

NEWS KIDS CAN TRUST

NEWSPAPER OF THE YEAR*



First News

2.6M READERS*

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NEWS SPORTS ENTERTAINMENT
INTERVIEWS PUZZLES COMPETITIONS



HELP OUR HEDGEHOGS

WHEN DID YOU LAST SEE A HEDGEHOG? THEIR NUMBERS ARE GOING DOWN SHARPLY

by editor-in-chief Nicky Cox MBE

THE number of hedgehogs has gone down so much that they have been put on the Red List as 'near threatened'.

Studies show that there are around a third (30%) fewer West European hedgehogs than there were ten years ago.

The IUCN (International Union for Conservation of Nature) Red List indicates how close a species is to becoming extinct. And it's bad news for hedgehogs as, without changes and with further declines, hedgehogs could become endangered. But, why are so many of the prickly creatures disappearing?

Experts at the IUCN say the building of new roads and buildings has affected the hedgehog's habitat, while being hit by cars, the use of pesticides and poorly managed gardens also continue to reduce their numbers.

How can we help them?

The Mammal Society is calling on people to help monitor hedgehogs by recording sightings through the Mammal Mapper app, and by joining up with other nature champions through local mammal groups.

Wildlife-friendly gardens can help hedgehogs do well. You can leave small gaps in fences to allow hedgehogs to

move about, reduce pesticide use and provide food and shelter by creating log piles or hedgehog houses. Perhaps you could do this in your school grounds, too?

Dylan Allman started a Be Hedgehog Aware campaign when he was 13. He says: "Everyone can take simple steps to make an impact in reversing the steep decline in hedgehog numbers, such as providing a shallow dish of water, creating a hedgehog highway and checking for nests before strimming."



Looking after hedgehogs around bonfire night: p9

INSIDE!

MEET THE KIDS SWAPPING THEIR PHONES FOR LONGER SCHOOL DAYS!



22



WHAT YOU TOLD US!

16

17

WHAT IS THE UK'S FASTEST-GROWING SPORT?

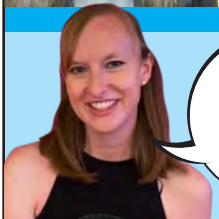
27

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MEET THE TEAM



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Nicky Cox



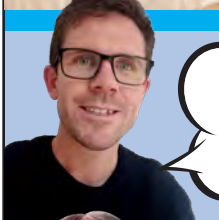
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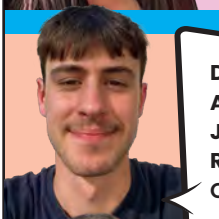
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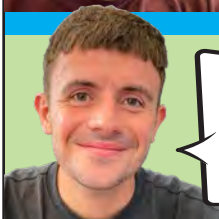
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HAVE YOU HEARD?

Snappy stories to get you talking!

UN issues warning on global climate plans



A wildfire in Loutro, Greece

The United Nations (UN) has issued a warning about global efforts to tackle climate change. The annual Synthesis Report reveals that plans right now would only cut harmful emissions by 2.6% by 2030, compared to 2019 levels. But this is far less than the 43% that the UN says is needed to avoid the worst impacts of climate change. The report says that "a dramatic step up in climate action and ambition" is needed as, without urgent action, climate change could severely damage economies and affect billions of lives worldwide.

Special education system failing, says report

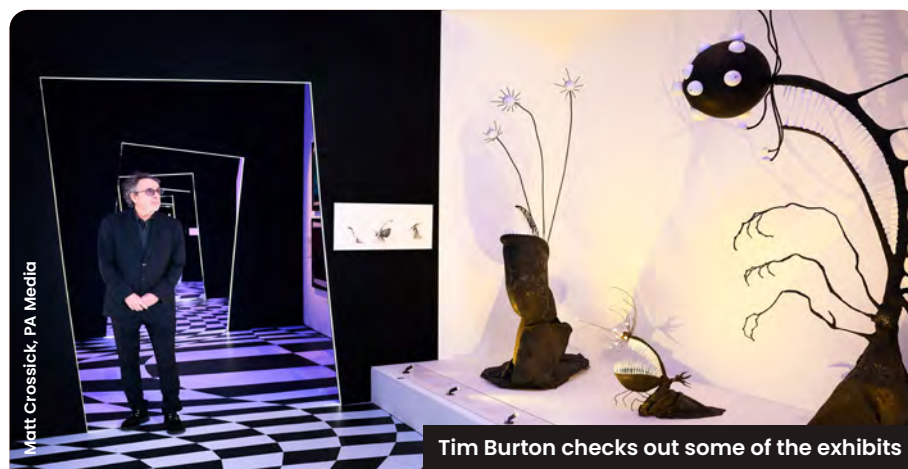


The National Audit Office (NAO) says the special educational needs (SEN) system in England isn't working. Despite funding rising 58% in ten years to £10.7 billion, the 1.9m children with special needs aren't getting better treatment. The NAO, which checks how government money is used, says families have lost trust in the system. It warns that many councils might run out of money because of overspending on special education. The NAO is asking the government to make urgent changes.



Woody

Woody, a detection dog on Rathlin Island, off the coast of Northern Ireland, is using his super-sniffing skills to save endangered seabirds like puffins. The Labrador works with his human handlers to find pesky rats and ferrets that have been causing trouble for the island's feathered residents. Thanks to Woody's work, nearly 100 ferrets have been removed from the island.



Tim Burton checks out some of the exhibits

Step into Tim Burton's world

The *World of Tim Burton* exhibition has arrived in the UK, for the final stop on its global tour. The fantastical exhibition showcases the film-maker's personal archives, including pieces from his films such as *Beetlejuice*, *Wednesday* and *Edward Scissorhands*. You can see it at London's Design Museum until April 2025.

THEY SAID THAT!

"It's like walking around in a weird, beautiful funhouse, which I love! It's like seeing your dirty laundry put on the walls or something. I can't overly look at it because it slightly overwhelms me."

– Tim Burton on his exhibition at the Design Museum in London.

Pencils at the ready for a futuristic railway competition



London North Eastern Railway (LNER) and the National Railway Museum are teaming up to spark young people's imagination about trains 200 years into the future, by launching two contests for different age groups. Children under 12 can create futuristic uniform designs, while those aged 12–17 can dream up the trains of tomorrow. Winners will get special prizes, including tailor-made uniforms and a ride in a train driver's cab. You can find out how to enter at www.lner.co.uk/about-us/rail200.

Horrible Histories to receive special BAFTA award



The children's TV series *Horrible Histories* is set to receive a special award from the British Academy of Film and Television Arts (BAFTA). The show, which mixes history and comedy, has been entertaining and educating viewers for 15 years. BAFTA is giving this award to recognise the show's positive impact on culture and society. It will be presented to Lion Television, the company that makes *Horrible Histories*, on 29 November.

Ethnic minorities at higher risk with Covid vaccine gap



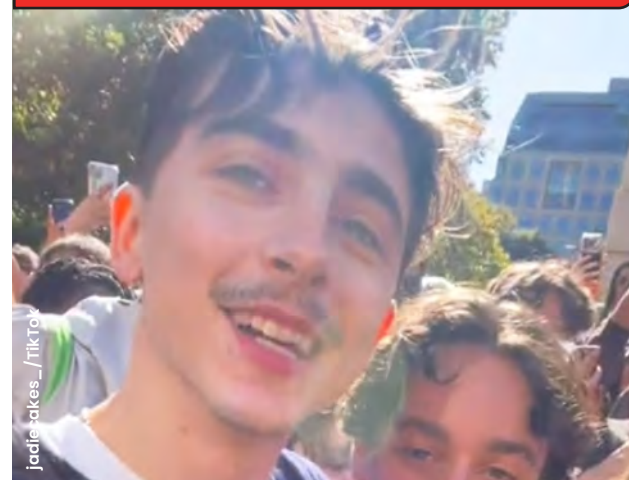
A study shows that people from ethnic minority groups in the UK are less likely to be fully vaccinated against Covid-19. Researchers found that, while about four out of ten (40%) white British people haven't had all their recommended shots, this number jumps to eight out of ten (80%) for some minority groups. This means that these communities might be at a higher risk of getting very sick from Covid-19. Scientists from Health Data Research UK looked at data from 67 million people across England, Scotland and Wales. They also plan to look into vaccine gaps for other conditions, like measles.

Cats may be word whizzes, says study

A new study suggests that cats might learn words faster than 14-month-old human babies! Scientists in Japan tested 31 cats using cartoon animations and voice recordings. The cats showed signs of confusion when the wrong words were paired with images, indicating they could link words to pictures. Researcher Saho Takagi was surprised by the results, saying: "Cats pay attention to what we say in everyday life – and try to understand us – more than we realise."



Timothée Chalamet gate-crashes lookalike event



Actor Timothée Chalamet shocked fans by showing up at his own lookalike contest in New York, USA. The event, which drew hundreds of people, was cut short by police, who called it unplanned. Chalamet sneaked in wearing a mask and hat, causing a wave of excitement when he finally revealed himself.

Fertility rate in England drops to record low



New government figures reveal the number of babies born in England and Wales has fallen to its lowest level since 1977. Experts say this drop is most noticeable among women in their 20s. On average, women are now having 1.44 children each (the fertility rate), the lowest it's been since records began in 1938. The study said reasons for the fall include the high cost of housing and childcare.



Speedy reading!

Researchers at New York University have found that we can read three-word messages (like texts or WhatsApps) in just 150 milliseconds – quicker than it takes to blink! The team measured brain activity while people read short sentences, and discovered that our brains process these messages as fast as we recognise pictures. Experts say the research could help improve the design of road signs, social media, and even advertisements. It shows that our brains are much quicker at understanding language than we previously thought.

Junior runs smash record

More than a million children took part in junior parkruns across the UK in the last 12 months, marking the biggest year ever. The free 2km runs are aimed at four to 14-year-olds. The huge increase in participation came after a £1.19 million donation from the London Marathon Foundation, which helped start 51 new events, mainly in areas where fewer kids exercise regularly.



● NOVEMBER

MONTH OF NOVEMBER

The annual charity event sees people grow moustaches throughout the month to raise funds and awareness for men's health.

● GUY FAWKES NIGHT 5 NOVEMBER

Guy Fawkes Night, or Bonfire Night, is an annual event. Lots of people celebrate with fireworks because the day remembers the Gunpowder Plot from 5 November 1605, when Guy Fawkes and several others tried to blow up parliament and King James I.



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



CLIMATE RISK TO HUMANS WORLDWIDE

All pics: Getty

ALL of the world's 195 countries are feeling the heat of the climate crisis – and the risk to people's health has never been higher.

That's the verdict of experts in a big new report on climate change in science journal *The Lancet*.

They say that 2023 was the hottest year on record. As a result:

- The average person experienced a record-breaking 1,512 hours of health-threatening temperatures.
- Heat-related deaths in people aged over 65 have more than doubled since the 1990s.
- Around 151 million more people than between 1981 and 2010 are without reliable access to food.

The changing climate has also prevented some people from doing their jobs, which is bad news for global finances.

On top of this, a report from the UN's Environment Programme says that the release of greenhouse gases is at an all-time high.

Greenhouse gases trap heat and warm the planet's surface. They come from burning fossil fuels like oil and coal, clearing trees and farming livestock.

The UN's Secretary-General, António Guterres, has warned world leaders that, unless they take urgent action to cut emissions by more than half over the next ten years, the planet will "plunge headlong into climate disaster, with the poorest and most vulnerable suffering the most."

The good news, says the UN, is that we have the power to stop this.

HALF

(48%) of the world experienced extreme drought in 2023.



Super-rich lifestyles cost the climate

FIFTY of the world's billionaires take less than three hours to create as much carbon as the average Brit does in their entire lifetime.

That's what new data from Oxfam has shown. The charity wants the super-rich to pay more in taxes to cover the harm that their glitzy lifestyles cause to the planet.

This includes flying in private jets and sailing on private yachts.

The extra tax money would go to fund projects to fix the climate crisis.

The UK is on the case!

THE UK's Climate Change Committee (CCC) has set out an "ambitious" but "deliverable" plan to slash our greenhouse gases – and create new jobs.

In a letter to the government, its plan involves directing more money and effort towards climate projects, as well as planting more trees and speeding up the switch to electric vehicles. It says that the UK can be a world leader in fixing the climate, starting with action at home.



6

Six UK towns and cities (Leeds, Plymouth, Bristol, Stockport, Sheffield and London) have been given government funding to create 'heat networks'. They'll use the heat generated by local factories and data centres to warm nearby homes and businesses, saving money and the planet!

Disposable vapes banned next year

DISPOSABLE vapes, which are only used once before being thrown away, will be banned in Britain from June next year.

Ministers say the ban will protect the environment, because disposable vapes are hard to recycle and their batteries can harm soil and even start fires. Mary Creagh, a minister in charge of reducing waste, said that they're "extremely wasteful and blight [spoil] our towns and cities".

Scotland was due to ban them in April, but has moved the date back to June – seven months from now – to tie in with England and Wales.

The ban is also designed to protect children's health, even though it's already illegal to sell vapes to anyone under 18.



