects we will be using in that show to the laptop. We do a rehearsal at 9am before the live show at 11am. Straight after the show, we get in touch with as many people as we can who have messaged us on social media. Then from about 1:30pm to 10pm at night we are looking through emails, writing the show for the next day and creating any props we need.

● Some of the experiments are pretty gross! Do your viewers really respond to that?

Oh yeah, a bit of gross factor is always funny! If the content is interesting and educational, then it's absolutely fine. And if something makes you laugh at a time like this, then it's worth it. Bodies are cool and bodies are a bit gross. It would be wrong to talk about digestion and not talk about poo. It would be wrong to talk about the immune system without talking about blood, and what better way to do it than to make something that is really memorable? I don't think grossness is something we will try to include, but for bodies it was inevitable.



● The show is a mix of nature and science, so how do you decide what to focus on?

I absolutely love natural history, so I always like to be outside and exploring nature. Greg's background is science so he is really knowledgeable when it comes to physics and chemistry. And human biology as well, so bodies was a really good fit for both of us. We have so many ideas for themes. We just did space week and we were meant to be at Disney World on holiday this week, so we are doing theme park week – we'll bring it into our spare room so everyone can join us instead. We're complete nerds when it comes to theme parks, so it's a great opportunity to look at themes and smells and pirates and magic, so that should be a fun week.

● A new series of *Maddie's Do You Know* starts this week too. What can we expect?

This sounds weird, but in this series, window washing stood out for me because I got to wash



the windows of a skyscraper. How does a window-cleaning crane get all the way to the top of a huge building? That was really memorable because it was super high and very exciting. We did a lot of natural science stuff this series. We went outside a lot and spoke about sand, waves and wind. There was a real effort to look at the environment and sustainability. Everything we went to see and talk about was really considered; we went to a paper straw factory, for example.

● Have you always been into science?

I always loved science, right from primary school. Biology was one of my favourite subjects. I also really loved theatre and singing and dancing. A lot of people think I am a scientist, but I did theatre, film and television at university, because when I was at school I had no role models in science. My role model was the female character from *Jurassic Park*, Dr Ellie Sattler, a palaeobotanist. I thought she was so cool, even though she wasn't real!

● Is your goal to show that science is cool and is a subject for everyone?

Oh yeah, definitely. I would never say I want to be a role model. I'm not a role model – kids should think that they are awesome. I always say to kids that they need to believe that they're awesome first. I think what I am able to do is introduce children to scientists, people who are out there in the field, doing cool research or who are actually doing jobs in science. All kids should get to see all kinds of people from all kinds of backgrounds, and if I get to deliver that message, that's great!



Join in the fun with *Let's Go Live*, weekdays at 11am on [youtube.com/maddiemoate](https://www.youtube.com/maddiemoate)

Please check with a parent first, as you should be 13 to use YouTube. The new series of *Maddie's Do You Know* is on iPlayer from 20 April

THIS WEEK

1 ITV is calling on kids around the UK to design some new logos for the channel to show during its ad breaks. You need to be quick though, as entries close on Sunday 19 April. Find out more, download a template and enter your design at itv.com/itvcreates.

2 Stars from the worlds of TV, film, music and sport are teaming up for a TV fundraiser (from their homes) to entertain and support people in need during the coronavirus outbreak. Peter Kay will host *The Big Night In*, which is a joint project between Comic Relief, BBC Children in Need and BBC One. It's going to be a massive night, with more and more stars signing up to take part daily. Don't miss it on Thursday 23 April at 7pm on BBC One.

3 Lady Gaga has organised a concert to raise money to buy protective equipment for health workers. Artists including Billie Eilish, Stevie Wonder, Lizzo and Sir Paul McCartney will take part in the *One World: Together At Home* concert, which will be shown live on US TV on 18 April and on YouTube. Highlights and exclusive performances from UK artists will be shown on BBC One in the UK on 19 April.



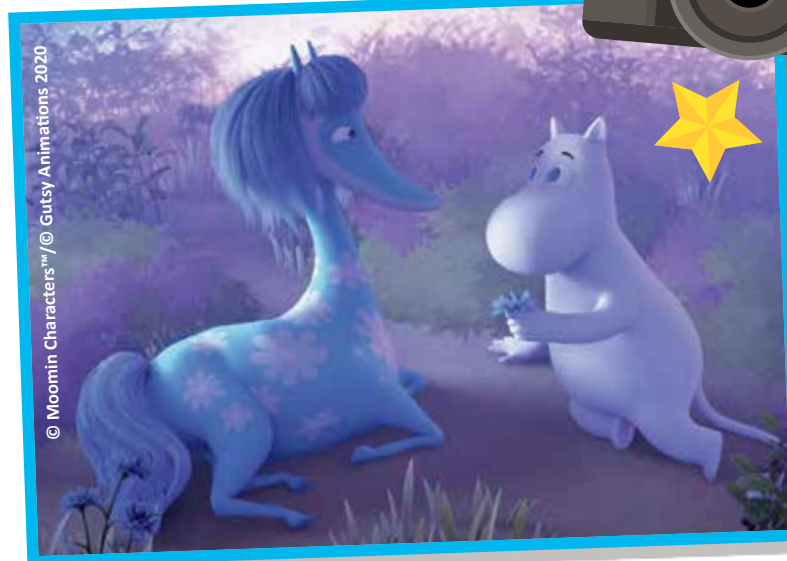
PICS OF THE WEEK

A BRAND-NEW series of Moominvalley has launched on Sky One and Sky Kids, and there's also a brand-new soundtrack to go with it!

