

BOREDOM BUSTERS!
PUZZLES! ACTIVITIES!
ORIGAMI! P13-16



WHICH *FIRST NEWS* READER HAS BEEN CHOSEN TO CONTINUE CRESSIDA COWELL'S STORY? **WAS IT YOU?** P23



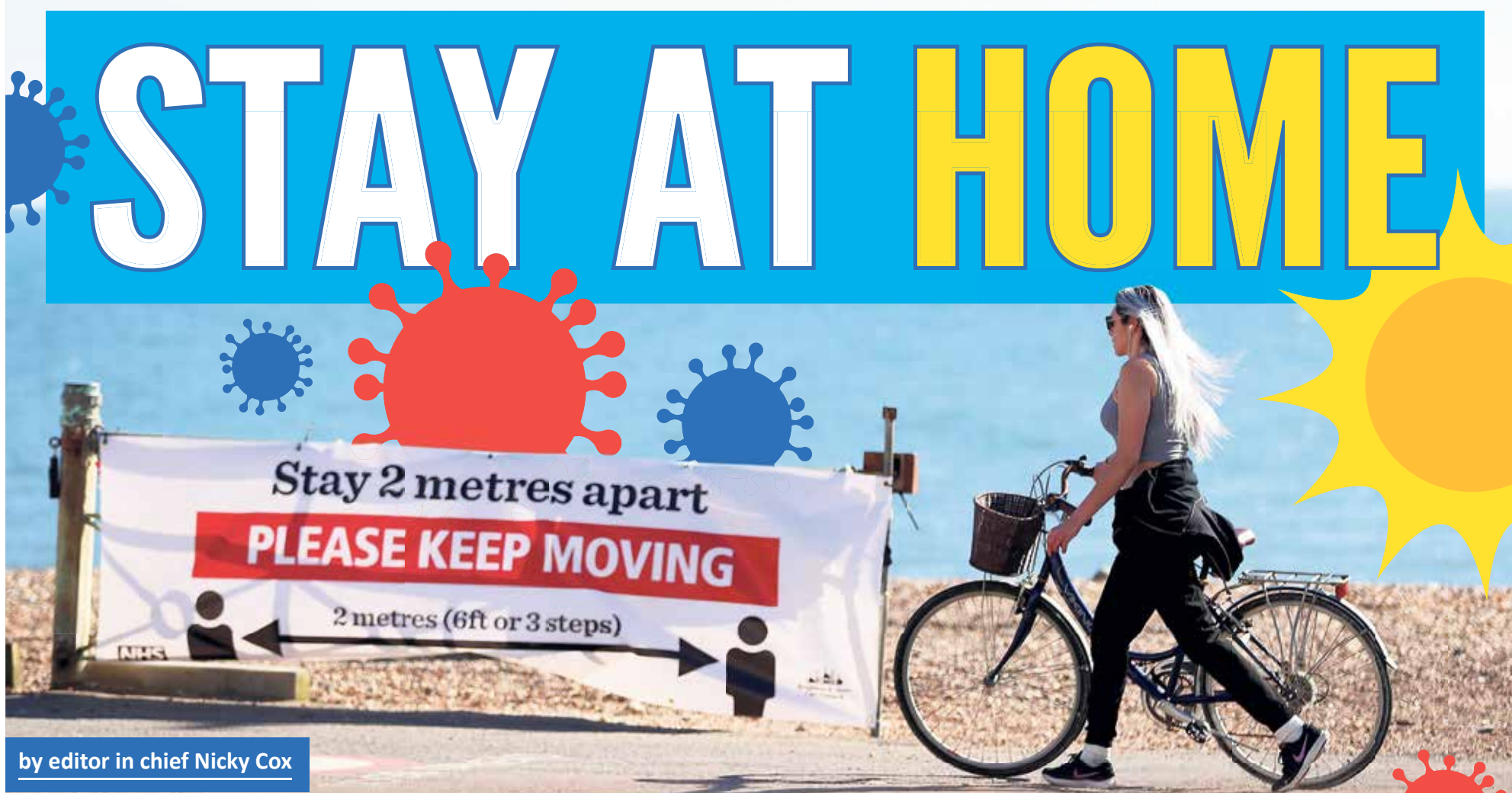
First News

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OUR TRUSTED NEWS GETS MORE THAN 2 MILLION READERS!*

“THE **SUN** MIGHT BE OUT, THAT DOES NOT MEAN **YOU** SHOULD BE OUT”

STAY AT HOME



by editor in chief Nicky Cox

PLEASE stay at home!

That is the message from those tackling coronavirus, with fears that the Easter sunshine is tempting people outdoors.

NHS England medical director Stephen Powis said: “The sun might be out, that does not mean you should be out.”

Most people seem to be sticking to the rules. But photos from parks and beaches across the country have shown people not only out for their daily exercise, but sitting down having picnics – which is not allowed.

The Government says people should not be leaving the house

unless their work means they have to do so, or they have to shop for essential supplies, to exercise once a day or for health reasons.

“These are instructions”

Health Secretary Matt Hancock, who has recovered from COVID-19 himself, said: “This is not advice, these are instructions.”

Brockwell Park in London closed on Sunday because so many visitors had ignored social distancing the day before and were sunbathing or in large groups.

Meanwhile, in Sussex, police tweeted: “Thank you to

everyone that stayed away from beauty spots and beaches today.

We know it isn't easy. We are disappointed that two people will be summonsed to attend court after breaching the Coronavirus Act 2020 by having a BBQ on Hove beach.”

Government minister Michael Gove said there were signs that some young people were failing to follow the rules, perhaps because they are less likely to be seriously ill from the virus.

He said: “Whatever the temptations this weekend, please don't go outside to visit the lakes, the beaches, the countryside... take pride instead in keeping your own families and

communities safe.”

Scotland's chief medical officer, Catherine Calderwood, found herself in trouble this week after travelling with her family from their town house to their seaside holiday home. This was against her own advice. She was given a warning by the police, then resigned from her job on Sunday night.

Everyone needs to do what they can not only to protect themselves, but also to protect the elderly and sick, who can get very ill and die during this coronavirus outbreak. And, of course, to protect the NHS workers who are caring for us all.



SHOULD WE BE WEARING MASKS?

THERE'S been a lot of debate over whether or not face masks can help stop the spread of this new coronavirus, and while we may not have a definitive answer, here's everything we know.

Many of the first news stories you would have seen about the coronavirus outbreak will have likely been paired with an image of someone in China wearing a surgical face mask – a thin, blue piece of material that covers the mouth and nostrils.

These face masks are worn by doctors, nurses and surgeons to stop germs from their mouth reaching a patient, but they're not really to protect the medics themselves from catching a disease.

However, studies have shown that these masks are better than wearing no face mask at all, as they can catch droplets, which are thought to be the main way that the disease spreads.

That said, due to social distancing, it's very unlikely that you'll be going near someone who's spreading coronavirus droplets, even when out on a shop, or walking for exercise.

The UK's official advice suggests that these masks are really only needed for those who are in close contact with someone infected, or if you've got it yourself. For example, if a family member needs to care for someone who is ill, both the patient and carer should have a mask.

But in the US, the Centers for Disease Control and Prevention (CDC) said this week that all US citizens should wear a cloth mask when in public.

While different materials

will offer different levels of protection, cloth face masks are thought to provide a similar function to surgical ones. But they do need to be put on and taken off with clean, freshly-washed hands – as you'll have to touch your face while arranging the mask.

One thing that's agreed by doctors everywhere is that face mask or not, the best thing you can do to protect yourself and others is by washing your hands regularly and following social distancing rules.

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

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



Fitted N95 masks offer the best protection, but are only really needed by health workers

CLIMATE CONFERENCE CALLED OFF

COP26, the United Nations' international discussion about climate change, has been delayed due to the coronavirus.

The 26th Conference of the Parties, commonly known as COP26, was due to take place in November but has been pushed back to 2021. Glasgow's SEC Arena, where the event was due to take place, has become a temporary hospital for up to 1,000 COVID-19 patients.

Climate experts have made clear that governments around the world "must use this [extra] time well". Climate economist Nicholas Stern said: "There is an opportunity in the recovery from the COVID-19 crisis to create a new approach to [economic] growth that is a sustainable and resilient economy in closer harmony with the natural world."

Meanwhile, Patricia Espinosa, the UN Climate Change Executive Secretary, reminded people that while COVID-19 is "the most urgent threat facing humanity today, we cannot forget that climate change is the biggest threat facing humanity over the long term".



Italian Prime Minister Giuseppe Conte and Boris Johnson at the COP26 launch back in February

"END THE SICKNESS OF WAR"



UN Secretary-General António Guterres has called for warring nations to stop and focus on fighting COVID-19.

On 23 March, he said: "The fury of the virus illustrates the folly [foolishness] of war. It is time to put armed conflict on lockdown and focus together on the true fight of our lives." Global ceasefires (a temporary stop to fighting) would allow aid workers to help people in need without entering a warzone.

Since his announcement, 12 countries have said they will begin or continue ceasefires, while a petition to stop wars has received almost 1.8 million signatures.

"The virus has shown how swiftly it can move across borders," Guterres said. "We need to do everything possible to find the peace and unity our world so desperately needs to battle COVID-19."

GAMING SOARS



VIDEOGAME usage has spiked dramatically since people have been told to stay at home.

Online games site Steam has seen their all-time highest user figures, with 20,312,000 people logged in at the same time. US telecommunications company Verizon has reported a 75% spike in gaming usage on their network at peak times.

But it's not just the virtual world that is seeing success as people at home look for fun ways to pass the time. Sales of board games and jigsaws skyrocketed by 240% during the first week of the UK's lockdown. Monopoly Classic has proved the most popular game, with Cluedo and Scrabble not far behind.

Arts and craft materials and construction toys like LEGO have also seen big boosts in sales.

GIVING GRADES



Exam halls will be empty this year

END-OF-YEAR GCSE, AS and A Level exams have all been cancelled for this year, and this week it was revealed how grades will be awarded without them.

An announcement made by Ofqual, the Government's exam board, said that students will get a 'centre assessment grade' from their teachers instead.

This means all homework, mock exam results and classwork will be considered in deciding the grade.

Exam boards have said that music, PE and drama grades will have to be based on participation.

Sally Collier, Chief Regulator at Ofqual, wrote a message to students, explaining that despite the strange situation, Ofqual "will do everything they can to make sure that, as far as possible, grades are fair and that pupils are not disadvantaged in their progress to sixth form, college, university, apprenticeships, training or work because of these unprecedented [never happened before] conditions."



BBC TEACHES THE NATION

THE BBC has announced that from 20 April, it will begin to release lots of new programmes, quizzes and more every single day, to help parents and children with schoolwork while they're at home during the lockdown.

BBC director general Tony Hall has called the content "the biggest education effort the BBC has ever undertaken." Aimed at years one to ten, it will cover core subjects like English, maths and science.

The content will be accessible from the iPlayer, along with the Red Button, BBC Four and BBC Sounds. Lots of it will be hosted by CBBC presenters, like Oti Mabuse, Katie Thistleton and Karim Zeroual.

Karim explained to BBC Breakfast just why the push to help the UK's families with schoolwork was so important.

"Lots of people will be enjoying being home with their children, but... parents are trying to build different roles – the mum and dad

and the teacher – and that's really tough."

Culture Secretary Oliver Dowden said that the BBC's efforts would "make a big difference to millions of children across the UK while schools are closed."



Oti Mabuse will be hosting some of the programmes

EASTER MEAL VOUCHERS



SUPERMARKET vouchers will be given out over the Easter holidays to families on the free school meals scheme.

Families who are on the free meals scheme will now receive £15 vouchers to buy food. The vouchers can be spent at Sainsbury's, Tesco, Asda, Morrisons, Waitrose and M&S.

The Government initially refused to provide school meals outside of term time, but after pressure from campaigners and teachers, ministers changed their mind.

Education Secretary Gavin Williamson said: "I recognise that the unprecedented [never happened before] action this Government is taking to protect the country from coronavirus, including closing schools, is dramatically affecting the lives of many families. No child should go hungry as a result of the measures introduced to keep people at home, protect the NHS and save lives."

THE NIGHTINGALE OPENS

LAST week, the Government officially opened the NHS Nightingale, a new 'field hospital' in East London, with a special socially-distanced ceremony attended by Prince Charles via weblink.

Built in just ten days inside the 80,000ft² ExCeL centre in Stratford, the NHS Nightingale has been described as a "remarkable feat of planning and execution."

The hospital has space for 500 COVID-19 patients, but can expand to hold 4,000 if more people get sick.

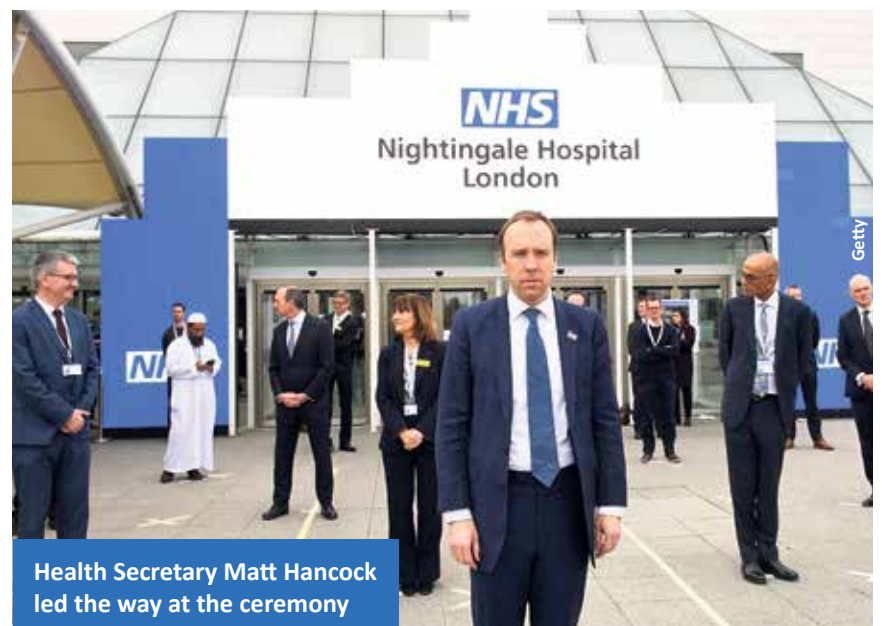
The NHS says the Nightingale hospital will need around 16,000 staff to keep it running. If it reaches maximum capacity, the 4,000 patients will be spread across 80 wards,

with 42-50 beds each.

