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P7 LITTLE MIX STAR ON ONLINE BULLIES

P25 PLAY THE LIVE FirstNews QUIZ PRIZES TO BE WON EVERY SUNDAY

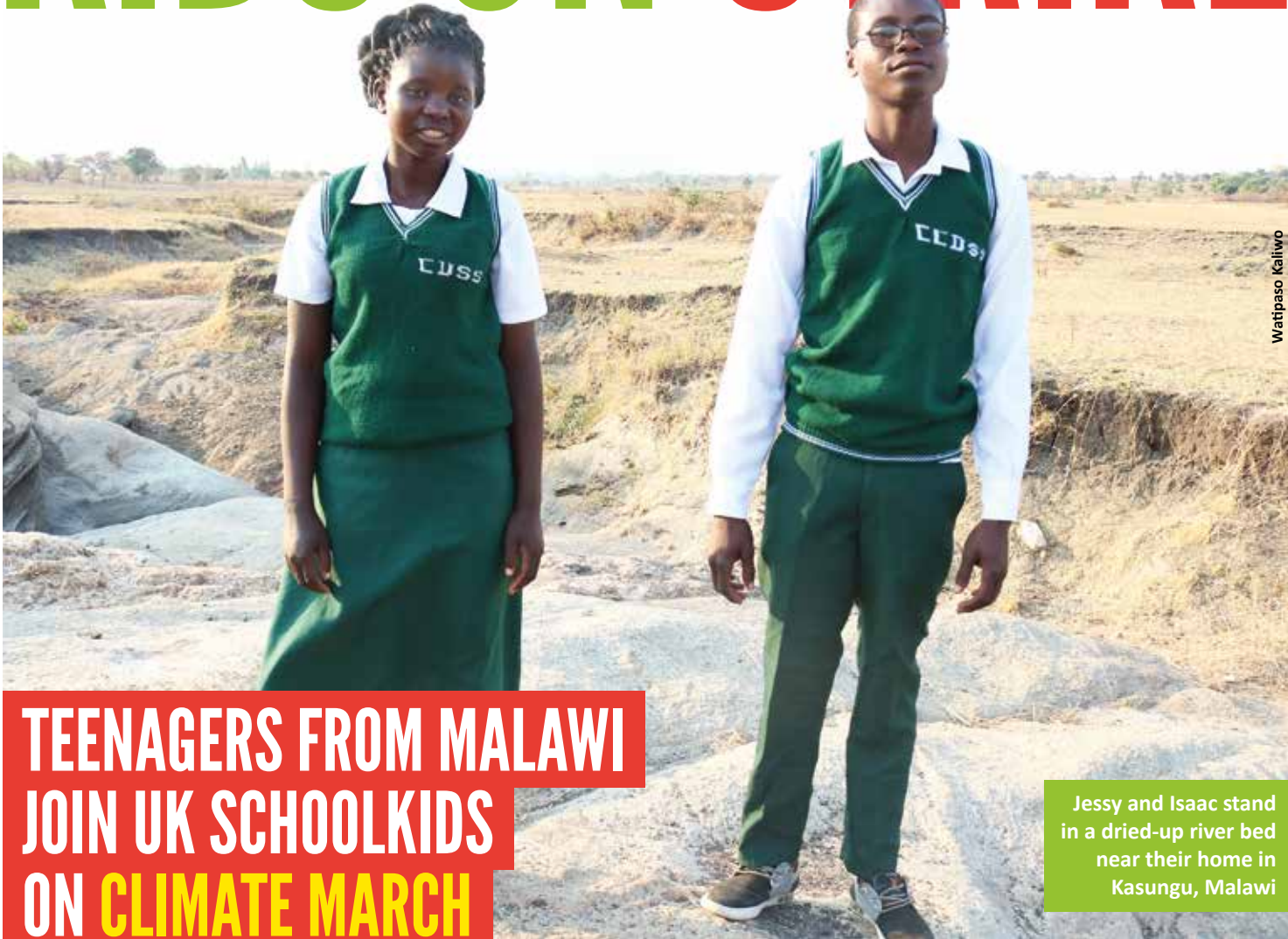
FirstNews

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TRUSTED NEWS TO MAKE YOUNG PEOPLE THINK

NEWS : SPORTS : ENTERTAINMENT : INTERVIEWS : PUZZLES : COMPETITIONS AND MORE

KIDS ON STRIKE



Watipaso Kalivo

TEENAGERS FROM MALAWI JOIN UK SCHOOLKIDS ON CLIMATE MARCH

Jessy and Isaac stand in a dried-up river bed near their home in Kasungu, Malawi

TWO Malawian teenagers are in Britain to take part in Friday's school climate strike (20 September).

Afterwards, Isaac and Jessy will spend two weeks touring schools around the UK with the charity Oxfam, to talk to pupils about how climate change is affecting their lives.

It's the first time the two students have left Malawi, where they say climate change and drought is making life very hard for them and their families in rural Kasungu.

Isaac and Jessy have both seen the effects of climate change first-hand.

by editor in chief Nicky Cox

Standing in a dried-up river near his home, above, Isaac said: "The weather has completely changed in Malawi this year. Previously this river was running throughout the year but now it is dried up. When the rainfall comes in very high volumes it may lead to some floods."

Jessy's family have had to turn to other means of making money when

their crop yield fell. They had to eat more of their own maize, so had less to sell.

"You can see this river – right now there is no water," she said. "This has an effect on our agriculture because some crops are dried up. Now we are looking forward to getting some knowledge through friends [in the UK] on how we can reduce negative impacts of climate change."

You can see Isaac and Jessy on FYI, our Sky Kids news show, on Sky News at 10.30am on Saturday and Sunday or at first.news/fyi from Tuesday

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2. QUICK NEWS

1. YOUNG INNOVATORS!

Calling all young digital innovators! First News has teamed up with TCS for our exciting new Young Digital Innovator 2019 competition. Make sure you keep your eyes peeled in the paper for the big launch this October. There are amazing prizes to be won!

2. SPACE ROCKS

This Saturday (21 September), Space Rocks is taking place at indigo at The O₂ in London. The day-long festival is held in association with the European Space Agency (ESA) and helps young and old fans to discover space exploration. There will even be an appearance by Major Tim Peake! You can check out more at www.spacerocksofficial.com.



3. APPLE STREAMING

Apple is launching its own streaming service, called Apple TV+. The new service is set to launch on 1 November. Could it rival Netflix?

4. ROYAL SUPPORT

Gareth Thomas is to team up with Prince Harry to break the stigma (negative ideas) around HIV. The ex-rugby player revealed he has the virus, but has received treatment. Prince Harry's mum Diana also did a lot of work to challenge people's views on the virus.

5. BADGER CULLS

Last week we told you about plans for a badger cull in Derbyshire being scrapped. Unfortunately for badgers, only days later there was news that 11 new badger culling areas had been approved by Natural England. It means that culls will go ahead in the areas of Bristol, Cheshire, Devon, Cornwall, Herefordshire and Wiltshire. The Government is hoping the culls will help to stop the spread of bovine TB.

20 THINGS TO KNOW AND TELL

QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. FAST FOOD BAN

Fast food shops should be banned from within a five-minute walk of the school gates, a new report says. The Royal Society for Public Health is also calling for walking and cycling routes to be upgraded to encourage young people to exercise more.

7. PADDINGTON ON ICE

Paddington On Ice is coming to Hyde Park for its UK debut this Christmas. The show will see Paddington go on a big adventure, as he travels from the jungles of Peru to London.

8. CASH FOR HIGH STREET

The Government has announced the 69 towns and cities that are set to get funding to help improve their high streets as shopping areas. Among those benefitting from the £95m fund are Lancaster, Lincoln, Bedford, Poole and Tottenham.



9. SWIMMING RECORD

An American woman has become the first in the world to swim the English Channel four times non-stop! Sarah Thomas, who battled cancer a year ago, took just over 54 hours to finish the impressive challenge. She dedicated her swim to "all the survivors out there". Before this record, only four swimmers had crossed the Channel three times without stopping, and no-one had ever completed a fourth swim.

10. GIVE PLASTIC THE BOOT!

Football clubs are being urged to get rid of single-use plastic in their stadiums. Friends of the Earth and the British Association for Sustainable Sport want teams to offer reusable cups to fans and remove single-use plastic straws and cutlery. It's hoped this will help to reduce the amount of plastic waste.

11. BANKSY GONE

A Banksy mural on the side of a building in Dover has been painted over, says the famous artist. The work showed a star being taken from the EU flag. The artist revealed he planned to update the piece on Brexit day, but there is now a "big white flag" covering it instead.

12. BIGGEST CRANE

The world's largest crane has arrived at Hinkley Point C power station in Somerset. Nicknamed Big Carl, the crane can carry up to 5,000 tonnes!

13. TALKING IDENTITY

Sam Smith has asked to be known as they or them, instead of he or him. The singer says he is non-binary, which means he doesn't identify as male or female.

14. BUMPER BUTTERFLY YEAR

Nearly half a million painted lady butterflies were counted as part of this year's Big Butterfly Count. The Butterfly Conservation charity has called 2019 the 'Painted Lady Year' – a natural phenomenon that happens about once every ten years, when unusually high numbers of the species arrive in the UK.



15. TEMPORARY HOUSING

The number of households living in temporary accommodation in England is at its highest level since 2007, says the Ministry of Housing, Communities & Local Government. A whopping 84,740 households were living in bed and breakfasts, hostels and other accommodation at the end of March 2019, including 126,020 young people.

16. MAGICAL DONATION

Harry Potter author JK Rowling has donated £15.3 million for research into multiple sclerosis (MS) in memory of her mother. The money will be used to create facilities and look at treatments for the condition.

17. BOOK DONATIONS

A new scheme called the Big Book Boost is aiming to donate one million books to schools across the UK by 2022! To celebrate, The Book People are running a competition that will award one school with £5,000 of credit, as well as a visit from the Book Bus. Ask your teacher to visit www.thebookpeople.co.uk/bigbookboost for more information.

18. STUDENTS CAN STAY

International students will be able to stay in the UK for two years after graduating, to help them find work, under new plans from the Government. The rule up until now states that students are only allowed to stay for four months after they finish their degree. The change is expected to be made next year.

19. SUPER SEWER

A 15-mile super sewer is being built under London to help stop millions of tonnes of raw sewage polluting the River Thames every year. The new tunnel is expected to open in 2024.

20. NEW PODCAST

The children's charity Just for Kids Law has launched a new podcast series, to help tell the stories of young people struggling to stand up for their rights. This Young Life features a host of youngsters talking about the problems they have faced and how they are overcoming them. Find out more at www.justforkidslaw.org/podcast.

3. BIG NEWS

A CURE FOR THE COLD?



SCIENTISTS think they have found a way to stop the common cold.

Beating the common cold has been a massive problem in medicine. Most colds are caused by rhinoviruses – nothing to do with the big, grey animal, in case you wondered. Rhin means nose – and comes from Greek!

There are around 160 different types of rhinoviruses and they mutate, or change, so easily that medicine hasn't been able to keep up to stop us getting colds. The viruses are also really good at hiding from our immune system.

This has led to the idea of "host-directed therapy". This means making our bodies places where the cold viruses can't spread.

An individual virus can't duplicate itself on its own. Instead, it needs to infect another cell and

steal some of the parts inside.

Now, a team at Stanford University and the University of California, San Francisco, have found a protein that the viruses need. Once they worked out what it was, they found out that by turning off instructions in our DNA, the viruses weren't able to spread.

So, when do we get a cure?

Well, the plan is not to genetically modify humans, but to find a drug that can shut down the protein and give us protection.

Professor Jan Carette from Stanford said it was fantastic that they had found a target that the viruses needed. "Take that away and the virus really has no chance," he said. "This is a really good first step – the second step is to have a chemical that mimics this genetic deletion."

Prof Carette thinks development will be quick. Let's hope so – aachoo!



CLEAN UP THE WORLD!

THIS weekend (20-22 September), more than 35 million people will take part in one of the largest environmental programmes on the planet.

Created back in 1993, the Clean Up the World campaign sees millions of people in more than 130 different countries come together to improve their local environment.

While it might not sound like it, the weekend isn't just dedicated to litter-picking.

Any type of activity that raises awareness, improves the local environment or helps solve an environmental problem is supported by the group.

You could plant trees as part of a group at school or at home, tell others about why it's so important to look after the environment or

make an effort to recycle some more.

If you take part in this week's climate strike (see front page), one great way to show everyone that you're passionate about the planet, and really care, is to make sure that your protesting is as clean as can be!

Bring a bag to collect rubbish in, and make sure to sort out what can be recycled before you throw it away.

You can find out more about Clean Up the World and get involved at www.cleanuptheworld.org.

EDITOR'S COMMENT



PUTTING to one side the fact that the two teenagers from Malawi flew to the UK (when planes are known to be very damaging to the environment), it is good to see Isaac and Jessy here.

Sometimes, it's easy to think that the effects of climate change aren't really touching our lives yet, so it's really important that we hear from people like the students from Malawi who are already living with the consequences.

It's a reminder that we should all do everything we can to care for the planet we call home.

GOOD WEEK FOR...



KENYA

KENYA has begun to roll out a vaccine that protects children from malaria. It's one of three countries where the vaccine has been introduced. The vaccine has been developed over 30 years.

BAD WEEK FOR...

THIS PILOT

A PLANE travelling from Germany to Mexico had to be diverted to Shannon in Ireland, after the captain of the flight spilt coffee over an audio control panel! The spillage created a puff of smoke and a nasty smell. It is now required that coffee in the cockpit is fitted with a lid.



PM BORIS HULKS OUT

PRIME Minister Boris Johnson made headlines this week after comparing himself to Marvel character, the Hulk.

The Conservative leader said in an interview with the *Daily Mail* that, like the Hulk, the madder he gets, the stronger he gets.

