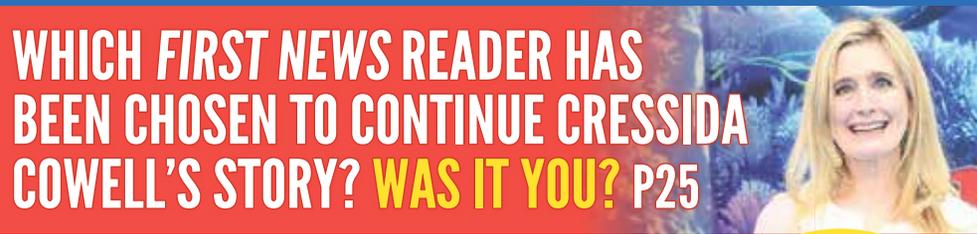




**KOALAS
HEAD HOME**
P7



**BGT IS
BACK**
P13



**WHICH FIRST NEWS READER HAS
BEEN CHOSEN TO CONTINUE CRESSIDA
COWELL'S STORY? WAS IT YOU? P25**

First News

Issue 722 £1.99 17 – 23 April 2020

OUR TRUSTED
NEWS GETS MORE
THAN 2 MILLION
READERS!*

LOCAL HEROES

TEACHER DELIVERS MEALS TO CHILDREN



Tell us about
your coronavirus local
heroes, like Zane Powles, at
newsdesk@firstnews.co.uk
putting 'Local Hero'
in the subject box

by editor in chief Nicky Cox

A TEACHER is being hailed as a local hero for walking five miles every day to make sure disadvantaged children get a proper lunch during the coronavirus lockdown.

Every morning, Zane Powles delivers 78 packed lunches to children who get free school meals. Each one has a sandwich, a packet of crisps, a biscuit and an apple. At every house he leaves the food on the doorstep, knocks on the door and steps back to the pavement.

The assistant headteacher at Western Primary School in Grimsby says: "It encourages parents to stay in their homes with their children, and keeps everyone safe."

Mr Powles has been doing his round since the lockdown began and has become something of a legend in the area, with several colourful posters praising him. One reads: "Well done, Mr Powles!"

But he says he doesn't think of himself as a local hero.

"My job is the welfare of children, and educating them," said Mr Powles. "In these times I'm just doing it in a different way."

Meanwhile, with the lockdown extended, the Food Foundation charity says that 1.5 million Britons have reported not eating for a whole day because they had no money or way to get food. And three million people said they were in households where someone had been forced to skip some meals.

Other charities running food banks say they are struggling with a huge rise in people coming to them for emergency parcels because they have lost their jobs during the coronavirus pandemic, or can't travel to food stores.

During such times, it's been heart-warming to see how communities are pulling together.





HOW LONG WILL LOCKDOWN LAST?

THAT'S been the big question on everyone's minds, especially when people had to stay at home over the sunny bank holiday weekend. So are things going to get back to normal any time soon?

Well, probably not. While Prime Minister Boris Johnson rests up (see right), Foreign Secretary Dominic Raab is taking his place – and it's widely expected that by the time you read this, he'll have extended the lockdown until May.

In a recent briefing alongside the chief scientific adviser Sir Patrick Vallance, it was made clear that things aren't likely to return to normal for some time. "We've still got a long way to go... we've still not passed the peak of this virus," Mr Raab said.

Vallance explained that the effects of social distancing hadn't been seen in the UK's infection and death rates yet, but that they would take another look at things when "we are firmly the other side of it in terms of numbers coming down".

Unfortunately, that won't necessarily mean that things will suddenly get back to how they were.

Dominic Raab has said that there "won't be changes until [the Government] is confident as they can be" that it would be safe.

The World Health Organization's

guidelines say that restrictions should be lifted slowly and not "all at once", to avoid a second spread of the virus.

They also say that lockdown restrictions should only begin to be lifted when mass testing is available and the Government can accurately track the spread of the virus.

Obviously, lots of people are worried about how all this will affect businesses and the economy. Apart from a few companies, most are losing lots of money.

The Government has already promised to try to keep businesses going with plenty of extra cash and support. However, as the lockdown continues, it's likely that new measures will be put in place to keep things afloat.



Dominic Raab is standing in for the PM

Remember that the best way to protect yourself and other people is by staying home, and washing your hands regularly and thoroughly for at least 20 seconds.

For the latest, most accurate health advice, see:

- tinyurl.com/whocv2019
- www.gov.uk/health-and-social-care

PM "SAVED" BY NHS



A police officer at the entrance to Chequers

PRIME Minister Boris Johnson has left hospital, after spending several days in intensive care with COVID-19.

Mr Johnson said that "the NHS has saved my life, no question" and that it "could've gone either way".

In a video posted on the PM's official Twitter account, he named several nurses in particular whose care helped him through his illness, including two in particular from New Zealand and Portugal.

The prime minister was told not to rush back to work, so he was sent to recover at his official country residence, Chequers.

Official Government advice says that people shouldn't travel to second homes, so some might question why the PM has gone to a house that is 40 miles and an hour's drive away from Downing Street.

HANDSHAKE SHAKE-UP



WILL people still be shaking hands after the lockdown ends?

That was the interesting question asked by Dr Anthony Fauci, the head of the National Institute of Allergy and Infectious Diseases (NIAID) in the US. Fauci is one of President Donald Trump's most senior medical advisers, and is highly respected.

During a podcast he said that if people stopped shaking hands, it would help to reduce the numbers of annual flu cases and other illnesses. "I don't think we should shake hands ever again," he said.

People in many other countries greet each other without touching, such as the ojigi (bow) used in Japan. Lots of other greetings became popular before the lockdown, such as elbow bumps, but what's your favourite?

CITY OF LOVE

IN Verona, the city where *Romeo and Juliet* is set, true love has blossomed despite the coronavirus lockdown.

The couple, Michele D'Alpaos, 38, and Paola Agnelli, 39, have lived in flats opposite one another for most of their lives. But Michele only spotted Paola when they both stepped out onto their balconies to listen to Paola's sister play her violin one evening.

Michele decided to find out who Paola was, and luckily his sister knew her, so soon they were calling and texting one another. He has even put a banner on the roof of his block of flats with Paola's name on it to show his love. They still can't meet in person, but Michele describes their relationship as "magic".

Northern Italy has been badly hit by the coronavirus, so news of the romance has cheered up Paola and Michele's neighbours. "This has brought a ray of sunshine and made people happy," said Paola.



Michele D'Alpaos (left), Paola Agnelli and the balcony where they fell in love

HUG A TREE!



Forest ranger Valgerður Erling and a southern poplar

THE Icelandic Forest Service has issued advice to those missing hugs with their friends: hug a tree instead!

Forest rangers in the Hallormsstaður National Forest in east Iceland are calling for those feeling lonely to get their arms around Mother Nature.

“When you hug [a tree], you feel it first in your toes and then up your legs and into your chest and then up into your head,” forest ranger Þór Þorfinnsson explained. “It is a wonderful feeling of relaxation!”

However, Þorfinnsson suggested that tree-huggers should do their best to cuddle different trees, rather than the first tree they see – to avoid the spread of the coronavirus, which can linger on surfaces.

Once a good, unhugged tree has been found, Þorfinnsson said around five minutes of hugging is recommended.

THERE IS NO 5G CONSPIRACY



Getty

ACROSS the UK, the fifth generation of mobile internet is being rolled out. Known as 5G, it will massively increase the speed that smartphones will be able to download and upload to the internet – but why are so many people worried about it?

In recent months, conspiracy theories around 5G have become common. There are suggestions that the network will produce high levels of radiation, or that it’s never been tested properly.

Some people are even saying that the new 5G cell towers are to blame for the coronavirus outbreak.

This is completely untrue, and there’s been lots of research to prove it. The world’s top experts on radiation at the International Commission on Non-Ionizing Radiation Protection, which works with the World Health Organization, says that 5G is well below dangerous limits, completely safe, and “poses no threat”.

Despite the scientific evidence

that 5G is completely safe, there are dangerous consequences of the conspiracy theories.

At least 20 mobile towers have been damaged in the UK. Some were set on fire, and engineers have even been threatened and abused while trying to do their jobs.

