

NEWS KIDS CAN TRUST

NEWSPAPER OF THE YEAR*



First News

2.6M READERS*

Issue 955 £2.95 4 – 10 October 2024



The Red Arrows fly over Nelson's Column in London

NEWS SPORTS ENTERTAINMENT
INTERVIEWS PUZZLES COMPETITIONS



EXCLUSIVE

by Ian Eddy

THE Red Arrows used more than 2.6 million litres of jet fuel in the last year, leading to 12,746 tonnes of carbon dioxide (CO₂) emissions – the same as driving a petrol car from London to Glasgow and back more than 70,000 times.

The RAF's acrobatic display team was formed 60 years ago and performs at air shows and military events across the world. Its pilots have shown off their skills in 57 countries, from Canada to China.

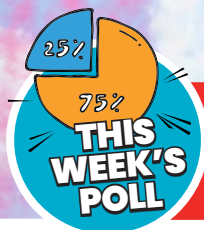
Military officials say that the Red Arrows "are one of the ways the UK strengthens its relationships abroad," and says that the team helps to support British industry, including BAE Systems, which makes the team's Hawk T1 aeroplanes, and Rolls-Royce, which makes the planes' engines.

But all of this publicity for the UK is coming at a high cost to the climate and the air that we breathe, and at a time when the public are being asked to reduce the number of flights that they take, to help protect the climate.

The RAF doesn't publicise these figures – we only found out by sending what's known as an FOI (freedom of information) request to the Ministry of Defence, which told us that "the RAF is working to reduce its carbon footprint".

What do you think? Is selling the UK and British business abroad worth damaging the climate for? We'd love to hear your thoughts, so make sure you vote in our poll and leave a comment so we know your reasons.

RED ALERT! CLIMATE IMPACT OF AERIAL DISPLAYS REVEALED



Are the Red Arrows' CO₂ emissions worth it?

Let us know at first.news/polls

INSIDE!



ISRAEL-GAZA: ONE YEAR ON

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EVEREST IS GETTING TALLER!

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BLACK HISTORY MONTH

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INTERVIEW WITH AN ASTRONAUT!

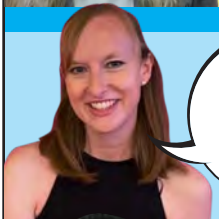
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* Newspaper Awards 2023, Niche market Newspaper of the Year. First News readership is 2,626,625. Source: Opinion Matters 2020. First News is the widest-read of all children's publications audited in the UK. First News supports children's charities.

MEET THE TEAM



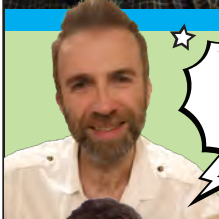
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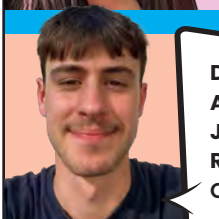
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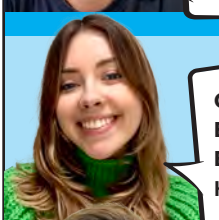
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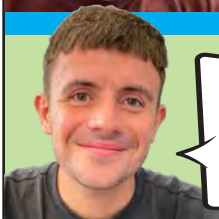
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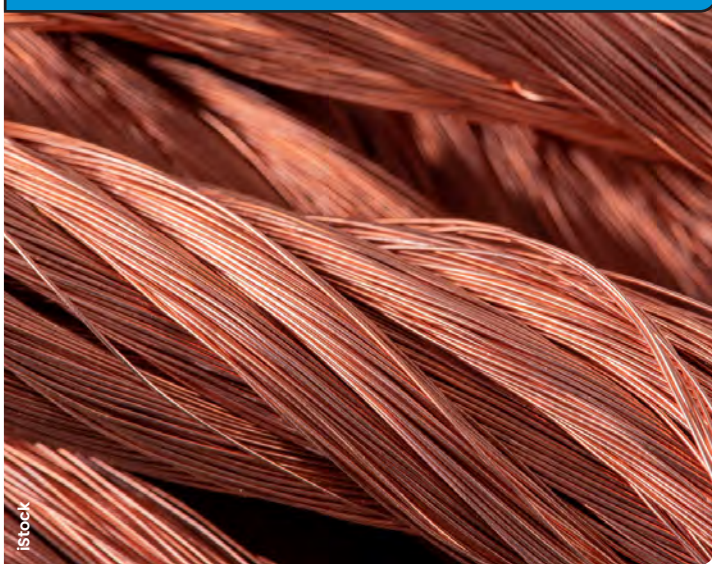
Snappy stories to get you talking!

Famous actors to voice Meta AI



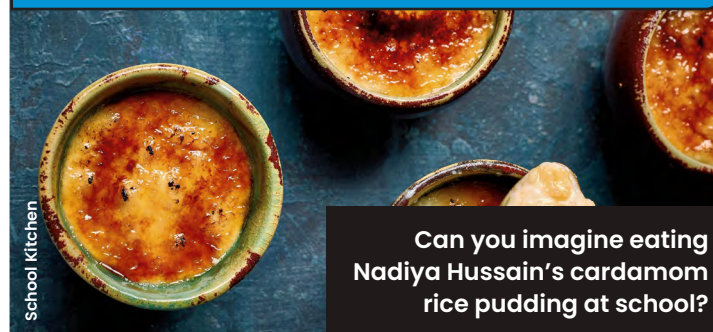
Meta, the company behind Facebook and Instagram, has said it will be adding voice conversations to its chatbot. It has worked with a number of actors, including Judi Dench and John Cena (above) to train its Meta AI chatbot on their voices. But, it won't be their actual voices, just a copy. It means users will soon be able to have real-time conversations and choose from computer-generated and celebrity voices.

BT's old copper cables sold for millions in recycling deal



The phone company BT is getting rid of its old copper wires and replacing them with faster fibre optic internet cables, which has allowed it to make a deal with a recycling company to sell the leftover copper for £105 million! This is part of the company's big plan to offer 25 million homes super-fast internet by 2026, and BT says it has already reached 15 million. The old copper wires are valuable, so the company is also being careful to stop thieves from stealing them. The wires are coated in invisible liquid markers that rub off on thieves and are only detectable by UV light.

Celebrity chefs get set to cook up school meals



Can you imagine eating Nadiya Hussain's cardamom rice pudding at school?

Top UK chefs are teaming up with School Kitchen, a food delivery service, to create a special menu based on school dinners. TV chefs like Matt Tebbutt and Nadiya Hussain are putting their spin on new versions of old favourites like toad in the hole and rice pudding. The menu will be available in Yorkshire and soon in London. When people order these meals, the money will help pay for free breakfasts for kids at schools in the School Kitchen scheme. David Nicholson from School Kitchen said: "Creating food for good is part of our mission at School Kitchen, so this new menu will be important to help us fund school breakfasts."

Gigantic dinosaur skull uncovered



A giant skull from the horned dinosaur *Pachyrhinosaurus* has been excavated in northern Alberta, Canada. The plant-eater is described as "the smaller, older cousin of the *Triceratops*" and lived 72–66 million years ago. The skull weighs a whopping 272kg and is the size of a baby elephant!

Global 'Glasses of the Future' competition



A new competition is getting children worldwide to create futuristic eyewear designs. The 'Glasses of the Future' contest, part of a campaign to improve eye health, offers schools a chance to win up to \$800 (£600). Organisers hope this will make more people think about the importance of good eyesight. They say that many kids struggle in school because of vision problems that could be fixed. The competition runs until 20 October, with winners announced in November. Anyone up to the age of 12 can apply at iapb.world/glassesofthefuture.

Children's short story contest



The UK's most successful writing competition for children, the BBC's 500 Words, is open for entries! Children all over the UK aged five to 11 are being encouraged to write short stories in 500 words or less. The competition will be judged by famous authors including Malorie Blackman, Charlie Higson and Sir Lenny Henry. The best stories will be drawn by children's illustrators, framed and put into a special winners' book. The winning entrant could also meet Camilla, Her Majesty The Queen! Helen Foulkes from the BBC said: "It's all about telling great stories with no need to worry about spelling, punctuation or grammar." Entries close on 8 November and parents can upload entries to bbc.co.uk/500wordscompetition.

World's oldest cheese discovered on mummy



Scientists in China have discovered the world's oldest cheese. The cheese is 3,600 years old and was found around a mummified woman's neck in a tomb. Researchers thought it was jewellery at first, but tests showed it was actually kefir cheese. This type of cheese is made by fermenting milk with special grains. Experts say the findings help us understand how ancient people ate dairy foods, even if they couldn't digest milk well. The scientist who found it was asked if it was edible and whether she'd eat it – she said: "No way!"

Dazzling comet to light up UK skies

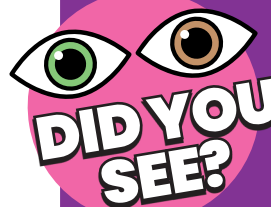


A super-bright comet named A3 is heading our way this autumn. First spotted in China last year, it's now visible from the UK and other northern hemisphere countries. Scientists say the best time to see it will be in mid-October. Its icy surface will melt as it gets closer to the sun, creating a beautiful glowing tail. So, keep your eyes on the night sky for this cosmic visitor!

Tiny snail species born wild for first time in 40 years!



Conservationists worldwide have been trying to increase the numbers of *Partula tohiveana* for years, and introduced 6,000 of the rescued snails into French Polynesia in the hope they'd reproduce – and they finally did! Paul Pearce-Kelly from London Zoo says: "It's a powerful example of how conservation zoos can combat biodiversity loss. At a time when nature faces unprecedented [never seen before] challenges, these small snails are a symbol of hope for global wildlife."



Harry Potter fans raised their wands outside Universal Studios' Hogwarts in Florida to celebrate the life of the late Dame Maggie Smith, who played Professor Minerva McGonagall in the films. She died last week, aged 89.



Thank you for not getting me kicked off the set when I couldn't stop giggling during your transfiguration class. Thank you for showing us the way. Raise your wands x

– Tom Felton (Draco Malfoy in *Harry Potter*) paying tribute to Dame Maggie Smith



● WORLD TEACHERS' DAY

5 OCTOBER

Celebrates the wonderful work of teachers.

● WORLD MENTAL HEALTH DAY

10 OCTOBER

Raises awareness about the importance of mental health. This year's theme is "It is time to prioritise mental health in the workplace."



Go to the *First News* app for daily news posted throughout the week.

**41,600**people killed in
Gaza, and another
1,100 people in
Israel**85%**of Gaza's school
buildings
damaged**4**days of ceasefire
(no fighting)
in the past 12
months**97**people still
held hostage
(prisoner) in Gaza
by Hamas

ONE YEAR OF FIGHTING

7 OCTOBER 2023 – 7 OCTOBER 2024

THIS week marks one year since fighting broke out between Israel and Hamas, the terrorist group that controls Gaza.

The war has taken a terrible toll on innocent people living either side of the border.

In Gaza, local health authorities say that over 41,000 people have died, and a lack of access to things like food and medicine has created a major health crisis. In Israel, over 1,100 people have died, and nearly 100 people are being held hostage (prisoner) by Hamas.

The war has also created division between

people in other countries, with widespread protests in major cities worldwide.

Tensions are rising further still, with more fighting between Israel and Lebanon. In the past week, Israeli strikes have killed several leaders of Hezbollah – a group that supports Hamas and runs Lebanon's biggest army.

When *First News* went to print, Israeli troops had entered Lebanon to fight on the ground. For the latest, check the *First News* app.

• You can read more about the conflict by going to first.news/IsraelGaza.



Our front page last October, as fighting began



"We need to see an immediate ceasefire. It shames us all that the suffering in Gaza continues to grow. The answer is diplomacy [calm discussions], the release of all the hostages and the unfettered [unrestricted] flow of aid to those in need. That is the only way to break this devastating cycle of violence."

– UK Prime Minister Keir Starmer speaks to world leaders last week

Going up... and up... and up!

NEW research has found that the world's tallest mountain is getting even taller!

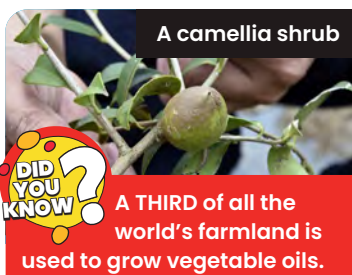
Mount Everest is growing by 2mm every year – and it could be 50 metres higher than it was 89,000 years ago, say scientists at University College London. It's being slowly lifted due to pressure under the Earth's crust, caused by the erosion (wearing away) of a nearby river gorge.

Sure, 2mm per year (or 1cm every five years) doesn't sound much. But as a climber, if you've already scaled the mountain's current height of 8,849 metres, we imagine every little counts!



Will Everest never rest?

The cooking oil that's kinder to the planet



A camellia shrub



A THIRD of all the world's farmland is used to grow vegetable oils.

YOU'LL have heard of sunflower oil and olive oil... but how about camellia oil?

It's also known as tea seed oil. It's hardly used in cooking outside of China, but researchers say that if we start using it more, it may benefit us and the planet.

A team at Westlake University in China found that camellia shrubs can produce 2.8 tonnes of oil per hectare, which is more oil than rapeseed, olive, sunflower

and soya plants produce. This means that they'd need less land.

If camellia crops were planted on just 11% of the spots where those other crops are grown, they'd also reduce greenhouse gas emissions by 14%, water use by 5% and pesticide use by 9%.

Camellia oil is high in oleic acid too, which reduces the risk of heart disease – but researchers say that it's expensive.

EDITOR'S COMMENT

WE'RE really interested to hear what you think of our front page this week.



Nicky Cox MBE

The government does have a legal duty to reach net zero emissions by 2050, so every organisation needs to do its bit. But criticising the Red Arrows might make you seem unpatriotic or just a bit of a fun sponge, as people get a lot of enjoyment out of their amazing displays – here and abroad.

A lot of people are flying less because they know it's bad for the planet, but should that apply to the Red Arrows and their brave pilots too?

Make your voice heard in our poll – and lots of others – by going to first.news/polls.



Coal is a fossil fuel. Burning it releases carbon dioxide and causes global warming

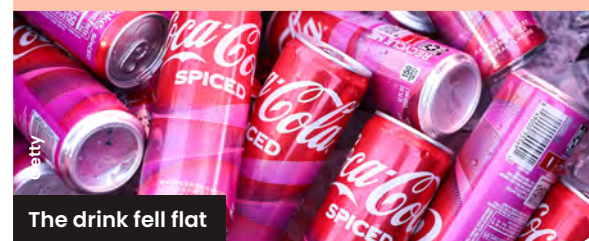


The climate

THE last coal power station in the UK has closed. We've been burning coal to generate electricity since 1882, but that's now over after the station in Ratcliffe-on-Soar, in Nottinghamshire, shut on 30 September. The UK now generates over half of its power from climate-friendly sources. To learn more about these, visit first.news/greenenergy.

