

First News

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NEWS SPORTS ENTERTAINMENT INTERVIEWS PUZZLES COMPETITIONS SCIENCE

SUMMER
OF SCIENCE
EXPLOSIVE
DAYS OUT! P9



SCHOOL NEWSPAPER
OF THE YEAR
AWARD
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OCTO-POSSE!

UK SEES BOOM IN SEA "ALIENS"



BRITAIN is seeing a boom in octopuses, say wildlife experts.

by editor in chief Nicky Cox

They say it's a bumper year for the sea creatures along our coastline, with the huge numbers being recorded now not seen since 1948.

Divers and snorkellers around Cornwall say they're seeing many more of the common octopuses – whose scientific name is *Octopus vulgaris* – than usual.

Even though it's called "common", the large species of octopus is very rare in Britain. Normally,

there are only a handful of sightings in a year. The common octopus is known for its large eyes, soft bag-like body and tentacles that can span up to one metre.

The Marine Biological Association has reported major octopus booms along the south coast of England before. But experts say it's been more than 70 years since we've seen anything like this. The first recorded octopus boom was in 1899.

Female octopuses can lay up to half a million eggs. Once they hatch, many die, and only survive

if sea conditions are good.

Matt Slater from the Cornwall Wildlife Trust said octopuses "are such amazing, alien creatures – one of the most intelligent animals in our oceans."

"We hope this is a sign that octopus populations are healthy in our Cornish waters."

The Cornwall Wildlife Trust is asking people to record any octopus sightings with it via its ORKS app or online on the Trust's website at ercis.org.uk/share-sightings so it can get a better picture of the rise in octopus numbers.

HALF A MILLION REDWOODS IN ENGLAND'S FORESTS



Forestry England has said that, thanks to planting by its foresters, there are now more than half a million redwood trees in England – and it wants more people to see them! The organisation has made a new map that shows you where you can find the massive trees. Wally North, from Forestry England, said: “Redwoods are very resistant to forest fires because of their thick bark and they also play an important role in mitigating [easing] climate change.” To see nature’s giants up close, check out the map at tinyurl.com/routeforredwood.

ARMY ACCOUNTS HACKED

The British Army says its official Twitter and YouTube accounts were hacked this week. Both accounts are back to normal now but not before odd monkey cartoons and pictures of billionaire businessman Elon Musk were posted by the hackers.

AMERICAN STARS HONoured

Seventeen people have been given the Presidential Medal of Freedom, America’s highest honour to citizens. They include hugely successful gymnast Simone Biles, who has been praised for speaking out about mental health issues, and footballer Megan Rapinoe, who has campaigned for LGBT rights and equal pay between men and women in sport.



Simone Biles at Tokyo 2020

QUICK NEWS
TO READ YOURSELF AND SHARE WITH FRIENDS

YOUTUBER DIES

Tributes flooded in last week after the death of *Minecraft* YouTuber Technoblade was announced on his channel. Technoblade, whose real name was Alex, had more than 13m followers and died aged 23 due to a sarcoma, a type of cancer. A goodbye video titled ‘so long nerds’ was posted to announce the news.

A BEAR FEEDER?!

A family in Minnesota, USA, got a shock when they saw a black bear perched on their bird feeder. The bear was using it for a quick snack and a rest. The family made a short video from the safety of their home before shooing the bear away.



AH55-408 / twitter

DRESS CODE RELAXED

Wimbledon is known for its strict all-white dress code for tennis players. However, it has relaxed them a bit this year, as players like Poland’s Iga Świątek and Ukraine’s Lesia Tsurenko were seen sporting blue and yellow ribbons in support of Ukraine.

SCHOOL ONLY FOUR DAYS A WEEK?

Do you think a three-day weekend would be good for your mental health? MPs discussed the idea, after a petition with more than 148,000 signatures called for a four-day school week. But the Government says it has no plans to change things. Some pupils suggested that longer school days and online learning could make up for any days lost if schools closed on Fridays. What do you think?

Vote at first.news/polls

AUSTRALIAN FLOODS

Tens of thousands of people in the Australian city of Sydney have been told to leave their homes due to flooding. It’s the fourth flood in the area in 18 months and this one is expected to be the worst. Some parts of Sydney have seen 35cm of rainfall in just a day or two. Therese Fedeli, mayor of a town called Camden, said: “It’s just devastating. Most [people] have just come out of the last flood, getting their homes back in place, their businesses back in place.”

FIRST BLACK WOMAN JOINS SUPREME COURT



getty

In America, Ketanji Brown Jackson has been sworn in as the country’s first black female member of the Supreme Court. Members of the court are responsible for making big decisions about laws in the country.

FIRE THREAT TO MACHU PICCHU



getty

The ancient city of Machu Picchu in Peru was under threat due to a nearby wildfire. After three days, firefighters tamed the blaze, but it was made difficult because the mountainous area is hard to reach. Machu Picchu was built by the Incas more than 500 years ago. The ruins are a popular tourist attraction.

SCHOOL DINNERS FEEL THE PINCH



getty

School caterers say that costs for basic food like eggs and potatoes are going up and changing all the time. Some are replacing meats like beef and chicken with cheaper alternatives, while more than 60 already get, or are thinking about getting, cheaper meat from other countries.

TV AD RULES REVIEW

TV watchdog Ofcom is looking at its rules and says we could end up with longer telly ads. At the moment, ITV, Channel 4 and Channel 5 are allowed seven to eight minutes of ads per hour depending on the time of day, but this could go up, as other smaller channels are allowed nine minutes an hour.

RUSSIAN SALAD AT NATO MEETING

NATO officials were surprised to see a Russian salad on the menu at a recent gathering in Spain. Some found the potato dish an odd choice considering that a lot of the discussion would include Russia’s invasion of Ukraine.

PARKING MISHAP

A car managed to land on top of two caravans in what the local fire service described as a “parking mishap”. One person who was at Glossop Caravans said the car “just came right out of the bushes” before it found its unusual parking space. Luckily, no-one was hurt and the car was brought back down to earth.



Glossop Fire Station

BOY CYCLES TO PARIS

Rupert practising for his long ride!



A SEVEN-YEAR-OLD boy is cycling between London and Paris to raise money for a charity that helped him after his dad died.

Even before he starts the ride, Rupert has already raised more than £11,500 for the Children's Bereavement Centre.

Rupert's dad, Tom, taught him to ride a bike and Rupert says cycling reminds him about the time they spent together. Tom died in an accident at work three years ago.

Rupert says the Children's Bereavement Centre helped him and his mum, Jess, through the difficult time after his dad died. "They helped me to understand the difficult feelings I was having and introduced me to other children who know how I feel so that we could have fun together and feel less alone," he said.

Rupert hopes the money he raises on his ride will mean the centre can help other children like him.

Rupert was due to set off on his journey on Wednesday (6 July), riding 80km (50 miles) a day for four days with his mum.

We'll let you know how he gets on next week.

A granny has already completed another epic bike ride – becoming the oldest woman to cycle the length of the UK from Land's End to John O'Groats. Gina Harris, 82, from Birmingham took 28 days to make the journey, raising thousands of pounds for charity. Gina only took up cycling when she was 50!

CLIMATE ACTION TOO SLOW

THE UK's climate goals will not be reached at the current rate, says a new report from the Climate Change Committee (CCC).

THE CCC has told the Government that while there are some areas of progress, not enough is being done if it wants to reach its goal of cutting emissions by the mid 2030s.

The good news is that UK emissions are now almost half (47%) what they were in 1990. Emissions rose by 4% in 2021 as the country began to recover from COVID 19 but were still 10% below 2019 levels.

The CCC says that electric cars are being used in greater numbers each year and renewable electricity such as offshore wind is working. However, more still needs to be done to tackle energy use in homes and the way we farm our food and use our land. The CCC says progress is too slow.

The committee has outlined some of the things that need to happen for targets to be met. This includes clearer directions from the Government and incentives (reasons) for people to change the way they do things.

CCC Chairman Lord Deben said: "The UK is a champion in setting new climate goals, now we must be world-beaters in delivering them."

Lots of charities and organisations are disappointed in the lack of action. Angela



The UK must cut down on fossil fuels

Francis from WWF said: "We risk sleepwalking into catastrophe if we don't act now to fix our broken food system, starting with tackling the devastating impact food production is having on climate and nature."

TACKLING THE FOOD CRISIS

NEW research shows that 40% of the UK's most productive agricultural land is being used to grow food for farm animals instead of people.

WWF's *Future of Feed* report says feeding farm animals food that humans can eat is adding to climate change, as well as fuelling a decline in nature.

The organisation found that half of the UK's wheat harvest each year is being used to feed livestock such as chickens and pigs. But it could produce nearly 11 billion loaves of bread to help families struggling to buy food and relying on food banks.

The WWF says that instead of feeding animals things like soy and cereal, we could use grass and insect meal instead. This would free up land to grow food for people, including important crops like fruits, vegetables and nuts.

While the WWF does say there will need to be a lower number of animals to make this system work, it still believes that overall it would be a better way to source food and help the environment.



Should we farm fewer animals so we can grow food for humans instead?

Vote at [first.news/polls](https://www.first.news/polls)

RUSSIAN TROOPS ARE "TERRORISTS"



President Volodymyr Zelensky

UKRAINIAN President Volodymyr Zelensky says Russia should be punished for state terrorism.

He told a special meeting of the UN Security Council that Russian troops need to be punished for their acts of terrorism against Ukrainian people.

Mr Zelensky said: "Ukraine's law enforcement and intelligence agencies are doing their best to identify all Russian servicemen responsible for the terror against our cities. The names, faces and all information about each of these terrorists will be known to the world." He added: "A sentence and imprisonment are the minimum they deserve."

The president made his point clear by reminding the council about Russian forces targeting a peaceful shopping mall in Kremenchuk last month, arguing that they obviously wanted to kill as many people as possible. At least 18 people died and many others were injured by the missile strike.



Getty

KENT, UK

THIS image celebrates the footballing brilliance of (L-R): Demi Stokes, Lauren Hemp, Lucy Bronze, Georgia Stanway, Leah Williamson and Keira Walsh by lighting up the White Cliffs of Dover ahead of the European Championship.



Getty

NEVADA, USA

A SUNKEN World War Two landing craft that used to be 56m underwater has become visible as water levels continue to drop. The water in Lake Mead is at its lowest since the man-made reservoir was filled in 1937.



Getty

NORFOLK, UK

SOLDIERS from the Household Cavalry Mounted Regiment ride their horses into the sea. The London regiment has released half its soldiers for a summer camp, which means the horses get a break from their ceremonial duties and can enjoy the beach.



RZSS

EDINBURGH, UK

MORE than 40 giraffe sculptures that are 2.44m tall have hit Edinburgh as part of Edinburgh Zoo's Giraffe About Town trail. Created in partnership with Wild in Art, the trail aims to help the city recover after the pandemic and raise funds for the Royal Zoological Society of Scotland's conservation work.

LONDON, UK



Getty

A HUGE rainbow flag was carried along the streets during the annual Pride Parade, which saw more than a million people taking part. The first Pride march to be held in a UK city went from London's Hyde Park to Trafalgar Square on 1 July 1972 and was a protest against the unfair treatment suffered by LGBT people at the time.



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TINY ROBOTS COULD EXPLORE ALIEN OCEANS

AN idea that could one day see robots whizzing through the waters of other planets or moons has been given research money by NASA.

The space agency likes the sound of Ethan Schaler's futuristic idea, Sensing With Independent Micro-Swimmers, or SWIM for short. That's why he's been awarded \$600,000 (£493,000) to make and test some prototypes for the project.

The picture on the right shows one way the SWIM robots (the triangles at the bottom) could explore oceans. They could be packed inside a thin probe (the red glowing tube) that heats up to get through layers of ice and reach the water underneath. Then it could release up to 48 wedge-shaped robots to explore the waters.

Schaler explains: "With a swarm of small swimming robots, we are able to explore a much larger volume of ocean water and improve our measurements by having multiple robots collecting data in the same area."

Each SWIM robot would have its own little computer and sensors that record things like temperature, pressure and acidity. As the 13cm craft are much smaller than other ideas for ocean-exploring robots, they'd take up less room on a space shuttle. That leaves plenty of room for more powerful (but less mobile) machines that can also collect data on distant planets.