"The Hulk always escaped, no matter how tightly bound in he seemed to be – and that is the case for this country. We will come out on 31 October and we will get it [Brexit] done," the PM explained.

One person who didn't agree with Mr Johnson's comparison was actor Mark Ruffalo, who played Dr Bruce Banner and the Hulk in many of the Marvel films. "Boris Johnson forgets that the Hulk only fights for the good of the whole," he tweeted. "The Hulk works best when he is in unison with a team, and is a disaster when he is alone."

After his incredible claim, PM Boris went to Luxembourg, where he met with European Commission President Jean-Claude Juncker and the PM of Luxembourg, Xavier Bettel.

After lunch with Juncker, Boris was due to answer questions alongside Bettel but, due to noisy protesters, he refused to take part.

Brexit moves fast! To keep up with it all, make sure you head to live.firstnews.co.uk and watch our daily bulletin, **First News Today**.



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4. NEWS IN PICTURES



David Maas

ALBERTA, CANADA

SCIENTISTS have named a new type of dinosaur. The pterosaur (which means 'winged lizard') is officially called *Cryodraken boreas*, which translates as 'frozen dragon of the north'. The bones were found nearly 30 years ago, but researchers have just confirmed it's a new species. *Cryodraken's* head is believed to be about 3.5 times the size of its body, with a wingspan of 10m!



YORKSHIRE, UK

COMPETITORS climb Simon Fell to the summit of Ingleborough during the 57th annual 3 Peaks Cyclo-Cross Challenge. It is known to be the toughest and biggest cyclo-cross event in the UK.



YORKSHIRE, UK

LAURA and Chris Marriott pose with their winning carrot at 3.8kg and beetroot at 17.8kg following judging for the giant vegetable competition at the Harrogate Autumn Flower Show.



NEW YORK, USA

THE annual Tribute in Light illuminates the lower Manhattan skyline on the 18th anniversary of the 9/11 attacks.



OXFORDSHIRE, UK

AMERICA, a fully-working solid gold toilet created by Maurizio Cattelan and valued at £4.8m, is still missing following what police believe to be a burglary at Blenheim Palace. In 1996, Cattelan stole the entire contents of another artist's exhibition, but has denied any involvement in this latest theft.



MUMBAI, INDIA

AROUND 250 students of St Xavier's College Commerce Evening Section take part in a beach clean-up.



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5. BIG NEWS



FUNDRAISER FOR TREES

A TELEVISION fundraiser in Denmark has raised 2.4 million euros (£2.6m) to be used for planting trees.

The event was broadcast on the public channel TV2 live from Gissfeldt Kloster forest on Saturday. It is thought to be the world's first telethon to focus on climate change.

One tree will be planted for every 2.7 euros raised and 10% of the money raised will go to WWF to help with the conservation of forests around the world.

Recent studies have found that an area of forest the size of the UK (64m acres) is disappearing from the planet every year, a rate faster than ever before.

POLL OF THE WEEK

Would you give money to a telethon for the climate?
first.news/polls

PLANT MYSTERY

A MYSTERIOUS plant at Cambridge University Botanic Garden has had a sudden growth spurt after 60 years of doing very little.

The mystery species has been identified as a type of agave plant, after shooting up 4.5m in just a few weeks and flowering for the first time. In fact, it grew so quickly that staff were concerned it would break through the glass roof of the greenhouse!

Experts are still not sure exactly which species the plant is, but hope that once it has finished flowering it will grow fruit, which will help them to identify the plant properly.

The plant has been at the botanic garden since at least 1962. It was thought to be so boring that staff were considering throwing it out until its sudden growth spurt!



TIME'S UP! WATCH BAN FOR EXAMS?

WATCHES could be banned from all exam rooms in a bid to stop cheating.

An enquiry into exam cheating has suggested that watches should be banned now that many of them can do more than just tell the time. Smartwatches, mobile phones and other devices that have internet-browsing capabilities are already banned from exam rooms, but the investigation found that exam invigilators couldn't tell the difference between smartwatches and non-smartwatches.

The Independent Commission on Examination Malpractice was set up by the exam boards to look more closely at cheating. Sir John Dunford, the Commission's chairman, said: "It can look as if it's a time-telling watch and actually, you press a button and it becomes an email-type watch."

The advice to ban watches is being looked at right now and may come into force as soon as next summer.

"BONKERS" BRIDGE

SOME of the world's top engineers have claimed that the Prime Minister's plan to build a bridge between Scotland and Northern Ireland is "bonkers".

Boris Johnson has said it would cost £15bn to build the bridge, which would cross more than 20 miles of the North Channel. Experts claim that the bridge may be technically possible, but would face a host of problems that would mean costs could soar.

The stretch of sea the bridge would span is known for its stormy weather and deep trenches. The bridge would also need support towers taller than any built anywhere else in the world. Plus it would have to avoid Beaufort's Dyke, a trench where thousands of unused explosives were dumped after World War 2.



6. HOME NEWS

GLASGOW

● Climate summit

Glasgow is set to host a huge United Nations climate change summit in 2020. The city won the bid for the 26th Conference of the Parties, also known as COP26, alongside Italy. The summit will bring together up to 30,000 delegates and around 200 world leaders to discuss how they will tackle the climate emergency. Lasting two weeks, it will be the largest summit the UK has ever hosted.



LIVERPOOL

● Strawberry centre

A former children's home known as Strawberry Field has been turned into a new tourist attraction and youth training centre. The home was made famous by The Beatles' hit song, *Strawberry Fields Forever*. The Salvation Army, which ran the home from 1936 to 2005, has now opened it up for visitors to enjoy.



ENGLAND

● First aid lessons

A total of 1,600 schools have begun teaching first aid before lessons become compulsory in 2020. Primary and secondary school pupils will be taught a range of life-saving skills, such as CPR, in the classes, in case they ever need to help someone in an emergency.



LINCOLNSHIRE

● Fireman Sam given the boot

Lincolnshire Fire and Rescue has decided to get rid of Fireman Sam as its mascot, over concerns it could be putting off women from joining. The popular children's TV character will be replaced by new mascots called Freddy, Filbert and Penelope, characters shaped like fire extinguishers. Some people support the change, while others say it is silly.



KENT

● Smooth bumps

Kent County Council is painting fake speed bumps on local roads to trick drivers into slowing down. The road markings are designed to create an optical illusion. The unusual idea has already been implemented in East Farleigh and Ashford, but will be rolled out to other areas now.

UK

● Helping the homeless

Old uniforms worn by Virgin Trains staff have been turned into scarves, blankets and dog coats for the homeless and their pets this winter. The garments have been transformed by prisoners at HMP Northumberland's on-site textile factory. They will be given out at stations including London Euston, Birmingham New Street, Manchester Piccadilly, Liverpool Lime Street and Glasgow Central, or will go to local charities.



NEWS IN NUMBERS

3 movie screens are to be installed at Selfridges in London, making it the first department store in the world to have a permanent cinema. It will open to visitors at the end of November.

28 is the average number of pupils per class in a state primary school in the UK, says the Organisation for Economic Co-operation and Development. That makes them the biggest primary school classes in the developed world!



1.3 million British people think bacon comes from cows! A survey of 2,000 adults by HelloFresh also found that one in five can't make a Sunday roast dinner.

1 lone Wotsit was found in a crisp bag by a dad from London. Andy Stubbs said his family found it very funny when his bag of Wotsits had just one cheesy puff in it!

7. BIG NEWS

SUBTITLED SCREENINGS

DEAF children are missing out on going to the movies, because of a lack of subtitles.

Research by the National Deaf Children's Society found that seven out of ten British cinemas offered no subtitled screenings for some of this summer's biggest children's films. That meant young deaf people weren't able to enjoy the action along with their friends.

The charity believes there is a simple solution to tackle the problem: cinemas need to increase the number of subtitled screenings they show and put them on at more suitable times for families. It also wants to see more money put towards new technology.

The research revealed that the animated film *Ugly Dolls* was the least accessible film for deaf children, while *The Lion King* was the most inclusive.



MISSING OUT ON SCHOOL

by Hannah Timson

A HUGE 258 million children were out of school in 2018.

There is also a warning that 12 million primary-age children will never set foot in a school, unless urgent measures are taken.

The figures were announced this week by UNESCO (the United Nations Educational, Scientific and Cultural Organization).

The organisation's report says girls continue to face the biggest problems, particularly those who live in sub-Saharan Africa. Now UNESCO is aiming to put even more focus on female education.

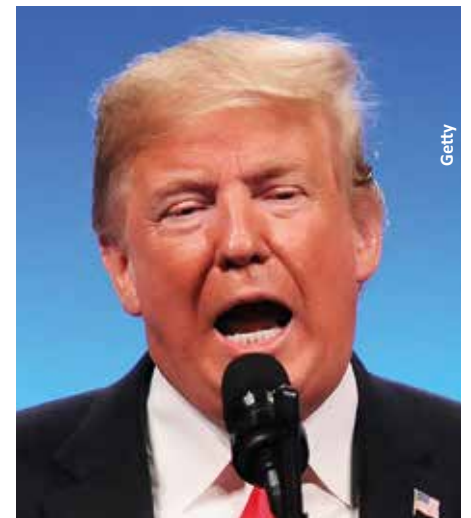
Another gap is seen between the world's richest and poorest

countries. An estimated 19% of primary-age children (roughly 6 to 11-year-olds) are not in school in low-income countries, compared to just 2% in high-income ones.

There are now concerns that the world won't meet the Sustainable Development Goal for 2030, which says that every child should get quality education and learning.

Silvia Montoya, director of the UNESCO Institute for Statistics, says it's not too late to fix things: "We need real commitment from every single government, backed by resources, to get the job done."

TRUMP'S 'TAN' EXPLAINED!



DONALD Trump has "revealed" the real reason that he always looks orange in photos: energy-efficient light bulbs.

The American President claims it's not fake tan that sometimes causes his rather orangey glow (as suggested by the media), but the bulbs being used in buildings.

Mr Trump made his bizarre announcement during a speech in Baltimore, where he addressed why he has an issue with environmentally-friendly bulbs. He said: "Number one, to me, most importantly, the light's no good. I always look orange. And so do you! The light is the worst."

He then said that the bulbs are very expensive and should be considered "hazardous waste." He prefers old incandescent bulbs, even though they're worse for the environment because they're not very energy-efficient and don't last as long.

JESY TALKS TROLLING

LITTLE Mix star Jesy Nelson has been praised for sharing her story of online trolling.

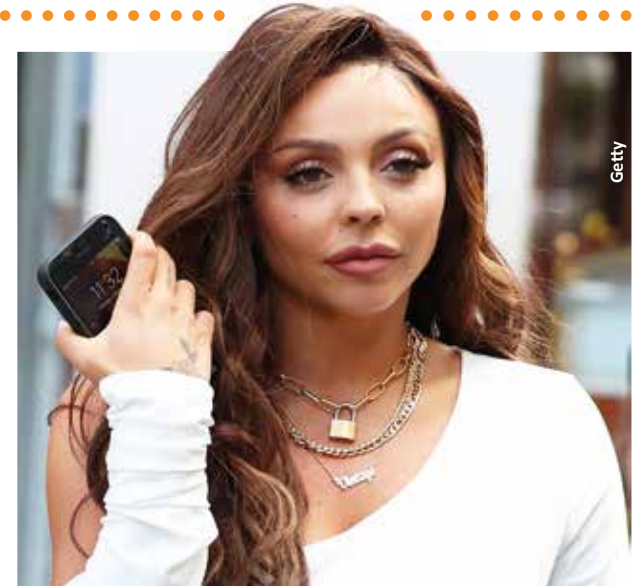
The singer took part in a BBC Three documentary called *Odd One Out*, where she revealed how online bullying led to her becoming very depressed and not wanting to live any longer. Jesy said that she started receiving nasty comments about her weight and appearance when she starred on *X Factor* back in 2011.

Thankfully, Jesy had a lot of support from her family and friends and is now feeling much stronger and happier. She hopes that by talking about her experience it will help

others to realise they are not alone and that there is help out there.

Since the documentary aired on TV, many people have come out in support of Jesy. Now there are calls for the film to be shared in schools to help tackle how serious the issue is.

If you, or anyone you know, is affected by online trolling, Childline is always there to help. You can find them at www.childline.org.uk or call them on **0800 11 11**.



STEAK IT OR LEAVE IT?

FOOD FACT



Steak is a great source of iron – and vitamin B12, which is very hard to get from plants. The Vegan Society says that a vitamin pill is still the best way to get B12 if you don't eat meat, eggs or dairy.

FOOD MATTERS

MEAT has been a hot topic lately – often when scientists, doctors or campaigners have called for us to eat less of it, either for health or environmental reasons. Will cutting down on meat really help to save the planet? Or make us healthier? Is it really that simple? Well, the simple answer is that, erm, no, it's not that simple and it depends what the meat is, how it was raised and who's eating it.

EATING LESS

Let's start with a simple question: why do we eat meat anyway? It's a fact that we don't need it in our diets, and many people around the world live long, healthy lives without it. But eating meat, and especially learning how to cook it, is thought to partly explain how humans evolved into the super-smart apes we are today.

Animals happen to be incredibly good at turning something that humans can't eat, such as grass or the stalks of crops, into meat that's tasty and packed full of great-quality protein, minerals and vitamins that are more difficult to get from other foods.

Protein is made up of 20 things called amino acids, and while our bodies can make 11 of those, we need to get the other nine from our food. Things like meat, fish and eggs are what's known as complete proteins, because they all contain those nine crucial amino acids. But it's a myth that you have to eat meat to get all of these, as there are plenty of other non-animal foods or combinations that are complete proteins too, such as quinoa, or even peanut butter on wholewheat toast!