Coca-Cola

A NEW flavour of Coca-Cola has been cancelled, just seven short months after it launched. Coca-Cola Spiced, which tastes of raspberry, went on sale in the USA and Canada in February, but it will be replaced by a new flavour next year. The company said: "We're always looking at what our consumers like and adjusting our range of products."



The drink fell flat

CHECK OUT OUR NEW WEEKLY QUIZ!

Test yourself on this week's news with our new quiz, included with every home and school subscription. Play with your family, friends or by yourself. Read this week's issue to get all the answers right!

Ask a grown-up/bill-payer for your **WEB ID** to use the app.





PLAY MAKES DOLPHINS SMILE!

DID YOU KNOW?

THE researchers also studied dolphins while they played with humans and played alone, but in those situations, they smiled less. A huge **92%** of smiles occurred when they were **playing with other dolphins.**



RESEARCHERS have found that bottlenose dolphins smile at each other during playtime, just like we do!

A lot is often made of the fact that dolphins and humans are both very intelligent mammals, but that's not all we have in common.

Italian scientists studied the animals while they played in pairs, and counted the number of times they used an 'open mouth' facial expression, which is like a smile.

The dolphins nearly always only smiled when they were in their playmate's field of vision – and 33% of the time, their playmate smiled back!

The findings were published in the Cell Press journal *iScience*. Senior author Elisabetta Palagi said: "The relaxed open mouth, seen in social carnivores, monkeys' play faces, and even human laughter, is a universal sign of playfulness, helping animals – and us – signal fun and avoid conflict."

Dolphins' favourite games include acrobatics, surfing, playing with objects, chasing and play-fighting.

In future studies, the researchers would like to record the noises and whistles that dolphins make during playtime, to see if there are any patterns there.

The 25p coin worth £1,700!



THIS super-rare 25p coin has sold at auction for an incredible **£1,700!**

At first glance, it looks like a regular 20p coin you might have in your pocket or purse, but look a little closer and you'll see the words 'Experimental coin' printed on one side, and

'Royal Mint Trial' printed on the other.

The coin was sold by RWB Auctions in Royal Wootton Bassett, Wiltshire. It was handed out as change to a local man.

It's thought that Royal Mint factory workers created it just before 20p coins went into circulation in 1982. It hadn't yet been decided if the new coin would be worth 20p or 25p!

Recycling down in England

IN rubbish news for the environment, the recycling rate in England has fallen.

The latest government figures reveal that, across the UK, 44.1% of our household waste gets recycled. The recycling rate improved in Scotland, Wales and Northern Ireland in 2022 – but in England, it dipped from 44.1% to 43.4%.

Rudy Schulkind, from Greenpeace UK, said: "These statistics should be a wake-up call for the new government. Our recycling system is falling behind while mountains of waste are dumped, burned or shipped off to poorer countries... we need a bold new approach which focuses on reducing the amount of waste we produce in the first place."

The UK as a whole is lagging behind the rest of Europe when it comes to recycling. The rest of the continent recycles, on average, 49% of its household waste. Germany leads the way on 68%.

● Turn to page 26 to see what happens to our recycled waste.

RECYCLING RATES BY COUNTRY
(2022)

NORTHERN IRELAND
49.2%

SCOTLAND
42.1%

ENGLAND
43.4%

WALES
56.9%

85%
England produced 85% of the 191.2m tonnes of waste generated across the UK in 2020.



LEADERS TACKLE SUPERBUGS!

What's this about, then?

At the United Nations General Assembly in New York last week, world leaders agreed to try to reduce the number of deaths caused by antimicrobial resistance (AMR).

Sounds good, but what's AMR?

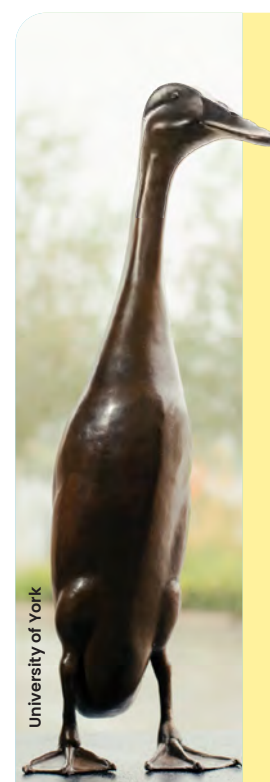
AMR is one of the biggest health threats worldwide. It's when bacteria and viruses learn to become resistant to antibiotics – a type of medicine designed to stop them. If humans and animals use antibiotics too often, bacteria finds a way to adapt and medicines become less effective against them. AMR makes common infections harder to treat and more likely to spread. It's linked to nearly five million deaths per year.

What did the leaders agree to?

A set of targets to reduce deaths by 10% every year by 2030. By the same date, the leaders want 60% of countries to have their own funded action plans to tackle AMR.

What do people think of the plan?

It's been welcomed by the World Health Organization. However, the charity Doctors Without Borders says that leaders should have gone further. The amount of antibiotics given to farm animals is one of the biggest drivers of AMR, but a plan to reduce that amount by 30% by 2030 was cancelled.



University of York

Long Boi's life-sized statue

A UNIVERSITY has unveiled a statue dedicated to... a duck!

Long Boi was an unusually tall mallard/Indian runner cross who used to waddle around the grounds of the University of York. The beloved bird became an internet celebrity, before sadly disappearing in March last year.

Helena Cox, an art expert at the university, said: "It's believed... that if you rub the beak of Long Boi, your essays will sparkle with genius, your exams shall be a breeze and luck will follow you wherever you go."

Península Valdés, Argentina



IT'S that time of the year! This snap, titled *Smiley Elephant Seal*, is one of the nominees for the Nikon Comedy Wildlife Awards 2024! Check out some of the other funny pics on this page. Winners will be announced on 10 December. Head to the *First News* app to check out the hilarious nominated videos.

Ohio, USA



You're Not My Mother – this screech owl didn't expect to see a red-bellied woodpecker inspecting its nest when it woke up!

Serengeti National Park, Tanzania



Nagging Is A Universal Concept – this lion is getting an earful for something!

Pebble Island, Falklands



Gang Of Four – watch out, these rockhopper penguins are moving into town!

Masai Mara, Kenya



Wait... Which Zebra Is In Front? – two zebras come together to form an optical illusion.

Alaska, USA



Holding On For A Ride – a mother brown bear wants to go for a walk, but she's got two small passengers along for the journey.



Florida, USA



HURRICANE Helene's 140mph (225km/h) winds have hammered the southeast of the US, causing huge floods. It's the most powerful storm on record to hit an inner area of the country known as Florida's Big Bend. More than 100 people were killed, with millions of others in Florida and surrounding states left without power.

Abu Dhabi, UAE



CHILEAN wingsuit flyer Sebastián Álvarez makes history. He parachuted 12,000ft (3,657m) from a helicopter and dropped into a surf on the world's longest artificial wave! Watch the awesome video of the stunt on the *First News* app.



Hangzhou, China

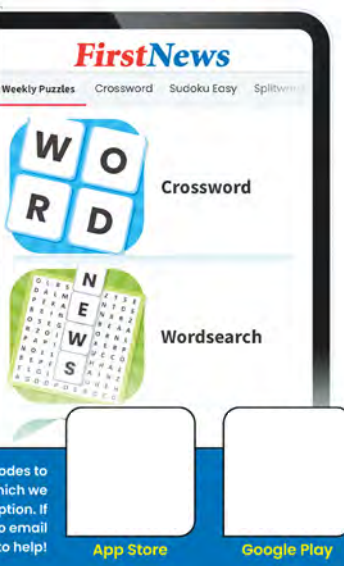
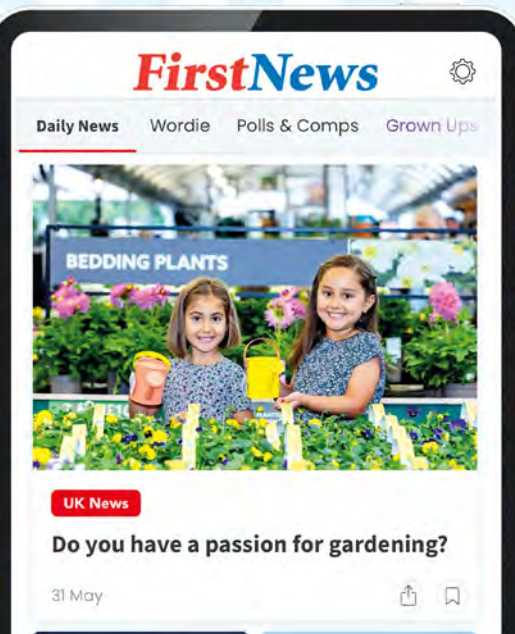


A SCULPTURE of a giant panda performs yoga in the street.

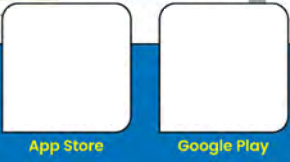
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Get an adult to scan one of these QR codes to download the app. They'll need the Web ID which we emailed to the person who paid for your subscription. If they can't find it please ask an adult to email info@firstnews.co.uk and we will be happy to help!





HEBRIDES

Undersea mystery

There could be an unexpected link between two species, as a record high for minke whale sightings comes with a record low for basking sharks. These 2023 figures were published in a report by the Hebridean Whale and Dolphin Trust, and reveal a possible association between the two long-lived animals. When sighting rates for the globally endangered basking sharks are high, they are low for minke whales, and vice versa. The Trust says that the possibility of climate change being a factor needs to be investigated.



A minke whale. Inset: just seven basking sharks were recorded in the summers of 2022 and 2023

NORTHUMBERLAND

Filling the gap

A new exhibition featuring an original section of the Sycamore Gap tree has opened, one year on from when the famous tree was illegally cut down. Taking place at The Sill nature recovery centre, 240 children from 13 local schools took part in a celebration of the tree's life. Visitors to the exhibition will be invited to make promises to nature. On the anniversary of the fall of the iconic Hadrian's Wall tree, The National Trust also launched 'Trees of Hope'. People around the UK will be able to apply for one of 49 Sycamore Gap saplings to plant in their communities, to ensure the legacy of the tree lives on.



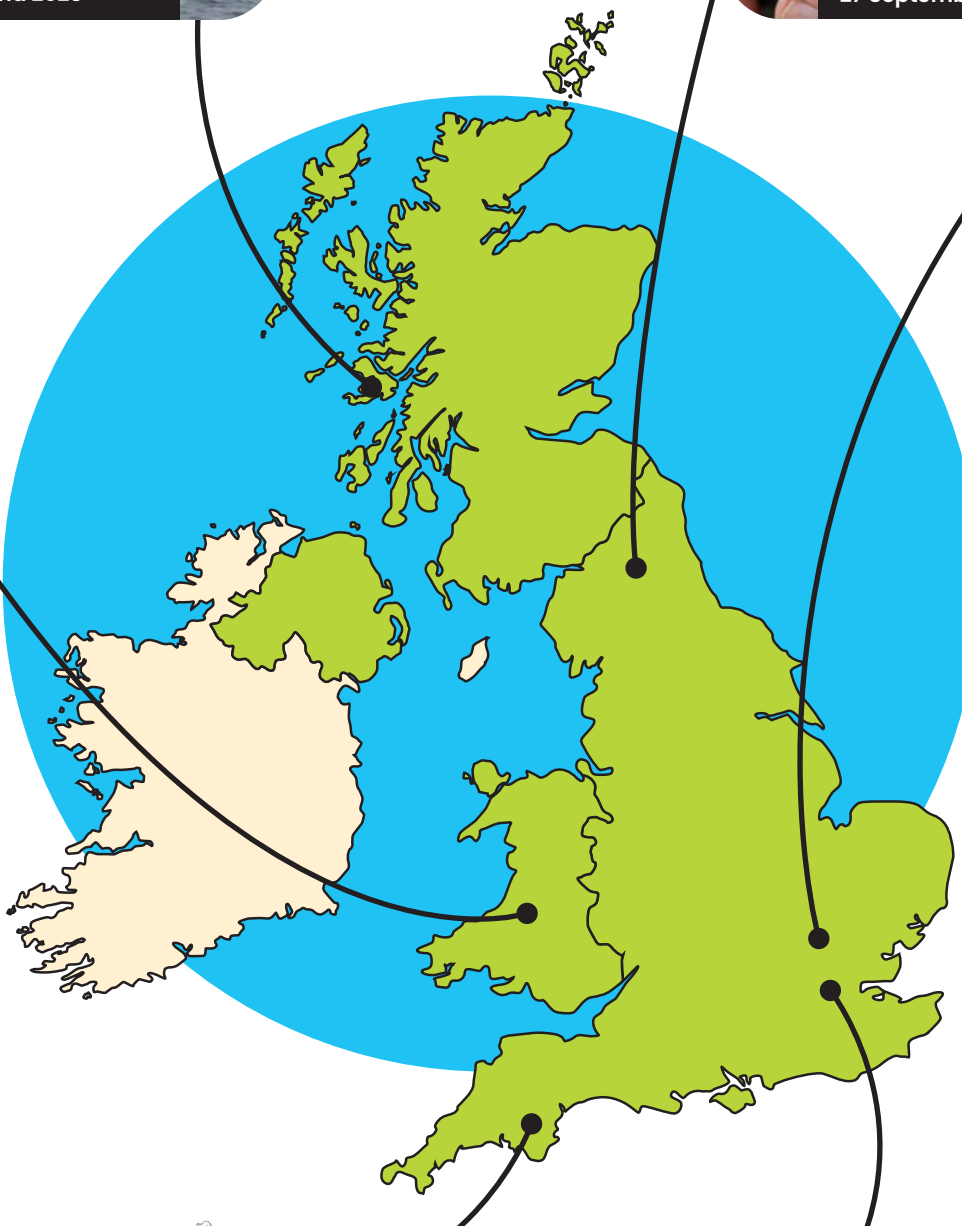
A seedling from the tree, which was felled overnight on 27 September 2023

WALES



Backing for beavers

The Welsh Government says it will support the move to reintroduce beavers throughout the country. Beavers were once a common sight in Wales, but due to hunting by humans they became extinct hundreds of years ago. Since 2005, the Welsh Beaver Project has been looking at how to bring them back, and 90% of people in Wales support the idea. There are already some small populations, but they don't have any legal protection and aren't recognised as a native species. Tim Birch, of Wildlife Trusts Wales, says: "Beavers can help provide a natural solution to water pollution and to the flooding that is devastating homes and businesses."