Vodafone UK’s chief executive has said that he couldn’t believe that people wanted to “harm the networks that are providing connectivity to the emergency services, the NHS and the rest of the country during lockdown.”

The culture secretary, Oliver Dowden, will soon hold talks with social media companies about stopping the spread of these conspiracy theories further.

DON'T BE AFRAID OF HOSPITALS!



iStock

A GOVERNMENT campaign will encourage people who are seriously ill to visit the hospital.

Dr Sanjay Patel, a consultant in paediatric infectious diseases in Southampton, has said he is worried that fewer seriously ill children are being brought to his hospital.

Data shows that attendance at emergency departments has dropped by 22% from February to March. It is believed that many are too worried about COVID-19 to visit the hospital when they, or their children, need to.

Dr Patel stressed that social distancing was very important but also added that “there is a very real risk that some children with illnesses such as appendicitis, dehydration or even sepsis are not being brought to see healthcare professionals as quickly as they would be normally.”

The Government’s public awareness campaign will stress that the NHS is still there for those who need it.

SPILLED MILK



UK farmers have had to pour away thousands of litres of milk, as the coronavirus outbreak has affected supply chains.

Around 300 dairy farmers have had to dispose of the milk they’d usually be sending to businesses like hotels, restaurants and cafés.

According to the Royal Association of British Dairy Farmers (RABDF), the demand from the businesses who would use that milk has dropped by nearly 70-80%. They say that about a million litres of milk being produced every day has got nowhere to go.

However, demand for milk in supermarkets has risen, and there’s been a massive increase in demand for home milk deliveries.

The RABDF says that farmers are trying to get their dairy products to these places that can use it, but there is just too much and it needs to be disposed of.

Plus, factories that would turn that milk into longer-life products, like cheese or butter, are also at full capacity, so can’t take the extra milk either.

The RABDF says that the dairy industry is “working closely with the Government to try and develop a plan to support farmers through this difficult time”.



Getty

1. #LETSBUILDTOGETHER

The LEGO Foundation has donated \$50m (about £40m) to a range of charities to support children in need and ensure they continue to have access to learning. It has also launched the #letsbuildtogether initiative. Daily play challenges, new play ideas and live build-a-longs will be shared on social media with the hashtag. For more information and to get building, head to lego.com/letsbuildtogether.



2. TALK TO SANTA

Have you always wanted to ask Santa a question? Well, now you can! Santa is livestreaming every day at 11am to keep in touch with kids around the world. www.santaclausoffice.com is the place to go and join the chat.

3. COVID-19 KIDS' BOOK

A story book to help children understand COVID-19 has been released. More than 50 humanitarian organisations worked together to produce *My Hero Is You*, which is aimed at six to 11-year-olds and is available online and as an audio book.

4. VERTICAL FARMING

The United Arab Emirates is putting £80m into vertical farming (indoor farming without soil). The country imports 80% of its food, as it is difficult to farm in the UAE, where it is very hot and rarely rains. By building



the world's largest indoor vertical farm, it will increase the amount of local food being produced.

5. ESSEX LORRY DEATHS

The man who drove a lorry that led to the death of 39 people has pleaded guilty to manslaughter. The lorry was discovered in Essex last October. It contained the bodies of Vietnamese migrants who were being smuggled into the UK. Maurice Robinson, from County Armagh, pleaded guilty to manslaughter, while another accused man denied the charges.

20 THINGS TO KNOW AND TELL

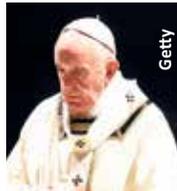
QUICK NEWS TO READ YOURSELF AND SHARE WITH FRIENDS

6. SAVING SALMON

The University of Edinburgh is working on a way to breed salmon that are more tolerant to sea lice. The lice are a big problem for Scottish salmon and have been blamed for salmon populations reaching an all-time low.

7. POPE SPEAKS OUT

In his Easter message, Pope Francis called for a universal basic income to be considered. This idea means that everybody in a country would be paid the same sum of money, regardless of their circumstances. Several countries, such as Spain and the US, have already agreed to some form of basic income during the coronavirus lockdown.



8. SHEEP WORKOUT

Debbie Ellis spotted a couple of sheep getting their daily exercise by using a roundabout as a hamster wheel!



9. A BIT TOO EASY-JET?

Airline easyJet has been given a £600m Government loan to help it survive the coronavirus pandemic. The loan was given weeks after the company paid £174m to people who own shares in easyJet, including £60m to easyJet founder Stelios Haji-Ioannou. A spokesman for the founder recently suggested a "reduction in crewing numbers" (making staff lose their jobs) as a way to save money.

10. SUBTITLED TV

Author Cressida Cowell and other celebrities are campaigning for subtitles to be added to children's programming as a way to boost literacy levels. Organisers say: "Research across multiple countries has shown us a way to improve children's literacy. It's incredibly simple: just turn on the subtitles."

11. TOURIST TROUBLE

A popular mountain range in China was forced to close again soon after reopening. More than 20,000 visitors turned up to Huangshan, overcrowding the popular attraction.



12. QUEEN'S SPEECH

The Queen has recorded an Easter message for the first time during her reign. In it, she said that "we need Easter as much as ever" and reminded the country that "coronavirus will not overcome us".

13. VACCINE TRIALS

German company CureVac is hoping to begin trials for its COVID-19 vaccine in June. Even if tests go well, doctors say the vaccine would not be widely available for over a year.

14. ANIMAL HEROES

Two sisters in Turkey are helping to keep hungry animals fed during lockdown. Necla Varol, an animal rights activist, and her sister Nazife Çoklaş, feed more than 200 stray dogs and cats each day from their van. Nazife said: "To feed them is a beautiful feeling. All they need is a bit of love, and it makes me happy to see them running to us."



15. ECONOMIC IMPACT

The Centre for Economics and Business Research (Cebr) says that lockdown is costing the UK economy £2.4 billion every day. Cebr says that daily losses for the hospitality sector are around £172m and £237m for the construction industry.

16. RHINO HELPERS

Scientists have found that a certain bird can reduce the risk of endangered rhinos being poached by hunters. Red-billed oxpeckers are often seen on rhinos, as they feed off ticks and maggots. A study of black rhinos found that rhinos with the birds were warned of nearby humans up to 50% of the time. Rhinos with no birds only noticed humans 23% of the time.



17. POLLUTION WORRY

Research has found that children in pushchairs could be breathing in up to 44% more pollution than parents pushing them. This is because they are closer to the level of car exhausts.

18. ALBINO ROBIN

An albino robin has been struggling to find a mate because of her unusual look. It's thought that male robins may not recognise her as a robin without the bird's famous red breast. However, avoiding the stress of breeding has meant the robin has lived a longer life.



19. POST OFFICE BLUNDER

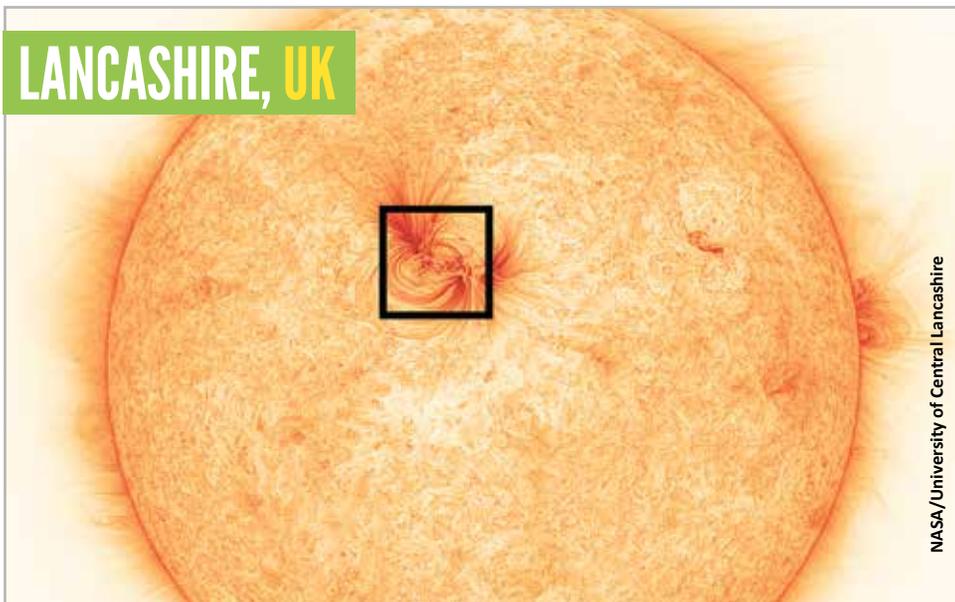
A glitch in the Post Office's IT system from the early 2000s caused many people to be wrongfully accused of theft. It's now believed that wrongful convictions could have been nine times higher than previously thought.