The hospital is the first of six opening around the country, and is named after Florence Nightingale, the 'lady with the lamp' who is credited with the invention of modern nursing.

Prince Charles said that "it shows how the impossible could be made possible and how we can achieve the unthinkable through human will and ingenuity.

"In this dark time, this place will be a shining light."



Health Secretary Matt Hancock led the way at the ceremony

1. EPIC BEAR HUNT

If you live in Stockport, you might just pass by Ed and Ted during your daily exercise. The giant teddy bears have been keeping busy with a different activity in their garden every day. Their owner says he is relieving his boredom and “hopefully putting a smile on people’s faces”. You can go to [first.news/happy](https://www.first.news/happy) for the full story and more great pics!



2. SONGBIRD SHRINKS

A two-decade study has shown that warmer temperatures are putting nightingales at risk. The songbirds have been laying fewer eggs and developing smaller wings, which scientists warn will make their migrations to Africa more difficult. The UK nightingale population has fallen by 90% over the last 50 years.

3. HIGHLAND HOPE

A newborn Highland cow has been named Hope. Chris Dunkerley, lead ranger at Lyme Park, said: “Even in the most worrying times, nature can lift your spirits.”



4. VIRUS HELMET

This scary-looking helmet was designed by artist B Gowtham to look like the coronavirus that causes COVID-19.



An officer in India, Rajesh Babu, has been wearing the helmet while out on patrol. He hopes it will remind people that the virus is out there, even if you can't see it, and that you should only go out when absolutely necessary.

5. ANCIENT REPTILE

A fossil of a new species of reptile has been discovered in Brazil. It is closely related to tanystropheids, long-necked reptiles that thrived around 250 million years ago. This one was named after Elessar (Aragorn) from *Lord of the Rings*.



20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. DULCET DOLPHINS

Dolphins can co-ordinate the sounds they make with others, and even have a better sense of rhythm than we do! Male dolphins can perform their clicking sounds at the same time, to attract females and to form bonds.

7. ROBERT'S RECORD

Guinness World Records has announced that the world's oldest man lives in the UK. At 112 years old, Robert Weighton is the oldest person living (male).



8. RIVER RUNS RED

This picture of the Etobicoke Creek in Canada might look like some biblical story where the rivers run red, but there's a much less divine explanation. Peel Public Works admitted that 400 litres of red ink had spilled into the creek and that a clean-up was underway.



9. BRILLIANT BRANDS

A group of stallholders around the UK have joined forces to create an online fair. The website supports people who normally sell from market stalls, as well as the charities they support. Co-founder Emily Bradley said: “We usually sell at charity events and donate 10% of our day's takings. COVID-19 has closed all these events.” Visit [brilliantlittlebrands.com](https://www.brilliantlittlebrands.com) to take a look at what's on offer.

10. POO PROBLEMS

Severn Trent Water has had more than 3,000 blockages in its sewers recently. The company's head of blockages reminded people that “kitchen roll and wipes are not designed to break down like loo roll,” adding that “no-one really wants to dig out poo, kitchen roll and wipes”.

11. COMIC RECORD

Artwork from the first issue of *Flash Gordon*, a comic from the 1930s, has set a world record for comic-book art. The artwork, signed by artist Alex Raymond, sold for £390,000, beating *Spider-Man* cover art that sold for £335,000 in 2018.



12. FREE TRAVEL FOR NHS

NHS staff will be offered free bus travel to get home from work in parts of North Yorkshire. Shuttle services will be available to those with NHS ID cards in Hull, Doncaster, Rotherham and Sheffield.

13. PAW AND ORDER

A driver in the US has been arrested after crashing into two cars. Officers were stunned to see the man was “trying to teach his dog to drive” while the owner struggled to steer and push pedals from the passenger side.

14. ANIMAL ADVICE

The creators of *The Gruffalo* have reimagined some of their best-known characters in 12 new illustrations and verses, sharing messages about how to stay safe during the coronavirus crisis.



15. PEN-PAL HOPES

A mum has taken to social media asking for pen pals for her seven-year-old son. Harley Glen moved from Edinburgh to Harrogate just before lockdown and can't make new friends because of social distancing. Mum Ashley is looking forward to responses.

16. ISOLATION PODS

Isolation pods created for transporting a single person are being used by air forces in Britain, Norway, Denmark and Germany. The EpiShuttle is being used to bring COVID-19-infected patients home from remote places. It saves time as aircraft do not need to be disinfected, a task that can take hours, and also keeps staff safe from the risk of infection.

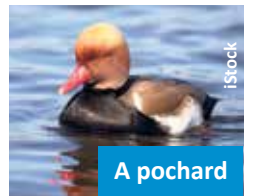


17. DETECTION DOGS

A charity is hoping to find out whether dogs who can smell cancer and malaria can also detect coronavirus. “In principle, we're sure that dogs could detect COVID-19,” said Dr Claire Guest.

18. DUCK DROP-OFF

Many wild duck populations are suffering in the UK. Scaups and goldeneyes are among the steepest drops, with the number of pochards halving in just ten years. However, Canada geese, cormorants and cattle egrets are all doing well.



A pochard

19. VIRTUAL VISIT

The Disney Parks YouTube channel has uploaded a video of the Magic Happens parade. It has already been viewed over 450,000 times by fans wanting to see a bit of Disney magic.

20. POTATO WAFFLES

When the chips are down and you're working from home, video calls are an a-peeling option. But when Lizet Ocampo made a hash of things, her mistake was a s-mash on Twitter.

Rachele Clegg tweeted the pic and wrote: “My boss turned herself into a potato on our Microsoft Teams meeting and can't figure out how to turn the setting off, so she was just stuck like this the entire meeting!”





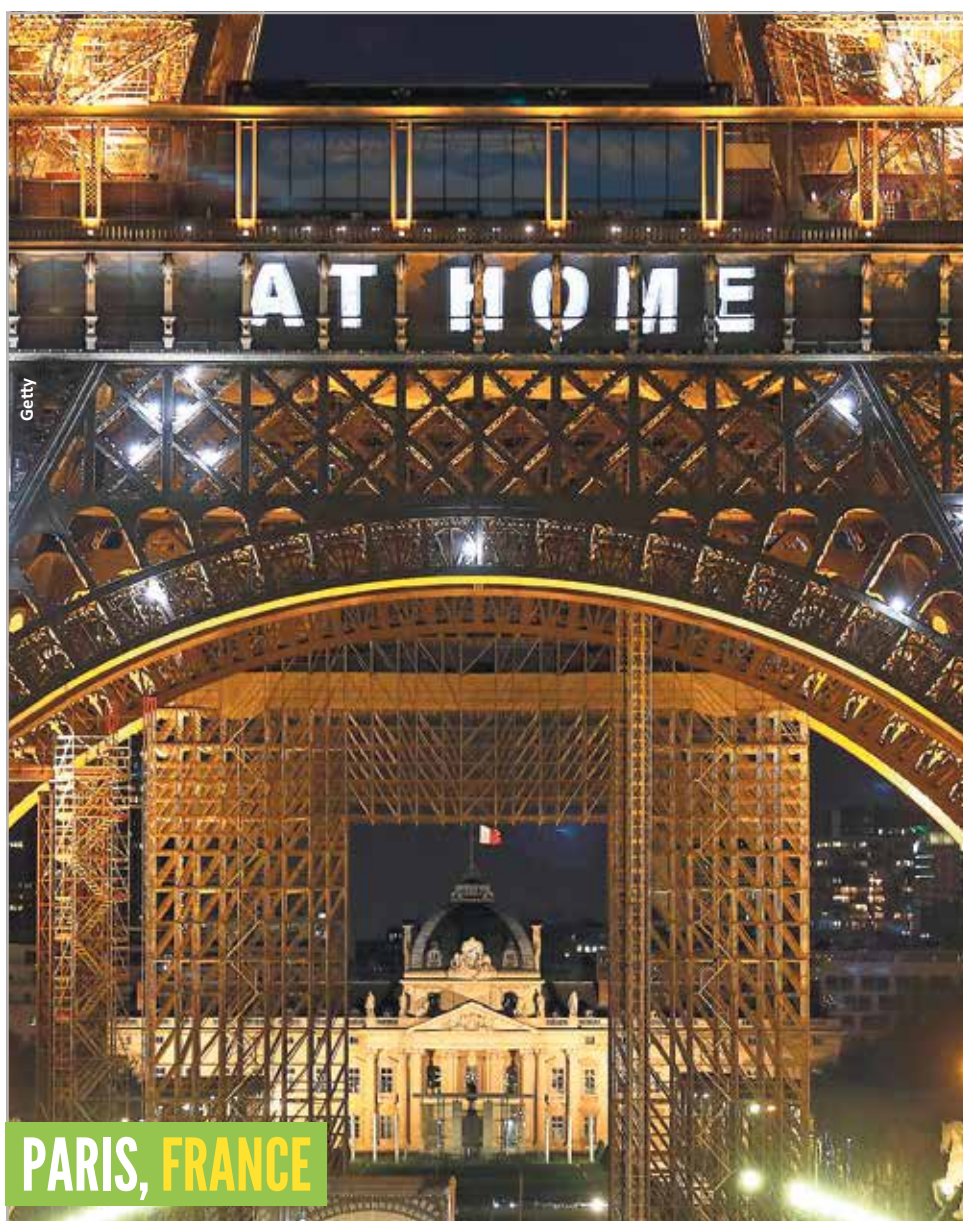
NEW YORK, USA

THE Empire State Building is illuminated like a siren to honour medical workers and all those in the emergency services.

STOCKPORT, UK



JASON Baird dresses as Spider-Man for his daily exercise and walks the streets (at a safe distance) of Bredbury to cheer up children who are self-isolating.



PARIS, FRANCE

THE message "Stay at home" is displayed on the Eiffel Tower at night to encourage people to remain indoors during the coronavirus pandemic.

WINDSOR, UK



THE Queen made a rare address to the nation on Sunday evening as the country strives to tackle the spread of the coronavirus. The monarch thanked people for following Government rules to stay at home and praised those "coming together to help others". She also thanked key workers, saying "every hour" of work "brings us closer to a return to more normal times".

AVIGNON, FRANCE



POLICE conduct drone surveillance to see if people are respecting the lockdown. The country is issuing fines for people caught breaking the nationwide lockdown rules, which are intended to stop the spread of COVID-19.



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ISLE OF LEWIS

● Nature photo winner

The Scottish Nature Photographer of the Year has been announced. Ruth Grindrod from Norfolk won with her amazing picture, *Three Rocks*, taken on the Isle of Lewis in Scotland. She said: "I will never fail to be excited by some of the best landscapes and seascapes in the world."



LONDON

● 'Grandfather of allergy' dies

Dr William Frankland has passed away at the age of 108. He was a pioneering immunologist who improved the lives of millions of people suffering from hay fever. Dr Frankland helped to create the pollen count, which is now a standard part of weather reports and helps people with allergies to be prepared when they go outside. Dr Frankland's career spanned more than 70 years and he received an MBE award in 2015 for his work on allergy research. The allergy clinic at St Mary's Hospital in London is named after him.



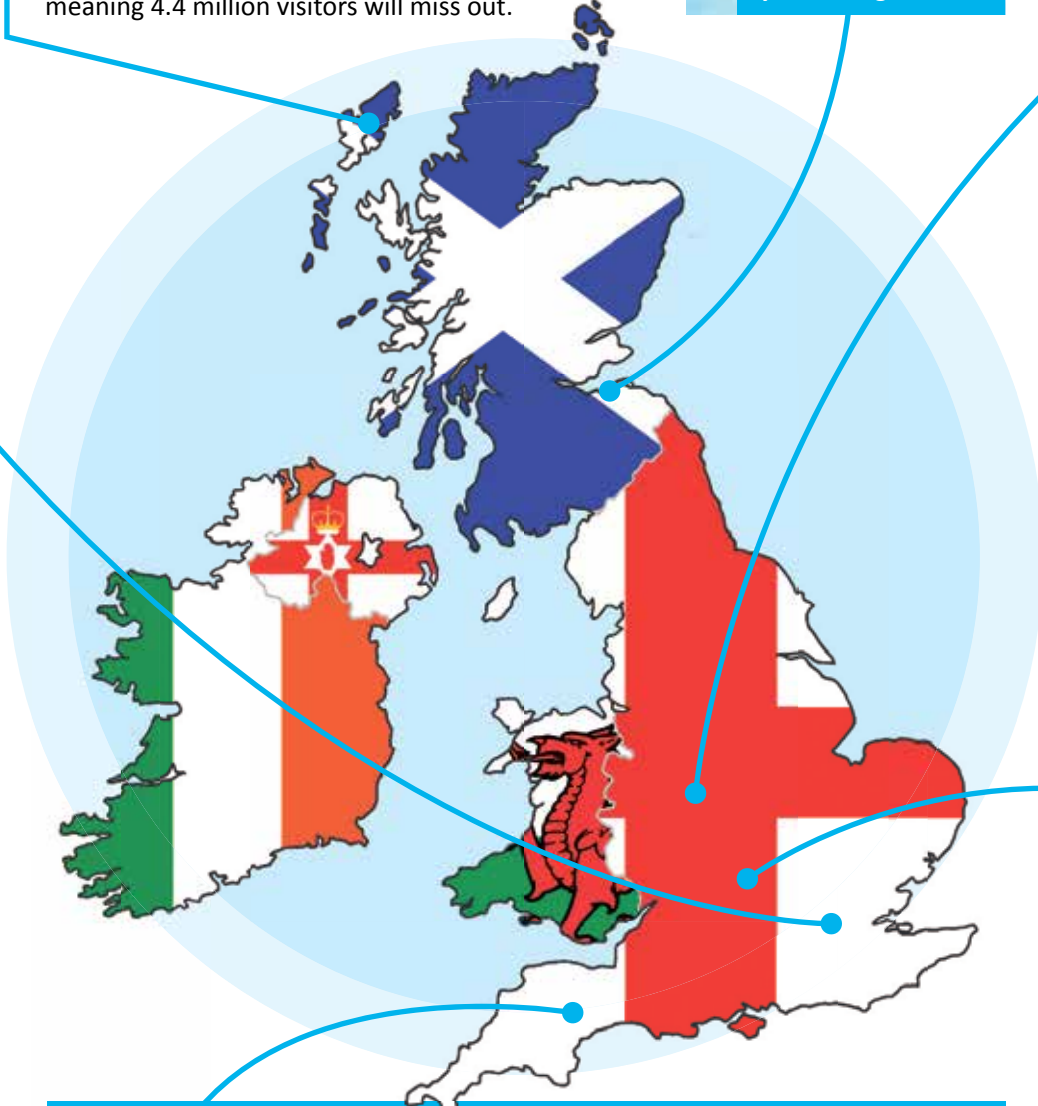
EDINBURGH

● Art festival cancelled

The Edinburgh Fringe, the biggest arts festival in the world, has been cancelled due to the ongoing coronavirus pandemic. It is the first time in more than 70 years that it will not have taken place. First Minister Nicola Sturgeon described the cancellation as "heartbreaking" but said it was "the right decision". Four more festivals in the city have been cancelled, meaning 4.4 million visitors will miss out.