HITCHIN

Schools stop smartphones

An entire town of children could be smartphone-free until the age of 14, due to a pledge signed by parents. William Ransom Primary School wants all 25 other primaries in Hitchin to join them in asking parents to delay giving their pupils smartphones. The pledge states that children will be able to have a smartphone once they reach the end of Year 9. William Ransom previously conducted their own smartphone survey with parents. They found that 54% are under pressure from their child to get their first phone. However, Ofcom discovered that 84% of bullying in kids aged 8-17 comes via their phone.



DARTMOOR

Pine martens return

A conservation project has brought pine martens back to the Southwest of England for the first time in more than 100 years. In September, 15 pine martens – eight females and seven males – were released on Dartmoor. The project is being led by the Devon Wildlife Trust, which plans to establish a resident population of pine martens after they became extinct in the area over a century ago. The 15 animals were captured in Scotland and driven to their new home in Devon. They will be carefully monitored and tracked for nine months until, hopefully, a new population of pine martens appears!



Watch a video of the animals on the First News app!

LONDON

Can you spot a courgette?

Twelve schools were leading the fight for more fruit and veg at Borough Market's Harvest Market Day. Children from the capital set up stalls in the iconic market to sell fruit and vegetables that they had grown themselves at school. New research from School Food Matters reveals that the proportion of children growing their own fruit and veg at school has increased to 49%, up from 39% in 2018. This comes at a good time, as there are still gaps in knowledge to be filled. Of 1,000 children surveyed, only 31% could identify the easy-to-grow courgette, while just 28% knew what a beetroot looked like.



Money raised will go to food redistribution charity Plan Zheroes



GET ACTIVE FOR WILDLIFE!



Freya Johns

GET ready for The Wildlife Trusts' annual Big Wild Walk from 21 October to 3 November!

The fundraising challenge involves participants of all ages walking 30km over two weeks.

Whether it's one big hike or broken up into a few journeys, the

challenge aims to raise funds to protect wildlife across the UK.

The Wildlife Trusts' mission is to protect 30% of the country's land and sea by 2030.

Rob Stoneman, from the Trust, says: "We want to plant forests where they once were, reintroduce

animals like beavers back to the countryside, and rewild our seas. Take a walk on the wild side and help us revive UK wildlife this autumn!"

Find out more and sign up at wildlifetrusts.org/bigwildwalk.

WWF's Prescription for Nature



THE WWF's new Prescription for Nature campaign aims to boost mental health by encouraging people to spend time outdoors.

The charity says that just 20 minutes a day in nature can improve wellbeing.

Research shows that nine out of ten British people feel better mentally when they're in nature.

However, one-third of people only experience nature

once a week or less.

The WWF has created an online tool to help people find easy ways to connect with nature, whether that's in a park, garden, or even indoors with houseplants.

Tanya Steele, the boss of WWF, said: "The evidence is clear – getting a daily dose of nature can reduce anxiety and improve our mood. Quite simply, when we restore nature, nature restores us."

Amazing ants using ancient agriculture

A STUDY published in the journal *Science* says that ant agriculture started an incredible 66 million years ago.

After an asteroid hit the Earth, the dinosaurs were wiped out and dust filled the atmosphere. This dust blocked out the sun, meaning around half of Earth's plant species didn't survive. Fungi consumed these dead plants, bringing them in close contact with ants.

The report says that ants used this fungi for food, but it took them millions of years to develop their agriculture further.

Researchers led by insect expert Ted Schultz found that these same systems are still used by the likes of leafcutter ants today.

"Ants have been practising agriculture and fungus farming for much longer than humans have existed," said Schultz.



Getty



ANEESHWAR Kunchala is a nine-year-old wildlife campaigner and officially the world's youngest newspaper columnist! He shot to fame as a finalist on *Britain's Got Talent*. Now, he's presenting the documentary *Save Our Wildlife* from Sky Kids and Sky Zero. You can watch it at first.news/climatecrisis.

Aneeshwar's Animal of the Week is the...

EUROPEAN BISON



iStock

HABITAT:

European countries including Germany, Poland, Belarus and Lithuania.

FUN FACTS:

- Bison can run surprisingly fast for their huge body size – about 40mph (64km/h).
- Unlike other horned and antlered animals, both male and female bison have short horns.

SPECIAL SUPERPOWER:

They are the heaviest land mammals in Europe, and have very few natural predators.

CONSERVATION STATUS:

The International Union for Conservation of Nature says the species is near threatened.



Aneeshwar's bison art

We're asking you to send in photos of your own drawings or paintings of wildlife to add to an online gallery. Ask a parent, guardian or teacher to send in your photos by emailing them to yournews@firstnews.co.uk.



KIDS COULD GO TO SPACE!

So says real-life astronaut, Samantha Cristoforetti! She chatted to *First News* about her new book, *The Astronaut Diaries*.

ITALIAN astronaut Samantha Cristoforetti has been on two separate missions to space, and her new book may inspire you to get up there, too!

The Astronaut Diaries is all about a family who blast off together. Andi, aged 11½, keeps a diary of her experience, and teaches us a lot of cool facts about being in space along the way.

● **How did you become an astronaut, Samantha? We imagine your story is quite different to Andi's!**
The simple answer is by applying! But I prepared for it throughout my life. As a girl, I always had this dream of one day flying into space. As I grew up, I tried to put together the right skills and experiences, so that one day, if the right opportunity came up, I'd be ready. These were all things I enjoyed anyway, whether it was studying engineering at college, spending a year in Russia to become fluent in Russian, or becoming a combat pilot after my university degree.

● **What's the single most amazing thing you've seen on your two visits to space?**
It's hard to single out one thing, but the first time that I saw the Space Station. It was bigger than I expected. It happened in those very few seconds of day switching to night, where the sunset is on the horizon. Orange light flooded the space station, it was like a blaze. I remember screaming: "Oh my god!" People on YouTube think I saw an alien, but it was just my emotional reaction!

● **Is Andi based on you, in any way?**
I very much connect to her curiosity, her drive to learn, to break the rules a little bit sometimes, to go beyond what you're limited to, being a child! I don't know if she was actually based on me specifically, but I can certainly relate.

● **Have you kept a diary in space, like she does?**
I wish I had... I use emails a lot, not formally as a

diary, but at least if I want to go back and reconstruct things that happened, or even how I felt about things, emails are usually a good way. You're not writing for yourself, it's for your family, your friends, but you're still recording things that happen, how you feel about them.

● **Have you got a favourite diary entry of Andi's? We enjoyed her bit explaining how astronauts sleep in a sleeping bag that's hung on the wall!**
And I love it! Some astronauts struggle with it because it takes some time, sometimes weeks, to get into a good sleeping pattern on the Space Station because their body doesn't like it. Maybe I'm just a good sleeper. You get into your sleeping bag, you kind of zip it up and you just close your eyes and doze off, and you're just floating.

● **Andi's story is fictional, but how far away are we from families going to space together? We guess they could do it now, if they can afford it!**
That's an interesting point. I never thought about that. There are no rules against it, I guess, if a private company wanted to offer a ticket for an entire family. I imagine you wouldn't bring a small child... but a pre-teen? If they're up to it mentally, and they're responsible and they're not too small, size-wise, and you can make them fit somehow – you can adapt the sleeves on the suit – yeah, why not?

● **So, technically, *First News* readers could go to space!**
Yeah, I mean, I don't see a reason not, to be honest!

The Astronaut Diaries, by Samantha Cristoforetti, is out now.



4-10 October
WORLD SPACE WEEK

SAMANTHA CRISTOFORETTI

- **Nationality:** Italian
- **Space missions:** 2014–2015, 2022
- **Cool facts:** Samantha is the first European woman to do a spacewalk (exit a vehicle while in space), and she's had a Barbie doll modelled on her, too!

This report is from the Science Museum in London

SCIENCE MUSEUM GROUP

YOU might know of Nintendo as the brand behind iconic gaming consoles and classic videogames, from Super Mario to Pokémon. But would you have guessed that Nintendo is turning 135 years old this year?

The story of Nintendo began in 1889, when Fusajiro Yamauchi began manufacturing Japanese playing cards in Kyoto. In 1902, he started to sell the first Western-style playing cards in Japan, which proved hugely popular.

Building on this playing cards success, Nintendo started to manufacture board games and toys, such as this one called Block Crater, released to celebrate the first time mankind walked on the moon in 1969. Players could build a lunar vehicle and then drive it to travel over three spring-triggered 'mines', which would launch it into the air.



Nintendo's Block Crater toy from the '60s

"Win-wins" for tackling nitrogen pollution

A GROUP of 50 experts have put together a list of 150 suggestions that will reduce nitrogen pollution and save billions of pounds for industry and farmers.

The work was led by the UK Centre for Ecology & Hydrology (UKCEH), which says it's the most thorough review ever of the global nitrogen cycle.

Nitrogen is released into the environment in various forms from human and animal poo and wee, fertilisers, and exhaust fumes from vehicles. These emissions have lots of negative effects, including making air pollution and climate change worse, and killing plants and wildlife in rivers, lakes and oceans.

The report, *Nitrogen mitigation*, says that 200 billion tonnes of nitrogen are lost to the environment every year, leading to a global loss of \$300 billion (£224bn).

The 150 "win-wins" include treating sewage and food waste to recover nitrogen, which can then be used in fertiliser; reducing food waste; constructing new wetlands to keep nitrogen out of waterways; and storing and using fertiliser more efficiently.



Agriculture is the biggest consumer and emitter of nitrogen, but burning fossil fuels is a major source



WHY DOES FOOD CAUSE CLIMATE CHANGE?

**SCIENCE
MUSEUM
GROUP**

IN the fifth of a six-part series of climate change films from the Science Museum Group, FYI presenters Scarlett and Jeriah are getting stuck into a very meaty issue – meat! They find out why it's bad for the climate, plus what we can do about it. Each week we'll be featuring different stories about how science and tech can help us to win the battle against climate change. To see the film and find out more, go to first.news/science-museum-food.



There are around 2.65 million dairy cows in the UK alone

THE news is full of stories about how fossil fuels used in transport, heating and electricity generation are all bad for the climate, but people are often surprised to hear that our love of meat and dairy is also bad for the planet. But what's so bad about burgers anyway?

● What has eating meat got to do with the climate?

Quite a lot. The world's food systems are responsible for up to a third of the planet's greenhouse gas (GHG) emissions. And in November 2022, experts estimated that the planet's population passed eight billion for the first time ever. That's a lot of mouths to feed, which means more harmful emissions.

● Why are emissions so high?

Animals need food, land and water, and meat has to be processed, packaged, transported and kept chilled, which all leads to more emissions. Plus animals' feed has to be processed and transported too. But some meats are better than others for the climate – beef is worst, partly because cows give off lots of methane in their burps and farts, and methane is more harmful to the climate than CO₂ (carbon dioxide).

● But there aren't that many cows in the world, are there?

It's estimated that there are a billion cattle in the world, including dairy cows and those raised for beef! And cows are big animals, so they need a lot of land. A big reason that so much of the Amazon rainforest is being chopped down or burnt is to make room for cattle farms. It's also partly to make room for fields to grow soya beans, which are one of the main things that cattle are fed on.

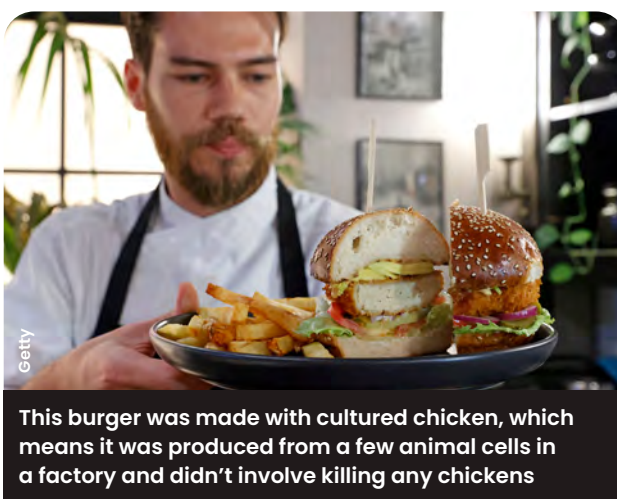
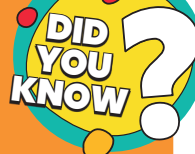
● So what's the solution?

You've probably worked this out already, but you could just... eat less meat. Scientists say that giving up meat, or eating less of it, is one of the best things you can do to improve your carbon footprint. You could try something new like tofu, which is made from soya beans, so it's very healthy and full of protein.



Tofu is a healthy source of protein and also contains all the essential amino acids that your body needs

EATING insects is better for the planet than eating animals. Crickets need six times less feed than cattle to produce the same amount of protein, and insects emit fewer greenhouse gases. Many insects can also be fed with food waste, which is another reason why insects are a sustainable choice.



This burger was made with cultured chicken, which means it was produced from a few animal cells in a factory and didn't involve killing any chickens

POLLS by YouGov show that 2–3% of the UK is vegan (don't eat any animal products), while 5–7% is vegetarian (don't eat meat, but still have things like milk, cheese and eggs). The main reasons why they give up meat are not wanting to eat animals, thinking that killing animals for food is cruel, and for environmental reasons.



AROUND 14% of the world's food is lost after harvest and before it gets to shops. Another 17% is wasted in shops, restaurants and homes. All of this food that's lost and wasted is responsible for up to 10% of the world's greenhouse gas emissions and could feed 1.26 billion hungry people every year.

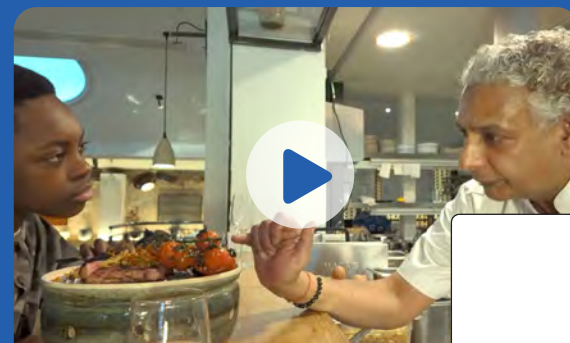


Household food waste can be collected and used to generate energy, so that it isn't just sent to landfill. But collection across the UK is very uneven – all households in Wales have access to a food collection service, but in England it's only 43%. However, the government has given England's councils £229.38m so that they can start weekly food waste collections by March 2026



Scarlett and Jeriah aren't too keen on the insects they taste in the film, but bugs are a common food in many countries. Things like flour made from crickets could be one way to make the UK's food more sustainable but without the yuck factor

WATCH THE FILM



Go to first.news/science-museum-food to watch the full film, or just scan the QR code!

This QR code should be scanned by a responsible adult.



WORLD'S BIGGEST CHEESECAKE!



A NEW Guinness World Record has been set in the US for the world's biggest cheesecake!

At the annual Cream Cheese Festival in Lowville, a team from Philadelphia, part of the Kraft Heinz company, made a cheesecake weighing 6,807.5kg – nearly seven tonnes, or about as heavy as ten cows!

