

Fidget Spinners

Fidget spinners are toys that are made with a ball in the middle and three 'branches' coming from the centre. The branches spin around the middle.

They are made from a range of materials like stainless steel, brass, ceramics, titanium, copper and plastic. The different materials change the vibration and the length of time that the toys spin.



How to Spin a Fidget Spinner

- Hold the middle of the spinner between your index finger and thumb as if you are picking it up.
- Flick one of the outside branches with your middle finger and watch it spin.

How the Fidget Spinner Began

Fidget spinners were created by an American inventor, Catherine Hettinger, in the early 1990s. She was ill but still trying to look after her own eight-year-old daughter. Catherine began inventing toys for her daughter and the two of them went on to create the fidget spinner.

Uses of the Fidget Spinner

- It has been discovered that some children with special educational needs can use fidget spinners to help them to concentrate or calm down.
- They have been found to help people lower their stress levels by helping the user to 'zone out' and clear their mind.

Fidget Spinners in School

Some schools have banned fidget spinners as they say they are a distraction to other pupils and can negatively affect learning. They could also be a danger to others.

Carnival

There are many festivals and celebrations around the world throughout the year. However, carnival is one of the most famous and flamboyant festivities. Many carnivals take place in the build-up to the religious season of Lent. Lent happens during the six weeks before Easter Sunday, when people prepare for the death and resurrection of Jesus. Therefore, the majority of carnivals take place during February. Lent is a time when, traditionally, people give up something that they will find difficult. This could be a type of food or a bad habit that they want to try to stop.

Carnivals differ from place to place as many areas focus on their own traditions and pastimes and are often heavily influenced by the culture of their country. In most countries, carnival is often characterized by masks, flamboyant costumes, music and colourful floats and parades. Some carnivals have special trinkets or symbols. In New Orleans, they have sweet and very colourful cakes called King Cakes as a symbol of their carnival (Mardi Gras).



The Football Association Challenge

The Cup Final

Cup Final Facts

- The match is widely known as just the **Cup Final**.
- It is the last match in the **Football Association (FA) Challenge Cup**.
- It has about **86 000** spectators and millions of TV viewers.
- The trophy (winner's cup) is only on loan to the winning side.
- It is the oldest cup competition in the world, first played in the **1871 - 72** season.

Who Can Enter?

The Challenge Cup competition is open to any club in the top ten levels of the English Football League. Once clubs have registered to play, the tournament is organised into 12 randomly drawn rounds, followed by the semi-finals and finals. The higher ranked teams join the competition in later rounds when some of the lower ranked teams have been knocked out.

What Do the Winners Receive?

The winners of the final match receive the Football Association Cup, the FA Cup. It comes in three parts; the base, the cup and a lid. Over the years, there have been two designs of trophy and five cups have been made. The first cup, known as the 'little tin idol', was stolen in 1895 and never returned. An exact replica was made and used until 1910. From 1911, a new design was made. In 1992, another copy was made as the cup was wearing out from being handled, and another replacement was made in 2014. The cup is presented at the end of the match, giving the engraver just five minutes to engrave the winning team on the silver band on the base. The cup has ribbons from both teams decorating it during the final. The loser's ribbon is removed before the presentation. Each club in the final match is given 30 winners or runners-up medals. These are given to players, staff and officials.

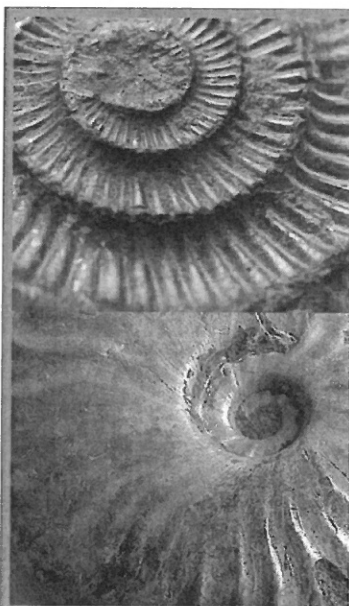


Fossils

Fossils are shapes of dead animals and plants that lived millions of years ago made in rock. Usually when something dies it is eaten or decays and disappears. However, when an animal or plant dies it can get covered over and, over millions of years, become a fossil.

Dinosaurs

- Fossils are really important to know what happened a long time ago.
- Without fossils we would not even know that dinosaurs existed!
- People who study fossils are called palaeontologists.
- Palaeontologists started studying fossils 200 years ago, so we've only known about dinosaurs for 200 years!