The vast majority of scientists and health organisations agree that in Western countries like the UK and US we eat too much protein – maybe up to 100% too much. Now, although eating too much isn't necessarily a problem, it depends where you're getting that protein from. If you're eating a ton of fatty meat, that also means you'll be getting a lot of saturated fat in your diet, but it could also mean that you're not getting a wide enough variety of plant protein in your diet and missing out on some vitamins and minerals.

On average, UK kids aged 4-10 are only getting 2.7 of their five-a-day and only 7% of

their protein is coming from vegetables, fruit and juice, so many are missing out on the variety that they need. We also generally eat less fish than the NHS recommends.

As an indicator of how little variety we have in our diets, Liam Walsh from WWF told us that globally, we get 75% of our food from just 12 plants and five animals.

SAYS WHO?

So who's saying that we need to cut down? An awful lot of people: the UN's Food and Agriculture Organization (FAO), UN Environment Programme (UNEP), the US government, the World Resources Institute, the Food Climate Research Network, Greenpeace, WWF, the Sustainable Food Trust, plus the huge number of scientific articles backing them all up.

The important thing to say is that not a single one of those, or any expert we've spoken to, has said that we all have to give up meat and go vegan or vegetarian (which we're going to cover in an upcoming issue). What they all say is that meat can be part of a healthy and sustainable diet, but that we need to eat less of it, especially processed meat (such as ham, bacon and sausages) and red meat (beef, lamb, pork). The message that most scientists want to get across is that eating a wide variety of plant-based foods, with some meat, fish and dairy, is going to be good for you.

The World Health Organization and lots of other medical organisations warn against eating too much processed meat, as it is usually high in salt and has been linked to all kinds of health conditions, such as cancer, type 2 diabetes and heart disease. Many also warn against eating too much red meat, although the evidence is much weaker, so plenty of people think that red meat, especially beef, gets a hard time.

However, the British Heart Foundation says that: "People who eat a lot of red and processed meat are more likely to develop heart and circulatory disease."

The NHS recommends that adults eat no more than 70g of red and processed meat per day (that's less than a quarter-pounder, which is 78g), but men in the UK only average 77g, while women eat just 47g. So it's only people who go over those limits that need to cut down for health reasons.

"Most of us could benefit from eating less meat and including more plant-based protein in our diets, such as lentils, nuts and seeds," the British Heart Foundation says. "These are all consistent with the traditional Mediterranean diet, which is also rich in fruit, vegetables and wholegrains, and is linked to a reduced risk of heart and circulatory diseases."



Your protein can come from a lot of different sources



Only 1% of Brits described themselves as vegan in a recent YouGov poll. Another 3% are vegetarian and 3% are pescetarian (eat fish, but not meat)



FOOD FACT

According to the UN, 14.5% of global greenhouse gas emissions come from livestock, and 41% of that is from the production of beef. If the world's cows formed a country, it would be the world's third-largest greenhouse gas emitter.

9. FOOD MATTERS

THE CLIMATE DIET

The other big reason why so many people say we need to cut down is to help with the climate crisis.

“We think that people should be moderating their meat consumption, because a lot of people are eating far more than they actually need to,” says Walsh. “We’re not saying everyone should go vegetarian or vegan; we certainly think that meat and dairy form part of what can be a healthy, sustainable diet. But when you look at different meat products and their ecological footprint, such as the land and water that they require, and the greenhouse gases associated with their production, generally speaking they tend to be a lot higher in impact than plant-based products.”

Tara Garnett from the Food Climate Research Network agrees. “Plant-based foods tend to cause less harm, so try to choose vegetarian options whenever you can, particularly dishes with beans and lentils, and of course vegetables,” she says. She also says that different kinds of meat cause different kinds of problems, so it’s impossible to compare them. You could swap beef for chicken, but chickens are fed grains that humans could eat, which is grown on land that is in scarce supply. Some experts think this is almost as bad, although white meat is generally said to be healthier.

It’s methane emissions from cows and sheep that are the big problem (and it’s actually mostly their burps rather than farts). Methane is around 28 times more harmful as a greenhouse gas than CO₂, although it doesn’t stay in the atmosphere for anywhere near as long. So the good news is that if we reduce methane emissions, we can make a large and positive change to the climate, and make it quickly.

However, since meat consumption around the world is going up, that means there are more animals, including cows, which means more methane and also more land needed to house them. Part of the reason there are so many fires in the Amazon right now is that farmers are clearing space for cattle, as well as to grow crops like soya

beans, which can be used to feed humans, but the vast majority is used to make animal feed.

So if we just stopped farming cattle, things would be okay, right? Nope! It’s waaaaay more complicated than that. One reason is that around 70% of UK farms are grasslands that aren’t really suitable for growing other crops on.

“Some would say we should plough up the grass and grow vegetables, but if we did that we’d release an enormous amount of carbon into the



You can also get protein from lentils and beans

atmosphere, which would be bad for climate change,” says Patrick Holden from the Sustainable Food Trust, who agrees that we should eat less meat overall.

A LOAD OF POO

Also, even if we did that, we’d miss out on something that cows are spectacularly good at – producing manure! This natural fertiliser would have to be replaced by fertilisers made in factories, which is really bad for climate change too.

Many experts say that grass-fed cows produce much more nutritious meat than those fed in feedlots, which is where they’re given feed made from soya or corn. But cows in feedlots produce much less methane and grow much quicker, so they use fewer resources over their shorter lives. “So while the public thinks that cattle on pasture, in a green environment, is wonderful and great, it is just not that simple,” says US researcher Frank Mitloehner. “What trumps everything else every time are efficiencies. If it’s more efficient, it will have fewer emissions.” One of the drawbacks with feedlots is that they use a lot of energy, so have high CO₂ emissions.

Some people, including the National Farmers’ Union and Mitloehner, say that we should instead focus on making production more efficient and reduce emissions that

way, rather than getting rid of cows. Their suggestions include things like adding seaweed or other products to feed, so that less methane is produced, and capturing methane from manure so that it can be used to power vehicles. This ‘renewable natural gas’ (RNG) would mean fewer fossil fuels being burned and also reduce emissions, as methane burns cleaner than petrol or diesel. “That’s a double whammy,” says Mitloehner.



Cows on a grass-free feedlot

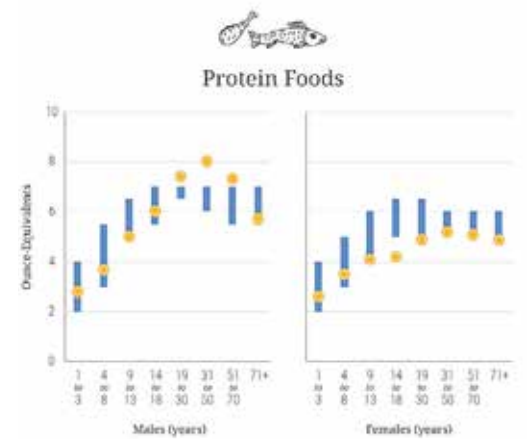


Making chemical fertilisers is very bad for the environment

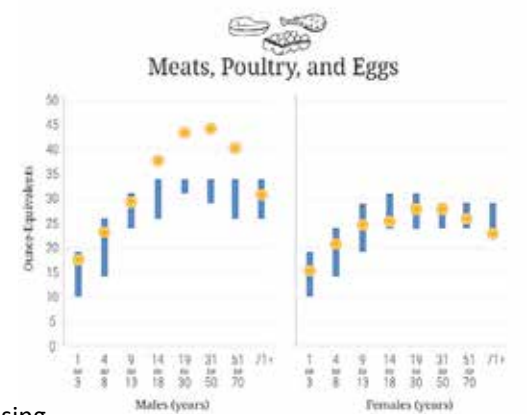
A TALE OF TWO GRAPHS

Mitloehner is one of the most well-known critics of the ‘eat less meat’ movement and makes the good point that you can reduce your carbon footprint much more by taking fewer flights and not using the car as much (although most experts say we have to cut down on travel and meat). When we spoke to him, at first he didn’t accept that Americans are eating too much meat. He emailed us this graph, saying people in the US are mostly within official guidelines for protein (although some girls don’t get enough).

But when we read those guidelines, this second graph clearly shows that US men aged 18-70 are eating up to 50% too much animal protein. Mitloehner admits that Americans don’t eat enough vegetables, but doesn’t say anything about how the extra plant protein they should be eating would mean they could drastically cut back on meat. The guidelines even say that “teen boys and adult men also need to reduce overall intake of protein foods by decreasing intakes of meats, poultry, and eggs”.



The blue bars are recommended limits, while the orange dots are how much people actually eat



Around 70% of UK farms are grasslands that are used to graze cows and sheep mainly. Most UK cows are grass-fed

VIEW FROM THE FIELD

Understandably, UK farmers feel a bit like they’re under attack. So how do they feel? Richard Findlay, a farmer from Yorkshire, gave us his side of things.

“As a livestock farmer, it’s my job to produce tasty beef and lamb in a way that is good for the animals, good for the environment and good for all of you who enjoy eating it. Red meat is a key part of a healthy, balanced diet alongside lots of fruit and veg, as it is high in protein, which makes you stronger as you grow up. British farmers produce some of the best beef and lamb in the world. Most of our countryside is grassland so you’ll see lots of cows and sheep munching on this nice green grass, as grazing them outdoors is a great way to produce nutritious red meat alongside improving the environment. Our animals are also carefully looked after by vets.”

A WORLD OF DIFFERENCE

Finally, it’s important to note that there are millions of people in developing countries who live in poverty and rely on animals for good nutrition and their livelihoods. Many of these people would become malnourished or die without meat and milk, as they don’t have the luxury of a varied diet, so it’s not those people who need to cut down on meat – it’s us.

Make sure you take part in our poll!
Next week: how healthy are meat substitutes and plant-based burgers?

POLL OF THE WEEK

Are you eating less meat than a year ago?
first.news/polls

10. WORLD NEWS

SPAIN



Sudden flooding

Spain was hit by the worst flooding in 140 years last week. Six people died in the floodwaters, rivers burst their banks, cars and people were dragged away, thousands had to leave their homes and huge areas of farmland were destroyed. Leaders of the affected regions have requested money to help with rebuilding.



ISRAEL



Election promises

As *First News* went to press, Israelis were voting in their second election this year. The country's leader, Prime Minister Benjamin Netanyahu, had failed to get a majority in the last election, and so had called another. Netanyahu's campaign has been criticised for scaremongering, after he accused Arabic people of wanting to "destroy" the country. He also said that, should he win, that Israel would seize big parts of Palestine's West Bank, something that would make peace between the two countries very difficult to achieve.



CHINA



Air improvement

China's capital, Beijing, is on target to leave the list of the top 200 most-polluted cities this year. In the last three years, the city has shut down and relocated many polluting businesses, improved fuel and emission standards, and reduced coal consumption in and around Beijing. China says it will not be slowing down its efforts to stop air pollution.



BRAZIL



Forest killing

An official named Maxciel Pereira dos Santos, who had worked to protect indigenous people from farmers and loggers attempting to seize land, was killed last week. For more than 12 year, Santos had worked at FUNAI, Brazil's government body that protects and works with indigenous people. Santos worked to stop hunters, loggers and farmers from illegally entering the protected Vale do Javari reserve, where many of Brazil's uncontacted indigenous tribes live. Santos' colleagues said that they believe this is why he was killed.



SAUDI ARABIA



Oil attacks

Last Saturday (14 September), an oil processing facility was attacked by ten drones, thought to have been owned by a military group linked to Iran. Attacks on Saudi oil production facilities have happened before, but experts are saying that this is the biggest yet. Many parts of the world rely on Saudi Arabia for oil. The attack meant that the country was unable to produce as much oil as planned, which caused the price of oil to shoot up. US President Donald Trump has said that his government is "locked and loaded", and ready to respond to the attacks with military action against Iran. Iran said that it had nothing to do with the attacks and accused the US of lying. Saudi Arabia's leader, Crown Prince Mohammed bin Salman, said his kingdom was "willing and able" to respond to this "terrorist aggression."



NEW ZEALAND



My support clown

In New Zealand, it's common to bring a friend or family member who can act as a 'support person' to a work meeting where you lose your job. When advertising agent Joshua Jack received an email about such a meeting, he knew exactly what to do. "Sensing the bad news, I decided I'd need the best support person available, so I spent NZ\$200 [£102] to hire a clown," he later explained on Facebook. "It was rather noisy, him making balloon animals, so we had to tell him to be quiet from time to time. He was \$200, so I assume, one of the best clowns in Auckland."



OUR WORLD

NAME: LUKÁŠ
LIVES: CZECH REPUBLIC

TO FIND OUT MORE, GO TO
WWW.WEARELUMOS.ORG

LUKÁŠ has been living in institutions since he was nine years old.

He has also experienced a stay in a diagnostic assessment centre. Now, he is living in a community home, where he is able to receive an education. He has been working with Lumos for a year and has attended events such as the Zero Project Conference.

He says: "Some people are my role models. They are role models of what I never want to be like."



SIGN OF LIFE



ESA/Hubble, M. Kornmesser

An illustration of what K2-18b might look like

WE now know which planet outside our solar system is most likely to contain life.

K2-18b, which is in the constellation of Leo some 110 light years away, was discovered in 2015. But new analysis of data from NASA's Hubble Space Telescope shows it contains water vapour in its atmosphere.

This is the first time a planet in a habitable zone – a part of space where the temperature isn't too hot or too cold for life to exist – has been found to have water in its gases. Water is essential for life as we know it to exist.

K2-18b is twice as big as Earth and it orbits its sun in just 33 days. The research team at University College London say their find doesn't prove there are seas, lakes and rivers on the surface. But they reckon it's a positive sign that the planet could contain life.