The second series introduces a fun new character, Seahorse, pictured in these preview snaps alongside Moomintroll, the character voiced by Taron Egerton.

The soundtrack features exclusive tracks from new acts including Cavetown, girl in red, Alex Vargas, BOBBI, New Ro and Jesse Markin.

Moominvalley season 2 is on Sky now and the soundtrack is available now from Sony Music.



BEN SCHWARTZ



THE comedian and actor is the voice of the fastest hedgehog in town, in the new live-action film *Sonic the Hedgehog*.

How would you describe the differences between 'game Sonic' and 'movie Sonic'?

Well, I played Sonic for years. Now I am playing Sonic! There are aspects of the videogame that, if you have played it, you will see them in the movie and be rewarded. But we also wanted to make a movie that works for all ages, for everybody, so that the movie stands alone. But, as a fan, it's so cool.

What's your Sonic like?

I'm playing him like a very energetic kid. I want it to feel like you're looking at a little kid who is just so excited to be there and so happy. That energy that you see in the games, the speed and the attitude and the comedy. I tried to figure out the things that make him so unique. You know, how quick he is, obviously, but also, he's kind of sassy. Like, when you wait too long, he starts tapping his foot! He has this attitude. He's a funny kid. He has fun and can't believe he has the opportunity to go and do whatever he wants. I was like: "I need to bring that." Also, he's so fast that nothing has ever really been a threat to him, so he's so confident whenever he's doing anything. It's only when he meets Dr Robotnik that someone is really making him scared.

What mannerisms did you want to capture when playing Sonic?

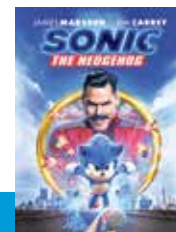
I went to Vancouver, where they were filming, and they took pictures of me doing all of these different emotions with my face. We took a ton of pictures. Then, when we



were recording in LA, they would put dots on my face and I would have a helmet with a camera and a light on, so any time I did anything, the animators would have something to animate from. I'm a little nerd for this stuff. I was very excited to get those dots because I've seen them used in *The Avengers* before, so it was very exciting! And to see the things Sonic does, and to see that he looks like me when he's doing them? That is a thrill beyond a thrill.

What did you think about the reaction to the way Sonic looked in the original trailer?

It was fascinating. The fans cared about it so much that they wanted to share their opinions! And I will say that the way that Sonic looks now is almost exactly in my mind how he looked when I was doing the voice, which is great.



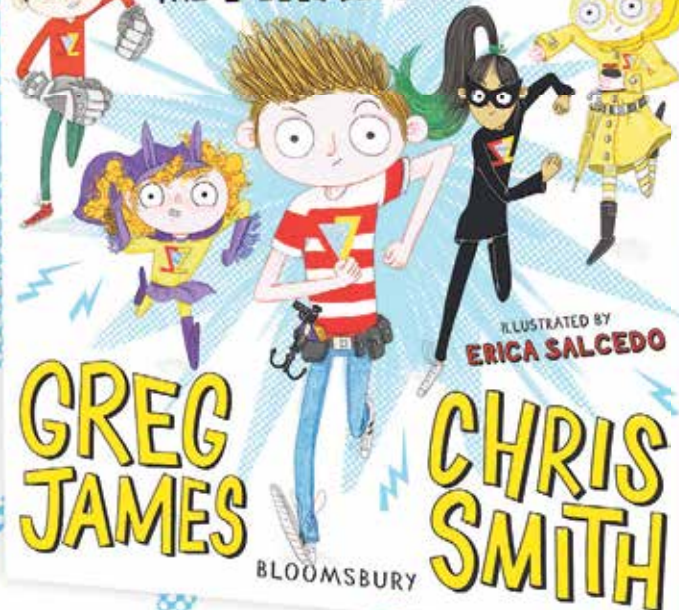
Sonic the Hedgehog is available to download and keep now!

JOIN KID NORMAL ON HIS

KID

NORMAL

AND THE FINAL FIVE



Murph Cooper is **famous** ... and he's **not** happy about it.

Kid Normal and the Super Zeroes used to save the day in secret. But suddenly everyone knows who they are.

