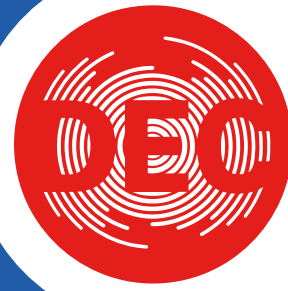


First

Issue 821 £2.35 11 – 17 March 2022

2.6M READERS*

News



JOIN OUR
FirstNews
UKRAINE
SCHOOLS
APPEAL p6

UKRAINE
SPECIAL

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YOUR QUESTIONS ANSWERED

WAVING GOODBYE TO UKRAINE

ONE DAY THEY WERE AT SCHOOL. NOW THEY DON'T KNOW WHERE THEY ARE



500,000 CHILDREN (AND COUNTING) FLEE UKRAINE

EDUCATION
SECRETARY
BACKS OUR
APPEAL



Nadhim Zahawi, Secretary of State for Education, is supporting our appeal: "Russia's invasion of Ukraine is deeply distressing and heartbreaking. I know that seeing this illegal and immoral attack on such a beautiful country can be confusing and upsetting for children and I'm pleased to see the work that *First News* is doing to help navigate this difficult issue.

"I fully support *First News*' campaign launched in partnership with the Disasters Emergency Committee, which will help raise vital funds for the people impacted by the invasion, while at the same time showing our support for the incredible people of Ukraine."

UKRAINE LATEST

All pictures: Getty

AS Russia's president, Vladimir Putin, continues to order attacks on Ukraine, the United Nations (UN) says the fighting has caused the "fastest growing refugee crisis since World War Two". More than 2m people have now fled Ukraine.

Igor Majayev stands among the ruins of his house. It's thought that a Russian airstrike was responsible. Some of Igor's family members died in the blast

Bombing continues

Lots of towns and cities in Ukraine have been targeted by Putin. Kherson, a port in the south, was the first city to fall under Russian control. Controlling ports and other routes will allow Russia to cut off Ukraine's supplies, and supply Russian troops instead.



Irpin residents escape the fighting by crossing a destroyed bridge

Some cities in Ukraine haven't had water or power for days, so many are surviving in below-zero temperatures with no heating or hot water. Food is running out too, and there have been reports of some people in Mariupol having to eat snow. Putin has also been criticised for not allowing civilians to leave, and some have been killed by Russian bombs while trying to flee.

Protests continue too

It's not clear exactly how much support Putin has in his own country, but there were more anti-war

protests again at the weekend. More than 4,300 were arrested during protests in 44 cities around Russia. Punishments can be harsh in Russia, but a lot of people obviously feel strongly enough about the war to risk being put in jail.

War against reality

Putin is so determined to control what Russian people know about the war that he has brought in new laws that mean someone could go to jail for spreading "fake news". The BBC and other news organisations have halted their services for now inside Russia, to avoid any of their journalists being sent to jail.

Russia's schoolchildren are also being given a false idea of what's happening, thanks to a document sent to schools by Russia's Education Ministry. Campaign group Human Rights Watch revealed that the two-page document is meant to be read out in class, and it says that Russia is carrying out a "special peacekeeping operation" and has "done everything possible to resolve the situation by peaceful, political means".

Sporting ban

Athletes from Russia and Belarus have been banned from competing at the Paralympics, in the

latest example of sport trying to put pressure on Putin and his ally, the country of Belarus. However, many people don't agree that banning athletes is fair, as they've spent four years preparing for the event and may not even support the war anyway.

A kind welcome

Although a lot of the news about the war is upsetting, there were lovely scenes in Berlin, Germany, when trainloads of Ukrainian refugees arrived by train. Lots of locals turned up with signs saying that they had a spare room available for refugees.



Berlin locals queue up to offer rooms to Ukrainian refugees

For a quick daily update on the Ukraine situation, see live.firstnews.co.uk. If you're worried about this or anything else in the news, talk to an adult you trust or call Childline on 0800 11 11.

UKRAINE Q&A

YOU'VE been sending in more of your great questions via our website (first.news/ukrainequestions), so we've answered a few more below.

● How can we help, apart from donating supplies and money? Is there anything we could do to welcome refugee children?

The Government has a page of advice at tinyurl.com/ukrainegovhelp about donating, which is also where it will publish details of a sponsor scheme to match refugees to people, charities and businesses in the UK. The Refugee Council also has lots of ways that you can help at www.refugeecouncil.org.uk. And see p6!



Volunteers in Edinburgh help to load a van with donations for Ukraine

● Are any other countries helping Ukraine physically fight Russia?

No, but the EU, UK, US and more are sending lots of weapons. Anti-tank and anti-aircraft missiles are helping Ukraine to defend itself against Russia's bigger and more advanced military.

