NEWS SPORTS ENTERTAINMENT INTERVIEWS PUZZLES COMPETITIONS AND MORE

STUCK AT HOME? ACTIVITY SPECIAL INSIDE P10-11

P9 CAN GORILLAS CATCH THE CORONAVIRUS TOO?

P17 KEEP FIT WHILE SCHOOL'S OUT!

Don't forget, clocks go forward one hour at 1am on Sunday morning!

First News

Issue 719 £1.99 27 March – 2 April 2020

OUR TRUSTED NEWS GETS MORE THAN 2 MILLION READERS!*

DEPUTY CHIEF MEDICAL OFFICER'S CORONAVIRUS ADVICE EXCLUSIVELY FOR CHILDREN P4-5

DON'T BE SCARED, BE SENSIBLE

Dr Jenny Harries, deputy chief medical officer, with Boris Johnson at a daily coronavirus announcement

OFFICIAL! HOW LONG ARE WE LIKELY TO BE LIVING LIKE THIS?

First News readership is 2,235,888. Source: Opinion Matters 2016. *First News* is the widest-read of all children's publications audited in the UK. *First News* supports children's charities – see page 17

20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

1. DOWN'S CHARACTER

An author, whose lead character has Down's syndrome, has been praised for his portrayal of those with the condition. Joseph Elliott, who plays Cook in CBeebies show *Swashbuckle*, wrote the book. The Down's Syndrome Association welcomed the fact that *The Good Hawk*, despite featuring a girl with Down's syndrome, is not really about that. It instead allows the reader "to enjoy the character for the funny, kind, strong 15-year-old girl that she is".

2. WEAR A HAT DAY

Today (Friday) is Wear A Hat Day. The idea is to raise awareness and money for brain tumour research. All you need to do is wear a hat between now and the end of March. You can hold a digital event online too! Find out more at www.braintumourresearch.org.

3. RECYCLE MORE!

The recycling rate for waste from households went down from 45.5% in 2017 to 45% in 2018. The EU aims for the UK to recycle at least 50% of household waste in 2020. Let's all do our bit to help reach that goal!

4. ECO-FASHION

Clothing brand F&F has teamed up with the World Wide Fund for Nature to create an environmentally-friendly kids' range. All the clothes are made from 100% organic cotton and feature pictures of different species, many of which are under threat, including tigers, snow leopards and giraffes.

5. EXTREME WEATHER

A study has been released saying that scientists are underestimating extreme weather events. Noah Diffenbaugh says there'll be more heatwaves, hurricanes and storms than scientists have calculated in the coming years. He says they use historical data to make predictions, but the climate is changing too fast for these predictions based on older examples to be accurate.

6. MUSIC CURES ALL

Listening to just half an hour of music a day helps anxiety and could even ward off heart problems. In a test of 350 patients over seven years, anxiety levels were a third lower for patients who listened to soothing music daily.

7. TRUMP TALKS TOSH

US president Donald Trump has been criticised for giving a false sense of hope for a COVID-19 cure. Reporters asked disease expert Dr Anthony Fauci (below left, talking to Trump) whether the drug chloroquine prevented the virus. He said: "The answer is no." Later, Trump said: "May work, may not work… but I feel good about it. That is all it is, just a feeling. You know, I am a smart guy. I feel good about it."

Getty

8. FOOD POISON FIGURE

Food poisoning costs the UK an enormous £9 billion every year. The Food Standards Agency calculated the figure by adding pay for people off sick to the cost of medicines, among other factors. There are around 2.4 million cases of food poisoning annually.

9. iPLAYER KIDS LAUNCH

The BBC has brought forward the launch of its iPlayer Kids app. It's out now and has the best of CBeebies, CBBC and other kids' content.

10. POLL RESULTS

We asked you if Boris Johnson should have shut schools earlier: 64% of you said YES, while 34% said NO.

COMMENT *First News Live!* user snufflypug thinks he should have even though "it is extremely boring cooped up all day". codonnell thinks if it had been done earlier, "we could have been back to school by now".

11. SCOUT ACTIVITIES

Adventurer and chief scout Bear Grylls is encouraging children stuck at home to develop new skills with The Great Indoors. The Scouts have collected over 100 activities to keep families "busy, focused and cheerful". Visit scouts.org.uk/the-great-indoors to see all the activities.

Getty

12. KIDS' BOOK DAY

Thursday 2 April is International Children's Book Day, when we can celebrate our love for reading children's books. This year's theme is A Hunger For Words. So why not re-read your favourite children's book and tell others all about it?

13. CLEVER COW CAUGHT

Last week, we told you about a clever cow that has evaded police in the US since January. They have now caught her and taken her to a safe field. The police had described the cow as "faster than it looks" and a "talented fence jumper" and now "wish the cow well on its future adventures".

14. SUPER RESERVE

The first 'super' nature reserve in the UK has been created. Purbeck Heaths in Dorset is the size of Blackpool and was created by having lots of landowners join their spaces together into one big reserve. Animals and plants will benefit from the giant habitat, which covers 3,331 hectares.

15. UNHEALTHY VEGANS

A study has suggested that a veggie or vegan diet is no healthier than a meat-based diet, unless you cut out the junk food. If people on a plant-based diet still eat processed, sugar-laden food, then heart disease is not reduced. Researchers suggest avoiding sweets, fruit juice and white bread.

16. STUDENT HEALTH

A YouGov poll of 600 students found that around a third drop out of their courses due to mental health problems. Nearly 16,000 students said they had a mental health problem last year. That is 19% more than the year before and double since 2015. Other factors that led to students leaving their courses included unrealistic expectations of what their course could offer and pressure from parents to study something they didn't really want to do.

17. GROCERY COSTS

If you're part of one of the households that buys environmentally-friendly groceries, it will cost you £2,764 more a year, research has revealed. Finance experts calculated the price as £5,915 a year, compared to £3,151 for regular versions. But almost half of shoppers were happy to pay the extra price.

18. PLEAS FOR TREES

Squires Garden Centres are encouraging everyone to plant a tree in their garden. Many trees are suitable for small gardens or for planting in a pot, such as bay, privets and acers (right). Squires says planting a tree brings lots of benefits, like attracting wildlife, cleaning the air and brightening up your garden.

19. SPACE MISSION

Russia is preparing for its first moon landing since 1976. It will be sending a spacecraft to the far side of the moon to look for surface water. Luna-25 is due to take off in October 2021, 45 years after Luna-24 landed.

20. WAGGY DOG STORY

As we all should, Emma Smith is staying at home more. Her dog Rolo was pleased to have his owner home all the time, but when his tail stopped working, she took him to the vet. It turns out Rolo was so happy with having mum home, he hurt his tail from too much wagging! He is healing up and should be better in a week or so.

Emmasmith77xx/Twitter

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LOCKDOWN!

Getty

THE NEW RULES

- As few as possible essential shopping trips for things such as food and medicine. All other shops are closed
- One form of exercise a day, such as a run, walk or cycle, alone or only with people you live with
- Travelling for any medical need, or to provide care or help to a vulnerable person. This includes moving children between their parents' homes or for key workers to take their children to school
- Travelling to and from essential work, but only where work cannot be done from home

PRIME Minister Boris Johnson announced strict new rules to stop the spread of the coronavirus this week.

Mr Johnson said the country faced a "moment of national emergency" and should stay at home.

Now people should only leave home for one of the four reasons above. Even when following these rules, people should limit the amount of time spent out of their homes and should keep two metres away from people they do not live with.

Read more advice in our interview over the page with Deputy Chief Medical Officer Dr Jenny Harries on the next page.

KEEPING OUR FURRY COUSINS SAFE

TOURISTS have been banned from seeing Gabon's gorillas, in case they pass on the coronavirus to them.

So far, Africa has reported only a small number of cases of the virus, but the poor standard of healthcare in many countries there means that the continent could be hit very hard if the virus takes hold. Gorillas can suffer from some of the same diseases as humans, including colds and pneumonia, and many African gorillas have been killed by Ebola in previous outbreaks.

"The respiratory viruses that affect humans are easily transmitted to great apes because the two species are so closely related," park official Christian Tchemambela told AFP.

The global shutdown could also be bad for Gabon's gorillas because the country relies on money from tourists to pay for the rangers and other park staff that help to protect the gorillas from poachers.

Getty

PEOPLE around the UK and the rest of the world are doing some amazing things, whether that's helping out vulnerable people, coming up with amazing boredom busters or just making people smile. We'd love to hear what you've been up to during this coronavirus outbreak, so write to us at yournews@firstnews.co.uk and let us know!

LESS SCAREMONGERING, MORE CAREMONGERING!

Getty

KIND Canadians have invented a new word and spread a worldwide trend called caremongering.

The word was created for social media groups in Canada that were set up to provide help to people in need.

The groups aim to stop people from scaremongering, which means to create panic and fear.

"It's spread the opposite of panic in people, brought out community and camaraderie [trust], and allowed us to tackle the needs of those who are at-risk all the time, now more than ever," Valentina Harper told the BBC.

In the UK, rainbows are appearing in windows across the country to cheer up passers-by.

The idea came from Italy, but spread in the UK after Kezia Roberts shared it online.

"It just cheers people up a little bit in these tough times we're going through. It's something that can unite us," Kezia said.

BRILLIANT BUTTERFLIES BOUNCE BACK

BUTTERFLY numbers are at their highest levels in more than 20 years!

iStock

The UK Butterfly Monitoring Scheme counts butterfly numbers at 3,000 sites across the UK every year.

It found that just over half of species showed higher population levels than in 2018.

Researchers say they think that last year's warm and wet summer helped the insects to prosper.

Prof Tom Brereton at Butterfly Conservation said: "The results from the 2019 season are really encouraging and provide evidence that the overall rate of decline of butterflies is slowing."

CHILDLINE HELPS THOUSANDS OF CHILDREN EVERY WEEK. IF YOU EVER FEEL WORRIED ABOUT SOMETHING IN THE NEWS OR YOU JUST NEED TO TALK, YOU CAN VISIT WWW.CHILDLINE.ORG.UK OR CALL THEM ON 0800 11 11.