Performers at last year's Fringe festival



UK

● Big push for Big Issue

The *Big Issue*, the magazine sold by homeless people, is on sale in Sainsbury's and McColl's. Sales were stopped on 22 March to protect the health of sellers, so it is hoped that supermarket sales can make up for the lost income and help the homeless.

BIRMINGHAM

● Railway discovery

Archaeologists have unearthed a railway roundhouse in Birmingham that dates back to the 1830s. The discovery includes the turntable that was used to turn trains around. The dig is part of preparations for HS2, a new high-speed railway. Jon Millward, from HS2 Ltd, said: "The discovery is extraordinary and fitting as we build the next generation of railways."



OXFORD



● Water rescue!

Meet Olive from Oxford! This pup chased a rat into a big water pipe and got lost in the sewers. Two Thames Water engineers, James Lewis and Jack Gale, spent two hours lifting manhole covers along the pipeline to find her. Lewis said that when they pulled her out, Olive was "bouncing around with excitement, her owner had a tear in her eye and I had a lump in my throat. It was a fantastic feeling".

DEVON

● Knitters unite for record

A world record attempt for the longest knitted bunting is underway, thanks to a Devon resident. Deborah Custance Baker set up a Facebook group and now has people knitting around the world. The knitters are sending their designs to Deborah's home in Silverton, where she is "affixing 32,000 flags onto eight kilometres of tape". It's hoped the completed bunting will be displayed at the Devon County Show in August.



NEWS IN NUMBERS

£900 was the amount of tax Solihull Council demanded from Benjamin Lee. The only problem is that Benjamin is two years old! The council apologised for the mix-up, although dad Jeff said it did "give us a good chuckle".

11-year-old Tamara McAuley from Suffolk has begun a Blue Hearts for NHS campaign. She hopes more children will make the hearts to show the NHS "we are all supporting them". The Blue Hearts for NHS Facebook group already has 3,500 followers.



21,000 healthy Scots have signed up to help vulnerable people. The Scottish Government's Scotland Cares campaign has had responses from returning NHS workers and those looking to help charities and community groups.

£100,000 has been raised in just two weeks for the Severn Valley Railway. The heritage railway set up an emergency appeal to cover the loss of income while it is closed due to the coronavirus lockdown. It aims to raise a total of £250,000.



ANCIENT FOREST FOUND



EVIDENCE that a prehistoric forest existed in the South Pole more than 90 million years ago has been discovered by a team of researchers.

Soil that came from a Cretaceous-era forest was discovered in the seabed near the South Pole and included roots, pollen and plant spores in pristine condition. The fossil traces, found by a team from the UK and Germany, suggest that the South Pole may have had a much warmer climate in prehistoric times than it does now and that the area was once a thick, swampy forest.

The next part of the puzzle is for scientists to work out what caused the area to cool so drastically, forming the ice sheets that are found in Antarctica today.

The full report was published in the science journal *Nature*.



Alfred Wegener Institut/J McKay

WOW!

A TEAM of researchers from the University of Westminster says that more women should be used to drive commercial vehicles such as buses and lorries, as it should reduce the number of accidents on the road.

DELIVERED BY DRONES

THE “world’s first” drone delivery service has started in Moneygall, Ireland, delivering important prescription medicines to people.

The new service from Manna Aero will focus on helping vulnerable people in 12 homes who are currently self-isolating due to the coronavirus. The use of drones means zero human contact, which is something everyone is focusing on right now.

Manna Aero founder Bobby Healy said: “It makes us very proud to be able to contribute to the COVID-19 effort in some small way and lift a few spirits while we do it.”

If the trial is successful, the drone delivery service could be rolled out across Ireland and be expanded to deliver food as well as medicine.



A delivery drone

Manna Aero



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

EDITOR'S COMMENT



IT'S been another week that Coronavirus, or COVID-19, is leading the news bulletins across the world.

Although it's now the Easter Holidays, it's not as different as usual for most kids and adults who have been working at home during the pandemic. It's hard not being able to see friends and doing lots of the activities that we enjoy. But it's a small price to pay to save the lives of those most at risk from the disease. Enjoy each day and set yourself small tasks.

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GOOD WEEK FOR...

Sir Keir Starmer

SIR Keir Starmer has been named the new leader of the Labour Party. He replaces Jeremy Corbyn, and has been spending his first week putting together his new team.



Getty

BAD WEEK FOR...

Polio vaccines

THE Global Polio Eradication Initiative (GPEI) has had to suspend its vaccination campaigns around the world during the coronavirus outbreak.



iStock

NEW BOOK LOOKS AT YOUNG LOVE



Getty

JACQUELINE Wilson has revealed that her next children's novel, *Love Frankie*, includes the first gay romance to feature in any of her books.

The best-selling author, who has now written 111 children's novels, has never touched on this subject before. She says that she usually writes about children with problems and does not see “any problem whatsoever with being gay”.

Love Frankie, which is due to be released in August, is a story about a young girl falling in love with another girl. Jacqueline says it is not aimed at gay teenagers, but any teenagers who have ever worried because they haven't or have fallen in love.

Jacqueline herself recently confirmed that she has been in a same-sex relationship for the past 18 years.

FRANCE



● Hidden talents

France's education system is known for being competitive, and schoolchildren are often told that if they don't do well in school, they won't do well in life. Now, a new TV show wants to let kids know that it's not like that. Called *Les Cancre*s (*The Dunces*), the show will pair up struggling pupils with successful celebrities, scientists, and business people who didn't do well at school. The show's producer said he hoped to "represent people who have a different experience at school but who have enormous gifts".



ITALY



● Balcony science

More than 6,000 Italians, staying in their homes as part of the nationwide lockdown, took part in a huge, first-of-its-kind science experiment to measure the country's light pollution. The experiment, called *Science on the Balcony*, had participants use a special app created by the Italian National Research Council. They were asked to turn all their lights off and point their phones at the brightest light source on their street. The app used the smartphone's brightness sensors to measure the amount of light coming from the street.



CHINA



● Shenzhen changes

The city of Shenzhen has become the first in China to ban the sale and consumption of dog and cat meat. In a statement, the Shenzhen government said: "Dogs and cats as pets have established a much closer relationship with humans than all other animals, and banning the consumption of dogs and cats and other pets is a common practice in developed countries." The ban also covers the sale and consumption of protected wildlife species, including snakes and lizards.



BRAZIL



● Indigenous infection

There have been four confirmed cases of COVID-19 in a village found deep within the Amazon rainforest. Experts are worried that the disease could spread quickly through indigenous communities, who don't have much immunity to diseases and limited healthcare access. Brazil's President, Jair Bolsonaro, has been criticised for downplaying the coronavirus outbreak, and attacked governors who put their states in lockdown.



VENEZUELA



● Navy "rams" cruise ship and sinks

A Venezuelan navy ship has sunk after allegedly ramming a cruise ship it had ordered to change direction. The owners of the cruise ship, the RCGS *Resolute*, said the naval vessel *Naiguata* had also fired shots in an "act of aggression in international waters". The cruise ship was left with only minor damage, as it was reinforced for sailing through ice. Following the incident, Venezuela's military said that the crew had all been rescued and that the cruise ship had shown "cowardly and criminal" behaviour by not taking part in the rescue.

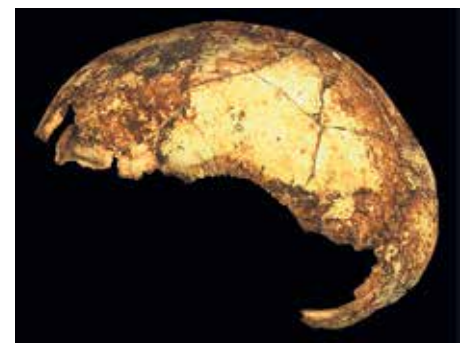


SOUTH AFRICA



● Ancient skull found

An ancient skull, thought to be the oldest ever found, has been unearthed in South Africa. The skull, belonging to modern human's direct ancestor *Homo erectus*, is believed to have been from a young child who lived more than 2.2 million years ago. The team of Australian researchers who pieced together the 150 skull fragments say this could mean that our ancestors lived 200,000 years earlier than we previously thought. Lead researcher Professor Andy Herries said he "could not stress how rare" the find was. "The group that this two or three-year-old was a part of could have been the origin of everyone alive today."



OUR WORLD

NAME: ALEX LIVES: SURREY

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

ALEX is a teenager with dreams of being a make-up artist. For years, she has had to cope with homophobic bullying, resulting in depression and anxiety, and struggling to be herself.

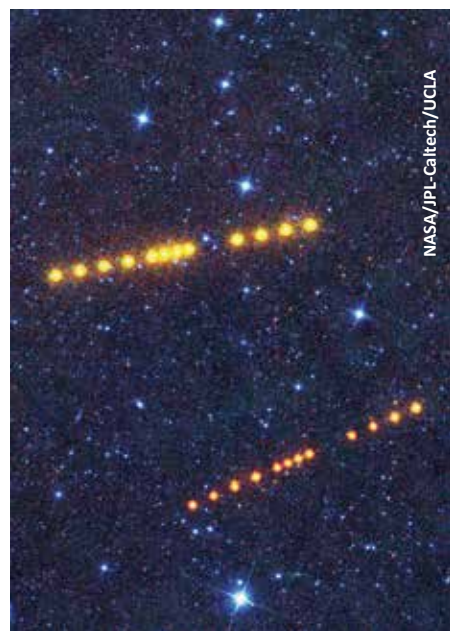
When she discovered the WAVES project, a youth mental health awareness group funded by Comic Relief and the #iwill fund, she found her "small family". Since joining, she has grown in confidence, and now supports new members.

COMIC RELIEF



YMCA Redhill

DOTTY ASTEROID



NASA/JPL-Caltech/UCLA

THESE bright orange dots are two asteroids in our solar system called Klotho and Lina.

Their movements were snapped by a NASA infrared-wavelength astronomical space telescope.

Both of these asteroids are in orbit inside the main asteroid belt between Mars and Jupiter.



istock



VIRUS LATEST

AS scientists around the world continue their research, here's a round-up of some of the latest scientific news on COVID-19.

• **Vaccine research makes progress** – There are more than 40 teams worldwide working on creating a vaccine to prevent people from catching COVID-19. Early tests from one research facility in Pittsburgh, USA showed their vaccine can create antibodies that kill the new coronavirus. This is great news, and it's been developed very quickly because the scientists had already done a lot of research during earlier coronavirus epidemics. The vaccine is given using a patch on the skin, like a plaster (right). Human clinical trials will not begin for a few months, however.



University of Pittsburgh School of Medicine

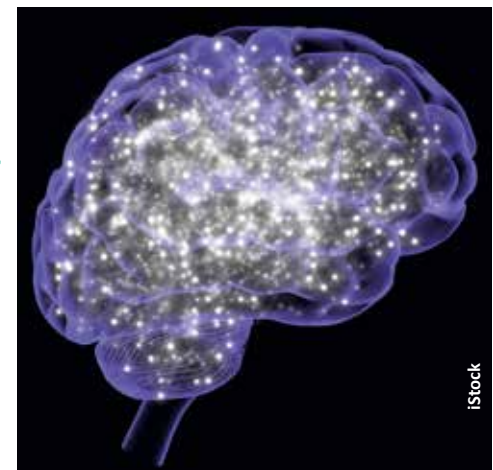
• **Trump under fire over drug** – US President Donald Trump has repeatedly told Americans to take a drug to treat COVID-19 – despite his own public health experts warning against the idea. The medicine, called hydroxychloroquine, is usually used to treat other conditions, including malaria and arthritis. There is no reliable scientific evidence yet that it can treat COVID-19, and it can be unsafe if not taken properly.



Getty

• **Isolate for longer?** – The official advice in the UK is that people who think they have COVID-19 should isolate at home for seven days to be sure they can't spread the virus. But the World Health Organization (WHO) advises 14 days. New research from Germany backs up the WHO approach: patients with COVID-19 were found to be most infectious in the first seven days, but some still continued to have high levels of the virus in their saliva up to day 11.