● Do the Russian soldiers want to be there or is Putin forcing them?

Soldiers don't get a say in which wars they fight, so the decision is Putin's alone. However, there have been reports of Russian soldiers not being told the truth about the war and deciding to abandon their vehicles and equipment. Some Russian prisoners said they thought they were helping to "free" Ukraine and would even get a warm welcome.



Russian prisoners talking to Ukrainian journalists

● Why can't we just kill Putin?

Ukraine could try to, although he's very well defended in Moscow, miles away from Ukraine's border. But if another country, such as the UK or US, tried to kill Putin, that would be illegal and seen as declaring war on Russia.

● If Putin dies or loses power, will someone just as bad take his place?

We can't know, but many experts agree that Putin has made a big mistake by getting Russia bogged down in this war. Combined with the huge effects that sanctions (restrictions) are having on the Russian economy, Putin's replacement would likely have to be more careful.

THE WORLD HELPS

Population of Ukraine is 41.4 million, including 7.5 million children.

THE conflict in Ukraine has forced more than two million people to abandon their homes and escape to the safety of neighbouring countries – in less than two weeks. The Disasters Emergency Committee's (DEC) Ukraine Humanitarian Appeal was launched on Thursday 3 March and has already raised well over £100 million.

The refugees

Women and children have fled with little more than a suitcase, leaving behind their schools, friends and fathers – with men aged between 18 and 60 years of age ordered to stay behind in Ukraine to defend the country.

Many older people who are unable to travel have had little option but to remain in their homes in what has become a conflict zone. People have been injured and lives have been lost. Homes have been destroyed or are unsafe to live in, and essential services – such as schools and hospitals – have been hit.



Ukrainian families and children crossing the border into Romania to escape conflict

Camelia Iordache/Salvati Copiii (Save the Children) Romania

The conflict in numbers

The United Nations Refugee Agency, UNHCR, says two million people have fled Ukraine since 24 February, with millions more expected. More than 1.2m have crossed into Poland alone.

The United Nations (UN) estimates that four million people could flee the country due to the conflict.

The UN's children's charity UNICEF has said that more than 500,000 children have already fled.

The UN's Ukraine Flash Appeal says that up to 6.7 million more people could be displaced from their homes within the country.

What will happen next?

Millions more Ukrainians are expected to leave their homes over the coming days, weeks and months. The UNHCR says there are fears this could become the biggest refugee crisis this century.

Where have people been going?

People have mainly been fleeing to countries bordering Ukraine to the west, such as Poland, Romania, Slovakia, Hungary and Moldova.

In many places there are long waits to cross borders, and few facilities are waiting for them on the other side, with temperatures dropping below freezing overnight.

Some have friends or family in these countries, but many do not and are staying in reception centres, or with families who have kindly invited refugees to stay with them.

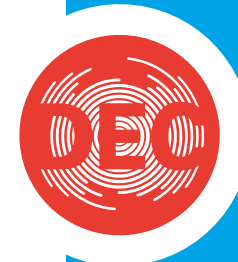
Celebrity and royal support

The DEC appeal has been supported by leading

JOIN THE

FirstNews

schools



APPEAL FOR UKRAINE

Turn to p6 to find out more

actors, celebrities and the royal family. Actors Adrian Lester, Kit Harington and David Tennant have filmed or recorded TV and radio appeals, and a social media film has been made by Hugh Bonneville.

Who is helping?

At times of very great need, the Disasters Emergency Committee brings together the UK's leading aid charities to raise funds and quickly deliver effective emergency relief. Thirteen of the DEC's member charities are responding to this crisis, including Save the Children, CARE International, Plan International and World Vision.

DEC member charities are working fast to provide the support and protection that people need, including clean water, emergency shelter, food, health assistance, sanitation and hygiene, and trauma counselling.



All children are given toys as they cross the border

Camelia Iordache/Salvati Copiii (Save the Children) Romania



Children take part in art therapy at one of the safe places set up by CAFOD partner Caritas Ukraine in Boryslav

Igor_Shokha/CAFOD

WORRIED ABOUT THE NEWS?

Want to talk about the news or what's happening? You can share your feelings safely and anonymously on the Childline message boards, or you can speak to a counsellor on 0800 11 11 or at childline.org.uk. They are available 24/7.

JOIN OUR *FirstNews* UKRAINE SCHOOLS APPEAL

in partnership with the Disasters
Emergency Committee's Ukraine
Humanitarian Appeal



So, what can you do to help Ukraine? **LOTS, ACTUALLY!**

WEAR YELLOW AND BLUE at school on our special **DAY FOR UKRAINE** next Wednesday 16 March – and donate £1 to our appeal if you can.