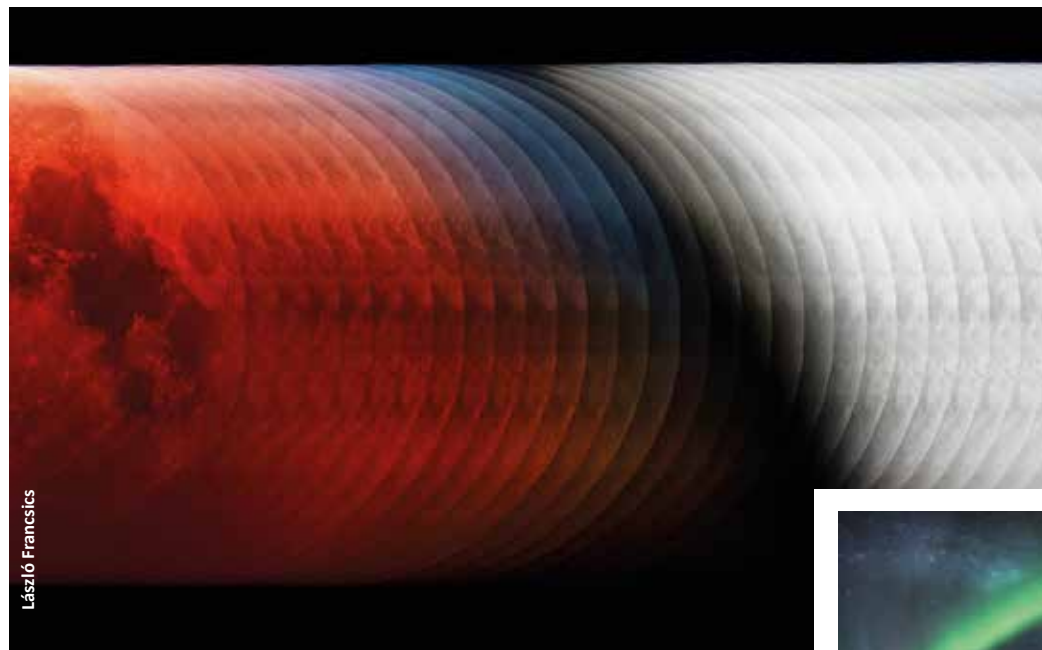
Before you reach for your passport, though, be warned that K2-18b isn't suitable for humans. For a start, it would take a million years to get there. Then there's the fact you wouldn't be able to stand up on the planet's surface: gravity is eight times as strong there as on Earth, so the average person would weigh 500kg – that's half a tonne!

PICS OF THE YEAR ANNOUNCED

THE winners of this year's Astronomy Photographer of the Year award have been announced.

The competition, now in its 11th year, received more than 4,600 entries from 90 countries. You can see all the prize-winning and shortlisted photos at the National Maritime Museum in London until 26 April 2020.

Eleven-year-old Davy van der Hoeven of the Netherlands scooped the Young Astronomy Photographer of the Year award for his deep-sky image of the Rosette Nebula, a flower-shaped nebula located 5,000 light years from Earth



László Francsics

Hungary's László Francsics won the Astronomy Photographer of the Year prize with this snap, titled *Into the Shadow*. The picture depicts the 35 phases of the total lunar eclipse that took place on 21 January this year. One of the judges said: "In a year that celebrates 50 years since the first lunar landings it is fitting that this year's overall winning image captures such a dynamic and captivating view of our moon."

As well as overall winners, there are 11 individual categories in the awards. This picture, called *The Watcher*, won the aurorae category. An aurora is a natural phenomenon caused by particles and atoms interacting in our upper atmosphere. Nicolai Brügger of Germany hiked in the snow to the top of a Norwegian mountain, and then waited several hours, to take this picture of a giant aurora



Nicolai Brügger

TATA
CONSULTANCY
SERVICES

INNOVATIONS



RESEARCHERS in America have invented pyjamas that can monitor vital signs like the heartbeat and breathing rate.

The team at the University of Massachusetts Amherst are calling their creation a "phyjama", because it tracks physiological signals while the wearer sleeps. They reckon it will help people with sleep disorders to work out why they are struggling to get some shut-eye.

The clothing is made of textiles that contain sensors. These textiles can be woven or stitched into sleepwear.

The idea is that the pyjamas will help doctors keep track of elderly patients, who are more likely to suffer sleeping problems.

SCIENCE
MUSEUM
GROUP

This report is from our friends at the Science Museum, part of the Science Museum Group.



Science Museum Group

THIS week you can see a giant painting of the moon (left) for the first time since it was displayed at the Great Exhibition in 1851.

Created by James Nasmyth, it won an award and attracted the attention of Queen Victoria and Prince Albert. Made from hundreds of observations of the moon's surface, the painting is a work of art that also helped scientists study the moon in more detail.

The painting of the moon is part of a free exhibition at the Science Museum, opening this week, that explores how both artists and scientists are vital to help understand the world around us.

The Art of Innovation: From Enlightenment to Dark Matter is on at the Science Museum from 25 September 2019 – 26 January 2020. You can find out more by visiting sciencemuseum.org.uk.

12. ANIMAL NEWS

WATER PARK FOR PUPS



A COLORADO water park opened its doors to dogs so they could enjoy the water slides!

For one day only, Water World in Denver hosted the Bow Wow Beach Doggie Day, where pups were able to come along and enjoy the pools and slides.

All proceeds from the event went to a local animal shelter and adoption centre.



PERFECT PANDAS



ONE month after they were born, twin giant panda cubs have been posing for pics at a Belgian zoo.

The rare arrivals were born to mum Hao Hao at Pairi Daiza park in Brugelette. The male and female cubs were born two hours apart but cubs are not named until they are 100 days old, in accordance with Chinese tradition.

The cubs' mum was loaned to the zoo by China in 2014. Under the agreement, giant panda cubs born in Belgium also belong to China and will return there when they are four.

IT'S ELECTRIFYING!



Electrophorus electricus

THE world's most powerful electric eel has been found in the Amazon.

Scientists discovered that there are three species of electric eel living in the Amazon basin: the previously known *Electrophorus electricus*, plus the newly discovered *Electrophorus voltai* and *Electrophorus varii*. They also discovered that *Electrophorus voltai* is capable of delivering a jolt of 860 volts, which is way more than the 650 volts previously recorded. Electric eels use their shocks for self-defence, hunting and navigation.

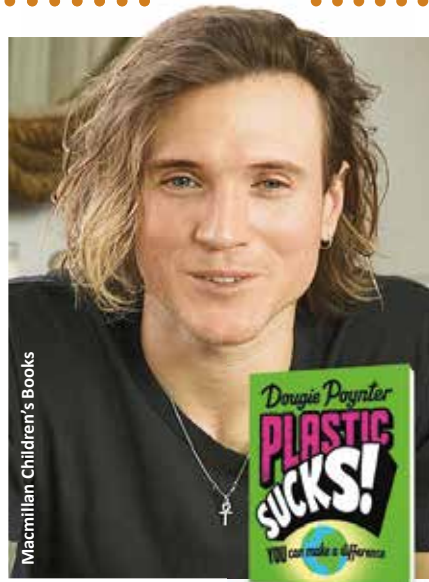
RIVER RESCUE



How a dam on the River Murray looked during last summer's drought

AUSTRALIA is racing to save hundreds of thousands of fish because a drought is drying up its biggest river system.

Scientists will carry out a two-week relocation operation of fish in Lower Darling, part of the giant Murray-Darling Basin, to avoid a catastrophe like last year, when millions of fish died during heatwaves. They are attempting to save native fish species, including Murray cod and golden perch, from pools that are drying out lower down the river, because the pools are not expected to last through the summer. The fish will be moved to a different section of the Darling River that is still flowing.



DOUGIE'S TOP TIPS

FOR REDUCING PLASTIC

Why not hold a debate about plastic with your friends or reading group? Think about why plastic is important in some places, and when can we use alternatives?

13. BIG INTERVIEW by Serena Lacey

● TOTO THE NINJA CAT IS BACK IN YOUR NEW BOOK – CAN YOU TELL US ABOUT HER THIRD ADVENTURE?

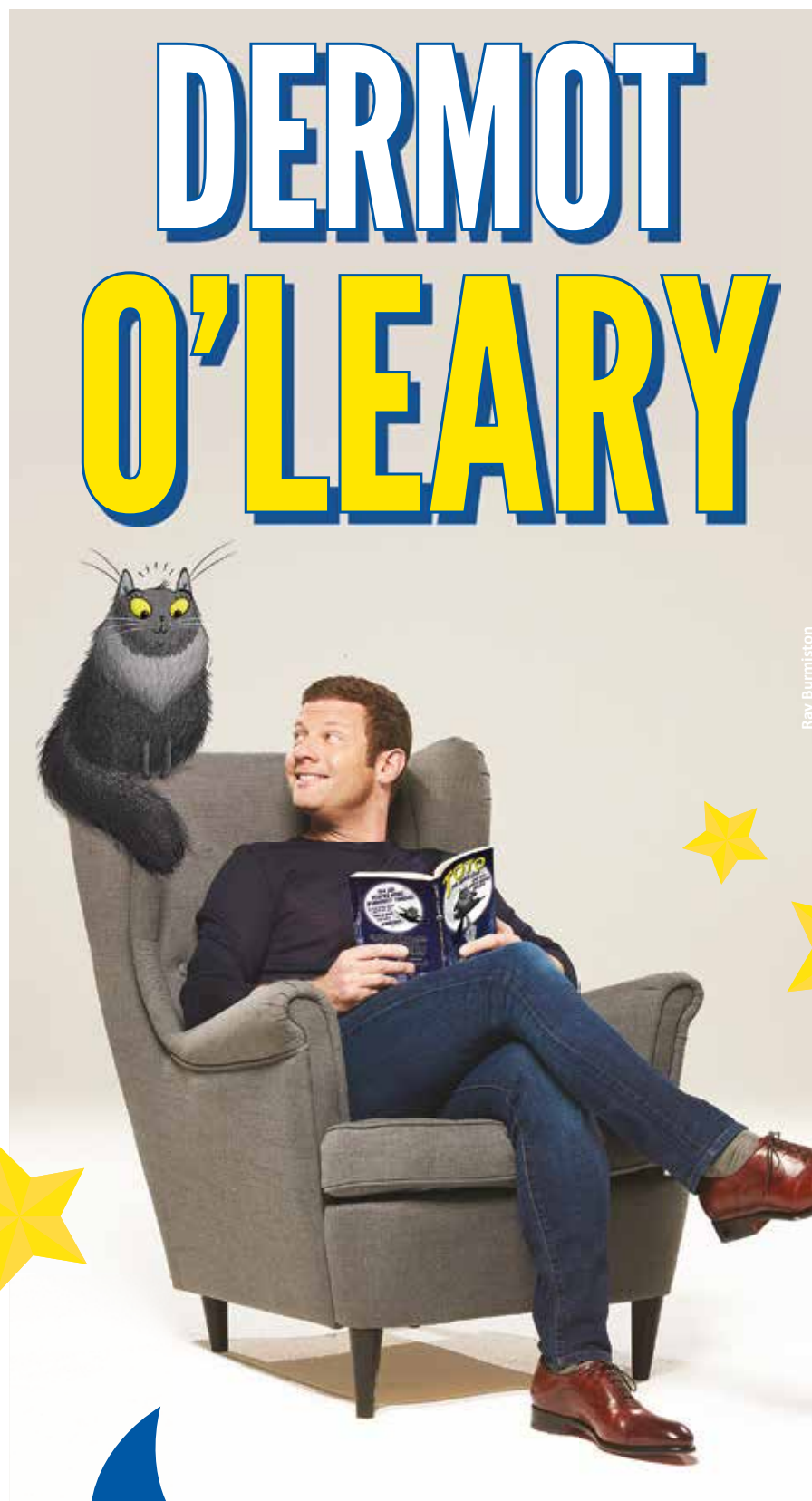
I had the idea of taking them [the cats] outside London, so I thought about the things that we like to do. Then I thought, hang on, Glastonbury would be fantastic. Then my mind started whirring. I love this idea of an alternative world. We always want to know what our pets are up to when we're away, and in this alternative world surely they'd have leisure time. Then this word 'Catstonbury' just popped into my head and I thought it'd be quite funny. I emailed Emily Eavis [who runs Glastonbury Festival] and said: "Just to let you know I'm going to do this and you're going to be an Otter, I hope that's okay?" She went: "Otters are amazing!" and it all just tumbled from there.

● THE SECRET WORLD OF CATS IN YOUR BOOKS IS REALLY EXCITING. DO YOU THINK ABOUT WHERE YOUR CATS GO WHEN THEY LEAVE THE HOUSE?

Well, that's where it all came from. We bought Silver and Toto home from Italy. Toto is blind so is mostly confined in the house; you pretty much know where she is all the time. But Silver, he just had a wanderlust. He would literally be running from the other side of the road and you'd be like: "What are you doing down there?" Socks, so far, seems to be a bit of a homebody. He's two now, he's a lovely boy.

● THERE ARE LOTS OF ANIMALS IN THE BOOKS. DO YOU RESEARCH THEM ALL BEFORE YOU USE THEM AS CHARACTERS?

A little. With Finbar, he's not a massive character, but I wanted him to be right. I mean, I love my birds and I knew that the fastest birds are swifts or peregrine falcons so I had this idea of a grumpy West Country peregrine falcon who has been in the RAF and enjoying his retirement but is still sort of able to turn it on when he needs to. So you want them to have some reality to them. For the first story, *The Great Snake Escape*, I found this story about these snakes that had escaped from the zoo and were living off local rodents down by the canal, so I thought that was a great starting point. Then I started looking up the most venomous snake in the zoo, the king cobra, but I wanted him to have quite a berk-ish name so I called him Brian, which is not a scary name at all.