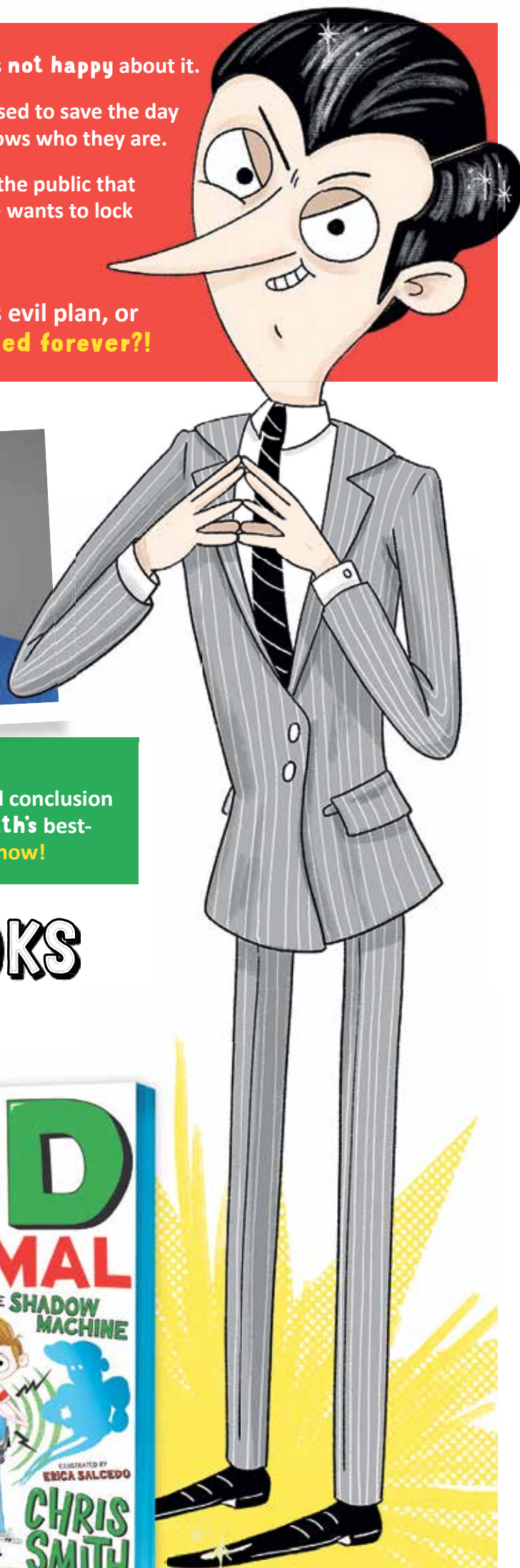
Oily villain **Nicholas Knox** has told the public that the superheroes are **dangerous**. He wants to lock them all up and take over the world!

Cue evil cackling

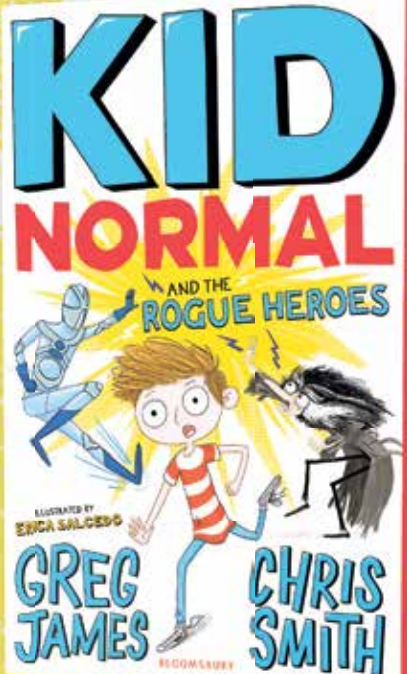
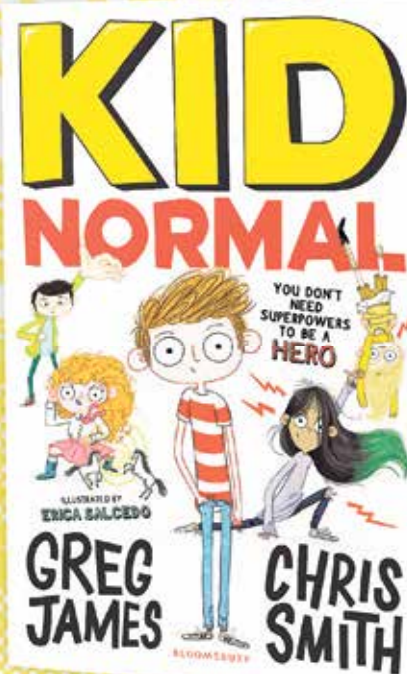
Can **Kid Normal** expose Knox's evil plan, or **is the world of heroes doomed forever?!**



Find out what happens in the breathtaking and action-packed conclusion to **Greg James** and **Chris Smith's** best-selling **Kid Normal** series – **out now!**



CHECK OUT THE OTHER BOOKS IN THE SERIES!



FINAL EPIC ADVENTURE

The **Super Zeroes** are real-life heroes. They've battled baddies, vanquished villains AND saved the world! BUT they've never had their own **costumes**. Until now ...

If you could create your own **superhero costume** what would it look like?



DRAW YOUR COSTUME DESIGN HERE!

Remember,
you don't need
superpowers
to be a **hero**!

We would love to see what you come up with! Please take a photo of your design and share with us on Twitter at:

@kidsbloomsbury @gregjames @itschris smith

Please be aware of age restrictions on social media sites

Kid Normal and the Final Five is out now!

BLOOMSBURY



CROSSWORD

JUST for fun this week! Can you complete our crossword by using the clues below?