20. HIPPO-POTTY-MUS

A set of metal hippos that are actually bathroom appliances could fetch more than £2m at auction. One hippo (pictured below) is a toilet, another is a bath and the third is a bidet for washing your bum. The bathroom suite was created by sculptor François-Xavier Lalanne in 1992. The auction house described the set as "very practical as well as beautiful".

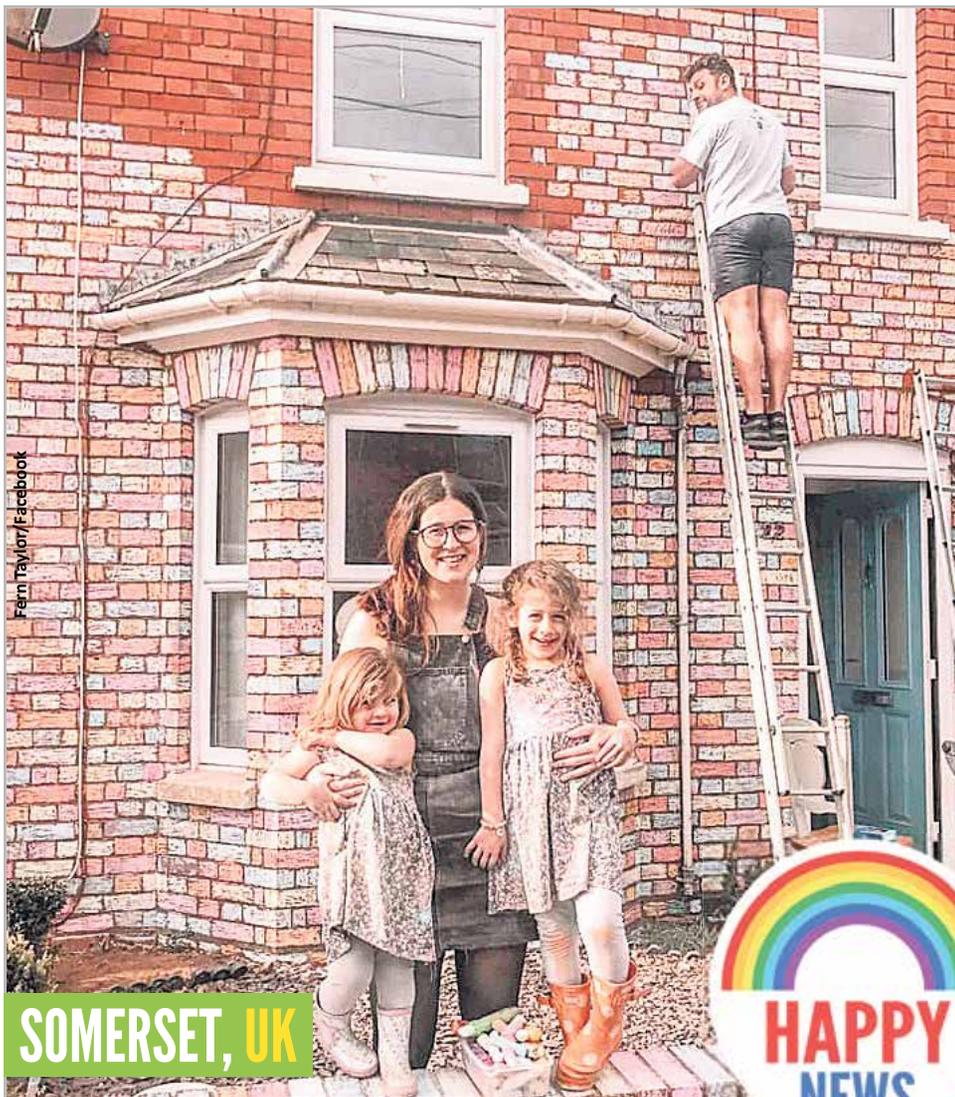


LANCASHIRE, UK



NASA/University of Central Lancashire

RESEARCHERS at the University of Central Lancashire (UCLan) have revealed detailed, high-resolution images of the sun. They were taken by NASA's High-Resolution Coronal Imager telescope (or Hi-C for short) and show the sun's outer layer in detail for the first time. Fine magnetic threads filled with extremely hot, million-degree plasma can be seen in the stunning pictures.



SOMERSET, UK

THE Taylor family spent hours colouring every brick of their terraced house in chalk to create a rainbow effect to "lift people's spirits" during the coronavirus lockdown.

CARDIFF, UK



Nathan Wyburn Artist/Twitter

ARTIST and former *Britain's Got Talent* semi-finalist Nathan Wyburn has created a collage tribute to NHS workers, using photos of more than 200 NHS staff who are working on the frontline of the coronavirus battle.

LONDON, UK



ZSL London Zoo

DEDICATED keepers at ZSL London Zoo – who are still working behind closed gates to look after the zoo's animals – painted fresh eggs, to celebrate Easter with an egg hunt for the meerkat mob.

MILAN, ITALY



Getty

A SUPER moon, also called the 'pink moon' in April, rises over the city. The pink moon is traditionally the fourth full moon of the year.



3 ISSUES FOR £1
SUBSCRIBE.FIRSTNEWS.CO.UK

BELFAST

Zoo comes to you

Belfast Zoo is making sure you don't miss out on the animal antics while the zoo is closed to the public. Staff are providing regular updates on social media with the hashtag #BelfastZooComesToYou. Zoo manager Alyn Cairns said: "Belfast Zoo is very popular with families, particularly at this time of year. We thought it would be nice to capture some footage behind the scenes and share it."



Belfast Zoo

LANCASHIRE

Boy's big thank you

A five-year-old whose dad died in a car crash last year saved up his pocket money to thank the medical staff that fought to save his dad's life. Kelvin Baker bought 180 Easter eggs and gave them to staff at the North West Ambulance Service and Royal Blackburn Teaching Hospital. It was Kelvin's birthday last week and the staff wanted to say thank you back, so they posted a birthday video, bought Kelvin presents and raised money to send him and his mum to Disneyland! Mum Simone said: "Today has been a day I've been dreading... Kelvin's first birthday without his daddy... but I can honestly say it's been better than I could have ever imagined!"