THE UK threw away roughly five million disposable vapes every single week in 2023

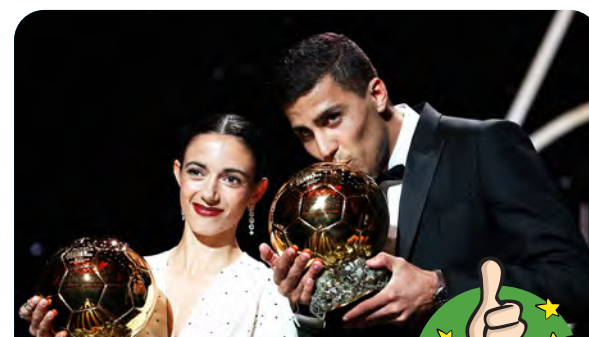
EDITOR'S COMMENT



Nicky Cox MBE

ONE in four UK mammals are threatened with extinction, with many others in decline.

In this week's *First News* we're focusing on hedgehogs, who need particular care at this time of year. Turn to page 9 to see how Bonfire Night can be a dangerous time to be a hedgehog – and what you can do to keep them safe. Hedgehogs are a species that helps us to tell if the environment is healthy more widely, as they feed on a variety of soil invertebrates. A decline in hedgehogs indicates a decline in the health of the ecosystem as a whole. Look out next week for our new film with tips to help save nature.



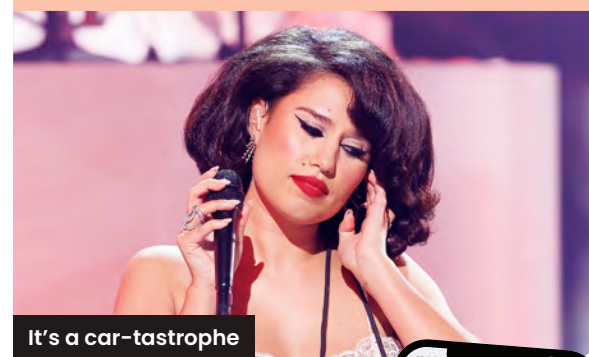
Spanish footballers

GOOD WEEK

A SPANISH duo scooped the Ballon d'Or awards, given to the world's best male and female footballers. The prizes went to Man City's Rodri and Barcelona's Aitana Bonmatí at a star-studded ceremony in Paris. Vamos, guys!

Raye

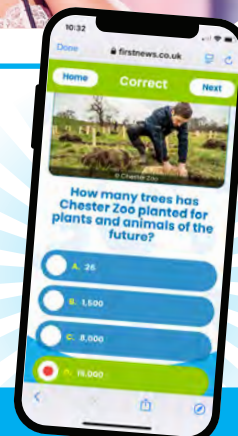
SINGING superstar Raye has lost all her songwriting books, which were filled with music that she'd written for her next album! She'd left the books in her car, but told her social media followers that her car had been stolen. "No second album any time soon," she posted.



It's a car-tastrophe

CHECK OUT OUR NEW WEEKLY QUIZ!

Test yourself on this week's news with our new quiz, included with every 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.

**Grey plover**Was: Least concern
NOW: **VULNERABLE****Curlew sandpiper**Was: Near threatened
NOW: **VULNERABLE****Dunlin**Was: Least concern
NOW: **NEAR THREATENED****Turnstone**Was: Least concern
NOW: **NEAR THREATENED**

SHOREBIRDS IN DANGER

SCIENTISTS have revealed that four species of UK shorebirds are at increasing risk of extinction.

The International Union for Conservation of Nature (IUCN) is in charge of ranking how endangered different animals are. Its latest update shows that four coast-loving, migrating birds – grey plovers, dunlins, turnstones and curlew sandpipers – have all slipped deeper into trouble. The number of curlew sandpipers in the world has dropped by nearly a third in 20 years.

The UK's shores and estuaries are important stops for millions of migrating birds, giving them

the chance to have a much-needed rest.

Globally, 16 species of shorebird have become more at risk, says the IUCN. Dr Guy Anderson, an expert at the RSPB, said: "Migratory birds... are a key indicator of the health of the planet. It's extremely concerning to see these declines."

The IUCN's first Global Tree Assessment also found that 38% of Earth's trees are at risk. "The number of threatened trees is more than double the number of all threatened birds, mammals, reptiles and amphibians combined," it says. "Tree species are at risk in 192 countries".

THE IUCN RED LIST

How species survival is measured

LEAST CONCERN
The species is doing okay

NEAR THREATENED
The species may soon be at risk

VULNERABLE
The species is at high risk of extinction in the wild

ENDANGERED
At very high risk

CRITICALLY ENDANGERED
At extreme risk

EXTINCT IN THE WILD
Only survives in zoos

EXTINCT
The species no longer exists

Should phones be used in lessons?

A YEAR 7 girl came home from her school crying because she didn't have a mobile phone to use in class, her mum says.

In some classes, pupils at Whitchurch High School in Cardiff are asked to use their phones to help them learn. Celeste Lewis told the BBC that she now feels guilty that her daughter Ava doesn't have a phone like the rest of her classmates.

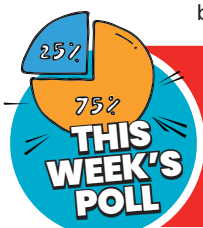
In England, the government tells schools to ban phones from classrooms, but in Wales, they're allowed to be used "to support learning".

Ava's friends started getting phones in primary school. "In Year 6, I'd say every single kid in her class had a smartphone

except for her," said Celeste. She chose not to buy Ava one to protect her mental health.

She said that Whitchurch High had been "really kind" by offering Ava a laptop in lessons, but she doesn't think phones should be used in class.

Each school in Wales has its own rules. Whitchurch High says that it "educates students on acceptable and appropriate use" – but other schools in the same area have banned phones altogether.



Do you think you should be able to use phones in class to learn?

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



Some Welsh schools let pupils use their phones to learn



A Ukrainian mother and son

UKRAINE FEELS THE STRAIN

Population plummets after ten tough years

THE population of Ukraine has fallen by ten million people in the ten years that it's been at war with Russia, the United Nations (UN) says.

Russia launched a huge invasion of Ukraine in February 2022, but the countries have actually been fighting since 2014, when Russia took over a part of Ukraine called Crimea.

At the time, Ukraine's population was 45 million but, today, it stands at just 35 million.

Tens of thousands of Ukrainians have been killed in the war, while millions more have been forced to leave, either because their homes have been destroyed or it's too dangerous to stay.

Ukraine also has the lowest birth rate in Europe, with just one child born per woman.

The country has developed a plan to fix its population problem, but the UN says that it hinges on the return of peace for the people of Ukraine.

Ukraine's drop in population

2014: The war with Russia begins.

Population: 45m

2022: Russia launches its full invasion.

Population: 43m

2024: The situation today.

Population: 35m. More than 6.7m Ukrainians are refugees now.

Animals get giddy on fruits, say scientists



Go easy on that stuff!

RESEARCHERS say that animals very often consume alcohol in the wild.

This is because ethanol, a type of alcohol, can be found in the fruit and nectar eaten by animals in almost every ecosystem in the world.

"It's much more abundant [common] in the natural world than we previously thought," said Kimberley Hockings, an ecologist at the University of Exeter. "Most animals that eat sugary fruits are going to be exposed to some level of ethanol."

These alcohol-rich fruits are more common and ripen all year round in moist, tropical environments.

Ethanol contains useful calories and can keep parasites at bay – but scientists aren't sure whether animals choose to get drunk on purpose.

"It's not advantageous [helpful] to be inebriated [drunk] as you're climbing around in the trees or surrounded by predators at night!" said Matthew Carrigan at the College of Central Florida.



Go, science!

CLEVER researchers have created a vaccine for norovirus for the very first time.

Norovirus is a winter bug that causes vomiting and diarrhoea and infects four million people each year in the UK.

Most outbreaks happen in care homes, but it can affect people of all ages, and can keep children off school for a short time.

The NHS will give the vaccine a test run on 2,500 mostly old people this winter. If all goes well, it could then be tested on kids before becoming available to all in 2026.



Giza, Egypt



THE fourth edition of the *Forever Is Now* art exhibition sits among the famous pyramids of Giza. Created by artist Ik-Joong Kang, *Four Temples* is one of 12 pieces of work on display. It explores the dreams of people worldwide and features drawings from children who are experiencing difficulties. Inset L-R: *The Race* by Khaled Zaki represents ancient Egyptian chariots; *Padma/Pulse and Bloom* by Shilo Shiv Suleman visualises visitors' heartbeats through flowers.

Huzhou, China



PACK your holiday trunks! This jumbo-sized, elephant-shaped hotel is under construction and will stand 180 metres tall when it's finished.

Guinobatan, Philippines



A CAR is buried by volcanic ash that was carried into a village by heavy rains. More than 100 people have died, with thousands more being evacuated.

Liverpool, UK



A PIECE called *Bunch of Tulips* lights up the waterfront. It's one of 12 installations that make up the *River of Light* trail, a free event that's on until 5 November.

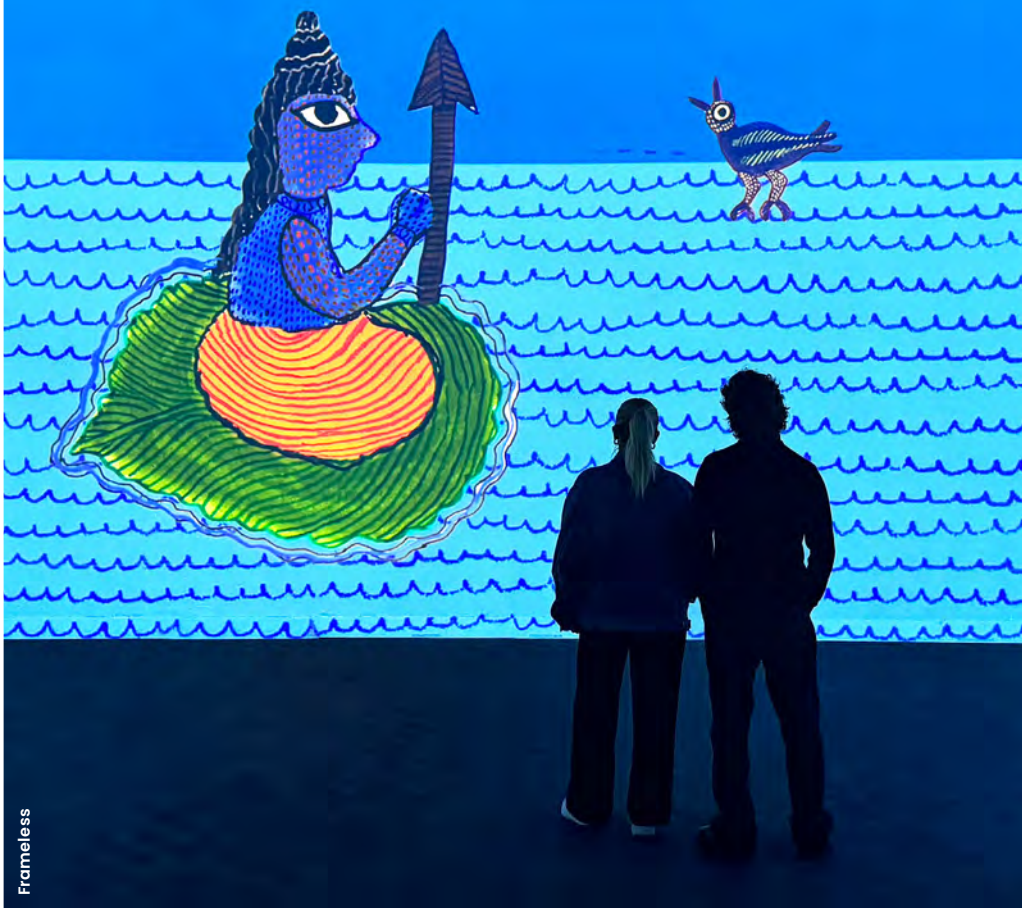
Cali, Colombia



STILT walkers perform during a parade at the COP16 biodiversity summit.



London, UK



NEW artworks at the Frameless art experience explore how we deal with complex emotions. The *Imagined Realities* show is an immersive journey that claims to help visitors to understand the world around us better. It runs for the next three months.

Hangzhou, China



PEOPLE walk through one of 100 new tunnels of light that form part of the Qiandao Lake Tunnel Art Museum.



Trabzon, Turkey

COWS wear colourful decorations for the annual highland migration as the cold weather arrives.

Love reading

FirstNews?

There's even more on the *First News* app!