Samuel Howell, a scientist on the project, compared it to the Ingenuity Mars Helicopter, which can cover a larger area faster than the Perseverance rover, which moves slowly along the ground while collecting samples. Howell adds: "If instead of one helicopter you had a bunch, you would know a lot more about your environment. That's the idea behind SWIM."



This illustration shows how a landing craft could send a heated probe through the ice to release the SWIM robots into the water

NASA/JPL-Caltech

SCULPTURES SNAPPED

EVERY public sculpture in the UK has been photographed.

There are more than 13,500 of them around the UK and now Art UK has taken photos of them all for the first time, listing every single one in a new digital database.

Art UK's Andrew Ellis said the work was important "for anyone who cares about public art or simply wants to find out more about that sculpture they walk past every day".

More than 500 volunteers searched for the sculptures across the country, taking more than 140,000 photographs between them.

The database shows that only 2% of the sculptures of people were of those from ethnically diverse backgrounds. And women make up just 17% of the sculptures of named people.

Ellis said: "Hopefully what's happening is that we're starting to see that slowly change as new public sculptures are put up. The data shows that the nation's named sculptures do not represent the society we live in today."

Bob Budd's *Eat For England* is a 4.6m (15ft) spoon sculpture in Cramlington



Getty

EDITOR'S COMMENT



ON our front page this week, it's good to report that a species is thriving, rather than "only just surviving". Sadly, it remains the case that, for an ecosystem that covers 70% of the planet, we don't give our oceans enough respect. Our seas absorb much of the global warming caused by humans. By each of us becoming more eco-friendly, our oceans can stop heating up and we can report more news stories about marine life recovering.

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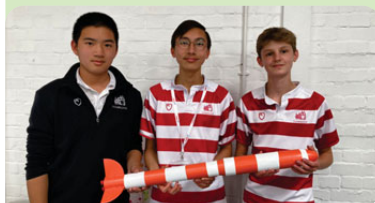


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TONBRIDGE SCHOOL

THREE students from Tonbridge School in Kent won the national finals of the UK Youth Rocketry Challenge. Team Traffic Cone launched their rocket into the air and safely landed it (while carrying two eggs!) within 44 seconds. They will now compete against teams from the US, Japan, and France in the International Rocketry Challenge finals.



ANDY MURRAY AND EMMA RADUCANU

BOTH British stars were knocked out of Wimbledon in the second round. Murray lost to America's John Isner, while 19-year-old US Open champion Raducanu (below) was beaten 6-3, 6-3 by France's Caroline Garcia.



Getty

GIRLS IN AFRICA FORCED INTO MARRIAGE

GIRLS as young as 12 are being forced into getting married in parts of Africa, says children's charity UNICEF.

East African countries such as Kenya, Somalia and Ethiopia have been suffering from drought (lack of rainfall). That has led to crops and livestock dying, while outside factors like the war in Ukraine have seen the cost of fuel and food go up a lot.

UNICEF says forced marriage is on the rise, as families seek to get money from arranged marriage, or just have one less mouth to feed.



iStock

ORCAS SCARING OFF GREAT WHITES

GREAT white sharks are staying away from parts of the South African coast after being attacked by a pair of killer whales, new research says.

Since 2017, eight great white sharks have washed up along the Gansbaai coast in South Africa. Researchers say that the sharks' fatal injuries show they were made by the same two orcas (also known as killer whales).

When the orcas have been nearby, 14 great whites have been tracked leaving the areas where they usually hunt.

The study suggests that the sharks are using their 'flight' response, choosing to escape as a group when the orcas are nearby, rather than staying to fight.

Study author Alison Towner said: "The more

the orcas frequent these sites, the longer the great white sharks stay away." She compared the sharks' reaction to how wild dogs act in Tanzania when more lions appear.

Towner says the impact of the orcas removing sharks is likely to be "wider-reaching". For example, with fewer great whites to eat the seals, there are more seals to eat endangered African penguins.

She says that "balance is crucial in marine ecosystems".

The research was published in the *African Journal of Marine Science*.



Orcas are the largest member of the dolphin family



Great whites are one of the largest species of shark

WORLD LEADERS SET ROAD SAFETY TARGET

IN the time it takes you to read this story, three people will have been killed on the world's roads.

If that's not shocking enough for you, since the car was invented, more than 50 million people have been killed in traffic accidents. That's huge when you think the entire population of the UK is 70 million. If you're aged between 5-29, you're more likely to be killed in a traffic accident than by disease or any other cause.

Statistics like this were being mentioned a lot this week, as world leaders gathered to discuss ways to improve road safety.

"We step from our homes every day onto roads that take us to our jobs, schools and to meet our vital daily needs. Yet our transport systems remain far too dangerous," said United Nations Secretary-General António Guterres. He added that the future of transport "should promote health and wellbeing, protect the environment and benefit all".



Amsterdam in the Netherlands has been praised for the way it redesigned roads to make them safer for cyclists and pedestrians

The meeting saw countries agree to halve road traffic deaths by 2030. It's in every country's best interests to reduce deaths and injuries on the roads as much as possible, as they cost an average of 3-5% of all the money that a country makes in a year, due to things like the costs of healthcare and supporting families who lose their main money earner in a traffic accident.

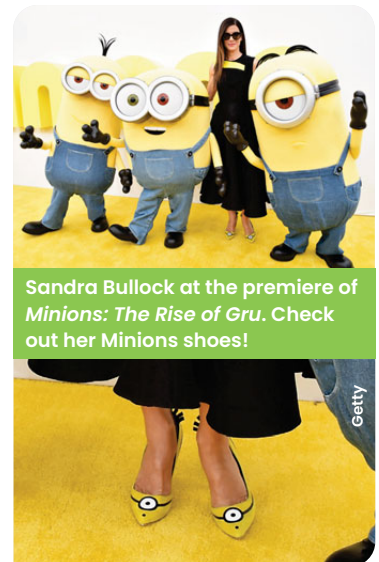
Medical journal *The Lancet* has also been focusing on road safety this week, with a series of articles. One of them says that half a million lives could be saved every year by targeting four areas: speeding, drunk driving, seatbelt use and lack of helmets for motorbike riders. Report author Dr Amy Peden says there are "simple, affordable and proven" ways of reducing road traffic injuries, but they're not being used or enforced.

A lot of road accidents are a result of bad planning. Experts say that, if streets were designed with pedestrians, cyclists and public transport in mind, they'd be safer, cleaner and more sustainable too.

TIKTOK TREND LEADS TO CINEMA BAN

A VIRAL trend of dressing up for the latest *Minions* film has led to some cinemas barring any young people dressed in suits.

Although lots of people have been amused to see kids dressed up like Gru, the main character in the *Despicable Me* and *Minions* films, some have complained about people making noise and throwing things. Some cinemas say they've lost a lot of money because they had to give people refunds, and that their staff have been abused by some of the young people taking part in the #gentleminions trend.



Sandra Bullock at the premiere of *Minions: The Rise of Gru*. Check out her Minions shoes!

Should #gentleminions be banned from cinemas?

Vote at first.news/polls

YOUNG PEOPLE GET BOSSY!

YOUNG people are set to get bossy – but in the right way!

First News is bringing back the Takeover Challenge, where kids go into businesses and become the boss for the day.

Our annual challenge has had a bit of a rest because of the Covid pandemic, but watch out for more news in September about how it's going to be back – bigger and better.

The next Takeover Challenge will be in partnership with wildlife and environmental charity WWF, with a focus on sustainable companies. We'll be setting you the challenge of finding out how businesses score on being green where you live.



NEW GIANT WATER LILY SPECIES FOUND!



The giant water lily at Kew Gardens is the largest of the three species

A NEW species of giant water lily has been discovered by scientists.

The huge lily has been growing under our noses in London's Kew Gardens for 177 years, but it was believed to belong to another species. Now, after years of investigation, an expert team has realised the plant is actually completely new to science.

Until now, there have been only two known

species of giant water lily. Scientists have confirmed this is a third, calling it "one of the botanical wonders of the world".

The team has named the species *Victoria boliviana*, after Britain's Queen Victoria and Bolivia, in honour of Bolivian research partners and one of the natural homes of the water lily.

DO YOU DESERVE A MEDAL?

HAVE you ever heard the jokey phrase: "What do you want, a medal?"

Well, now's your chance to get one! The British Citizen Youth Award (BCyA) recognises young people, aged 18 and under, who've made a positive impact in their community, school, other groups or charity.

Young people can be nominated by their parents, teacher, charity leader or any other adult, but must also be backed by someone who's not in their family.

Awards are made to people who have done something to make a real difference, or have helped others in the area where they live, or in wider society.

If you're chosen to receive the British Citizen Youth Award, you'll be invited to attend a ceremony at London's Palace of Westminster to get your medal.

Find out more and how to nominate someone at britishcitizenawards.co.uk.



Some previous BCyA winners with First News Editor Nicky Cox (left)

A KITTEN had to be rescued from inside a Pepsi drinks vending machine at a shop in Tennessee, USA.

The little kitty somehow managed to climb into the machine but got itself stuck! Thankfully, an employee at the shop heard its cries and rang for help. When firefighters arrived on the scene, they were able to unplug the machine, find a way in and bring the feline to safety. The kitten was adopted by the employee who helped in its rescue. Aww!



DIARY DATES

- **WIMBLEDON FINALS 9-10 JULY**
Get out the strawberries and cream, as it's the finals of the famous tennis tournament this weekend! Who will be crowned the winners? Tune in to find out!
- **SHARK AWARENESS DAY 14 JULY**
Celebrate these amazing animals and the important part they play in our oceans.



PRIME Minister Boris Johnson got to keep his job after winning "a vote of confidence" in his leadership last month. But, after a series of problems including a row about illegal gatherings at Downing Street during lockdown, many still think he should quit. We asked you: Should Boris Johnson stay on as prime minister? A whopping 86% of you voted no. Here's what you had to say.

No, he shouldn't. He has completely lost the trust of me and most of Great Britain. We need sensible people running the country.

– candyapple

He has lied to the British public time after time and yet refuses to resign. The ministerial code was created assuming the PM would uphold it. However our PM has not. He held parties when we weren't allowed to. The least he could do would be to tell the truth.

– oceangirl

Even though he had a bit of a party, it doesn't mean he has to resign just because of it (even though it was unfair). However, the UK is coping somehow.

– ivansp2011

He made rules to keep us safe and told us we had to keep them. The police fined people for breaking these rules. Now it turns out that Boris Johnson broke his own rules and he wasn't even the one who admitted to it at first.

– sunnysmilz

No-one wants a prime minister who you are unable to trust fully.

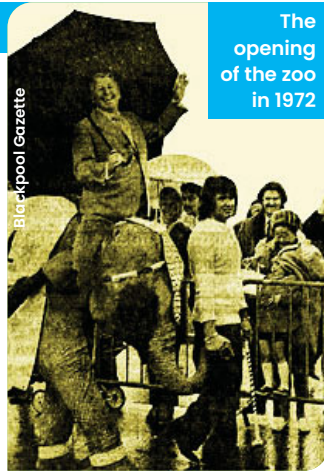
– mangogirl

Join in the conversation and vote at first.news/polls

BLACKPOOL

● **Blackpool Zoo celebrates 50th anniversary**

Blackpool Zoo is celebrating its 50th anniversary this month. To mark this year's big birthday, this weekend (9-10 July) a special party is taking place at the zoo with activities, a selfie station and an exhibition looking back at the attraction's history. The animals will also be getting birthday-themed tasty treats. The first animals at the zoo were two tapirs and two Asian elephants, one of which, Kate, is still there, aged 53, and is the oldest animal at the zoo.



The opening of the zoo in 1972

Blackpool Gazette

ENGLAND & WALES

● **Population reaches a record high!**

The population of England and Wales grew to a whopping 59.6 million in 2021, new figures by the Office for National Statistics (ONS) have shown. That's an increase of more than 3.5 million people since 2011, and the highest since records began! The results show that there are more elderly people, with 18.6% of the population aged 65 and over, while the number of under-15s has gone down a little. There are also more women, with females making up 51.0% of the overall population.



Getty

GLASGOW

● **Museums to return artefacts**

Glasgow museums are set to become the first in the UK to return cultural artefacts to India. Six of the precious items were stolen from temples and shrines in the 19th century when northern India was ruled by Britain. Now, Glasgow Life, which looks after the city's museums, has made the decision to return them to their original home. There's lots of debate about this, with some arguing artefacts such as these are an important part of history that should remain in the UK, while others say it's right they should be given back. What do you think?