MACHINE CAN READ MINDS



istock

SCIENTISTS in America have developed artificial intelligence (AI) that can translate brain activity into words.

Four volunteers at the University of California had electrode arrays implanted in their brains. These devices measure what goes on inside the brain.

The participants had to read 50 sentences aloud several times, while scientists monitored their brain activity.

The data was inserted into an AI system that turned it into a list of numbers. This was then fed into another part of the AI system that decoded those numbers into words.

The results were impressive, but not perfect: one sentence read aloud was: "Those musicians harmonise marvellously," but the AI translated it as: "The spinach was a famous singer!"

Overall, though, scientists were very happy with the AI's accuracy: for one participant, only 3% of translated sentences needed correcting.

The AI was only working with 50 set sentences, though. It can't quite translate random sentences yet. And without implanted electrode arrays, there's no risk of your mind being read any time soon!

TATA CONSULTANCY SERVICES

INNOVATIONS



CHEMISTS in America have come up with an invention that captures the sun's energy to convert carbon dioxide and water into building blocks for molecules.

Those molecules could, in turn, be used to create a huge range of compounds, from fuels to drugs. This would be useful for astronauts on a future mission to Mars – and even more helpful if humans decide to settle permanently on the Red Planet. That's because it would cost a lot to ship things from Earth to Mars.



UC Berkeley/Peiyoung Yang

The device

The device (left) uses bacteria and nanowires (super-thin wires) to capture and reduce carbon dioxide into a molecule called an acetate, which is a building block for fuels, plastics and medicines.

SCIENCE MUSEUM GROUP

This report is from our friends at the Science Museum

CHEMISTRY has always played an important role in the food we eat.

We use chemistry in everything from baking to producing artificial food colouring to making substitutes for sugar.

But the first artificial substitute was margarine. It was invented in 1869 following Napoleon III's request for a cheaper alternative to butter, which was scarce at the time. Today we're all familiar with the yellow hue of margarine we spread on our morning toast, but did you know that it was once pink?!

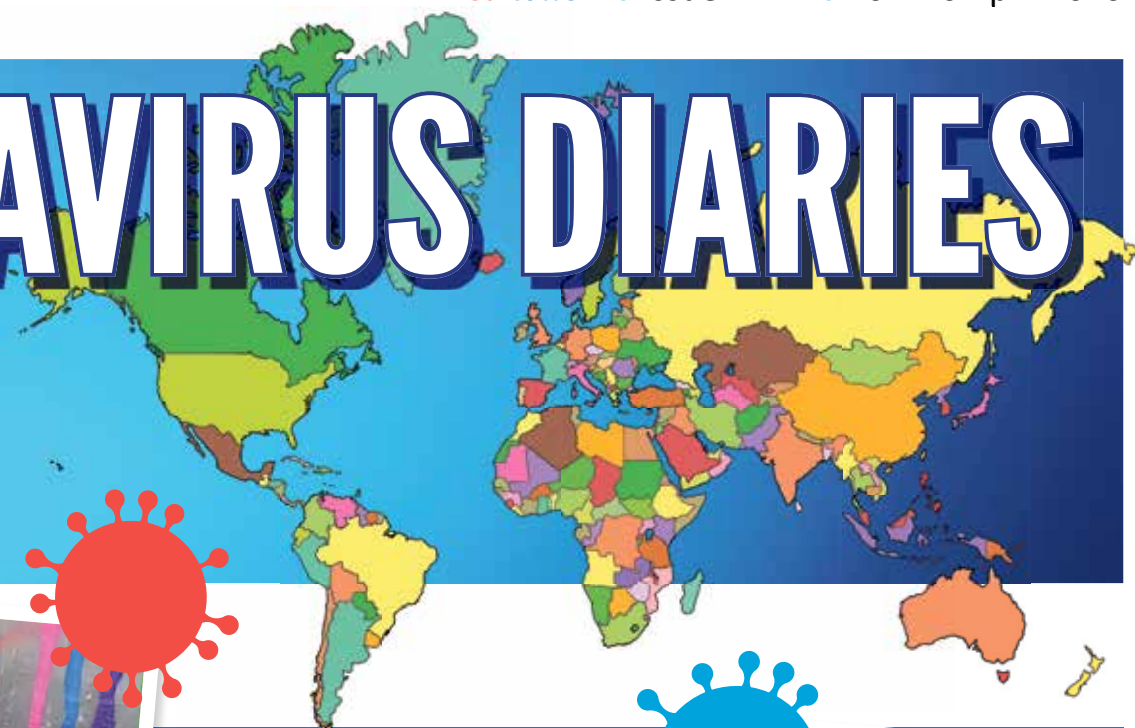
Margarine is actually white but then artificially made yellow to imitate butter. Around 100 years ago, laws were passed in the USA that made it illegal to make margarine any colour except pink, so that people would not be misled into thinking it was butter! Discover more at tinyurl.com/tbuet58.



istock

THE CORONAVIRUS DIARIES

IT'S not just the UK that's on lockdown because of the coronavirus – this is something that's affecting young people all over the world. We've been hearing from First News readers who go to schools in lots of different countries, about the way their lives have changed over the last couple of months and how they are feeling about it. The full articles can be read online at [first.news/myworld](https://www.first.news/myworld)



DAVID, AGED 11 VIENNA, AUSTRIA

Three weeks ago, all the schools in Austria closed and now we must work from home, including my own, Zwi Perez Chajes School.

At the beginning, everybody was happy but that changed very quickly. My parents wouldn't allow me to go out alone and I wasn't allowed to visit my friends any more.

We do try to keep to a routine. Every weekday my family and I get out of bed at about 7:30am, then we eat breakfast together. We have two study sessions in the morning and two in the afternoon. At 10am we break for a workout session live on YouTube.

There are positives and negatives about the lockdown. It's nice to decide which subject I can study each day and in which order. However, I personally prefer it if a teacher explains the subject to me in their own words.

I also really miss playing football and tennis. What keeps me positive is talking to my friends on WhatsApp and drawing every day, so when I'm older I will have a record of the corona crisis.



FARIDA, AGED 11 CAIRO, EGYPT

I go to Cairo English School, which has been closed for three weeks and there is a curfew from 7pm-6am, which is a great idea in my opinion.

My routine has changed a lot, especially over the weekend! I would normally go and meet friends and family members or just go to the mall, etc. But now I barely go out or see my grandparents.

Things that are difficult: the internet, boredom and toilet paper! But there are positive things: more family time, time to create things and read. Meanwhile, I miss all of my teachers and friends! I am making myself more positive by listening to music.

As long as I am washing my hands frequently, eating healthy and staying at home, there is a high chance I am safe!



AUDREY, AGED 12 SHAOXING, CHINA

Hello, my name is Audrey. I live in Shaoxing, China, and attend school at Wellington College International, Hangzhou. I live with my mum and dad and I have three dogs and two cats. My hobbies are drawing, badminton and singing. Because of COVID-19, school has been shut for two and a half months.

I am happy that I have more

family time and can chat more with my friends – we like to talk about funny stories. However, I've been finding it difficult to complete my homework because I have a lot.

I miss seeing all my friends and teachers face-to-face. I try to keep positive – I often video call my friends, play Minecraft and draw pictures.



ARIFEOLUWA, AGED 11 LAGOS, NIGERIA

Due to the global pandemic of COVID-19, my school, St Saviour's School Ikoyi, was shut on Friday 20 March.

Being part of a large family has had advantages and disadvantages, but there's never a dull moment.

I have played games with my four-year-old brother and baked with my older sisters. We've even had the time and patience to complete two 500-piece puzzles together.

Also, as a family we've played football, endured 'enforced' family walks and even ridden our hitherto dusty bike, things we rarely all do together any more, with our ages ranging from 4-17.

What has not been fun is 'cabin fever', but I have enjoyed the 'togetherness' – even if it's enforced.



ANNABEL, AGED 9 DUBAI, UAE

My school, Jumeirah College, has changed and every child has had to start home-schooling.

There are lots of downsides to online learning, like not seeing any of my friends. I have some friends that live in the same neighbourhood as me and I used to see them almost every day; now I can only see them on video chat. Home-schooling has made me feel really anti-social.

But with the bad, comes the good.

Everyone can spend more time with their families. We like board games. My family has been doing puzzles non-stop!

I have also been spending a lot more time with my pets. I have three cats and one very cute dachshund that loves cuddles. Our animals spend a lot of time with us because we are at home all the time, so this has been good news for them!

I hope we will never experience anything like this again. So for now I enjoy the time at home with my family and my pets.





HIPPOLYTE, AGED 15 VERSAILLES, FRANCE

Instead of being at my school, St Jean Hulst, I'm quarantined with my parents, my brother and my grandmother, who usually lives on the west coast.

We are not allowed to go out unless we have a certificate stating the reason for leaving home.

My daily routine has changed a lot. I like to lie on my bed reading news because I think it's very important given the situation.

Thankfully, all my family members are helping each other out and I actually think I am more productive than in class.

When I will look back on this time, I think I will remember two things: music and clapping for the French healthcare staff at 8pm every night from my balcony.

I think we need to stay positive during this special time and help each other.

KOKI, AGED 9 HYOGO, JAPAN



Hello everyone! Schools like mine, St Michael's International, have been closed since early March. Since then, I have been staying home and doing distance learning.

Our teacher Mr Green has been coming up with different experiments for us to try at home, which has been a lot of fun!

I've been really happy to stay in touch with friends online when playing videogames.

Most days after my schoolwork, my mother takes me and my sisters to a park. We're lucky in Japan, as we can still go out a bit!

I have been watching the news more often than before to stay current with the COVID-19 news. I talk about it with my parents so I have a better understanding of what I hear.

ANDREW, AGED 11 OSLO, NORWAY

I now do online learning from my school, Oslo International School. COVID-19 has had a significant impact on my life here.

We are allowed to go outside, but have to stay two metres from people in public. Mostly I don't leave my neighbourhood, and my mum runs to a nearby grocery store for necessities.

I only go outside to exercise and stay sane. We do weekly Zoom calls

with relatives in America.

For the last month, my routine has been: waking up, sitting on the couch to do schoolwork and going outside during breaks. After school I code or read and then play board games like Monopoly. My family has had a Monopoly marathon!

When I'm bored, I jump on the trampoline! Soaring in the air takes my mind off things!



INÊS, AGED 9 LISBON, PORTUGAL

My school, St Julian's, has been closed since 16 March. Being in lockdown has been difficult, but I think it is necessary for everyone's safety.

I have kept things simple: I wake up, greet my family and dogs, make myself breakfast and head back to my room to do schoolwork. I have been waking up later!

I stay fit by running 1km around my condominium.

I miss my teachers, friends, family and horse a lot, but it has to be like this for now.

My mum has been working from home. She has taught me lots of things about medicines and COVID-19, as she's a doctor.

I have tried to keep positive by keeping myself busy and it has worked! I realise that when this is over we are going to value our freedom more.

It is just a matter of time.



STELLA, AGED 15 MALLORCA, SPAIN

It is no secret that Spain is one of the most affected countries by this virus.

My were given notice on a Tuesday that there would be changes due to the virus, so they started to prepare us. Our teachers were just like the stewardesses before take-off giving the instructions in case the plane crashed.

By Thursday, it became official that we would not attend classes physically at Agora Portals International for some time.

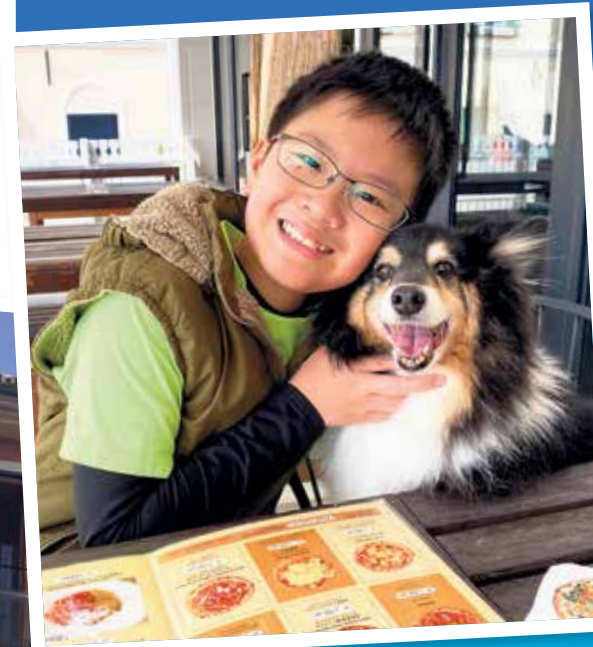
During weekdays, we have to attend six hours of online classes. When they end, I take a siesta [an early afternoon snooze] and then do my homework in order to

have the rest of my day free.

The reason I am keeping positive is the thought of keeping everybody safe, together with our healthcare professionals. The coming together of the people is what I like most about this situation.

When I'm asked about what the outbreak was like by my grandkids, I will say that although it seemed like a nightmare, we overcame it in union.

No matter how far away the problem seems to be, it can come knocking on your door any day. I will never take my life for granted again.



Koki's schoolmate, Oskar, added that: "Although the situation seems bleak, there are some positives. Fewer people outside means fewer vehicles, which means less pollution. Random acts of kindness are also increasing: I read in the news how everyone is motivating others to stay positive. Perhaps it is really one big reset for Mother Earth."

12. AMAZING OFFERS!

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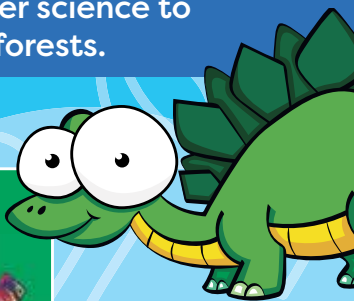
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BOREDOM BUSTERS

STRUGGLING to find something to do? Don't worry! We've packed the next few pages with some fantastic ways for you to spend your time! Try your hand at the ancient Japanese art of origami, see if you can solve our terrifically tough brain teasers – or just puzzle yourself silly!