Did you know?

- 'Sue' is the nickname given to most complete and best preserved Tyrannosaurus Rex specimen ever found.
- The word 'fossil' comes from an old word 'fossilis', meaning 'dug up'.
- Fossils are only found in sedimentary rock.
- The fossils in the pictures are called ammonites. It is the town symbol for Whitby in North Yorkshire. Whitby is good for fossil hunting and long ago, people thought that the ammonites were snakes turned to stone by St. Hilda!

How a Fossil is Made

When a plant or animal dies, their body can sink into mud or be buried by sand. This usually happens at the bottom of the sea. When this happens it doesn't disappear. When it is underground, water and minerals leak into the bones and where bits of body used to be. This makes a hard shape. Next, the fossil gets squashed under more layers of sand, mud and other bits that make sedimentary rock. Finally, over many, many millions of years a fossil is created for someone to dig up one day.

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Pet Care of a Cat



Cats are a very popular pet in the UK. They might come and go when they want, but need careful looking after.

Food and drink	Environment
<p>Cats eat meat. They are not vegetarian.</p> <p>Clean water must be put out for them to drink, so that they stay healthy.</p>	<p>Cats need a dry, comfortable place to live. They often like having a few places to sleep.</p> <p>Cats are easily scared, so they need places where they feel safe. Under beds or on the top of shelves are good places.</p>

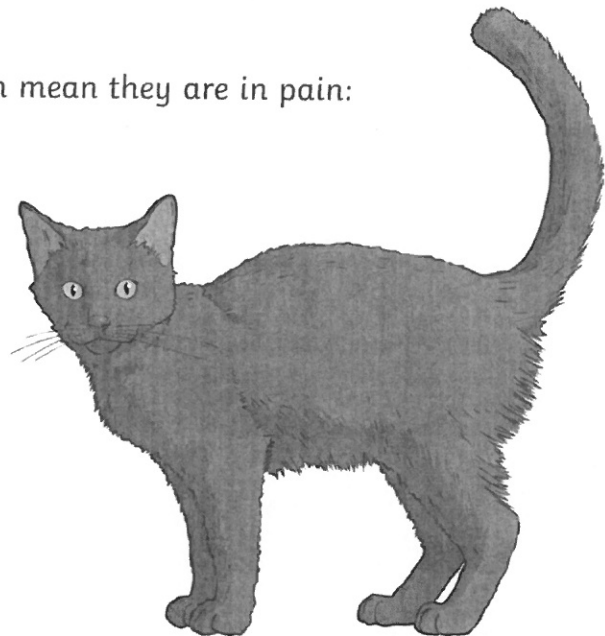
Cat behaviour

If a cat does any of these things, it might mean they are distressed:

- licking themselves a lot;
- hiding more often;
- sleeping hunched up.

If a cat does shows this behaviour, it can mean they are in pain:

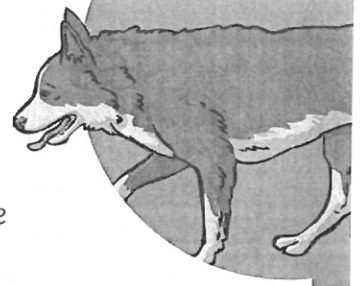
- being bad tempered or angry;
- disappearing for a long time;
- keeping away from people.



Pet Care of a Dog

Dogs are hugely popular pets. In fact, there are eight and a half million dogs being kept as pets in the UK alone.

They are known as 'man's best friend', but how should dogs be cared for and what do we actually know about them?



Food and drink

Dogs need a well-balanced diet of meat and plant-based foods. They need one meal a day, unless the vet gives different advice for your type of dog. Their teeth are well-developed, with sharp teeth for tearing meat and molars for grinding other foods.

They must be able to get to clean, fresh water at all times, or else they would become very poorly.