This giant dessert smashed the previous Guinness World Record of 4,240kg set by Russia in 2017.

The festival organisers were thrilled, saying it shows how well their community works together.

After the record was confirmed, the cheesecake was shared among festival-goers, with leftovers given to food banks to help those in need.

Jeremiah S Papineau

Salad toad saved



Berkshire Reptile Rescue

A TINY toad caused a big shock when it was discovered in a bag of supermarket lettuce.

The mini surprise was found by a Waitrose shopper who returned the salad to the store.

Graham Martin from Berkshire Reptile Rescue was called to collect the toad, and it's now being taken care of in a special box with soil, leaves and water.

Graham said: "I have no idea where he came from but he's happy where he is."

Waitrose has since apologised, saying this rarely happens and they wash their vegetables carefully to prevent such incidents.

Wacky wheels race!

A WILD and wacky race took over the streets of Bogotá, Colombia, as homemade carts zoomed down hills, leaving thousands of spectators amazed.

The annual Red Bull Soapbox Race saw 29 teams build their own cars, which don't have engines and use just gravity to move.

Participants raced their cars down the slopes with twists, turns, and many spins and spills!

A team of firefighters won first place with their car that looked like an old fire truck.



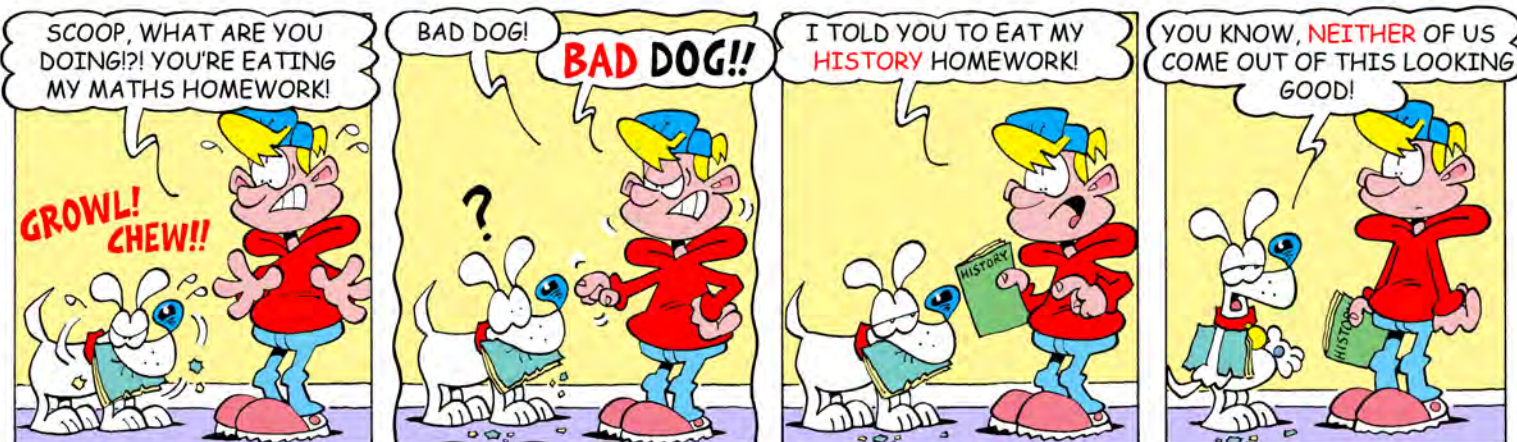
haha
haha
haha

What did the cheesecake say to the strawberry?
You make my life berry sweet!

istock

Paper Boy!

Written and illustrated by Paul Palmer



SCOOOP, WHAT ARE YOU DOING?! YOU'RE EATING MY MATHS HOMEWORK!

GROWL! CHEW!!!

BAD DOG!

BAD DOG!!

I TOLD YOU TO EAT MY HISTORY HOMEWORK!

YOU KNOW, NEITHER OF US COME OUT OF THIS LOOKING GOOD!

Online safety matters to Vodafone and *First News*, which is why we've teamed up for an exciting creative writing competition to help give young people a voice and educate others. The NSPCC and the Voice of Online Youth will help to judge your entries, too!



NSPCC | **vodafone**

THE VOICE OF ONLINE YOUTH



THE NSPCC, in partnership with Vodafone, has brought together a new group of young people to advise the charity, politicians, parents and professionals about the best way to protect children online.

WHO IS IN THE VOICE OF ONLINE YOUTH?

The group features:

- Fourteen young people, aged 13–16, from across the UK.
- With NSPCC and Vodafone, they will play a key role in making sure children have safe and happy experiences online.
- They aim to get young people's voices heard and make sure decisions about online safety are informed by their own experiences.
- They will meet with decision makers across the UK, attending events and taking part in workshops on how the industry and businesses can tackle online safety.

THE ONLINE SAFETY ACT



The Online Safety Act 2023 is a new set of laws that protects children and adults online. Part of the act calls for social media companies to be more responsible for users' safety on their platforms. This includes preventing young people from accessing harmful and inappropriate content, ensuring online platforms are designed with user safety in mind, and providing you and your parents with clear and easy ways to report problems online if they do come up. The Voice of Online Youth was put together to help with this mission.



Shalom, 14, from Bolton, says:

"I wanted to join the group because I think the online world is such a wonderful place, and I want to contribute to making it so young people can navigate the online world and discover new opportunities, while also being a safe space for us to be in."

Meet the rest of the group at tinyurl.com/NSPCCvoice



WIN THE CHANCE TO BECOME A PUBLISHED AUTHOR, PLUS TABLETS AND BOOKS FOR YOURSELF AND YOUR SCHOOL!

THE CHALLENGE

WE'RE asking you to write your own fable that focuses on online safety and creating positive digital experiences. Your fable should be no more than 500 words.

THE PRIZE

There will be six winners in total. Each will get:

- Their winning fable published by Andersen Press in a book (printed and ebook), illustrated by Sue Cheung, Fiona Lumbers and Paddy Donnelly
- Two tablets for their school
- A library pack of 100 books for their school
- A Kindle Paperwhite (kids)
- A £50 book token
- The chance to feature in *First News*!

*Prizes may look different from those pictured.

HOW TO ENTER

Once you've written your fable, ask an adult or teacher to upload your entry at firstnews.co.uk/vodafone

Please note: a consenting adult will need to complete an online form with your contact information.

Closing date: 1 November 2024.

For full terms and conditions, visit the link below.



TEACHING RESOURCES AVAILABLE!





FRANCE AND GERMANY

All aboard the high-speed train from Paris to Berlin

A super-speedy train will launch this Christmas to whoosh passengers from France's capital, Paris, to Germany's capital, Berlin, in just eight hours. The cities lie 546 miles (878km) apart, and at the moment, it's a hassle, because you need to change trains as many as three

times to travel between the two. This new daytime route will carry passengers all the way, stopping at Strasbourg, Karlsruhe and Frankfurt along the way. Train bosses hope it will give tourists an alternative to polluting planes and cars. Each train will carry 444 passengers.

One-way tickets will start at about £49



USA

Election cookies a winner for busy bakery!



Orders are flooding in from across the country!

A small-town bakery is once again being swamped with orders for batches of their US election cookies! Each time that the country votes for its next president, Lochel's Bakery, in Hatboro, Pennsylvania, bakes cookies dedicated to each candidate. Just for fun, it holds a 'cookie poll' - whichever cookie gets the most orders, wins. This year, it's blue Kamala Harris cookies against red Donald Trump cookies. Trump posted about the bakery on his social media last week, and it's given his cookies a strong early lead! The bakery first ran its cookie poll in 2008, and it's correctly predicted the winner of the election three out of four times.



PERU

AI finds ancient desert sculptures

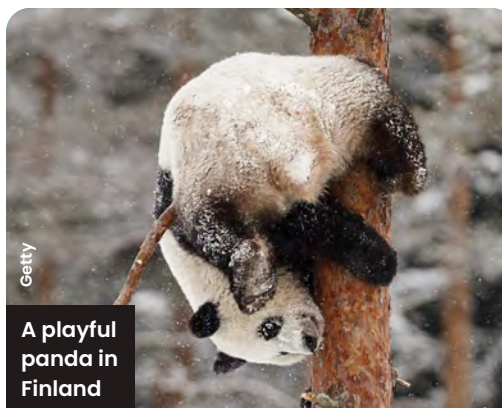
Scientists have found more than 300 previously unknown ancient desert sculptures thanks to AI (artificial intelligence). Researchers used AI to study aerial images of Peru's Nazca Pampa region, which is famous for its huge sculptures built out of stones. Many are so big that you can only see them properly from the air, and some were built more than 2,000 years ago. It took nearly 100 years to discover the first 430, but AI found 303 in six months!



Just some of the new discoveries. It's still not clear why the ancient people created them, but they may have simply been art



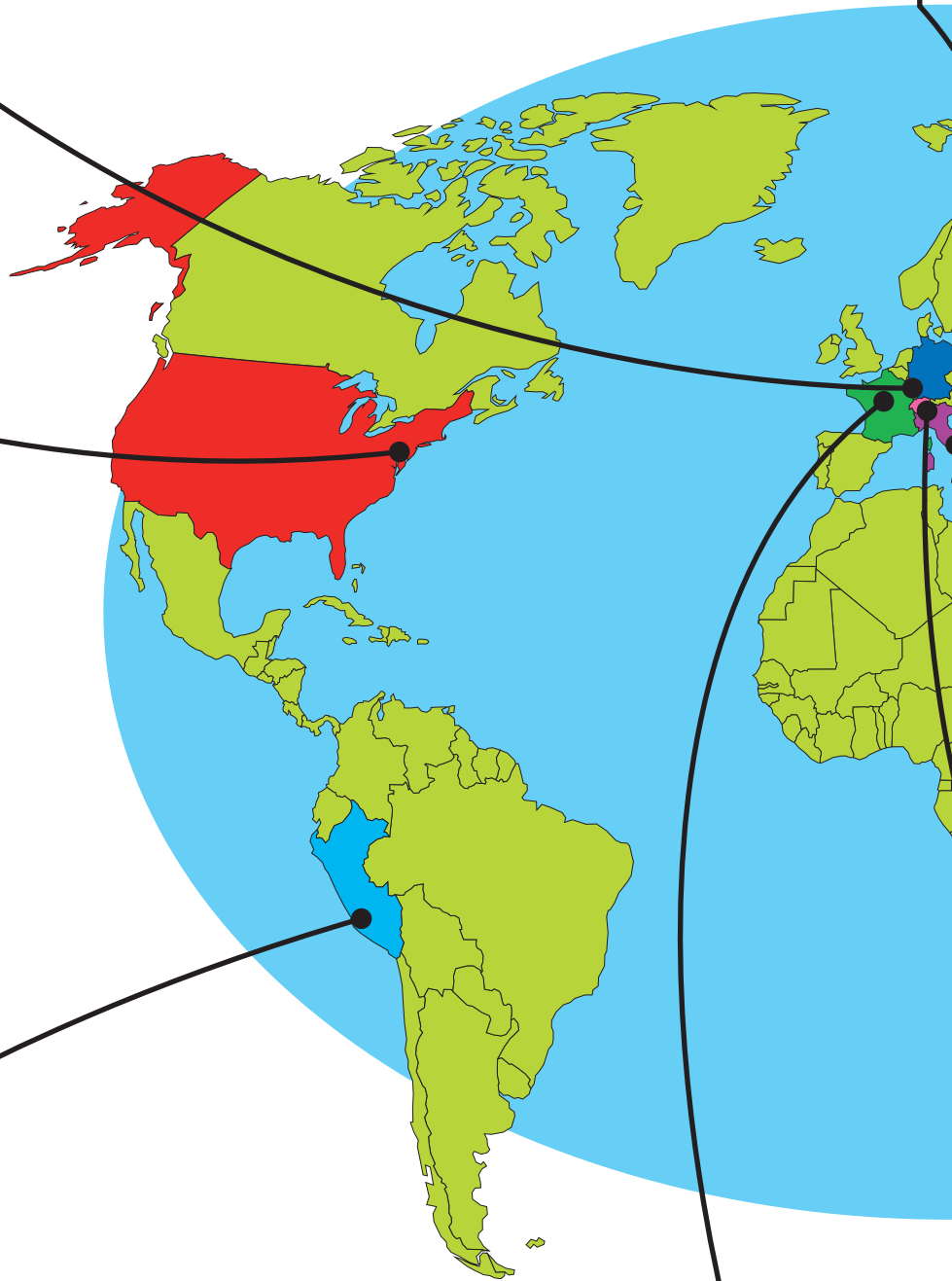
FINLAND



A playful panda in Finland

Pandas sent packing!

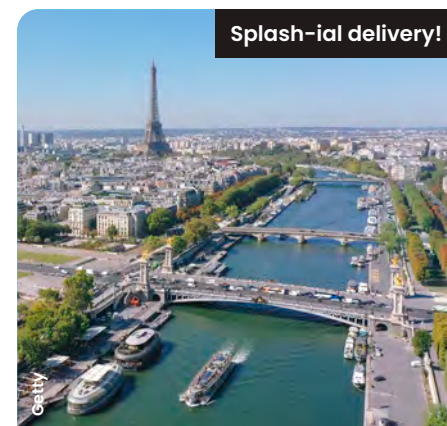
A zoo in Finland is sending a pair of pandas back to China, because it can't afford to keep them. China gave the pandas, Lumi and Pyy, to Finland in January 2018, and they were due to stay until 2033. Ähtäri Zoo spent £6m on a new enclosure, hoping that the pandas would attract more visitors, but that hasn't happened. The Finnish government refused to help with the soaring cost of looking after them, so instead, they're heading home early.



FRANCE

Parcels by river

La Poste, the French post office, is paying for a huge electric barge on the River Seine that will make its deliveries more sustainable because it will take vans off the streets of Paris. Staff will sort post on the barge, which will be covered in solar panels, before riding off on electric cargo bikes to deliver the parcels to people's homes. The barge will travel from the Paris port of Gennevilliers to the Boulogne-Billancourt district, not far from the Eiffel Tower, and will help staff deliver 3,000 parcels each day. It will save 200,000km (124,000 miles) of polluting journeys per year on the city's roads.



Splash-ial delivery!