Ray Burmiston

“ WE WANT TO KNOW WHAT OUR PETS ARE UP TO WHEN WE'RE AWAY ”

TV presenter Dermot O'Leary tells us all about his pets, the new series of X Factor and his cat-tastic new book.

● THE BOOKS WOULD MAKE AN INCREDIBLE CARTOON SERIES. WOULD YOU LIKE TO SEE THAT DEVELOPED?

I didn't write it thinking like that, although maybe I did because that's part of my world... maybe subconsciously I did write it with a TV mind. If it was, I would love to produce it.

● WE HAVE TO ASK – CAN YOU TELL US ANYTHING ABOUT X FACTOR 2019? SO FAR WE'VE HEARD THERE ARE TWO SHOWS: ONE CELEB AND AN ALL-STAR VERSION?

We've done the first round of the celebs and it's really good. Everyone came away going: "I think that might work!" Simon said very early doors: "There's a very good chance this is not going to work." We did this shoot in Malibu at his house with celebs and some of them nailed it – and there are some great characters too. At the end we all just said: "This has got a chance." Fingers crossed.



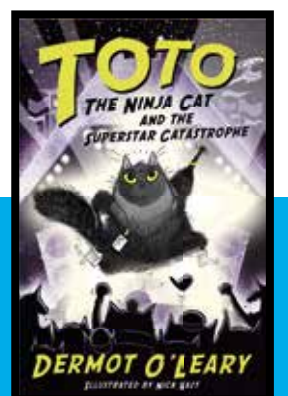
Ray Burmiston

● WHO WOULD BE YOUR DREAM CELEBRITY CONTESTANT ON THE SHOW?

That's a good question. You don't know who can sing... Boris Johnson and Jeremy Corbyn – a Battle Royale!

● WHAT ARE SOME OF THE FUNNIEST THINGS YOUR FANS HAVE ASKED YOU?

I did an interview where they rang in and asked things like: "How rich are you?" and "How do you solve global warming?"



CHARITIES SUPPORTED BY FIRST NEWS

Toto the Ninja Cat and the Superstar Catastrophe by Dermot O'Leary, illustrated by Nick East, is out now in hardback, from Hodder Children's Books. Dermot and Nick will be at Cheltenham Literature Festival on 12 October.

DISCOVER THE MYSTERIOUS

BRING YOUR LEARNING TO LIFE WITH

IT'S one of the most intriguing stories from the history books... the remarkable discovery of Tutankhamun's golden tomb!

The ancient Egyptian king has become famous across the world since his tomb was unearthed almost entirely intact back in 1922. British archaeologists Howard Carter and Lord Carnarvon made the find a whopping 3,000 years after the young king's death, causing both shock and surprise. Now, 150 spectacular treasures are going on a tour of the globe, for fans of all ages to see and explore – and they're coming to the UK!

Here we discover more about the Golden Pharaoh and the amazing artefacts he took with him to the afterlife, which are travelling out of Egypt for the first and final time.



PHARAOH FACT

Tutankhamun was made a pharaoh when he was just nine years old. He reigned from about 1337 to 1328 BC, before dying at just 19. This is why he is often known as the 'Boy King.'

AMAZING ARTEFACT

Two life-size guardian statues were placed on either side of the tomb's burial chamber, guarding over the body of the young king.

PHARAOH FACT

Following the discovery of the tomb, lots of people speculated about there being a mummy's curse. Anyone who opened the tomb or visited the site was believed to suffer a fateful death.

AMAZING ARTEFACT

Check out the canopic coffinettes of Tutankhamun – a vessel used to hold the organs of the king after his mummification.

AMAZING ARTEFACT

This wooden armchair was made for Tutankhamun in real life, and was placed in the tomb for him to use again in the afterlife.

SAATCHI GALLERY: 2 NOVEMBER 2019–3 MAY 2020.



WORLD OF TUTANKHAMUN

THIS EXPERIENCE OF A LIFETIME!



AMAZING ARTEFACT

With magic spells, it was believed that this model boat would increase in size and help Tutankhamun cross rivers and seas.



PHARAOH FACT

The Times newspaper scooped a massive exclusive! Lord Carnarvon sold the rights to the story for £5,000, giving the paper access to the tomb's excavation.

PHARAOH FACT

Tutankhamun's tomb was discovered in the Valley Of The Kings in Egypt after years of searching the area. It was found alongside thousands of treasures, including a golden throne, pottery and huge chests.



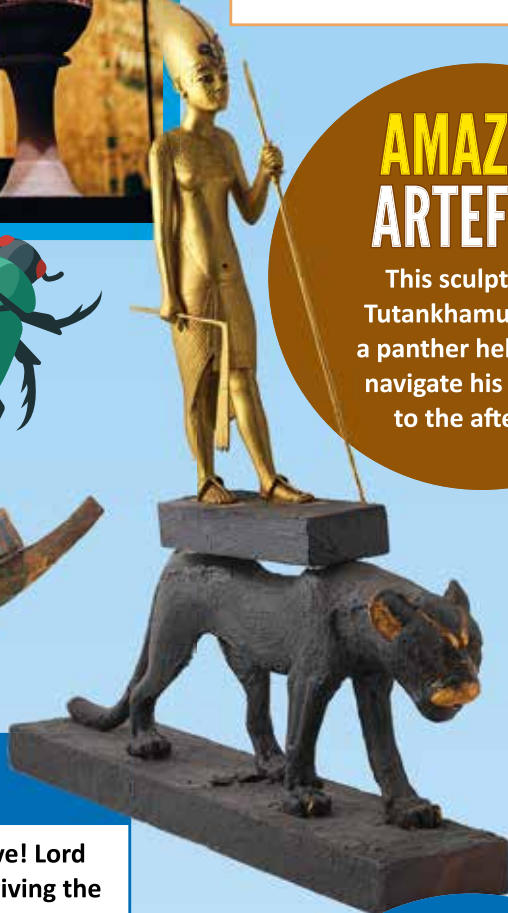
AMAZING ARTEFACT

There are many food containers in the exhibition that were found in the tomb, so Tutankhamun would be well fed on his journey to the afterlife. They look a little different to the containers we use today!



AMAZING ARTEFACT

This sculpture of Tutankhamun riding a panther helped him navigate his journey to the afterlife.



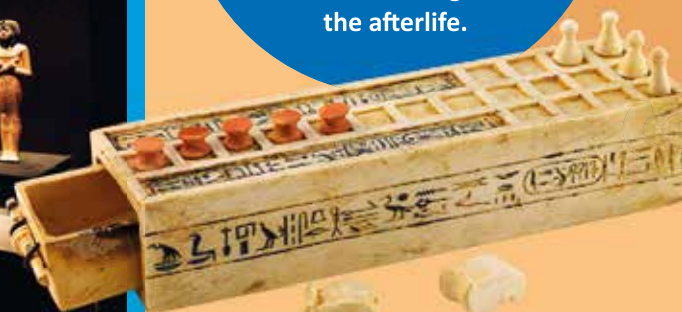
PHARAOH FACT

The ancient Egyptians believed in preserving their dead so that they would enjoy an afterlife. For this reason, Tutankhamun was mummified and buried in a gleaming golden coffin.



AMAZING ARTEFACT

Tutankhamun played this ivory game in real life and it was placed in the tomb for him to use again in the afterlife.



THE LARGEST TUTANKHAMUN EXHIBITION EVER TOURED!

TUTANKHAMUN
TREASURES OF THE GOLDEN PHARAOH
SAATCHI GALLERY | 2 November 2019 - 3 May 2020 VIKING

BOOK TICKETS TODAY AT TUTANKHAMUN-LONDON.COM

DESCENDANTS 3: THE MUSICAL LOWDOWN!

BEFORE Cameron Boyce sadly passed away in July, we were lucky enough to sit down with him, Sofia Carson (Evie), Booboo Stewart (Jay), Brenna D'Amico (Jane) and Jadah Marie (Celia) to talk about their magical musical memories from the making of the movie.

How would you describe the music of *Descendants 3*?

Sofia: The music of *Descendants 3* is grand, epic, powerful and empowering. This time around, there's a really wide range of musical genres in the film. In the opening number, there are a lot of R'n'B influences. There are hip-hop influences in another track and pop influences in another. There's also some Broadway too. There's a little bit of everything for everyone.

When did you first hear the music for the movie?

Sofia: We heard the music on our first day of rehearsals. I have a really beautiful video that I took where we were all sitting on the dance floor of the rehearsal space. [*Descendants 3* director] Kenny Ortega started to play the music from top to bottom. It was the core four, as well as the rest of our cast and nearly 100 dancers sitting there listening to the music. It was a really magical moment.

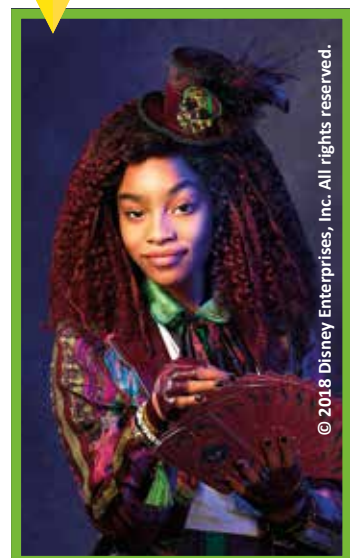
If you could add any musician to *Descendants 3*, who would you choose?

Brenna: What a great question! I would add Ed Sheeran and make him Ariel's son. That would be great.

Sofia: I would go with Bruno Mars, because I think our opening number is very Bruno Mars-inspired. It would be really cool to work with him!

Booboo: I really love a guitar player named Buckethead. He's the best! It would be awesome if he played on one of our songs.

Cameron: And I would add Stevie Wonder. He's my favourite musician ever.



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Is there a lot of singing on set when the cameras aren't rolling?

Cameron: Dove is always singing. Always!

Brenna: We all do. Even when there's no music playing, we'll sing to each other. There was singing all over the set. It was really cool!

What music did you listen to behind the scenes?

Jadah: I listened to my playlist, as well as the radio. Every time we'd go back to the hotel, Sofia had an amazing playlist full of her favourite songs. I always enjoyed listening to that.

Cameron: I was listening to a lot of new John Mayer material. Oh, and Allen Stone. He's a cool, cool, cool musician that we were listening to a lot in Vancouver.



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Booboo: Personally, I listen to everything. I think DNCE is awesome, as well as Buckethead and Ben Howard – but my guilty pleasure is Katy Perry. I think her music is fantastic. I'm a big Katy Perry fan! I was also listening to a lot of my own music. I'm in a band with my buddy, Dave. We're called That Band Honey and we were finishing a song while we were filming *Descendants 3*.

Where did you record the music for the movie?

Cameron: We recorded everything in Vancouver [Canada]. That's where we were shooting and rehearsing and doing all the other fun stuff.

How much did you enjoy stepping into the recording studio to work on the music of the movie?

Booboo: I always enjoy being in the recording booth for the music, but I still find it nerve-wracking. I always get a little nervous because it's always strange to hear your voice coming out of the speakers. This time around, it felt really great. Each song fit everybody, which was cool.

Cameron: I'm used to it now, but I used to get really nervous. Luckily, all of the actors in the cast are really capable singers, so you just have to leave your nerves at the door and go for it. You have to walk in there and be confident.



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How do you prepare for the studio?

Cameron: I find it helps to listen to the music over and over again so that you have it in your body before you get in there. I also like to drink a load of water to clear my throat. I'm sure everyone has a very particular process when they record their vocals, but I just ask for some tea. That helps me a lot too.

Booboo: I always warm up my voice before I step into the studio. That way my vocal cords are warm and I don't strain anything. When you warm up your vocals, you sound the best that you can sound. That's exactly what you want when you're recording the music for a project like this.

THIS WEEK

1 McFly are back together. The band revealed at a breakfast event in London (thanks for the croissants, guys!) that they will be reuniting to perform a show at the O₂ arena on 20 November. They'll also release a song a week in the run-up to the show from their album *The Lost Songs*, which they recorded back in 2011.



2 KIDZ BOP are going on tour. The all-singing all-dancing pop band announced eight UK tour dates this week. It will be their first headline tour and will kick off in London on 7 April 2020. Tickets are onsale now at www.kidzbop.co.uk The band also announced a brand new album which will be released in November.

3 Ant and Dec have already started working on the new series of *Saturday Night Takeaway*. The show will return in 2020 after a year's break.

4 It seems like everyone wants to be in a superhero movie at the moment! Daniel Radcliffe revealed he loves superhero movies and would have liked to have been Spider-Man, while Rihanna has confessed that she'd love to play villainess Poison Ivy in the new *Batman* movie.



PIC OF THE WEEK

EVERYONE is talking about Ariana Grande, Miley Cyrus and Lana Del Rey's new collaboration.

Their song, *Don't Call Me Angel*, is from the new *Charlie's Angels* movie, about a team of female agents.



YOU CAN GO TO ARENDELLE!

FROZEN is coming to Disneyland Paris!

That's right, you'll be able to go to Arendelle thanks to this new *Frozen*-themed land. Visitors there will see snow-capped mountains, a magnificent lake and a new top-secret attraction. Anna and Elsa will be there along with the other characters, a restaurant and a shop. No news yet on when the land will open, but we can't wait!



PAUL HOLLYWOOD



THE *Bake Off* judge gives us all the gossip from the tent...

■ **How are the bakers coping in the tent this year?**

All of them are coping really well. Their resilience and enthusiasm is amazing. When they are baking they are getting cameras in their face a lot of the time, so I have a lot of respect for them. It's very different for them from baking in their kitchens at home – and realistically they are amateur bakers.

■ **The show is still very popular – what's the secret or magic ingredient?**

Always the bakers. They are the constant; it's always the bakers that remain the heart of the show.

■ **What's the most common mistake that bakers make each series?**

Timing, it's all about timing. That's the killer, but they do get better at it as the series goes through.