DAILY NEWS

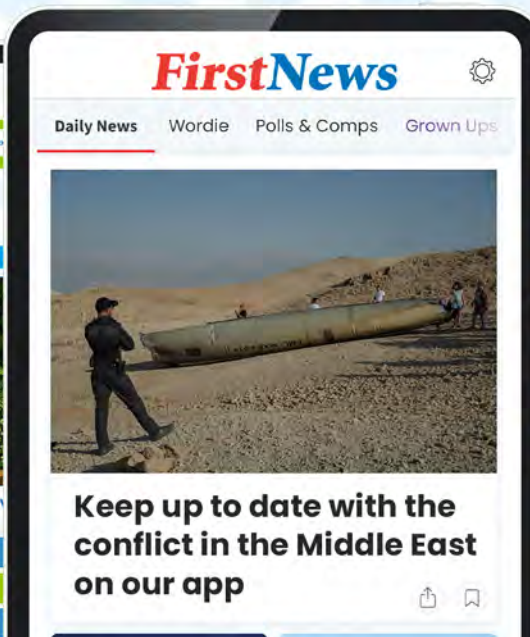
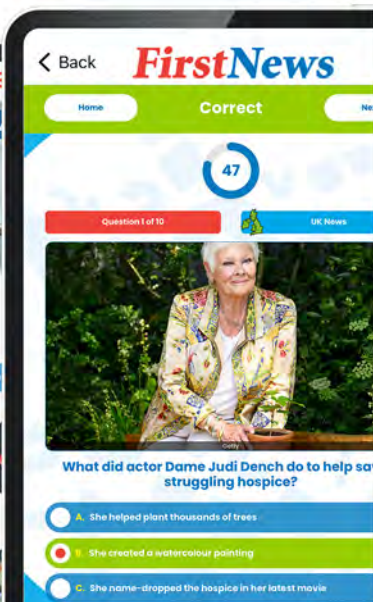
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AWESOME PUZZLES

WATCH SKY FYI

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VIDEOS



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App Store

Google Play



GLASGOW

Making leaps and sounds

Scottish Young Musicians, the festival of music competitions, is returning to help thousands of young people across the country get in tune. Competitions are open to both solo and group performers of all ages and backgrounds. New to 2024 is the chance to compete in a live final with an ensemble. The Junior Solo Performer of the Year is back too, giving the country's youngest musicians experience of performing in front of an audience. Parents and pupils can find out more through their school music teacher. National finals will take place at the Royal Conservatoire of Scotland in Glasgow on 25 May 2025.



One of last year's performances

ORKNEY

Boost for birds

Several threatened bird species are recovering, as a project to remove stoats reaches its final stage. Stoats, first recorded on the Orkney Islands in 2010, are an invasive species that hunt the diverse wildlife there. The rise in their numbers led to the creation of the Orkney Native Wildlife Project. Four years after its launch, the outlook is positive, as signs of activity indicate that vulnerable birds are back. These include the hen harrier, a bird of prey that used to thrive on Orkney. More birds are building their nests successfully, which is helping to boost populations again, and numbers of voles are also on the up.



A hen harrier

LEEDS



Ash dieback causes leaves to get darker and eventually die

Tree leaves diseased

More than 500 ash trees are to be felled by Leeds City Council after being infected with a fatal disease. Ash dieback, caused by a fungus that kills leaves, has been harming ash trees across Europe for 30 years. The Woodland Trust now says it could kill up to eight out of ten ash trees across the UK. Each felled tree will be replaced with five new ones, which will be planted as close as possible to the original ashes. The council plans to plant nearly 2,700 new trees, saying it regularly checks on the health of its tree population.

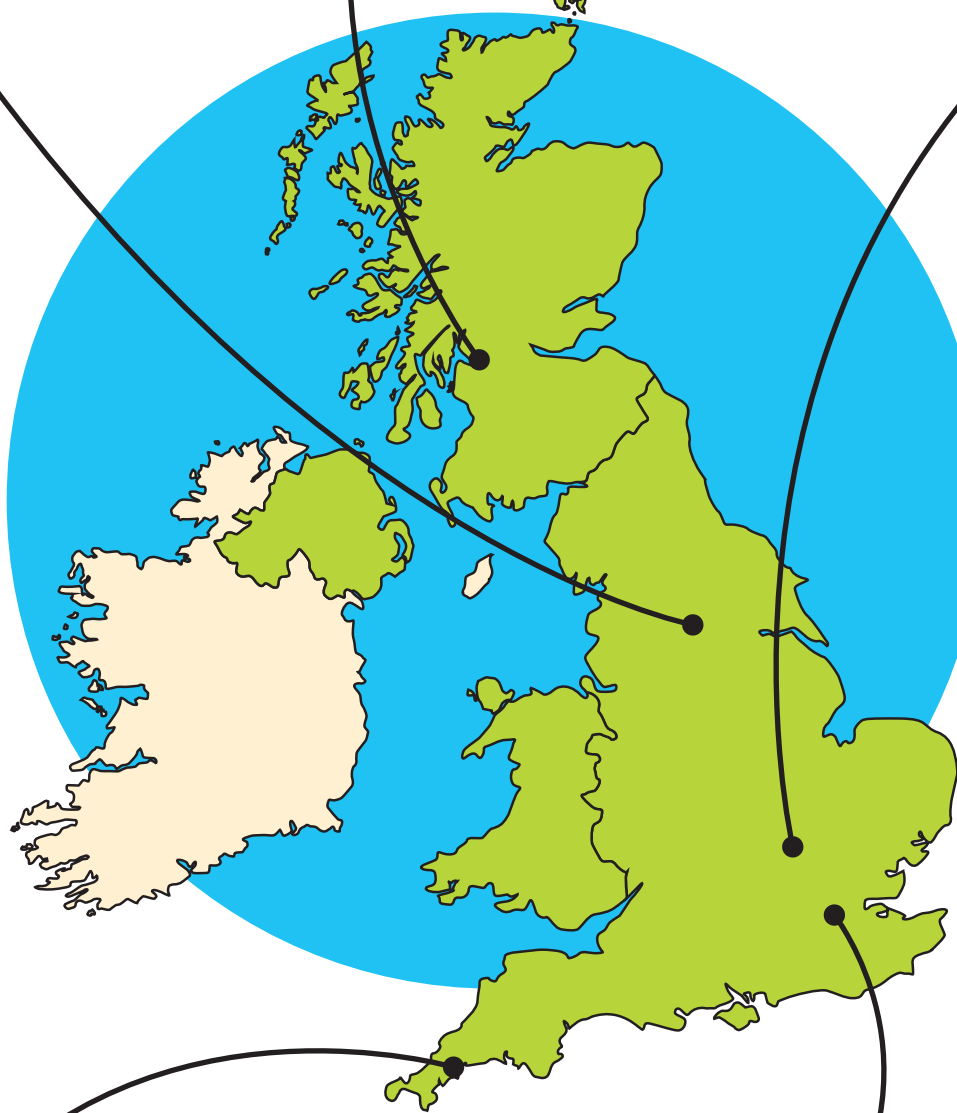
WOBURN

Birth of baby bongo

Woburn Safari Park is celebrating the birth of a critically endangered eastern mountain bongo. It's the first time a bongo calf has been born at the Bedfordshire Park in more than ten years. First-time mum Othaya welcomed the calf, who was seen soon standing on wobbly legs after a long labour. With only around 100 mountain bongos left in the wild, this new arrival helps preserve the species' future. The calf is already charming the keepers with his huge ears and curious nature, bonding closely with his mum and growing strong!



Watch the cute bongo's first steps on the *First News* app!



CORNWALL

Boo-tiful pumpkin display

More than 580 pumpkins are on display in an enchanting labyrinth at the Eden Project. They were grown by people from the charity's horticulture programme, which aims to improve mental and physical wellbeing by connecting people with nature and learning new skills. The display takes place until 3 November. You may be asking: 'What do you do with 580 pumpkins when Halloween is over?' Well, you definitely don't waste them! These ones will be returned to the people who grew them, so they don't go to waste. For example, you can cook pumpkins into a hearty soup, make a pie, or compost them.



Emily Whitfield-Wicks

LONDON

Pair of macaws found safe and sound

Two endangered blue-throated macaws have been returned to London Zoo after they flew all the way to Cambridgeshire. The birds, named Lily and Margot, flew 60 miles (97km) and were spotted resting in the trees by a footpath in Brampton. When zoo staff arrived, Lily and Margot happily flew onto their keepers' arms! They were treated to their favourite snacks of pumpkin seeds, pecans and walnuts, and are resting in quarantine now (kept separate while their health is checked) before rejoining their parents, Popeye and Ollie.



Lily and Margot's vibrant colours helped people to spot them



HELP HEDGEHOGS THIS SEASON



AS Bonfire Night (5 November) approaches, the British Hedgehog Preservation Society (BHPS) is asking people to take extra care of the spiky animals.

Hedgehogs often mistake bonfires for inviting homes, not knowing how dangerous they are. The BHPS suggests three easy steps to ensure hedgehogs' safety this season:

1. Stop and think if a bonfire is necessary.
2. If going ahead with it, move the pile on the day of lighting.
3. Check for animals before starting the fire.

The society says if a hedgehog is found, gently place it in a box with some nesting material, and release it once the bonfire is over.

By following these simple steps, we can all enjoy Bonfire Night while protecting wildlife at the same time.

As you'll have read on our cover, hedgehogs are now listed as near threatened, which is an extra reason to keep them in mind if you're having a bonfire. Although, since burning wood creates huge amounts of air pollution, not having a bonfire at all is better for us too!

Jaguars take centre stage



THE United Nations (UN) Biodiversity Conference in Colombia is shining a spotlight on jaguars, the largest cats in the Americas (North and South America).

These spotted animals are in trouble as they have lost over half of their territory. They are often killed for their coats, and their habitats are being destroyed.

The COP16 meeting aims to raise money for conservation causes, including jaguar protection. The Wildlife Conservation Society (WCS) says that we have to live peacefully with these big cats, and involve local communities in conservation efforts.

WCS experts say that saving jaguars isn't just about the cats – it's about protecting forests, fighting climate change and preserving other wildlife, too.

Wildlife thrives in Cambodia's mountains

SCIENTISTS have made an exciting discovery in Cambodia's Central Cardamom Mountains, which has been hiding a thriving hub of nature!

Using special hidden cameras, they spotted 108 different animal species, including 23 that are at risk. The cameras took 55,000 videos and 22,000 pictures of elephants, clouded leopards, bears, wild dogs called dholes, and more.

The mountains are facing threats from illegal tree-cutting, poaching and overfishing. The report says that conservation of this area is vital for protecting its wildlife, as it's home to many animals that are in danger of disappearing forever.



An Asian elephant captured on a hidden camera



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...

BLUE MARLIN



HABITAT:

Tropical and mild waters of the Atlantic, Pacific and Indian Oceans.

FUN FACTS:

- Blue marlins have spear-shaped upper jaws to slash at shoals of fish to stun them. Then, they can tuck in and eat!
- They're unusual because they can change colour when excited or when hunting.

SPECIAL SUPERPOWER:

They're among the largest and fastest fish in the ocean. They can grow 4.3m (14ft) long and can reach speeds of over 50mph (80km/h)!

CONSERVATION STATUS:

Vulnerable, says the International Union for Conservation of Nature.



Aneeshwar's blue marlin 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. You can view the gallery by asking a responsible adult to scan this QR code!





LET'S TALK MONEY!

IT'S TALK MONEY WEEK 4 – 8 NOVEMBER

TALKING about money with your family and friends shouldn't be a forbidden subject, and the more you understand about money now, the better prepared you'll be in the future.

Ask an adult at home to help you start thinking about money and how to manage it, including saving and setting up a bank account. Here are some top tips from the Money and Pensions Service.

1. KNOW THE IMPORTANCE OF SAVING

If you start to save your money, rather than spending it as soon as you get it, you might be able to afford things you otherwise wouldn't have been able to. One thing you could do with the help of a parent or guardian is to set yourself a savings challenge.

A savings challenge is a great way to help you save money by setting a goal and following a plan. This could be putting away some money per week or month until you hit your goal. Maybe there's a particular game



or pair of trainers you've got your eye on? See if you can start saving now and make enough money to buy them in time. Being able to use your own money to buy things is very rewarding.

Make sure to be strict with yourself and monitor your progress to keep yourself on track – this is where a parent or guardian can be especially helpful!

2. LEARN THE VALUE OF MONEY

Money doesn't grow on trees (unfortunately for us!) and, as you get older, you'll need to work to earn money for things like clothes, food shopping and household bills.

Your parents might already pay you for doing some chores around the house, which is a great way to start learning about the value of money and start saving.

Whether you get pocket money or not, you can still ask your parent or carer to talk to you about the cost of things around the house, such as food or games, so



that you have a better idea. For example, did you know the average pint of milk costs 85p?

3. UNDERSTAND HOW TO KEEP MONEY SAFE

Make sure that as you learn about money, you also learn how to keep it safe.

Whether that's using a safe money box or a digital bank account, make sure you know where your money is, how to access it and how to budget and spend it.