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DON'T BE SCARED,

says Deputy Chief Medical Officer, Dr Jenny Harries OBE

YOUNG reporter Xavier, 12, talked to England's Deputy Chief Medical Officer, Dr Jenny Harries, about coronavirus, exclusively for *First News* and for the Sky News weekend children's show *FYI* (10.30am). Xavier's interview came just before PM Boris Johnson announced strict new rules to stop the spread of the virus (p3).

Jenny Harries with Boris Johnson at a daily coronavirus announcement

Xavier and Jenny Harries do an elbow bump, rather than high five!

How serious is coronavirus for kids?

The good thing about coronavirus is that even if kids get it – which we think they do – they are almost never very ill with it. But, I think we don't quite have the right tests yet to check that. But soon we'll have much better tests. Then we'll be able to see how many of you and all your friends have had coronavirus and get a bit of a better idea about it. But, generally, you don't get very sick with it.

If we don't get that sick, why were schools closed down?

If you're seeing each other more often, then you're more likely to spread the virus to more vulnerable people. That's just how we live. This virus is looking around for anybody who hasn't had it yet – and if it can't find anybody, then it doesn't have a way of growing and continuing. If you're at school, it is just 'another' place where you might get it. It's not the main measure, but it just adds a little extra bit of protection for us all.

It's understandable that we have to protect older people and people with underlying illnesses, but do we really need to close down everything?

Well, we haven't quite closed down everything, but it is true that we're trying to look after those people who are at most risk. If you have older family members with something like diabetes, then they are more likely to have a bad outcome and feel really quite unwell with their disease. So those are the people we really want to protect, particularly if you've got elderly people in your family as well.

A lot of kids go to see their grandparents at the weekend, but should they stop doing that?

So this is the time to get your granny or grandad to become a silver surfer! You want to encourage them to be doing things in different ways. It's not about stopping seeing all your relatives, because we know that your granny, or whoever else is in your family, likes seeing their family, it's really important to them.

But you can see them in other ways: you could teach them to Skype, you could phone them – all sorts of other things. You should keep them protected, so it's well worth teaching them to get on the IT! [*See the* First News *guide at live.firstnews.co.uk/keep-in-touch-video-call*]

It's a bit scary. Are you sure there's no other way to stop the virus?

I think a lot of this seems quite scary, doesn't it? We've never had anything like this before, and I don't remember anything in my lifetime like it. But I don't think people should be scared, they should just be really sensible, and closing schools is just another way of stopping people having quite so many interactions with others. There are lots of other ways to do that. For example, not going to the cinema at the weekend, and there are plenty of things you can still do at home, particularly if you've got a garden, because that's a safe place to be.

The virus doesn't last long outdoors, so playing outside with your family – that's a good thing to do. Closing schools is just one of those things we're trying to do to stop people mixing.

> "This is the time to get your granny to become a silver surfer!"

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BE SENSIBLE!

Does this mean I can't kick a ball about with my friends in the park?

When you're with your family, you're in one unit, so it's fine to kick a ball at home with your brothers and sisters, for example. Going out to the park on your own, with permission of course, would also be okay from a health position.

The trouble is, if you go and see your friends, you probably won't stay apart from each other for very long – I can almost guarantee you'll start talking much more closely with each other.

How long will this last for, and will it get worse?

That's the million dollar question! This virus is entirely new; we've never seen it before, our bodies haven't met it and it will keep looking for new people to infect. But once a large number of people have had the infection, it will begin to run out because it can't find somebody else to go and infect – it won't go on for ever.

In the future, this new virus might come back differently – or 'mutate' – each winter, in the way that regular flu does. That means it might become more of a normal disease.

But for now, we think this outbreak is going to last five or six months. After that, we'll have to wait and see, because it could die off a bit in the summer and come back next winter, or we might all do brilliantly and it might go away completely.

I've heard children can be carriers but not have any symptoms. That's quite scary because you could accidentally pass it on to someone more vulnerable.

It's quite tricky at the moment because it's a new virus and we're still learning lots about it. Until we develop more tests for it – such as antibody tests – we won't be 100% sure how many children have had it and how many haven't. But it's quite possible that children get it, that they don't get very sick and they hang on to it. It doesn't necessarily mean they're spreading it to everybody else, so I don't think you should worry too much.

But, the things that you can do are the things we'd normally do to keep flu and other breathing-type illnesses away. The first one is wash your hands – and not your normal washing. Wash really hard and far more often than you usually do, for at least 20 seconds. A really good way to make sure you're washing your hands for long enough is by singing *Happy Birthday* twice! Also, catch all your sneezes and coughs in a tissue, then put it in the bin carefully and wash your hands. So that keeps everyone safe, including you.

The other thing goes back to what we were talking about, protecting older people and older parents – just be aware that you could be infecting them. If you're really careful about it, you won't run the risk of infecting them. So if you do all those good things: hand-washing, coughs and sneezes in tissues, then you shouldn't be worrying too much.

Are we waiting for a vaccine or are we waiting for the virus to die off by itself?

A vaccine tomorrow would be just brilliant, wouldn't it? But, unfortunately, vaccines take a minimum of 12 to 18 months to develop. We've got loads of work ongoing at the moment and loads of great ideas, but we don't think we'll have a vaccine ready for at least a year.

At the moment, we don't have any particular treatments, but we've got lots of research going on to develop better drugs and medical interventions to treat people with. If none of those come through very well, then – eventually – enough of the population, including your school friends and all our families, will have had the infection and it will die away naturally.

A vaccine would be the best thing, which is why, when you're little, you're given a flu vaccine. So, if this virus stays with us in years to come, then it's likely we'll have a vaccine for that too.

VOTE IN OUR POLL

Has this interview helped you to understand more about the coronavirus?
first.news/polls

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

- washing your hands (with hot water and soap) for the length of time it takes to sing *Happy Birthday* twice
- using hand sanitiser if you have it
- coughing and 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

WALES

Plastics ban

Lots of single-use plastics, like straws and cotton buds, are set to be banned in Wales from 2021. England is already planning on banning them from next month, but Wales has a longer list of plastics that it wants to outlaw. Hannah Blythyn, the minister in charge of recycling, said: "The single-use plastics we want to ban are hard to recycle and often found on beaches and seas around our coast, blighting our beautiful country."

Getty

NORTHERN IRELAND

Peace activist dies

Peace activist Betty Williams has died at the age of 76. Along with Mairead Corrigan Maguire and Ciaran McKeown, she formed the Peace People in 1976, to try to find a peaceful end to the violent conflicts that were happening in Northern Ireland. She won the Nobel Peace Prize for her work. Maguire, who shared the prize, described her friend as "a woman of great courage with a passion for peace".

Getty

Mairead Corrigan Maguire (left) with Betty Williams

SCOTLAND

Red squirrels holding steady

A survey has found that the red squirrel population in Scotland remained stable last year, after decades of decline. Grey squirrels can carry squirrelpox, which is only deadly to reds and has threatened their numbers. Saving Scotland's Red Squirrels, which monitors the squirrel population, says it's a fact "worth celebrating, and is only possible thanks to work by volunteers and land managers".

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ETON

Famous college helps out

Eton College has said it will stay open to teach the children of key workers. While people such as nurses, cleaners and police are out helping people, the £42,000-a-year college has said it will look after and teach their children for free. It will also provide rooms for key workers in Berkshire who don't want to go home because of self-isolating family members. Headmaster Simon Henderson said: "It is important for Eton to help at a time of national need."

iStock

NORTHUMBERLAND

Poison garden win

BBC Countryfile Magazine has named the Poison Garden in Alnwick as its Garden of the Year. The unusual garden has more than 100 dangerous plants. Visitors to "the deadliest garden in England" can't touch, smell or taste any of the plants and you're only allowed to visit with a guide.

Getty

KENT

Iceland proposal

NHS nurse Robert Ormsby planned to propose to his girlfriend Patsy on their holiday in Iceland. But when the flights were cancelled, he found a way around it. Instead of proposing in the country, he did it in an Iceland supermarket! Patsy was "laughing hysterically" as she said yes. The couple, whose story went viral, say they are glad to put smiles on faces.

ISLE OF WIGHT

Top water rating

The quality of bathing water around the seaside town of Shanklin has been deemed 'excellent' after a £4m improvement project. Southern Water invested in managing waste, planting trees and adding fencing, leading the Environment Agency to give the highest rating to the town's water.

NEWS IN NUMBERS

225 Beryl bikes have been launched in Norwich. They cost £1 to unlock plus 5p per minute. It is designed to make the city "more liveable, more enjoyable" and help people make "sustainable choices".

74 satellites have now been launched by London company OneWeb. It sent a rocket to space last week carrying 34 more spacecraft. The company is putting a constellation of satellites in space to provide broadband internet.

oneweb official/Twitter

3 grandmothers in Manchester have chosen to live together while they self-isolate. Doreen Burns, Carol Spark and Dotty Robinson have known each other for 40 years and thought it would be more fun to all be in the same place.

1,302 days is how long a Jack Russell terrier called Smithy spent at the animal rescue centre in Hayle, Cornwall. He has finally found his forever home after four years thanks to Ali Kite. She is a volunteer at the centre and has looked after 12 rescue dogs over the years.

cnwt.cornwall0/Facebo

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SCHOOL'S OUT FOR SUMMER (AND MAYBE LONGER)

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ALL schools in the UK are officially closed to help reduce the spread of the coronavirus, and there'll be no exams at all for the rest of the school year.

That means all SATs, GCSEs, A-levels (and their equivalents in the rest of the UK) are cancelled, and teachers' assessments will be used to grade pupils instead. Teachers, exam boards and the Government will be working together to make sure that grades are fair.

There's also been a lot of confusion over which kids are still able to go to school. To keep Britain running as smoothly as possible, the Government has said that the children of "key workers" can still go to school, along with vulnerable children, which means those with a social worker, or Education, Health and Care Plans.

The Government says that scientific advice shows that schools are safe for just a small number of children to continue attending. By asking others to stay away, it will help to slow the spread of COVID-19, and allows key workers such as NHS staff, police, supermarket delivery drivers and other important people to keep doing their vital jobs.