Glasgow Life

A carving representing Surya, the Hindu god of the sun

UK

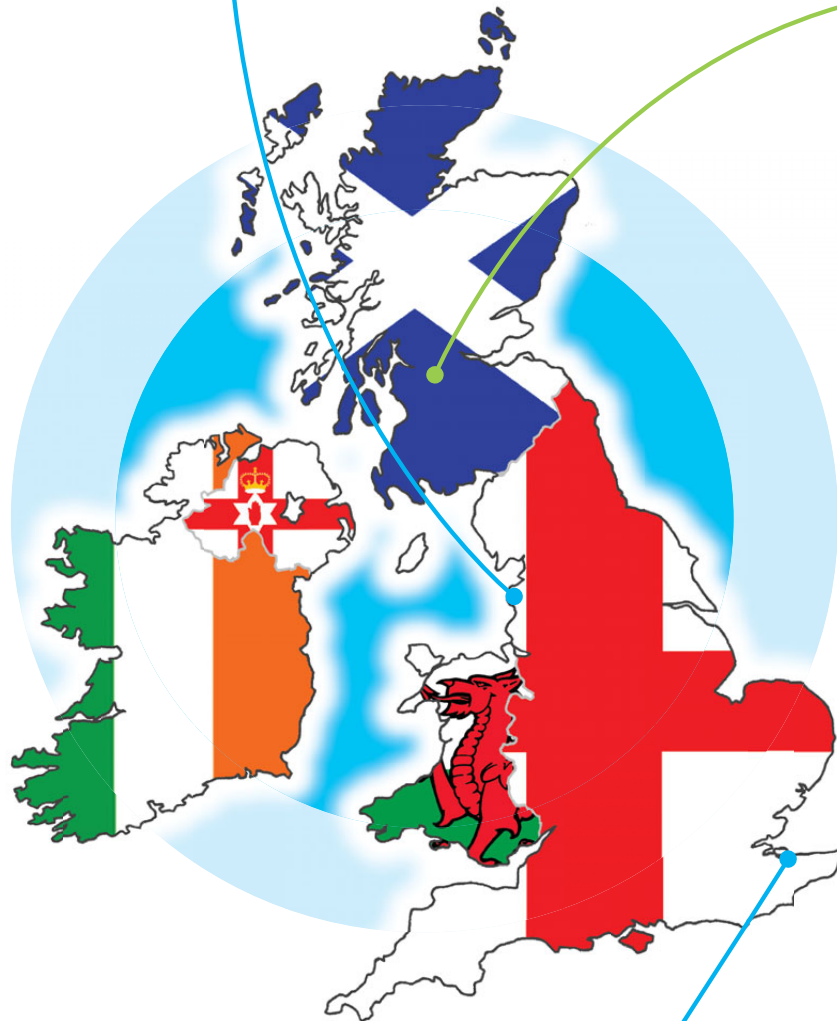


Experience Barnsley

Experience Barnsley Museum is shortlisted for an award

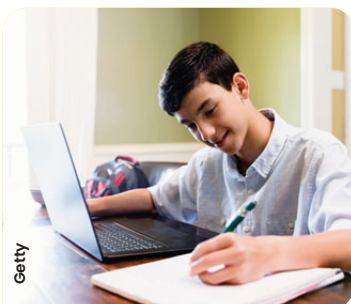
● **Family Friendly Museum Award**

The shortlist has been announced for this year's Family Friendly Museum Award. The award, run by the Kids in Museums charity, is the only one in the UK to be judged by families. Sixteen venues are in the running, including the National Maritime Museum in London, the Egypt Centre in Swansea, Discovery Museum in Newcastle Upon Tyne and The Story Museum in Oxford. Undercover family judges will visit the shortlisted museums over the summer holidays, and the winner will be announced at a ceremony in London in October. Check out more at kidsinmuseums.org.uk.



NORTHERN IRELAND

● **More kids being home-schooled**



Getty

The number of children being home-schooled has more than tripled in the last five years in Northern Ireland. A total of 796 young people were being taught at home between 2021-22, the Department of Education says. In 2017-18, there were just 287. The DE says the figure could be even higher, as parents don't have to register with it. It's not clear why the number has risen so much and whether it's a result of the Covid pandemic.

FAVERSHAM

● **Team triumphs after 29 years!**

A cricket team has won its first game ever! The Motley Crew from Faversham had failed to beat any of its rivals since forming in 1993. Now, the team is celebrating after scoring 134 runs to secure its first triumph! Team captain Tom Browning told KentOnline: "It's been a running joke that The Motley Crew always loses, but with new blood in the team, maybe we're at the start of 29 years of wins."



The team celebrate their win

The Motley Crew

RUNS	136
WKTS	9
OVERS	26
TOTL	134

SUMMER OF SCIENCE



Science Museum Group

SUMMER isn't all about sun, sea and sand – it's also about science! Here are some of the exciting events and exhibitions taking place in England over the holidays that can help you get your dose of summer science!

Visitors at a National Science and Media Museum fun day

Royal Society Summer Science Exhibition London and online until 10 July

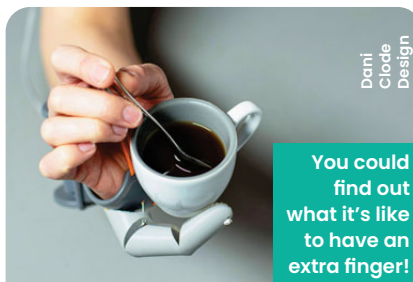
If you're quick, you can check out the three remaining days of the Royal Society Summer Science Exhibition. Based in central London, this free exhibition brings together 16 exhibits, featuring 500 world-leading researchers from across the UK for cutting-edge science and interactive experiences.

There's also a programme of activities and workshops for all ages this weekend (9-10 July).

You can experience having an extra body part on **The Third Thumb** exhibit. Or find out how berries might help us harness solar energy from the sun. And tomorrow (Saturday) you can meet some **alpacas**, before finding out how they and their llama relatives could hold the key to treating human diseases.

If you can't make it to London, you can still get involved: on Saturday 9 July there's a live, streamed session from noon to 3pm.

Find out more: www.royalsociety.org/summer-science



Dani Clode Design

You could find out what it's like to have an extra finger!



University of Reading

No drama, it's only a llama!

Science and Industry Museum Manchester 23 July – 4 September

The **Power UP** videogame exhibition is back! You can play the very best videogames from the past five decades and try out more than a hundred different consoles. There's something for everyone, from *Pong* to *Pac-Man*, *Sonic the Hedgehog* to *Street Fighter* and Mario to *Minecraft*, plus a selection of games created in Manchester.

You can also face off against friends and family in multiplayer showdowns and test out some of the latest virtual reality experiences.

Find out more: tinyurl.com/PowerUpManchester



Science Museum Group

Science Museum London Friday 15 July/Saturday 6 August/ Friday 16 September

It's a real-life *Night At The Museum!* Sort of. If you've ever wanted to explore the museum after dark, or if the idea of spending the night in one gets your imagination going, then you'll love **Astronights**, the sleeper for kids.

There are workshops, shows and activities – rounded off with breakfast and an interactive science show.

On 6 August, the Science Museum is running a **SENSory Astronight** for children with special educational needs or disabilities, too.

Find out more: tinyurl.com/AstronightsLondon

National Science and Media Museum Bradford Saturday 30 July

The latest exhibition at the museum, **Switched On**, is having a special day for families. You can learn about the life of broadcasting legend David Attenborough



Getty

(left) life through interactive storytelling, have a go at being a camera operator and even make a radio from scratch. Find out more: tinyurl.com/SwitchedOnBradford

Royal Institution London until 26 August

The Royal Institution (Ri) in London is all about "hands-on science" – trying and experimenting for yourself. This summer, it's got a programme of **holiday workshops** for young people of all ages.

You can get creative with computer science, or become an engineer or forensic scientist for the day, among other activities. Workshops run from 25 July until 26 August.

In addition, the Ri has a bunch of talks this summer, with lots of demonstrations of science in action.

On Monday 1 August, Kyle Evans will be performing some **maths madness** with lively demonstrations including the paper folding world championship and an attempt to fit all of the UK's rice stocks on a single chess board (we're told this part usually fails, but he gives it a good go).



Harry Harper



Harry Harper

An explosive demonstration at the Ri!

And on Friday 12 August, the writer of the **Horrible Science** books, Nick Arnold, will be putting the spotlight on the disgusting and creepy corners of science. He's promised to present some funny facts, scary stories and explosive experiments on stage. He'll need plenty of audience participation, too...

Finally, the Ri is hosting a **Family Fun Day** on Saturday 23 July, showcasing activities and demonstrations from over 15 years of the Fun Days. Find out more: www.rigb.org/whats-on

 **USA**



Getty

● **Supreme Court limits climate powers**

The US Supreme Court, the highest court in the country, has said that the Environmental Protection Agency (EPA) can't tell electricity-producing companies to cut their greenhouse gas emissions. It was hoped that, under the country's Clean Air Act, the EPA would be able to control the emissions to help tackle global warming, but the court has ruled against it. President Joe Biden called it "another devastating decision". In a statement, he said: "I will not relent [let up] in using my lawful authorities to protect public health and tackle the climate crisis."

 **GUATEMALA**



Getty

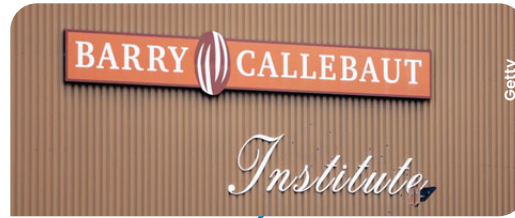
● **New marine protected areas to be created**

Guatemala's government has announced plans to create eight new marine protected areas. The aim is to protect the planet's oceans better, as well as the animals in them, including whales, sharks and sea turtles. The plans were announced at the United Nations Ocean Conference in Lisbon, Portugal.

 **BELGIUM**

● **Salmonella found at world's biggest chocolate factory**

Salmonella bacteria has been discovered at the Barry Callebaut factory in the town of Wieze. Salmonella is a type of food poisoning that can make people very sick. The huge factory supplies chocolate to companies including Hershey, Nestlé and Unilever. A spokesman said production was stopped immediately and any customers who might have received the affected chocolate would be contacted. Belgium's food safety agency said it had opened an investigation.



Getty

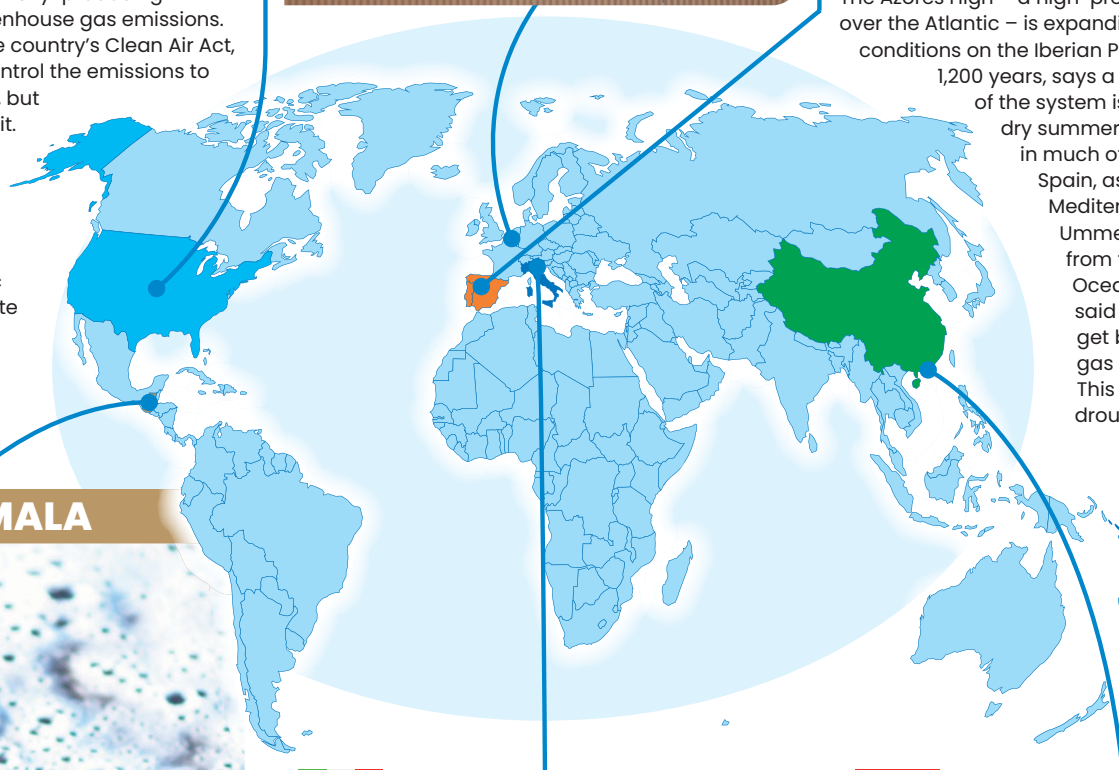
 **PORTUGAL & SPAIN**



Getty

● **Driest conditions in 1,200 years**

The Azores High – a high-pressure weather system over the Atlantic – is expanding, leading to the driest conditions on the Iberian Peninsula in the last 1,200 years, says a new study. The growth of the system is behind the very hot, dry summers being experienced in much of Portugal and Spain, as well as the western Mediterranean. Caroline Ummerhofer and her team from the Woods Hole Oceanographic Institution said the Azores High will only get bigger as greenhouse gas levels continue to rise. This will increase the risk of drought in the area.