■ **How is Noel's baking coming along? Is he a serious rival to you yet?**

Well, I have to say he has been a bit lazy on the baking side; he keeps putting it off. The last bakes he did looked good; he sent me some pictures. He is a good pupil though and he wants to learn.

■ **What's been your worst ever baking disaster?**

When I was 17 working at my dad's bakery I made 1,000 doughnuts and added salt instead of sugar. So maybe I was ahead of my time with the sweet and sour thing, but they didn't taste great at all.

■ **If you could time-travel back in baking time, what period would it be and why?**

I would love to go back to Henry VIII's time and see those big pies at their banquets, and I am very curious to see what they were eating. I'd be fascinated to know the flavours and what it tasted like.



Catch *The Great British Bake Off* Tuesdays, 8pm, Channel 4

MACARONI CHEESE WITH GARDEN PEAS

EVERY week as part of our new Food Matters series, we're going to be bringing you a delicious recipe to try at home! Here's the second one for you to enjoy.

WE love adding peas to our classic mac and cheese, but why stop there?! Why not try adding other veg as well, like sweetcorn, broccoli or cauliflower, to this teatime favourite?

Preparation time: 20 minutes Cooking time: 20-25 minutes Number of servings: 4

Ingredients:

- 400g macaroni pasta
- 320g Birds Eye Garden Peas
- 600g milk
- 75g cheddar cheese
- 40g butter
- 40g plain flour
- Seasoning to taste

Remember to always have an adult with you when you cook with heat!

Method:

1. Pre-heat your oven to 200°C/Fan 180°C/Gas Mark 6.
2. Bring a saucepan of water to the boil and cook the pasta (tip: cook the pasta for 2 minutes less than it says on the pack, so you don't overcook it).
3. When the pasta is ready, drain it using a colander and pour it into a baking dish.
4. While the pasta is cooking, melt the butter in a small saucepan, gradually add the flour and stir it into a smooth paste. Take off the heat and gradually add the milk. Keep stirring all the time – we don't want lumps!
5. Once you've poured in all the milk, return the pan to the stove for 5 minutes. Keep stirring constantly until it's thick and smooth. Take the pan off the stove and add nearly all the cheese (and seasoning if you want it). Stir it all up until the cheese has melted.
6. Put the peas in a microwaveable bowl, add a tablespoon of water and cover. Microwave for 3-4 minutes depending on your microwave's power – the instructions on the pack will help you. Carefully pour the peas into the baking dish with the pasta.
7. Pour the sauce over the pasta and peas, sprinkle the rest of the cheese over the top and place on the middle tray of the oven. Cook for 20-25 minutes until bubbling and golden.



LONGLEAT Advertisement feature

The Festival of Light

MYTHS & LEGENDS 2019

JOIN Longleat on a thrilling odyssey this autumn term, discovering epic stories from around the world.

Discover the gods and magical beings of ancient Greece as you become immersed in a mythological world. See Pegasus, Medusa, Aphrodite and Zeus himself in The Land of the Gods, as well as Heracles, Hades and Cerberus in The Underworld.

Explore the Garden of Mythical

Creatures and see the elusive yeti, Thor battling the World Serpent and the colossal Kraken of the lake, engulfing an unfortunate ship that crossed its path.

All the attractions and animal areas of Longleat are included with your visit to the Festival of Light, including the Safari Drive-through!

TEACHERS

New teachers' resource packs support school visits during the Festival of Light. They include a range of activity inspiration for before, during and after your visit, as well as key information about the lantern scenes to help guide your exploration.

Why not bolt on an educational session to your day? All the usual interactive workshops are available during the Festival of Light at term time.

ASK YOUR TEACHER TO VISIT WWW.LONGLEAT.CO.UK/EDUCATION OR CONTACT THE EDUCATION TEAM AT EDUCATION@LONGLEAT.CO.UK

19. CRAZY BUT TRUE

RECORD BONANZA!



HORSING AROUND

HUNDREDS of new weird and wacky records have been broken in the past year – and they're all featured in the new Guinness World Records book! Here are five of our favourites...

Forever blowing bubbles! The largest bubble bottle with a wand is 1.38m (4ft 6.33in) and was achieved by Matěj Kodeš in Lysá nad Labem, Czech Republic, on 25 March 2018.



Guinness World Records

Robots really are taking over. The largest humanoid vehicle measures 8.46m (27ft 9in) in height, 4.27m (14ft) in length, and 4m (13ft 1in) in width. It was achieved by Mononofu and built by Sakakibara Kikai Co Ltd. in Japan on 7 December 2018.



Guinness World Records

Anyone fancy a slice of pizza? The largest pizza commercially available has an area of 1.98m² (21ft 48in²), and was achieved by Moontower Pizza Bar in Burseson, Texas, USA, on 26 May 2018.



Guinness World Records

This must take a long time to brush! The longest hair on a teenager measures 170.5cm (5ft 7in), and was achieved by Nilanshi Patel in Rome, Italy, on 21 November 2018.



Guinness World Records

Taking hats to new heights. The tallest hat measures 4.8m (15ft 9in) and was achieved by Odilon Ozare in Tampa, Florida, USA, on 2 April 2018.



Guinness World Records

The Guinness World Records 2020 edition is out now



Twitter/Ambley Babbage

HOLIDAYMAKERS in America were given rather a shock when they saw a horse boarding their plane.

The unusual passenger joined her owner, Abrea Hensley, on an American Airlines flight in Chicago.

Flirty is not just any old horse though. She's actually a trained service animal and was supporting Abrea, who suffers from post-traumatic stress disorder.

Abrea's horsey pal certainly didn't go unnoticed, with many passengers having to do a double-take. One person took to Twitter with the image above, saying: "There was a small horse in line at the airport today and I'm so curious about it."

CHRISTMAS COMES EARLY!

EVER fancied a Christmas turkey dinner sundae? No, nor have we!

But one ice cream parlour in London whipped up just that to get everyone in a festive mood.

Chin Chin Ice Cream in Soho created the unusual dessert to launch Sony Movies Christmas, an entire channel dedicated to Christmas movies!

The Christmas turkey dinner sundae was made up of caramelised ice cream with a turkey gravy caramel ice cream base. It was then studded with a herby stuffing pine nut praline, rippled with tart cranberry sauce and finished with a sprinkling of Brussels sprout glitter!



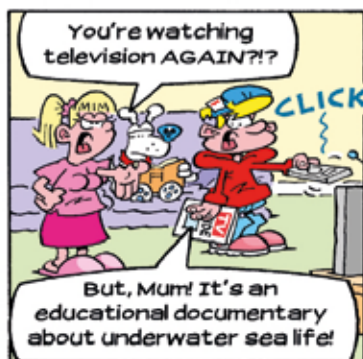
WHERE DOES THE CHICKEN LIKE TO EAT? AT A ROOSTER-ANT!

WHY DON'T THEY HAVE EXAMS AT THE ZOO? BECAUSE IT'S FULL OF CHEETAHS!

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



Written and illustrated by Paul Palmer



THE BEST BOOKS ABOUT... IMMIGRATION AND REFUGEES

ALMOST every day, you hear stories of how people have risked their lives to escape war or hardship. These books are a wonderful insight into what that journey might be like, and why someone might risk it.

ILLEGAL EGIN COLFER

A brilliant graphic novel that follows the epic journey of Ebo, across the Sahara desert to the dangerous streets of Tripoli, and finally out to the merciless sea. But with every step he holds on to his hope for a new life, and a reunion with his sister.



THE ARRIVAL SHAUN TAN

Why do so many people make the decision to leave everything behind and journey alone to a mysterious country? This award-winning picture book looks to answer that question.



AZZI IN BETWEEN SARAH GARLAND

After leaving her home to escape danger, Azzi must learn to speak a new language, find a new home and start a new school.



WORDS FOR LIFE



JON Agee is the author and illustrator of many acclaimed books for children, including *Little Santa*, *Terrific* and *Milo's Hat Trick*. Jon's latest books, *The Wall in the Middle of the Book* and *Life on Mars* are out now. This week, Jon told us what he thinks is the best thing about reading:

“ Reading has many rewards. One of them would be the ability to pick up a random book – anywhere in the world – and fall in love with the story, or the voice of the author, or a fictional character. ”



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

YOUR READS!

THE NORRIS GIRLS NIGEL HINTON

Reviewed by Zoe

I thought it was fantastic and I would recommend it to everyone aged 9-14.

I loved the way that the girls stuck together when they heard the devastating news that their dad had been captured.

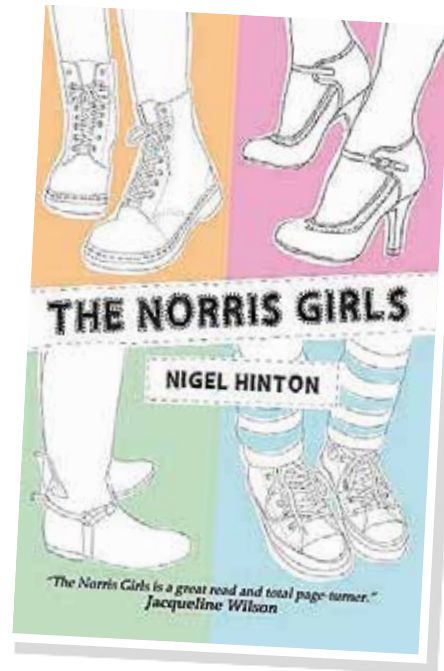
My favourite character would have to be Katie because:

1. She is my age
2. She loves horses and ponies
3. She was very kind and generous giving up her pony, Matt, to raise money for her dad.

I think she is just pure awesome!

I thought the bit where her dad was captured and was being held hostage with the other two men was exciting, and you were waiting to see what would happen.

I never put the book down and I would rate it ten out of ten, or give it a gold medal. Awesome book!



THE LONDON EYE MYSTERY SIOBHAN DOWD

Reviewed by Malavika Mitter, age 11

What goes up must come down, right? That's what Ted and Kat Spark thought too, as they watched their cousin Salim disappear into the depths of the London skyline, seemingly never to return to Earth.



The London Eye Mystery follows 12-year-old Ted and his sister Kat as they figure out the puzzle, all the while dealing with unspoken fears of Salim's fate.

I think this book would appeal to readers because it has an unusual plot, unforgettable characters and a satisfying resolution.

After all, what goes up, must come down!



BECOME A FIRST NEWS BOOK REVIEWER!

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

THE WIZARDS OF ONCE



RETURNS!

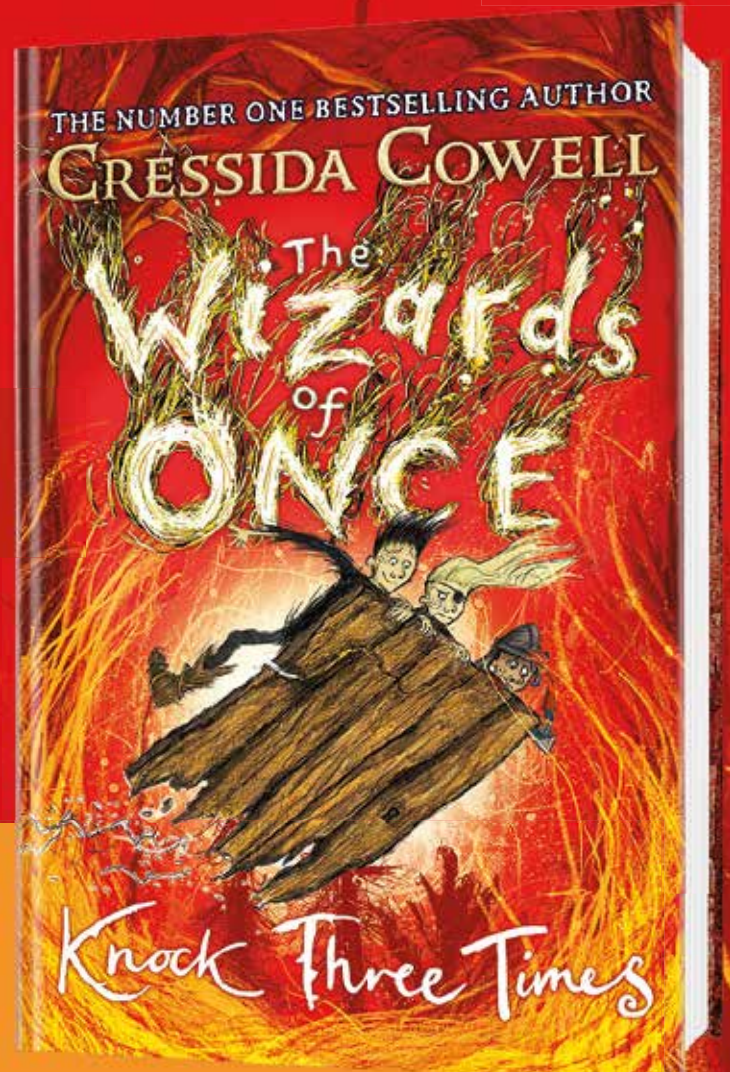
HAVE you discovered the WIZARDS OF ONCE series from CRESSIDA COWELL, author of HOW TO TRAIN YOUR DRAGON?

Set in a land of mythical creatures and powerful magic, the books tell the story of a Wizard boy named Xar and a Warrior girl named Wish. They were raised to be enemies, but when the dark Magic of the Witches returns to the Wildwoods, these two unlikely heroes must come together to defeat it.



This is the perfect time to dive in to the series –

The *Wizards of ONCE*
Knock Three Times
is out NOW!



QUIZ TIME!

Which **WIZARDS OF ONCE** character are you?