If school can't do it that day, ask them to arrange it for another day soon. Other activities can be organised, such as a sponsored **WALK FOR UKRAINE**. Bake sales always go down well, too, and are yummy ways to raise money. Don't forget you can fundraise at home as well.

£10 could provide essential hygiene supplies for one person for one month

£20 could provide emergency food for one person for one month

£50 could provide blankets for ten people – to keep refugees warm



Nadhim Zahawi, the UK Government's Education Secretary says:

"Russia's invasion of Ukraine is deeply distressing and heartbreaking. I know that seeing this illegal and immoral attack on such a beautiful country can be confusing and upsetting for children and I'm pleased to see the work that First News is doing to help navigate this difficult issue. I fully support First News' campaign, launched in partnership with the Disasters Emergency Committee, which will help raise vital funds for the people impacted by the invasion, while at the same time showing our support for the incredible people of Ukraine."

Donate to our DEC Just Giving page at first.news/ukraineappeal

Write a message to Ukraine

AS well as taking part in our blue and yellow DAY FOR UKRAINE, your support in words and pictures will also mean so much.

On that day, we'd love you to draw a picture or write a message to a



Ukrainian child in the heart in the middle of the Ukraine flag, and we will publish them on the *First News* website for everyone to see.

Cut out this one carefully or you can download as many as you want from first.news/ukraineflag.

Send your completed flags to us via first.news/Ukraine.



MAMMOTH MAMMAL



A huge porcupine puppet created by Jim Henson's Creature Shop, of *Muppets* and *Sesame Street* fame, has been unveiled in Los Angeles, USA. Percy the porcupine weighs around a tonne, which is similar to a black rhinoceros, and has 2,000 spines made from foam. He blinks and even opens his mouth to reveal his huge teeth. Two storeys tall, this is the largest animal puppet the Creature Shop has ever worked on. Percy is travelling to his permanent home at the San Diego Zoo.

SCIENTIST SEALS

With the record for the lowest recorded temperature on the planet, at -89.2°C , Antarctica is not easily explored. However, Japanese scientists have devised a clever way to study marine life under the thick ice in the winter months. They fitted eight seals with small helmets containing sensors to record data such as salt levels and water temperature. Information was gathered from a large area – one seal travelled 633km (393 miles) from the research station. It's hoped the data will reveal the effects of climate change on coastal areas.

WHAT A TOP IDEA!

When Andrew Hendy realised the jacket he was wearing was made from recycled materials, he thought that the same concept would work with toys. This led him to invent Recyclings – collectable toys made from more than 70% recycled bottle tops. The colourful characters have proved so popular that more than four million bottle tops have already gone into manufacturing them!



QUICK NEWS

TO READ YOURSELF AND SHARE WITH FRIENDS

SPOT THE BALL...

First played around 1667, the Royal Shrovetide Football Match is an annual game that takes place in Ashbourne, Derbyshire. Two huge teams known as the Up'ards and Down'ards try to carry, throw and kick the ball towards their opponents' goal. The match takes place over two days – Shrove Tuesday and Ash Wednesday – and has very few rules, but transporting the ball in a car or in a bag is banned! This year saw a 1-1 tie after the first day, before the Up'ards romped to a decisive 3-1 victory.



TALL STORY

An American doctor has broken the world record for creating the tallest 3D-printed sculpture of a human. Dr Vinson Eugene Allen's creation is called the *Statue of Inspiration* and stands a towering 6.04m (19ft 10in) tall, almost twice the size of the previous record. The sculpture of a doctor took a team of nine people 12 weeks to print and build!

PISA PROTEST



Opposition to the invasion of Ukraine by Russia has been seen worldwide. Even famous buildings have been used to condemn the attacks. In Italy, the Tower of Pisa has been decorated with a banner that simply says 'PACE', meaning 'peace.'

CLOCK THIS!

Centuries ago it was thought that the Stonehenge prehistoric monument in Wiltshire measured time. Now researchers believe it is a calendar, able to track a solar year of 365.25 days. Solar calendars follow the sun's movement and were used in Ancient Egypt, suggesting other cultures may have influenced Stonehenge's construction.



NOISE NUISANCE

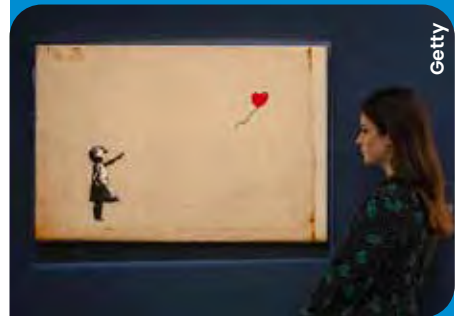
Underwater noise pollution could be affecting reptiles such as turtles. Tests have discovered that activities such as shipping and offshore construction cause hearing loss in marine and freshwater animals. This is usually temporary, but can last for days and may threaten the survival of some endangered species.