Tony Punn/Facebook

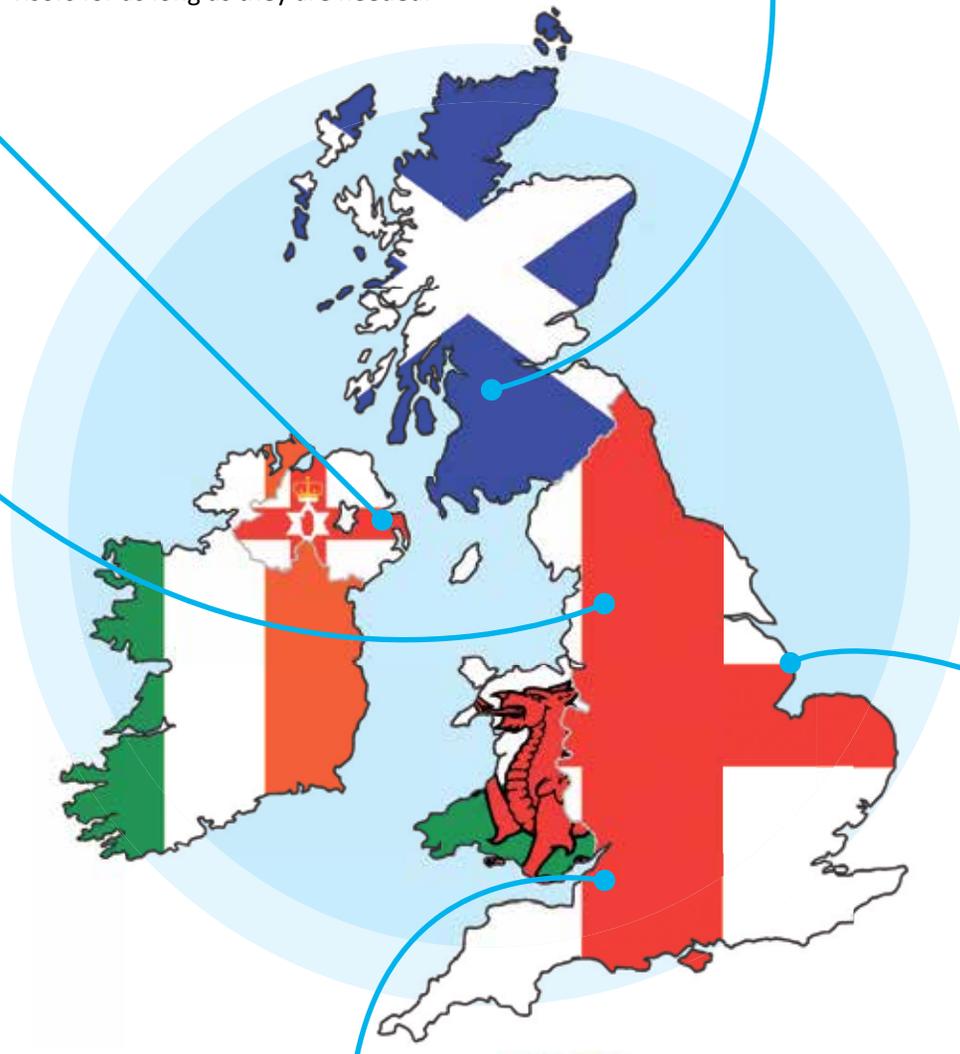
GLASGOW

Innovation school helps out

Kelvinside Academy Innovation School has been hard at work making more than 1,300 protective visors for NHS workers and carers, using 3D printers and laser cutters. David Miller, director of the school, said: "We have access to technology that we know can make a difference. We will continue the production of protective visors for as long as they are needed."



Kelvinside Academy



UK

Walking map

A new project by Ordnance Survey is looking to build a 'slow map' of Britain, showing routes for walking between towns. Daniel Raven-Ellison, who started the map, wants to show people the benefits of taking the slow way from A to B, like saving money, improving your health and having fun. Almost 10,000 miles of routes have been found, with a goal of around 50,000 miles for the final map.



Getty

Air pollution plummets

Since the lockdown, nitrogen dioxide levels in some UK cities have fallen by up to 60%. The air pollutant comes from cars, and clean air campaigner Jenny Bates said: "Once this dreadful situation is over, we don't want to go back to where we were or worse."

LINCOLNSHIRE



Getty

Golf course for birds

A golf club that shut in 2018 will be turned into a reserve for birds. The National Trust has bought the coastal land in Sandilands for £800,000. A spokesperson for the trust said: "The Lincolnshire coast is one of the most important stretches of English coastline for wildlife. The area we are talking about would have once been full of migratory birds, and it has the capacity to be that again."

BRISTOL

Laundrette "angels"

A laundrette in Bristol has come to the rescue of tower block residents. The 80 families living in Lansdowne Court in Easton have to share a small room with five washing machines, making social distancing impossible. Local laundrette At The Well heard about the trouble and offered a mobile laundry service to residents. Samuel Smith, who lives on the 15th floor, described staff as "angels", adding: "This is just what we needed. We needed that help."



atthewell/Facebook

NEWS IN NUMBERS

60 members of an orchestra are rehearsing together via video links. Music director Leo Geyer wanted to keep a "sense of community spirit" among the members of the Devon Philharmonic Orchestra during lockdown.

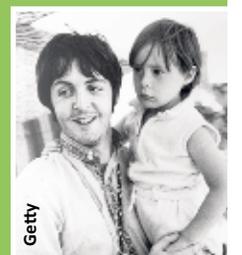
282 Munros (mountains in Scotland that are over 3,000ft high – around 914m) have been climbed by Kevin Woods. He walked 1,400 miles, the same as hiking from Edinburgh to Rome. He climbed 460,000ft, the same as climbing Mount Everest 15 times.



kevinwoodsmountain/Instagram

£65,000 was raised for two London hospitals when a shirt worn by cricketer Jos Buttler was auctioned. Buttler, who wore the shirt in last year's World Cup win, said the shirt "smells like a mixture of sweat and champagne".

£731,000 is how much handwritten lyrics to a song have sold for! The song is Hey Jude, recorded by the Beatles, arguably the biggest band of all time. Musician Sir Paul McCartney wrote the song in 1968 to cheer up his bandmate John Lennon's son, Julian (pictured right with Paul).



Getty



"Hey! My results are in already!"

LOO FOR YOU

ALGORITHMS are used to study many bits of our lives, but now they are being used for the most private of our daily habits – going to the loo!

Scientists from the University of Stanford in the US have designed a toilet that can check our health by examining our waste. Not only that, but the toilet can recognise who is sitting on it by the shape of their rear.

Although it all sounds a bit weird, there is a serious purpose. Dr Sanjiv Gambhir, who is leading the project, says that a whole range of diseases, including cancer, can be detected in what we flush away.

The hope is that, in the future, such diseases will be spotted and treated earlier. The technology could also help people manage conditions like diabetes and IBS.

EDITOR'S COMMENT



OUR front page this week focuses on the positive spirit that has come out of the coronavirus crisis.

Teacher Zane Powles is just one of many people who are doing their bit to help people who could be struggling in their communities. First News wants to hear about more people like Mr Powles. Tell us about your local heroes at newsdesk@firstnews.co.uk putting 'Local Hero' in the subject box.

Get First News delivered to your home!

TRY 3 ISSUES FOR £1

Visit subscribe.firstnews.co.uk

WOW!



AS the bushfire season comes to an end in Australia, lots of the koalas rescued from the terrible fires in December are being released back into the wild. Recent rains mean that there are plenty of new leaves on their favourite

eucalyptus trees. They will be released back where they were found, and many will be returned to the exact same tree. Radio trackers will help scientists to check their progress.



In times like these, we feel that the world needs to be reminded that it's not all doom and gloom out there! That's why we're promoting Happy News! If you like this story, and want some more positivity in your life, head to first.news/happynews now!

BRAINY BIRDS

BIRDS are not seen as brainy but a new study shows they can be pretty smart when it comes to finding food.

Far from being set in their ways, birds are constantly learning and adapting. Scientists found thousands of examples of birds changing their behaviour when looking for food; they are even learning from humans.

Using clever techniques to get meals also increases bird species' chances of long-term survival. Examples include using bait such as bread or insects to lure fish, and cracking nuts or shells by putting them in the road for cars to crush.

This ability to adapt, unfortunately, doesn't protect birds from many of the rapid changes in the environment, says Daniel Sol, one of the authors of the report. Many bird species are still in danger of extinction.



GOOD WEEK FOR...

KEITH WATSON

THIS 101-year-old patient has been discharged from hospital after treatment for COVID-19. Keith caught the virus after going to hospital for surgery following a fall, but is now recovering well.



BAD WEEK FOR...

THIS WINDOW!

ASTON VILLA'S Rushian Hepburn-Murphy smashed a window at his house when showing off his ball skills on Instagram. Don't tell his mum!



AWARD WINNER



CONGRATULATIONS to the charity Surfers Against Sewage for their film *The Creature*, which has won this year's First News Charity Film Award.

The awards were set up to recognise some of the amazing films that charities are producing, either to promote important messages or raise funds. These short films can provoke wider discussion on big issues, as well as amuse, inspire and entertain us. *The Creature* reminds us of the damage that our throwaway culture is doing to the planet.

Thanks to all those First News readers that voted in this special category. Wildcat90 commented: "I thought the creature was beautifully made and really emphasised the effect we have on our oceans." You can watch the winning film and all of the runners-up at first.news/thecreature.

USA



● Safety dilemma

Powerful tornadoes and storms hit southern states across the US last week. Hundreds of buildings were destroyed, and at least seven people died. The storms meant that authorities had to find a balance between keeping people safe from the tornadoes as well as the coronavirus. However, the American Meteorological Society said that it was more important people found shelter than stay in lockdown.