 **ITALY**

● **Seven people killed by avalanche**

At least seven people have been killed, following the collapse of a glacier on Marmolada mountain. The collapse caused an avalanche of snow, ice and rock to fall down the slopes of the mountain, which is popular with hikers. Many people were also injured or reported missing. It's not known why the glacier collapsed, but temperatures have been unusually high in the area in recent days.



Getty

 **CHINA**

● **Hong Kong gets new leader**

Hong Kong's former security chief, John Lee, has been sworn in as its new leader, replacing Carrie Lam. The 64-year-old was chosen back in May, even though he was the only candidate for the job. The residents of Hong Kong don't get to elect their leader and many are concerned Mr Lee may put strict rules in place. Hong Kong used to be controlled by the UK, but was handed back to China in 1997.



Getty

DIVERSITY IN DR WHO

FYI, the Sky Kids weekly news show, brings you the big conversations on the big issues.

In this week's episode – scan the QR code (right) to watch it – the team hear from the **FYI News Club** at St Michael's Catholic School in High Wycombe (pictured), who've been discussing the diverse casting of the new series of *Doctor Who*. Ncuti Gatwa, a gay black man, is due to take on the iconic role of the Doctor, and Yasmin Finney, a transgender woman, will play a new character called Rose who may or may not be the Doctor's companion! Here's what pupils had to say.



Why is on-screen diversity important?

The world is made up of all sorts of people who have different skin colours and different sexualities, but for many years, the majority of lead characters in the most popular television shows and films have been male, white and straight.

Many believe that the films and shows that we watch should reflect the world around us, and people of all backgrounds should be able to see themselves in the characters they see on screen.

Research has shown that young children are less likely to grow up to become prejudiced (disliking without reason) towards people of other races when diverse characters appear in the media they watch.

Join in the discussion and set up an **FYI News Club** in your school! Ask your teacher to go to [first.news/fyinewsclub](https://www.first.news/fyinewsclub) to find out more about the **FYI News Clubs**.

Will the diverse new cast of *Doctor Who* mean more diversity on TV?

The **FYI News Club** seem to think so!

Gabby says that she thinks that the casting news "will mean that we're going to see a lot more black actors and a lot more gay and trans members of the LGBT+ community in those kinds of TV shows."

Nat believes that the series will "show people that it's okay to be different".

"Some people may not be comfortable with the casting, but it's completely normal – because this is how it is! They have as much talent as everyone else."

Madison hopes that the new cast will become role models for LGBT+ young people and people of colour.

"When you look at the TV, you might think that you don't really see yourself. But when you see diversity, like same-sex relationships and people of colour, you can look at the TV and see a role model."

The 14th Doctor, Ncuti Gatwa, will appear in the next series of the show, out in 2023

If you're aged between 9 and 11 and would like to be an **FYI** presenter, ask a parent or other adult who looks after you to send a two-minute video of you (not reading) reporting on a local story to production@freshstartmedia.tv



Yasmin Finney

To watch this episode of **FYI**, head over to [first.news/schfyi](https://www.first.news/schfyi)

Or, you can also scan the QR code above. Teachers – there are education resources for you, too!

SHARK SEASON IS HERE!

SUMMER has arrived – and so have the sharks. Did you know that around Britain’s coastline we have more than 30 species of sharks, including some of the biggest, fastest and rarest in the world?

But not everyone is a fan of these amazing creatures. Bite-Back Shark & Marine Conservation says that 60% of adults they spoke to in Britain would prefer an ocean without sharks. Sadly, 30% of the EU’s sharks and 50% of the UK’s sharks are listed as threatened, with some reported to have declined by 99%. That’s why, the charity says, it’s time to fall in love with and appreciate these wonderful creatures. Here are some we have in our very own waters...

- **The basking shark** – the second largest fish in the world is around 8m long, but can grow to 12m (that’s bigger than the average bus!).
- **The shortfin mako shark** – the fastest shark in the world can travel at 35mph (56km/h), or even faster in short bursts. The best Olympic swimmers can only average around 5-6mph (8-10km/h)!
- **The thresher shark** – uses its long tail to whip and stun fish.
- **The blue shark** – has a pearl-like, blue colouring on its top half.

First News has teamed up with shark and marine conservation charity Bite-Back to bring you an exclusive competition and resource pack later this year, so keep an eye out for it.



Istock

A basking shark

RARE FOAL ARRIVAL

Marwell Zoo



A RARE foal has been born at Marwell Zoo.

The male foal is a Przewalski’s horse, which was extinct in the wild from 1969 until 2008 and is now classed as an endangered species. The new horse has been named Basil, after the first male Przewalski’s horse to live at the zoo back in 1970.

Przewalski’s foals weigh between 25kg and 30kg at birth and can stand and walk within an hour of being born!

WATER VOLES RELEASED



Peter Trimming

FIFTY endangered water voles have been released on the Longleat Estate in Wiltshire, as part of a project to reintroduce them to the area.

The number of water voles in the wild in Britain has gone down by up to 95% in recent years due to habitat loss, pollution and being preyed on by American mink. All of the mammals that were set free were microchipped so they can be monitored as they start their new life on the estate.

● **What can you tell us about your new book?**

It's definitely a lot of fun! It's about a little boy called Humza trying to figure things out, his friendships, starting a new school, and always getting himself into trouble. He's kind of like the 2022 Dennis the Menace. He's always getting into trouble but also learning valuable lessons. I remember when we first started getting ideas together for this book, I said I want to do something about Punjabi zombies! Haha! Everyone just thought: "Okay, you're a bit weird," but I was like: "No, it has to be done!" Now, two or three years later, I have a copy right in front of me! It's pretty cool.

● **Where did the inspiration come from? Have you always dreamed of Punjabi zombies?**

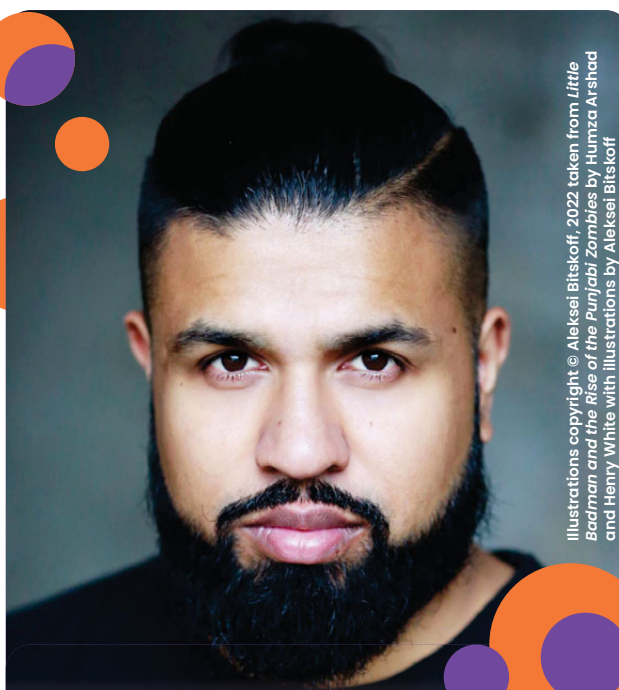
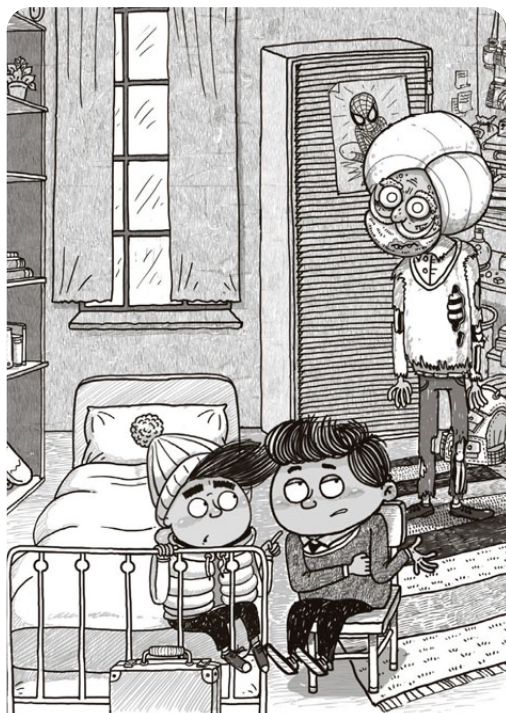
I don't want to say yes, as that would probably be a bit creepy, but I don't know. It just came to me and I thought it was the most random thing ever. My dad's side of the family are all Punjabi [Punjab is a state in India] and I guess I've been watching a lot of zombie things on Netflix. I have no idea how I got the idea; I just wanted to do something that was a bit different and funny.

● **You write the books with your friend Henry White. How do you write together? Do you have a specific process?**

We always change it up. It usually requires lots of days of us having hot chocolate outside a café, just brainstorming and thinking about what we want from the story. It's definitely a collaborative [working together] process. If it wasn't for Henry, I wouldn't be able to do this series. It's definitely teamwork.

● **Can we look forward to meeting lots of fun new characters in this book?**

Yeah, definitely. I think that's one of the challenges in terms of writing these books. Obviously you've got to grow the main characters, like Humza and his best friends Umer and Wendy, but you've also got to introduce new characters and develop their stories. It's quite



Illustrations copyright © Aleksai Bitskoff, 2022 taken from *Little Badman and the Rise of the Punjabi Zombies* by Humza Arshad and Henry White with illustrations by Aleksai Bitskoff

IT'S IMPORTANT TO HAVE DIVERSE CHARACTERS

SOCIAL media star and broadcaster Humza Arshad MBE talked to us about his new book and how he came up with the Punjabi zombies!

important in storytelling to have new characters to get the readers excited. We've had a lot of fun with this one and we've got a few new cool characters.

● **Do you have a favourite?**

Well, we've obviously got the Punjabi zombies, but I'll tell you one of the things I'm most excited about. Something happens to one of my favourite characters in the book and it kind of changes the dynamic of his relationship with Humza, and it kind of feels like he's a new character after that. You'll have to read the book to find out what it is, but it's definitely something to look forward to.

● **What were you like growing up in school, and is Humza in the book based on you?**

I was a little bit of a naughty boy. Not too naughty, but naughty enough. I would get in a bit of trouble. It's so weird because this character was based on a different version of myself, I guess. A lot of it is true and does come from how I was when I was younger and what I got up to.

● **Do you think we need more books with Muslim characters in?**

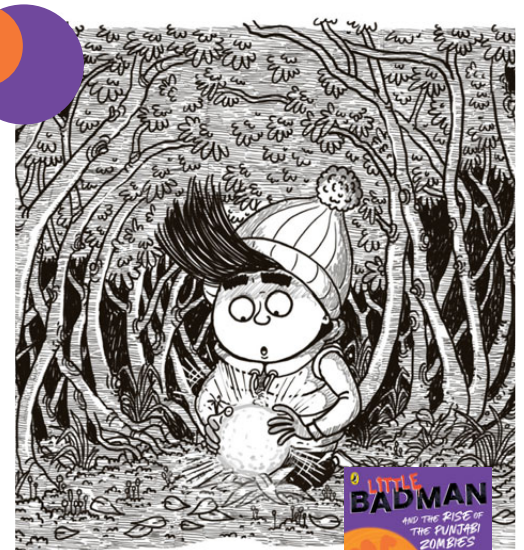
Oh yeah! When I did my first book, *Little Badman And The Invasion Of The Killer Aunties*, we did a tour around the UK and we visited a few places up north that were mostly Asian and Muslim schools. I didn't read much when I was younger, but if I

had looked in the library and saw a book that resembled me or looked like me, I probably would have picked up that book and started reading. It was so cool when I was doing the tour to see people from my community really embracing the characters. Kids were really getting excited about Humza and the fact that he looks like them and talks about the same things that they do, and eats what they eat. I think it's really important to have more characters from diverse backgrounds telling diverse stories.