FIGHTING FIRE WITH FIRE!



A unique fire-fighting ritual has been held in Bali, Indonesia, which is said to keep the universe in harmony. Men hold dried coconut leaves, which are set alight. Then they take part in a pretend fight to zap negative energy. It's an amazing spectacle to watch, but not one to copy at home!

MONEY IN THE BANK-SY!



Two artworks by Banksy have been sold at auction for more than £7 million. *Girl with Balloon* fetched £2.8m, while *Vandalised Oil (Choppers)*, an anti-war artwork featuring two army helicopters, sold for almost £4.4m. Both pictures were owned before by singer Robbie Williams.

TRIPLE TYRANNOSAURUS?



One *Tyrannosaurus* must have been a terrifying prospect in the Cretaceous Period, but now some scientists believe there may have been three of them! As well as the mighty *T rex*, there could have been two other species: *T imperator*, meaning "tyrant lizard emperor" and *T regina*, meaning "tyrant lizard queen." Not all fossil experts agree, though – so this battle of the dinosaurs looks set to continue!

MARINE MARVELS

A new project is aiming to restore coastal waters around the UK by installing 141 oyster nurseries. The Wild Oyster Project has also pledged to teach 12,000 students about the ocean. One oyster can filter 200 litres a day to clean the seas! Ask your teacher to visit wild-oysters.org/education-materials.



 **USA**



Getty

● **Mega mansion sale fail**

“America’s most expensive residence” has sold for less than half of its asking price.

The Los Angeles mansion, which was also described in the sales brochure as being “twice as big as the White House”, originally had a price of \$500m (£378m). That was dropped to \$295m, and it finally sold for \$141m (£107m).

The 21-bedroom and 42 bathroom home also features a bowling alley, nightclub, private running track, juice bar, cinema and five swimming pools.

Estate agents said it’s unlikely that a house of its size will ever be built again.

 **USA**

● **Ancient vampire squid named after Joe Biden**

A 330-million-year-old octopus fossil has been named *Syllipsimopodi bideni*, in honour of the 46th US president, Joe Biden.

The ten-armed fossil is believed to be an ancient ancestor of the vampire squid, a dark red deep sea creature that has spikes on its tentacles.

Despite the spooky name, the vampire squid doesn’t suck the blood of its victims, but instead prefers to wait around until food floats its way.

Although it’s an honour for any creature, ancient or not, to be named after you, we’re not sure how flattered President Biden will be by this one!



K Whalen/Christopher Whalen

An artist’s illustration of *Syllipsimopodi bideni*

 **JAPAN**



Getty

The killing stone, when it was still together

● **Killing stone splits**

Last weekend, a famous volcanic rock, known as the Sessho-seki, or ‘killing stone’, was found split in two. Legend has it that the rock spews poison gas and will kill anyone who comes into contact with it.

It’s said to contain the spirit of an evil nine-tailed fox, who pretended to be a beautiful woman in order to murder Emperor Toba, who reigned 900 years ago.

One Twitter user, who posted a picture of the halved rock, said the sight made them “feel like [they’ve] seen something that shouldn’t be seen.”

Local and national government officials will now meet to discuss what is going to happen to the split stone.

 **HONDURAS**



Getty

● **Government bans open-pit mining**

Honduras’ new government has announced plans to ban open-pit mining, as it is “harmful to the state of Honduras”.

Open-pit mining is when minerals are mined straight out of the ground, leaving a large hole.

The government said that mining is threatening the country’s water supplies and natural resources, and harming public health.

Environmental activists, who have been calling for a ban on open-pit mining for years, celebrated the news, saying that it was a “positive change”.

 **THAILAND**

● **Jailed over sticker**

A man has been sentenced to two years in prison after putting a sticker on a large portrait of the country’s ruler, King Maha Vajiralongkorn.

In Thailand, it is a crime to insult or threaten the king, queen or any associated royal figures.

Offenders can be punished with up to 15 years in jail.

The man, called Narin Kulpongsathorn, placed the sticker, showing the logo of a political Facebook page, on the portrait during a rally.

It’s the first time in more than a year that someone has faced jail for insulting the monarchy.



Getty

 **NEW ZEALAND**

● **First Covid-19 cases**

The remote Chatham Islands, 800km (497 miles) from mainland New Zealand, have recorded their first Covid-19 cases, nearly two years after the pandemic began.

Chatham Islands Mayor Monique Croon said that it wasn’t the “best of news” but that they “had prepared for this.”

The two people who have tested positive are now isolating, and are being supported.