If you do start by using an online bank account, be aware of online scams or gaming sites that encourage you to spend money within the game. Always talk to your parents or guardians if you're unsure. The best way to set up an online account is by going into a bank and asking them what options are available to



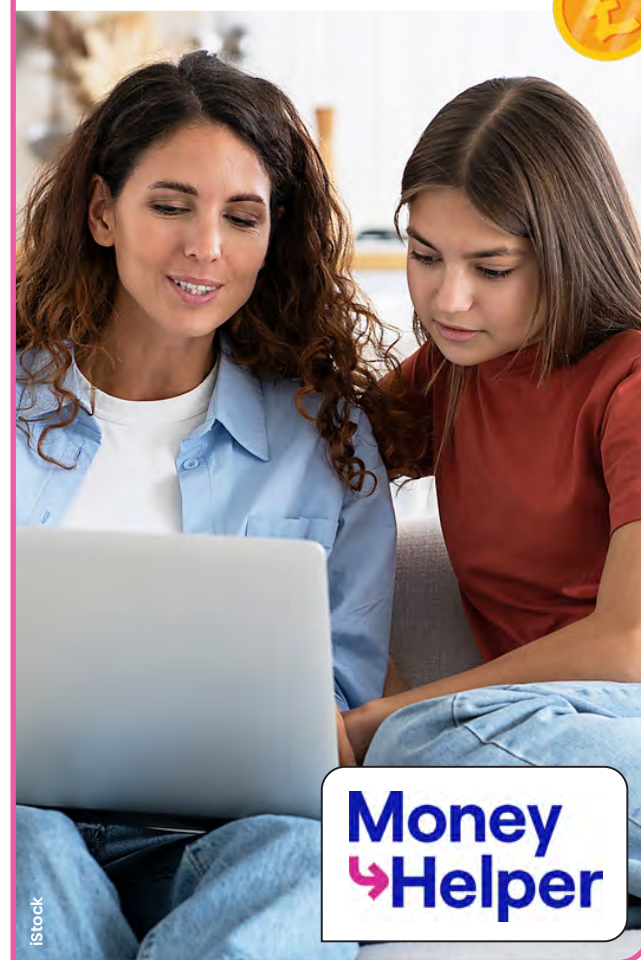
young people. They'll be able to explain what different accounts do and how to use them, as well as help you make the right choice.

4. TALK WITH AN ADULT OR TEACHER

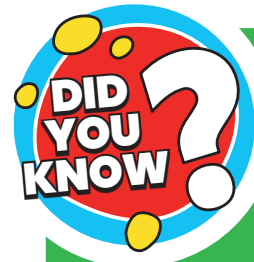
The best way to learn about money is to ask a trusted adult, whether that be a parent, carer or teacher. You can discuss all sorts of topics, including savings, debt (spending more money than you have) and loans (borrowing money).

The adults at home can discover fun money activities that will help everyone learn more about money on the MoneyHelper website.

Visit [MoneyHelper.org.uk](https://www.moneyhelper.org.uk) to find out more.



**Money
Helper**



- Most children aged 7–17 say they would go to their parents or carers if they needed advice about money.
- Young people who learn about money are more likely to be active savers and be more confident in managing money.



A NEW SPIN ON THE WHEELCHAIR

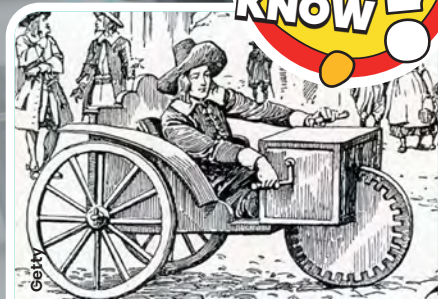
ENGINEERS at ETH Zurich in Switzerland have developed a wheelchair that can be steered with small movements of the back.

One of the main complaints from wheelchair users is that changing direction takes a lot of energy and puts strain on the shoulders, arms and hands, especially on sloping ground.

Reto Togni and Stefan Villiger's clever design connects the backrest to the front wheels, so that leaning left or right steers the chair to that side.

In tests, users had to brake less and also travelled faster. One user has been testing the chair for six months and says she doesn't want to give it back!

The drawback is that it's not as easy to spin on the spot and manoeuvre in tight spaces, but a lever can lock the backrest in place, allowing the chair to be used in the standard way.



WHEELCHAIRS have been around in some form or another since the sixth century, but the first one to be self-propelled was invented by German clock-maker Stephan Farfler in 1655.



Since the hands aren't needed for steering, it means someone can use their spare hand to make a phone call or hold a drink. Go to the daily news on the *First News* app to see a video of the wheelchair in action

Reto Togni & Stefan Villiger/ETH Zurich

The science of spin

SCIENCE is used to improve performance in all kinds of sports – now including the best way to throw a Frisbee!

Research just published in *AIP Advances* looked at the technique used by 24 people who play disc golf, a version of golf that's played by throwing a Frisbee instead of hitting a ball with a club.



Just like in golf, disc golfers change discs for things like long or short throws

Each player took five throws with their thumb in each of several positions, and researchers measured the speed and spin of the disc. The results showed that putting the thumb around 3cm from the outer edge of the disc gives the best launch speed and spin rate.



Henry Ford Museum

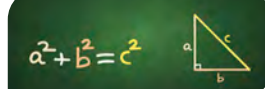


THE name Frisbee is a trademark, which came from students in the US throwing empty Frisbie Pie Company tins to each other in the 1950s!

Students stun maths experts

TWO American students have just had their work published in a maths journal, after coming up with ten new ways of proving Pythagoras' theorem.

If you haven't got to that stage of maths yet, the 2,000-year-old theorem (inset, above) is all about working out the length of the side of a right-angled triangle if you already know the lengths of the other two sides.



Ne'Kiya Jackson (left) and Calcea Johnson had their work published in *American Mathematical Monthly*

The girls were both in high school when they started working on the problem, which was part of a school maths contest. Because it takes a while to have work accepted for a journal, they're both at university now.

"It's very exciting for me, because I know when I was growing up, STEM [science, technology, engineering, and maths] wasn't really a cool thing," said Johnson. "I am very proud that we are both able to be such a positive influence in showing that young... women of colour can do these things."



Calcea Johnson

This report is from the Science Museum Group

SCIENCE MUSEUM GROUP

A BLACK cat crosses your path – good luck or bad luck? Black cats are considered lucky in England, but are thought unlucky elsewhere in Europe.

This one is made of paper and has a pin so that it can be easily worn on clothing. A soldier used this black cat as a good luck charm during the First World War (1914–1918). It's an amulet – an object you wear or hold in the belief that it has spiritual power to protect you against illness and danger.

A lot of soldiers were worried that they might not return home, so they carried 'good luck' charms, including black cats. Amulets could also take the form of other objects believed to bring luck, such as horseshoes or shamrocks.



Science Museum Group



PADDINGTON GETS A PASSPORT



PADDINGTON has finally been given a British passport, 66 years after the fictional bear 'arrived' in London!

The official travel document was requested by film-makers as a prop for their new movie, *Paddington in Peru*.

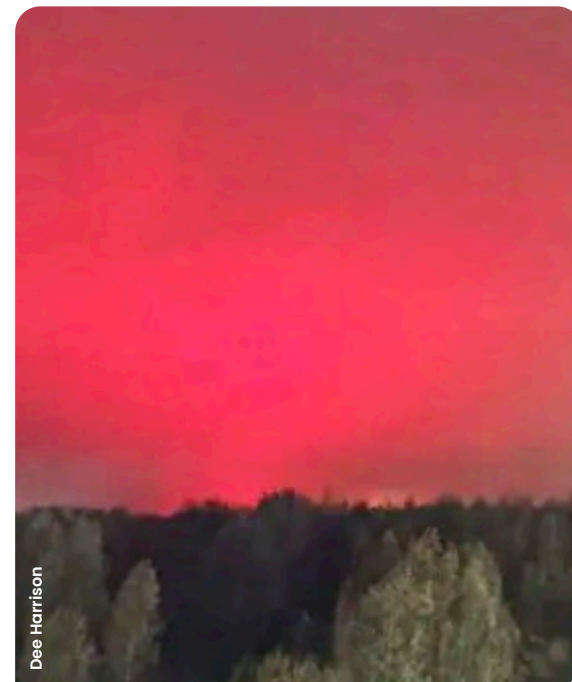
The passport includes Paddington's photo and even lists him as a 'Bear' under official observations.

Co-producer Rob Silva said they had asked the Home Office, which issues passports, for a replica but had been given an official one! Sadly, the passport is a specimen (example) so can't be used in real life.

The film is due out on 8 November.

StuDie Canal

Red-faced aurora!



Dee Harrison

A WOMAN in Ipswich was surprised to discover that the colourful lights she thought were an aurora, were actually from a nearby tomato farm.

Dee Harrison, 56, shared photos of the pink and red sky on social media and believed she had witnessed the northern lights.

However, she later discovered the light had come from LED units used to help grow tomatoes at a farm owned by Suffolk Sweet Tomatoes.

After discovering the truth, Harrison said: "I was a bit disappointed because I thought I was up early seeing this aurora and I had it all to myself."

ORCA SPLASHES SMELLY SURPRISE



Getty

VISITORS at SeaWorld San Antonio, USA, received a smelly surprise after one of the orcas splashed poop in their direction!

The large mammal, also known as a killer whale, pooped in its pool, then leapt into the air and splashed the

dirty water onto the staff and the crowd!

In 2016, the company said it would stop breeding orcas and begin to remove them from their parks.

Currently, there are five orcas still living at SeaWorld San Antonio.

JOKE OF THE WEEK

ha ha ha

How do whales greet each other?
"Whale, hello there!"

Paper Boy!

Written and illustrated by Paul Palmer

SCOOOP, CAN YOU GIVE ME A HAND WITH THIS, PLEASE?

BEWARE OF THE DOG!

DOG!?! WHERE!?!

BEWARE OF THE DOG!

OH. ME, RIGHT?

BEWARE OF THE DOG!

NEVER MIND. LOOKS LIKE WE DON'T NEED IT!

BLUSH!

THE BIG PICTURE



THE streets of Toulouse were packed last weekend for an incredible piece of street theatre featuring the terrifying fire-breathing scorpion woman Lilith, the Guardian of Darkness.

The free 'urban opera' is called *Le Gardien du Temple – La Porte des Ténèbres* (The Temple's Guardian – The Door to Darkness) and saw huge creatures stalking through the streets of the French city for three days.

It follows on from an earlier show that was staged there in 2018 and included two returning characters, Asterion the Minotaur and Ariadne the Great Spider (inset pics).

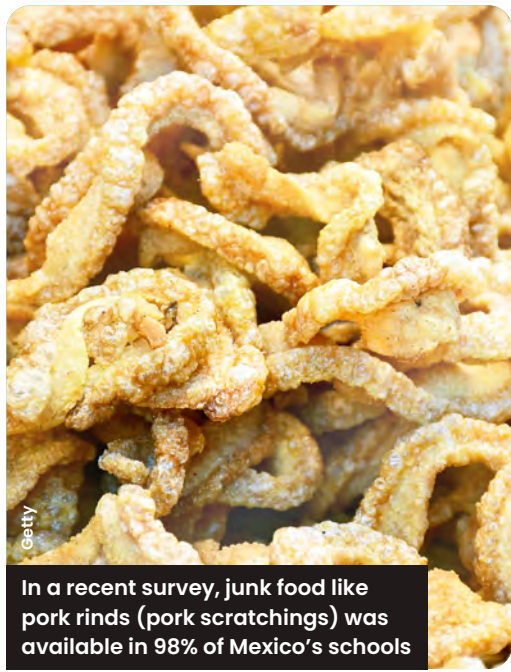
The creatures and the show were created by French theatre group Compagnie La Machine.



 **MEXICO**

Schools given six months to ban junk food

Schools across Mexico have six months to ban junk food at break times, otherwise they could be hit with big fines. A third of Mexico's children are said to be overweight. They consume more junk food than any other children in Latin America, including popular snacks like chips, pork rinds and coated peanuts. Schools that fail to take away these treats will face fines of between £420 and £4,200, which could double if the schools are caught serving them again. The country's president, Claudia Sheinbaum, said they should serve healthier options like bean tacos instead, because "it's much better than a bag of potato chips".



In a recent survey, junk food like pork rinds (pork scratchings) was available in 98% of Mexico's schools

 **ICELAND**

Iceland gets richer with a four-day week



Life is chill in Iceland!

Iceland's economy (finances) is growing faster than most European countries, after its grown-ups were given the right to work a four-day week. It also has a lower unemployment rate (3.6%) than most of Europe. In the UK, the rate is 4%. British researcher Will Stronge said: "The evidence we've collected suggests that when workers have a better work-life balance and are better rested, the economy benefits too."

 **ECUADOR**

Campaigners claim a forest wrote a song



Part of the Ecuadorian rainforest

For the first time, a campaign has been launched to have a forest legally recognised as the co-creator of a song! The piece of music, *Song of the Cedars*, features the noises of bats and howler monkeys that live in the Los Cedros cloud forest in Ecuador, as well as the rustling of its leaves and an underground recording of its soil. One of its human creators, a writer called Robert Macfarlane, said: "We couldn't have written it without the forest. The forest wrote it with us." If the campaigners get their wish, income from streaming the song would help to fund the forest's protection.

 **MALAWI**

Millions of teenagers may have asthma without knowing

A new study has found that millions of teenagers in Africa are suffering from asthma without having it confirmed by a doctor. Research involved 27,000 pupils from Malawi, South Africa, Zimbabwe, Uganda, Ghana and Nigeria. It found that of the 3,236 kids who had asthma symptoms, only one in five (20%) had been properly diagnosed. Some of them had trouble sleeping and had even missed school due to wheezing. Experts put Africa's rise in asthma cases down to an increase in pollution.