1. What is your best quality?

- a. You make your own rules
- b. You're always curious about everything
- c. You always look after your friends

4. How do you describe yourself?

- a. A leader
- b. An ordinary kid
- c. Sensible

2. What do you think of magic?

- a. I wish I had it
- b. I'm fascinated by it
- c. It's wonderful but dangerous

5. What's your personal style?

- a. Cool and casual
- b. Unique
- c. A bit scruffy

3. What worries you?

- a. Not being the best at things
- b. Feeling lonely
- c. Letting people down

RESULTS

MOSTLY A:
You are Xar
Mischievous,
brave and
charismatic



MOSTLY B:
You are Wish
Kind, quirky
and curious



MOSTLY C:
You are Caliburn
Loyal,
protective
and wise



**YOU CAN
TAKE AN
EXTENDED QUIZ
ON POPJAM!**

FOLLOW US
ON POPJAM



Search 'bookplay'
for bookish fun!

22. PUZZLES

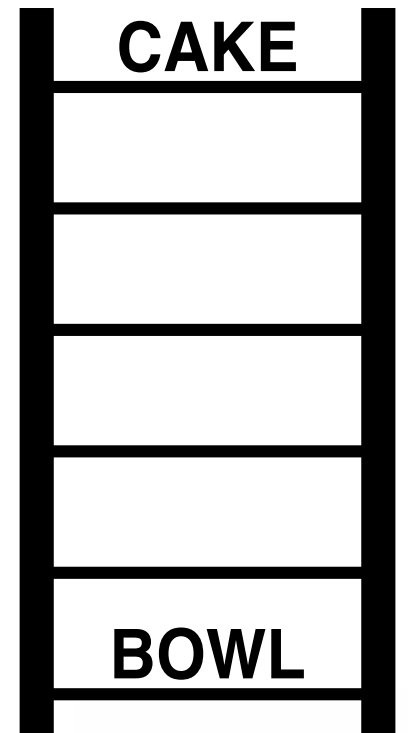
WIN! A BLINGER DIAMOND SET



HAVE a go at our sudoku and fill in the numbers one to nine. Send in your answers and five lucky winners will each win a Blinger Diamond Collection set. An innovative, easy-to-use and fun fashion toy for you to add sparkle and shine to your hair, clothes, accessories, stationery and more! These sparkly crystals add a sparkle to your hair and fashion accessories. Includes: Blinger with 75 gems. Find out more at www.character-online.com

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

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! MICRO MOTORZ



CAN you complete our crossword by using the clues below?

Send in your answers and one lucky winner will win an exclusive bundle of Micro Motorz – the ultimate unboxing collectable vehicle!

Unlock the six surprises to reveal a sweet new ride! Micro Motorz is the hottest new collectable in town.

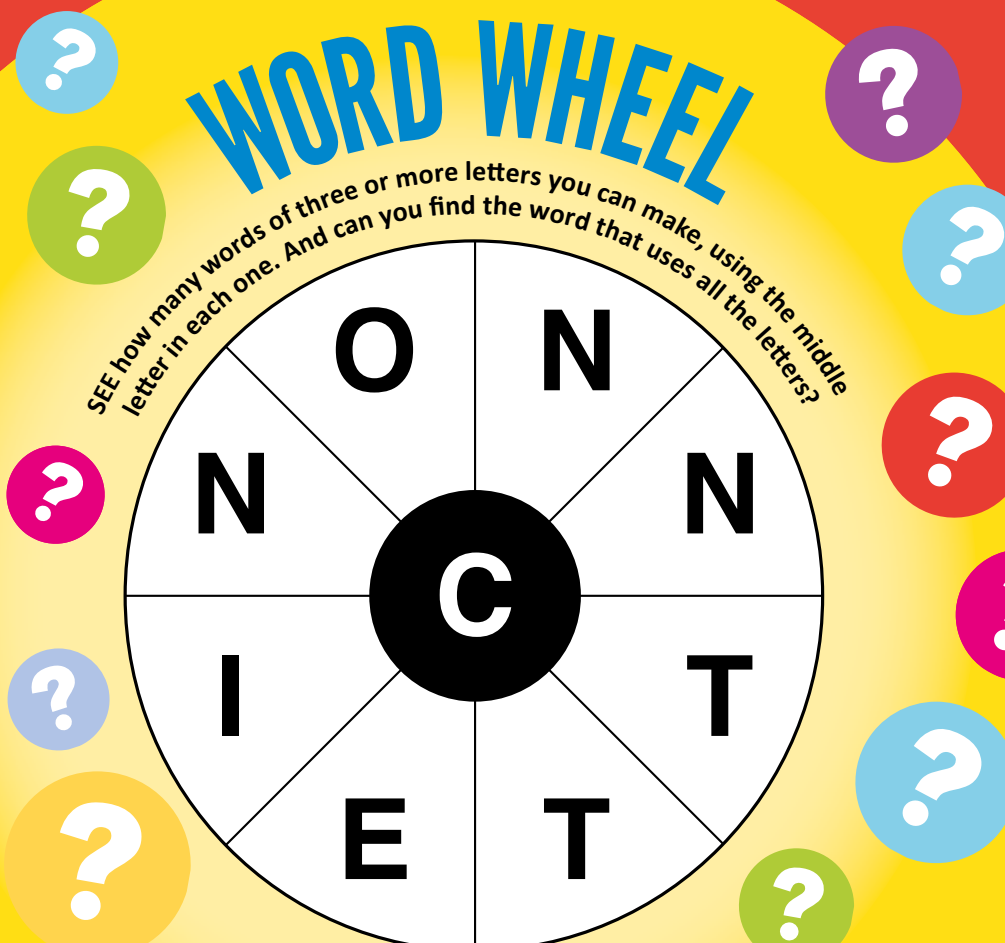
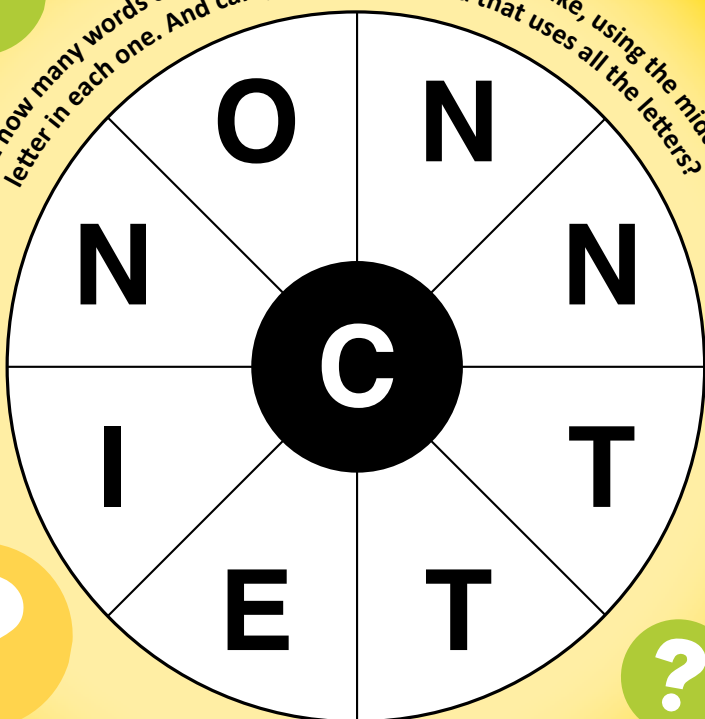
1		2			3		4		5	
6					7					8
9			10			11				
12						13		14		
					15					
16	17						18			
			19							

- ACROSS**
- 1 A long stick of bread (8)
 - 6 China's continent (4)
 - 7 Accumulated knowledge (6)
 - 9 Sweet substance (5)
 - 11 Up to the time when (5)
 - 12 Let happen (5)
 - 13 Comes close (5)
 - 16 Martial art (6)
 - 18 White, salty Greek cheese (4)
 - 19 Catch up with then go past someone (8)

- DOWN**
- 1 Jack and the ___ : fairy tale (9)
 - 2 Departing (5)
 - 3 Place smaller than a city (4)
 - 4 The core quality of something (7)
 - 5 Doctor ___ : sci-fi TV show (3)
 - 8 Sweet and cold dairy drink (9)
 - 10 Pear-shaped tropical fruit (7)
 - 14 Stadium (5)
 - 15 In this place or position (4)
 - 17 What your hand is part of (3)

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?



24. COMPETITIONS

WIN! FAMILY TICKETS TO THE ROYAL MINT EXPERIENCE

HAVE you ever wondered where your pocket money comes from? Your parents obviously, but where do they get those coins from?

The Royal Mint Experience answers that and many other questions, sending you back through time to discover the history of the UK coins.

There are six different zones to explore at The Royal Mint Experience, which explain the origins and 1,100-year history of the Mint, how coins are made, the different-shaped coins and medals made in the UK for more than 100 countries, the historic medals made by The Royal Mint – including those for the London Olympics – and the traditions behind the coins we use every day. You can even lift up £400,000 worth of gold!

To be in with a chance of winning one of four family tickets, just answer the following question:

How many sides does a 50p piece have?
a) five b) six c) seven



ENTER NOW! MARK YOUR ENTRY MINT

firstnews.co.uk/competitions or see page 23. The closing date is 3 October 2019.

WIN! A KURIO CONNECT & SMARTWATCH BUNDLE

THE awesome Kurio Connect Android tablet is designed especially for kids. It comes packed with loads of apps and games, you can surf the web, take photos and videos, watch YouTube, plus access more than a million apps!

The Kurio Smartwatch 2.0 is an awesome gadget that you can personalise with interchangeable coloured watch straps to match your style. The straps even have colour-changing thermal technology! It comes pre-loaded with 20 apps, has a multi-function screen, two-player games, camera/video, photo filters, messaging, media player, activity tracker and phrase translator, and can also operate as a hands-free kit for a smartphone when connected via Bluetooth.

Three winners will each win a Kurio Connect and a Kurio Smartwatch. To be in with a chance of winning, just answer the following question:

How many seconds are there in an hour?
a) 2,800 b) 3,600 c) 4,200



Kurio TAB Connect

Available at Smyths Toys. For more information, visit www.kurioworld.com www.kuriowatch.com/uk

ENTER NOW! MARK YOUR ENTRY KURIO

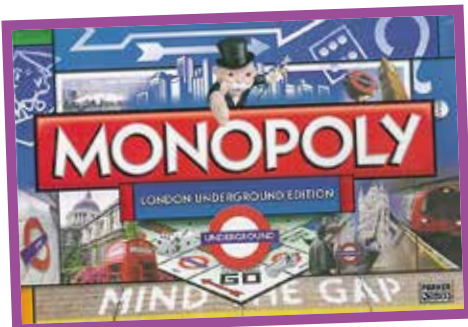
firstnews.co.uk/competitions or see page 23. The closing date is 3 October 2019.

WHAT'S IN THE SHOPS?

LONDON UNDERGROUND MONOPOLY BOARD GAME

IWANTONEOFTHOSE.COM £21.99

Underground Monopoly cleverly matches the classic coloured property squares to the stations and line colours of the famous Tube map. Navigate your way around London, building your property empire as you collect Underground stations.



3D LOGO CUSHION

AMAZON.CO.UK £15.87

Make a statement with this iconic cushion, shaped like the London Underground logo. It's the perfect gift for all fans of the Tube and it's super-soft and cuddly too. Why not take it with you on the Tube for a more comfortable journey and be the envy of all the other passengers?!



UNDERGROUND LINES MODELLING CLAY KIT

LTMUSEUMSHOP.CO.UK £15.00

Bring the world-famous London Underground map to life with this Underground lines modelling clay kit. Challenge yourself at recreating the map from memory as you enjoy hours of fun replicating the iconic Tube map with the line-coloured pots of clay! Every purchase supports London Transport Museum's charitable work.



LONDON UNDERGROUND

All prices correct at time of printing.

25. FOCUS ON YOU

YOUTH ORGANISATIONS

YOUTH groups such as Scouts and Guides are a great way to meet new people, discover new things and have a great time. Both are run by volunteer leaders, who have often been through the movement themselves and love it so much that they don't want to leave!

1. Scouts

Scouting was originally only for boys, but has opened up to all genders now. Its Chief Scout is adventurer Bear Grylls. Scouting is broken down into five main sections based on age:

- Beavers (ages 6-8)
- Cubs (ages 8-10½)
- Scouts (ages 10½-14)
- Explorers (ages 14-18)
- Network (ages 18-25)

Both of these organisations offer a variety of activities designed to build important life skills and, of course, to make sure that the members have fun! Some of these activities include camping, cooking, climbing, sports, and arts and crafts. You can even collect badges for the different hobbies and skills that you learn.

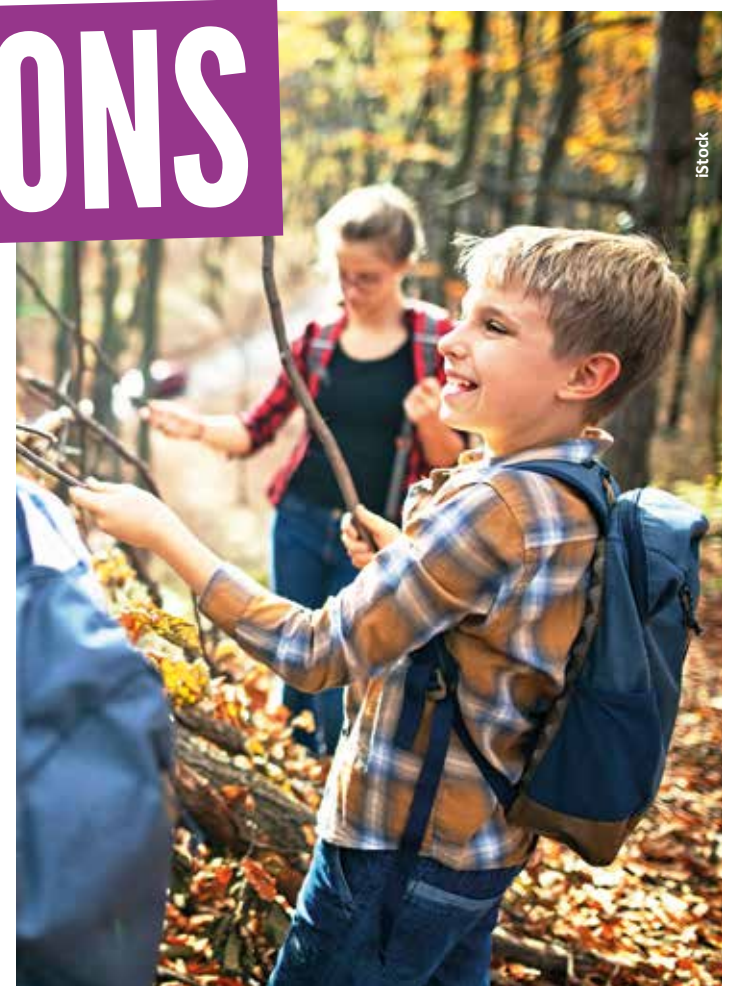
It's never too late to join one of these organisations, so why not give them a try? To get involved, visit www.scouts.org.uk or www.girlguiding.org.uk.