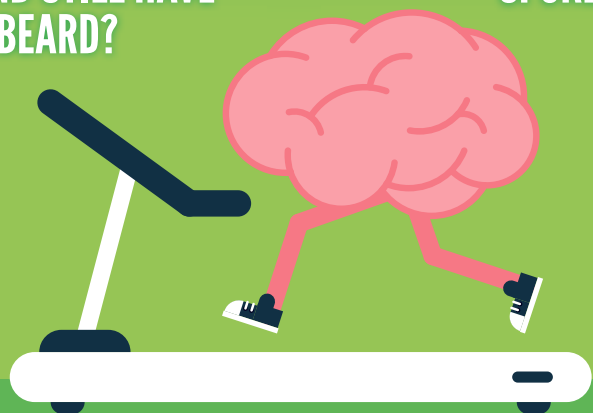
BRAIN TEASERS

1. WHAT FIVE-LETTER WORD BECOMES SHORTER WHEN YOU ADD TWO LETTERS TO IT?

2. WHAT BELONGS TO YOU, BUT IS USED MORE OFTEN BY OTHERS?

3. WHO CAN SHAVE 25 TIMES A DAY AND STILL HAVE A BEARD?

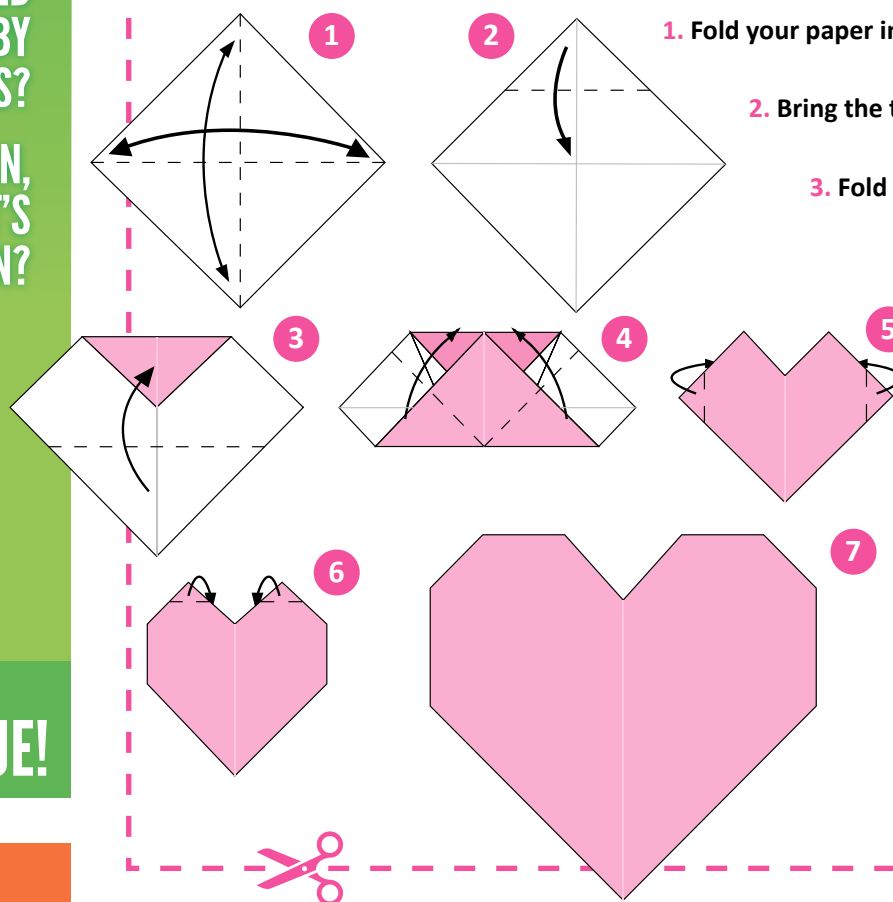
4. WHAT IS BROKEN, EVERY TIME IT'S SPOKEN?



ANSWERS IN NEXT WEEK'S ISSUE!

HOW TO MAKE AN ORIGAMI HEART!

YOU'LL need a perfectly square piece of paper. With the help of an adult, why not cut out this box on the page? Make sure you've completed the puzzles on the other side of the page first! Tip: fold along the dotted lines in the pictures below.



1. Fold your paper in half each way, corner to corner

2. Bring the top corner down into the middle

3. Fold the bottom corner up to the top

4. The tricky bit! Take the two bottom corners and fold them up to the middle, so they touch. It should begin to look like a heart!

5 and 6. Fold the pointy corners at the top and the side, round to the back.

7. Decorate the heart however you like!

Why not put your origami heart up in the window? It might make someone smile as they walk by!

THE FIRST NEWS PHOTO CHALLENGE

WE want you to re-create this famous photo, which made headlines years ago, using anything you can find in your house!



THIS WEEK IN HISTORY: Cosmonaut Yuri Gagarin became the first man in space on 12 April 1961

Send your photos to newsdesk@firstnews.co.uk with the subject Isolation Station, and we'll feature our favourites on the new First News Isolation Station, which you can find at first.news/happy

HEROES IN THE BATTLE AGAINST BOREDOM

LOADS of our favourite celebrities and companies are doing their bit to rescue us from boredom. We listed loads last week, but here are a few more we've found!

- Marvel is making dozens of brilliant comics available for free on its *Marvel Unlimited* app. Stories about the Avengers, Spider-Man, Black Widow, Captain America, Captain Marvel and more will be available for the rest of April. Just download the free *Marvel Unlimited* app and tap 'free comics'.
- Audible has made hundreds of fantastic audiobooks available for free, and this week announced that *Harry Potter And The Philosopher's Stone*, read by Stephen Fry, would be joining the collection of freebies at stories.audible.com/start-listen.
- Lord Andrew Lloyd Webber is making classic performances of his many musicals available on his YouTube channel. On 10 April, *Jesus Christ Superstar* will be available to stream for 48 hours at youtube.com/theshowsmustgoon.



WIN! A HAPPY CONFIDENT ME JOURNAL

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

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



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



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.



WIN! TOPPLE TOWER



CAN you complete our crossword by using the clues below?

Send in your answers and two lucky winners will win the new Topple Tower game from the London Transport Museum shop. This classic game has undergone a London-style makeover, with bricks in the colours of Underground lines. ltmuseumshop.co.uk

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

ACROSS

- 1 Ritual (8)
- 6 ___ Cup: football competition (5)
- 7 This makes bread rise (5)
- 9 Puts down gently (4)
- 10 Sport played by Andy Murray (6)
- 12 Once a year (6)
- 14 Type of private transport (4)
- 17 Fairies (5)
- 18 Prepared (5)
- 19 Famous; well-known (8)

DOWN

- 2 Opposite of late (5)
- 3 Finishes (4)
- 4 Gas in the air (6)
- 5 Long for (5)
- 6 Wellbeing of a person (7)
- 8 Provide evidence for (7)
- 11 Dried grape (6)
- 13 Not ever (5)
- 15 Surprise greatly (5)
- 16 Got bigger (4)



WIN! ROMANTIC POET PRESENTATION SETS

ROYAL Mail has launched a set of ten new Special Stamps on the 250th anniversary of the birth of William Wordsworth, the renowned Romantic poet, born on 7 April 1770.

The stamps also celebrate other major Romantic poets: William Blake, John Keats, Lord Byron, Samuel Taylor Coleridge, Mary Robinson, Percy Bysshe Shelley, Walter Scott, John Clare and Letitia Elizabeth Landon. Each stamp uses an extract from one of their most popular and enduring works, along with a specially-commissioned, monochrome design that reflects the theme of the poem.

We have 15 Romantic Poets Presentation Packs up for grabs. To be in with a chance of winning, just answer this question:

- Which of these is not a famous poet?
 a) William Blake b) John Keats c) Lady Byron



ENTER NOW! MARK YOUR ENTRY POET

firstnews.co.uk/competitions or see page 15. The closing date is 23 April 2020.

WIN! JUMANJI THE NEXT LEVEL



CAN you spot the five changes we've made to this picture from *Jumanji: The Next Level*? Send in your answers and four lucky winners will win a copy of *Jumanji: The Next Level*. The gang are back, but the game has changed! As they return to Jumanji to rescue one of their own, they discover that nothing is as they expect. The players will have to brave parts unknown and unexplored, from the arid deserts to the snowy mountains, in order to escape the world's most dangerous game.

Jumanji: The Next Level is available to Download and Keep now and to buy on DVD, Blu-ray and 4k Ultra HD on 13 April.



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WORDSEARCH : WHAT ON EARTH?

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

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

- Kabul
- Vienna
- Brussels
- Ottawa
- Beijing
- Doha
- Rome
- Kingston
- Paris
- Cairo
- Stockholm
- Moscow

ALL of these are minibeasts. Can you guess what they are?



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

LAST WEEK'S ANSWERS:

Spot the difference: jacket is a different colour, button is missing, extra ear has been added, flower has been removed, doorway is missing.
What on Earth?: basket, eggs, chicks, bunny ears, hot cross buns, daffodils.
Word Wheel: blueberry.

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

HOME LABORATORY!

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

Our friends at the Science Museum in London have come up with another brilliant bit of 'kitchen science' for you to try out. Make sure you ask a grown-up for help, though!



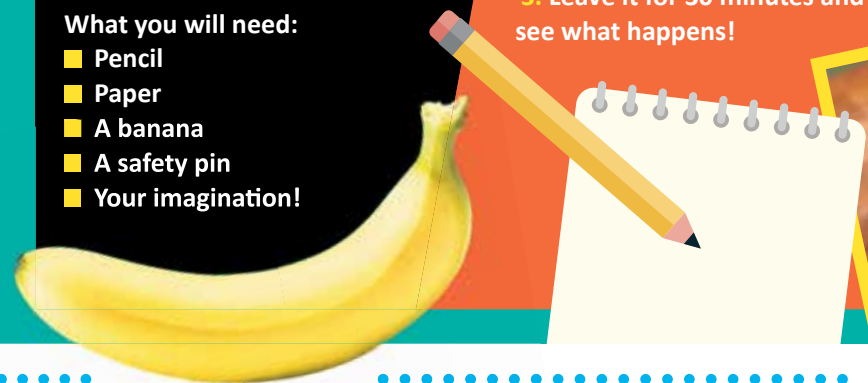
Banana tattoos!

Have you ever wondered why bananas turn brown from the outside? In this experiment, you will learn why, simply by using a banana and a safety pin!

What you will need:

- Pencil
- Paper
- A banana
- A safety pin
- Your imagination!

1. Using your pencil and paper, design a simple image or pattern, making sure that it will fit on the side of the banana. You could draw a face, or stick men, or a cat, or anything you like!
2. Using a safety pin, carefully carve the design by making tiny dots on the banana skin.
3. Leave it for 30 minutes and see what happens!



What's the science?

Bananas contain enzymes – substances produced by plants and animals (including humans) that are needed to speed up the vital chemical reactions that take place inside us. If the banana skin is bruised or pierced, one of these enzymes (polyphenol oxidase) reacts with oxygen in the air, producing a brown colour. Thankfully, the banana still tastes good – it's just mushier!

POP FUN Advertisement feature

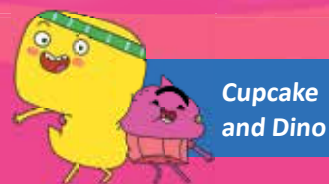
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What is the name of the queen in Trolls: The Beat Goes On?
a) Poppy b) Violet c) Daisy

Send your answer to competitions@dna-pr.com by 19 April



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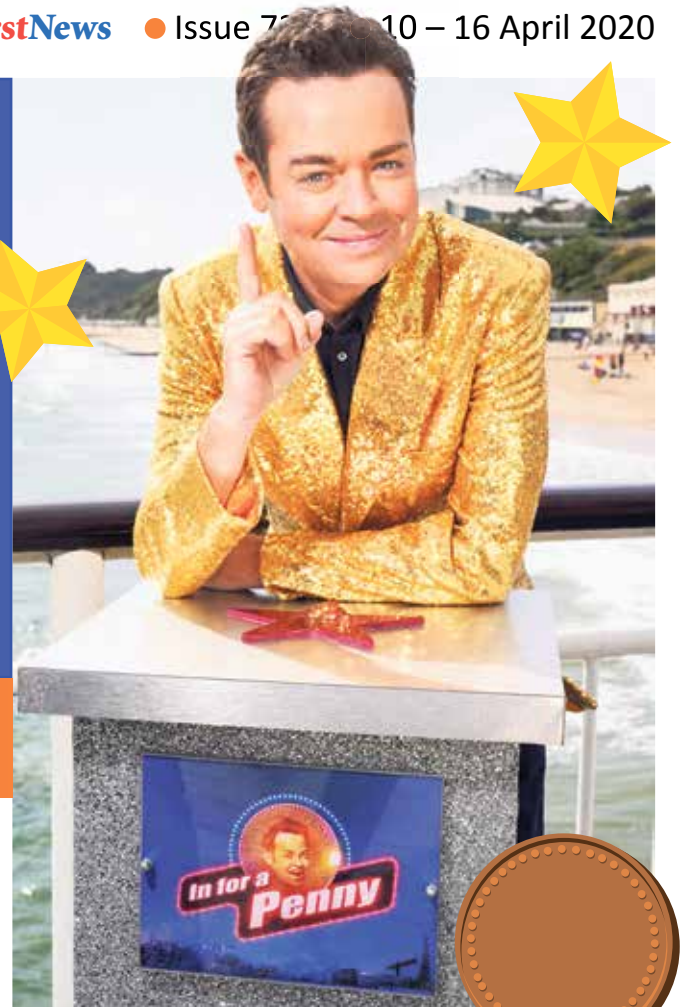
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SATURDAY NIGHT SILLINESS



STEPHEN Mulhern is here to brighten up our Saturday evenings with the latest series of the brilliantly funny *In For A Penny*. We caught up with Stephen to find out more.