Asthma rates in children are rising in countries like Malawi

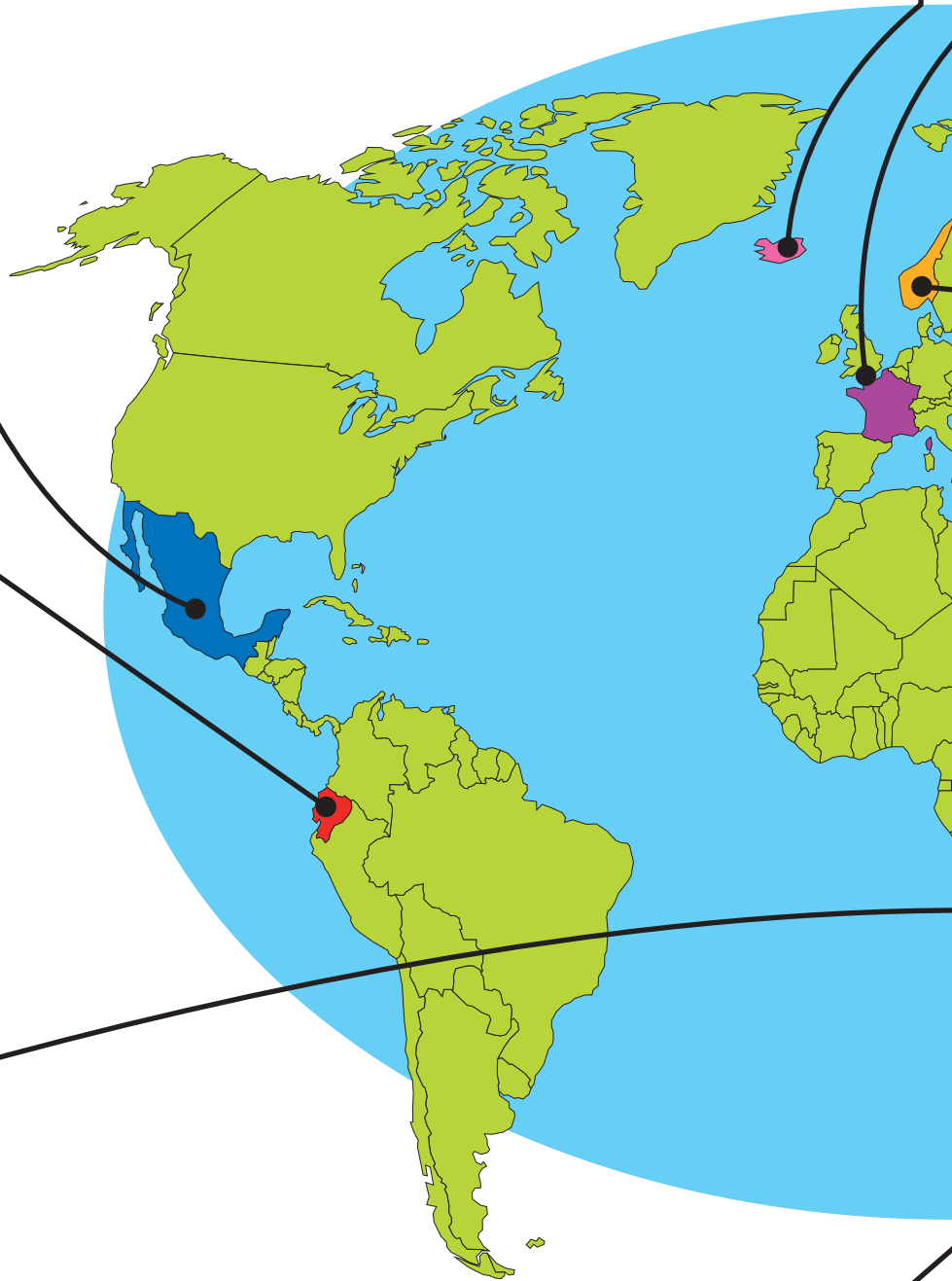
 **CAMBODIA**

'Ghost fish' back from the dead

Halloween might be over, but how about one more ghost story? The giant salmon carp, nicknamed 'the ghost fish', was thought to have become extinct from the Mekong River after last being seen in 2005. However, since 2020, three have been spotted, and researchers are thrilled. The fish have yellow patches around their eyes and can grow up to 1.2m (4ft) long. One local expert, Chheana Chhut, told the Associated Press: "The giant salmon carp is like a symbol of the Mekong region." There are now calls to do more to protect the river's wildlife.



The fish is a large river predator





FRANCE

War helmets found at farm

A French farmer who was clearing out his barn made an amazing historical discovery – a couple of helmets used in World War Two. It's thought that they may have belonged to two British soldiers who were among 99 captured by German troops in May 1940. The soldiers had run out of ammo and surrendered, but instead of being taken prisoner, 97 of them were executed. One of the helmets has been given to the Le Paradis museum in northern France, while the other has gone to the Royal Norfolk Regimental Museum in Norwich Castle.



A British cemetery at the site of the mass killing



NORWAY



Politicians want to protect children from online harm

Minimum age to join social media is about to rise

In Norway, children are allowed social media accounts when they turn 13, but Prime Minister Jonas Gahr Støre, has announced plans to raise the minimum age to 15. "Children must be protected from harmful content on social media," he told the Norwegian newspaper VG. "These are the big tech giants pitted against

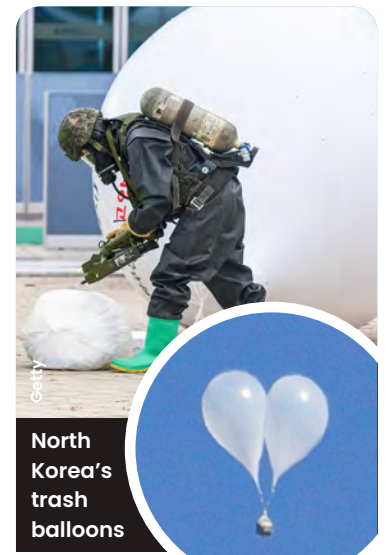
the brains of small children. We know this is an uphill battle." His families minister, Kjersti Toppe, said that stricter laws are coming in because "parents cannot stand alone in a battle with the technology giants." Despite the current rules, it's said that over half of nine-year-olds in Norway use social media.



NORTH KOREA

More trash balloons dumped over the fence

North Korea has sent more big white balloons to dump litter over its neighbour, South Korea. One of them carried leaflets claiming that South Korea's president, Yoon Suk Yeol, was rude and mentally unwell. The relationship between the rival countries has worsened in recent months. South Korea has been accused of flying drones to scatter leaflets criticising North Korea. It also says that North Korea is "threatening global security" by sending its troops to support Russia's invasion of Ukraine. Since May, North Korea has dropped over 5,000 trash balloons over South Korea, and last month, it destroyed its side of the road that runs between the two countries. North Korea is a very strict, private country, ruled by its leader, Kim Jong Un.



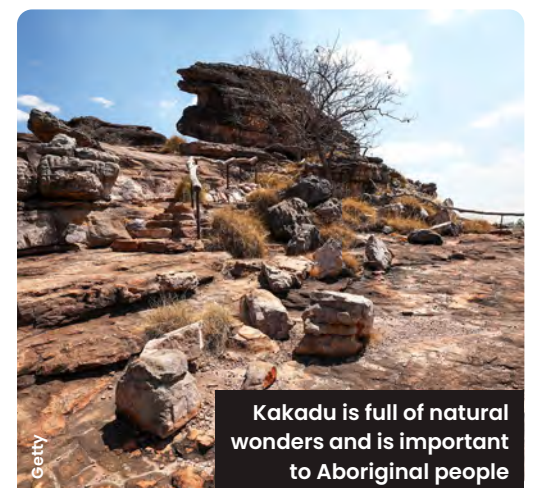
North Korea's trash balloons



AUSTRALIA

Park protectors' big fine for disturbing sacred site

Parks Australia, the body that looks after Australia's beloved natural wonders, has been told to pay over £360,000 for disturbing an important Aboriginal site. It installed a walkway near sacred rock art in Kakadu National Park, in the Northern Territory, without seeking proper permission. The judge said that this caused harm to "individuals and the community". Parks Australia's new director for Kakadu, Ronald 'Ricky' Archer, said: "As an Indigenous [native] person, I take the protection of sacred sites to heart and it's something I'll be doing as much as I can to ensure we learn lessons and improve."



Kakadu is full of natural wonders and is important to Aboriginal people



HONG KONG



A cotton-top tamarin

Infection kills 12 monkeys at Hong Kong zoo

A disease that spreads through contact with infected soil caused the deaths of 12 monkeys in just ten days in Hong Kong's oldest park, the Hong Kong Zoological and Botanical Gardens. It's suspected that workers who were digging soil near the monkeys' enclosures had brought the infected soil in on their shoes. The victims include squirrel monkeys, De Brazza's monkeys and critically endangered cotton-top tamarins. The monkey section of the zoo was closed the day after the first deaths for a deep clean.



THE RESULTS ARE IN!



HERE'S WHAT YOU SAID IN OUR READER SURVEY

IT'S the time of year when we find out what you think about *First News*!

From favourite pages to the issues that matter to you, here's everything you told us in our latest reader survey.

Your favourite pages

We hope you love every page in the paper, but we won't begrudge you having your favourites!

- A fifth (21%) of you say **Crazy But True** is your favourite page! This is followed closely by:
- **Quick News** (17%)
- **Sport** (13%)
- **Puzzles** (9%)

What do you love about *First News*?

- “Knowing what is happening in the world”
- “Makes people feel special”
- “Helps make our voices heard”
- “Easy to understand”
- “Engaging and fun”
- “Variety of stories”
- “It's interactive – not just online, but in the paper too”

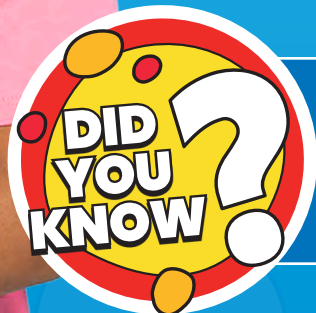
What do you do in your free time?

When you're not reading *First News*, some of the things you love doing include:

- Gaming
- Playing sports
- Reading, dancing, baking, spending lots of time outdoors
- Building LEGO
- Singing
- Quizzes and riddles
- Reusing old things, e.g. bottles, boxes, clothes
- “Annoying my parents!”
- And lots more!



Unsurprisingly, one of your favourite stars featured in *First News* is Taylor Swift!



ON average, you spend 38 minutes getting stuck into an issue of *First News*!





The big issues that matter to you!

Almost all of you said that you care about **climate change**! Other big topics that you're concerned about include:

- Equality
- Animal rights
- Air pollution
- Wars
- Protecting nature
- Caring for the homeless
- Poverty



Jeriah is one of the incredible FYI presenters

Popular polls

You said you love how interesting our polls are. Here are some recent ones that you've taken part in on our website:

- Should pets be dressed up in Halloween costumes?
- Do you think the UK government should keep its climate finance promise?
- Are the Red Arrows' CO₂ emissions worth it?
- Do you think music is as important as maths?



Let us know your views at [first.news/polls](https://www.first.news/polls)



istock

The stories you love on FYI

In case you didn't know, FYI is the award-winning programme that reports on all the things in the news that are important to you. Here's what you love on FYI:

- Sport
- Climate change
- Funny stories
- Fake News or Fact
- The wars around the world and how we can help
- Fighting for rights
- "Ones that include descriptions of what WE can do!"

Check out FYI clips and videos at [first.news/tv](https://www.first.news/tv).

You read First News at all times!

55% of you read First News in the week, 69% at the weekend, 40% in the morning, and 54% in the evening.

"As soon as I get it I start reading"

"After school"

"In any spare time"



"First News stops us being bored at the breakfast table"



StudioCanal

You love Paddington, and so do we!

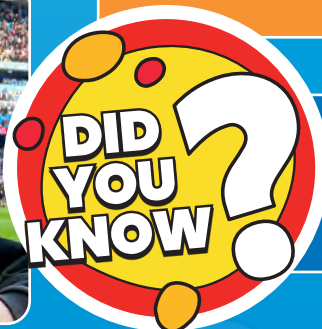


"I love 'Braydon's on the ball', and everything sport-related!"



Don't forget, one lucky reader who completed the survey will win a £100 Amazon gift voucher!

You can win even more goodies at [first.news/comps](https://www.first.news/comps)



ALL of you say that you trust the news you read in First News!

MISSION: SAVE SANTA!



KASSIDI ROBERTS

THE Christmas countdown is officially on, as the first festive film of the season touches down in cinemas this week (6 November)!

Red One, starring Dwayne Johnson and Chris Evans, sees Santa Claus (code name: Red One) being kidnapped ahead of the holidays. It's up to the North Pole's Head of Security and the world's most infamous bounty hunter to save him! Can they do it?!

Check out interviews with the cast over on the *First News* app!

Please note this film is rated 12A. Some scenes may not be suitable for younger viewers.



Warner Bros. Pictures

KASSIDI plays the lead role in CBBC hit show *Pickle Storm*, all about a family who move from the fantasy world of Kleftania to a small UK town. Of course, there's magic and chaos galore!