- ACROSS
- 1 Small carrying cart (11)

6 Children in ____ : fundraising event (4)

8 Big town (4)

9 Part (7)

10 Male relative (5)

11 A mistake (5)

13 Put cord (anag) (7)

15 Inactive or doing nothing (4)

16 Change direction (4)

17 Major music festival (11)
- DOWN
- 1 Water sport (11)

2 What we see with (4)

3 Ships (5)

4 Destroy (4)

5 Former England footballer (5,6)

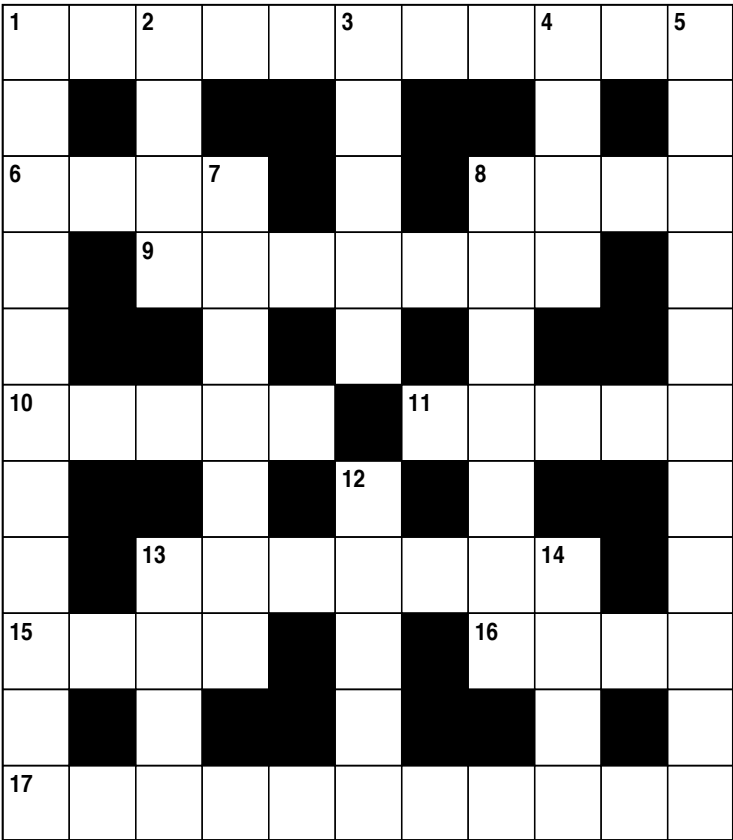
7 Announce; voice (7)

8 Put right (7)

12 US state (5)

13 A request made in an urgent manner (4)

14 Ballet skirt (4)



WIN! AN AMAZON VOUCHER

TO be in with a chance of winning one of two £50 Amazon vouchers, visit first.news/survey2020 and complete our readership survey!

The survey is for all First News readers under the age of 16. To enter this competition, you'll need a parent or guardian to confirm they are happy for you to have your say.



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.

BIRD

DUCK

WIN! A SCIENCE BUNDLE



WE'VE teamed up with John Adams to offer three lucky readers a science bundle, which includes:

Eyeball Dissection Kit: Start by growing your iris, then use the moulds and special liquids to shape and build the other parts of the eye. To complete your eye, drop it into the eyeball formation liquid to create a skin over the gooey exterior!

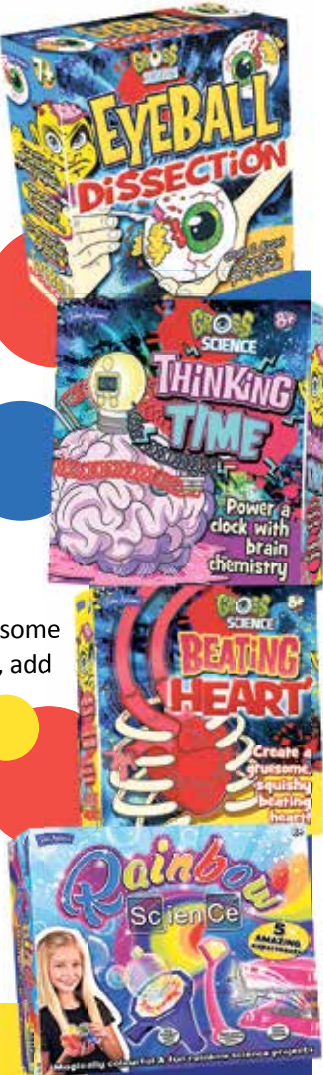
Thinking Time: Allows curious minds to create a gruesome brain clock powered by chemistry. Connect the wires, add the electrodes and see your clock spring into life.

Beating Heart: Create a gruesome, squelchy, beating heart! Construct each half of the heart, attach the pump tubes and fill with fake blood.

Rainbow Science: Blow a cascading rainbow of bubbles; paint augmented reality rainbows in the air and create a magical unicorn hologram!

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

How long did it take to build the Elizabeth Tower?
a) 13 years b) 25 years c) 34 years



ENTER NOW! MARK YOUR ENTRY TIME

firstnews.co.uk/competitions or see page 23. The closing date is 30 April 2020.