Thanks to NSPCC ambassador, Saskia.

2. Guides

Guides is a girls-only youth group, but their activities are very similar to Scouts. They, too, are broken down into groups based on age:

- Rainbows (ages 5-7)
- Brownies (ages 7-10)
- Guides (ages 10-16)
- Rangers (ages 14-18)



I'M ESTHER RANTZEN, PRESIDENT OF CHILDLINE, WHICH HELPS THOUSANDS OF CHILDREN EVERY WEEK. IF YOU EVER NEED TO TALK, YOU CAN VISIT WWW.CHILDLINE.ORG.UK OR CALL THEM ON 0800 11 11.

FNQ – THE WEEKLY FN QUIZ

PLAY FNQ LIVE ON SUNDAY

FNQ is the FREE weekly live quiz app for kids and teens, from First News.

- Download the app to your mobile or tablet for the chance to win weekly prizes and Amazon vouchers
- Play live every Sunday!
- Win prizes!
- You'll be asked 12 questions about the week's news events that can **earn you points!** Hint: this week's answers can all be found in this issue of First News. Even if you don't win one week, you get to keep your points and, as they add up, you can exchange them for Amazon vouchers!

THIS WEEK'S BONUS PRIZE: MONSTER JAM TRUCKS FROM SPIN MASTER

REV it up and hear it ROAR! This authentic 1:43 Monster Jam truck will bring the sounds of Monster Jam to life right in your home!

Rev it up and watch as it dominates everything in its way! Challenge everyone and make it to the top with impressive four-wheel drive and official BKT rubber tyres!

Two lucky winners of the FNQ bonus question will win a Monster Jam Rev 'N Roar Monster Truck.

For more information, visit www.spinmaster.com

WIN AMAZON VOUCHERS

5,000 POINTS IS £5 IN AMAZON VOUCHERS!

TWO MONSTER JAM REV 'N ROAR MONSTER TRUCKS TO BE WON

NEW GAME EVERY WEEK!

DOWNLOAD THE APP NOW!

FOR MORE INFORMATION, VISIT WWW.FNQAPP.CO.UK

26. GAME ZONE

APPLE ARCADE

THIS week, Apple revealed its new subscription service for iPhone and iPad gamers, Apple Arcade.

Costing around £4 a month, the service will offer access to more than 100 games, all of them playable on iPhone, iPad, Mac and Apple TV.

Apple says that these games won't be available on other mobile devices or subscription services, and will be both completely ad-free and feature no in-app purchases.

Three games coming to Apple Arcade were shown off during the announcement: *Frogger in Toy Town* – a sequel to a game that your parents probably played; a cool-looking musical adventure called *Sayonara Wild Hearts*, and an underwater exploration game called *Shinsekai: Into The Depths*.

If you're sat there thinking: "Well, this isn't good news for me, I've got an Android phone," then don't worry! Google has announced that it has a similar scheme on the way, called the Google Play Pass.

Not much has been revealed for now, other than the service's name, but leaks suggest it'll probably offer the same deal.

Are you excited for the upcoming upgrades to mobile gaming?

ANNOUNCED!



Rayman Mini



Steven Universe



Sneaky Sasquatch

IT'S A FITNESS ADVENTURE!



AS teased last week, Nintendo has unveiled its newest fitness accessories and game, Ring Fit Adventure.

The game comes with a Ring-Con, a controller that you use to blast your enemies. Using the motion controls from the Switch's Joy-Con, the Ring-Con can accurately track hand movements and the amount of force used during different exercises. There's also a leg-strap accessory to track lower body movement, such as when you're running.

Ring Fit Adventure is a full game, and not just a series of minigames, like *Wii Sports* and *Wii Fit* were. But it's also made to help you get fit, as it features turn-based fights that are similar to *Pokémon* battles. To attack your enemies, you have to do stretches and poses!

If you're reading this and are already feeling exhausted, don't worry, as there are lots of adjustments you can make to ensure the game suits your fitness level.

FIRST WONDER BOX

CREATE YOUR OWN ROBOT!

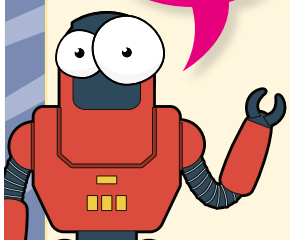


Try this activity from our Inventions box

From the team behind FirstNews

Use the below space to draw your very own robot and colour it in.

Share your robot with us!
#wonderboxrobot



Robot name

@firstwonderbox



CHOOSE YOUR FIRST BOX FOR HALF PRICE!
VISIT WWW.FIRSTWONDERBOX.CO.UK/CHOOSEYOURBOX

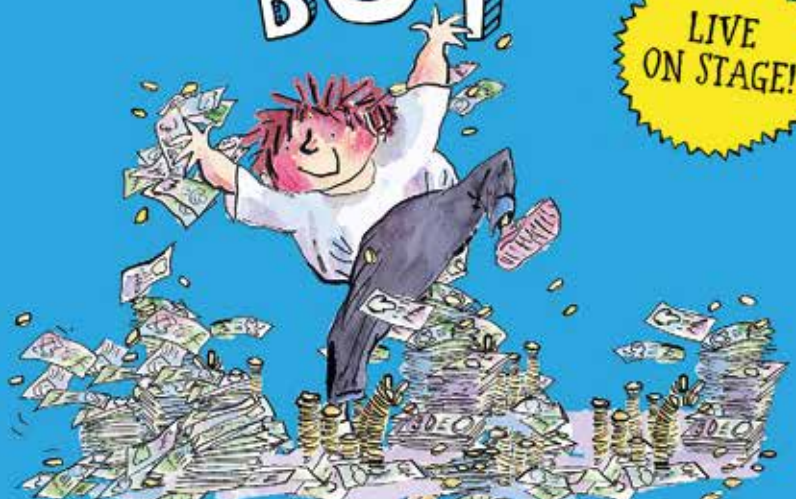
After your first box, your subscription will continue at just £8.99 (including delivery) every two weeks. Our flexible subscription service means that you can pause your boxes if you want to take a break. Or of course, you can cancel your subscription easily.

FROM THE AWARD-WINNING PRODUCERS OF GANGSTA GRANNY!



David Walliams BILLIONAIRE BOY

LIVE ON STAGE!



COMING TO YOUR THEATRE!

billionaireboylive.com

CYCLE CHALLENGE

by Emma Degiorgio

ON Sunday 18 August, my dad James and I set off from Greenwich Park in London on a three-day challenge to reach the Eiffel Tower in Paris by bike.

My dad completed the London to Paris ride in 2015 with a group from Bloodwise, and I had been obsessed with the idea of completing it myself.

As I am too young (I'm only ten) to join an official group ride, it was a completely unsupported effort: no mechanics, no prepared lunches, no motorcycle escorts, just the two of us. I had already completed a 102-mile ride as part of my training, so I was in tip-top shape for the challenge!

After a few mechanical issues on day one, we arrived in Newhaven just in time to catch the ferry to Dieppe. The crossing was terrible due to the high winds.

On Day 2, we set off for Beauvais, and for 45 of the 60 miles we were on a lovely wide cycle path. After a slow start, I warmed up and we arrived in Beauvais an hour ahead of schedule.

Day 3 was an early start. The route was shorter, just 48 miles to Paris, and I was ready to fulfill my dream of holding

my bike aloft in front of the iconic Eiffel Tower. Dad was quite nervous about the final few miles – cycling in any city can be tricky, let alone cycling on the wrong side of the road with me in tow!

As we rode past the Arc de Triomphe, I spotted the tower in the distance, and couldn't stop smiling: we'd arrived at the Eiffel Tower. The challenge complete.

I was bursting with pride, as was my dad. This is a tough challenge for adults, but for a child to manage it was a very special feat indeed.

The most important part of the trip was the money that was being raised to support the charity Bloodwise. I raised a total of £1,385.



Emma and her dad

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

Are you doing something sponsored for charity? Starting your own school newspaper? Putting on a show? Are you off on an amazing holiday or did you have a great day out? Why not share your experiences with First News readers?

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

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

CREATIVE CLASSES

by Hannah de Beer and Keira Hipwell

EVERY year the girls at our school in Harare, Zimbabwe, raise money for a wildlife charity called The Zambezi Society.

This year it was our turn to take on the school tradition and we were buzzing with excitement as we decided to write and illustrate a story and publish it as a book!

We worked hard over the weekends to write our story, which describes how animals in Africa are at risk from horrible poachers who want to steal their horns, tusks and skins.

We based it on four endangered animal species in Zimbabwe: the black and white rhinos, the elephant and the pangolin.

Once we had written our story we went to Pearl, a local artist, for help with the illustrations. Our next step was to go to Paragon Printing and negotiate the price for the printing of the books. We printed 105 copies and sold them at Halsted Builders Express, a local hardware shop. The book

was so popular that we had to print more to fulfill orders!

We sold 175 books in total, raising US\$700 (£574) for The Zambezi Society. We had loads of fun doing this project and were happy knowing that the money was going towards saving our precious wildlife!

As we wrote in our book: "Only a rhino needs a rhino horn!"



Keira and Hannah

SCHOOL NEWS

BACK TO SCHOOL

by Pippa Vickers

THIS September, I was so excited to go back to school. Not only had I just been off for the summer holidays like everyone else, but this

September was my first day back since I finished all my cancer treatment.

I was diagnosed with leukaemia when I was five. It was really scary and I had to have lots of treatment, including chemotherapy, and I missed school because I was too poorly.

Since then, I have got better and was really happy to go back to school. I love history, art and English, and I was really excited to see my favourite teachers and all my friends and classmates.

I had missed everyone a lot, so I'd been really looking forward to the new term!

This September is Childhood Cancer Awareness Month. Pippa is supporting Cancer Research UK for Children & Young People, supported by TK Maxx.

Visit www.cancerresearchuk.org/children-and-young-people for more.



Ready for school

SCHOOL NEWS

SUBSCRIBE FOR SCHOOL – FIND OUT MORE AT SCHOOLS.FIRSTNEWS.CO.UK
 CALL: (020) 3195 7256 EMAIL: SCHOOLS@FIRSTNEWS.CO.UK

SPORT IN NUMBERS

2-2

was the series score in this year's Ashes. England won the fifth Test at the Oval by 135 runs to tie the series, even

though the Aussies (below) get to keep the famous urn, as they won the previous Ashes in 2017-18.



The European team celebrate with the cup

EUROPE TRIUMPH!



EUROPE won their last three matches to lift golf's Solheim Cup with a 14½-13½ victory over the USA at Gleneagles in Scotland.

Norway's Suzann Pettersen, who was a wildcard pick by captain Catriona Matthew, won the title with a superb performance in the final singles match to seal Europe's first victory since 2013.

The 38-year-old retired after Europe's triumph, saying: "This is the perfect end to my career." It was a fairy-tale ending too: Pettersen had only played in three LPGA tournaments since she took 18 months off to have a baby.

She held her nerve to complete a putt on the 18th hole that won Europe the cup, after the USA's Marina Alex

missed a putt that would have seen the USA retain the title. England's Bronte Law had earlier won her match against Ally McDonald, and Sweden's Anna Nordqvist defeated Morgan Pressel.

The Europe team was made up of four English players, two Spaniards, two Swedes, one Norwegian, one Dutch, one French and one German golfer.

The Solheim Cup, the most prestigious team competition in women's golf, is held every two years. The next edition, in 2021, will be held in Ohio, USA.

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minute into added time is when Chelsea Women scored a crucial equaliser at Brighton in the WSL.

Aileen Whelan (below) put the hosts ahead on 84 minutes. Brighton have drawn both their games this season, while Chelsea have a win and draw.



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Shanghai Masters titles in three years have been won by Ronnie O'Sullivan. The English snooker

legend beat Shaun Murphy 11-9 in this year's final. It was his first event since the world championship in April.



A SUPERSTAR IS BORN

New Barça star Ansu Fati

GET used to the name Ansu Fati, because you'll probably be hearing it a lot in the future.

Aged just 16, the footballer from Guinea-Bissau took two minutes to become Barcelona's newest superstar.

That's how long he was on the pitch for when he scored against Valencia in his first start for the club. Five minutes later, he provided the assist for team-mate Frenkie de Jong's goal. Barça won 5-2, and Ansu made history by becoming the youngest player in La Liga history to bag a goal and an assist in the same game.

But Barcelona were quick to point out Fati is unlikely to become a regular starter for a while yet. The forward got his chance because first-choice strikers Lionel Messi, Luis Suárez and Ousmane Dembélé have all been injured. Fati was subbed off after 60 minutes against Valencia, and his replacement, Suárez, scored twice.