● **Tell us about your character, Pickle.**
Pickle is really fun and energetic. She's also crazy and loves mischief. She's definitely just me without a filter!

● **What does Pickle find the hardest about life on Earth?**
I think she finds it really hard to adapt to not having the same things that she would usually have in Kleftania. She struggles to keep her emotions in too, as people on Earth find it a lot more weird if they do something you don't like and you go: "I'll splat you!"

● **Is Swumpy the warthoffle the best pet ever?**
Swumpy is the best pet and he's always trying to keep Pickle out of trouble, and saves the day whenever he can. A warthoffle is a mix of a warthog and a something offle! Ha ha! It's a magical creature.

● **What was your favourite scene to film?**
In the episode Swaperooni, when Pickle and Mr Ludcomb swap bodies! I loved that!

● **If you had magical powers like Pickle, what's the first thing you'd do with them?**
I'd probably turn into a mermaid! It's been my dream since I was four or something.

● **What's your favourite thing about acting?**
I really like that I get to play so many different people and get to see many different points of view and understand them a bit more.

Catch *Pickle Storm* on BBC iPlayer now.



Chloe Dymott

THE EMAs ARE COMING!

THERE'S just over one week left for the public to vote for their favourite stars at this year's MTV Europe Music Awards (EMAs)! What do we know so far?

● **The top nominee**
You guessed it... Taylor Swift has bagged the most nominations, with a whopping seven nods. She's up for best video, best artist, best US act and best collaboration!

● **Other acts in the running**
Chappell Roan, Ariana Grande, Sabrina Carpenter, Billie Eilish, Beyoncé, Coldplay and Dua Lipa are all up for gongs.

● **The ceremony**
Music stars will head to Manchester's Co-op Live arena for the first time ever, with the show being aired on MTV UK, Channel 5 and Pluto TV. It'll arrive on Paramount+ from 12 November. Rita Ora will be hosting and there'll be live performances on the night from Raye, Shawn Mendes and Teddy Swims.



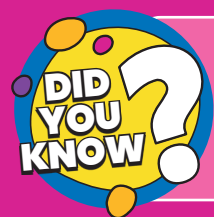
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MTV says there are 19 nominees who have the chance to win their first ever EMA!



● **CBBC celebrates stories of hope**
A new *My Life* film called *Grace and the Storm* is coming to CBBC and BBC iPlayer today (1 November). It tells the story of Grace and her family, who live in rural Kenya. Like every year, their farming community is getting ready for the much-needed rains that their crops desperately need. But when a storm catches the villagers off guard, Grace's dad decides that they need a plan to help them cope the next time ferocious weather comes their way. It's amazing to see the whole family get involved, so don't miss it!





NOVEMBER'S TOP RELEASES!



Mario & Luigi: Brothership

OUR favourite Italian brothers are back in their first brand-new game in nine years!

Mario & Luigi: Brothership sees the comedy duo arrive in the world of Concordia to sail the high seas, explore new islands and enjoy action-packed encounters with both new and old friends. Can they save the day once again?

Mario & Luigi: Brothership is out on 7 November on Nintendo Switch.



Farming Simulator 25

ANYONE else obsessed with the world of farming? Just us?! We can't wait to get stuck into some virtual fun on the farm (except without the mud and poop!).

This time round there are new animals, new environments in East Asia, North America and Central Europe, and over 400 authentic machines.

Farming Simulator 25 is available on PC from 12 November.

LEGO Horizon Adventures

IT'S official, the *Horizon* game series has been given a LEGO makeover and it looks bricktastic (sorry, we couldn't help ourselves!).

Join our hero Aloy as she explores a colourful new world and does battle with new LEGO enemies, all while collecting shiny treasures. There's plenty of fun to be had and you can even create Aloy's new home.

LEGO Horizon Adventures is available on Nintendo Switch, PlayStation 5 and PC from 14 November.



Dragon Quest 3 HD - 2D Remake

THERE'S nothing better than a dragon quest to get the adrenaline going.

The great hero Ortega is tasked with defeating the villainous Archfiend Baramos, but when his quest fails, it's up to his son to take over the mission and save the world. In this remake of the hit '80s game, there's a whole load of exciting new graphics and music to enjoy.

Dragon Quest 3 HD-2D Remake is available on Nintendo Switch, PlayStation, Xbox and PC from 14 November.



MySims: Cozy Bundle

ANY game with the word 'cozy' in it is getting our vote on these cold, rainy days.

Make adorable friends and discover creative

adventures across re-releases of two loveable games – *MySims* and *MySims Kingdom*! You can customize cute Sims, decorate their worlds and solve fun puzzles.

MySims: Cozy Bundle is available on Nintendo Switch from 19 November.



SEE THE FUTURE OF NATURE

Trustees of the Natural History Museum, London and SAOLA Studio



A NEW exhibition has opened at the Natural History Museum that uses Microsoft's mixed reality (MR) headsets to show what the Earth could look like in 100 years.

Visions of Nature aims to take visitors on an interactive, global tour in the year 2125, to see how human actions have shaped and could still change our planet. *First News'* Charlie headed down to the museum to try it out, so here's what he made of it...

On a chilly Tuesday morning in London, I found myself surrounded by narwhal and beluga whales, with a Darwin's frog jumping on my hand soon after.

No, I hadn't taken a wrong turn, I was at *Visions of Nature*, a first-of-its-kind exhibition for the Natural History Museum.

It was an eye-opening experience to press fast-forward and see what decades of unsustainable human activity could do to the wildlife we share the planet with. But the outlook is a positive one, as it shows how human inventions and action can be a force for good.

Dr Ken Johnson is a scientist who studies coral reefs, which feature in *Visions of Nature*. He said: "With climate change and the oceans warming, coral reefs are dying all over the world. But as oceans warm in the tropics around the equator, species might migrate north and south into cooler waters. If that's true, then we have to protect those habitats and make sure they don't have local human impacts, like pollution or overfishing. We need to work together to keep ecosystems alive."

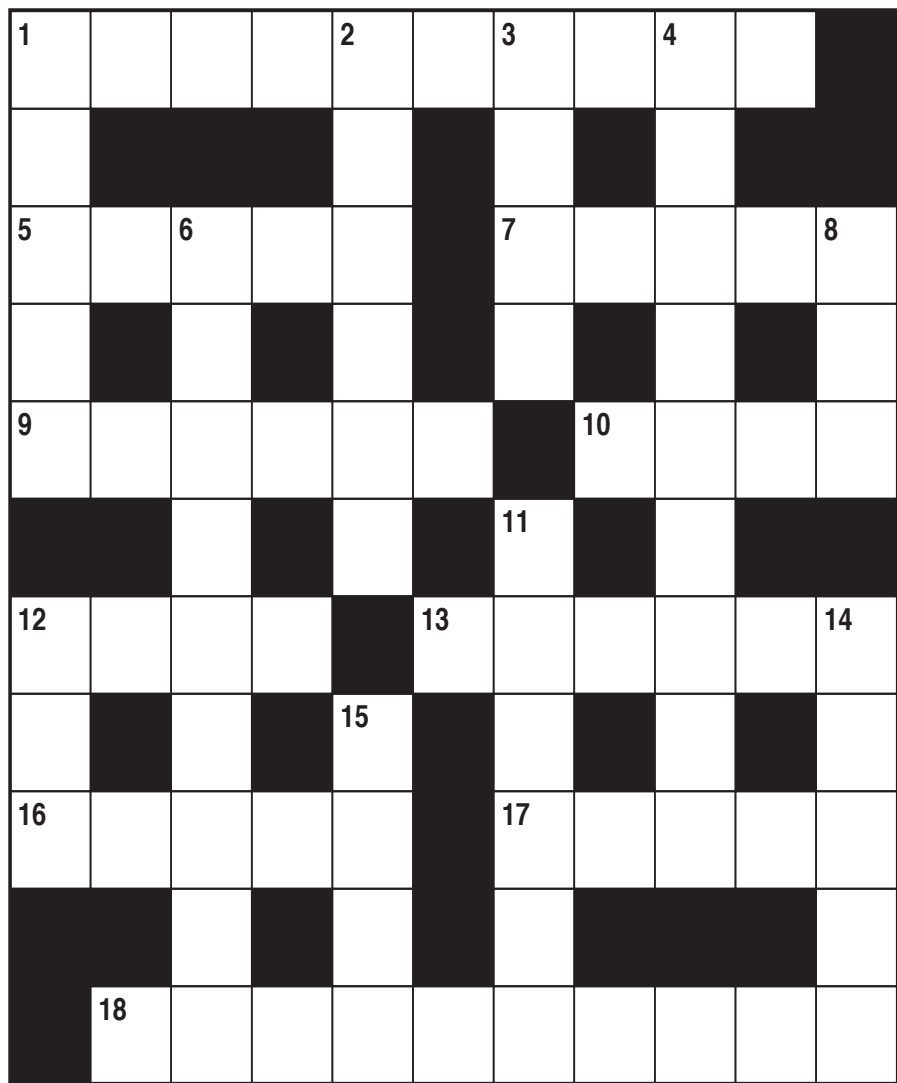
Rémi Dupouy, a scriptwriter for the exhibition, said: "The key message is to not lose hope. Hope is not only a dream – hope is made of real action that we can take today by consuming and travelling differently, and putting ourselves in the shoes of these other forms of life. They are more similar to us than we could ever imagine."

Visions of Nature is now open at the Natural History Museum in London. Book at nhm.ac.uk/visionsofnature.



CROSSWORD

CAN you solve our crossword puzzle using the clues below?



ACROSS

- 1 Measurement found on a ruler (10)
- 5 Pains (5)
- 7 Even (5)
- 9 Feeling the need for food (6)
- 10 Shine with a warm light (4)
- 12 Tiny living thing; micro-organism (4)
- 13 Kind-hearted (6)
- 16 Move quickly to avoid something (5)
- 17 A large bird of prey (5)
- 18 Type of ape with large ears (10)

DOWN

- 1 Type of bus (5)
- 2 Place inside (6)
- 3 Slippery fish (plural) (4)
- 4 Horrible (9)
- 6 Next after the 99th (9)
- 8 Opposite of high (3)
- 11 Object used to take photographs (6)
- 12 Person or thing that people worship (3)
- 14 Web-footed birds (5)
- 15 Appear to be (4)



Sudoku

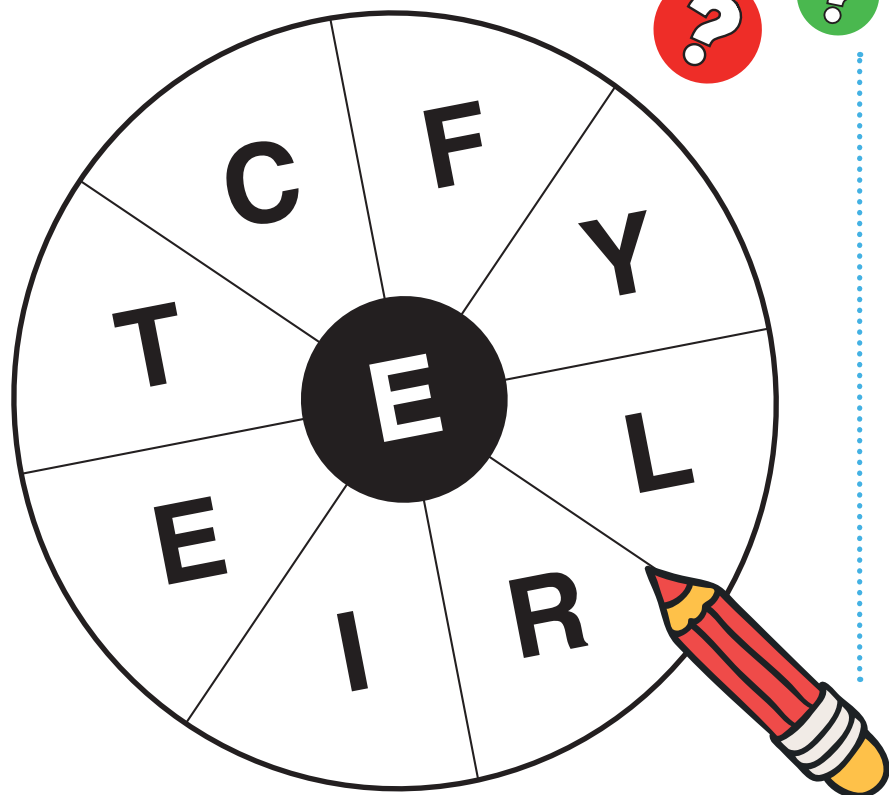
CAN you complete our sudoku puzzle, filling in the numbers one to nine?

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

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.

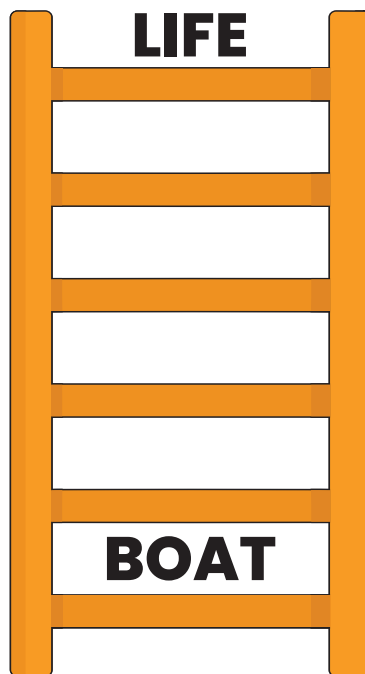
Word wheel

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 958 ANSWERS:

Word wheel: cranberry.