SUDOKU

JUST for fun this week! Can you complete our sudoku puzzle and fill in the numbers one to nine?

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

HOW TO ENTER:

HOW TO ENTER: Send your finished puzzles by email to **win@firstnews.co.uk**. Don't forget to put **Puzzles 722** in the subject box. We're afraid that we can't accept postal entries for now. The closing date for puzzle entries is **Thursday 23 April 2020**.

WIN! A SONIC PLUSH

CAN you spot the five changes we've made to this picture from *Sonic The Hedgehog*? Send in your answers and four lucky winners will win a Sonic The Hedgehog plush. Powered with incredible speed, Sonic the Hedgehog, aka The Blue Blur, embraces his new home on Earth.

That is, until he accidentally knocks out the power grid and sparks the attention of super-uncool evil genius Dr Robotnik. Now it's supervillain vs supersonic in an all-out race across the globe to stop Robotnik from using his unique power for world domination.

SONIC THE HEDGEHOG is available for download and to keep now from Paramount Home Entertainment.



2010 Document Distribution and Cost of Acquisition for All District Documents

WIN! A STEM BUNDLE FROM Learning Resources®



Learning Resources

WIN some seriously cool STEM-inspired toys and games from award-winning Learning Resources – everything you need to keep occupied this summer!

Learn to code with the Botley® The Coding Robot Activity Set, fizz up some experiments with the Primary Science® Lab Set and become a maths whizz with Mathlink® Cubes and Tackling Tables!

Botley® The Coding Robot Activity Set:

100% screen-free, Botley is the ideal introduction to coding. This comprehensive kit provides you with countless ways to program and use this coding robot!

Primary Science® Lab Set: Get hands-on with the wonders of chemistry and science using real science laboratory equipment made especially for kids.

Mathlink® Cubes & Tackling Tables: Stackable cubes are great for counting to 100 by ones and tens. Learn your times tables and master instant recall with the Tackling Tables Student Set. Ideal for times tables learning at home.

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

What is the chemical symbol for gold?
a) Au b) Gu c) Su



www.learningresources.co.uk

ENTER NOW! MARK YOUR ENTRY MATHS

[firstnews.co.uk/competitions](https://www.firstnews.co.uk/competitions) or see below. The closing date is 30 April 2020.

WIN! MOJIPOPS BUNDLES

MOJIPOPS are fun-loving characters, each with a removable, double-sided face: flip it over to switch between emotions and expressions or even swap faces completely with another character in the collection!



MojiPops Party Series is a brand-new collection of 90+ characters designed within different themes: Gardeners, Foodies, Fruttis, Homies, Cuties and Crafties, all with a special finish in either gold, pearl or glitter. There are six Pearllised characters, plus the exclusive and rare Poppy,

who is the queen of the party!

To add to the Party collection, there are Club Room sets with interchangeable speech bubbles, Club House Sets that can be opened out to create a dancefloor and stacked with other Club Houses to create the ultimate Moji Club, and I Love Sunny Beach, a cute little beach-themed playset! We are giving readers the chance to win a MojiPops Party Series bundle containing five One Packs, two Club Room sets, one Club House set, plus an I Love Sunny Beach set.

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

What is the name of the exclusive MojiPops?
a) **Rose** b) **Iris** c) **Poppy**



ENTER NOW! MARK YOUR ENTRY POPS

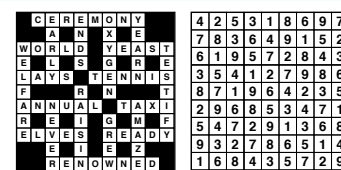
firstnews.co.uk/competitions or see below. The closing date is 30 April 2020.

COMPETITIONS: You can enter First News competitions in one of two ways. **1.** Go to firstnews.co.uk/competitions and follow the instructions. **2.** Write to us at ‘competition name’ (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.