ITALY

Schools to fail naughty pupils

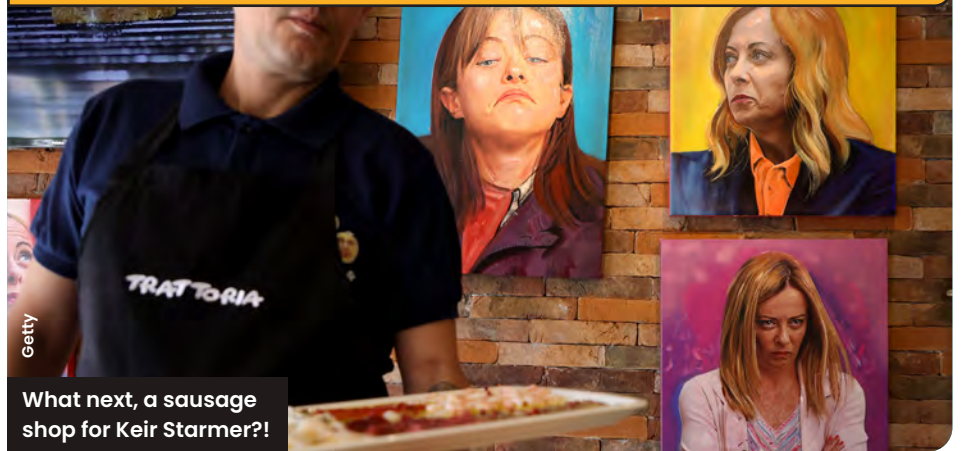
Italian schools are bringing back a system from the 1900s, when pupils were graded on their behaviour, as well as their work. Under the 'grades for conduct' policy, middle and secondary school children who receive less than a five out of ten for behaviour might be made to repeat the school year, even if their work is good. Italy's education minister, Giuseppe Valditara, said the rule teaches kids "individual responsibility" and gives teachers more authority. The government wants to increase respect in schools. Fines have also been introduced if children are aggressive towards their teachers.



Is it a good idea?



ALBANIA

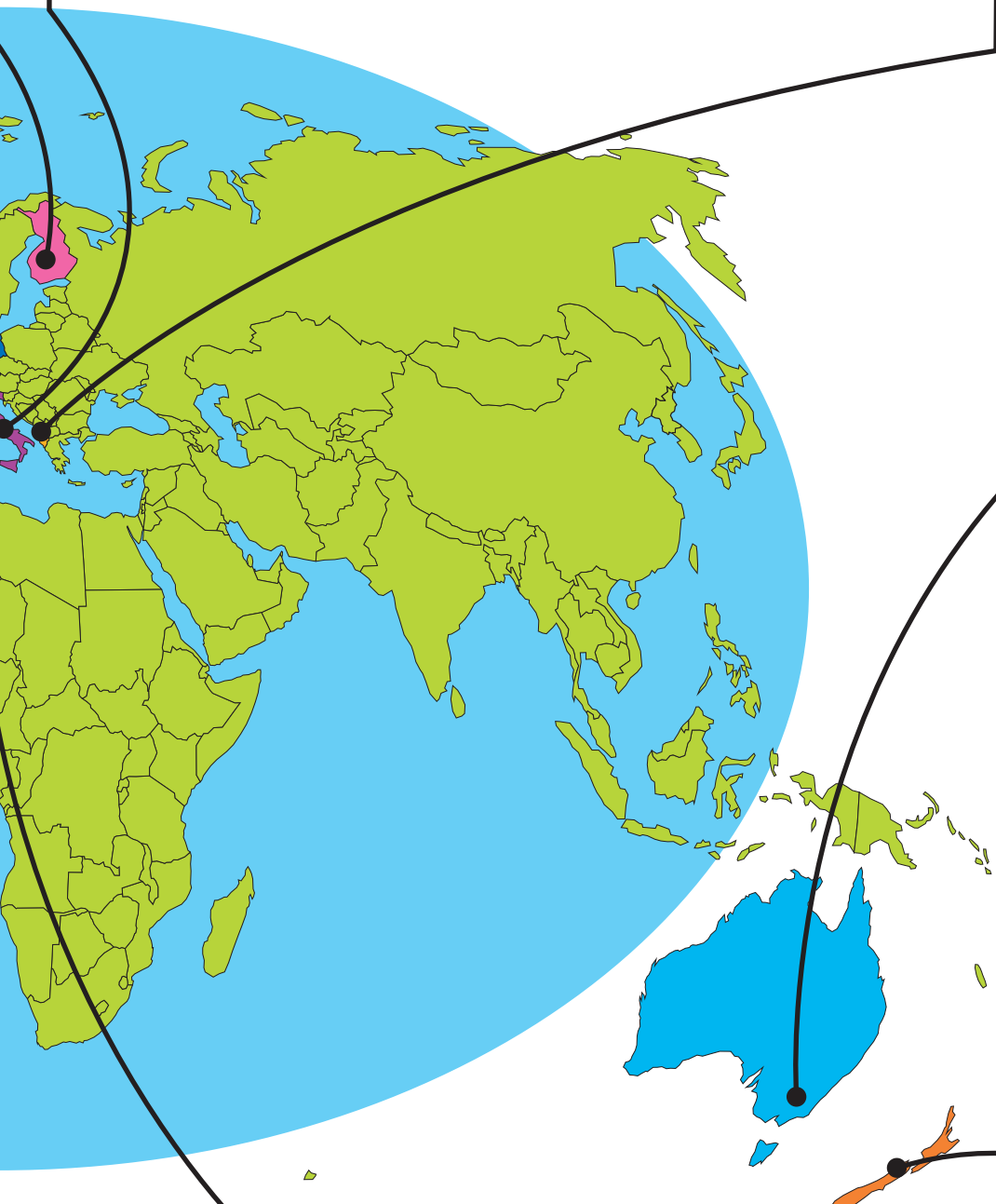


What next, a sausage shop for Keir Starmer?!

Bonkers restaurant with 70 pictures of Italy's PM

A fishy new seafood restaurant has opened in Albania that's dedicated to Italy's prime minister, Giorgia Meloni. Trattoria Meloni is filled with no fewer than 70 portraits of the politician! Last year, Ms Meloni announced that camps would be

built in Albania to house asylum seekers who tried to reach Italy. Lots of Albanians are pleased with these camps, because they've created more jobs for local people. However, some human rights groups say they're illegal.



AUSTRALIA

Taking the Taliban to court over the way it treats women

Australia has joined forces with Canada, Germany and the Netherlands to take the leaders of Afghanistan to the International Court of Justice (ICJ) to force them to treat women and girls better. The Taliban took over Afghanistan in 2021 after the US and UK pulled all their troops out, but ever since then they have brought in an increasing number of rules that treat females harshly. Women and girls are even forbidden from speaking or singing in public, and aren't allowed to look at men they're not related to. Hollywood legend Meryl Streep said last week that "a squirrel has more rights than a girl in Afghanistan today because the public parks have been closed to women and girls by the Taliban. A bird may sing in Kabul, but a girl may not."



Australia's parliament building in the capital city, Canberra



SWITZERLAND

Border between Italy and Switzerland is moved

Switzerland has redrawn its border with Italy, due to melting glaciers in the Alps. Lots of borders in Alpine regions are defined by the deep ridges in icy glaciers, but global warming causes glaciers to shrink, and this means that border lines change. This is what's happened to the glaciers beneath one of Europe's tallest mountains, the Matterhorn. The peak sits right on the border between Italy and Switzerland, near to lots of popular ski resorts. The new border makes it clearer which areas each country is responsible for.



The Matterhorn. Europe is the world's fastest-warming continent



NEW ZEALAND

Boo! New ghost shark appears in deep sea

A new species of ghost shark has been discovered in the deep, dark waters off the coast of New Zealand. The narrow-nosed spookfish, which also haunts the sea around Australia, has a long nose and a whip-like tail. Ghost sharks are very hard to find, because they live around 2.6km (1.6 miles) beneath the surface. "There's a lot we don't know about them," said Dr Brit Finucci, one of the scientists who found the new species. We do know that they've got smooth skin, no scales, and feed on shrimps and molluscs.



There are over 50 known species of ghost shark around the world



BLACK HISTORY MONTH

OUR HEROES FROM HISTORY TO THE PRESENT DAY!



Keith Taylor

BARONESS FLOELLA BENJAMIN

● **Who is she?** Children's TV presenter, campaigner and House of Lords member.

● **Her history:** Dame Floella was born in Trinidad in 1949 and came to England as a ten-year-old in 1960, as a Windrush child (see below). She is particularly passionate about the welfare, care and education of children throughout the world.

Coming to England

Floella has written over 30 books, including *Coming to England*, which is used in schools and universities to teach young people about the Windrush journey.

Coming to England tells the story of how a young Floella overcame adversity (difficult times), working twice as hard as her classmates and eventually becoming Baroness Benjamin of Beckenham.

A brand-new musical based on the award-winning book is also now touring the UK.

Find out more and book tickets at www.comingtoengland.com.



WHAT WAS WINDRUSH?

IN 1948, hundreds of people from the Caribbean arrived to the UK on a boat called HMT Empire Windrush. They were invited over to the country to help rebuild Britain after the Second World War and were promised jobs and homes. Unfortunately many of these people were mistreated at the time because of their race or colour.

We now mark Windrush Day on 22 June to thank and celebrate the Windrush generation's contributions to British society.

Floella said:

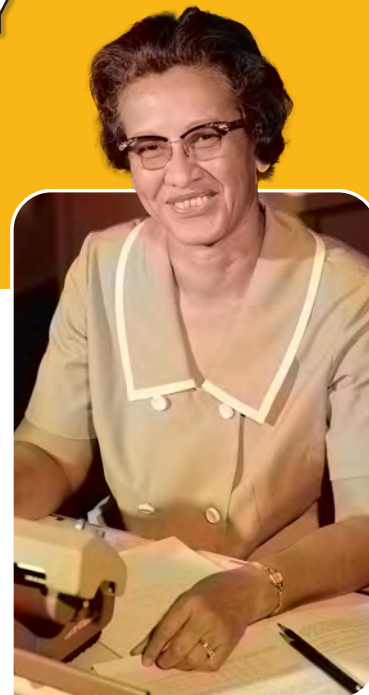
"Coming to England is a positive story of love, adventure, belonging, facing challenges and overcoming adversity to become successful."

KATHERINE JOHNSON

● **Who is she?** A maths expert at NASA.

● **Her history:** Katherine was a whizz at maths growing up and started teaching others. She enrolled in university but left to start a family. Some years later, she ended up joining the Langley laboratory at the National Advisory Committee for Aeronautics, which later became known as NASA. Katherine was tasked with working out important calculations for American space missions, although her work wasn't formally recognised until much later in life.

● **Highlights:** She helped to calculate the journeys for America's first human spaceflight in 1961 and Apollo 11's mission to the moon!



FOOTBALLER Marcus Rashford is credited with using his huge platform and social media following to raise awareness of important issues such as homelessness, racism and food poverty. Back in 2020, he managed to get the government to provide food vouchers in the summer holidays for families struggling to pay for meals.



MAURICE ASHLEY

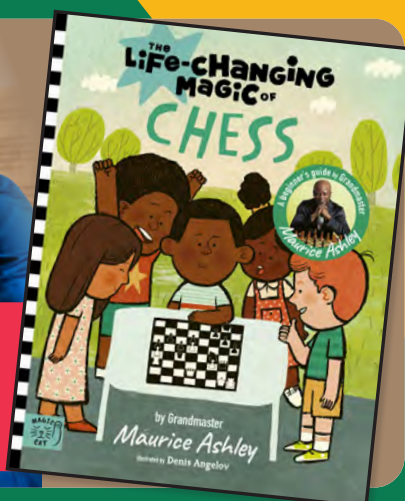
● **Who is he?** The world's first black Grandmaster (the highest title a chess player can get!)

● **His history:** Ashley began learning chess as a teenager in New York, going on to become the game's first African American Grandmaster in 1999.

● **Highlight:** Becoming a member of the US Chess Hall of Fame.



Learn how to play chess like Maurice in his book, *The Life-Changing Magic of Chess*





What is Black History Month?

OCTOBER marks Black History Month – a chance to celebrate African and Caribbean history and culture in the UK. The theme this year is **Reclaiming Narratives**. Black communities across the UK are encouraged to tell their stories and history in their own words. Share your stories with us at yournews@firstnews.co.uk.



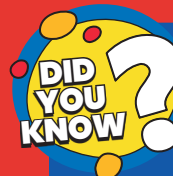
DR MARTIN LUTHER KING, JR

● **Who is he?** Civil rights leader.

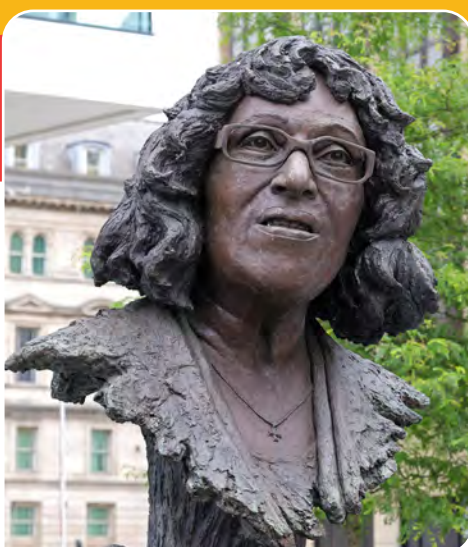
● **His history:** King grew up in America at a time when black and white people were segregated in society (separated on public transport or in school, for example) and he was often treated differently because of the colour of his skin.

This led to him wanting to fight for equality and justice. He led many demonstrations and gave powerful speeches throughout his life, campaigning for better rights for all citizens.

● **Highlights:** When he delivered his now famous “I Have a Dream” speech, during a March on Washington that was all about fighting for the civil and economic rights of African Americans. The march prompted the Civil Rights Act of 1964 and King went on to receive the Nobel Peace Prize. He now also has a special day dedicated to him – Martin Luther King Day is marked on the third Monday of January each year.



IN 2018, British rapper Stormzy launched his own scholarship scheme for black students in the UK. The scheme was set up to encourage more black people to go to university and achieve their dream jobs. Stormzy’s #Merky Foundation, in partnership with HSBC UK, is providing scholarships to at least ten black students who have started their studies at the University of Cambridge this autumn.



BETTY CAMPBELL

● **Who is she?** The first black head teacher in Wales.

● **Her history:** Betty was passionate about teaching her pupils about black culture, even helping to create Black History Month in the UK. She also became a member of the Home Office’s race advisory committee and a member of the Commission for Racial Equality.

● **Highlights:** Her work was so admired that a statue has been erected to her memory in her home town of Cardiff.

SIMONE BILES

● **Who is she?** American gymnast.

● **Her history:** Simone is considered one of the world’s greatest ever gymnasts, scooping a whopping 11 Olympic medals across her career so far! She’s also a passionate campaigner for mental health and wellbeing.

● **Highlight:** She was awarded the Presidential Medal of Freedom (the highest US civilian award) by President Joe Biden in 2022 for her sporting achievements.



MARY SEACOLE

● **Who is she?** British nurse.