Word ladder: slow, slot, soot, coot, coos, cows.

	G	E	N	E	R	O	U	S	
	V	D	P	U					
H	Y	E	N	A	E	N	D	E	D
I	R	M	N	A	E				
S	A	Y	S	K	E	N	N	E	L
T		B	D		E				
O	P	T	I	O	N	S	P	O	T
R	E	T	O	I	E				
Y	E	A	S	T	G	U	A	R	D
R	L	R	N						
S	K	E	L	E	T	O	N		



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



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

IN NEXT WEEK'S ISSUE!

DON'T MISS IT!

HUGE PUZZLES TAKEOVER!

REMEMBRANCE SUNDAY



PADDINGTON IN PERU



HIDDEN LONDON

Find underground treasures!

Explore secret parts of the Tube
on exclusive guided adventures

ltmuseum.co.uk
Registered charity number 1123122

THE KIDS SWAPPING THEIR PHONES FOR LONGER SCHOOL DAYS



THIS week on FYI, the team heads to a school where pupils are giving up their phones and spending more time at school. Presenter Thomas finds out what on earth's going on...



CAN you imagine an 11-hour school day and not being able to use your phone for that whole time? Well, that's what All Saints Catholic College is trialling, in an attempt to tackle pupils' addictions to their phones.

● The problem of phones

Phones are useful, right? But using them too much is never a good thing. We can end up not spending enough time with our friends and family, or forgetting to go outside to get fresh air. It can even be bad for our health.

● What is All Saints Catholic College doing to tackle the problem?

In 2016, All Saints Catholic College banned its pupils from carrying smartphones around school, although they are allowed to keep devices at school, as long as they're out of view in bags or lockers. But more recently, the school has trialled an 11-hour day for pupils, to get them to do activities instead of being on their phones.



Pupils at All Saints have swapped screen time for activities like cooking, drama and sports

the harm it has on mental health. People being unkind to each other, and us having to pick up on issues that have happened on phones.

● How effective has it been?

You might think an 11-hour day sounds horrid, but it's actually been pretty popular! Here's what some pupils at All Saints say.



"You can spend more time with your friends and do more fun stuff!"

– Mia



"I thought: 'Why would I want to be at school for 11 hours?' But I gave it a go, and I ended up liking it."

– Tanaya



"You kind of forget about your phone because you're having so much fun playing activities."

– Liam

You can watch the full clip and more at [first.news/TV](https://www.first.news/TV)

Should smartphones be banned for under-16s?

KIDS SAID THIS!

NO

THEY SHOULDN'T!

First News did a survey of 3,521 of you, and 63% (2,214) of you said smartphones should not be banned for under-16s.

YES

THEY SHOULD!

PARENTS SAID THAT!

Charity Parentkind put the question to parents and 58% out of those asked said that smartphones should be banned for under-16s.

WHAT DO YOU THINK?

Cast your vote at [first.news/polls](https://www.first.news/polls)

THE number of young people with mental health issues has risen by half (50%) over the last three years. Some people say smartphones are a big reason for this.

● What does an 11-hour school day look like?

Pupils at All Saints get to school at 7am and leave at 6pm, 11 hours later! But it's not all maths and English. These pupils take part in fun activities like cooking, drama and sports, as well as their regular lessons!



● Why was the 11-hour day introduced?

Rebecca Fuller, assistant head teacher at All Saints says: "It was a mixture of reasons that we introduced this. We felt that since the return to school post-Covid-19, we saw lots of students struggling with interacting socially and felt it would be beneficial to them and to students spending too much time on their mobile phones and on social media. There's so much research into social media and



DO YOU WANT TO FEATURE IN FYI?

Start a **First News FYI News Club** at your school and you could create your own report for FYI, and have your story featured in *First News*.

Just ask your teacher to head to [first.news/FYInewsclub](https://www.first.news/FYInewsclub) to find out more or ask a responsible adult to scan the QR code.





RECORD-BREAKING RUTHERFORD!

IN 2022, aged just 19, Zara Rutherford became the **youngest female pilot** to fly solo around the world. In her new book, she takes us along for the ride!



● **Hi, Zara! Tell us how you became a pilot so young.**
My dad's a pilot, and so's my mum. My dad, especially, taught me the basics of aviation [flying], and I knew from a young age that I wanted to be a pilot, too. At 15, I started training for my licence. At first it was confusing because there are so many buttons... but I compare it to a videogame. Over time, you know when to do what!

● **On your journey around the world, was there one particular view that really took your breath away?**
Greenland! I was flying beneath the cloud and visibility was poor, quite stressful... finally, the clouds clear, and there's Greenland, and I go straight into these incredible mountains, incredibly pointy, with glaciers in the valleys. Also, Central Park [in New York]. I had to be quite low, because of airspace – lower than some of the buildings!

● **What was the hardest part of your journey?**
Siberia was seven hours of flying across nothing, just flying from one airport to another. If anything went wrong, I had to either turn back or just continue. It was -35°C. The weather had to be perfect in a place where there

are no real weather forecasts. If you fly in a cloud in negative temperatures, your wings ice really quickly, to the point that you lose lift and fall. It was a very long seven hours!

● **What did you learn about the world?**
It's gonna sound strange, but how small the planet is. China is so far away, right? As a child, it felt like it could have been on a different planet. Now, I can visualise the way to get there from the UK – how the land changes, the mountain ranges – the same way that you'd picture your way to school. That's really shrunk the world for me!

● **How did it feel when you finally landed back home?**
It was really amazing. My parents, friends and family were there. It was really nice to see everyone again. I couldn't have done it without my parents – they didn't say: "It's impossible, give up." It gave me the courage I needed!

I Flew Around The World by Zara Rutherford is out now.



FUN FACT
To keep herself entertained while flying, Zara listened to podcasts and sang along to music. Her plane had no toilet, so she had to watch how much she drank before each leg of her epic adventure!

FIVE MINUTES WITH...

Donncha O'Callaghan

Rugby legend and author of *Disaster Dad: Chicken Chaos*



WHEN a retired sports hero releases a book, it's often an autobiography all about their life. Irish rugby legend Donncha O'Callaghan chose a different path – writing a children's story!

But why? "As a kid, I loved Roald Dahl and it was great going to the library... but until my own kids arrived, I didn't appreciate the joy of reading and how important it is for them!" he tells *First News*.

In the first book of Donncha's hilarious new series, *Disaster Dad*, a clumsy father is left in charge of his house and two kids when the mother goes away on a trip... and mayhem follows. For a bit of

inspiration on that, Donncha simply had to look in the mirror!

"The story genuinely is reflections of myself!" he admits. "I'm just one of those guys – embarrassing things come my way. Thankfully, my kids see the funny side of it."

Luckily, if ever anything goes a bit wrong at home, his amazing career in professional rugby has taught Donncha how to bounce back.

"A setback in sports can dent a kid's confidence," he says. "Keep going, keep showing up, keep backing yourself. It will come around... just stay true to yourself!"

Disaster Dad: Chicken Chaos by Donncha O'Callaghan is out now.



READER REVIEW

Seven Small Inventions That Changed The World by Roma Agrawal and Jisu Choi

THIS book shows a history of seven simple yet very useful inventions: the nail, the wheel, the spring, the magnet, the lens, the pump and the string.

Each of these plays a crucial part in the everyday world, even if it doesn't look like it. I really like this book because as well

as the timeline of each creation, it shows objects that use that item as well. It includes detailed descriptions of how it works and what it does, and I enjoyed every page of it.

It might not be a very big book, but the amount and quality of facts in the book is really surprising. One short book that can change how you look at everyday things!

Review by Phoenix Lopez



Recommended reads

in partnership with Peters



USA, USA!

WITH the US election a hot topic in this week's headlines, here are five star-spangled stories and books all about our friends across the Atlantic.



Only in America by Heather Alexander, illustrated by Alan Berry Rhys

Explore the strangest claims to fame and unusual places that make each US state quirky and unique. We're off to the Pizza Museum!

Weird But True! US Government by Michael Burgan, illustrated by Josh Lynch

Learn how the US government works, as well as its surprising secrets, hidden histories and funny laws to impress your family and friends.



It's Her Story: Shirley Chisholm by Patrice Aggs, illustrated by Markia Jenai

In this graphic novel, meet the first black woman ever elected to the US Congress. Her determination will inspire you to stay true to yourself!

National Monuments of the USA by Cameron Walker, illustrated by Chris Turnham

Budding explorers! Travel through America's history and tour its most iconic landmarks, from hidden wild gems to national treasures.



Clouds over California by Karyn Parsons

Step back into 1970s Los Angeles and follow 11-year-old Stevie as she tries to find her place in a changing world.



HELLO! I'm Milly, the leader of the News Club.

I was really interested to see that, in this week's poll, 87% of you voted that the UK government should stick to its climate finance promise (the amount of money it says it will give towards helping our planet). You obviously really care about people in charge doing stuff to help the planet! That's why I want to find out from you how you are marking COP29 this year. Find out more below!

HOW ARE YOU MARKING COP29?



COP29, the big annual climate change conference, is taking place from 11–22 November and I want to know how you are marking it.

Do you have any messages for the world leaders who'll be attending? How do you take care of the environment at home and at school? If you were in power, what would you do to save the planet?

LET US KNOW!

You might feature on these pages!

Get a responsible adult to email us at yournews@firstnews.co.uk.



HELMET FOR HAMILTON!



Sir Lewis Hamilton with the helmet that Liam designed

LIAM won a competition to design a helmet with a message that inspires self-expression and confidence. The competition was backed by racing superstar, Sir Lewis Hamilton. Liam designed a helmet using the tyre prints of his wheelchair, showing his artistic expression and resilience, and proving that ability has no limits.

Liam doesn't communicate verbally (by talking), he communicates by squeezing his hand to show if he agrees or disagrees with what somebody is saying. So, he answered the questions below about his design by doing just that!

● **How long did it take you to think of the design?**

Liam completed his design in one afternoon, with the support of his teachers, Janine and Jackie.

● **What was the inspiration behind your design?**

Liam had different wheels and colours to choose from when working on the helmet template. His wheelchair plays a central role in his life, and he said: "My wheelchair is important to me,

and they are the wheels that move me everywhere I go."

● **How proud did it make you to see Sir Lewis Hamilton wearing your design?**

Liam said he felt "happy and excited" at the thought of Sir Lewis Hamilton wearing his design.

● **What was the most fun part about the whole experience and what did you learn from it?**

Liam particularly enjoyed the sensory aspects of the design process. He said: "I liked the sound of the paper crumpling under my wheels" and "I liked the feeling of being moved backwards and forwards in my wheelchair."

● **What has been the reaction from your friends and family?**

Liam's friends and family are extremely proud of him, especially his dad. His design is on display at home and will soon be framed and placed in the school's reception area. Many people have congratulated him on his fantastic achievement.



Jack at the theatre

Toto Kerblammo! – an emotional show

NEWS Club member Jack headed to the Unicorn Theatre in London to check out *Toto Kerblammo!* on behalf of *First News*! Find out what he thought below.

by Jack, aged nine

As I stepped into the dark, smokey theatre with only a white rug on stage and earphones on my seat, I didn't know what to expect from *Toto Kerblammo!*

In the play, the main character, Effy, is forced to live with her aunty and uncle because her mum is in hospital. Sadly, their flat does not allow dogs, so Effy decides to smuggle in her precious dog, Toto. But what does she do when he's discovered?

Throughout the play, the earphones play sounds. At first, there is the sound of raindrops, creating a gloomy, mysterious atmosphere. Then, everything becomes louder and brighter when Effy and her dog Toto are involved in a shocking accident.

This is an emotional show. Effy is full of silent rage and Toto is her only friend, apart from nosy neighbour Noah (played by the same hilarious, energetic actor as Toto). Ultimately, Effy loses one friend but gains another. It is uplifting, but at a huge cost.

NEWS CLUB SHOUT-OUT!

THIS WEEK WE'RE GIVING SHOUT-OUTS TO... Casterton College, Sir William Romney's School, Merchant Taylors' School, The Shrubberies School and Babington Academy!



Taking on the fastest drivers!

MOST people don't drive until they're at least 17, but not Candra. At just 12 years old, she does competitive drag racing, and is even dreaming about winning a title!

by Candra, aged 12

My name is Candra Redshaw and I'm a competitive drag racer. I've had an exciting year competing in my first season of junior drag racing. Competing in the final round of the British Drag Racing Championship was epic!

I race in an Odyssey battery branded Junior Dragster, which goes from 0-60mph in just over three seconds, reaching 85mph.

I was inspired to get behind the wheel by my older brothers, Damion (13) and Harry (16), who also race. We go to every race together with our mum and dad, my twin sister Lilly and our Yorkshire terrier, Mustang.