NICARAGUA



● Missing president

Nicaragua's 74-year-old president, Daniel Ortega, has not been seen in public for more than a month. His last appearance was on 12 March, when he spoke via video from a living room. It's believed that Ortega is very protective of his health and that, due to the coronavirus pandemic, he has gone into hiding. Nicaragua's response to COVID-19 has been controversial, as it has not closed schools, shops or borders to halt the spread of the virus.

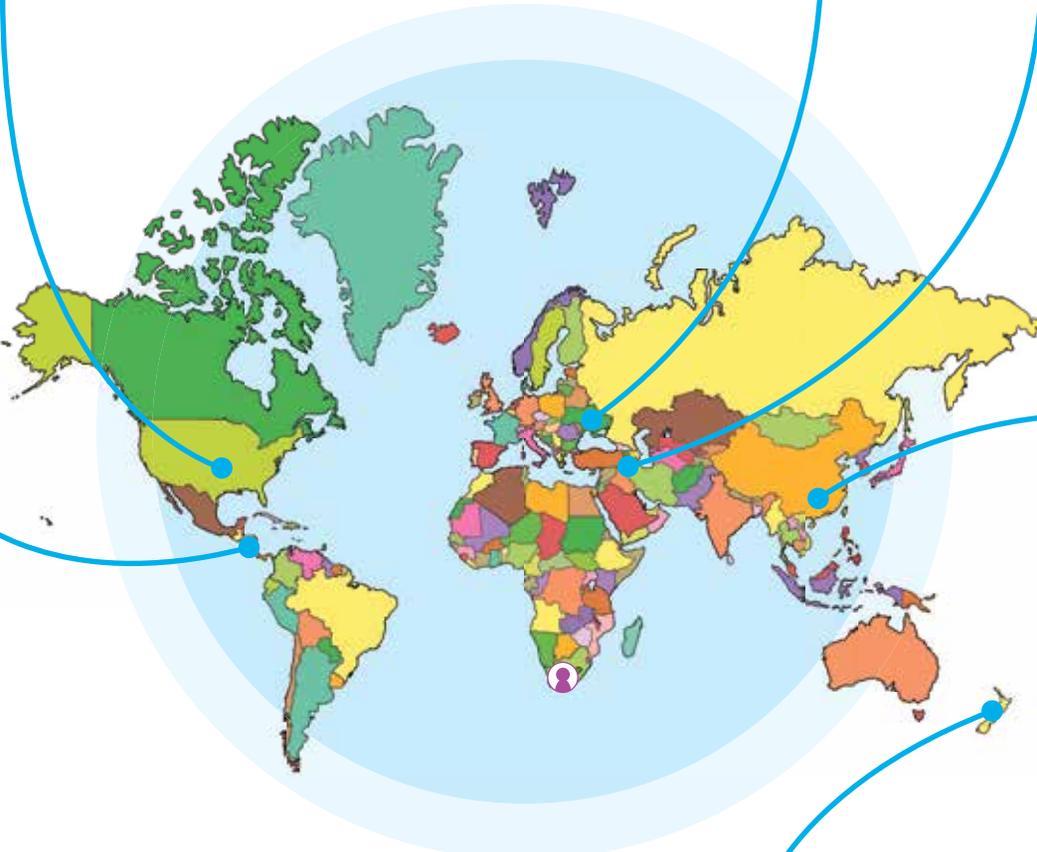


UKRAINE



● Radiation danger

In 1986, the Chernobyl nuclear plant caught fire, releasing dangerous radiation, which was absorbed by the soil. This week, wildfires in Ukraine reached the abandoned town of Pripyat, 1.5km from the Chernobyl site, burning trees and shrubs grown in this radioactive soil and releasing it back into the air. Olena Miskun, an air pollution expert at environmental group Ecoaction, said that Ukrainians were "lucky to have" quarantine measures in place. "Stay at home, walk less and wear masks," she said.



SYRIA



● Bombing blame

A new report from the United Nations has said that it is "highly probable" that Syria and its allies carried out a series of bombings on hospitals and other civilian buildings in the war-torn country last year. The UN did not mention that Russia was a part of these strikes, despite being Syria's main ally. A spokesperson for Human Rights Watch said it was "deeply disappointing" that Russia wasn't named in the report. Independent observers say that 70 healthcare facilities were bombed by Syrian and Russian forces in the last year.

CHINA



● Dams cause droughts

The construction of large new dams in China has reduced the water supply in countries downstream during droughts, a US-funded research company has found. Sixty million people in Myanmar, Laos, Cambodia, Vietnam and Thailand rely on the Mekong river for their livelihood, but last year's drought saw river levels drop to their lowest in 50 years. This had a devastating effect on farmers and fishermen. The study says reservoirs in China have lots of water, but they do not let it out during the wet season. China denies contributing to the problem, but promised to cooperate on management of the river.



NEW ZEALAND



● Steepest street again

The title of 'the world's steepest street', has been returned to Baldwin Street in Dunedin, New Zealand, after a rethink by Guinness World Records. Last year, Ffordd Pen Llech, a street in the Welsh medieval castle town of Harlech, snatched the title. But Baldwin Street appealed, arguing that the measurement should be taken from the centre of the road, rather than the sides. Following an "intensive review", Guinness agreed, saying it had now formally changed the criteria for any future claims. Gwyn Headley, who campaigned for Harlech to retain the title, said: "Blinking back the tears, we would like to congratulate Baldwin Street for winning the record."



OUR WORLD

NAME: THABO
LIVES: SOUTH AFRICA

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

THABO lives in a block of flats in a poor area of Johannesburg where crime, drugs and violence are all around him.

At home, there isn't much food and he often goes to bed without eating. Thankfully, Thabo has been attending the Fight With Insight boxing gym, a project funded by Comic Relief, since he was six.

As well as becoming fitter, he has learned how to control his anger, and knows he is now in a place where people care about him.

COMIC RELIEF



VIRUS LATEST

Blood donations from COVID-19 survivors could be very effective in treating the virus

HERE are the latest scientific developments on COVID-19:

• **Blood treatment trial** – Two weeks ago we reported on plans to begin trials for a blood transplant treatment in the UK. Survivors of the virus have antibodies in their blood that can be used to kill the virus in current sufferers. There’s been some good news from two trials in China, where 15 patients with severe COVID-19 were given blood donated by people who had recovered from the disease. None of the patients suffered bad side-effects, and within days of treatment, all their symptoms had improved. However, some scientists pointed out the patients also received medication, and the trial involved a small group, so they can’t be sure it’s an effective treatment yet.

• **Air pollution link** – A new study by scientists at Harvard University in the USA has shown a link between air pollution and COVID-19 deaths. Researchers found that even a tiny increase in particle pollution levels in the years before the outbreak is linked to a 15% increase in the death rate. So that means people who live in

areas with heavy air pollution are far more likely to die from COVID-19 than those who live in cleaner areas. But remember that a very small number of people with the virus die from it, and most of them have other serious health conditions too. Scientists have known for a long time that air pollution is linked to respiratory (breathing) conditions like asthma, so it follows that it can make COVID-19, a respiratory infection, worse. However, air pollution has fallen enormously since lockdowns were introduced worldwide.

• **Vet becomes medic** – A veterinary scientist has been credited with preventing deaths from COVID-19 in the Faroe Islands. Debes Christiansen converted a laboratory that specialised in salmon disease to a testing facility for the new coronavirus. Around 10% of the entire population of the Faroe Islands have now been tested, and all of the 184 who tested positive were tracked and quarantined. Only one had to go to hospital. The lockdown on the islands is due to be eased on 20 April.

TATA CONSULTANCY SERVICES INNOVATIONS

TINY ‘robots’ made using pollen are able to clean dirty water!

It may sound bizarre, but a team at the University of Chemistry and Technology in Prague, Czech Republic, is working on this innovation right now.



Pollen is the powdery substance produced by plants and flowers. Its grains can absorb mercury, which is present in some contaminated water that comes from factories. Although the mercury can be removed in treatment plants, it takes a lot of time and costs a lot of money.

So the scientists in Prague cleaned and purified pollen and stuck particles of platinum to each pollen grain. They added it to water and, after two hours, the pollen had absorbed 80% of the mercury.