Last week, we asked you if you thought schools should have closed sooner, and most of you said yes. A comment from *anju-fnews* pointed out that "children could have caught the virus from just walking to school every day and passed it onto their teachers". Another from *saxophone7* said: "Yes, [Boris Johnson] should've closed them way sooner. My mum took me off school on Monday because she is in a high-risk category. It's kinda boring though."

Not everyone agreed, however. User *daveadave1* said: "I think they shouldn't have closed sooner because children need proper education from proper teachers."

FIRST NEWS READING ACTIVITIES

TRY out some of the reading activities we send to schools!

Every week, we send schools reading activities that help them to use *First News* in their lessons. These activities include quizzes that challenge you to find facts from your paper, and questions that help you dig into the details of a news story. With three levels of challenge, there's something for every reader!

Ask your parents to sign up at firstnews.co.uk/readingactivities.

EDITOR'S COMMENT

THE world hasn't faced a crisis like the coronavirus outbreak in a very long time.

Yet, despite how worrying it can all seem, there are some amazing stories of hope and unity that shine through

We want to create a website full of positivity like that, so that you, or someone you know, has a place to turn if it all gets a bit much.

You can find details about our new Isolation Station on p11.

GOOD WEEK FOR...

RECOVERIES

IT may seem like the coronavirus outbreak is just getting worse, but it's important to remember that most people recover. As *First News* went to press, the latest figures showed that more than 100,000 people have recovered from COVID-19.

Getty

BAD WEEK FOR...

iStock

RANDWICK

THE village of Randwick, near Gloucestershire, has spent months waking up to the "relentless" noise of two guinea fowl. Named ''the Randwick two", the guinea fowl have successfully evaded capture time and time again.

THE OTHER CRISIS

EVEN though the news is understandably focused on the coronavirus crisis at the moment, lots of experts want to make sure that the climate crisis isn't forgotten.

You can all help to remind people about it tomorrow (Saturday 28 March), when the world marks Earth Hour at 8:30pm. That's the time when the world is urged to turn off their lights for an hour, to help draw attention to the damage we're doing to the environment.

In past years, many people have gathered in groups, but this year people are being urged to just take part at home or online, by taking part in various challenges or watching videos by people like Sir David Attenborough and Greta Thunberg.

For more info, see www.earthhour.org.

Getty

The Houses of Parliament went dark for Earth Hour in 2016

MATHS MASTERS

Jamie Frost

Nicola Whiston

TWO UK teachers beat tens of thousands of applicants to be in with a chance of winning a $1m teaching prize.

The two maths teachers have both been recognised for their use of technology in learning.

Nicola Whiston, from Ormiston Horizon Academy, Stoke-on-Trent, uses school Instagram pages to boost interest in maths, raise grades and create a bond between teachers and students.

Jamie Frost, from Tiffin School, Kingston upon Thames, created and runs DrFrostMaths, which provides free access to online learning, videos and exam questions.

They join a shortlist of 50 teachers for the Varkey Foundation Global Teacher Prize 2020, in partnership with UNESCO.

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COLOMBIA

Happy hippo accident

Pablo Escobar was one of the biggest drug criminals in history. When he was killed by police in 1993, his four hippos were left to roam freely. Today, it's thought that between 80 and 100 hippos live in Colombia's rivers. The giant herbivores had been thought of as big, invasive pests, but a new report may change that. Scientists from the University of Massachusetts Amherst say the hippos fill the role of species that became extinct tens of thousands of years ago, so this accidental release actually helps the country's ecosystem to thrive.

Getty

SAUDI ARABIA

Maraya means mirrors

A Saudi Arabian company has built the largest mirrored building in the world. Located in the west of Saudi Arabia's Al-ʿUla region, the Maraya Concert Hall is 26 metres tall and can seat 500 people. The building is covered by a total of 9,740m² of mirrors.

NORTH KOREA

Missiles fired

For the third time this month, North Korea has tested its missile-firing capabilities by launching two short-range rockets into the sea. South Korea's military said that the North's missile tests were "deeply inappropriate" during a global crisis, and that it had "urged the North to stop such acts immediately." Since the beginning of March, North Korea has increased its military tests. The country held a peace summit with US President Donald Trump last year, but talks failed.

Getty

BENIN

Getty

Bristol's Benin bronze

Prince Edun Akenzua of the Royal Court of Benin has issued an "impassioned plea" to Bristol Museum to return a sculpture taken from the country's royal palace. In 1897, British forces invaded the palace of the Oba (king) of Benin and killed almost everyone there. While Bristol Museum has been teaching visitors about how the bronze statue got there, in a project called Uncomfortable Truths, the museum has said that it is "very happy to explore with the prince" the opportunity of returning the sculpture.

CROATIA

Zagreb earthquake

The Croatian capital has been hit by a 5.3-magnitude earthquake, followed by a series of minor tremors. According to Croatia's prime minister, Andrej Plenković, it was the biggest earthquake to hit Zagreb in the last 140 years. The city is already on lockdown to stop the spread of coronavirus, but the earthquake forced people to leave their homes. "We have two parallel crises that contradict each other," the PM said.

Getty

NEW ZEALAND

iStock

Taxis for the birds!

A taxi driver has become the leader of a volunteer army who rescue Hutton's shearwater chicks that crash-land onto roads. The Hutton's shearwater is the only seabird in the world that nests and raises its young in the mountains. On foggy nights, the grey puffballs mistake glimmering roads for the sea and fly straight into them. They're then unable to move, and might get hit by a car or eaten by a cat. Fortunately, Toni Painting and her volunteers are there to help. Toni drives around every night, scooping up the birds she finds helpless at the side of the road, before dropping them off at a rehabilitation centre, which then gets them back to the sea.

OUR WORLD

NAME: GRACE LIVES: MALAWI

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

FOR Grace, the threat of forced childhood marriage is very real.

Grace says many of her friends "have been caught in a trap" of early marriage and unwanted pregnancy and have had to leave school.

However, Grace is part of Girls INSPIRED, run by United Purpose, which is funded by Comic Relief, to teach girls different life lessons through netball.

They learn about their rights, build confidence and increase their desires to achieve things. Grace loves netball and is determined to finish school.

COMIC RELIEF

NEW DELHI, INDIA

PEOPLE clap hands and clang utensils to thank essential service providers. Responding to the prime minister's appeal, citizens across the country came out of their homes and on to their balconies, clapping, banging and ringing bells as a mark of solidarity with health officials and emergency workers.

TOKYO, JAPAN

MEMBERS of the public flocked to Japan's parks to view the blooming cherry blossoms. The practice of traditional hanami parties has officially been banned this year due to the coronavirus pandemic.

VENICE, ITALY

THE water in Venice's Grand Canal is much clearer due to fewer tourists and the lack of motorboat traffic, following the country's coronavirus lockdown.

ODISHA, INDIA

A SCULPTURE by sand artist Sudarsan Pattnaik, raising awareness of COVID-19, the disease caused by the coronavirus.

TURIN, ITALY

DURING the coronavirus emergency Turin's zoo is closed, but zoo staff continue to take care of animals to ensure they are fed and well looked after.

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THINGS TO DO THIS EASTER

THIS year, the Easter holiday might be a bit different, but that doesn't mean it can't be just as fun! We've rounded up some fun ways you can spend your time this Easter, no matter where you are.

IF YOU CAN GET OUTSIDE...

iStock

HELP BUTTERFLIES

Spring has just begun and, according to our friends at Butterfly Conservation, now is the perfect time to get a glimpse of some of the UK's fantastic butterflies. Butterfly Conservation Chief Executive Julie Williams told us: "There's so much life waking up for spring in our gardens and outdoor spaces. Many of us might have a bit more opportunity to explore them than usual, so make some mindful time to watch for our first spring butterflies, record what you see and share it online. You could also plant some wildflower seeds now, ready for our summer pollinators."

GET CREATIVE!

A garden can be an inspiring place! Why not spend some time getting creative outside? You could paint rocks or flower pots, or sketch some of the flowers or wildlife that you see. If you've got a camera, you could even try your hand at wildlife photography! No matter how you go about it, getting creative outside is a great way to pass the time. For one thing, if you make a mess while painting, it's a lot easier to clean up outside, than it is inside!

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AND IF YOU CAN'T...

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ENTER THE BLUE CROSS MEDAL COMPETITION

The wonderful folk at the Blue Cross animal welfare charity are hosting a fantastic competition for animal lovers everywhere. For the 80th anniversary of the charity, Blue Cross is asking KS2 pupils to draw their favourite pet as a superhero. No pet? No problem! All KS2 pupils are welcome to enter – just draw your dream 'super pet' and explain what their powers would be. To enter, and find out more, head to bluecross.org.uk/postercomp.

DO AN EXPERIMENT

The Science Museum has a ton of amazing experiments on their website that you can do from home. There are some mad mixtures you can make, and all sorts of strange contraptions. Here at *First News*, we're big fans of the magnet maze. You'll need a magnet, a coin and a bottle. Using a permanent marker, draw a maze around the bottle, with a clear beginning and end. Pop the coin in the bottle and manoeuvre it through the maze with a magnet. Super simple, super fun! You can find more at-home experiments on the Science Museum's website at www.sciencemuseum.org.uk.

iStock

WHY NOT BAKE BEETROOT BROWNIES?

OKAY, we admit it, beetroot brownies sound pretty odd, but this recipe from Chefs in Schools is amazing!

Make sure you're always supervised by a trusted adult when in the kitchen!