● **Tell us about the new games in the second series of *In For A Penny*.**

One of my favourite games is Celebrity Drive Who? At a drive-through, unbeknown to the customer, hidden on the other end of the speaker is a well-known celeb taking their orders. All the customer has to do is ask a selection of yes/no questions to try to guess who the celebrity is. If they guess correctly, we pay for their food order; if they lose, they have to pay for it themselves. We have some great celebrities taking part and they were all game for a laugh, which was brilliant.

● **What's been your favourite moment from filming this series?**

Some of my favourite moments from this series are from a new game we have called Cross Dressing. It's based on an item I used to do in my stage show. We get a couple of people – whether that's a boyfriend and girlfriend, husband and wife, mother and daughter, any sort of partnership – who head into a dressing room and have just 60 seconds to swap clothes. We have cameras in the dressing rooms capturing all of the action, which they were all aware of before filming. The cameras allow you to see everything from start to finish, and the things you see will make your eyes water!



● **Do you test out the games on any friends and family?**

I do, yes. We have a system in place with the team on

the show: we meet and put our ideas forward, then come back together armed with props and test out the games. The funniest ones make the show; the other ones disappear and are never heard of again!

● **Which game would you love to play on your celeb friends?**

I think Check It Out would be a good game to play on celebrities. In that game we line up items from a shopping trolley and all you have to do is guess if the item is higher or lower in price than the previous item. We'd be able to find out if celebrities really know their stuff or live in celeb land!

● **What's your favourite thing to spend your pennies on?**

I think meals out. I do like going to a nice restaurant with friends and family. Also, every year I take my family away on holiday and it's really nice for us all to get away together.

● **Another game is called *You Are What You Eat*, so which food best describes you?**

I'm going to say a good steak. Nice and juicy.

● **Can you tell us any other funny stories from filming?**

It has to be while filming our new game Cross Dressing. We had a mum and daughter head into the changing rooms to start swapping clothes. I've never seen someone take their clothes off so fast! The mum was like lightning getting the clothes off, but it wasn't as easy getting her daughter's clothes back on!

● **One of the new games is called *Drive Me Round The Bend*, which tests people on their parking. How's your parking and how**

would you cope in the game?

I'm not bad, but I don't think I'd be that great if I was under pressure and had a crew watching me and cameras filming me. I certainly don't think I would be as good as some people I've seen during this series, but there again, I don't think I'd be as bad as some of the others. There are a lot of very messy cars out there and the things people keep in their cars is sometimes baffling. One lady had a tube of silly string in her car, for no other reason than she absolutely loves silly string!

● **As lots of people pay with contactless cards now, is it hard to find people with a penny in their pocket?**

Honestly, it's the one thing that plays on my mind. We'd have to come up with a new catchy title, as *In For A Penny*, *In For A Grand* really works. I'm not sure *Tap Your Contactless And Win A Grand* has the same ring!



CHARITIES SUPPORTED BY FIRST NEWS

Catch *In For A Penny* on ITV1, Saturdays at 7.30pm

PERRI COOL



DIVERSITY star Perri Kiely wowed us on the rink as part of this year's *Dancing On Ice*. He talked to *First News* about life in lockdown, what he's doing to stay busy and active, and how you can join in with some Diversity dance routines!

● **Hi Perri, how are you? Since you're so active normally, staying home must be strange for you!**

I still can't believe that it's real. Looking out the window now, the street is empty. I don't know what to do with myself. I'm just getting on with it, like everyone! I have literally gone from the busiest time of my life to nothing. I went from a tour with Diversity, then straight into panto and then *Dancing on Ice*. Now I'm just sitting at home, it's so odd. I spend most of my time with the boys normally, so that is really weird, not being able to see them.

● **Are you still dancing?**

Yeah, it was getting to the point where I couldn't not dance, which sounds really weird. I've just been dancing about in the kitchen and the garden. We've also just launched our 20DV website too, which is our online dance school. There are a few of the dances on there that I don't know, so I signed up and learnt some of the new ones. I sent them to Ash [Ashley Banjo] and he told me what I needed to work on. He's still 100% telling me what I'm doing wrong; I can't get away from that!



● **Tell us a bit about 20DV.**

20DV is literally a virtual Diversity. It's our online dance school, which we've been planning and prepping for a long while now. We always get requests to go and teach dance classes but we never really have the time, so it's nice to have this out there that

people can use to learn from. Of course, during this crazy time, people are stuck indoors, people want to go out and dance. Or if they've never danced before, they want to give it a try, and we just wanted to help people during this period, which is why it's free. We've had so many videos from people who have just started and are loving learning the routines, and then we've had videos



Perri in action this year on ITV's *Dancing On Ice*

from people who have been dancing for years and are just smashing it! It's really nice to see.

● **So it's not just for people who can already dance? Beginners can join in too?**

Oh yeah, there are beginner dances, intermediate and advanced. It's so nice because people are really challenging themselves and you get all these videos where people have done our choreography but have added their own bits on at the end, making it into this whole big routine. Yes, everyone is stuck indoors, but it's nice to put your mind to it and to do something active without having to leave your house. I did one of Ash's dances on there the other day and I won't lie, it was quite hard. I did send him a video and he did approve, but little did he know that there were about 25 videos before that that I didn't send him! That's what I mean, there's stuff for all levels. You can be really challenged or, if you've never danced a day in your life, you can jump on there and learn.

● **Everyone seems to be learning new skills, so what will you be learning?**

I didn't want to be on my own, so I'm isolating with my dad, which is really cool. My dad is a chef so I'm getting the best food ever. I'll definitely be doing some cheffing with my dad. I also have a guitar that was gathering dust, so I'm going to try to work on that. I've told myself that if I don't become Ed Sheeran in the next couple of weeks, I'm going to be raging! I'm going to be a dancing, ice skating, chef, guitarist. I'm aiming high! You have to at times like this.

● **We saw an impressive LEGO Hogwarts on your Instagram page too. Have you been building a lot of LEGO?**

Yeah! It was kind of sitting half-built for a little bit, but

I'm back at it now. Anything I can do: LEGO, a puzzle, I've been doing it all. I feel like every cupboard has been emptied and I'm using everything I've been given for Christmas over the last five years. I would like to say that Hogwarts only took me a couple of days, but it's taken months and it makes me feel really bad because it says 6+ on the box! It's not the greatest achievement. The picture on my Instagram is the best angle – it's a shambles from the other side. People keep asking to see the finished thing but it's not done yet!



Perri with his awesome LEGO Hogwarts!

● **What message do you have for Diversity fans at the moment?**

Although these times are crazy and scary, you just have to try to stay as positive as possible. Try to have as much fun as you can at home, stay active, stay positive and stay safe! It's all we can do. Hopefully we'll all push through and get through this together and learn some cool dance routines on 20DV too!

Do you have any burning questions for your favourite celebrities? If so, we want to hear them. The sillier they are, the better. Send your questions and the name of the celebrities you'd like to answer them to newsdesk@firstnews.co.uk and we'll do our best to get them answered in *First News* or on our website!

THIS WEEK

1 Production has been paused on a number of big Hollywood films as the world tackles the coronavirus. Filming on *Jurassic World: Dominion*, *Batman* and *The Little Mermaid* has stopped, while the new *Spider-Man* film (starring Tom Holland) was due to start filming in July, but this has now been postponed. It's important to keep everyone safe during this time, so it does mean we'll have to wait longer to see these new films.

2 Singer Fleur East has written a rap about staying home during the lockdown. The singer performed the rap for the first time on *The One Show*. It includes the lines: "Look at toilet paper, what is wrong with us? You can wash your bum in the shower, what's the fuss?"

3 There seems to be a lot of bad news in the world right now, but also a lot of good. Radio 1 presenter and WWF ambassador Cel Spellman is filming a daily happy news show (from his house) for his YouTube channel. There are lots of happy news stories in *First News* too, so look out for our happy news stamp scattered throughout the paper.

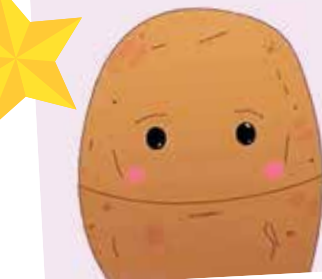
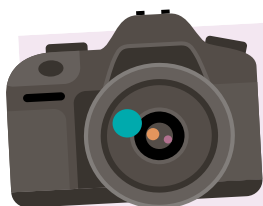
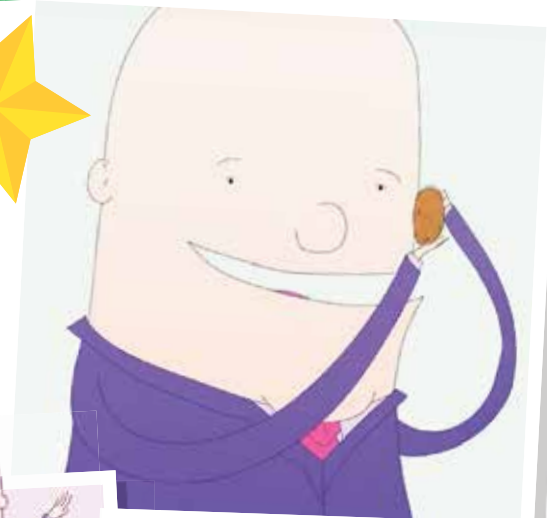


PICS OF THE WEEK

MATT Lucas (soon to be seen on *The Great British Bake Off*) has released a brand-new single called *Thank You Baked Potato* to raise money for FeedNHS.

The single is a reworked version of his *Baked Potato Song*, which has been rewritten with advice on how to stay safe during the coronavirus outbreak. The animated video includes advice about washing your hands, staying at home and staying 2m apart from each other. All the money made from the single will help buy hot meals for NHS staff.

Thank You Baked Potato is out now, with all proceeds going to FeedNHS.



Tell us about your character!

Darrell is a strong, kind and loyal character, who sometimes has a hot temper, and always seems to know what's best. She has a big heart and always tries to do the right thing. People really look up to her for being such a kind, positive and happy person. They see her as a strong leader.

How did you feel when you got the part?

When I found out that I got the part, my mum gave me a gift. When I opened it, it was the first *Malory Towers* book. She didn't need to tell me – I just knew when I saw the book that I had got the part. I was so excited and a bit overwhelmed, so I just buried my face in the book. It was a long audition process, so it was amazing to finally hear the news.

What was it like playing such an iconic role?

The great thing about reading a book is that you can imagine the character in your own mind, so I felt a bit pressured to create a character that people would be happy with. Apart from that pressure, it was so incredible, and I feel very honoured to have had this opportunity.

How did you prepare for the role?

My little sister Georgia was reading the series at the time, so she was really helpful in giving me lots of tips



on how Darrell should be.

Were you a fan of Enid Blyton before, and what do you like about her books?

My whole family are huge fans of the books. My family didn't grow up reading Enid Blyton but, since I got the role, everyone (including my grandparents) has read the entire series. I also love the *Famous Five* and *St Clare's* books.

Why should people watch the series?

People should watch it because it brings a classic, much-loved book to life and, although it takes place in post-war Britain, it still covers current issues that people can relate to. It is beautifully filmed and I think people, young and old, will all really enjoy it.



ELLA BRIGHT



THE brilliant new BBC series, *Malory Towers*, is based on the books by Enid Blyton. We talked to one of the stars...

The entire series of *Malory Towers* is available to watch now on BBC iPlayer

AND THE BAFTA WINNERS ARE...

SOME awesome games were celebrated last week, at the first ever online-only BAFTA Games Awards ceremony.

The ceremony was hosted by comedian Dara Ó Briain (right), who recorded it from his basement in a tuxedo!

Over 260,000 people tuned in to watch the big event, which even featured a virtual red carpet, where nominees and celebrities were interviewed.

This year, *Untitled Goose Game* deservedly won Best Family Game, while *Luigi's Mansion 3* took home the prize for best animation.

Winning the biggest award of them all was *Outer Wilds*, a mystery game about a time-looping galaxy.

Congratulations to all the winners from everyone here at First News!



THE ANIMAL CROSSING GRANDMA



LAST YEAR, 88-year-old grandma Audrey went viral after her grandson posted a picture of her impressive 3,580 hours in *Animal Crossing: New Leaf* on the 3DS.

Her grandson, Paul Hubans, then made a video tour of his grandma's incredible *Animal Crossing: New Leaf* world, which has since had a whopping ten million views on YouTube!

With *Animal Crossing: New Horizons* now out, Audrey's family thought that she deserved an upgrade, so they bought her a new Nintendo Switch to play the game on.

While Audrey was clearly very happy to receive the gift, she said she wouldn't be letting her *Animal Crossing: New Leaf* town be forgotten and would "find the time to play them both."

Audrey was also excited to hear that fans reckon there's a reference to her in *Animal Crossing: New Horizons*. Audrey called herself Audie in her *New Leaf* world, and in *Animal Crossing: New Horizons* there's a stylish new wolf villager who shares the same name. Perhaps it's just a coincidence, but we hope not!

SONY, THE BIG CORONA DONOR

SONY has set up a \$100 million COVID-19 relief fund.

The company behind the PlayStation has set up the huge fund to support three areas that will be hit hard by the coronavirus outbreak.

\$10m will go straight to frontline medical workers. The rest will then be split between support for children and educators who now must work remotely, and support for the creative workers in the entertainment industry, such as those who are involved with music, pictures, games and animation. Nice one, Sony!