THE HUNGRY GALAXY

THIS spiral galaxy, known as NGC 4651, contains what American space agency NASA calls “a violent secret”.

A spiral galaxy is, as the name suggests, a swirling collection of stars and gas, just like our own Milky Way. Most galaxies are spiral, but some are known as elliptical and irregular. The middle of a spiral galaxy is thought to contain a super-massive black hole.

So what is this “violent secret”? NASA experts think NGC 4651 has consumed another smaller galaxy! It gobbled up its neighbour, though NASA isn’t sure when.

The Hubble Space Telescope took the picture above, but it can be observed with a household telescope too, even though it’s 35 million light years away!

HOME LABORATORY!

SCIENCE MUSEUM GROUP

WE’VE shown you how to get a bottle to inflate a balloon and how to cover your bananas in tattoos. Now, here’s another experiment from our pals at the Science Museum that you can carry out in the comfort of your own home! **Please don’t try this one without the help of an adult.**

Egg in a bottle!

In this eggs-periment, you’ll learn how heat affects air. But be careful, as this experiment requires the use of a match.

What you will need:

- One peeled hard-boiled egg
- A glass bottle with a mouth just smaller than the egg
- Strip of thick paper
- Match – **make sure you ask an adult to help**

Method:

1. Position the egg near the empty bottle.
2. Ask a grown-up to take a strip of thick paper and light it with the match. Once it’s burning, drop it into the bottle.
3. Immediately place the egg on the top of the bottle so it covers the mouth, then watch as it begins to slowly make its way inside.

What’s the science?

The hot air inside the bottle starts to expand. But once the fire goes out and the air starts to cool down, the air pressure inside the bottle starts to lower. The higher pressure on the outside of the bottle is what pushes the egg inside!

10. AMAZING OFFERS!

TELL YOUR FRIENDS

TRY 3 ISSUES FOR £1



Still delivering the news to your door every Friday

Learn about the changing world around you while keeping up to date with the latest science, sport and entertainment news.

www.firstnews.co.uk/subscribe

Follow-on price: 13 issues for £19.99



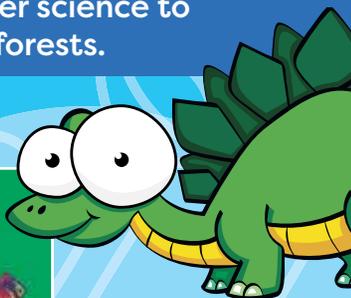
GET 50% OFF FIRST WONDER BOXES & ACTIVITY BOOK BUNDLES - PERFECT FOR KEEPING KIDS ENTERTAINED

Jam-packed with things to make, do and learn on a range of exciting subjects, from super science to animal babies, from dinosaurs to rainforests.

For a young palaeontologist

Take your dino-mad child back in time to when dinosaurs ruled the Earth. These giant creatures once roamed our planet, and we've got loads of facts, jokes, games, colouring and puzzles to help children learn all about them. Play Race to the Volcano, fly the mini Pterodactyl kite or play with the scratch art kit. Hours of fun!

PAY JUST £4.99

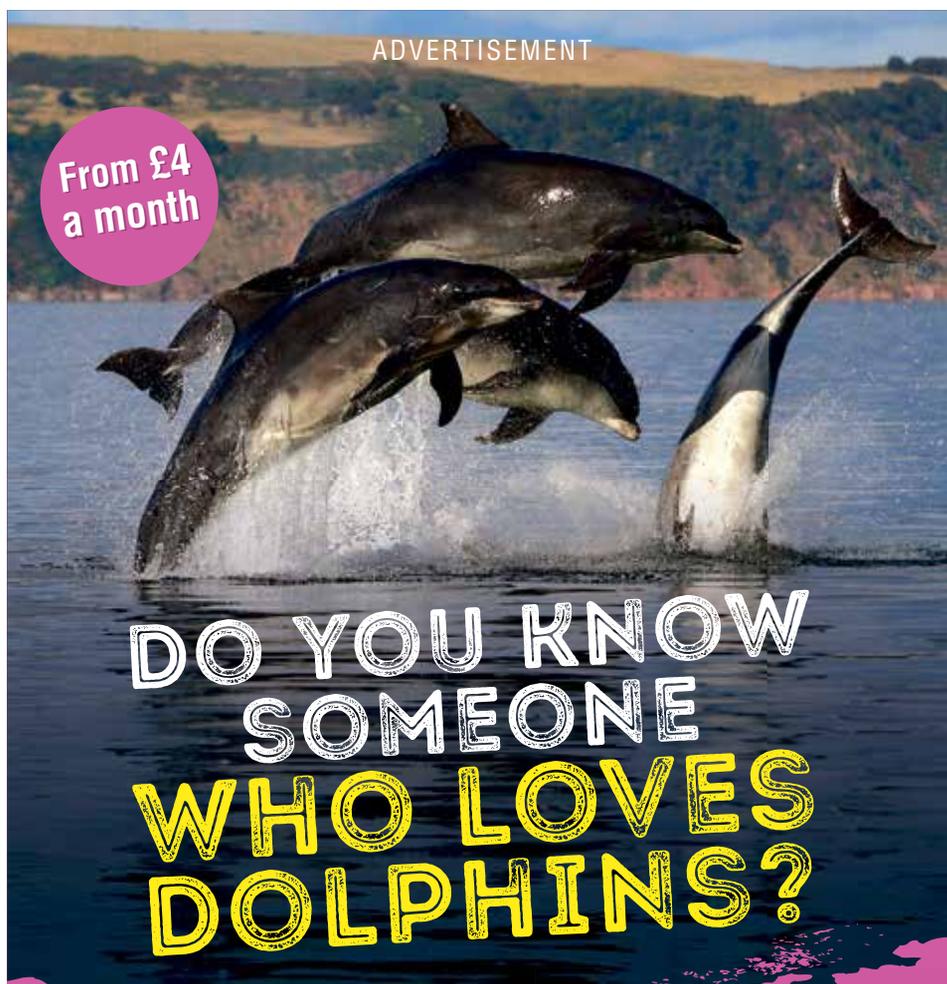


SAVE 50% WITH CODE FIRST50

WWW.FIRSTNEWS.CO.UK/FIRSTWONDERBOX

ADVERTISEMENT

From £4 a month



DO YOU KNOW SOMEONE WHO LOVES DOLPHINS?

Adopt a dolphin today and you'll be helping to give the amazing dolphins of Scotland's Moray Firth a future



The survival of these intelligent and charismatic dolphins is threatened. This population is just under 200 individuals. Your support will help protect these individuals from threats including oil and gas exploration and production, chemical pollution and fishing.

You will receive lots of stuff including a personalised certificate with a picture of your adoption dolphin, a set of fun stickers and a colourful WDC badge. We'll keep you up-to-date on their daily lives through a great quarterly magazine SPLASH!, a monthly e-newsletter and you'll receive an email birthday and Christmas card.

YOU CAN ADOPT:



RAINBOW

Rainbow is a friendly sociable female dolphin. She is a brilliant teacher to her sons, showing them how to catch the largest salmon!

OR



MISCHIEF

Mischief is amazingly agile for such a big dolphin. He is very friendly and always seems to be in a party mood! He's also a powerful hunter who can outrun even the biggest salmon.

WDC WHALE AND DOLPHIN CONSERVATION

TO FIND OUT MORE VISIT ADOPTADOLPHIN.COM

WDC IS A COMPANY LIMITED BY GUARANTEE REGISTERED IN ENGLAND, NUMBER 27327421, REGISTERED CHARITY NUMBER 1014705 (ENGLAND AND WALES) AND NO. SC040231 (SCOTLAND), TELEPHONE 01249 449500 PHOTOS © WDC/CHARLIE PHILLIPS





NEW LAW FOR PETS

TIGER CATCHES COVID-19



A TIGER at the Bronx Zoo in New York has tested positive for COVID-19, the disease caused by the new coronavirus.

Nadia, a four-year-old Malayan tiger, developed a dry cough. She was tested for the virus, and the test showed that she had it. Three other tigers and three lions at the zoo have all developed similar symptoms, but have not been tested. They have all lost their appetites but are otherwise well and being cared for by the zoo's veterinary team.