You will need:

- 200g dark chocolate
- 100g unsalted butter
- 250g brown sugar
- 1 tsp vanilla
- 2 tsp cocoa powder
- 3 medium free-range eggs
- 100g wholemeal spelt or plain flour
- 400g (3-4 medium-sized) cooked beetroot

1. Pre-heat the oven to 180°C or 160°C fan
2. Chop the butter and chocolate into rough cubes, then put them in a metal or heat-proof bowl. Put some water in a saucepan and place the bowl on top. You don't want the bowl to touch the water. Then heat the water so that the chocolate and butter will melt. Once melted, leave to one side to cool slightly.
3. Next, remove the skin from the beetroot and then grate it. Watch your fingers or get an adult to help (there are also some brilliant plastic graters available for young cooks).
4. Whisk the eggs, sugar and vanilla together in a bowl.
5. Fold in the beetroot and cooled chocolate mix. Fold means to gently mix it together. Pass your spoon or spatula through the mixture, gently scooping along the bottom as you go and turning the spoon over at the end, then start over until it is combined.
6. Sift the flour and cocoa powder into the bowl and stir gently until it's all combined.
7. Pour it into a greased baking tray and bake for 20-25 minutes. The brownie should have a slight wobble to it when ready, or test with a skewer until it comes away with no batter left on it.
8. Leave to cool, then cut it into portions and serve.

Chef Tom says:
Beetroot might seem an odd thing to put in a cake, but it's naturally sweet! You won't even know it's there. Make this and then ask your friends or family to guess what the secret ingredient is. I bet they won't know!

GET WRITING!

WHY not sit down and have a go at writing something while you're at home? You could write a diary about these strange times, or your own news articles about how your life has changed due to the coronavirus outbreak. Or you could enter our writing competition with Chickenshed, and maybe see your writing performed! Shakespeare famously wrote *King Lear* at a time when the plague was closing theatres and keeping people home. That doesn't mean you've got to write a play that will be remembered for centuries, but it's nice to know you're in good company!

Chickenshed are looking for a talented *First News* reader to write a section of *Tales from the Round Table*. They'd like you to write a section about the Lady in the Lake, who always appears just before something magical happens in the story. They'd like you to bring this character up to date (perhaps including environmental concerns or any other modern-day issues). Chickenshed shows are always original and full of fun, so use your imagination and be as creative as you like! Your story should:

- Be written in rhyming verse
- Have five verses, maximum
- Include a modern-day twist
- Be suitable for all children, from babies upwards (*Tales* shows are aimed at younger children)

The winner will be invited to see *Tales from the Round Table* with their family and friends (up to a maximum of eight tickets). Dates for *Tales from the Round Table* are yet to be confirmed (the show has now been postponed from the original dates, 14-19 April). Send in your entry to Chickenshed Easter Tales, First News, 7 Playhouse Court, 62 Southwark Bridge Road, London, SE1 0AT or email win@firstnews.co.uk with *Chickenshed Easter Tales* in the subject line. Closing date 17 April.

TURN YOUR HOME INTO A CINEMA!

Chances are, if we're going to be stuck at home for a while, we're going to end up watching a fair bit of telly! Make watching your favourite shows and films a little more exciting by building your own home cinema, using blankets, sofa cushions and whatever else you can find! For extra razzle-dazzle, you could get out some of the Christmas fairy lights too. Don't forget to make some popcorn, if you've got it!

WHAT TO WATCH

There are plenty of awesome arrivals coming to these streaming services soon!

NETFLIX

Ponyo arrives on Netflix on 1 April, along with a few other delightful Japanese animated films.

prime video

For younger viewers and readers, *Little Big Awesome* arrives on Amazon Prime in April, and looks very colourful!

Disney+

Disney+ has arrived! Packed with loads of brilliant classic Disney shows and films, and more, there's a lot to love!

SEND SOMETHING TO THE *FIRST NEWS* ISOLATION STATION!

WE'RE launching a special website that we want to fill with kind messages to those who might be feeling especially isolated.

We want video messages of hope, works of art that you create, songs, stories, poetry – whatever you can think of! However, there is one important rule. Everything you make has got to be POSITIVE!

We hope to see this website become full of fantastic messages, so that it can be used as a reminder that we're not alone in this. You can send it to friends, or older people who might need it, but we need your help!

To get involved, send an email with your creation to newsdesk@firstnews.co.uk with the subject Isolation Station.

If you're sending over a video or another big file, we recommend using WeTransfer at wetransfer.com. Ask an adult for help if you need it.

First News reader Ruby Isaac sent out this lovely message to NHS staff

ARE YOU money READY?

Find us at:
www.moneyready.org

ONLINE MONEY SKILLS FOR KIDS

Whether you earn it, save it, give it or grow it, Moneyready is here to help!

Moneyready is an independent, online programme for kids aged 7-18, for use at home and school. Interactive activities, videos, games and quizzes put the funny into money.

Money habits are shaped from as young as seven. Moneyready's fun, interactive content develops money skills and confidence that last a lifetime.

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WIN! A YEAR'S SUBSCRIPTION FOR YOUR ENTIRE SCHOOL!

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For your chance to win, send your Moneyready email login and name of your school to miss@moneyready.org. Good luck!**

*Offer ends midnight on Monday 27 April 2020. For friend's free subscription, please send their email to miss@moneyready.org to activate
**Competition closes at midnight on Monday 27 April 2020. Winners notified by Wednesday 29 April 2020.

Visit us at www.moneyready.org

THE HUNT FOR A VACCINE

Getty

Scientists at one of the American labs developing a vaccine for the new coronavirus

THE first volunteers have received a trial vaccine in the USA, as a worldwide effort to find protection against the new coronavirus gets underway.

A vaccine is a substance that helps the body to recognise and kill off viruses or bacteria, keeping us safe from the diseases they cause. They are usually injected and already exist for several diseases, including measles, typhoid and some types of flu. But before a vaccine can be given to members of the public, it must first undergo a long series of trials to make sure it's safe and effective.

As this new coronavirus quickly spreads around the world, scientists in various countries are working to urgently find a vaccine to protect the most vulnerable.

Jennifer Haller, a mum of two, was the first volunteer in America to receive a new vaccine called mRNA-1273. It has been developed by a biotechnology company called Moderna Inc in Massachusetts, USA. Haller said she really wanted to help in the hunt for a vaccine: "This was just something that I could do and that I wanted to do."

As there is such an urgent need to slow the spread of the virus, researchers at Moderna were allowed to skip the usual rules of performing tests on animals first.

On 16 March, Haller was one of four volunteers to receive the jab. A total of 45 will take part in the trial, and they will be regularly monitored for 14 months, to see if the vaccine works. That means, of course, that even if mRNA-1273 is successful, it can't be rolled out to the general public until some time next year at the earliest.

But several other trials are taking place in the USA and beyond. In the UK, researchers at Oxford University are expected to trial the country's first vaccine next month.

A German biotechnology company called CureVac claims it could have a vaccine ready this autumn. The European Union is so confident in CureVac's work that it has pledged £74 million of support.

Citizen scientists can also have a crack at helping researchers by playing a free online game. *Foldit* poses weekly science challenges that are directly related to vaccine research being done at the University of Washington.

F1 JOINS FIGHT

Getty

F1 champion Lewis Hamilton in his Mercedes car earlier this year

FORMULA 1 teams will produce ventilators to help British hospitals cope with COVID-19.

A group of UK-based F1 teams are working out how they can use their engineering skills to increase production of the life-saving kit.

Some people with COVID-19 (the disease caused by the new coronavirus) find their breathing is badly affected, and ventilators are the devices that doctors use to supply air to them.

The F1 teams, engine manufacturers and technology experts are well-placed to help because they have experience of designing and manufacturing products safely and, most importantly, quickly.

A spokesperson for F1 said: "All the teams have expert design, technology and production capabilities… which is hoped can be applied to the critical needs set out by Government."

The NHS currently has access to 8,175 ventilators. The Government has already asked companies including Airbus, Rolls-Royce, Nissan and JCB to help produce up to 30,000 ventilators in just two weeks.

TATA CONSULTANCY SERVICES

INNOVATIONS

ROBOTS are helping patients to recover from COVID-19 in a hospital in China, to protect staff from becoming ill.

Some 200 patients who have been diagnosed with the disease were moved to a new hospital ward in Wuhan, the city where the outbreak began late last year.

Getty

Staff assign the robots essential tasks, including delivering food and medicine and keeping the ward clean. Some of the robots even have humanoid faces.

They've been created by a Chinese company called CloudMinds. Its boss, Bill Huang, said: "This is China's first-ever entirely robot-led ward and an opportunity to test the capability of the technology and how we work together."

SCIENCE MUSEUM GROUP

This report is from our friends at the Science Museum

WITH today's smart-homes, home appliances such as boilers, refrigerators and kettles can be controlled from wherever you are.

Science Museum Group

But you might be surprised to know that the trend for automated appliances in the home goes back over 100 years!

In 1892, Samuel Rowbottom patented his Automatic Tea-Making Apparatus (above right) that allowed people to have a cup of tea almost as soon as they woke up with the sound of their alarm. The machine worked by automatically striking a match when the alarm went off, to light the lamp beneath the kettle. When the kettle boiled, it would tilt forward and pour into a waiting cup. For anyone who slept through their first alarm, a second alarm would go off when the tea was ready!

You can discover more at **bit.ly/3dnQ6TE**.

 by Serena Lacey

IT'S A FAMILY ADVENTURE

Sky Cinema

NEXT week, an adaptation of Jacqueline Wilson's best-selling *Four Children and It* comes to TV screens. Set in Cornwall, the feature-length Sky Cinema production follows four kids as they head off on an exciting adventure to see if a magical creature they find on the beach can make their dreams come true. Teddie-Rose Malleson-Allen and Ashley Aufderheide, who play Ros and Smash, shared their photo diary from the set with us.

Ashley: Me with William Franklyn-Miller. We look so serious here, but he actually goofed around that day on set. He plays Carl.

Cheryl makes a cameo appearance in the film, playing the agent to Smash, who dreams of being a pop star.
Ashley: Cheryl was so nice and patient! She's good friends with Khloé Kardashian, so we kept asking her to call Khloe so we could all talk! I think we drove her crazy with that!

Ashley: Ellie-Mae is the little sister I never had. She did such a great job in her first big movie role!

Ashley: Here we are hanging out on set. My mom told us to look like we were angry in this picture. She thought that would be funny!

Ashley: Waiting for our next scene. In between takes we play games and sing songs a lot!

Teddie: I took this when me and Ashley were getting ready in hair and make-up, very early in the morning.

Ashley: Sometimes, after a day of filming we would jump into the water at Wicklow beach in Ireland, where we filmed. The water was freezing!