Sony's iconic PlayStation controller

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SPARROW SPOTTING



Ray Kennedy/RSPB

HOUSE sparrows are the most common bird spotted in UK gardens, according to data from RSPB's Big Garden Birdwatch.

Almost 1.3 million house sparrows were spotted by the 500,000 people who took part in the annual count in January. Everyone who took part spent an hour outside counting and recording the birds that they spotted. Other frequent visitors to UK gardens this year were starlings, blue tits, wood pigeons and blackbirds.

Lots of smaller species of bird like wrens, coal tits and long-tailed tits were seen in many more gardens than in 2019. Experts think the mild winter is to thank for the increase

of smaller birds like this, who often suffer in extremely cold winters.

RSPB's Big Garden Birdwatch has been running for 41 years and is a great way for scientists to monitor the overall health of the UK's birds.

While we are all spending so much time at home, now is an excellent time to see how many different types of birds you can spot in your garden or out of your window.

Why don't you get involved? There's an easy guide to identifying birds at rspb.org.uk.

FROGS NEED FRIENDS

FRIEND of the Sea and Friend of the Earth have launched a campaign to help save a rare frog species that can only be found in Peru.

The campaign launched on World Frog Day (20 March) and calls on the Peruvian government to offer more protection for the Titicaca water frog, which lives exclusively in Lake Titicaca. It is the largest lake in South America and sits 3,810m above sea level in the Andes Mountains.

Titicaca water frogs are fully aquatic, which means they spend their entire life cycle in water and even lay their eggs in shallow water around the edge of the lake. Experts believe that the population has shrunk by as much as 80% in recent years. The drop is being blamed on a number of factors, including water pollution, poaching by humans for food and traditional medicines, and an increased number of invasive species that eat the frogs' larvae.



Friend of the Earth

MANATEES ON THE MEND

SEAWORLD Orlando have rescued their 12th and 13th manatees of 2020.



SeaWorld

The 12th was a young calf who was taken to SeaWorld after being found by the Florida Fish and Wildlife Conservation Commission (FWC) with cold stress (it was too cold to function properly). The calf has been treated with antibiotics and will be cared for by experts at SeaWorld Orlando until it is strong enough to return to the wild. The 13th manatee is also expected to return to the wild after a short stay to make sure it is well enough.

SeaWorld Parks are currently shut, but the team behind the scenes are still working to rescue and rehabilitate injured and sick animals. Since the world went into lockdown they have helped rescue a northern elephant seal, a number of sea lions and some seabirds. They have also released eight rare sea turtles into the wild after treatment at their rescue centres.

THE ZOO NEEDS YOU!

ZOOS around the UK are calling for donations to help feed the animals during lockdown.

All zoos are currently closed, meaning that people aren't visiting the zoos and buying tickets. Even without visitors, the animals still need to be cared for and fed daily. If you and your family want to help, please visit your local zoo's website for details on how to donate.



Getty

**EGGCELLENT
EASTER
ACTIVITIES**



THIS week we're celebrating all things Easter and welcoming the beginning of spring.

Although we can't get out and about, there are lots of ways to have fun and improve your reading skills at home. We've got some eggcellent book suggestions, which you could download as audio or ebooks, and an eggciting selection of titles to win as part of a giveaway!

There are a whole load of Easter and spring-related activity sheets, a cracking rocky road Easter recipe, an eggstra-special Easter bunny card-crafting activity and free audio stories to celebrate the season.



FIND OUT MORE AT WORDSFORLIFE.ORG.UK

YOUR READS!

**EVERNIGHT
ROSS MACKENZIE**

Reviewed by Amelia Ranson, aged nine

Evernight is full of magic and adventure. Two types of witches battle against each other until darkness comes over the town.

Mrs Hester, leader of the White witches, takes souls after they are born and they are under her control. On the other side of town, Larabella Fox, a young tosher (someone who lives in the sewers), finds an enchanted locket that changes her life.

I definitely recommend this book! It's full of friendship, magic and darkness. It's a fantastic book for the imagination. I really liked how it shows that a young girl's life is completely transformed.

However, if you're quite squeamish, then it's probably not the book for you, as it has lots of death inside! Probably best not for younger readers aged eight or below.



BECOME A FIRST NEWS BOOK REVIEWER!

HAVE you read a book recently that you desperately want to tell people about? Write us a review! We'll need around 100 words on a book you've been reading – good or bad – and a picture of yourself (with parents' permission!). Email your review to bookreviews@firstnews.co.uk



FIRST NEWS QUIZ

FirstNews QUIZ

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

**WHAT HAVE WE
LEARNT THIS WEEK?**

1 How long did it take Muhammad Rashid to crush 256 walnuts with his elbow?

.....

2 What has the new hospital at the ExCeL centre in Stratford been named?

.....

3 Which football team does Jordan Henderson play for?

.....

4 In which city have archaeologists recently unearthed a railway roundhouse?

.....

5 Matt Lucas has released a song to raise money for FeedNHS. What's the name of the song?

.....

6 Who is the new leader of the Labour Party?

.....

7 Which city has become the first in China to ban the sale and consumption of dog and cat meat?

.....

8 The Titicaca water frog can only be found in which country?

.....

1) One minute 2) Nightingale 3) Liverpool 4) Birmingham 5) Thank You Baked Potato 6) Sir Keir Starmer 7) Shenzhen 8) Peru

WRITE A STORY

WITH CRESSIDA COWELL



LAST week, 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. The way Cressida started the story is below and she chose the next instalment, written by George, aged nine, which follows on at the bottom of the page.



Getty

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

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

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

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

Ferocity picked Guggalugs up. 'I spelled that window so tight, that not even a dust-sprite could wriggle their way in,'

said Ferocity firmly. Ferocity was not the worrying type and she was really quite an accomplished spell-maker for an 11-year-old. And boggarts change their minds easily, so looking into her bright hypnotic eyes calmed the little creature, and the smoke coming out of his ears turned from the purple of anxiety to a much more jolly yellow.

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

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

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

CONTINUED... BY GEORGE KAUDERS

Cressida shared her top tips for continuing the story each week. Read them at first.news/cressidacowell

Tap... tap... TAP!

The smoke coming from Guggalugs's ears was now pitch black, and was starting to choke Ferocity, who woke with a start. 'Guggalugs, what was that?' asked Ferocity.

'Tappers!' hissed Guggalugs, nervously.

Click! The window-locking spell broke, and a gnarled hand reached through the door, and grabbed Ferocity's wrist tightly.

'GUGGALUGS, HELP ME!!!' screamed Ferocity.

'I'm a boggart, I can't exactly pull you to safety,' replied Guggalugs.

'Come with me, little child,' whispered a voice.

Ferocity grabbed onto Guggalugs's ankle as she was pulled through the window. 'AARGH!' screamed Guggalugs, as he too was pulled through. Once they were outside, they were bundled into a sack.

'The boss will pay a pretty penny for you two,' hissed the voice...

And then they were off. First at a jog, then at a sprint, and then finally at a speed so fast it would have beaten a jet plane in a race.

After what seemed like an hour, but what must have been only ten minutes, their sack was opened,

only to see a black, hooded figure, whose face was shrouded in black mist. 'I am a hunting Tapper, and us hunting Tappers hunt and track down kids.'

'But why would you take kids? We're kind!'

'KIND!? PAH! EONS AGO, YOUR ANCESTORS WALKED UPON OUR LAND, AND TREATED IT LIKE A DUMP. ALL HUMANS WERE BANISHED FROM OUR LAND, UNTIL YEARS LATER, ONE OF YOU CAME BACK, AND AS A PUNISHMENT, EVER SINCE, WE HAVE BEEN TAKING CHILDREN!'

WELL DONE, GEORGE!

And well done to all of you who sent in your versions of how you thought the story should continue. We enjoyed reading each and every one of them! What a lot of talented writers...

Keep going every week. We could choose you to continue the story next time! All you have to do is write us the next 250 words – along with your name, age and parent/guardian's contact details.

You can submit your part of the story by email at newsdesk@firstnews.co.uk, popping **Story** into the subject line, or at first.news/cressidacowell. Each Monday, we'll choose one entry to continue the story that week. **GOOD LUCK!**

BEST POSTMAN EVER?



ONE postman has been going above and beyond to bring a bit of cheer to local residents during the coronavirus lockdown.

39-year-old Jon Matson, from West Boldon, has been dressing in different outfits when he does his rounds. As long as he wears his ID and his company shoes while working, Royal Mail has given the thumbs-up to his fancy-dress fun.

The dad-of-two has dressed up as a cheerleader, an ancient Egyptian and Little Bo Peep. He admitted his Where's Wally? idea didn't achieve the desired success ("Everyone found me!") but made up for it with a brilliant gladiator get-up. He even turned his trolley bag into a noble steed!

Matson said: "It's lifted the spirits of the entire community and got a lot of people connected and talking, which is a vital lifeline while we're stuck inside."



EPIC ELBOW

DOES this man have the strongest elbow in the world? He's certainly in the running, after using his right elbow to crush 256 walnuts!

It took martial artist Muhammad Rashid just one minute to achieve the feat. He did it in December, but Guinness World Records has just made it an official record.

Rashid has other strange physical records to his name. In the world of walnuts, he also set the speed record for crushing them with his hand. His epic elbow has also set a record for crushing drinks cans, while he also managed to crush 35 coconuts with his head in just 60 seconds.

Oww! Please don't try any of this at home!



DON'T PANIC!

SHOPPERS around the country have been criticised for stockpiling food, but it seems the panic has reached the animal kingdom too!

Miriam Haas was visiting Bristol Zoo on the day before it closed temporarily. As she reached the gorillas, she saw one of the apes grabbing loads of food and refusing to share. She was able to snap some hilarious pictures of the incident.

She said: "It made me think about all the panic-buying photos [I'd seen]. I couldn't believe it, so I had to take a picture of her. My favourite picture is the one where she looks like she's thinking: 'Damn, caught in the act!'"

The greedy gorilla in question is a 15-year-old called Kera. Let's hope the zookeepers explained to Kera that there's plenty of food to go around, as long as the other apes don't take more than they need.

YOU'RE KIDDING ME?

IN North Wales, the streets started to empty as everyone obeyed advice to stay inside. That's when the goats made their move!



That's right – a herd of over 100 Kashmiri goats have taken over the town of Llandudno. The goat gang (and some kids) have been wandering around the empty town centre, tucking into tasty bushes.

Town councillor Carol Marubbi said: "They are curious and I think they are wondering what's going on. There isn't anyone around so they probably decided they may as well take over."



WHO LOOKED AFTER THE ANCIENT EGYPTIANS?
ALL THE MUMMIES!



WHAT DOES A GORILLA CALL ITS BEST FRIEND?
ITS PRIME-MATE!

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



Written and illustrated by Paul Palmer



AFRICAN ADVENTURES

by **Rafael**

I HAVE recently come back from six months of travelling in Africa with my parents and brother.

We visited Ethiopia, South Africa, Namibia, Botswana, Zimbabwe, Zambia, Tanzania, Kenya, Uganda and Rwanda. My favourite country was Malawi, where we swam in the lake every morning before we went to school.

I spent three days kayaking up Lake Malawi, and cliff jumping might be my favourite sport. I enjoyed climbing the sand dunes in the Namib, and I felt like the only person in the world looking at the desert from the top of the dunes.

In Mafia Island Marine Park, I snorkelled with endangered whale sharks, the largest fish on Earth at 15m long, hiked across uninhabited islands to see sea turtles hatch and snorkelled in incredible reefs.

In South Luangwa National Park, after charging through the bushes knocking down whatever was in our way, we finally found critically-endangered painted wolves, one of the rarest animals in Africa.

Etosha is also an amazing national park where, in the middle of a desert on what seems to be a suicidal salt pan, water comes up from underground and all of Namibia's wildlife comes together to drink.

It was an amazing experience and the trip of a lifetime.

Rafael with his family



JUNIOR JOURNALIST

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



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

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

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

TEEN STAR

JUNIOR JOURNALIST



SNAPPED

by **Teah McCafferty**

I WAS extremely lucky to be the winner of the 2019 national TeenStar competition final at the O₂ arena in London. I have been on the TeenStar journey since 2013 when I was eight.

Throughout my journey to winning this competition I have returned every year with different songs.

I even entered as part of a trio girl group, LOXIE, which I'm still part of. This was my first time reaching the final as a soloist.

Through taking part in both area and regional finals over the last few years, the best advice I can give anyone who wants to take part or progress in the music industry through TeenStar is to really take on board the judges' feedback and not to be disheartened if you don't get through to the next stages.

I have had lots of help with training over the years with coach Julie Miles, who has helped me get to where I am today and is still helping me grow into a better performer every day!

Teah performing on stage



HERE are two examples of the amazing pieces of art you've been creating for the NHS, and emailing to us.

Rian and Rahi created these great posters for the #clapfourcarers campaign



Clem's picture to say thank you to the NHS for staying at work, while he stays at home



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WIN! A HYDRAULIC ARM FROM Discovery MINDBLOWN



DID you know that hydraulics do not create any new energy but instead transform existing energy into a new, usable form?

Now you can explore the world of engineering and familiarise yourself with scientific concepts with this amazing 176-piece DIY Hydraulic Arm from Discovery #Mindblown.

Budding engineers will have to build the robotic arm, then all you need to do is add water to transform pressure into energy. No batteries or power source are required! The robotic arm has life-like articulated movements and features an onboard six-lever control panel, 50cm vertical reach and advanced claw grips. You'll be able to pick up items up to 50g in weight!

Ten lucky First News readers will each win one of these award-winning Discovery #Mindblown Hydraulic Arms. To be in with a chance of winning, just answer this question:

What element does the letter K represent in the periodic table?

- a) Argon b) Uranium c) Potassium



Visit the Toys page at www.theessentialone.com for more Discovery #Mindblown STEM sets

ENTER NOW! MARK YOUR ENTRY ARM
firstnews.co.uk/competitions or see page 15. The closing date is 23 April 2020.