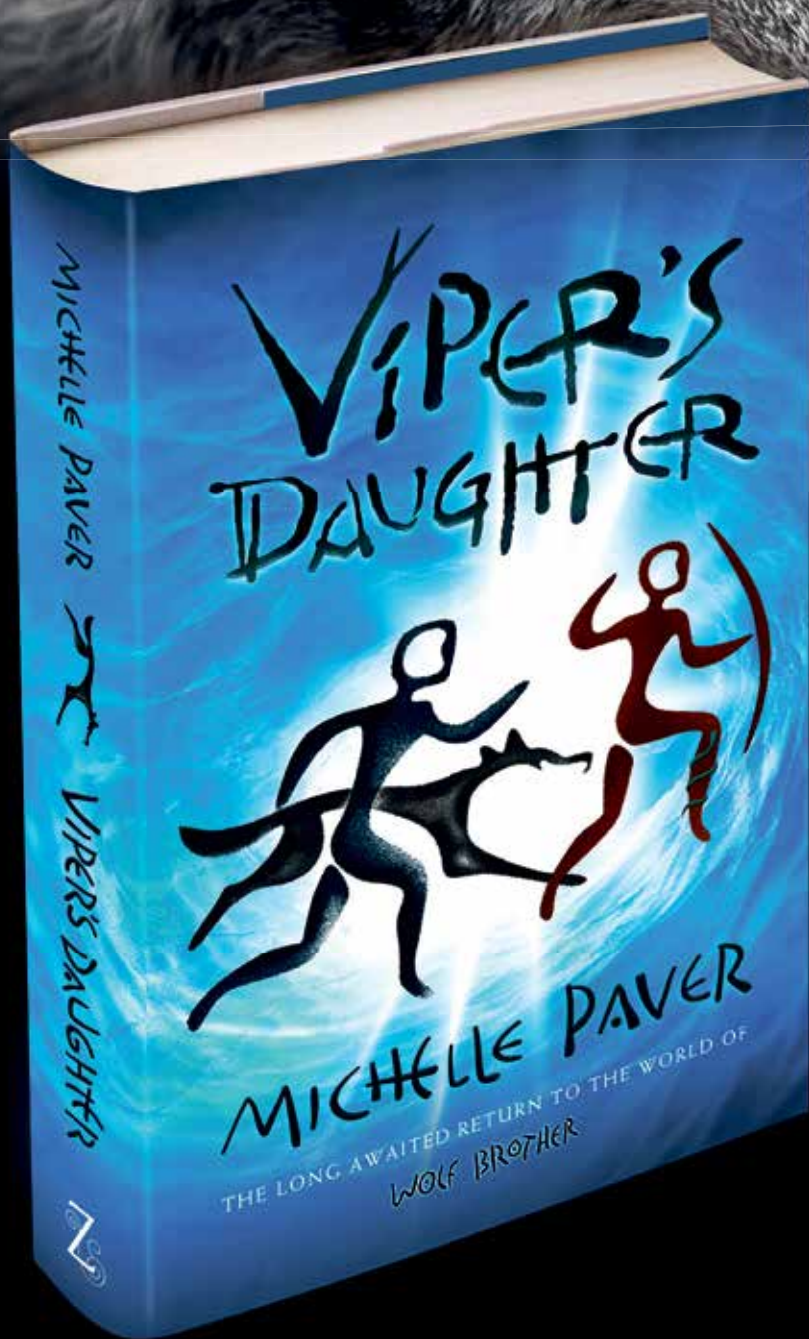
LAST WEEK'S ANSWERS:

Spot the difference: head is larger, bag is a different colour, boot is longer, hat has been added, roof is missing from buggy.

What on Earth?: bee, ladybird, grasshopper, woodlouse, butterfly, spider.



WOLF IS BACK!



FROM THE NUMBER ONE
BESTSELLING AUTHOR OF

WOLF BROTHER

'IMMERSIVE AND GRIPPING'
DAILY MAIL

**'BOTH LOVE STORY AND
SUPERNATURAL ADVENTURE'**
SUNDAY TIMES
BOOK OF THE WEEK

A BOY. A WOLF. THE LEGEND LIVES ON.

ZEPHYR an imprint of Head of Zeus

 WOLFBROTHER.COM

HARDBACK: 9781789540550 • EBOOK: 9781789542400

Audiobook read by Sir Ian McKellen



WRITE A STORY WITH CRESSIDA COWELL

WORDS FOR LIFE



MATTY Long is an award-winning illustrator and author. His latest young fiction title, *Super Happy Magic Forest and the Humongous Fungus*, will be published by Oxford University Press this month. Matty told us what books he read as a child:

“ I think RL Stine’s *Goosebumps* books were the big one for me. They were really accessible, with each book its own story. They were very colourful and collectable, and I liked that. ”



TO READ THE FULL INTERVIEW, VISIT [WORDSFORLIFE.ORG.UK/AUTHOR-INTERVIEWS](https://www.wordsforlife.org.uk/author-interviews) FOR BOOK RECOMMENDATIONS, ACTIVITIES AND GAMES, GO TO [WORDSFORLIFE.ORG.UK](https://www.wordsforlife.org.uk)

YOUR READS!

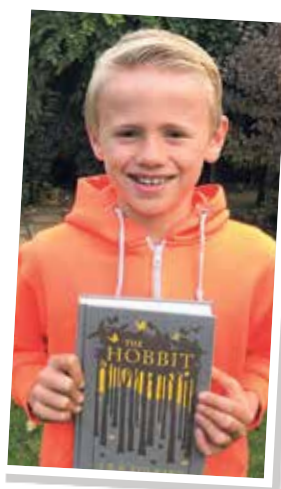
THE HOBBIT JRR TOLKIEN

reviewed by Jack Pond, aged ten

A mythical adventure into the world of Middle-earth. The unlikely hero in this epic adventure is Bilbo Baggins (a Hobbit), who befriends Gandalf (a wizard) and a group of dwarfs with their king, Thorin Oakenshield. The group go on a quest to help the dwarfs regain their kingdom from Smaug the dragon.

This book is full of adventure and suspense. I would give this a five-star rating. It’s appropriate for those aged nine and older.

Will you read it to see what will happen to Bilbo Baggins and his friends?



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.



TWO weeks ago, Cressida Cowell, the Waterstones Children’s Laureate and the author and illustrator of the *How To Train Your Dragon* and *Wizards of Once* series, began a new story in *First News*.