Teddie: Touch-ups for one of the final scenes, with the amazing author Jacqueline Wilson, who was on set that day.

Teddie: Playing hide and seek in our trailers in between filming. We had a lot of fun together.

Teddie: Here we are, all hanging out with Russell Brand and lots of stuffed animals!

Four Kids and It **will be available on Sky Cinema from 3 April**

THIS WEEK

Getty

1 Diversity have announced that all of their online tutorials and dance classes are free until 1 May. Ashley Banjo said: "This is a horrible time that we're in and we've always been shown love and support from our fans, so we wanted to bring you this for free so you can all get dancing, get learning and hopefully come out of this having some fun." To join in, visit www.20dv.co.uk.

2 Gal Gadot (aka Wonder Woman) and a host of her celebrity friends have put together a song for social media. While lots of people in America are in isolation, the actor asked her famous friends to sing one line each from *Imagine* by John Lennon. She posted on Instagram: "We are in this together, we will get through it together."

3 Theatre fans can still enjoy the arts, as the London Palladium production of *The Wind in the Willows* is being streamed live for free during the coronavirus outbreak. A statement said: "As theatres are forced to close their doors, we're making *The Wind in the Willows: the Musical* available to stream online for free. The film was recorded live at the London Palladium in 2017." You can watch the show at www.willowsmusical.com.

The Wind in the Willows

PICS OF THE WEEK

WHILE the releases of lots of films have been postponed, *Trolls World Tour* is still being released digitally to brighten our moods!

The all-singing sequel will be available for digital download from 6 April, as well as in any cinemas that are still open.

Anna Kendrick, who plays Princess Poppy in the film, shared the news on Twitter. "I'm so happy we can spread the joy while everyone stays safe," she said.

The film follows Poppy and friends on a quest to reunite different troll tribes and stop Barb, the leader of the rock trolls, banning all other kinds of music.

Look out for our exclusive interview with Anna Kendrick and Justin Timberlake in next week's issue of *First News*.

Universal

Universal

Universal

FIVE MINUTES WITH... MALI JENKINS

Martin Murray

CBBC'S TV adaptation of *The Snow Spider* starts this week. Mali Jenkins plays two roles: Bethan and Eirlys.

Tell us about your characters!

Well, first off, you'll see Bethan in the first episode and she is Gwyn's older sister. Bethan's quite brave. My other character, Eirlys, is a magical snow princess from this other world that comes to visit Gwyn to show him his powers. She is very mysterious and she doesn't have any emotions, which is quite sad because sometimes I'm about to cry in a scene but I can't because Eirlys has no emotions.

Do you relate to your characters in any way?

I don't think I do. I can get angry sometimes, a bit like Eirlys. It depends on my mood.

What has been your favourite moment in the series so far?

I was so excited that they wrote in a scene for me and Eva, who plays Nia, in the playground, as we have become really good friends.

The show is centred around a magical Snow Spider. Do you have any pets in real life?

I have two cats called Willow and Dave. Originally we thought they were girls, so my sister called hers Daisy, but we later found out they were boys. So one went from Daisy to Davey to Dave.

BBC

The show is about magic. If you could have any magical power in real life, what would it be?

I'd probably want telekinetic powers [moving objects by thought], so I could just lift Fflyn out of here and out the door! I love Fflyn though, he's amazing.

What advice would you give to any readers who want to be an actor?

If you are in it for the right reasons, you're going to do fine. If you are just in it for the fame, you'd be better off doing something you actually enjoy. It's such a fun environment, but not just for the acting – everybody behind the scenes is amazing too.

Catch the first episode of *The Snow Spider* on CBBC and BBC One Wales on Sunday 29 March

WINK IS PERFECT FOR FANS OF WONDER...

ROSS Molloy just wants to be normal. He doesn't want to lose his hair or wear a weird hat, or deal with the disappearing friends who don't know what to say to 'the cancer kid'. But with his recent diagnosis of a rare eye cancer, blending in is no longer an option. Maybe Batpig can come to the rescue and stop him freaking out?

How Batpig masters the freak-outs

Use **Ross's Freak-Out Scale** – how much would you be freaking out in these situations?

OUT NOW

- [ ] You have to wear a cowboy hat every single day
- [ ] Your crush starts talking to you and you totally forget how to speak
- [ ] You have to get up on stage to perform in front of the whole school
- [ ] Your best friend stops talking to you
- [ ] Batpig flies into school and rescues you from a maths test
- [ ] You're never allowed to eat chocolate again

Wink is written by Rob Harrell and is based on his own experiences of being diagnosed with eye cancer. If you or someone you know has been affected by cancer, please check out the support available below:

HOT KEY BOOKS

Macmillan Cancer Support Freephone Helpline:
0808 808 0000
www.macmillan.org.uk

Maggie's cancer support:
www.maggies.org

Available now online and in all good bookshops!

"IT'S AIMED AT EVERYONE"

MORE than 800,000 households around the UK tuned in on Monday for the very first live-streamed PE lesson from fitness coach Joe Wicks. Joe has committed to holding the free lessons every weekday while schools in the UK are closed. We spoke to Joe ahead of the first lesson to find out more…

Getty

When did you decide to launch *PE with Joe*?

I was literally in bed last Wednesday, this is no joke, and I felt really disappointed because I had planned another UK schools tour, which obviously wasn't going to happen. And it just came into my head: *PE with Joe*. I thought, that's it, I want to do live workouts every day; let's try to get every child in the UK working out from home. This is a once-in-a-lifetime moment where every child is going to be in their house and I have the opportunity to engage them, inspire them and motivate them. I truly believe that we can get a million children doing this during the week.

Getty

It's quite a commitment. Will you be doing one every single day?

I'm committing to this. I said I would do it every day next week and for the foreseeable future. I said that I will be the nation's PE teacher, so I can't just leave after one week. Who knows how long this whole quarantine will last but I'm here, and I'm going to step up and put all my energy into it. I'm so passionate about it, I've been building up to this for years. I honestly think this will be the most important, most impactful thing I will do in my whole life.

Some children will still be at school. Is this something they can all do in the hall together?

Definitely. I've been doing these tours for a while, so I've got workouts for kids on my channel. I've had entire schools doing my workouts during their break times, so this isn't new to me. I've got a stream of content on my channel called Five Alive, which are little five-minute workouts, plus Active 8, which are eight-minute workouts. I've had no media and no coverage about my school tours in the past; no-one cared. But I've been working and I've been grafting for years doing this, I'm not just jumping on the bandwagon now.

Will the lessons be suitable for all ages and should parents get involved as well?

It's going to be aimed at everyone, from toddlers up to adults. It can vary, depending on your ability. It's fun and for mums and dads, so get involved, have fun! You're going to be in the house together and you want to be able to do something that's energetic and will make you feel good and feel more positive. I honestly believe that this will make people feel positive and optimistic and that's what we need more than ever right now.

Why is it so important for kids to stay active when they're going to be at home a lot more?

Well, it's about using that energy and feeling good and just getting up and channelling that frustration. Being a young person locked up inside, it's frustrating, it's difficult. As an adult we can deal with it a bit better. I think it's essential that every kid takes part in this and walks away feeling better. It will change their whole perspective on the day.

Exercise is known to be good for our mental health, so do you think it's even more important for kids during times like this?

Definitely. Some adults are naturally anxious and naturally worried about what is going on, and that can rub off on kids. This is just, for a moment, creating a safe environment that is fun. That's the aim: getting together, feeling good and connecting, not disconnecting. I'm saying get up, move and use your body to change your mental state. I'm buzzing!

What sort of things will you be doing?

Simple things like jumping jacks and jumping on the spot, running and punching. You'll be doing little frog jumps, kangaroo hops. I've got loads of little funny names I give the exercises because I just want people to have fun and mess around a bit. I am going to plan these a little bit more and make them more structured. There's a little five-minute warm-up and then a little bit where I explain why exercise is important and what sort of muscles we'll be working and why it's important. Subtly educational.

Do you need any special equipment at home to exercise?

No, not with my workouts, it's all equipment-free. No equipment, no excuses! There are hundreds of workouts on my YouTube channel, The Body Coach, and you don't need anything. I actually filmed some new workouts today for elderly people, so they're really, really basic workouts that anyone can take part in. No-one is left out!

CHARITIES SUPPORTED BY FIRST NEWS

NSPCC · WellChild · Children United · sightsavers · Comic Relief · childline · World Vision · Save the Children · unicef · christian aid · Jeans for Genes Day · actionaid · Achievement for All

Join in with *PE with Joe*, weekdays at 9am live on www.youtube.com/thebodycoach1
Remember YouTube is aimed at users over the age of 13, so make sure a parent or guardian is with you when you access the channel

FirstNews ● Issue 719 ● 27 March – 2 April 2020

HOLIDAYING FROM HOME!

IT can be quite hard explaining just what sort of game *Animal Crossing* is to someone who has never played it.

Unlike most games, there's very little you can do wrong in the *Animal Crossing* series. You can't be hurt or lose your progress, but you can be stung by a wasp, although that just leaves you with a swollen face for a day.

With no real way to lose, it means you're totally free to do whatever you like. It's like having your own little holiday home that you can visit whenever you want.

In *Animal Crossing: New Horizons*, you don't just have a holiday home to check in on, you have an entire island that's entirely your own to design and decorate.

This island is provided by Tom Nook, the friendly business-raccoon (below) who's there to help you through the game with his twins, the Nooklings.

Before you go decorating, you have to gather some materials to craft a few important tools.

It's the first time crafting has been a part of the *Animal Crossing* series. At first, you'll only be able to make flimsy tools, which break easily. It can be a bit annoying to be making new tools regularly, but it's only a minor issue, and it's not long before you're making tools that are much tougher.

That's the thing about *Animal Crossing*: it's all about little bits of progress each day. Catching a new fish or building a new tool can feel much more exciting than some games do when you've beaten a whole level.

Some of the other new features that are unlocked further down the line are really fun too, and are all accessible from a special Nook Phone, which acts as your menu.

As well as keeping track of your progress, the phone can be used to create custom designs for your clothes and furniture. It's an impressive device!