● **Her history:** From an early age, Mary had a fascination in medicine and helping others. She learnt new skills on her travels across the world and used them to nurse all sorts of patients. Mary is perhaps best known for her work during the Crimean War when she set up the ‘British Hotel’ for wounded servicemen.

● **Highlight:** In 2004 she was voted the greatest black Briton.

Look out for more on the amazing Mary Seacole on the Books page in next week’s *First News*!



Who are your heroes?



LITTLE HEROES, BIG DREAMS!

AUTUMN is one of our favourite times to head to the cinema, which is all the excuse we need to check out the new heartwarming animated adventure *Buffalo Kids*.

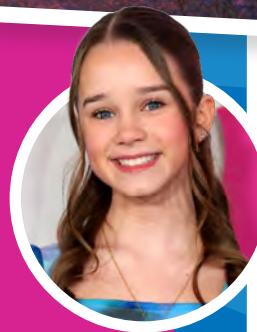
● What's it all about?

Two Irish orphans, Mary and Tom, arrive in New York City via an ocean liner in 1886. They quickly find themselves on a wild, cross-country journey aboard the 'Orphan Train' where they meet an extraordinary new friend who will change their lives forever. On their search for home, the group encounters sneaky villains, surprising allies and unexpected heroes!



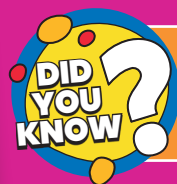
● Who's in the cast?

You'll hear the voices of Alisha Weir (right, known for playing Matilda in *Matilda the Musical*), Conor MacNeill, Gemma Arterton, Stephen Graham and Sean Bean.



● What are the big themes?

This is a tale all about curiosity, friendship and teamwork.



BUFFALO Kids is a Spanish animated film, directed by Pedro Solís and Juan Galocha.

Buffalo Kids will be released in UK cinemas on 11 October, with previews on 5 and 6 October.



FIVE
MINUTES
WITH...

★ SYDNIIE CHRISTMAS

THE *Britain's Got Talent* (BGT) winner is set to dazzle fans as she officially begins her UK tour this weekend (5 October). We caught up with her to find out more.

● Hi Sydnie! How did it feel when you won *Britain's Got Talent*?

There are no words really to explain how I felt at that moment. It was a feeling that I'd never felt before. I don't think the words "amazing" or "fantastic" are enough to explain it. Seriously, it was the moment that completely changed my life and I'm so thankful for BGT.

● Your debut album *My Way* is out now. What can fans expect from it?

Fans can expect a little introduction to me because there are so many styles of music that I love. I think what everyone's seen from me on BGT was not my only style of singing – I love funk, old school and soul. There are so many different styles that I love. Also, all the songs on the album are there for a reason. They're all a little part of my journey in some way.

● How do you vocally prepare before your big performances?

There is so much that I do. My vocal coach, Annabel Williams, has an app. So I am straight on her app for the vocal exercises on there. I also work with a vocal straw, which I show on my social media a lot. I steam, get a lot of sleep, and drink a lot of water. I also use a humidifier and a nebuliser [medication in the form of mist] for my asthma. It's a whole thing.

● If you could duet with any artist past or present, who would it be, and why?

It would be Elvis Presley. I absolutely adore him, for all the obvious reasons. Yeah, Elvis for sure!

● What are your biggest goals for your music career?

There are so many things that I want to do. My goal is to do everything. Any opportunity that's coming my way, I'm just wholeheartedly grabbing. I just want to sing, be happy and make people happy. That's my dream.

Check out all the dates for Sydnie's *My Way Tour* at sydniechristmas.london.



Jess Shurte

The cast

● The Baddies on tour

A brand-new stage adaptation of *The Baddies*, based on the hit story by Julia Donaldson and Axel Scheffler, is getting its world premiere at The Royal Lyceum Theatre Edinburgh this week! The show, about the very worst baddies in the world, will tour the UK until June 2025. Check it out at thebaddieslive.com.

● Maya's unmasked!

Maya Jama is replacing Rita Ora on the next series of *The Masked Singer*. Maya will be joining the panel alongside Davina McCall, Jonathan Ross and Mo Gilligan. The presenter said: "I can't wait to figure out who's underneath all those incredible costumes, vibe to their performances, and get front-row seats to the unmaskings." The show returns in 2025.



Getty





IS THERE A FUTURE FOR ANIMALS?

WHAT will life be like for animals – and humans – in 2050? The RSPCA animal welfare charity has launched a new immersive game to give us a look at how we have the power to influence our planet.

As we told you last week, *Animal Futures* brings to life five possible futures for the welfare of wildlife. They include everything from robot pets to AI that allows us to communicate with animals.

More importantly, however, they show that the future could be “bleak” – but it doesn’t have to be.

So, let’s have a closer look at the five worlds...

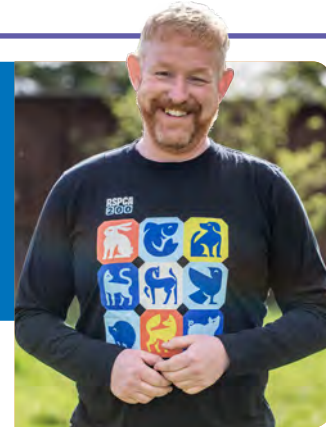
- **Tech-centric:** Technology is used to feed ourselves, without considering nature and animals
- **Eco carnage:** As humans struggle for survival in an uninhabitable world, animal welfare is forgotten
- **Blinkered world:** Attempts to tackle climate change and food production haven’t been ambitious enough
- **One planet:** Humans tackle challenges in a way that protects animal wellbeing and nature
- **Animals speak up:** An amazing event has completely changed our attitudes towards animals



...to a world where we are interlinked with animals

“TIME IS RUNNING OUT”

– RSPCA CEO
Chris Sherwood



“We need to rethink our relationship with animals. Our Animal Futures project examines how factors... could shape the world for both animals and people.

“Some of these worlds may seem bleak, or even downright chilling, but the good news is that animals’ futures are in our hands. But time is running out. Many of the scenarios explored are already happening now.

“But we are also seeing opportunities: lab-grown meat has recently been licensed for pet food in the UK; there are scientists using AI to decode the communication of animals from cats and pigs to sperm whales; and we are growing organs on microchips to replace animal testing.

“Technology could help us solve some of the most pressing animal welfare issues of our time, if we can only harness it for good.”

The online experience is the first step in the project, ahead of a deeper look at national attitudes to animal welfare. You can experience *Animal Futures* for yourself by going to rspca.org.uk/animalfutures.

WIN! SO SENSORY LIGHT-UP UNICORN WORLD DIY!

CREATE your own mini world with the So Sensory Light-Up Unicorn World DIY!

Have hours of fun creating your dream world with fun characters and compounds. Decorate the world with lights, clay, sand and foam, then add in characters and decorations to complete your design!



Enjoy sensory fun and experience different sensations while you play with the three included compounds. When you have created your new world, add the dome and select your favourite light setting to create a fun personal light to decorate a room.

We’re giving eight lucky readers the chance to win a So Sensory Light-Up Unicorn World DIY. All you have to do is answer this question:

- Which reality TV show did Sydnie Christmas win?
 a) *The Voice* b) *Britain’s Got Talent*
 c) *X Factor*



ENTER NOW!
MARK YOUR ENTRY UNICORN WORLD

first.news/comps or see page 20. The closing date is 18 October.

RSC

STRATFORD-UPON-AVON
7 NOVEMBER – 19 JANUARY

A DARK AND SPELLBINDING FAIRYTALE THIS CHRISTMAS

HALF PRICE FAMILY TICKETS*

Age guidelines: 7+ years. *See website for details, T & C

THE RED SHOES

BY HANS CHRISTIAN ANDERSEN
A NEW VERSION BY NANCY HARRIS

BOOK NOW
rsc.org.uk

This production is sponsored by **Paquell**

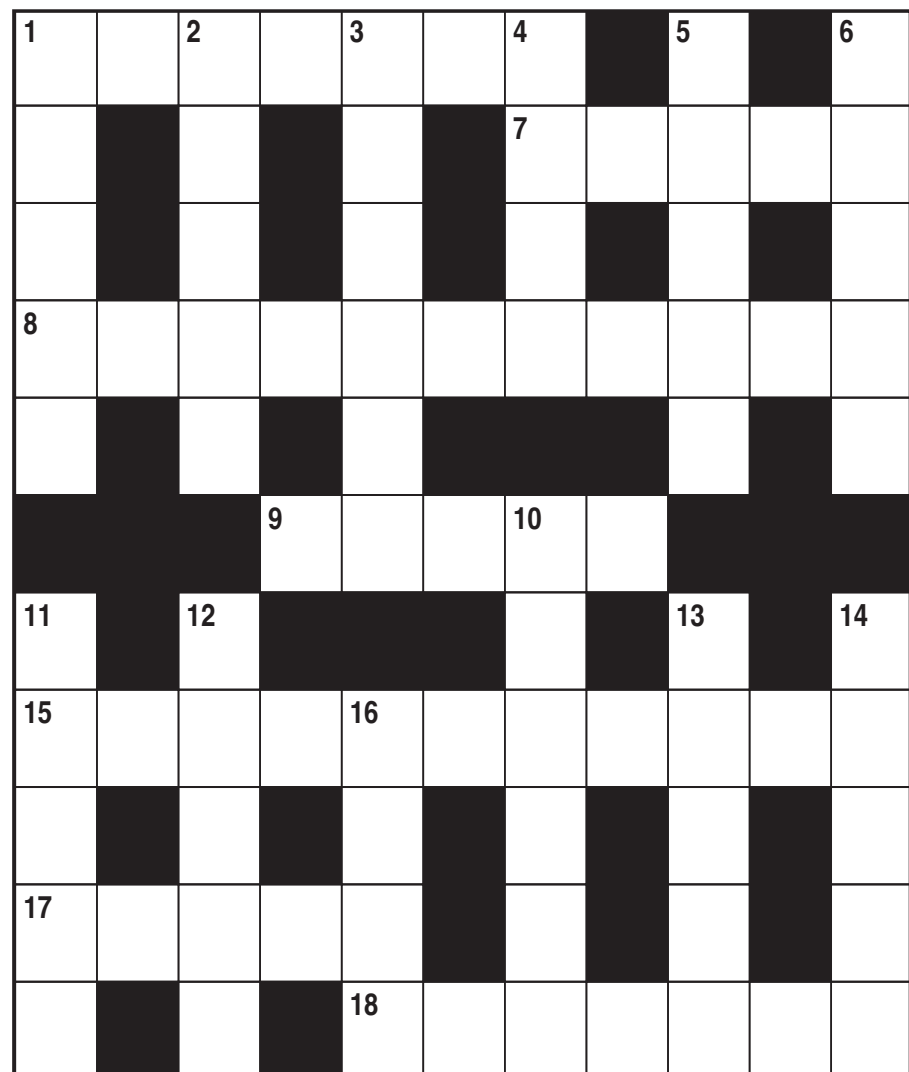
supported and published by **ARTS COUNCIL ENGLAND**

New Work at the RSC is generously supported by Hawthornden Foundation and The Drue and H.J. Heinz II Charitable Trust



CROSSWORD

CAN you solve our crossword puzzle using the clues below?



ACROSS

- 1 Hard to deal with (7)
- 7 Choose a politician for office (5)
- 8 London _____: transport by tube train (11)
- 9 A particular ability (5)
- 15 The natural world or ecosystem (11)
- 17 Country in southern Asia (5)
- 18 Animals such as mice and rats (7)

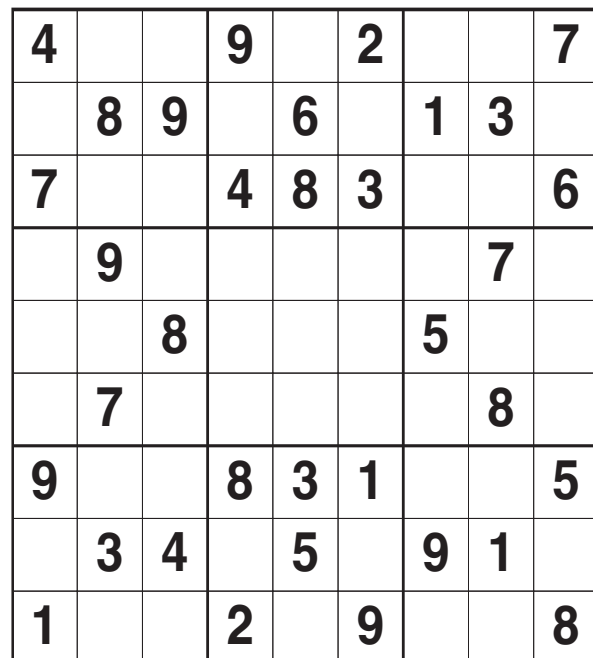
DOWN

- 1 Around (5)
- 2 Sorts (5)
- 3 Type of jacket (6)
- 4 Beloved (4)
- 5 Rise to one's feet (3,2)
- 6 Prepare for a test (5)
- 10 Joined or connected (6)
- 11 Deserve (5)
- 12 Escape or avoid (5)
- 13 Big round fruit with a sweet taste (5)
- 14 Objects in general (5)
- 16 Fierce sound of a lion (4)



Sudoku

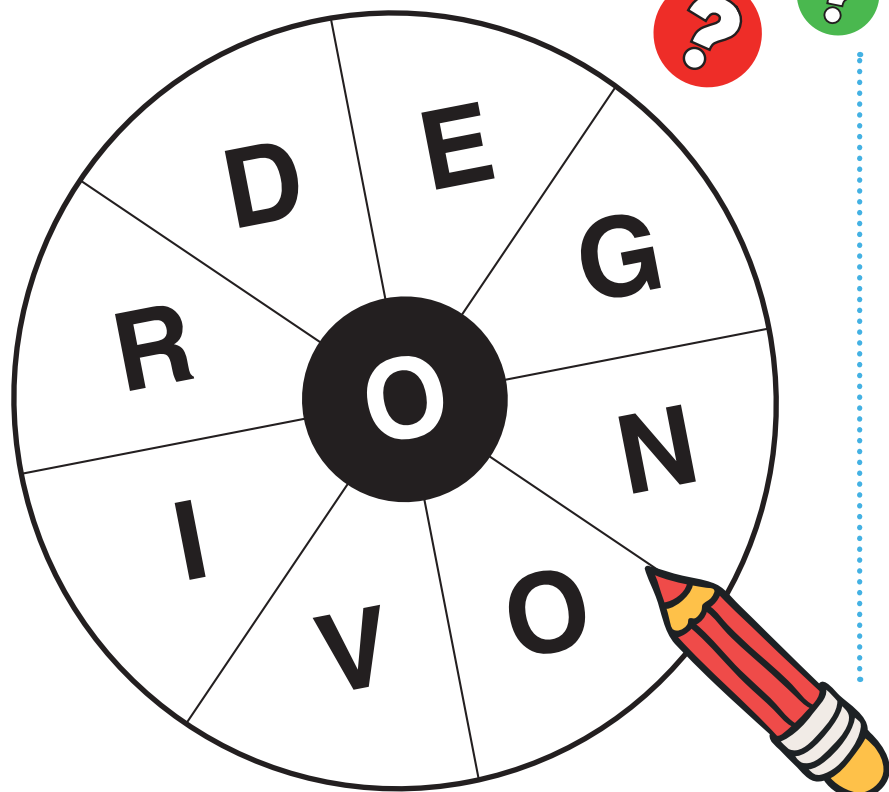
CAN you complete our sudoku puzzle, filling in the numbers one to nine?