Getty



USAIN BOLT VS DINOSAUR



A UNIVERSITY professor in America found an interesting way to engage his physics students – by asking them if former Olympic champion sprinter Usain Bolt is faster than a dinosaur!

Scott Lee, from the University of Toledo, asked his students to work out if Jamaica's Usain Bolt could beat *Dilophosaurus wetherilli* in a 100m race.

Bolt is the world record holder in the 100m and 200m, and won golds at three different Olympics, so if anyone can do it, it's him.

Professor Lee chose *Dilophosaurus*, which appears in the film *Jurassic Park*, because of its maximum running speed.

He said: "The maximum running speeds of the other dinosaurs were significantly different from Usain Bolt's average speed and, therefore, would not make an interesting race. Sadly, the more famous *Tyrannosaurus rex* is believed to have been slower than Usain Bolt."

The students had to make spreadsheets to compare different things between the two runners. They looked at speed (how fast you are moving), velocity (how fast you are moving in a certain direction) and acceleration (how your velocity

changes over time).

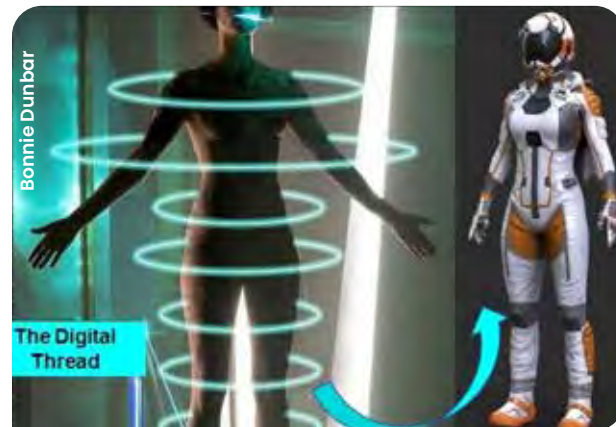
They also had to consider Newton's second law of motion, which explains that the greater the mass of an object, the more force it will take to accelerate it.

As Usain Bolt's mass (the proper term for what we usually call weight) is much less than *Dilophosaurus*'s, he has an advantage. It takes a lot less force for him to push off at the start of the race and build up speed over the 100m distance.

The second law of motion and Bolt's ability to accelerate proved to be the winning formula. The students calculated that Bolt would leave *Dilophosaurus* in the dust, beating it comfortably by two seconds.

Professor Lee says the odd race was a great way to get students to study different aspects of physics. He hopes other teachers will think 'outside the box' to present learning in a range of interesting and unique ways.

THE FUTURE OF SPACE



NASA has given millions of dollars to 17 different projects that could shape space exploration in the future.

The NASA Innovative Advanced Concepts (NIAC) scheme is designed to help those with amazing space ideas research them further.

Bonnie Dunbar has been given grant money to investigate custom spacesuits (above). The idea is that a computer would scan an astronaut and a system called Digital Thread would send the data to robots to create the suit. It would be specially made for the person and their space mission.

Jonathan Sauder proposed Starburst (below), a group of satellites that can better monitor storms as they move around the world, saving lives.

Other ideas include the CREW HaT system, which would create a magnetic field around spacecraft to stop space radiation, and a spider-like robot called ReachBot that could explore the caves of distant planets.



BACON BUG COULD HELP HUNGER



A LOCAL bug that tastes like bacon could help people who are hungry in Madagascar.

The African island has been suffering from severe drought (lack of rain) for three years. That's made it hard to grow food, so many people are going hungry there.

But now an insect known locally as sakondry could help feed starving people. It's nicknamed 'the bacon bug' for its smoky bacon taste, and UK-based charity SEED Madagascar has been helping villages to farm the tasty insects.

The bugs provide important nutrients, are cheap to farm and can be found near many communities in Madagascar. Training will be given on how to grow a certain type of bean that attracts sakondry. That means both beans and bugs will help thousands of villagers to have a more nutritious diet.



SCIENCE MUSEUM GROUP

This report is from the Science Museum in London

IN 1989, British physicist Sir Tim Berners-Lee proposed joining up existing systems to create a network of information: the World Wide Web.

The idea changed the world forever. With 3.4 billion users today, the web has grown dramatically and allows us to communicate and share data across the globe in seconds. The web gave sources of information on the internet – what we now think of as a web page – a unique address in a standard form (a URL). Berners-Lee also created software that presented documents in an easy-to-read format (the browser). Made in 1990, the NeXT computer (right) was the world's first web server – switching it off would have turned off the entire web! Now, you can find it in the Science Museum.



THIS WEEK

1 Australian soap opera *Neighbours* is being cancelled after 37 years. The show launched the careers of some very big stars, including Kylie Minogue and Jason Donovan (both pictured), Natalie Imbruglia, Liam Hemsworth and Margot Robbie. Channel 5, which currently airs the show in the UK, says it wants to make room for more UK-produced drama.