Also, the animals you share your island with can be really funny, especially when they're in a mood!

Overall, *Animal Crossing: New Horizons* is an adorable little escape that can be played over weeks and weeks, with plenty of fun to be had each day.

10

SWITCH

You'll need a Nintendo Switch online membership to play with friends over Wi-Fi!

ANIMAL CROSSING: NEW HORIZONS

TOP TIPS FOR ISLAND LIFE

IF you're new to the series, *Animal Crossing* can definitely be a bit confusing! It's all okay, though, as we've put together a few tips that should help you to make the most of those first days on the island.

- Sometimes it can feel like there's nothing to do on your island… and that's okay! The world of *Animal Crossing* changes daily, so who knows what tomorrow may bring?
- When you start, your island will be populated with one type of fruit. If your friends have the game, they might have another. Why not start a fruit orchard with them?
- Once you've built or bought a mirror, you can change your face's features.
- The only thing you can't change is your name or the name of your island. Everything else, such as where you or your neighbours live, can eventually be edited, so don't worry too much if you're not happy with things.

TECH TALK

AT last, we finally know the true power of the Xbox Series X and the PlayStation 5 (PS5), from two incredibly in-depth talks.

We have no idea what any of this means (from the PS5 talk)

Typically, Microsoft and Sony would explain the inner workings of their new consoles at the Game Developers Conference. But after the conference was cancelled, they took their talks online for all to see.

Now, while lots of us expected a look at what the consoles could do, we didn't expect quite so much detail! There was talk of teraflops and gigahertz and other technical jargon that we didn't quite understand but, among it all, we did find out a few important things about the two consoles.

First of all, the PS5 will be able to play PS4 games. The company said that a "significant number" of PS4 games will work when the console launches, and that they'll increase that number as time goes on.

The Xbox Series X will also be able to play older games. Microsoft says: "Thousands of games on Xbox One, including Xbox 360 and original Xbox games, will play even better on the Xbox Series X."

Both consoles are set to feature spatial audio. This means that if there's something making a noise behind you, it'll really sound like it's behind you. We imagine that could be a bit scary when something surprises you!

At the moment, we still have no idea what the PS5 looks like, nor do we know how much either console will cost, or when they will be released.

Don't worry though, we'll be sure to let you know when we find out!

GADGET CORNER

TOLD OFF BY A DRONE!

SPANISH authorities are using speaker-equipped drones to tell people off for not staying home.

For more than a week now, Spain's citizens have been in lockdown due to the coronavirus outbreak.

The rules mean that no-one is allowed out, unless it's absolutely essential. Unfortunately, some people haven't been following the rules, so police have had to step in – without having to step outside.

The drones are flown over public spaces, where they find and yell at those who are gathering outside, and hang around until everyone heads home.

iStock

STAYING HOME WITH YOUR PETS

iStock

OVER the next few weeks you may find yourself having to spend a lot more time at home because of the coronavirus. But what does that mean for our pets?

RSPCA animal welfare expert Dr Samantha Gaines said: "There's no evidence to suggest that pets can be carriers of coronavirus or can become ill from it themselves. We would urge pet owners not to panic and to not abandon their pets."

It is a good idea to make sure you have enough pet food or medication to last for a few weeks, in case you or your family are unable to get to the shops for a while.

If your family does have to stay at home to go into self-isolation (see p3), your pets will definitely enjoy spending more time with you. And as the weather turns a bit brighter, it's the perfect opportunity to go outside and get some fresh air. Small pets will enjoy supervised playtime in the garden, and so will dogs and cats. You could try to teach your pet a new trick, or think up some new games to play with them. It is important to remember that you should always wash your hands with soap and water after playing with your pet, and try not to share food with them or let them lick your face.

While the advice from the Government is constantly changing, as long as you are feeling well it is still okay to go for a bike ride or walk with your dog – just try to keep some distance between you and other people. If you are unwell, you should ask a family member or friend to walk your dog for you until you feel better.

If you are finding it difficult to look after your pets, or you think an animal has been abandoned or is in need, then contact the RSPCA as soon as you can.

PINT-SIZED PREDATORS

A GROUP of tiny birds of prey called collared falconets have found a home at Paradise Park in Cornwall, after being illegally smuggled into Europe.

The birds were seized by customs officials but couldn't be returned to the wild in Asia. The four males and two females have now settled into their new home at Paradise Park.

The tiny birds of prey are usually found in large groups across Bhutan, Cambodia, China, Laos, Myanmar, Nepal and Thailand. It's believed that the group at Paradise Park are the only collared falconets in Europe, so it's a great opportunity for people to see this tiny species.

David Woolcock, curator at the wildlife park, said: "We hope this group will establish the species as a viable population within the UK."

IT'S A GIRL!

THE UK's only koala joey (baby) has had her first health check and vets have confirmed that she's a girl.

The joey was born at Edinburgh Zoo last July, but spent her first six months in her mother's pouch. She is still quite small and spends most of the time clinging to her mum, so staff gave her a teddy to hold while they gave her a check-up. The little joey weighs 759g but could weigh up to 10kg when she is fully grown.

Staff at the Royal Zoological Society of Scotland (RZSS) are planning on giving her an Aboriginal-inspired name, in tribute to the Aboriginal community in Australia, where koalas are found. RZSS works closely with conservation projects in Australia and the zoo is part of the international breeding programme for koalas. The creatures are under threat after bushfires in Australia destroyed a large part of their habitat.

RZSS

FirstNews • Issue 719 • 27 March – 2 April 2020

UNDERSTANDING AUTISM

IT'S World Autism Awareness Week from 30 March to 5 April. Autism is a condition that affects how people communicate and interact with the world. We spoke to 12-year-old Libby Scott, who has autism and has written two books about an autistic girl with author Rebecca Westcott. Their first book, *Can You See Me?*, was praised for its depiction of autistic people. Libby writes the diary entries for the main character, Tally, and has helped people better understand autism by seeing the world through her eyes. Their next book, *Do You Know Me?*, is out on 2 April.

Hi, Libby! Tell us a bit about the books.

I wrote a short story called *Life of a Perfectionist* that my mum put on Twitter about two years ago. That went viral – it got millions of views, then we got a book deal. *Can You See Me?* is about an autistic girl called Tally and her time at secondary school. In the new book, *Do You Know Me?*, Tally goes to camp with her school. Things go wrong, but she makes friends and sort of finds her tribe. I think the message I'm trying to give is when you find the right people, you find yourself with them because you know you fit in.

How much is Tally based on you?

Umm… well, while I'm writing the diary entries, there is a lot of it that does relate to me. But there are parts that don't relate to me at all. One example is the birthday situation. Tally doesn't like birthdays, but birthdays are one of my favourite things.

You write about some difficult things, but it's still really funny.

I think if you lighten up quite a dark subject, it becomes more interesting for people. It's good if you can get serious things across in a gentler manner. And I'm quite a funny person in real life. I make lots of jokes, so it came out quite easily in my books.

What are your favourite things to do to deal with your stress?

Tally's big interest is Taylor Swift. It was mine too, but now it's Little Mix. I relate to Jade, who is my favourite in the group. I like to watch them on YouTube. I also sing and teach myself piano, ukulele and violin. Horse riding as well is a big thing.

What's one of the best and worst things about being autistic?

One of the best things about having a diagnosis is helping people to understand you. Something bad is you do have quite a strong persona of just being different to others, of not being the same. You've got to adapt to that and let people know you aren't as different as they think you are.

Tally sometimes wears a tiger mask to distance herself from others.

Yeah! When I was younger, I got given a whole Mickey Mouse mascot costume for my birthday, with a big head and everything. I wore it every day for a good year, I think, to the park and everything. I do look back and think: "What was I doing?" But at the same time, I know that I was happy at the time, so…

Your mum said Rebecca (the co-author) saw some photos of you with a mask on and that inspired Tally's tiger mask.

That wasn't a tiger mask, though. That was a whole weird skin suit thing – I was a really creepy person! My mum went on the dark side of Amazon and got this tiger thing with like a stretched weird skin face on it and I wore that out for some reason.

In the books, you call tantrums a 'stress breakdown'…

I think everyone, of all ages, has things that people would call tantrums. If someone was having a mental breakdown or having a panic attack, you wouldn't tell them they were having a tantrum. But if you're younger than a certain age, apparently you're having a 'tantrum' just because you don't know how to handle your stress.

Do you find it easier to talk about autism with people now?

Oh yeah, definitely. I hadn't been as open before the books. I would talk to my mum about it and how things are, but with people outside the family, I wouldn't have brought it up. But now I do – I feel a lot more open, a lot more happy in my own skin.

The book comes out during World Autism Awareness Week. Is there anything that you would like to say?

I would say to people with autism that if they go through something hard like not being accepted or supported, know that it definitely will get better, so never give up.

WHAT EXACTLY *IS* AUTISM?

AUTISM is a condition that causes people difficulties in communicating and social interaction. Everyone is different, but people with autism may:

- **be sensitive to sounds, touch, tastes, smells, light or colours, making everyday life tough**
- **become so overwhelmed that they have physical and mental 'shutdowns'**
- **need longer to process information**
- **find it harder to speak or hold conversations**
- **experience intense anxiety around unexpected change, and in social situations**

National Autistic Society

CO-AUTHOR REBECCA WESTCOTT

Did you know much about autism before?

As a teacher who has worked in a special needs setting, I thought I knew a little bit about autism. It turns out I was right – I did only know a little bit! I have learnt so much by listening to Libby and the autistic community.

What parts of Tally were inspired by Libby?

Libby spoke really honestly about things. She wrote about the sensory issues with going to the hairdresser. She hates the sensation of having her hair cut – I used this in a chapter of *Can You See Me?*

Do you draw on your own childhood experiences?

I think I draw on several things. It helps that I have three children of my own! I also kept a diary from the age of eight to 21, and reading those helps me get into the head of younger me – although they're pretty embarrassing to read now!

LIBBY'S TOP TEN AUTISM TIPS FOR TEACHERS

1. Understand that I often cover up my anxiety. I have learnt to cover my real feelings at school, as I want to fit in and not get into trouble. It's hard to pretend to be something you aren't all day.