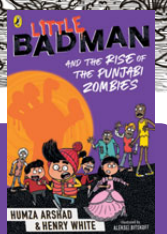


● **You've got an MBE for your services to education too. How did that feel?**

It was such a surreal experience. It was a dream come true. YouTube opened so many doors for me and it allowed me to give back to the community and tackle a lot of issues that a lot of young people face, and go to schools and universities and spread a positive message, especially being a Muslim. I felt it was really important to show that I'm Muslim, I'm giving back to the community, playing my part and just normalising Muslims. Back then, it was a very tough time for us and there were some very stereotypical [a fixed opinion of what someone or something is like] ideas about what a Muslim is. It was something that I wanted to do and I landed an MBE at the end, so it was amazing to be given that.



Little Badman and the Rise of the Punjabi Zombies is out now!



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We've got a brain-boggling daily Wordie to complete on *First News Digital* – can you uncover the mystery word?

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If you're a fan of what you find, you can add digital to your subscription for only £5 every three months (just 39p per issue!), or switch your print subscription to digital at no extra cost!

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If you already have a digital subscription, you don't need to do anything, as the new and improved app will simply replace the old one.

EXCLUSIVE READER ACCESS



WIN! THE ULTIMATE SLEEPOVER AT THE LEGOLAND® WINDSOR RESORT

TO celebrate the launch of the new *First News* app, LEGOLAND® is offering the chance to stay in the heart of the LEGOLAND Windsor Resort in an awesome themed room with interactive LEGO® features!

Play in the Pirate Splash Pool, dine in the Bricks family restaurant and dance the night away with your favourite LEGOLAND characters!

And, there's more! The winning family will receive theme park tickets and Priority Ride Access so you can step straight into the theme park to explore more than 55 rides and attractions!

Whether you're earning your very first driving licence at the LEGO City Driving School, finding your inner ninja on NINJAGO® The Ride or even discovering the world's most famous landmarks in Miniland, there's something to inspire everyone's imagination and build memories for a lifetime!

New for 2022! Journey into the heart of LEGO MYTHICA's Magical Forest and discover the magnificent LEGO creatures that dwell within the mysterious woodland.

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

When did the LEGOLAND Windsor Resort first open?
 a) 1986 b) 1996 c) 2006



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ENTER NOW! MARK YOUR ENTRY BRICK
firstnews.co.uk/competitions or see page 23. The closing date is 21 July 2022.

Prize T&Cs: Standard Themed Room in the LEGOLAND Windsor Resort Hotel. Bed and breakfast for up to two adults and two children (15 or under). Two-Day Theme Park Tickets – subject to park opening days. Valid on any available dates before 30 December 2022. Must be booked at least four weeks prior to arrival date.

A MONSTER ADVENTURE



John Clark

COME aboard for our chat with **Zaris-Angel Hator**, who plays ship stowaway **Maisie Brumble** in Netflix's new animated adventure *The Sea Beast*.



Netflix © 2022

● Can you tell us a little bit about *The Sea Beast*?

The movie is about these monster hunters. They basically hunt monsters who are in the sea because they feel like they're a danger to the kingdom. There's this little girl called Maisie and she has idolised the hunters for so long and has always dreamt of becoming one, so she stows away on their ship. Eventually they figure out that there are a few wrongs that need to be righted in the kingdom. It's basically a big adventure based around that!

● How would you describe Maisie?

She's very fiery, very confident and very brave. She doesn't let anybody get in her way. When she's set on something, she won't change her mind.

● Do you think you were like her at all when you were growing up?

I wasn't really like her because I was not very confident or brave like that. But she doesn't really care, does she?

● Maisie joins the crew of the ship *The Inevitable* to hunt down the Red Bluster, but she ends up befriend him!

I do think initially she wanted to be like the hunters, but she and Red have a connection in some way. Once she saw that, it didn't take long for her to befriend him. It didn't take long for her to realise that maybe the sea creatures aren't bad. I think

she's determined and she wants to make a change and show the hunters they're wrong.

● Maisie forms a lovely bond with her crewmate Jacob. Why do you think they connect so well?

I think initially because she's a big fan of him! Anyone who meets their idol is normally excited, so I think she has that and because she's so confident she didn't struggle to become friends with him. She's not afraid to tell him what's wrong and what's right and we see that he looks after her as well. I think that's how they get closer, because they help each other.



Netflix © 2022

● Do you have a favourite monster in the film?

Blue and Red, I have to say them! I love the way Blue is so adorable and there's a difference there. Blue is like a break from all the scary ones; a really cute monster – like a pet. Then Red has a lot of attitude and character and I love that about her.

● Was it strange seeing them come to life?

Yeah, it was amazing. I only saw little parts of the animation while we were voicing it, so seeing it all together was great.

● Do you think Maisie learns a lot?

Yeah, she does go on a journey. At first she idolises all the people around her, but then she realises that they can be heroes and still be wrong. We're all still human. I think she realises it's okay to have a voice too. By the end, she actually confronts people like the royals, and that's not something you'd usually do.

● Why do you think it's so important for young girls to have role models like Maisie?

It would have helped me to see characters like Maisie in the shows that I watched growing up, because it would have helped to be more like that. Also, representation is really important for me. There are a lot of little girls that can relate to her.

● What do you think families will take away from this film?

One thing is unity: family is stronger when you're all united. With Jacob and Maisie, they sort of become like a family in the end. When they decide to right the wrongs in the kingdom, they do it together. Maisie couldn't have done it without Jacob, and Jacob couldn't have done it without Maisie, and they were happy because they were doing it together!

FYI PRESENTER PICK



Thomas and Steve Carell

EACH week one of the young presenters from Sky Kids' FYI will be sharing their pick of the week. This week, Thomas tells us about his experience interviewing Hollywood legend Steve Carell.

"Yes, I'm pretty despicable. You don't want to cross me."

Recognise the quote? That's right! You've probably heard it in the trailer for the new Minions movie, *Minions: The Rise of Gru*. Last week I was so chuffed to see a preview of the film, and, amazingly, I also got to meet Gru himself, played by Steve Carell. He was so funny. I was going to ask him to teach me how to speak Minionese but I decided it would be cooler to be able to 'speak Gru'! The film was funny from beginning to end, with lots of old characters as well as a few new ones. You really should go to see it, I guarantee you'll laugh.

You can find out what he got me to say, and whether I got the accent right, in my interview with him at first.news/fyi176.



Netflix © 2022

The Sea Beast streams on Netflix from today (8 July)

THIS WEEK

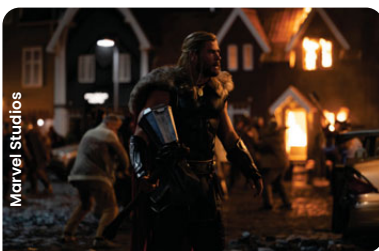
1 BTS star J-Hope has announced he's releasing his first solo album. The news comes weeks after the recent announcement that all seven members of BTS would be taking an extended break to focus on solo projects. The pop star's album, *Jack In The Box*, is due out on 15 July.

2 A new animated Pokémon series called *Pokétoons* has launched on Pokémon TV, a free streaming service for Pokémon fans that can be accessed online or via a Nintendo Switch. The new episodes feature all your favourite Pokémon characters and some new ones too!



3 Singer Shawn Mendes will provide the voice of a singing crocodile in a new family film coming later this year. *Lyle, Lyle, Crocodile* is based on a children's book series written by Bernard Waber and follows the adventures of a young boy called Josh who finds a singing crocodile called Lyle living in the attic of his new house. The live-action/CGI musical adventure will hit cinemas in October.

SNAPS OF THE WEEK



THOR flies back into cinemas this week in the epic new Marvel film, *Thor: Love and Thunder*.

In the latest film starring the Asgardian god, Thor goes on a journey of self discovery, all while trying to save the world from another galactic menace. He also comes face to face with his ex-girlfriend Jane, who now wields Thor's hammer Mjölfnir and is known as The Mighty Thor. What?! Actor Natalie Portman, who plays Jane/The Mighty Thor, says: "In previous films, Jane was a scientist who needs help being saved by Thor, but in this film, she's seeking her own solutions and taking her own journey!"

Thor: Love and Thunder is in cinemas from today (8 July).

NEW LAUREATE



AWARD-WINNING performance poet, playwright and author Joseph Coelho has been named the Waterstones Children's Laureate 2022-2024. Check out these cool facts about him...

- Some of Joseph's books you might know include *Luna Loves...*, *Fairy Tales Gone Bad*, *Werewolf Club Rules*, *Overheard In A Tower Block* and *Poems Aloud*.
- Joseph wants to complete a library marathon, where he joins a library in every local authority in the UK to encourage young people to register with theirs.
- One of the author's earliest memories of writing poems was creating one called *Unbearable* about a performing bear for a school competition.

Joseph says: "It is a dream come true to be appointed as Waterstones Children's Laureate, beyond anything my younger self could have imagined, and that's not good enough. During my tenure [the time someone is in a job] I will endeavour to ensure every child can see themselves in books and as writers of books, as storytellers, as poets with voices to be heard. So that we can create the future that we need, one where we all read, write and dream the infinite stories of ourselves and each other."

WIN! EXCLUSIVE GOODIES FROM MYSTIC

MYSTIC is back, as Issie and her friends from Kauri Point return to BBC iPlayer on 4 July for series three.

The horse-mad gang are embarking on more exciting adventures, and this time a shipwreck off the KP coast is taking centre stage as the friends discover an illegal trawler and a mysterious sea serpent statue. Is Mystic warning Issie of an impending environmental catastrophe? Meanwhile, Issie and Dan's friendship is close to becoming more, but just as Issie is about to declare her feelings, a new girl comes on the scene. Is she going to prove a challenger for Dan's affections?

We have an exclusive *Mystic* hoodie with a signed front page of the script and a photo from the cast to give away!



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

- What is Issie's horse called?
 a) Mystic b) Charlie c) Blaze



Matthew Klitscher/Libertine Pictures and Slim Film + Television

Libertine Pictures and Slim Film + Television

ENTER NOW! MARK YOUR ENTRY MYSTIC

firstnews.co.uk/competitions or see page 23. The closing date is 21 July 2022.

DARING DIGGER STUNT



Hugh Edeleanu is no stranger to cool stunts! In 1997 he broke the world record for the fastest journey in a JCB from John O'Groats to Land's End, and in 2012 he drove a digger completely underwater and back out again!

A DAREDEVIL theme park chairman has successfully managed to drive a two-tonne digger across tightropes!

Hugh Edeleanu, chairman of Diggerland UK, drove a Komatsu digger 30 metres across two tightropes suspended high in the air.

He travelled from one platform to another without toppling, all while being watched by more than 1,500 people!

Mr Edeleanu said: "I have done loads of stunts over the years but this was one of the most challenging and certainly the most risky."

ONE-FINGER LIFT



A BRITISH strongman has set a new world record for the heaviest deadlift with one finger.

Steve Keeler lifted a staggering 129.50kg (20st 5lb) for eight seconds with just his middle finger. That's the same weight as a three-seater sofa – ouch!

Following the successful record attempt, Steve said: "It's incredibly painful, but my fingers are strong and I'm proud of my lift." And so he should be... the record hadn't been broken in ten years!

Steve is an expert martial artist, who has been strength training for the past four years. It was while doing karate as a young man that he realised his incredible strength and decided years later (at 48 years old) to attempt a world record.

TYPEWRITER TALENT



The London skyline

THIS incredible artwork has been created entirely with a typewriter!

The two-metre picture of London contains more than half a million typewritten marks and could be the largest of its kind in the world! It was created by artist James Cook, who hit the headlines earlier this year with a similar artwork of famous actor Tom Hanks. James is waiting to see if he's achieved a new Guinness World Record with this piece, but in the meantime he's getting set to display his work for the public to see at the Wonky Wheel Gallery in Finchingfield and The Moot Hall in Maldon. James says: "A picture is worth a thousand words because each drawing not only is a random assortment of letters, numbers, and punctuation marks puzzle-pieced together, but there are also hidden messages for the viewer to find when looking at the drawing up close." So cool!