WHAT'S IN THE SHOPS?

THE BIG BUZZER QUIZ GAME DEBENHAMS £8.40

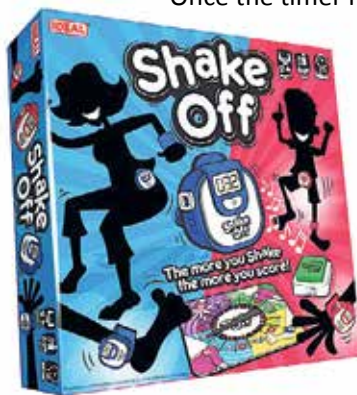
How much information, useless or otherwise, do you have stored in your brain? Put your knowledge to the test as you go head-to-head with family in this quick-fire quiz game. Includes buzzer, 120 challenging questions on the arts, history, TV and film, food, celebrities and general knowledge.



SHAKE OFF AMAZON.CO.UK £19.98

Shake Off is the fun and frantic fitness game that will have you in stitches! The spinner decides where you and your family will wear your Shake-o-meters... either on your arm, leg, waist or bum, and how you will shake it! You could be running, jumping or going freestyle!

Once the timer has started, you have until the klaxon sounds to get the highest score.



SCAVENGER HUNT IWANTONEOFTHOSE.COM £7.99

Race against time with this fun Scavenger Hunt game. Players take it in turns to flip the spinner and draw a card to see which household object they need to find. Will it be a shiny necklace? A yellow sock? Players then have two minutes to race around the home and claim their winnings! You'll have hours of family fun with this game.



*All prices correct at time of printing

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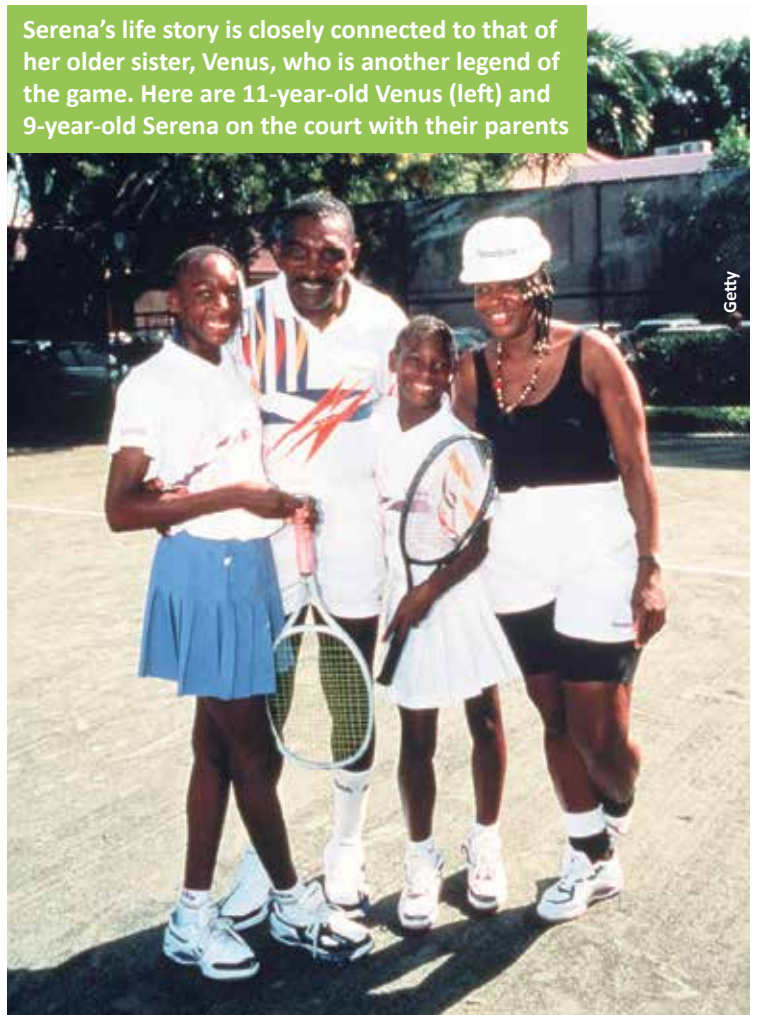
We are extremely passionate about the environment and we are always looking at ways to reduce waste throughout the company and across all of our products. Our paper comes from sustainable sources. The new material we use to wrap mailed copies is made from potato starch, so it is now fully home compostable 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.





SERENA IN PICTURES

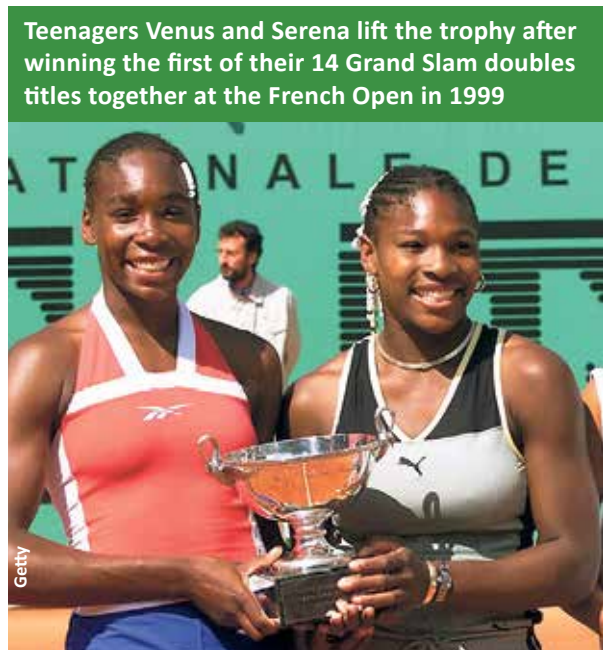
The greatest of all time? Tennis legend Serena Williams has won 73 singles titles, including 23 Grand Slams (seven Australian Opens, seven Wimbledon, three French Opens and six US Opens). The American star is one short of the all-time record of 24 Slams, held by Margaret Court. In this Sport in Pics special, we take a look at the career of one of the greatest athletes of all time



Serena's life story is closely connected to that of her older sister, Venus, who is another legend of the game. Here are 11-year-old Venus (left) and 9-year-old Serena on the court with their parents



Serena celebrates winning her first WTA title, when she beat France's Amélie Mauresmo in the final of the Open Gaz de France in February 1999



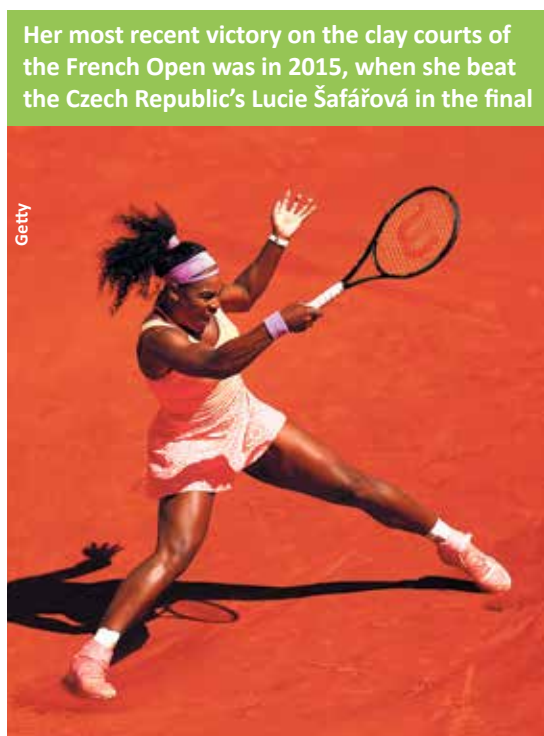
Teenagers Venus and Serena lift the trophy after winning the first of their 14 Grand Slam doubles titles together at the French Open in 1999



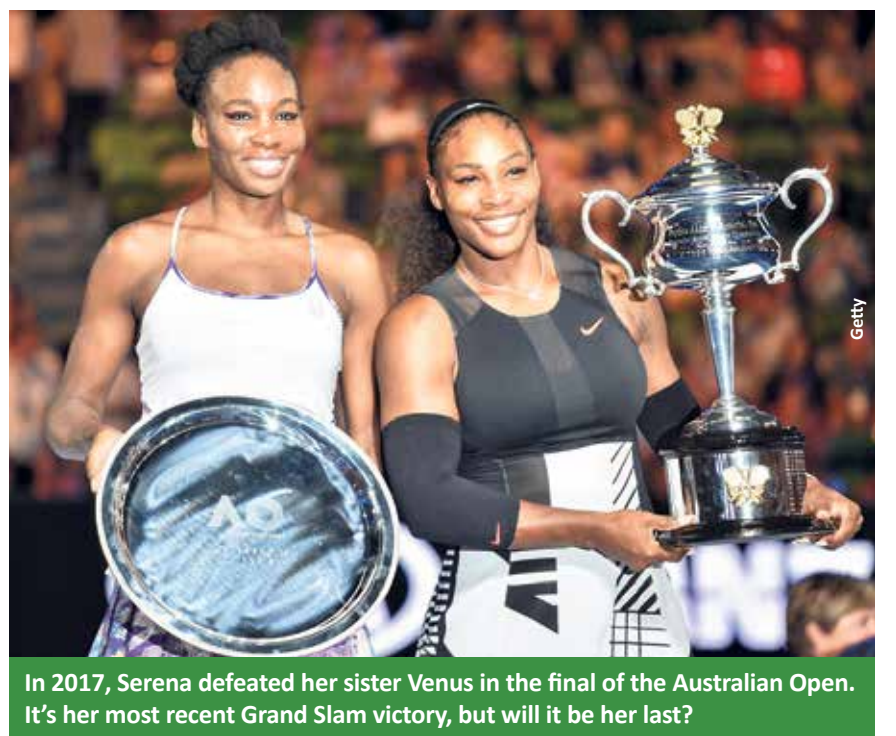
Later in 1999, Serena won her first Grand Slam singles title, after beating Martina Hingis in the final of the US Open. The 17-year-old became the first African-American woman to win a Grand Slam tournament in the 'Open era', which began in 1968



Serena has won four Olympic gold medals – three of them in the doubles with Venus. Here she is on her way to winning singles gold at the 2012 Games in London



Her most recent victory on the clay courts of the French Open was in 2015, when she beat the Czech Republic's Lucie Šafářová in the final



In 2017, Serena defeated her sister Venus in the final of the Australian Open. It's her most recent Grand Slam victory, but will it be her last?

SPORT IN NUMBERS

FOOTBALL IN FOCUS

12 videos teaching you how to develop tennis skills have been released by the Lawn Tennis Association. Coaches and fitness experts have created the videos for children and families to take part at home or in a small garden. You can see them at tinyurl.com/LTAVideos.



2022 is when football's European Women's Championship, hosted by England, will probably be held. The tournament was due to take place in 2021, but after the men's championship was moved from this year to next, organiser UEFA has said shifting the women's competition is "likely". The reigning champions are the Netherlands (below).



62% of athletes do not feel their sport actively encourages them to report doping offences. That's the result of a survey of 301 British and US elite athletes across 54 sports. Nearly a quarter of those questioned fear being labelled a snitch if they tell authorities about someone who is using drugs to improve performance.



Jordan Henderson is leading a group of footballers donating money to the NHS



Liverpool owner JW Henry has been criticised for using a Government scheme



Crystal Palace star Andros Townsend has hit back at the Health Secretary

THERE are major disagreements about how English football clubs should be run during the COVID-19 crisis.

The football season is suspended and, for now, nobody knows when – or if – it will start up again. That means clubs are missing out on huge amounts of money from ticket sales, matchday merchandise and sponsorship deals. Premier League sides could also lose a further £750 million if TV channels ask for their money back for games that can't be broadcast.

Premier League officials suggested players take a pay cut of 30%, but this idea has not gone down well with the organisation that represents them, the Professional Footballers' Association (PFA). It says that if players take a big cut, they will end up paying £200 million less in tax, which means less money available for the Government to spend on the NHS. The PFA has said it is "working to find a solution".

Some players, led by Liverpool's Jordan Henderson, are

setting up a fund to donate money to the NHS, while others are organising their own donations and support for health workers.

But there has been a lot of criticism of clubs who have asked for Government support to pay the wages of non-playing staff. Newcastle, Liverpool, Tottenham, Norwich and Bournemouth have all said they will take up the Government's offer to pay 80% of a person's wages. Critics say the support scheme shouldn't be used by wealthy football clubs.

Some current and retired players hit back at Health Secretary Matt Hancock for comments he made regarding Premier League players. Mr Hancock said footballers should "play their part" by taking pay cuts. Crystal Palace's Andros Townsend responded by saying the minister was "deflecting blame" and that "NHS workers have been underpaid for years".



SPORT may be on hold due to COVID-19, but the BBC and ITV are keeping the action on the airwaves.

The BBC has announced a long list of re-runs of classic sporting events to fill their schedules in the coming months, while ITV is going to air an entire football tournament from 24 years ago.

- All 31 games from Euro 96 will be available for streaming on the ITV Hub. ITV4 will broadcast the five games that featured England, as well as the final. The BBC will broadcast some Euro 96 games as live, along with highlights.
- Match Of The Day will continue to broadcast, with BBC pundits choosing their favourite past Premier League matches and moments.
- Classic Wimbledon tennis matches will be shown on BBC TV in July.
- Also on the BBC, April's snooker World Championship will be replaced by some of the best matches from previous tournaments.
- Highlights from both the London 2012 and Rio 2016 Olympics will be broadcast on the BBC instead of the Tokyo 2020 Olympics, which have been postponed until next year.
- The BBC's *Football Focus* will air every week, with classic matches broadcast every Saturday and Sunday afternoon.

Team GB's Jessica Ennis-Hill celebrates her heptathlon gold at London 2012. The Olympics will be re-run on the BBC this summer