2. Building a good relationship with me is the best way to help me feel calm and able to behave. Show me that you like me. I respond well to feeling liked.

3. Tone of voice and facial expression are really important. If you have to tell me off, please do it in a calm way. Don't shout at me, as this makes me anxious. Nice language helps me focus.

4. Please don't shame me in front of others, like telling me off in public. This is my worst nightmare and my biggest fear in school. Speak quietly to me on a one-to-one basis.

5. Try not to make things sound like a command. "Would you mind coming up with a good way to make sure you remember your pencil tomorrow?" is a good way to phrase things for me.

6. Don't ask lots of direct questions, as the pressure can be really stressful. Say things like: "Would you be happy to…"; "I'm wondering whether you…"; "I was thinking you could…"

7. Give me time when asking questions or giving me instructions. Don't get impatient or I will sense it and be flooded with stress and won't think straight.

8. Don't ask me to make eye contact as a way of showing I am listening. It makes it harder for me to listen.

9. Don't force me to do something. I'm always pushing myself out of my comfort zone, but I can only do it when I feel in control. Offer me choices; this makes me more relaxed.

10. Most of all, PLEASE try to put yourself in my shoes. I don't choose to be this much work. It might be annoying for you but it is ten squillion times harder for me.

This is an edited extract from *Do You Know Me?*, out on 2 April

AUTISM FACTS

- There are around 700,000 people on the autism spectrum in the UK – that's more than 1 in 100!
- 34% of children on the autism spectrum say that the worst thing about being at school is being picked on.
- 17% of autistic children have been suspended from school; 48% of these had been suspended three or more times; 4% had been expelled from one or more schools.
- 63% of children on the autism spectrum are not in the kind of school their parents believe would best support them.

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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.

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

WORD WHEEL

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

WORD LADDER

SEE if you can get from the top of the ladder to the bottom by changing one letter at a time to make a new word.

RACE

ZOOM

WIN! BRAIN TRAINING BOOKS FROM BOND

CAN you complete our crossword by using the clues below?

Send in your answers and three lucky winners will win a Brain Training book bundle, which includes *Bond Brain Training for Kids: Logic Puzzles, Number Puzzles* and *Word Puzzles*.

It's time to train your brain. Can you crack the codes and solve the mysterious messages? With over 100 puzzles in every book, turn your puzzle powers up to maximum this Easter with the Bond Brain Training puzzle books!

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

ACROSS

1 Air around the Earth (10)
5 Famous horse racing track (5)
7 Gather or accumulate (5)
9 Steady: firmly fixed (6)
10 Fighting force (4)
12 Elton ____: English singer (4)
13 ___ pig: pet animal (6)
16 Rise to one's feet (3,2)
17 Large waterbirds (5)
18 Dishearten (10)

DOWN

1 Regions (5)
2 Maples (anag) (6)
3 Pick up sound with ears (4)
4 Change the order of items (9)
6 Pasta made in long, thin strands (9)
8 State (3)
11 ___ __ *Panda*: animated film (4,2)
12 Run slowly (3)
14 ___ Adkins: British singer (5)
15 A type of long poem (4)

HOW TO ENTER: Send your finished puzzles by email to **win@firstnews.co.uk**. We're afraid that we can't accept postal entries for now. The closing date for puzzle entries is Thursday 2 April 2020.

WIN! STABILO TRIO DECO

CAN you spot the five changes we've made to this picture from Disney's *Dumbo*? Send in your answers and five lucky winners will win a pack of STABILO Trio DECO. These brilliant metallic pens are perfect for card-making, drawing and colouring.

A

B

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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! A PERSONALISED BOTTLE FROM DOPPER

dopper changemaker challenge JUNIOR

REUSABLE bottle company Dopper is challenging YOU to come up with solutions that can reduce the use of single-use plastics and help change the world in the Dopper Changemaker Challenge Junior!

You can take part with your school, at home or with friends. Fifteen selected finalists will be invited to build and present their ideas, with the chance of becoming the Dopper Changemakers of 2020 and having their winning prototype developed and showcased for all to see. Entries are now open, so there's no time to waste!

To celebrate the 2020 Dopper Changemaker Challenge Junior, Dopper is giving away 20 personalised Dopper Bottles (max. ten characters) to *First News* readers who want to change the world – could it be you?

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

What is the average time for a plastic bottle to completely biodegrade?
a) 45 years b) 245 years
c) 450 years

ENTER NOW!

To become a Changemaker, sign up at dopper.com/changemaker-challenge-junior

MARK YOUR ENTRY BOTTLE

firstnews.co.uk/competitions or see below. The closing date is 9 April 2020.

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

LAST WEEK'S ANSWERS:

Spot the difference: shoe strap has been added, flag is missing, head is larger, beard is bigger, Mulan's top is a different colour. **Word Wheel:** impatient.

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

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

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SUPERZINGS are everyday objects brought to life with a fun, comic 'hero vs villain' theme.

Clad in iconic superhero capes and eye masks, there are more than 80 multi-coloured characters to collect, each with a matching 'rival', which adds a fun new dimension to the collectable mechanic.

We've teamed up with Magic Box Toys to offer three lucky winners a SuperZings Series 5 bundle.

The bundle includes 50 blind bag characters, a Bank Assault Playset, a Fire Strike Playset, two SkyRacers and two AeroWagons! To be in with a chance of winning, just answer this question:

Which superhero traditionally wears a red cape?
a) Superman b) Batman c) Spider-Man

For more information, please visit www.superzings.com

ENTER NOW! MARK YOUR ENTRY SUPER
firstnews.co.uk/competitions or see below. The closing date is 9 April 2020.

WHAT'S IN THE SHOPS?

EASTER

TALKING TABLES EGG DECORATING KIT
JOHN LEWIS £8.50

Eggs aren't just for eating, they're for decorating too! Have fun this Easter as you decorate your own eggs with this egg decorating kit. Each kit comes with stickers, pom-poms, card accessories and card egg holders for 12 eggs.

INFLATABLE BUNNY EARS GAME
AMAZON.CO.UK £5.57

Instead of the traditional Easter hunt, why not try the bunny ear toss game this Easter weekend? The game comes with two inflatable bunny ears, a pump and six bright inflatable rings, plus a ribbon to help fix the ears to your head. Take turns to throw rings at the rabbit ears, and the player who gets the most rings on the ears is the winner.

EASTER BONNET DECORATING KIT
HOBBYCRAFT £2.00

This fun-filled kit is the perfect way to set your bonnet apart this Easter! The pack includes four brightly coloured felt sheets, three foam sheets, 25 pom-poms, 16 wool tops, ribbon, four double-sided tapes, foam feathers, small flowers and tissue paper. Mix and match your favourite details to create unique designs on your choice of bonnet base.

*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.

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NOT EVERYTHING'S CLOSED IF YOU'RE A PENGUIN!

shedd_aquarium/Instagram

shedd_aquarium/Instagram

IT seems like all the fun places you can go to are closed for now. But one aquarium in America remains open… to the animals that live there!

The Shedd Aquarium, in the city of Chicago, has been letting its penguins out to explore parts of the aquarium they would never normally see. The curious waddlers have been out on field trips meeting dolphins, visiting exotic areas like Amazon Rising and even checking out the reception area.

The most recent animal to have a wander is Tyson the porcupine. He enjoyed his lunch while visiting the Polar Play Zone and watched the penguins having a swim.

The Shedd Aquarium, like lots of places, is staying closed to slow down the spread of COVID-19. "Our doors may not be open, but we are bringing the aquarium to YOU on our social channels," the aquarium said.

We wonder if we'll get to see more animal fun online from other zoos, aquariums and animals centres? The California Science Center has already joined in, sharing pictures of their rats, who got to explore the kelp forest exhibition while it's closed to visitors.

shedd_aquarium/Instagram

Wellington was fascinated by the piranhas in the Amazon section of the aquarium

CaliforniaScienceCenter/Facebook

Rats got to explore the California Science Center

DISNEY DIEHARD

disney366_/Facebook

A MAN who has visited Disneyland every day since 2011 has had to stop just short of a milestone.

Jeff Reitz had visited the Disneyland Resort in California for 2,995 days in a row. However, the park has temporarily closed due to COVID-19, meaning Jeff won't get to reach his 3,000-day milestone.

He celebrated his last day in the park and managed to get a pic with the Disneyland Resort president, Rebecca Campbell (left). Jeff said: "I'm still looking forward to coming back and having more fun, but it won't be that consecutive count any more."

BASKETBALL BOUNCE RECORD!

Guinness World Records

A TEENAGER has set a world record for the most 'bounce juggles' in one minute with three basketballs.

Zaila Avant-Garde has been practising dribbling basketballs since she was five. She also practised bounce juggling, where you bounce balls off the ground, for two years before trying for the record. She performed the feat on her 13th birthday and managed 231 bounces in one minute. That's about four bounces every single second and 18 more than the previous record.

Zaila is a keen basketball player and hopes to join a team in the WNBA (Women's National Basketball Association) one day.

"The more the achievements of women are promoted, the more little girls around the world will see that they can do any and everything they put their minds to," she said.

WHAT DO YOU CALL A HAPPY PENGUIN? A PEN-GRIN!

WHY ARE BASKETBALL PLAYERS MESSY EATERS? THEY ALWAYS DRIBBLE!

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

Paper Boy!

Written and illustrated by Paul Palmer

FirstNews • Issue 719 • 27 March – 2 April 2020

WORDS FOR LIFE

TAYLOR Dolan was born into a house of stories. Her mother used to read to her every night, and together they made their way through the worlds of Narnia, Oz and many more. *Ghoul Scouts: Welcome to Camp Croak!* is the first book in Taylor's new wickedly fun new series, which she has both written and illustrated. She told us what her favourite book is.

> "What a question! My very favourite book, and one I am determined to re-illustrate someday, is *The Phantom Tollbooth* by Norton Juster. I read it every year, and am still delighted by the wordplay."

Words for Life

National Literacy Trust

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

BOOK NEWS

ILLUSTRATION IN ISOLATION

ILLUSTRATOR Rob Biddulph is making draw-along videos from his home, so that those stuck at home have "something fun for us all to do together".