COMPETITIONS: *First News* competitions are only open to those aged 15 and under and residents of the UK & Republic of Ireland, except employees of *First News*, First Group Enterprises Ltd, Reach plc and any associated companies and their families. Winners will be selected at random from all those with the correct answer. No purchase necessary. *First News* will not enter into any correspondence. All winners will be notified accordingly. If you are a winner, your details will be securely passed on to the person who is providing the prize so they can post it out to you. If you are contacted but don't reply within 28 days, we may offer the prize to another entrant. No cash alternative for any prizes will be offered. The winner may be required to partake in media activity relating to the competition. Your personal data will be held for a maximum of 12 months after the competition and then destroyed. It will not be used for any other purpose unless you have given us permission. If you would like your data deleted before this, please do get in touch with us. You have the right to complain to the ICO if you believe there is a problem with the way your data has been handled.

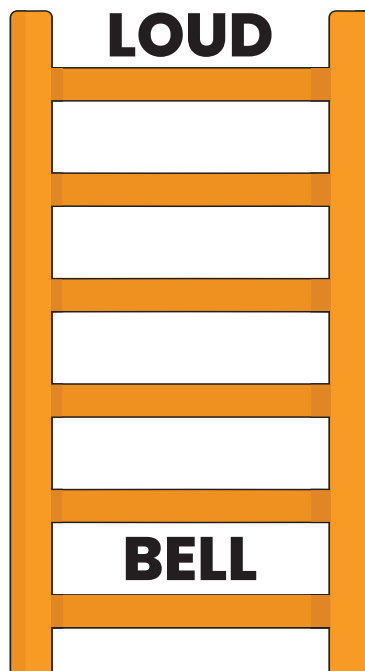
Word wheel

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



Word ladder

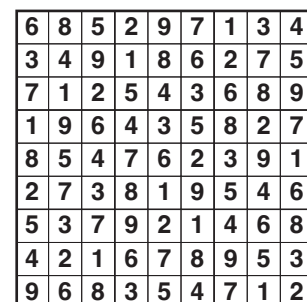
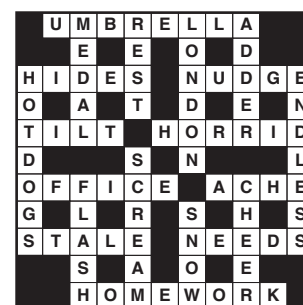
SEE if you can get from the top of the ladder to the bottom by changing one letter at a time to make a new word.



ISSUE 954 ANSWERS:

Word wheel: equalling.

Word ladder: wool, fool, foal, foam, form, farm.



Enjoying the puzzles? See the *First News* app for more fun, quizzes and games! This QR code should be scanned by a responsible adult.



LIZZIE'S WILD LIFE!

TV wildlife presenter Lizzie Daly on her new book

Fancy a swim?



Animal pics: iStock

HOW far do sharks travel for their holidays? Just how fierce are jaguar fights? And what giants lurk in the sea around the UK?

These questions and more are answered in *Life In The Wild*, the first children's book by TV presenter Lizzie Daly.

Lizzie has travelled the globe to see incredible places and study animals in the wild – and in her book, you get to go along for the ride! It follows the journey of ten real-life animals, in order to learn more about them and the planet that we share.



● **Hi, Lizzie! What's the best thing about your job?**

My favourite thing is that no matter what species we're filming or where we are, there's always something new and exciting to learn! Whether it's using new technology, or documenting blue whales feeding for the first time. There's yet to be a time where I come home and don't feel totally in awe and humbled by the natural world.

● **What's the coolest thing you've seen an animal do?**

On a dive at Wolf Rock, in Australia, we approached over 30 of these dark blobs in the water. It was a group of grey nurse sharks, all swimming together! A lot of them were pregnant females, slowly swimming to save energy. We swam right next to them for about an hour – very cool!

● **What about the rarest animal you've seen?**

One of the stand-outs is the ladybird spider – one of the

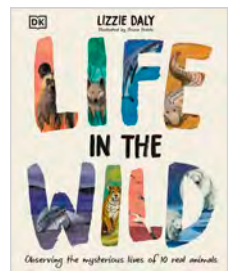
rarest spiders in the UK, with only 1,000 left in the wild. The males have this beautiful ladybird-like pattern on their back and the females are velvety blue. Just beautiful!

● **That sounds like a lot of spiders, but across the whole UK, it's not. What can we do to help endangered animals?**

Start by getting involved! If there's a species or organisation that you really love, why not help out as a volunteer, or fundraise for them by doing a fun challenge? Think about your daily habits – recycling, reusing and avoiding palm oil or farmed fish, like salmon, can really help in the long term. Finally, be a nature hero. Tell your friends about the species that you want to protect, and they may want to protect them too. The more who care, the more we can work together to protect our species.

● **What's your top wildlife-spotting tip?**

Be patient and take notice. You'd be surprised what you can see if you slow down your movements and stay as quiet as possible. Some of my favourite moments in the wild have been when the wildlife doesn't even know you're there – it can be magical!



Life In The Wild by Lizzie Daly is out now.

Recommended reads

in partnership with Peters



Black authors

LIKE many of you will be doing at school, we at *First News* are celebrating Black History Month – so this week, we've assembled a list of top reads from five fabulous black authors.



Beti and the Little Round House by Atinuke and illustrated by Emily Hughes

Escape into the green woods below the Welsh mountains and adventure with brave Beti and her best friends (and her cheeky goat, Naughty!).



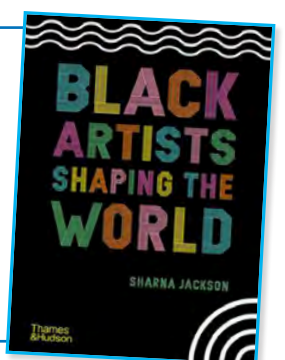
Stars With Flaming Tails by Valerie Bloom

If you're curious about the world, this poetry collection is for you. Valerie's poems will make you laugh, get you thinking and fill you with wonder.



Kofi and the Rap Battle Summer by Jeffrey Boakye

Kofi's hit the jackpot and is making money from his music-obsessed school. But staying out of trouble is not one of his talents...



Black Artists Shaping The World by Sharna Jackson

Calling all budding creatives! This celebration of 26 black artists around the globe will help to inspire your own art.



Onyeka and the Academy of the Sun by Tolá Okogwu

With her psychokinetic hair, Onyeka trains with other superpowered kids. But soon she's caught in an epic battle that puts them all at risk...

What's cooking!?



THE co-founder of healthy high-street fast-food chain Leon is hungry... to liven up your lunchbox!

Allegra McEvedy has written a cookbook for kids like you, filled with loads of fun, colourful dishes to try.

"There are so many bangers in there!" she tells *First News*. "I have supreme fondness for green egg fried rice and Delilah's Biscoff pudding, as it's the first recipe

my elder daughter made up from scratch. It's so obviously the workings of a child's mind – no grown-up could ever have come up with it!"

Allegra wants more kids to get into cooking. "It will stand you in good stead for your whole life," she explains. "Also, the clue's in the title – the industry needs more chefs!"

Chefs Wanted! by Allegra McEvedy is out on 8 October.

READER REVIEW

Kid Normal and the Shadow Machine

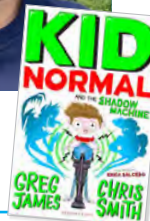
by Greg James and Chris Smith

THIS is the third in a fun-packed adventure series featuring a boy called Murph who goes to a superhero school with four friends: Mary, Nellie, Billy and Hilda.

All have special capabilities, except for Murph. They've joined the Heroes' Alliance, the strongest and most powerful army of superheroes, and help to fight a most feared villain called Magpie.

My favourite character is Nellie because she can control lightning, and my favourite part is when a teacher is called Electrician Bob because in the middle of a fake parents' evening he was found coming out of a cupboard! I'd recommend this series to anyone with a sense of humour and give it five stars.

Review by Josef Carter



★ WRITE US A BOOK REVIEW! ★

WHETHER it's fiction, non-fiction, a comic book or an audiobook, we'd love to hear about it! Simply send a review of 100–120 words, along with your name, age and, if you like, your photo (with your parents' permission) to bookreviews@firstnews.co.uk and we may pop it in the paper!



ONE YEAR ON: WHAT IS LIFE LIKE IN GAZA?

THIS week (7 October) marks one year since Hamas attacked Israel, starting a huge conflict which continues today. To mark the anniversary, we spoke to 15-year-old Maged about how life has changed for him living in Gaza.



MEET MAGED

Maged used to dream of becoming a professional footballer, but when war broke out in Gaza, his dream was shattered.

Many families have fled their homes to escape the bombing and live in tents, like Maged. Now, instead

of going to football practice after school, he spends his days queuing for water and food, both of which are in very short supply. The Palestinian Centre for Human Rights, funded by UK charity Christian Aid, is helping children including Maged. Here's what a typical day looks like for him now.

5am

I wake up in terror to the sound of explosions after another sleepless night. I used to rise to the call of the adhan [the Islamic call to prayer], my heart filled with peace. Now, all that's left is fear and uncertainty.

7:30am

For breakfast, I sometimes have a cup of tea or a thyme sandwich but usually it's not available. Before the war, it was a nutritious, fresh meal. Now, we eat what we can, unsure of what the day will bring.

9am

My favourite subjects in school are science and technology. Instead of heading to school, I stand in line for about two hours or more to get water. Schools have become unsafe shelters where bombs drop, ignoring international laws.



11am

We queue again, this time for food. The constant drone of planes overhead makes every step feel dangerous. For lunch, I eat lentils and canned peas. We eat whatever we can cook over firewood, but it's not the joyful meals we used to share. Providing water and food is a big challenge for me because I am responsible for my family in my father's absence.



1:30pm

I have a sister who is talented at drawing and four brothers. My siblings and I try to find a moment to play, but fear clings to us.



3pm

This was supposed to be the time for my football practice. I used to dream of playing professionally, but the war shattered that dream. My heart breaks when I see the fields where we used to play, now sites of devastation.

5pm

I miss my friends and family who are gone. I see the fear in my mother's eyes as she looks at us, silently praying for our safety.

7pm

As night falls, the streets empty out – so different from the lively evenings we used to enjoy.



9pm

We go to bed, exchanging anxious glances, not knowing if we'll see each other in the morning. My only wish is for the war to end, for our suffering to stop. I'm a Palestinian child, and I dream of freedom and peace. All we can do is pray and hope for a better tomorrow.

Find out more about the work of Christian Aid at www.christianaid.org.uk.

IN NEXT WEEK'S ISSUE!

WORLD FOOD DAY



TRANSFORMERS ONE



NEW PERCY JACKSON BOOK!





london transport museum

OCTOBER HALF TERM

Make a perfect poster inspired by London's transport

21-29 October

Puzzling Poster trail | Creative workshops
Puppet Theatre | Festive poster competition

KIDS GO FREE!

Book tickets now at ltmuseum.co.uk







MAYOR OF LONDON



MY NEWS: IT'S GOODBYE FROM ME!

HELLO! I'm Kaya, and as many of you know I have been the leader of the *First News FYI News Club* for the past six months.

I have absolutely loved hearing about all your brilliant stories and achievements. It has been a pleasure to feature so many inspiring young people.

Now Milly is back from her travels she will be heading up the News Club once again, and I will be joining a different part of the team in the *First News* family. So it's over and out from me, but I leave you in safe hands!

As always, keep writing and don't forget that if you ever have any stories you'd like us to feature in the paper, you can get a trusted adult to contact us via email at yournews@firstnews.co.uk.



Welcome back, Milly!



MEETING THE RHINOS



Saying hello to the rhinos

THIS summer, junior journalist James had the chance to go to Cotswold Wildlife Park. He learnt lots from the head keeper and got up close with the rhinos. Read on to find out what else he did!

by James Trevelyan Buckle



Cotswold Wildlife Park is a magical place, where I met head keeper Mark Godwin.

His baby rhinos Henry and Susie have milk teeth and ate poo to start their stomach fermentation so they can digest grass. Rhino stomachs are slow and they poo two or three times a day, but it doesn't smell... although they do have bad wind!

I met three-year-old Molly up close. She is covered with dry mud and dust to protect her skin from the sun and flies. Molly's ears are like sonar funnels, they twist around and pull back. Sound and smell are really important for rhinos, it's how they communicate and is more important than sight. Rhino horn is made of keratin, just like our fingernails, and some types of rhinos have two horns!

Mark explained how rhinos are explosive – they can sprint at 30mph [48km/h] but they can't run long distances.

I loved meeting Mark and the incredible gentle giant rhinos. I cannot wait to go back!

Helping to publish a book!

CARA recently had the chance to help create a new book called *We Can!* The book is a follow-up to *You Can!* by author Alexandra Strick. The new book involved getting young people involved in the development, writing and illustration. Find out more from Cara on what it was like to take part!

by Cara-Snow Bowyer

When a children's author came to visit our school a couple of years ago, little did we know we would end up writing a book together and getting it published!

When I was in Year 6, in 2022 our school invited children's author Alex Strick to visit and read her first book, *You Can!*, to us. I loved the book because it included everybody. Children of all races, genders, religions and disabilities were included in the book! I was surprised to find out that children had a lot to do with the messages in the book, as this is quite unusual.

Myself and five others from the school were lucky enough to be chosen to help write the next one, *We Can!* I was very happy as I want to be an author when I'm older, and I have from a young age.

We started meeting over Zoom calls every few weeks. We talked about the sort of world children want to live in and how we can all do small things to create that world. We got to look at the book together at different stages, and now it's getting published!

I think the most important message that we included was the fact that books can be for everybody. No matter what level you can read at, or what genre you like, there will always be one book that you love, just keep searching.

I am very excited to see the book on shelves and tell everybody I know. I cannot wait for publishing day, because I get to be there. And since I have moved house, I have to travel four hours each way! However, it's definitely worth it. Don't forget to keep reading, and you will find the book that you love!



Cara has helped to publish a book!

NEWS CLUB SHOUT-OUT!