James Cook

WORD CHECK
Typewriter – a mechanical or electromechanical machine used for typing things. It's like an early version of a computer!

JOKE OF THE WEEK

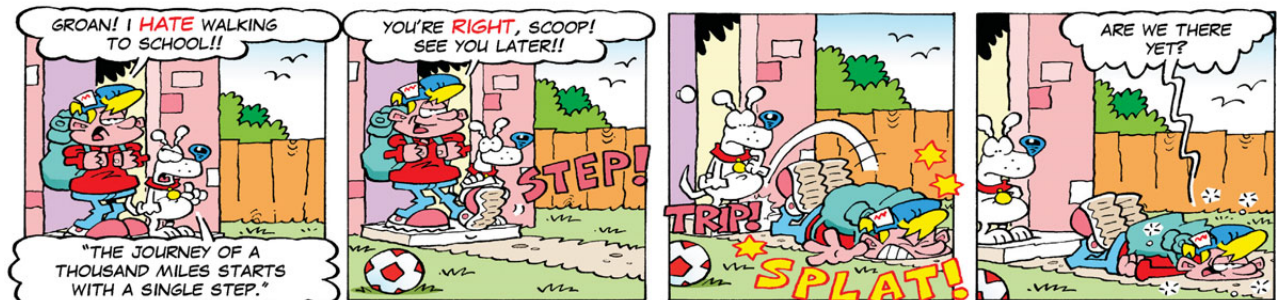
ha ha ha

What do you call a dinosaur fart?
A blast from the past!

ha ha ha

Paper Boy!

Written and illustrated by Paul Palmer



YOUR READS!

HOPE ON THE HORIZON ONJALI Q RAÚF

HOPE On The Horizon is a book where you realise that what is happening is out of your comfort zone.

The author Onjali tells you about her childhood and other inspirational people, with laughs, page-turners and other amazing things.

It also helps you remember what people may have done to you or what you did to them.

It's a real heart-warmer, and I think it's for everyone – even you!

Reviewed by Jack Gilpin, aged ten



WE WANT YOUR BOOK REVIEWS!



We'll need you to write around 125 words on a book you've been reading, along with your name, age and, if you like, a picture of yourself (with your parents' permission). Please send your reviews to bookreviews@firstnews.co.uk and we'll do our best to get it in an upcoming issue of *First News*!

ALDI'S BOOK GIVEAWAY



THIS summer, supermarket chain Aldi is giving away 100,000 books to children who need them.

One in 17 children do not own a single book, and research by Aldi found that 90% of charity professionals think children's reading has become worse since the start of the pandemic. To help fix this, 100,000 books will be given out by the charity Magic Breakfast, which provides free, nutritious breakfasts to young people at schools in disadvantaged areas. The books will be produced by Macmillan Children's Books.

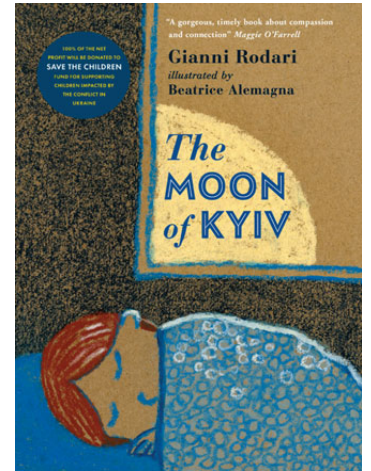
POEM'S NEW PURPOSE

A BEAUTIFUL new picture book is being published to help raise money to support children impacted by the conflict in Ukraine.

Called *The Moon of Kyiv*, the illustrated book is based on a nursery rhyme written in 1955 by a famous Italian author called Gianni Rodari.

A poem of peace, the book aims to remind readers that "no matter where we're from, or where we live, we all exist under the same moon; that the moon is for everyone."

Walker Books has partnered with Save the Children UK for the book, and 100% of the profits will go to support children impacted by the conflict in Ukraine.



TAKE FLIGHT ON A BRAND NEW ADVENTURE

Go on a journey this summer ...

... with the thrilling series set aboard a magical steam train

The new book, out now!

THE SILVER ARROW
LEV GROSSMAN

THE GOLDEN SWIFT
LEV GROSSMAN

Available from
WATERSTONES

BLOOMSBURY

THE RAILWAY CHILDREN RETURN

THE STORY

A SEQUEL to the beloved book and movie, *The Railway Children Return* is an exciting new adventure for the whole family, set decades after the original story.

In 1970, *The Railway Children* was released in British cinemas, and was loved by families across the UK. Now, more than 50 years later, the story continues.

Set in 1944, three children – Lily, Pattie and Ted – are evacuated out of the city of Salford to the beautiful village of Oakworth, found in the stunning Yorkshire countryside.



Upon arriving, the children are met by Bobbie Waterbury (played by Jenny Agutter, who starred in the original film!) and move in with her, as well as Bobbie's daughter, Annie, and her grandson Thomas.

Everything changes when the children discover an injured American soldier called Abe, hiding out in the rail yard at Oakworth station.

Together, the children agree to help him, and find themselves caught up in an exciting mission to aid their new friend who is a long way from home – just like them!

THE NEW RAILWAY CHILDREN

Taking on the task of becoming a new generation of 'Railway Children' might sound tricky, but Beau Gadsdon (Lily), Eden Hamilton (Pattie) and Zac Cudby (Ted) were up to the challenge, and became real friends while filming!

Sheridan Smith, who plays Annie, says that the group were like "a little gang".

"It was their energy, and their genuine friendship and bond that filtered through the cast."



COLOUR IN



Flex your artistic abilities and colour in this picture of a steam train pulling into Oakworth station!

THE RAILWAY

You can't have *The Railway Children* without a railway, and you can't have a railway without trains! Early during the film-making process, producer Jemma Rodgers headed to the Keighley & Worth Valley Railway, where the original film was shot, to look for the perfect train to feature in the sequel. The railway's operations manager showed Rodgers around, but many of the trains were deemed too old – except for an American military train, brilliantly named 'Big Jim'!

The story was then partly crafted around the locomotive and its journey.

ARRIVING IN CINEMAS 15 JULY
BOOK TICKETS AT therailwaychildrenreturn.co.uk

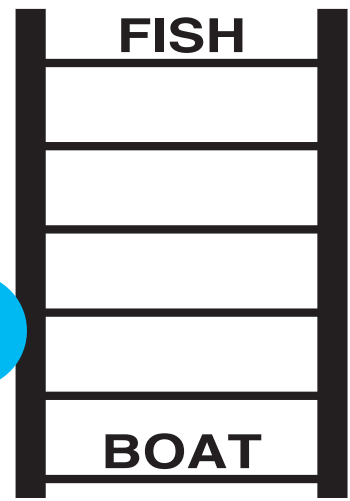
SUDOKU

CAN you complete our sudoku puzzle, filling in the numbers one to nine?

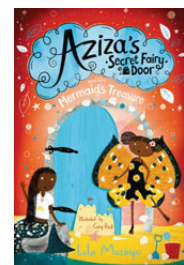
	3	2	8		6	9	4	
		7				6		
			9	5	4			
3			6	4	1			9
2								6
6			3	2	8			7
			2	6	3			
		6				1		
	4	3	7		5	8	6	

WORD LADDER

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



WIN AZIZA'S SECRET FAIRY DOOR AND THE MERMAID'S TREASURE BOOKS



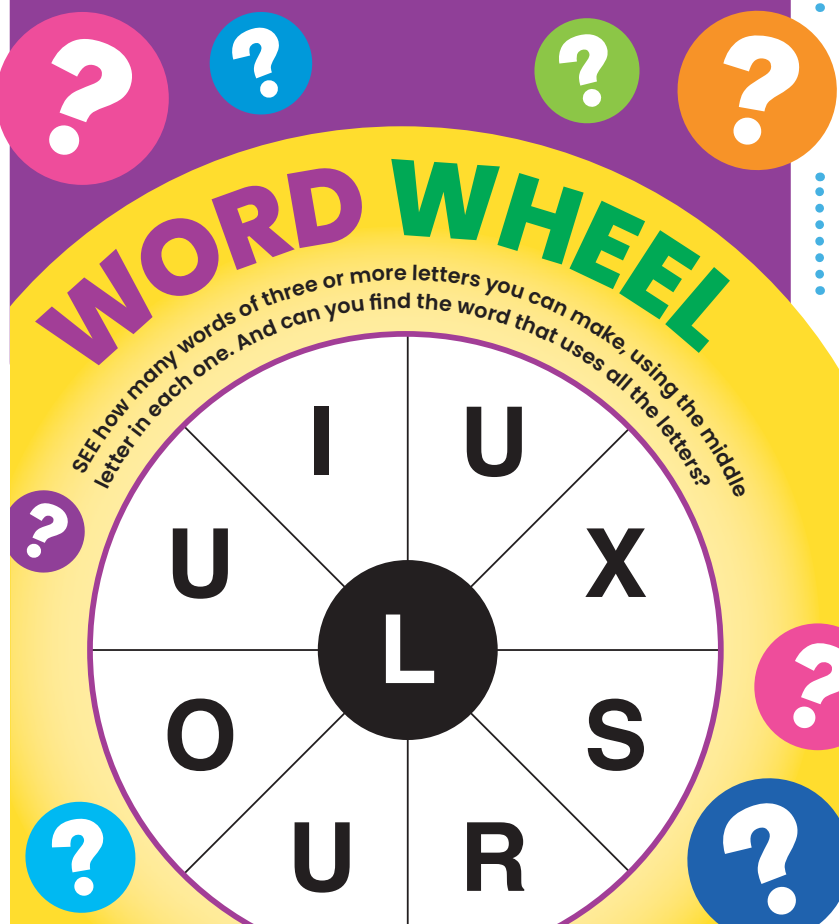
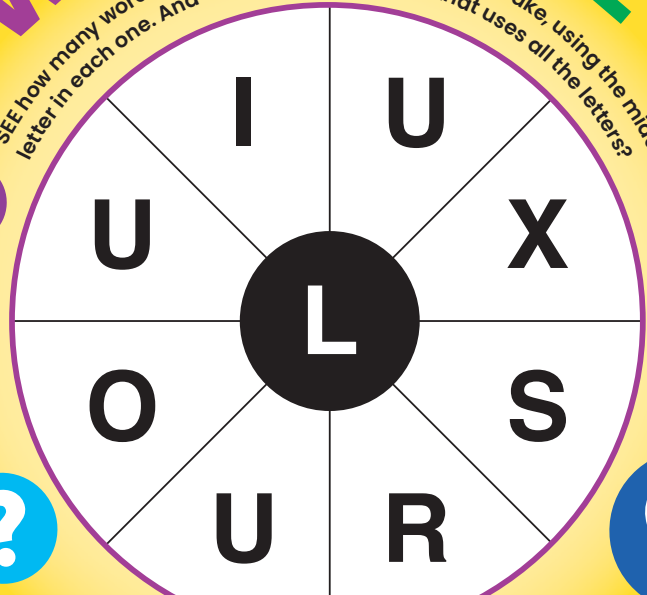
CAN you complete our crossword puzzle using the clues below?
 Send in your answers and two winners will win a copy of *Aziza's Secret Fairy Door and the Mermaid's Treasure*. Join Aziza in her magical adventures! The inclusive series by Lola Morayo, inspired by world mythology, is gorgeously illustrated in black and white throughout by Cory Reid. The fourth title in the series, *Aziza's Secret Fairy Door and the Mermaid's Treasure*, is on sale now from Macmillan Children's Books.

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

- ACROSS**
- 1 Larva of a butterfly (11)
 - 6 Finished (4)
 - 8 Travel by boat (4)
 - 9 A booklet of blank pages for writing on (7)
 - 10 Angry (5)
 - 11 Beneath (5)
 - 13 Never finishing (7)
 - 15 Domesticated, like a pet (4)
 - 16 Plant that produces a type of bean (4)
 - 17 William _____ : playwright (11)
- DOWN**
- 1 Numbers that reference a grid point (11)
 - 2 At that time (4)
 - 3 _____ Pan: boy who can fly (5)
 - 4 Put things into a vehicle (4)
 - 5 A boat with wheels on (6-5)
 - 7 Sequence of actions done regularly (7)
 - 8 Unhappiness (7)
 - 12 Edible fruits with hard stones (5)
 - 13 _____ Watson: actor who played Hermione in the Harry Potter films (4)
 - 14 Settee (4)

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?