Rob has illustrated loads of brilliant books, and is the official World Book Day Illustrator.

The videos, which have helpful tips from Rob on how to draw and make your own illustrations, have now been seen thousands of times! Participants are encouraged to then share their creations on social media with #DrawWithRob.

"I can honestly say every single picture, and I've seen thousands now, is different and charming in its own way," Rob explained.

"Some of them are just astonishing! I had a drawing from a three-year-old boy sent to me, and I said to my wife: 'This kid is three years old – I'm going to be out of a job soon!'"

The videos are available on Rob's YouTube and social media channels.

WE WANT YOUR BOOK REVIEWS!

LOOKING for something to do? Send us a book review! Whether you've read a book recently that you desperately want to tell people about, or have read one that you think others should avoid – write us a review! We'll need around 100 words on a book you've been reading and a picture of yourself (with parents' permission!) sent to bookreviews@firstnews.co.uk

YOUR READS!

GLOW! BE CONFIDENT, BE YOU
SARA CONWAY

reviewed by Ethan Clarke and Lilia Fordham, aged nine

Ethan: This book really helps people to understand themselves and like themselves. I thought the activities were fun and the layout was great.

There are characters called Bobs in the book that made me laugh (the Bobs like fishing and so do I!). I like how the book helps people to think about what they should eat, and the activities help people to be more confident about stuff. It also has information about how to prevent bullying from happening and lots of other helpful ideas.

Lilia

Ethan

Lilia: I loved learning about always being myself and what to do if anyone is mean to me or makes me upset. I also loved learning about what type of food we should eat – and how much of it.

When I looked at the wheel of food, I could see how much chocolate and sweet stuff I should eat and how much fruit and vegetables. I found out lots about how I should treat myself and other people. I enjoyed the book so much!

GOOD NIGHT STORIES FOR REBEL GIRLS
ELENA FAVILLI, FRANCESCA CAVALLO

reviewed by Yui Kasuya, aged seven

This book is so good! It's all about amazing history. When I read this book I thought it was so good and I now totally love it.

One of my favourite people is Maria Callas and she was an opera singer. There are other famous women from throughout history. I think this book is for children aged 6+.

There are a lot of interesting stories!

PINOCCHIO
MICHAEL MORPURGO

reviewed by Adwait Sharma, aged ten

This is a fantastic book with the finest illustration.

It's one of the best stories I have read. The beautiful illustrations paint the picture of the story in my mind. I enjoyed the story of Pinocchio from the view of the world-famous toy. I enjoyed the way Michael Morpurgo depicted the character.

The character came to life with this lively description: "I am more than just a bit of wood and string! I'm me."

The story of Pinocchio is all about the ups and downs of his life, getting into trouble and finding a way to escape.

The words are brilliant. I'd definitely recommend this book to anyone who wants to find out more.

PHOTO EXHIBITION

JUNIOR JOURNALIST

by Lorenzo, Freya, Annabelle and Sloane from Belleville Primary School

BACK in February a group of Year 4 children from our school visited Tate Britain.

The gallery is showing a Steve McQueen exhibition of Year 3 class portraits. We were excited to see ourselves among the many photos. The giant walls of the gallery were covered with photos of 76,000 London schoolchildren. I was stunned by how many different faces were shown on the walls. Some of the children were wearing uniforms that were red, orange, purple, blue, yellow or green.

Other children were wearing jeans and shirts with ties. Some classes, like mine, had 30 children. Some classes had only two.

The photos are now a year old and everyone noticed how much they had changed. My friend noticed how much she had grown!

At the museum, we had an activity work booklet. There were things to do about ourselves and the other students in the photos. A member of staff talked to us about the exhibition and told us to look out for someone picking their nose!

Steve McQueen wanted this exhibition to show the future of London. In ten years' time, these children will be adults and will choose what London will be like.

What do you think it will look like?

It was an amazing day and it was an honour to be part of this exhibition.

Steve McQueen

The photo wall

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

Are you doing something sponsored for charity? Starting your own school newspaper? Putting on a show? Are you off on an amazing holiday or did you have a great day out? 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.

WRITING WINNER

JUNIOR JOURNALIST

by Charlotte Lee

THE winners of the Young Walter Scott Prize have been announced, and I was one of the winners. The prize challenges young people to write a piece of short fiction set in a time before they were born.

My entry, *The Best Thing*, takes place at a baking company in Missouri, America, where Otto and Frank are caught up in a media frenzy. Nervously, they unveil their invention, a bread-slicing machine, to wild enthusiasm.

Here's an extract from my story:

Today was the day he had been waiting for… the day of dreams. Stood in the building of the Chillicothe Baking Company, his invention carefully shrouded in cloth, he took in his surroundings with the familiar eye of one who had been here before, and allowed his hungry imagination to taste the delicacies that lay on trays all around the room. Pushed to the very edges of the space were wooden tables that were still lightly covered with flour, and he could picture his friend's workers striving tirelessly to meet the demand of the small Missouri town.

"Otto!" smiled a man who entered the room. He was an average sized man with neatly combed dark hair which matched formality and style with his suit and tie. "Promptly on time, as always, sorry that I had to divert you before, the journalists were fighting for this room, and we couldn't have that now, could we? Not yet, anyway."

"Journalists?" Otto replied, shocked and worried by the implications of his friend's words. "Of course!"

Otto ran a hand through his hair, before nervously pushing his round glasses back up to the bridge of his nose. "But what if the machine doesn't work?" he asked, jerking a hand towards his covered invention. "You are taking a gamble, Frank."

Frank smiled reassuringly, his earlier formality forgotten. He knew that the businessman that he could easily become was not who his friend needed now. He put a hand on Otto's shoulder. "It is not a gamble to me. I have total faith in you."

Otto's expression betrayed self-doubt; Frank knew that he would need to double his efforts to motivate his friend. "You are the man who almost lost everything in a fire, what was it, ten, fifteen years ago? I can't even remember the exact year now. But that doesn't matter. What matters, is that you are the man who lost the prototype and blueprints for this machine in that fire, but picked yourself up, dusted yourself off, and continued with your dreams. I have faith in your invention. And I know that you do too. Otherwise, why would you go to so much length to get the machine to this stage? Why not show a little bit of that faith now?"

Otto was moved by his friend's belief in his design, and his rallying speech succeeded in rousing the strength that he needed.

"Now, we had better let those journalists in," Frank grinned, "or they are going to be breaking the door down. They don't often get a fresh story on a new invention. But hey, it's 1928, anything can happen…"

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SPORT IN NUMBERS

938 miles (1,500km) is the length of the Iditarod Trail Sled Dog Race in Alaska, USA. This year it was won by Norway's Thomas Waerner and his faithful sled dogs (below). Waerner finished a full five hours ahead of three-time champion Mitch Seavey.

Getty

7 June 2020 – that's the date professional tennis has been suspended until. Players on the men's ATP Tour and women's WTA Tour won't play until the summer – and even then the suspension may be extended. The French Open, due to begin on 24 May, has been pushed back to September.

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26-year-old cross-country skier Stina Nilsson has announced she is quitting the sport to take up biathlon. The Swede, who has won five Olympic medals, including a gold at PyeongChang in 2018, is switching sports after seven years as a top cross-country athlete.

Getty

OLYMPICS DELAYED

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A man in a face mask walks past a mural featuring the Tokyo 2020 Olympics and Paralympics mascots in Kobe, Japan

THE Tokyo 2020 Summer Olympics have been postponed until next year.

Japan's Prime Minister, Shinzō Abe, asked the International Olympic Committee (IOC) to delay the event, and it agreed. The International Paralympic Committee announced that the Paralympics would also be pushed back to summer 2021. The event will still be called Tokyo 2020 despite taking place in 2021.

With every other major global sport suspended due to the COVID-19 pandemic, the IOC was under huge pressure to shift this year's Summer Olympics. They were scheduled to start on 24 July, and the Paralympics on 25 August. Although they are two separate events, they share many venues and facilities.

A day before the Japanese PM confirmed the shift, the IOC's Dick Pound told the *USA Today* newspaper that "postponement has been decided". The IOC had announced it would reach a final decision in a month, but they were forced into action sooner than that, as calls for the Games to be shelved grew.

On Sunday 22 March, Canada became the first large country to withdraw its athletes from both the Olympics and Paralympics. Canadian officials "urgently called" on the IOC, International Paralympic Committee and World Health Organization to postpone the Games for a year.

Piling more pressure on the IOC, Australian Olympic and Paralympic officials told their athletes to prepare for rescheduled events in 2021, while the chairman of the British Olympic Association said Team GB athletes would not go to Tokyo if COVID-19 continues to spread.

Getty

The Olympic flame recently arrived in Japan

The President of World Athletics, Sebastian Coe, had also called for the Games to be postponed. In a letter to the IOC, Coe said athletes worldwide were struggling to train properly because of COVID-19 restrictions.

Until last week, the IOC insisted the Olympics were going ahead as planned. But Prime Minister Abe said a delay "will make it possible for athletes to play in the best condition, and will make the event a safe and secure one for spectators."

OLYMPIC OPTIONS

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The Olympics is the biggest sporting event in the word. This year's Games were due to involve around 11,000 athletes (including Brit star Dina Asher-Smith, far right) across 33 different sports. The Paralympics was set to bring together 4,400 athletes (including Brit Paralympic champion Hannah Cockroft, above right) across 22 sports. These options are thought to have been discussed by IOC members:

CANCEL IT ALTOGETHER: This was always unlikely, as it would have meant all the expensive construction and organisation projects would have been for nothing, and all the athletes would have wasted precious training time. The next Games aren't until 2024.

POSTPONE: Many countries' Olympic and Paralympic committees argued that Tokyo could still host the two events – but only in 2021. Another option discussed was to delay the Games until this autumn.

MODIFY: Organisers hinted at plans to go ahead with the Games this summer, but reducing the number of spectators or events, to lower the risk of spreading the virus.

MOVE LOCATION: Some athletes had called for the Olympics to move to a host city less affected by COVID-19.

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