Then, she handed over to YOU to write what happens next. We’ll be carrying on the story every week, written by our readers – 250 words at a time. Our story is already getting pretty long! To read the first and second parts, written by Cressida Cowell and *First News* reader George Kauder, head to:

★ FIRST.NEWS/CRESSIDACOWELL

PART THREE BY GABRIEL MONFORTE-ESCUDEIRO, 10

‘Okay, you’ve got a good reason to be kidnapping people,’ Ferocity admitted with reluctance. She had seen the way people treated the land they lived on and, she had to admit, it was a complete dump.

‘But why children? And why are you taking Guggalugs? He’s a boggart, for goodness’ sake! Boggarts didn’t do anything wrong, did they?’

‘Normally, we wouldn’t take this disgusting little creature,’ the Tapper replied with distaste in his voice (or maybe that was just his default voice). ‘But he chose to side with humans.’ He spat the last word out as though it tasted bad (disgust was definitely his default voice). ‘As for the children, our research on humans reveals that the worst pain a human can feel is to have their child taken from them. And so, we do just that in order to force people to feel the pain they have inflicted on this land. Now be quiet, before I shut you up myself!’

But Ferocity had never been one to listen to orders and she was not about to start now. As they set off to who-knows-where, Ferocity (now back in the bag) stuffed Guggalugs’s ears with wax and then gently, gently, began to open the bag. Once the bag was wide enough, she removed the wax from Guggalugs’s ears and all the steam that had been trapped there came out in one big, multi-coloured rush. Ferocity jumped out of the bag with Guggalugs, just as she realised she had no idea where they were...

Cressida Cowell said:

“I thought Ferocity’s way of getting out of the sack was ingenious!”

PART FOUR: BY YOU!

Well done to everyone who sent in their suggestions of how the story should continue. We enjoyed reading them all, and love how talented our readers are! If your story wasn’t chosen this time, be sure to have another go. We could choose you to continue the story in next week’s issue!



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

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

HAIR-LARIOUS HAIRDOS



A HAIRDRESSER in America has found a way to keep up-to-date with her skills while her salon is closed.

While Geoff Clark works from home on his computer, his girlfriend Heidi Lee Oley styles his long hair in a variety of ways, often mimicking famous characters from popular culture.

Geoff's hair has been styled to look like Princess Leia from Star Wars, Poppy from Trolls and children's book icon Pippi Longstocking.

Heidi said of the hairdressing industry: "We don't have clients, we don't get paid, many are self-employed. I wanted to be a glimmer of light during the shadows of the uncertainty of our industry."

Heidi added that Geoff "has a heart of gold for letting me do this and post it".



FANS of Doctor Who will be familiar with the terrifying Daleks and their famous catchphrase, "EXTERMINATE!"

Now they're taking to the streets of Whitby! A Dalek was spotted patrolling the local area, warning: "All humans must self-isolate by order of the Daleks!"

The dustbin-shaped robots first appeared on TV way back in 1963. Many people still remember being scared of them when they were little.

One person online wrote: "Am I the only one to feel a shiver of fear watching this? As a child I would most certainly have been hiding behind the sofa." Another user agreed: "I'm not going to argue with a Dalek!"



STREAMING RECORD SMASHED

A TWITCH streamer has smashed the world record for the longest stream ever... at over eight days!

Louis Sammartino, who streams as LosPollosTV, said he would extend his stream for two minutes each time he got a subscription, but it soon became clear that meant it would be a very, very long broadcast!

The previous record, held by video-on-demand service Hulu, was 161 hours, 11 minutes and 32 seconds. Sammartino passed the record but carried on streaming for another day and a half! When he finally stopped, the stream had been going for 195 hours, 36 minutes and 17 seconds.

He thanked his father and brother, who both stepped in at points so he could nap and stay energised for the record-breaking performance.



make the circle, then covered it with a tarpaulin. A video of them wearing the device and taking a wander in the park has been viewed millions of times.

"There were a few confused people," admitted impatman. His dad added: "Some of them thought we were flying a big kite, others thought it was a trampoline."

KEEPING YOUR DISTANCE

A FATHER and son duo have invented a funny way to make sure people are keeping 2m apart from each other – the Social Distancing Circle!

The son, who goes by the name impatman on video-sharing site TikTok, shared footage of their exploits. The pair linked together pipes to



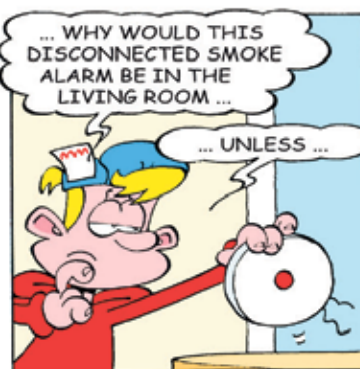
WHY DO BEES HAVE STICKY HAIR? BECAUSE THEY USE HONEY COMBS!

WHO ARE DALEKS SCARED OF? DOCTOR BOO!

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



Written and illustrated by Paul Palmer



INTERNATIONAL DAY OF EPILEPSY

by Max

IN May last year, when I was just six, one day I suddenly felt a bit funny, dizzy and sick. My mum was there and helped me, but I don't know what happened. I woke up in hospital with lots of nurses and doctors looking after me, but it was a little bit scary.