SPOT THE DIFFERENCE

CAN you spot the five changes we've made to this picture from *The Sea Beast* on Netflix?



Netflix © 2022

WIN! PRIDE PRESENTATION SETS

ROYAL MAIL has issued a new set of eight, vibrantly illustrated stamps to mark the 50th anniversary of the UK's first Pride rally, which took place on 1 July 1972.

Issued exactly 50 years to the day, the stamps celebrate the march that took place from Trafalgar Square to Hyde Park, which was the first to bear the name 'Gay Pride Rally'.

The march was inspired by events in the USA, where the first Pride events had taken place to commemorate the anniversary of the Stonewall riots in New York.

We have 15 Pride Presentation Packs up for grabs.

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

In which year did the first Gay Pride Rally take place?

- a) 1970 b) 1972 c) 1974



ENTER NOW! MARK YOUR ENTRY PRIDE

firstnews.co.uk/competitions or see below. The closing date is 21 July 2022.

WIN! A SUMMER PRIZE BUNDLE FROM MAPED HELIX

SPEND summer being creative with this superb prize from world-leading school supplies and stationery company Maped Helix.

Five lucky winners will win this huge bundle of fantastic Color'Peps products, which includes a Jungle Innovation felt pen set that has won two national stationery awards for innovation. The set has 12 vibrant colour felt pens and a stand with a clever design where pen lids are integrated into the base, meaning no more lost pen lids and drying-out ink!

Also included in the bundle are Color' Peps glitter felt pens that add a shimmery effect to your colouring, cool colour-changing magic felt pens, Oops colouring pencils that you can cleverly erase, Duo felt and stamp pens, plus Animal colouring pencils featuring animal print designs.

All you need to do to enter is draw a picture of what summer means to you. Once complete, please send your design to win@firstnews.co.uk putting SUMMER in the subject box. Don't forget to include your contact details.

To find out more about Maped Helix products, please visit www.mapedhelix.co.uk. All products are available on Amazon.



ENTER NOW! MARK YOUR ENTRY SUMMER

firstnews.co.uk/competitions or see below. The closing date is 21 July 2022.

COMPETITIONS: You can enter *First News* competitions in one of two ways. 1. Go to firstnews.co.uk/competitions and follow the instructions. 2. Email us at win@firstnews.co.uk putting 'competition name' (e.g. Holiday), in the subject box. 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 only open to those aged 17 and under and residents of the UK & Republic of Ireland, except employees of *First News*, First Group Enterprises Ltd, Reach plc and any associated companies and their families. Winners will be the first correct entries drawn after the closing dates. No purchase necessary. No responsibility can be accepted for entries that have been lost or damaged in transit. *First News* will not enter into any correspondence. All winners will be notified accordingly and their names and location 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: word on poster has changed, calculator added, head is bigger, equation added to board, spider web added.

Word Wheel: classroom.

Word Ladder: road, read, lead, lend, land, lane.

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

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

FIRST NEWS SCHOOL NEWSPAPER OF THE YEAR AWARDS 2021-2022



WE are very excited to announce the winners of this year's *First News* School Newspaper Awards.

As always, you talented young journalists out there made the judges' job very tricky! Throughout the 2021-2022 academic year, school newspaper teams around the UK have been reporting important school news, investigating topical issues, and finding fascinating, fun features to engage their readers. Putting a newspaper together and writing up stories is a tough task that requires lots of skills. So, we've been super

impressed with how all the teams took on the challenge, faced their fears and developed the confidence they needed to report their school's news and be the voice of their community. All entries are very impressive, but we had to dig out the completely exceptional to find our winners for 2022. Drum roll please! And the winners are...



PRIMARY SCHOOL NEWSPAPER AWARD

GOLBORNE'S LATEST GOLBORNE COMMUNITY PRIMARY SCHOOL

Golborne's Latest termly newspaper is simply a fascinating read. The newspaper team obviously think very carefully about what will interest their readers. We were impressed with how they linked important topical issues to the experiences of their school community. For example, an 'Awesome Autism' article provided the opportunity for autistic children in the school to share their experiences, and the team also interviewed a parent who is a Syrian refugee. Their recipes and the pet columns balanced their newspaper with a lighter touch. We loved it all!



EDITORIAL TEAM OF THE YEAR AWARD

ASHCOTT COMPASS ASHCOTT PRIMARY SCHOOL

The *Ashcott Compass* editorial team have a great set-up, with experienced journalists supporting younger pupils to become part of the news reporting team. Their hacks [an old-fashioned term for journalists] explain: Freddie, aged 11, said: "all the Old Hacks (who have been there for a while) always help the newer members, working with them writing articles." Eleia, aged 11, said: "When I was a young/new hack I felt happy to just be part of it, partly because lots of the Old Hacks made me feel welcome. Now I'm an Old Hack, one of the longest-serving in Press Club, and I get to be that Old Hack, working with the younger ones. It feels like we're one big family."

SECONDARY SCHOOL NEWSPAPER AWARD

BISHY BULLETIN BISHOPBRIGGS ACADEMY

The *Bishy Bulletin* has something for everyone, from jokes and recipes to photography, artwork and hard-hitting journalism. It's produced online, at very little cost, so it can be made available to a very wide school community. It was the engaging articles that we loved. The team sent us the four issues they've published this year, and we just couldn't stop reading! The articles on global issues have been intelligently investigated to put these dilemmas to their readers. We loved the fun and creative sections that celebrated the wider school community too. An amazing achievement!



YOUNG REPORTER OF THE YEAR AWARD

HALEEMA BISHY BULLETIN EDITOR

We've uncovered a genius and star of the future with Haleema, our Young Reporter of the Year 2022. Haleema is the beating heart of her editorial team at the *Bishy Bulletin* at Bishopbriggs Academy up in Glasgow. Her investigative journalism is truly impressive. When she takes on a global dilemma, she makes sure she understands it to the core, finding all the facts, before she sensitively reports it her readers. Haleema is definitely a serious writer at heart, but she still finds time to write heart-warming pieces for the *Bishy Bulletin* that make her readers laugh!



INNOVATIVE NEWS AWARD

CLIMATE COMIC WINDSOR PARK PRIMARY

Deaf students at Windsor Park Primary put this comic book on climate change together with the help of the Forth Valley Sensory Centre. This innovative publication is not just a great read, but reports news in an inclusive way to all communities. The stories are translated into British Sign Language (BSL), with audio descriptions available so that children with visual impairments are able to access it.



If you'd like to start a newspaper project at your school, ask your teacher to download the *First News* School Newspaper Club pack at firstnews.co.uk/schoolnewspapers.

It contains lots of advice on how to set up a school newspaper, plus tips to improve all your journalistic skills!

PEER POWER : SNAPPED

by Rico

THE London-based, empathy-led youth charity Peer Power recently celebrated its sixth anniversary at a House of Lords reception. I have been supported by the charity and spoke at the event.

Before I came to Peer Power, I had no faith in myself or others. Where I come from, it's every man for himself. People told me that I couldn't do anything. Peer Power believed in me. I did not trust the police, health or NHS. Now I see that they are all people trying their best and are working with us to create change.

I have met people from all walks of life and feel what ambition and success is like. Peer Power helped me develop my public speaking skills and gain confidence.

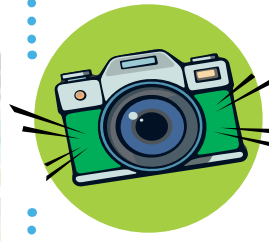
I secured the roles of Youth Mayor and Deputy Chair of the London Youth Assembly and got involved in local and national politics. I have been lucky to work with incredible organisations such as Project Zero, the London Recovery Board, and YIAG (Youth Independent Advisory Group).



Rico

I hope I can now help other young people make change.

My plan for the future is to help people from all ethnic backgrounds. No matter what religion you believe in, no matter what disability you have, people are people.



REEGAN Septhenson was one of 50 pupils from George Dixon Academy who took part in the Queen's Platinum Jubilee Pageant.

The Wedding Party by Nutkhut, a South Asian-led company, took its inspiration from the royal wedding of the Queen and the Duke of Edinburgh. With a six-metre-high, four-tiered wedding cake as the visual centrepiece, they performed an elaborate Bollywood-style wedding party with 250 wedding guest performers of all ages, from schools and communities around the country.

Reegan said: "Dancing through the streets of London and seeing Big Ben and other important buildings was surreal, and I never thought I'd ever be able to do this in my life. Nutkhut gave us an amazing experience."



The Wedding Party cake

©Nutkhut - s Wedding Party Cake

FOSSIL FIND

by Eleanor

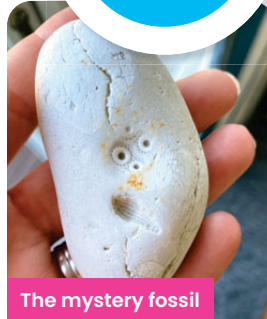
MY family and I went to stay in a chalet in West Sussex, and we found a fossil on the beach!

We love walking our dog on the beach and searching for sea glass and shells, but we got a surprise when we found this rock with fossils in it.

My mum said that lots of people have found fossils in the area, but we didn't think we would find one. We are not sure what it is and have asked lots of online fossil groups and looked on the Natural History Museum's *Fossil Explorer* app.

Some people have said it is a gastropod, so a kind of snail that is from around 44 million years ago, and others have said the small circles are from a kind of prehistoric urchin.

I really hope we can find out exactly what they are. The same weekend, my cousin found a shark's tooth on the beach. Finding the fossil and the shark's tooth has made me, my sister and my cousin even more excited about going for walks and beachcombing.



The mystery fossil



The Wedding Party rehearsals

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

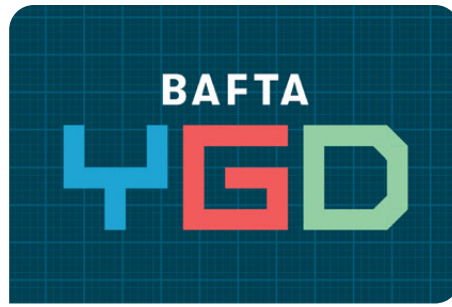
Write in to let us know what you've been up to! Have you been getting creative? Been for a great day out? Raised money for charity? Whatever it is, we love hearing about your adventures, so why not share your experiences with *First News* readers?

Email your report (and any pictures you want to share) 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.

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CALL: (020) 3195 7256 EMAIL: [SCHOOLS@FIRSTNEWS.CO.UK](mailto:schools@firstnews.co.uk)**

GAMING GLORY GAINED!



A FEW weeks ago, we shared the shortlist for this year's BAFTA Young Game Designers (YGD) competition. Now, at a digital awards ceremony, hosted by comedian and presenter Inel Tomlinson, the four winners have been announced.

The annual contest is open to anyone aged 10-18, and is split into two age categories: 10-14 and 15-18.

There are two awards to be won in each age group. First is the Game Concept Award, given to the best idea for a game described in detail; then there's the Game Making Award, awarded to the best prototype (an early, unfinished version) game.

In the 10-14 age category, the Game Concept Award was won by Jasmine Guan, 13, from Newcastle, with her puzzle game, called *Tiled In Twilight*. Jasmine described the game as: "A pretty pixelated picross puzzle game where you illuminate the past."

Taking the prize for Game Making was Alfie Wilkinson, 14, from Portsmouth. His game *Egglie* sees the player use alien eggs to

fight foes!

For the 15 to 18-year-olds, the Game Concept Award was won by Jaime Williams, 18, from Dundee, who was a finalist in 2017 before winning this year! Her game *Carrier Pigeon: World Tour* is an arcade game about exploration, community, and delivering mail. Lastly, the Game Making Category was won by Andrew Ah-Weng, 15, for his game *Space Boids*, a game set in space where the player controls a flock of "boids" to fight waves of enemies.

The winning games will be featured in the prestigious Power UP exhibition at the Science and Industry Museum in Manchester. You can also download and play them all right now! Just go to ygd.bafta.org.