It's believed the infected cats caught the virus from a keeper who had it but wasn't showing any symptoms. Other cat species at the zoo, including cheetahs and leopards, have not shown any symptoms so far.

Although it seems like the keeper passed the virus to the big cats, there's no evidence to show that animals, including pet cats or dogs, can pass the virus on to humans.

LAST week a law took effect that aims to end puppy and kitten farms in England.

Lucy's Law came into force on 6 April. It means that you can now only buy new puppies and kittens from registered breeders. The animals must be seen with their mother and be sold from the place they were born. Anyone caught selling a puppy or kitten without the right licence and without the mother will face a fine or prison.

The idea is to stop the trade in puppies and kittens that come from puppy or kitten farms. These "farms" are often full of animals being treated badly, kept only to have babies, which are sold for money. Often the puppies and kittens are

taken away from their mother when they are too young and as a result are often in poor health.

The law is named after a cavalier King Charles spaniel who was rescued from a puppy farm where she and the other puppies were kept in terrible conditions and treated poorly.

If you and your family are thinking of getting a puppy or kitten, make sure you do your research, as different breeds all have different requirements. You should also consider getting a rescue animal too, as there are thousands of animals in shelters around the UK looking for new homes.

RARE LEOPARDS TAGGED

TWO rare snow leopards have been tagged and fitted with radio collars in Nepal.

The male big cats were caught in Nepal's Shey Phoksundo National Park, in a collaboration between WWF and the government of Nepal. They were tranquillised before being given a health check and fitted with the satellite collars.

It's hoped that the data collected from the collars will include information about the habitats of snow leopards, their day-to-day movements and their behaviour. These big cats are naturally shy and spend most of their time high in mountain ranges, making it hard for scientists to study and understand them.

Snow leopards can only be found in 12 countries in the world, and experts estimate there are as few as 4,000 animals left in the wild, making them vulnerable to extinction.



One of the snow leopards after being fitted with a radio collar



CHOCOLATE WARNING

LEADING vets are warning households around the country to keep their pets away from any leftover Easter chocolate.

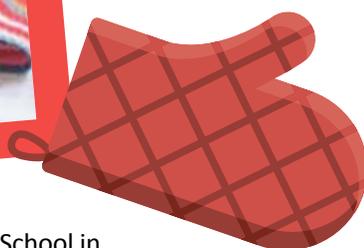
The British Veterinary Association (BVA) wants to remind people that chocolate can be deadly to our pets and to keep them away from it, to avoid the need for emergency vet care.

THERE'S A CLASSROOM IN MY KITCHEN!



The Nicholls Family

LIKE many of you, Year 6 student and *First News* Junior Journalist Mia Nicholls is stuck at home and adjusting to these strange times. She wrote a journal about her experience for us and ITV News. How does your 'new normal' compare to Mia's?



LIFE AT HOME

I haven't been to my school, Lyndon Green Junior School in Birmingham, for more than two weeks now, while the country has been in lockdown to prevent the spread of coronavirus. It was scary being told I might not go back to school until Year 7, not being able to see friends and family, SATs tests being cancelled and not being able to go outside.

It has been hard trying to take this all in, but I like to think that we are living history! Writing down my thoughts in my diary is helping me get through this upsetting event.

At the beginning, a lot of children in school were excited to have time off and the virus was just a big joke, but as more people have suffered it has been realised that it is serious and we still have to work hard to get our education.

I think that home-schooling is more of a challenge than regular schooling, because a house has many distractions and temptations.

MY FAMILY

My dad has been helping me with maths. However, maths is very different to when he was at school, so at times we have been learning together!

My mum is a teacher; the obvious choice when I need help. The problem is she also has to work from home, and sometimes has to go to work to look after the children of key workers, which is difficult when my sister, brother and me all need separate lessons.

My brother Austin and sister Gabrielle are younger than me and want to play all the time, which makes finding a quiet working space tricky (especially when Austin decides to play his drum and Gabrielle starts singing!)



The Nicholls Family

A Nicholls family selfie

HOME-SCHOOL LIFE:

Most of our lessons happen in the kitchen, but sometimes I work in my bedroom or even the garden. What I like about home school is that I don't have to rush to get to school in the morning, I can choose what order I do my lessons in, I can work at my own pace and I can do things that aren't on the curriculum. For example, I can do a lot more art and cooking.

Online learning is something my school gets us to do often. It's useful because my teacher can send me assignments over the internet. Usually, I do it on a computer or iPad. I don't only do learning online though – I make sure I do plenty of work on paper too; the school sends a variety of weekly tasks for us to try.

We have also been doing maths tuition on websites like White Rose Maths. There are many other online lessons you can try as well.

I think lockdown is a good idea because when people are not together it stops the infection spreading. We are spending lots of time together as a family playing games, building dens and reading.

But the downside is that we can't see our friends, teachers and relations. I miss being with my grandparents every day. Children and adults all over the world are in this situation, but we should just take it a day at a time. Here are some tips to make yourself feel better:

MIA'S TOP TIPS

- Try doing something you enjoy. It's no use just worrying over everything – try to make a bit of time to do something you like.
- Talk to an adult. Tell an adult you trust about how you feel.
- Think positive. The NHS is there to help; remember that you are safe at home. The world will be waiting for you when this is over.



The Nicholls Family

FIRST NEWS ISOLATION STATION

We're creating an online hub for stories about life at home, and messages of support to those that need it. To read Mia's story, read poetry and see posters of support, head to [first.news/isolationstation](https://www.firstnews.co.uk/isolationstation).

To submit something to the Isolation Station yourself, please email us at newsdesk@firstnews.co.uk, with the subject line 'Isolation Station'.





WE HAVE A KEYBOARD-PLAYING DINOSAUR!

BRITAIN'S Got Talent is back on our TV screens! We caught up with Ant and Dec to find out everything we need to know about the new series of everyone's favourite talent show...

● **What's the first thing that goes through your mind when you wake up on audition days?**

Ant: What time will Simon Cowell get there today?! The second thing is just thinking about what we will get to see. We don't know. We have no idea who's going to walk around the corner, what they are going to do: good, bad or indifferent. So it's quite exciting, especially before the series starts. You get this real sense of excitement about what you're going to discover.

● **You're always the last people to see the acts before they go on stage...**

Dec: What's crazy is people are often surprised when we go: "Right, the judges are ready, the audience is ready, are you ready?" and they say they are, so we tell them it's time to go on and they're like: "What, now?"

Ant: Or the other thing we often get is: "I just walk out onto the stage?" Yes, that's how it works!

Dec: We try to do our best to treat every auditionee as if they are the very first we've ever seen.

● **How would you rate the talent this year?**

Ant: I'll tell you what we've had this year more than the last few series, is people just giving it a go. What I mean is, we ask them who's seen their act and they tell us no-one! They've just decided to turn up and give it a go. It's like we've gone old-school *Britain's Got Talent* this year, and people are just walking in from their bedrooms and showing us their talent. Thankfully, a lot of them have been good! I mean, there have been classic good and classic bad on both sides.

Dec: There have been a lot of those acts who have been doing it without anyone seeing it and they go: "So I thought I'd come to *Britain's Got Talent*", and we're like: "That's quite a jump, you know?" It's felt, at times, like we're doing the first series again, when you get those people. They are the people who turned up in the early

days and now they're back. It's quite nice!

● **Do you think BGT Champions has had an impact on the people trying their luck this year?**

Ant: We've had a lot of comedians this year, so I don't know whether that's down to the success some have had on BGT or the comics we had on *Champions*. It seems to me that comedians and magicians have really come out of the woodwork now.

Dec: Ant's right, we've had a lot of magicians and a lot of comedians, which is good because we went through a few years where we had hardly any of either.

Ant: Yeah, there was a period where every singer/songwriter came on. Everyone with a guitar was on that stage. There's far less of them this year too, so when you do get a good one it's really refreshing.

Dec: We have a lot of parents or friends in the wings with us, and every time Simon stops a song and asks for another option we have to reassure them that it's very normal! Annoyingly, Simon is often right to change their songs!

● **Simon seems obsessed with novelty acts...**

Ant: It's all about his son Eric and what he would like. Everything he sees that he would normally have buzzed off in years gone by, now he's like: "My son would love that." So, he tends to put them through. Like this year we have a keyboard-playing dinosaur... what? If a keyboard came out a few years ago, Simon would have buzzed them straight away, but now it's a dinosaur playing the keyboard and it's a yes from him!