Environment

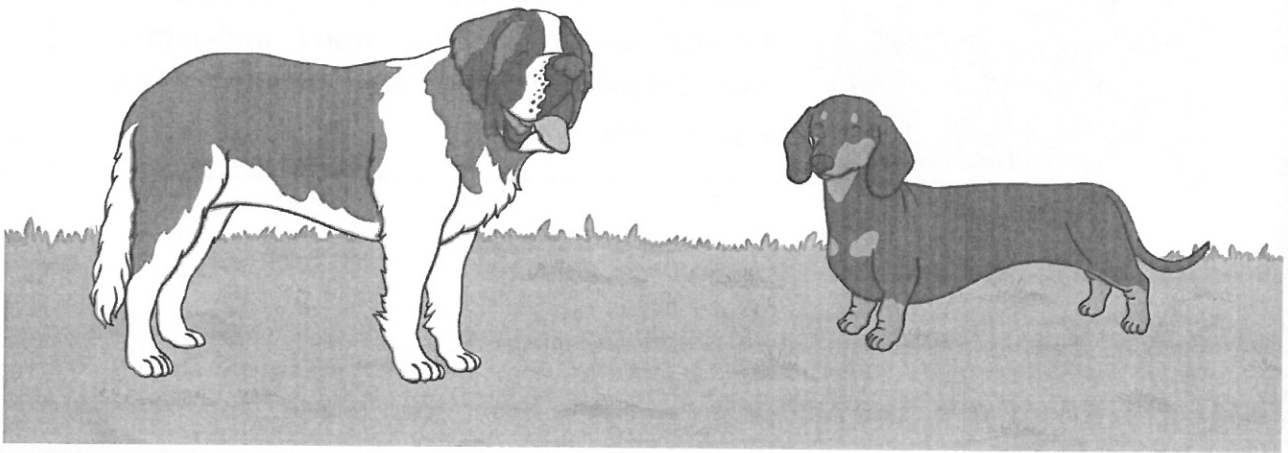
Dogs need a comfortable, clean and quiet environment to sleep, undisturbed.

Dogs need a place where they can go if they are frightened. They have different personalities, and rescue dogs might have had bad experiences, so some get scared more easily than others.



Did You Know?

Dogs descend from the wolf!



ROALD DAHL

Roald Dahl was born on 13th September 1916 in Llandaff, Wales. His parents were from Norway. He had an older sister called Astri, but she sadly died in 1920 when she was only 7 years old. Roald's father was so sad that he fell ill from pneumonia and a few weeks later he also died. His mother was a great story teller and had a fabulous memory. Roald remembered many tales she told about trolls and other mythical Norwegian characters.



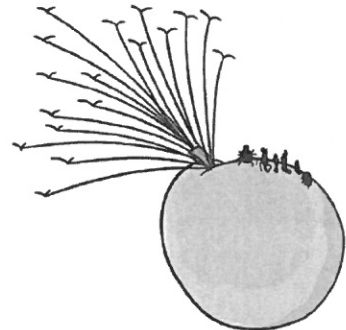
Although Roald had a happy home life, he had an unhappy time at his school in Wales, and was often 'caned' for bad behaviour. His mother sent him to boarding school in Weston-Super-Mare. He was just nine years old when he arrived at St. Peters School and met the 'twitching' Latin teacher Captain Hardcastle, the all-powerful Matron who "disliked small boys very much indeed" and the cane-wielding Headmaster.



At the age of 13, Roald attended Repton Public School in Derbyshire. He was happier here. He was brilliant at sports and was very good at boxing. The boys at the school were sometimes asked to be chocolate testers for a famous chocolate company, and this experience later inspired the book 'Charlie and the Chocolate Factory'.

After he left school, he wanted adventure so he worked for Shell Oil Company. He was sent to Africa for 3 years, but after only one year, the Second World War broke out, so he enlisted with the Royal Air Force (RAF) and became a pilot.

In 1940, Roald Dahl was posted to Libya where he flew a Gloster Gladiator plane. He crashed in the Western Desert in North Africa and suffered such severe injuries to his head and back that he had to stay in hospital in Egypt for six months. He returned to the RAF but after a while he began suffering such terrible headaches from his accident, he had to return to the UK and could not fly planes anymore.



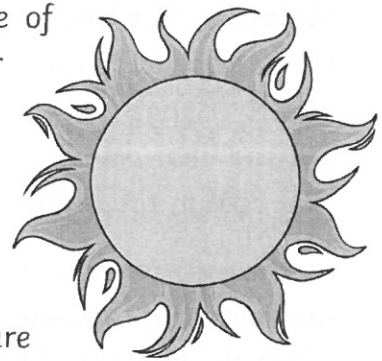
Sun Safety Reading Comprehension

We all need some sun exposure - it's the top source of Vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

However, repeated, unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage and skin cancer.

Most children get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely.