2 A number of musicians have cancelled planned tour dates in Russia in response to the conflict in Ukraine. Louis Tomlinson, Yungblud and Franz Ferdinand are the latest stars to cancel their shows. Louis Tomlinson said: "The safety of my fans is my priority and my thoughts go out to the people of Ukraine and all those suffering from this needless war."

3 ITV bosses have confirmed that *I'm A Celebrity... Get Me Out Of Here!* will return to Australia this year. The show has been filmed in Wales for the last two years due to the Covid-19 pandemic.



TASTY CELEBS

TASTY CELEBS



This Morning presenters Alison Hammond and Josie Gibson, along with politicians Boris Johnson and Sir Keir Starmer, have been turned into works of art using just vegetables and tomato sauce!

The amazing portraits were created by food artist and *Britain's Got Talent* finalist Nathan Wyburn, to help launch Eat Them To Defeat Them, the annual healthy eating campaign for schools. The campaign runs until the end of March and encourages schoolchildren to try new vegetables and eat healthily by taking part in a series of challenges.

PICS OF THE WEEK



THE next magical adventure from the WIZARDING WORLD hits cinemas next month and we can't wait!

In *Fantastic Beasts: The Secrets of Dumbledore*, Professor Dumbledore faces the biggest battle of his life (so far) as the dark wizard Grindelwald makes his move to take control of the WIZARDING WORLD. Dumbledore enlists the help of Magizoologist Newt



Scamander (left) and a team of witches, wizards and a brave Muggle to set off on a deadly mission to help stop Grindelwald (above). This next adventure in the *Fantastic Beasts* series features more beasts, more action and more magic!

Fantastic Beasts: The Secrets of Dumbledore hits cinemas on 8 April



Scan this QR code with your phone's camera to watch a video of the portraits being made!



You can find out more information about Eat Them To Defeat Them at eatthemtodefeatthem.com

An eastern black rhino



Bristol Zoo

RHINOS IN BRISTOL

TWO eastern black rhinos will arrive in Bristol when the brand-new Bristol Zoo opens in 2024.

They are some of the rarest animals in the world and this is just one of the exciting new species that the zoo plans to home and help to conserve. The animals will be part of a European programme designed to act as a safety net for the species. If the animals become extinct in the wild, the idea is that there will be enough of them in captivity to help save the species. Eastern black rhinos are critically endangered in the wild and are targeted by poachers for their horns. Conservation efforts to protect the species are vital to stop them from becoming extinct.

The new rhino enclosure will be designed to look like the scrubby habitat that the species live in in Africa, with native trees and plants.

All of the animals at Bristol Zoo will live in enclosures that closely resemble their natural habitat, rather than a man-made exhibit. Conservation is a huge part of the plan for Bristol Zoo, with around 78% of the species on display being part of wider conservation plans.

The zoo is due to open in 2024, with the current zoo, Bristol Zoo Gardens, due to close in September.

SONGBIRD SORROW



Guy Shorrock/RSPB

THE number of songbirds being illegally trapped in Cyprus is increasing.

A new report from the RSPB and BirdLife Cyprus found that in autumn 2021, around 605,000 songbirds were illegally trapped and killed. That's more than double the number found by a similar report in 2020.

Every autumn, when songbirds are migrating between Europe and Africa, many of them are trapped in nets known as mist nets. The nets are put up by criminals who want to sell the birds illegally on the black market. They're used in a dish called ambelopoulia, which was once a traditional meal in Cyprus but is now illegal.

Work is underway by authorities and charities such as the RSPB, BirdLife Cyprus and the Committee Against Bird Slaughter (CABS) to stop these criminal gangs.

Three people caught on hidden cameras setting nets are due to be taken to court.

IT'S SSSSPRING!

NOW that the UK has officially entered spring, some of our native species will be emerging from hibernation.

Adders are the only venomous snake found in the UK and can be identified by the zigzag pattern on their back. Between March and April, these sleepy snakes will start to emerge and will be hungry after their long rest over winter. Adders will be most active during the day, when the sun is at its warmest.

Charity Froglife says: "If you do find an adder, it is great to get excited, but give the adder some space. Adders will only bite as a last resort and is usually because they have been stepped on or picked up!"

Froglife also recommend keeping your dog on a lead if adders could be present, as dogs can disturb adders that are resting in long grass and may get bitten. An average of 100 dogs are bitten by adders every year. Bites are usually treatable, but it's better to be cautious when adders may be around.



Getty



Adders usually start to wake up from hibernation in March

WINDOW WANDERLAND

WINDOWS across the UK are being transformed into amazing artworks this spring.