● **The judges seem on good form, though David hasn't been quite as naughty this year...**

Ant: There's still time for that – he's still outrageous!

Dec: He's still being mischievous. Simon got David up on stage so they could both have knives thrown at them...

Dec: Simon's got a real fascination with danger acts. It's not the first time he's got up on the stage.

Ant: Maybe because he's lost a lot of weight there's less chance of him getting hit!

Dec: It is dangerous because with that act there's no trickery involved; it's just someone throwing dangerous things at you! No thank you!

● **We've seen a lot of nervous acts – can you remember a time when nerves have almost got the better of you?**

Ant: We were nervous before we hosted the BRITs. It's quite daunting because you're playing to the room and the audience at home. I think we're quite lucky because we've got each other.

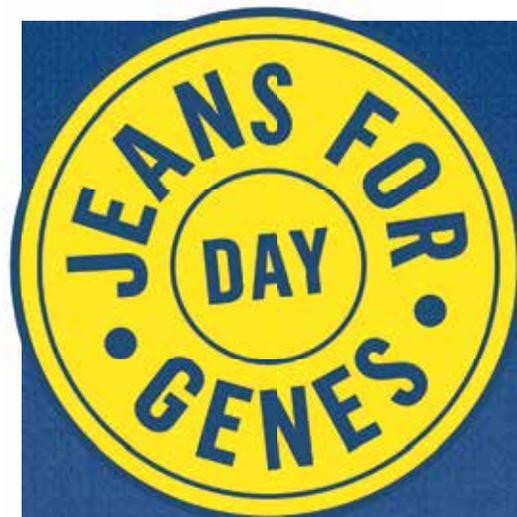
Dec: I think it's all about being prepared, making sure you've rehearsed and prepared for everything. You can be nervous, but I always remember someone saying to me: "It's a perfectly natural reaction to be nervous, but don't let it overtake you." You just have to go: "Okay, I feel the nerves, I understand why I feel like this, it's a perfectly natural reaction and I will use these nerves to keep me focused. What's the worst that can happen?"

Ant: Yeah, using that energy for good. It shows you care. If you're not nervous, then what's the point? It might be time to hang it up.

CHARITIES SUPPORTED BY FIRST NEWS



Britain's Got Talent is on ITV, Saturdays at 8pm
The audition shows were filmed before the coronavirus outbreak. The live shows will be held later in the year.



JEANS FOR GENES DAY



Sutton Girls School kicks off support for Jeans for Genes

SCHOOLS and schoolchildren have been huge supporters of Jeans for Genes Day over the last 25 years – wearing their jeans and donating every September to transform the lives of children with life-altering genetic disorders.

The charity that organises Jeans for Genes Day is called Genetic Disorders UK (GDUK) and they want to say a huge thank you for your support and let you know what they are doing to continue to support children and families affected by genetic disorders during the coronavirus pandemic.



WHAT ARE GENETIC DISORDERS?

We all have around 20,000 genes. They are the building blocks of our bodies. They decide the colour of our eyes, how tall we are, whether we have freckles, dark or light skin... the list goes on.

But if something goes even slightly wrong with just one of those genes, the instructions get jumbled and the body may not work properly – this is called a genetic disorder.

A genetic disorder means that some children cannot see, walk, talk or may look very different to you.

HOW THE CORONAVIRUS IS AFFECTING CHILDREN WITH GENETIC DISORDERS

Children and adults with genetic disorders are some of the most vulnerable in our society; exactly those who the coronavirus will hit hardest.

Genetic disorders include conditions and symptoms that mean that those affected are at greater risk of becoming poorly. This could be because they have severe respiratory conditions, such as a genetic disorder called cystic fibrosis, or metabolic diseases that increase the risk of infection, such as a genetic disorder called homozygous sickle cell.



MEET LOUIE

Louie, aged seven, was born with a life-limiting genetic disorder called spinal muscular atrophy with respiratory distress, which affects all the muscles in his body. Louie is paralysed from the neck down and needs a ventilator to breathe.

Louie's mum must use hand sanitiser before and after changing his airway tube – it's a vital and regular tool of her care routine to prevent infection.

MEET TAMILORE

Tamilore has the genetic disorder sickle cell anaemia and often experiences pain that makes him feel weak. His physical health has had a knock-on effect on his education and hobbies, but, despite these challenges, he has been able to achieve in these areas. Tamilore has recently been discharged from hospital after being on a ventilator to help treat a case of pneumonia.



DID YOU KNOW?

- There are more than 6,000 recognised genetic disorders
- It is estimated that one in 25 children is affected by a genetic disorder
- There are 500,000 children living with a genetic disorder in the UK

MAKING A DIFFERENCE: THE GENETIC DISORDERS HELPLINE

The Genetic Disorders helpline is open as normal, providing free, confidential guidance and support on all genetic disorders, as well as the specific impact of the coronavirus.

The genetic disorders UK telephone and email helpline is a highly valued service, responding to all enquiries regarding genetic disorders, specific genes, inheritance, genetic testing and genetic services.

A genetics counsellor called Emily provides emotional support and information to callers who are facing a difficult and distressing situation in relation to a genetic diagnosis affecting them or their children.

Emily answers a call on the Genetic Disorders helpline



Thorntree Primary School looking good in their denims!



Pupils at St Saviour CE School Bolton celebrate Jeans for Genes Day

£25

will pay for one hour of helpline support for parents caring for a child with a genetic disorder

HOW YOU AND YOUR PARENTS CAN HELP

GDUK can only continue to run their helpline because of the kindness and generosity of their supporters.

During a crisis, calls increase. GDUK want to be able to answer all those calls and help all those in need. To do this, they need to expand and promote their service.

Please ask your parents to keep the Genetic Disorders helpline running during the coronavirus crisis, and afterwards, by making a donation at www.geneticdisordersuk.org/donate.



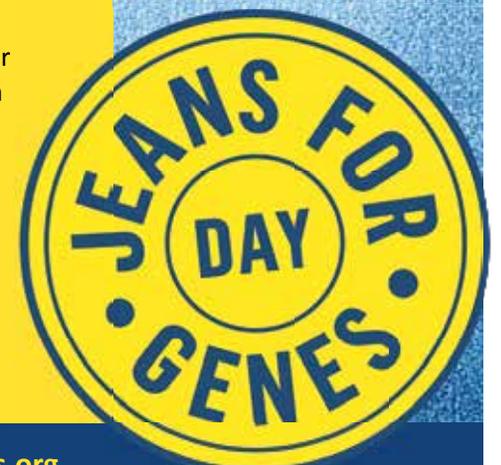
Learn more about genes and genetic disorders while you are at home.

Jeans for Genes have a range of free educational resources to keep you learning while schools are closed. Find films, worksheets and other resources at www.jeansforgenes.org/educationalresources.

FUNDRAISING CHALLENGES AT HOME

As we all adjust to spending more time at home due to the coronavirus, here are some great home-based fundraising ideas to relieve the boredom and to keep funding GDUK's vital helpline.

- **Stairway challenge** – which mountain will you climb? Choose a summit, work out how many times you need to climb your stairs and then plan the time needed to complete your challenge. Set a fundraising target and then create a fundraiser on Facebook or JustGiving. Don't forget to tell everyone you are doing this while at home – the cheers and donations will come flying in.
- **Virtual Jam for Genes** – if you have a musical talent, take it online with a virtual gig through Facebook or Instagram live. Set up a JustGiving page so that those who join you can donate.
- **Coronavirus 'swear' jar** – put £1 in the jar whenever you use the word 'coronavirus' and donate the collection to GDUK.
- **eBay denim upcycle sales** – Got some old jeans? Jazz up your jeans with pom-poms and patches and sell them on eBay. Donate the money to GDUK. Make your donation at www.geneticdisordersuk.org/donate.



And don't forget to register for your 2020 Jeans for Genes Day digital fundraising pack at www.jeansforgenes.org. Select your fundraising day, whether you are back at school or still at home, from **Monday 14 – Sunday 20 September** and don't forget... jeans on! Please be aware of age restrictions on social media sites