I absolutely love the feeling I get when I'm racing, there's just nothing like it.

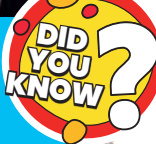
Next season, I plan to compete in France, Germany and Spain, as well as the UK. Winning a title would be a dream come true!



Candra at a drag race

JUNIOR JOURNALIST

Drag racing is a type of car racing where cars that have been modified (had certain parts changed) race over a short distance to test their speed!



WANT TO FEATURE ON YOUR NEWS?



If you want to be a junior journalist for *First News* and go to cool press events or write about a topic that you're passionate about, get in touch by asking a trusted adult to email us at yournews@firstnews.co.uk.

Or, get your teacher to sign up to the *First News* FYI News Club at first.news/fyinewsclub.

THIS WEEK'S BIG QUESTION

We asked you...

Do you think the UK government should keep its climate finance promise?



87% of you said YES

13% of you said NO



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

Vote at first.news/polls

WIN! SO BOMB BATH BOMB DISPENSER!



THIS cool and stylish mini bath bomb dispenser is a fun way to add a pop of colour into any bathroom.

The fun style, bright colours and amazing scented bath bombs bring the fun to bath time! The dispenser is filled with 20 wonderfully scented bath bombs that have charms inside.

There are ten to collect to make your own friendship bracelet!

Watch the bath bombs fizz and enjoy the sweet smell of strawberry, vanilla or pineapple! A refill kit is available to keep the fun going and make more friendship bracelets!

Collect the 12 styles of charms to build a bracelet that matches your style. With over 20 bath bombs, this dispenser provides lots of extra fun. Store all your bath bombs in the dispenser, which doubles as a cute decoration. Keep filling up your dispenser with the So Bomb Bath Bomb Cans.

We're giving away five So Bomb Bath Bomb Dispensers. For your chance to win, just answer this question:

Where are this year's MTV EMAs taking place?
a) Bath b) London c) Manchester

ENTER NOW! MARK YOUR ENTRY BATH BOMB

first.news/comps or see page 20. The closing date is 15 November.

FirstNews Quiz

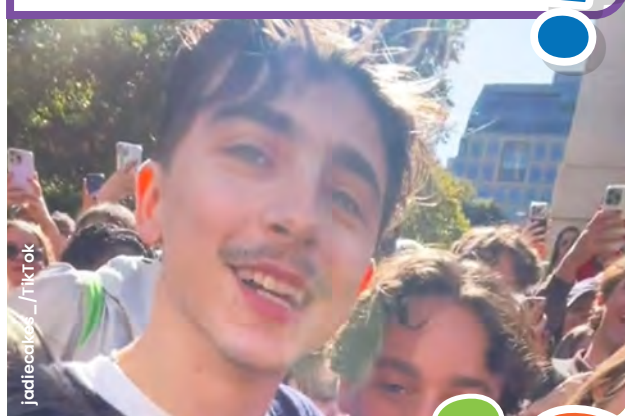
THE answers to all these questions can be found in the pages of this issue. Why not set yourself, or your friends and family, a time challenge to see who can get the highest score in the quickest time? See how well you did by checking the answers at the bottom.

1 What critically endangered mountain animal has been born at Woburn Safari Park?

2 In which country would you find this elephant-shaped hotel?



3 Which actor showed up to his own lookalike event in New York?



4 On what day does Guy Fawkes Night take place?

5 Which disease has been killing ash trees in Leeds?

6 At what age did Zara Rutherford become the youngest female pilot to fly solo around the world?



7 Which famous director has worked on the likes of *Beetlejuice* and *Edward Scissorhands*?

8 In which Latin American country was the sport of padel born?



9 When will disposable vapes be banned in Britain?

10 Which country dominated the Ballon d'Or awards this year?



11 Engineers in Switzerland have invented a wheelchair that can be steered with what part of the body?

12 What is the largest cat in the Americas (North and South America)?

13 Which children's TV series is set to receive a special BAFTA award?



14 What is set to be the new minimum age to have social media accounts in Norway?

15 Who has bagged the most nominations at the MTV Europe Music Awards (EMAs)?

Do you love our quiz? Check out our Families Quiz that you can play online as an individual or with your family! You can find it at [firstnews.co.uk/quiz](https://www.firstnews.co.uk/quiz) and on the *First News* app!

FirstNews WEEKLY NEWS QUIZ!
Check out our new online Quiz!

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Answers:
1 A bongo 2 China 3 Timothée Chalamet
4 5 November 5 Ash dieback 6 19 years old
7 Tim Burton 8 Mexico 9 June 2025 10 Spain
11 The back 12 Jaguar 13 *Horrible Histories*
14 15 years old 15 Taylor Swift



PADEL: THE NEW SPORTING CRAZE



IT'S official... padel is taking over the world!

Originating in Mexico in 1969 before being brought over to Europe, padel is now the UK's fastest-growing sport.

From the pros to the celebs, everyone is getting involved, so *First News* reporter Charlie caught up with them at a special event to find out all about it!

What actually is padel?

Padel is a mix of tennis and squash. While tennis is focused on power, padel is more about the strategy. It's usually played between doubles on a court surrounded by see-through walls. Padel racquets have an elastic surface and are covered in holes, and the game is played with tennis balls. The rules are similar to tennis, in the way that you win the point if the ball bounces twice on your opponents' side of the court. And, as you'll find out on this page, it's both quick and easy to pick up.



The padel court

Celebs join the pros

Founded by Oliver Morgan, the Pro Am Padel Tour pairs top British padel professionals with high-profile guests for a fun round-robin tournament.

The latest leg of the tour took place at the incredible Rocket Padel Battersea, London's newest padel club.

Laura Robson Former professional tennis player



What do you love about padel?

The best thing about padel is that not everyone has to be the same level. You can still have a good time with anyone, and you can improve really quickly. From when I first picked up a padel racquet two years ago to where the sport is now, it has just exploded!

Tia Norton British No 2

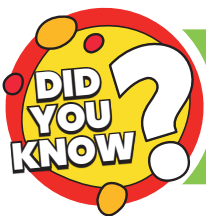


How did your padel journey start?

I started playing nine years ago, when I was 12. I was already playing tennis by that point, but my coach invited me to try out padel and it was love at first sight. I made it out to the World Championships in Mexico, where I did really well and reached the finals. Since then I've never looked back! I've had so much more enjoyment in padel, as it's such a friendly, social sport.

What's your best advice for anyone who wants to get into padel?

Padel is one of those sports where, if you pick up a racquet, you're going to learn and get better instantly. There's nothing to be afraid of. The walls may take a bit of getting used to but, soon enough, you'll be a master of the game!



IN 2022, the number of padel courts doubled in the UK, then doubled again in 2023! There are now more than 500.

Tristan Phipps Reality TV star



How fun has the Pro Am event been?

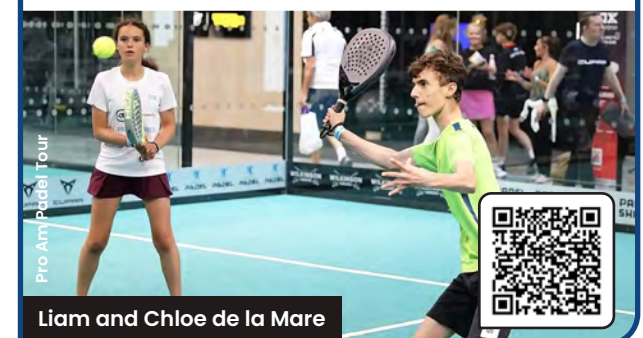
It's an amazing event for an unbelievable sport! With all of these athletes around me, I'm probably bottom of the pack of sporting accolades. But, what I lack in talent, I make up for in effort! It's so much fun and I just want to see as many people playing as possible.

Battersea's new base for padel



MEET THE FUTURE STARS

Find out more about the rules and joys of padel from the UK's No 1 junior players! Just head over to tinyurl.com/fyipadel or get a responsible adult to scan the QR code.



Liam and Chloe de la Mare



MY DREAM DOUBLES PARTNER



Laura: Can I pick a tennis player?! My number one for life is **Roger Federer**, so I would play doubles with him in a heartbeat!



Tristan: I love **David Attenborough** so, if he could get himself on the court, that would be pretty cool!



Tia: It would definitely be **Leah Williamson**. She's an icon, not only in women's football but in women's sport in general. Plus, I'm a big Arsenal fan!

MONGER SMASHES IRONMAN RECORD



OMG!

BILLY Monger has knocked more than two hours off the Ironman world record for a double amputee.

An Ironman is an extreme version of a triathlon, so Monger's epic challenge in Kona, Hawaii, involved a 3.9km swim, 180.2km bike ride and then a marathon (42.2km). He completed the total distance of 226.3km (140.6 miles) in 14hr 23min 56sec.

"That was the longest day of my life!" he said afterwards.

"In the swim I got stung by a jellyfish in the first 100 metres. That set the tone for the pain that was going to come my way," he told the BBC. "Then towards the end of the swim I got stung by an even bigger jellyfish!"

Monger is a former racing driver who had to have both legs amputated after a crash at Donington Park in 2017. Now that he's fallen in love with this new sport, he says that he might try to have a go at qualifying for the para-triathlon at the 2028 Paralympics in Los Angeles.



Kejelcha in action earlier this year at the Paris Olympics

Ethiopia's Yomif Kejelcha has only ever competed in six half marathons, but his latest appearance saw him knock a second off the world record. The 27-year-old's feat came in Valencia, Spain, where Kenya's Agnes Ngetich almost broke the women's record too. She missed out by 11 seconds, but that was still the second fastest performance in history.



OOOPS!

Ipswich's Harry Clarke (above right) was close to going down in history as only the second player in Premier League history to score an own goal, concede a penalty and get sent off in the same match. Thankfully for him, an appeals panel said the own goal should be credited to Brentford's Yoane Wissa instead

Braydon's on the ball



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

West Ham's controversial injury-time winning penalty finally brought an end to Erik ten Hag's reign as Man United's manager, with United struggling for form and having just three wins from nine league games. Ironically, the first half was one of United's better performances this season and they should have been well clear before the Hammers took the lead.

Casemiro equalised and looked to have secured United a point and perhaps another week as manager for ten Hag, before a VAR decision gave West Ham the penalty that won the game. The result meant that ten Hag was sacked after two full seasons in charge.

The big game at the top of the table saw Arsenal and Liverpool share the points in an entertaining 2-2 draw at the Emirates, where Arsenal took the lead twice. The Gunners suffered injuries to defenders Gabriel and Jurrien Timber, and will be hoping they can return to action soon.



Jarrod Bowen seals the win for West Ham from the spot

Man City were the main winners of the weekend, after a 1-0 victory over Southampton moved them a point clear of Liverpool, and they remain the league's only unbeaten side. City haven't been firing to their usual standards but I think they'll only get better as the season progresses.

And what a result in Spain, where Barcelona ended Real Madrid's 42-game unbeaten run in La Liga with a 4-0 win at the Bernabéu. Four second-half goals destroyed Madrid in their own stadium as Barça moved six points clear of their rivals. Barça's teenage star Lamine Yamal, 17, got the third goal, making him the youngest ever scorer in El Clásico. What a player he's going to be!

The Ballon d'Or takes **Centre Stage**, with the top men's award going to Man City's Rodri. It's unusual that it went to a midfielder rather than a striker, but Rodri is a top player and has won pretty much everything apart from the World Cup.

Braydon's Team of The Week: Barcelona. If you get a chance, please watch the highlights. Great game, great goals!

Braydon's Player of The Week: Rodri. It has to be the Ballon d'Or winner.

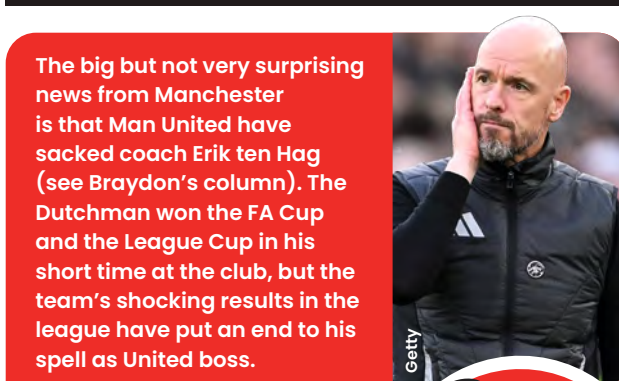
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WOW!

Young star Bray on her debut in the WBBL

Caoimhe Bray became the youngest ever player to appear in the Women's Big Bash League, just a month after turning 15. The Sydney Sixers star took one wicket and then hit the winning runs. The sporty star is also a pretty good goalie and has played for Australia's junior football team too!



The big but not very surprising news from Manchester is that Man United have sacked coach Erik ten Hag (see Braydon's column). The Dutchman won the FA Cup and the League Cup in his short time at the club, but the team's shocking results in the league have put an end to his spell as United boss.



DID YOU KNOW?

The FIG, the governing body for world gymnastics, has made para-gymnastics an official discipline of the sport. At the moment, para-gymnasts can only compete in national competitions, so this is a big step towards the goal of getting para-gymnastics in the Paralympic Games in Brisbane in 2032.

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