A special project called Window Wanderland encourages local communities to get creative and design colourful window displays for their homes. The aim is for the artworks to be lit up at night so that neighbours can enjoy fun walking trails to find them all.

The idea was dreamt up by Lucy Reeves Khan, after she suffered years of isolation from chronic illnesses. She'd often go for walks around her neighbourhood and found that being able to see the warmth and love in people's homes made her feel better.

In 2015, Lucy organised the first ever Window Wanderland. Since then, hundreds of the events have taken place across the world, with families and friends all getting into the crafty spirit. This March, there are projects taking place in Coventry, Warwickshire and East Brighton. Check out the pictures from Bishopston's Window Wanderland here – how cool are they?!

You can read more and find out how to organise your own event at windowwanderland.com.



Some of the incredible window displays in Bishopston, Bristol, last week



All window pics: Facebook/bs9windowwanderland

OH CRUMBS!

A MAN guzzled a whopping 88 Jaffa Cakes in just three minutes during an eating competition, and is believed to have set a new world record!

Max Stanford achieved the feat at the British Eating League contest in Stockton-on-Tees. He averaged about one Jaffa Cake every two seconds! The competitive eater said he trains hard for events like this, but only had one practice ahead of the big day. He added: "I do it as a hobby because I like to give other people something to

switch off to. I have a particular talent for it." Max smashed the previous record of 36 Jaffa Cakes eaten in the 180-second time limit, set in February 2020. The charity worker from London usually competes in an eating challenge once a week and posts the videos on his YouTube channel.



We probably wouldn't recommend trying this at home!

Getty



Getty



ONE lucky family is set to see their home become a new attraction at LEGOLAND Windsor Resort.

A tiny 110cm x 100cm plot (above) has been kept free in Miniland for model makers to build a LEGO house belonging to members of the public. The plot boasts views of the iconic Eiffel Tower and Leeds Castle. Thousands of bricks will be used for the build and the model makers will even create a car and the family themselves! The idea was dreamt up to celebrate the resort's upcoming new building attraction, The Brick.



A FASHION company invited guests to its show at Paris Fashion Week by sending them broken AppleiPhones!

The luxury brand Balenciaga decided to do away with paper invites and track down a stash of phones with cracked screens instead. It then engraved them with the date and location of its fashion show on the back.

The company called the phone a 'genuine artefact from the year 2022' and said none of them were functioning. Social media users weren't sure what to make of the unusual invites. Some people thought they were cool, while others thought they were 'crazy'.



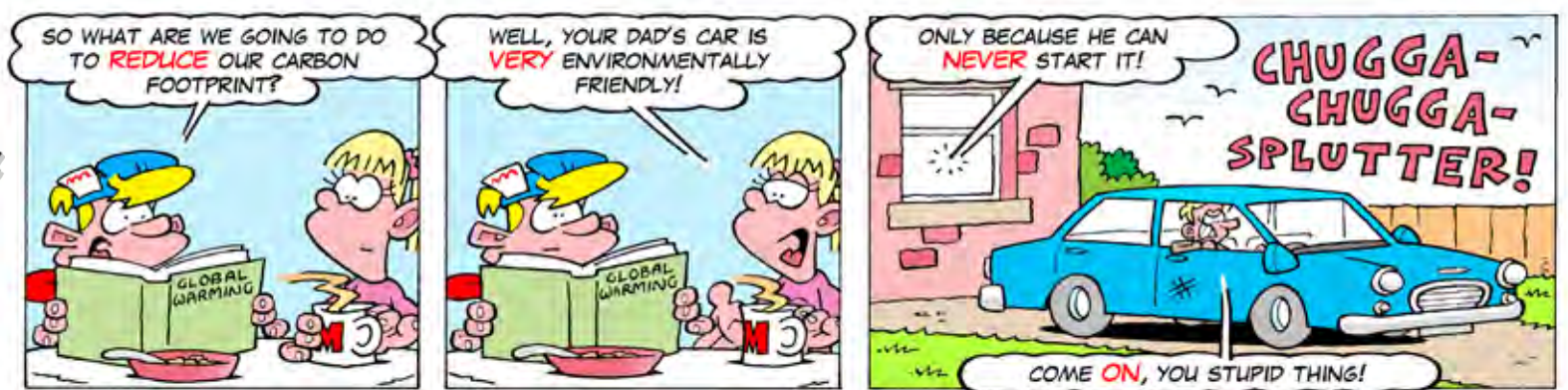
Twitter/@ICONICBLONDE



Why are cats good at videogames?
Because they have nine lives!