SUPER STADIUM

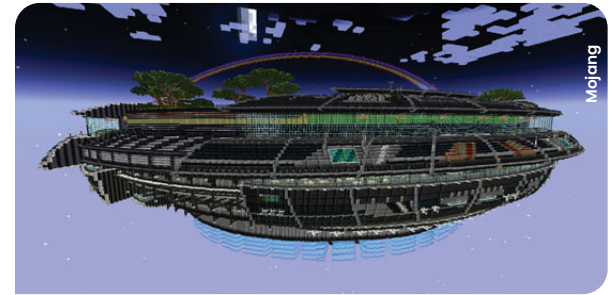
AN incredible 'dream' cricket stadium has been made within *Minecraft*, created from ideas sent in by kids from across the UK.

The Hundred is an annual cricket competition that simplifies and speeds up the classic sport, and will kick off later this summer on 3 August.

To celebrate the return of the competition, children across the UK were encouraged to send in their ideas for what their dream cricket stadium would look like.

The ideas of ten kids have been combined into one super-stadium, which features a rollercoaster, a rainbow arch, a sea creature moat flowing around the pitch's boundary and a rooftop nature garden!

To check out the Space Bowl stadium yourself, head to www.thehundred.com/every-block-counts.



SHOPS by Kirsty MacDonald

WHAT'S IN THE SHOPS?

PARACORD WRISTBANDS
WWW.HAMLEYS.COM £10.50

Paracord is a lightweight, super-strong rope that was originally used as a suspension line for parachutes. Wear it on your outdoor adventures and, if you need a cord, simply unravel your wristband. With this kit, you can make eight bright coloured paracord wristbands. Includes eight buckles, two with a built-in compass.



*All prices correct at time of printing



HEADTORCH
LITTLEADVENTURE
SHOP.CO.UK £19.95

This lightweight headtorch comes in a range of colours. It has an elastic band, so it won't slip from your head when you're off on your camping adventures. Push the switch and change between three lighting modes. You can also tilt the light so it points to where you need it. Best of all, the headtorch is water resistant, so it'll even work in the rain!



50 THINGS TO TRY WHILE CAMPING
AMAZON.CO.UK £5.89

This journal-style, pocket-sized activity book is full of mindful activities to help you connect with nature and get the most out of any camping trip. Activities include storytelling challenges, bingo, campfire tips, nature trail ideas, and even tips for what to do if the worst happens... rain! There's also a plastic pocket at the back, to store your treasured memories.



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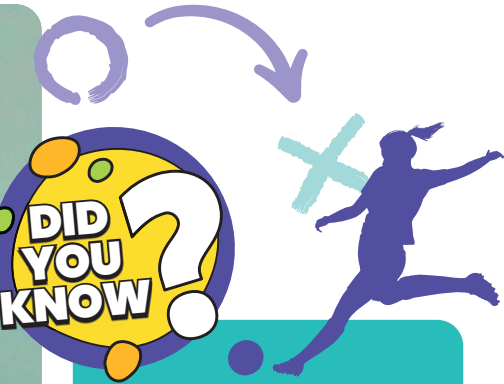
We are extremely passionate about the environment and we are always looking at ways to reduce waste throughout the company and across all of our products. Our paper comes from sustainable sources.

We package First News in a mixture of compostable wrapper, paper wrapper, cardboard wraps and boxes, depending on the order size.

See www.firstnews.co.uk/about-first-news for more information about our environmental commitments.

"I LOVE BEING PART OF A TEAM"

THE UEFA Women's Euro 2022, football's European championship, kicked off on Wednesday (6 July). To get you in the mood for this summer of football, we had a chat with a current England star and an England legend, Starling Bank ambassadors Lauren Hemp and Rachel Yankey.



Starling Bank

Lauren Hemp reckons she could do keepy-uppies forever!

This year's tournament is the 13th Women's Euros, but only four teams have ever won the competition. Norway have won it twice, Sweden and the Netherlands have one title each, but it's going to be some time before anyone catches up with Germany's eight wins!

Manchester City star Lauren Hemp is only 21 and has won the PFA Young Player Of The Year award a record four times! This is her first major international tournament.

● **Who's the toughest defender you've played against?**

I've come up against a lot of tough defenders this season! But I'd probably say the hardest was Kadeisha Buchanan. She's so strong on the ball and hard to beat.

● **Who are your favourites for the Euros?**

One of my favourites is Spain. I remember playing them in the Arnold Clark Cup and was so impressed by

how well they keep the ball. They've got so many technical players, I'm sure they'll go far in the Euros. My dark horse would probably be Sweden. They were runners-up last year at the Olympics and they've got so many talented players in their team, so I won't be surprised if they do well!

● **Who was your favourite player growing up?**

Kelly Smith. I think my style of play is similar to how Kelly used to play. I met her for the first time not long ago and she is such a lovely person, she made me feel very at ease. She had such an amazing career and I hope that I can follow in her footsteps one day.

● **How do you stay confident?**

I think it's easy to dwell on your mistakes during a game, but I try to

focus on the positives that give me confidence. My team-mates and coaching staff are very supportive and allow me the freedom to express myself in games, which is how they get the best out of me. That's why I love being part of a team.

● **What would you say to your younger self?**

I think it's important to enjoy the journey because you'll look back at all the little things you've experienced and realise that they were the big things. Celebrate your successes and make the most of every opportunity that you're given. There'll be tough moments but you have a supportive family, friends and team-mates around you to keep you positive and be a shoulder to lean on.

● **What's your favourite song to get you ready for a match?**

I love singalong songs, so any old bangers get me well up for a game!

● **What are your favourite and least favourite parts of training?**

My least favourite part is the warm-up! I think everyone's the same. It's the most important bit though! I just like having a ball at my feet, so when it doesn't include that, I don't like it, ha ha! My favourite part is definitely small-sided games. So competitive!

● **What's your keepy-uppy record?**

I don't count very often, I just do it for fun at breaks in training. On my day, I reckon I could just keep going though!



The all-time top scorer in the Women's Euros is Italian legend Carolina Morace, who scored an incredible 42 goals, two more than Germany's Birgit Prinz.

Rachel Yankey (left) played an epic 129 games for England. Her spectacular career included winning the quadruple (league, FA Cup, League Cup and UEFA Women's Cup) with Arsenal.

● **What's it been like seeing the women's game transform and develop so much these past 20 years?**

There have been ups and downs, but it's so pleasing to see a full professional league. But there's still more to do, like building a bigger fanbase.

● **What was your career highlight?**

Hard to answer, but maybe getting my 100th cap for England

or winning the quadruple with Arsenal.

● **Aside from England, who are your favourites for this year's Euros?**

I don't think you can ever write off Sweden or Germany. Norway could be a bit of a dark horse.

● **How far can England go at the Euros?**

With home support, they could go all the way.

● **What did your parents say when you shaved off your hair so you could play on a boy's team?**

Not a lot, ha ha! The look they gave me said it all!

● **Which player did you have a poster of on your bedroom wall growing up?**

Ian Wright.

● **Are you going to encourage your daughters to play football?**

If football makes them happy, yes.

● **Do you hold on to any sentimental objects, like shirts, trophies or scarves?**

I still have a lot of stuff from my playing days, but I'm not sure what my favourite is. I think other people get more satisfaction out of seeing trophies and shirts than I do.

● **What was your least/most favourite part of training?**

My least favourite was the bleep test [where you have to run short distances, but faster each time]. My favourite was small-sided matches.

● **Did you ever consider playing another sport?**

I used to run the 800m.

SAVED BY THE HALO



Zhou Guanyu's car flips in the high-speed crash at Silverstone

THE halo cockpit protective device saved lives at Formula 1's British Grand Prix, following a serious crash on the first lap at Silverstone.

That was the verdict of Alfa Romeo driver Zhou Guanyu, who survived the six-car, high-speed incident that flipped his car and sent him crashing into the safety barriers. Zhou was taken for medical checks and thankfully he was fine. He tweeted: "Halo saved me today."

The halo device also helped prevent a tragedy at the F2 race hours earlier, when Roy Nissany and Dennis Hauger suffered a high-speed crash.

The halo device is a titanium bar shaped like a chicken's wishbone. Titanium is a strong, lightweight metal. The halo sits on top of the cockpit of the car and wraps around the driver's head.

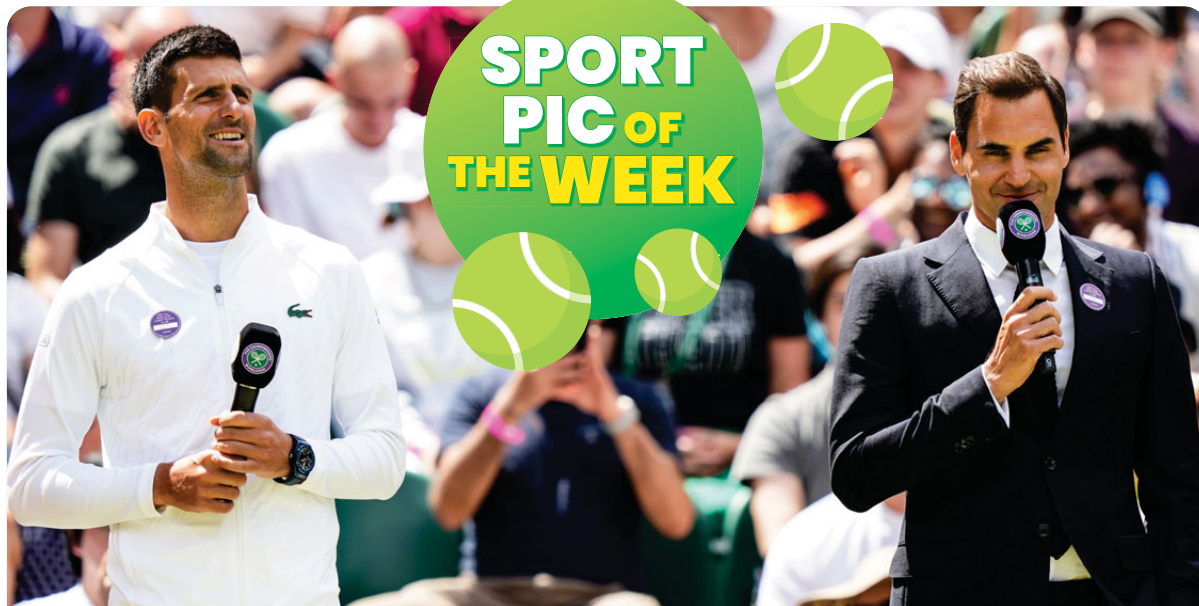
It can take the weight of a double-decker bus – that's 12 tonnes on top of a little 7kg frame. It was introduced to Formula 1 in 2016 and became compulsory two years later. Although there was a lot of opposition to the halo at first, attitudes are changing. Last year, Mercedes driver Lewis Hamilton said the device saved his life after a crash at the



The cockpit halo saved Zhou from a serious injury

Italian Grand Prix.

Ferrari's Carlos Sainz eventually won the British Grand Prix – his first victory in 150 F1 races. Sainz finished ahead of Red Bull's Sergio Pérez in second and Hamilton in third. Max Verstappen, who leads the driver standings, finished seventh in his Red Bull car. He leads Pérez at the top of the championship table by 34 points. Ferrari's Charles Leclerc, who finished fourth, admitted that his championship hopes were "not good" following another disappointing race. He is currently third in the standings.



No, Novak Djokovic (left) and Roger Federer haven't started a singing duo. In fact, two of the greatest tennis players of all time were attending a special ceremony to mark 100 years of Centre Court at Wimbledon. Tennis legends including Rod Laver, Chris Evert, Björn Borg, Billie Jean King and Venus Williams were also there. Federer, winner of a record eight Wimbledon men's singles titles, is currently injured but hopes to return later this year

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.364 seconds was Dina Asher-Smith's (below) winning time in the latest Diamond League 200m race. The

Brit finished ahead of Switzerland's Mujinga Kambundji at the meet in Stockholm, Sweden. Britain also won in the women's long jump, with Lorraine Ugen jumping 6.81 metres.



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finances have been given out by the Women's Tennis Association because of Wimbledon's ban on Russian and Belarusian players. The All England Lawn Tennis Club has been fined £207,000 and the Lawn Tennis Association £620,000 after banning players including Aryna Sabalenka of Belarus (below), due to the war.



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-71 was the final score as Britain's basketball team lost to Turkey in a World Cup qualifier. As a result of Belarus being banned due to the war, Britain, Turkey and group winners Greece all advanced to the second-round pool for six more games with Belgium, Latvia and Serbia. Three teams will qualify for the 2023 finals.