It went on to happen quite a few more times, and each time I felt a bit funny and sick, then woke up in an ambulance or hospital.

I had to have lots of scans and tests of my head and my super brain, which didn't hurt – some were quite fun – and I was then told by the doctor that I have something called epilepsy.

Mum and Dad told me that having epilepsy means that I sometimes have bursts of energy in my super brain that causes something called a seizure. It's a bit like a burst of energy in my legs making me want to run around!

All the teachers at my school, St George's, know about my epilepsy and know what to do if I have a seizure, and my friends look after me too.

I have a special bag with emergency medicine, which comes everywhere with me, and school have some too. That medicine helps to wake me up from a seizure, and makes me a little sleepy for a while, but soon after a seizure I feel much better, and don't remember much.

Mum told me about Purple Day, which took place on 26 March, the international day for epilepsy, and asked me if I would like to try to raise some money for it. With lots of other young people, I took part in the 26 miles in 26 days challenge, with my mum and dad, walking 26,000 steps every day for 26 days up to Purple Day. I raised over £400.



To support Young Epilepsy and for more information, visit www.youngepilepsy.org.uk/purpleday

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 written a poem you want to share? 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.

HOME-SCHOOLING

by Jessica Davis

HOME-SCHOOLING has been very different, but very enjoyable, for me so far.

Firstly, you can wear whatever you want, which is very nice, especially when the sun is shining, and you can get up a bit later than usual.

Then I have breakfast and do my work on my computer. I have a break and a snack and then play in the garden with my dog. She loves to run. Then it's my brother's turn to have his break.

When it's lunchtime, my brother comes outside a little later and I attempt

to teach him gymnastics, although we end up laughing so much.

After lunch is over, it's back to work again. One lesson later for me and two for my brother, it's PE time. As I am in the lower school and he in the upper school, our PE lessons are slightly different. I also get to video chat with my friends before and after school.



Gymnastics at home!



RAINBOW ART

by Martham Academy and Nursery

LIKE many schools across the country, our school has been open for key workers' children, so our parents can play their part during this crisis.

We have had up to 30 children aged 4 to 11 coming to school over the last few weeks.

There has been lots of fun, but we have been practising social distancing and lots of handwashing too.



School gate rainbow



Over the last few weeks we have enjoyed creating rainbows, which we have put on the school gate.

There has also been plenty of outside learning, including nature trails, treasure maps, gardening and cooking.

Every morning we have been taking part in Joe Wicks' workout to help start the day.



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SPORT IN NUMBERS

30

July is when the Premier League Darts competition is due to resume. The season was suspended last month due to the COVID-19 outbreak. It was originally due to finish in May, with the play-offs taking place in London. They will now be held in Sheffield. Glen Durrant (below) is currently top of the table.



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Formula 1 Grands Prix were won by British driver Stirling Moss, who has died aged 90. Despite never winning the World Championship, Moss is regarded as one of the greatest F1 drivers of all time. He raced for several teams in the 1950s and 60s, including Mercedes.



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weeks after announcing plans to use a Government scheme to pay staff wages, Tottenham

Hotspur have changed their minds. Now, 550 non-playing staff are guaranteed full pay until the end of May. Liverpool FC have also scrapped plans to pay staff with money from the scheme, which is designed to help struggling businesses pay workers during the COVID-19 crisis.



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STOKES TAKES THE LEAD

ENGLAND cricketer Ben Stokes has been named the leading cricketer in the world by the prestigious Wisden Cricketers' Almanack publication.

Now in its 157th edition, the almanack is a yearly reference book, also known as the "Bible of Cricket".

Since 2004, Wisden has awarded one player the title of leading cricketer in the world. From 2016-2018, India's Virat Kohli won the gong three times in a row. He's now been knocked off his throne by Stokes, who has become only the second English player to receive the title, after Andrew Flintoff in 2005.

Australia's Ellyse Perry (below, right) was named the leading woman cricketer in the world in this year's edition. The title was first awarded six years ago, and Perry also won it in 2016.

Stokes played a hugely important part in England's World Cup win last year.



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He scored 84 not out in the dramatic final against New Zealand, including two sixes. After the match finished a tie, Stokes helped secure the title for England in the super over, batting alongside Jos Buttler.

The 2020 edition of the Wisden Cricketers' Almanack has also made the news because its editor has called on the Government to make sure all future England World Cup matches are broadcast on free-to-air TV. This means it would reach bigger audiences and, hopefully, boost children and adults' interest and participation in the sport.

Every match of the 2019 World Cup was shown exclusively on Sky Sports, apart from the final. That aired on Sky, but also on Channel 4. According to the Wisden editor, "almost a third of the 15.4 million who at some point tuned in to Channel 4's coverage were watching cricket for the first time".

Ben Stokes, pictured here playing for England in February, has been honoured by Wisden



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CLASSIC SPORTS PIC OF THE WEEK

Remember this? Here's Britain's Dina Asher-Smith on her way to winning 200m gold at the World Athletics Championships in Qatar last year. She became the first British woman ever to be 200m world champion. At the same championships, she won silver in the 100m and 4x100m relay



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