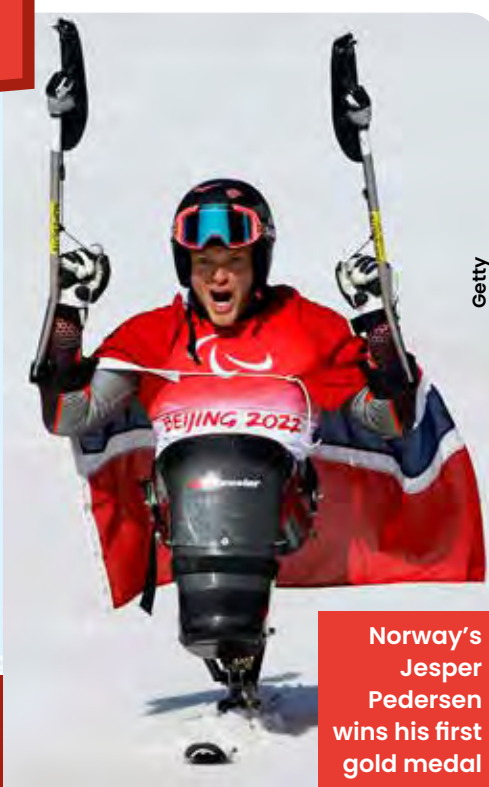
Written and illustrated by Paul Palmer





**SNOW GO...
GO... GO!**

Team China's Pengyao Wang leading in the snowboard cross



Norway's Jesper Pedersen wins his first gold medal

FROM cross-country skiing to ice hockey, the 2022 Winter Paralympics is providing incredible excitement as athletes from 46 countries go for gold in Beijing.

The start of the Games was overshadowed by the invasion of Ukraine, with Russian and Belarusian entrants banned from the competition the day before the opening ceremony. Despite concerns Ukrainian athletes might not be able to attend, 20 competitors arrived. After the first day, Ukraine topped the medal table with three golds, as well as collecting all three medals in the men's 6km visually impaired biathlon; 43-year-old winner Vitaliy Lukyanenko won his seventh gold medal, 16 years after his first in Torino. He has since won an eighth gold.

Para-alpine skier Jesper Pedersen won two golds in two days. The Norwegian was first in the super giant (super-G) slalom sitting discipline and the super combined sitting event, which features downhill and slalom. He dedicated his second medal to his late father, who first took Pedersen skiing when he was only two years old.

Team Great Britain's first medal was won by Millie Knight in the visually impaired downhill. Her bronze was an impressive achievement as, following a number of crashes, Knight had been wondering about continuing in the sport.

Neil Simpson added to the team's tally with victory in the visually impaired super-G skiing. Guided by his brother Andrew, he became GB's first ever male gold medal winner on snow at the Paralympics or Olympics.

The hosts have been doing well and quickly moved to the top of the medal table. That was helped by China winning gold, silver and bronze in the men's snowboard cross UL (upper limb) category, with 19-year-old Ji Lijia taking top spot. With the Games continuing until 13 March, there's still plenty of time for more snowy surprises!



Neil and Andrew Simpson

A TALE OF TWO CITIES!

MANCHESTER City fans have a lot to smile about, with the women's and men's teams both celebrating victories.

The Women's League Cup final saw Man City take on Chelsea. The London team went into the match as favourites, having won the trophy last year, as well as the Women's Super League and FA Cup – and having beaten City three times already this season! The first half was far from a classic contest, but Chelsea finished the happier team, leading 1-0, thanks to a goal from Aussie superstar Sam Kerr.

It was all change in the second half, with City looking like a different team compared to the first 45 minutes. Caroline Weir scored an equaliser after four minutes, with Ellen White hitting the back of the net nine minutes later. Weir then added a third to seal a well-deserved 3-1 victory.

The men's team might not have been playing a final, but a derby match against rivals Manchester United always feels like one! Kevin de Bruyne and Riyad Mahrez each scored two goals in a 4-1 win, prompting lively celebrations from the fans and leaving City sitting pretty at the top of the league.



Riyad Mahrez, Rodri and Jack Grealish celebrate

5 birdies (that's one shot under par) in the last six holes saw Jin Young Ko win the Women's World Championship. The South Korean golfer is the world number one, but this is the first time she has lifted the Championship trophy. Ko has now won six of her last ten LPGA tour events.



0 races at 50km (31 miles) had been attempted by South Africa's Stephen Mokoka before competing this month. Impressively, he won his debut. Even more incredibly, he also broke the world record! Mokoka finished in 2hr 40min 13sec – one minute and 52 seconds faster than Ketema Negasa's time last year.



1 week after sheltering from bombs in an underground car park, Ukraine's Dayana Yastremska was playing in the final of the Lyon Open. Beaten 3-6, 6-3, 6-4 by China's Zhang Shuai, Yastremska pledged to donate her €14,545 (£12,000) prize money to help people still under attack in her homeland.