A SPECIAL AUTHOR VISIT

Former student Oliver sharing his new book with the pupils



AUTHOR Oliver Sykes recently visited his old school to share with the students his new poetry book *We Are Family: Six Kids And A Super-Dad*. The students were very excited to hear about how a former pupil has achieved his dream of becoming an author!

by Robyn, Ava, Fay and Ewan

We had an exciting visit from former student Oliver Sykes. Since coming to school here, Oliver has achieved his wildest dream: to become an author, poet and performer.

Oliver was really kind and good natured, and his show was so entertaining and inclusive – he acted out his poems with actions and he got everyone to join in with words and lines from his poems. He was sharing his new book with us, called *We Are Family: Six Kids And A Super-Dad*. Oliver is a really good author and his poems and stories made us all laugh and giggle.

One of our favourite poems in the book was *I Hate Nettle Soup!* It is about when he and his family had no money so his dad made him and his five siblings eat nettle soup – he thought it was REVOLTING and we all agree that it does sound horrible. There was even a poem about cheesy armpits, which was when Oliver played a prank on one of his brothers!

Even though Oliver's mum left when he was young and he found reading tricky when he was at primary school, he has shown us all that with lots of hard work, practice, fun and energy, there is always light in the dark, and with his poetry he can put a smile on even the saddest people's faces.

It was really fun being able to meet a real-life author and poet. It makes you think that maybe one day you could do something like that too.

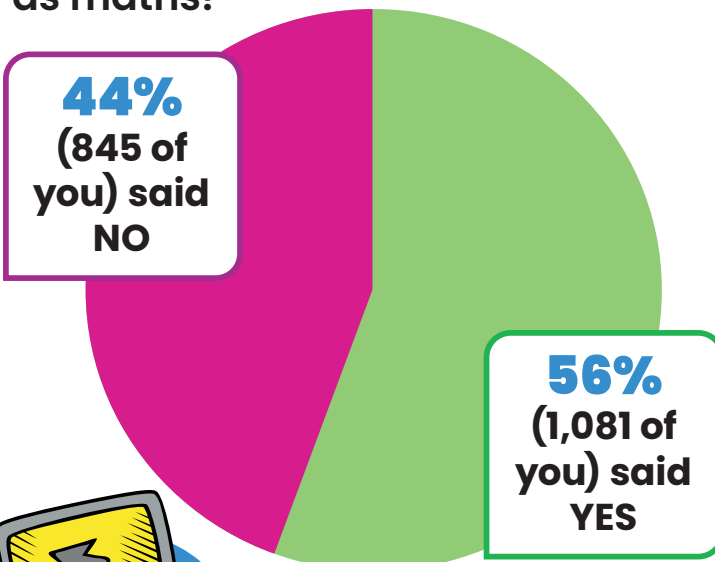
It was an amazing day and Oliver told us that he gets to travel all over the UK doing his shows at lots of different schools, so maybe one day you'll get to meet him and listen to his poems too.

JUNIOR JOURNALIST

THIS WEEK'S BIG QUESTION

We asked 1,926 of you...

Do you think music is as important as maths?



What do you think? Join in the conversation and cast your vote!

Vote at first.news/polls

Cycling all the way from Switzerland

AN impressive group of young people recently undertook an epic journey – cycling all the way from the Swiss Alps back to their school in Worcester in the UK. The journey took 22 days in total, and included sailing in a yacht across the English Channel. Gus tells us more about their incredible achievement.

by Gus Howat

● What were your biggest highlights?

I loved visiting Nevers (in France) on our day off – being able to switch off for a day and collect pastries after a lazy morning was incredibly refreshing. I also loved being on watch on the tall ship as it sailed into Portsmouth Harbour in the early hours of the morning, seeing the sunrise. It was nothing I'd ever experienced before.

● What were the challenges?

Cycling 100km on New Year's Eve in the freezing rain (one of our training sessions), through floods on a mountain bike, was one of the hardest cycle rides I've ever done. Also, being sick the night before we left and having to carry a sick bucket through the airport was far from the start I was hoping for. But, after a year of preparation there was no turning back.

● Was it what you expected?

To a large degree it was what I expected because we had prepared and trained for over a year with practice sessions, training camps and holiday cycling challenges. But, until you take part in a challenge such as cycling, paddling and sailing from Switzerland to the UK, you don't comprehend the magnitude of the challenge.



Gus cycled across Europe

JUNIOR JOURNALIST

CELEBRATING BLACK HISTORY MONTH!

We want to hear from you. What inspirational black figures would you like to recognise in the paper? How will you be celebrating black history and culture? Are you doing something to celebrate in school? Let us know to have the chance to be featured in the newspaper!

If you're interested, you can get a trusted adult to contact us via email at yournews@firstnews.co.uk.

THIS WEEK WE'RE GIVING SHOUT-OUTS TO...

St Teresa's Primary School, Holly Park Primary School, Knightsfield School, St Piran's School, Thurlstone Primary School, and Pebble Brook School!

Join the News Club!

You'll get amazing opportunities to get involved, and to have your school's name featured here in *First News*. Just get your teacher to head to first.news/fynewsclub to find out more.

WHERE DOES YOUR RUBBISH GO?

IN *FYI*, Scarlett heads to a recycling facility to find out what happens to our rubbish after we recycle it. She also shares some great tips for helping to recycle at home. Watch the full clip and more at [first.news/TV](https://www.first.news/TV).



HAVE you ever wondered what happens to your rubbish after you throw it in the recycling bin? This week on *FYI*, Scarlett heads to the Bywaters recycling facility in London to find out more about how our recycling is separated and sorted, and what happens to it next.

● **What happens to the recycling when it arrives?**

First, the rubbish is emptied out and shaken to separate it all, before being put on a conveyor belt. Next, it is sent through a series of clever machines. Polishing screens separate out items like card and paper from bigger items like plastic and metals.

● **Giving rubbish another life**

Around 78 million plastic bottles are processed at this recycling facility each year, so it's really important that all that rubbish gets reused and recycled. Around 96% of all the rubbish at the Bywaters plant is recycled

into new things for us to use. For example, recycled aluminium cans have so many uses – they can even end up being recycled into things like rockets that go to the International Space Station!

● **What can we do to help?**

Although it's possible to separate recycling in facilities like the one that Scarlett visits, it saves lots of energy if we can separate it at home first. But, lots of people still get confused about all the different bins. The new government told *FYI* that it is going to look at making recycling and packaging much simpler.

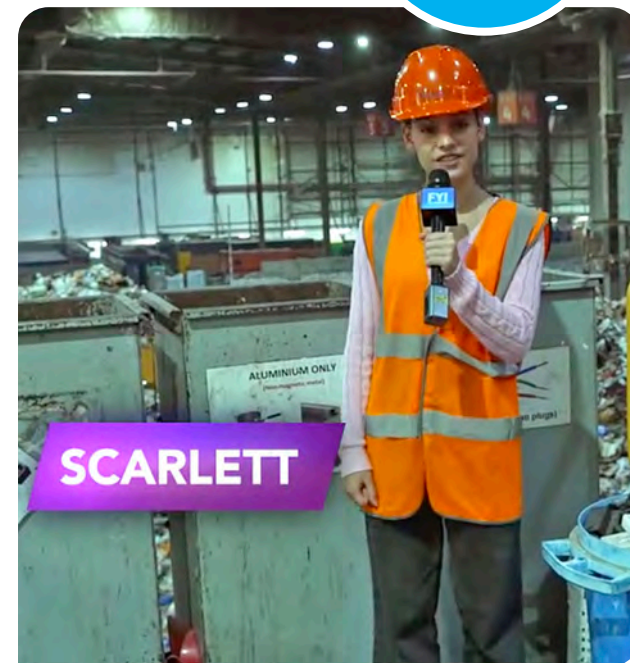
Do you always recycle?

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

To recycle better at home, Scarlett gives us three top tips:

- 1 Make sure that everything you recycle is clean, empty and dry.
- 2 Have a simple and easy system – like keeping a recycling box, bag or bin next to your normal rubbish bin.
- 3 If you're unsure about what you should and shouldn't recycle, you can look it up on your local council's website.

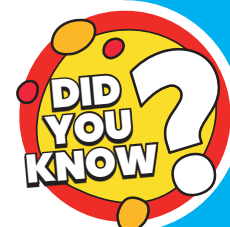
Watch the full clip at [first.news/TV](https://www.first.news/TV) to find out more rubbish facts!



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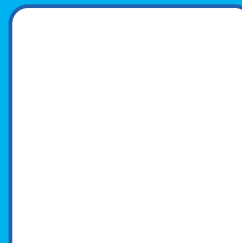
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FirstNews Quiz

THE answers to all these questions can be found in the pages of this issue. Why not set yourself, or your friends and family, a time challenge to see who can get the highest score in the quickest time? See how well you did by checking the answers at the bottom.

1 The University of York has unveiled a statue of what type of animal?



2 Which country's prime minister is celebrated in this new Albanian restaurant?



3 Is Mount Everest getting smaller or taller?



4 What new Guinness World Record was set at the Cream Cheese Festival in the US?

5 For its AI chatbot, Meta will be using the voices of which actors?



6 Maya Jama is replacing Rita Ora as one of the panellists on which TV show?



7 What treats does Lochel's Bakery make for each US presidential election?

8 What is the name of the hurricane that hit the US state of Florida?



9 A3 will be lighting up the UK skies this autumn. But what is A3?

10 Seedlings from which famous felled tree will be sent around the UK?



11 A new speedy train will take people from Paris all the way to which German city?

12 Scientists in China have discovered the world's oldest what?



13 What type of shark is this creature?



14 How many goals did Cole Palmer score in the first half for Chelsea against Brighton?

15 This tiny snail species has been born in the wild for the first time in how many years?



Answers:
1 A duck 2 Italy 3 It's getting taller 4 World's biggest cheesecake 5 Judi Dench and John Cena 6 The Masked Singer 7 Cookies 8 Hurricane Helene 9 A comet 10 Sycamore Gap tree 11 Berlin 12 Cheese 13 A ghost shark 14 Four 15 40 years

NEVER-ENDING STOREY!



Sarah Storey celebrates another world title. Inset: Cat Ferguson claims victory in the junior road race

DAME Sarah Storey took her 38th and 39th world titles as she dominated once again at the UCI Road and Para-cycling Road World Championships.

Storey started off with a win in the time trial, then completed her tenth double with victory in the road race. It comes just weeks after she did the same double at the Paralympics in Paris, so her opponents must be counting the days until the 46-year-old retires!

Team GB also has a future Olympic star to watch out for, after Cat Ferguson did the time trial and road race

double in the junior category.

The 18-year-old came second in the road race in Glasgow last year, so after taking gold this time round she said: "Crossing the finish line there was pure relief that I had done it, and I didn't have to feel the emotions I had last year."

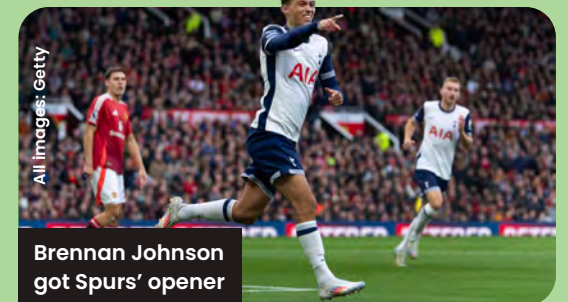
She's also pretty good in the velodrome too, and won two world titles at the Junior Track World Championships in China back in August. She won solo gold in the omnium and another in the team pursuit.

Braydon's on the ball



THE FYI presenter takes us through his pick of the week's top footie action.

Just three minutes into the game on Sunday and any pre-game optimism in the stands at Old Trafford had already gone. Tottenham tore into Man United from the very first kick and took a third-minute lead from Brennan Johnson that set the tone for a dominant first-half display. Spurs created several chances before a straight red card for United captain Bruno Fernandes ended any hopes United had of staying in the game, and second-half goals from Dejan Kulusevski and Dominic Solanke sealed a convincing win. Spurs now look up the table with some positivity, while United are closer to the bottom three than they are to the top four, and the pressure ramps up on Erik ten Hag. I think a change of manager will be happening at Old Trafford very soon.



Brennan Johnson got Spurs' opener

Brentford are without doubt the league's bright starters and again scored with less than a minute on the clock. Bryan Mbeumo was on the mark this week, before West Ham battled back from the early setback to take a point. The Bees become the first team in history to score in the opening minute in three consecutive Premier League games, but unfortunately they haven't managed to win any of them!

Centre Stage this week goes to Ipswich striker Liam Delap, who scored twice in the draw with Aston Villa. He spent last season on loan at Hull in the Championship and had a pretty average season, so his transfer to Ipswich was seen as a bit of a gamble. That seems to have paid off so far though, and he's become a key figure in the Blues' steady start. He was a handful for Villa's defenders last weekend, and if he can keep scoring, then Ipswich will have a good chance of staying up.

No goals for Erling Haaland this week for a change and Fulham ended Forest's unbeaten start with a 1-0 win in Nottingham. Only City and Arsenal now remain unbeaten after six games.

Looking ahead, Villa v Man United looks an interesting one and Chelsea will be looking to continue their strong form against Forest.

Braydon's Team of The Week: Everton. A first win of the season and relief at Goodison Park.

Braydon's Player of The Week: Liam Delap. The forward is becoming a firm favourite with the fans.

● Watch my weekly video on the *First News* app!



India's Virat Kohli smashes a few more runs

India's batsmen broke an incredible number of scoring records in their second Test against Bangladesh this week. The hosts seemed to forget they were playing Test cricket, and came out T20-style, smashing balls all over the place. They broke the records for the fastest team to reach 50, 100, 150, 200 and 250, and only needed three overs to reach 50. That's more than an over better than England's previous record, and India have never reached 50 inside the first 20 balls even in T20 or one-day cricket! India have already hit 96 sixes in their eight Test matches so far this year, which is the most in a calendar year, beating England's previous record of 89 from 2022.



Judd Trump has become only the third player in snooker history to rack up 1,000 centuries. Last week, John Higgins became the second, while the first player to do it, Ronnie O'Sullivan, is on 1,272 centuries. But Trump (above) is 13 years younger than The Rocket, so he could top the list in a few years' time



4 GOALS
were scored by Cole Palmer in Chelsea's 4-2 win over Brighton, making him the first player since the Premier League began in 1992-93 to score four in the first half of a match!



if your favourite team has ever been playing badly, spare a thought for fans of US baseball team the Chicago White Sox, who just broke the modern-day (since 1901) record by losing 121 games in a season!



The US team pose with the trophy

America's golfers celebrated a tenth straight win in the Presidents Cup, which sees the US men take on a team that's taken from the rest of the world except Europe (since the US already plays against Europe in the Ryder Cup). The US were leading 11-7 going into the final day's singles matches, but increased their lead further to win by 18½ to 11½.

Issue 955 | £2.95



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