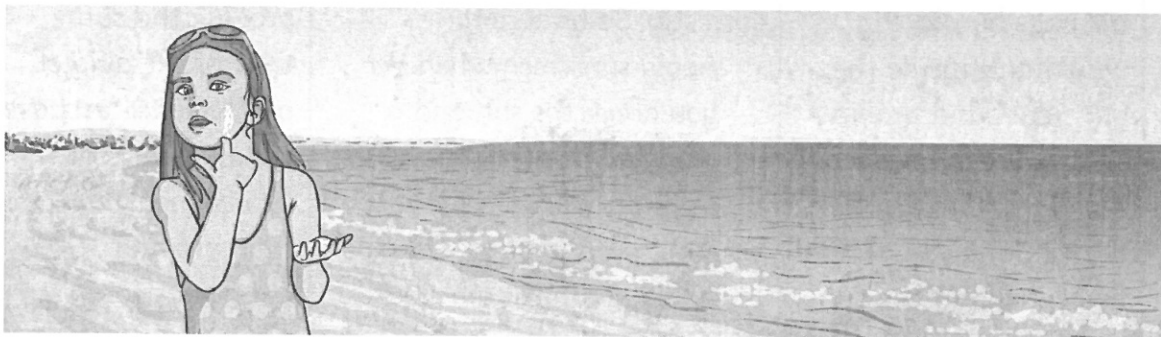
Taking the right precautions is very important when protecting your skin.



Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays: **UVA**, **UVB** and **UVC**:

- **UVA** rays cause skin aging and contribute to skin cancer. Because UVA rays pass effortlessly through the ozone layer (the protective layer of the atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure.
- **UVB** rays are also dangerous, causing sunburns and eye damage (cataracts). They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
- **UVC** rays are the most dangerous, but fortunately, these are blocked by the ozone layer and don't reach the earth.



The London Marathon

What Is a 'Marathon'?

The marathon race comes from a Greek legend that tells of a soldier who was sent from the battlefield of Marathon to Athens with news that Greece had beaten the Persian army. It is said that the soldier ran the entire distance without stopping, bursting into the assembly with his good news before collapsing and dying.

What Is the London Marathon?

The London Marathon is a long-distance running race. Runners from around the world come to take part in the race, which is well known for the historic route around London and the carnival atmosphere of the thousands of spectators. The London Marathon course is 26 miles and 385 yards long and takes runners past many famous sites in London, for example, the Cutty Sark.



When Was the First London Marathon?

The first London Marathon took place on 29th March, 1981. It was the idea of John Disley and Chris Brasher, who had recently taken part in the New York Marathon. They were keen to create a London Marathon that would show off the famous sites in the city and prove that Britain was best when it came to organising major events. The first London Marathon was a huge hit! 20,000 people entered and 7,747 runners took to the start line with thousands more filling the streets of London to cheer them on.

Tour de France

The Tour de France is the world's most famous (and arguably the hardest) cycling race. It takes place every year and lasts for three weeks, covering more than 3,500km.

History of the Race

During the late 19th century, cycling became a very popular hobby for many people. As time went on, organised bike racing was introduced and professional cycling became very big in France. Sports newspapers such as 'Le Vélo' reported on cycling stories, which helped to promote races.

It was the journalist Géo Lefèvre that had the idea of organising a big bike race through France. On 6th July 1903, 60 cyclists set off from the Au Reveil Matin Café in the suburbs of Paris. They covered 2,428km in a circular route, through six stages. Eighteen days later, 21 of the original 60 cyclists made it back to the finish line in Paris. The winner was Maurice Garin and Le Tour de France was born. The race has taken place every year since then, except during war time. As the tour became more and more popular, the course lengthened and more challenging mountain climbs were introduced.



Did you know?

- Over 150 countries broadcast the race all over the world.
- The youngest ever winner was Henri Comet - he was 19 years old.
- Bradley Wiggins became the first British rider to win the Tour de France in 2012, which was followed by a second British winner, Chris Froome, in 2013.

The Route and Race Today

Each year, the tour begins in a different country. The route of the race also changes every year, but usually finishes at the Champs-Élysées in Paris. Every day is a new stage of the race and winners of each stage are awarded with different coloured jerseys. The white jersey is given to the best rider under 26 years of age, the red polka dot jersey is for the best climber and is referred to as 'King of the Mountains', the green jersey is awarded to the best sprinter and the yellow jersey is for the leader of the race. The overall winner of the Tour de France is the cyclist that has ridden the full route in the quickest time. During the race the riders are only given two rest days.

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