

The Power of Puppets!

As you know, Sir David Attenborough is turning 100. Throughout his life, he has inspired millions! But he's not the only one whose ideas are still inspiring others 100 years later. The Young People's Puppet Theatre (YPPT), based in St Albans, England, was founded in 2015, and inspired by a puppet theatre created 100 years ago in Germany by the great-grandparents of Caitlin Duschenes. Puppets are figures that can be moved using hands, strings or sticks to help tell a story. They come in all shapes and sizes and are enjoyed all over the world – from traditional shadow puppet shows in Indonesia, like Wayang Kulit, to shows made by children with YPPT across London and the east of England. YPPT works



Pictured: A traditional shadow puppet show in Indonesia, called Wayang Kulit. **Source:** Canva.

with schools, helping children make their own puppets, build simple sets and take part in shows. Each child creates a character and works with others to bring a story to life. Caitlin said puppetry was wonderful, but it was 'more about what it does for the children and the doors it unlocks for them', helping children tell stories and share a little happiness - just like Sir David! **Have you ever seen or created your own puppet show?**

Couch to 5K Turns Ten!

Have you ever started something that felt a bit tricky at first, but got easier the more you practised? The Couch to 5K app is turning 10, and it has helped lots of people take their first steps into running! The app (which has been downloaded over 8 million times) gives simple steps to follow. It starts with walking, then adds short runs, followed by more walking. Each time, the running gets a little longer and the rests get shorter, helping people build up slowly, feel more confident, and run 5km without stopping. Some familiar faces from the BBC shared a special video to wish the app a happy birthday. They



Pictured: Someone running!
Source: Canva.

talked about what running and using the app has meant to them. Romesh Ranganathan said, 'It is great for physical health, but mainly for me, for my mental health', and thinks everyone should give it a go. **Talking of movement and feeling good, are you joining us on 14th May for the Big School Live Workout with Joe Wicks for Mental Health Week?**

Is it ever too late to try something new?



If you set your mind to something and trust and believe in yourself, you can achieve great things, no matter your age!
Elm Class

Book Fairies

The Book Fairies are celebrating an impressive milestone – they have just given away their 6 millionth book! The non-profit organisation collects books in good condition and redistributes them to schools, educators, and community partners in the New York area. Since it was set up in 2012, volunteers in Hicksville, USA, have spent thousands of hours sorting millions of books donated by community members, bookstores, publishers and authors. 'A single book can spark imagination, inspire a



Pictured: The Book Fairies celebrate distributing 6 million books.
Source: The Book Fairies on Facebook.



Pictured: Children reading alongside The Book Fairies moto.
Source: The Book Fairies on Facebook.

reader, and change a life,' posted The Book Fairies. They also commented, 'Each one representing a child, a family, and a community impacted through the power of literacy. We're so excited to continue that impact by getting even more books into the hands of those who need them most. Reaching 6 million books is no small feat, and it wouldn't have been possible without the incredible support of our volunteers, book donors, financial supporters, board members, and dedicated staff.'

Do you enjoy choosing your next book to read?

What do you do with books that you no longer need?

Could you find out where you could donate them?

Titanic Treasure

A lifejacket worn by a Titanic survivor has been auctioned for £670,000! The lifejacket was part of a Titanic and White Star memorabilia sale, held at Henry Aldridge & Son Ltd Auctioneers & Valuers in Wiltshire. The lifejacket has been on display at the world's largest Titanic Museum in Pigeon Forge, Tennessee, and at the Titanic Belfast Museum. Also auctioned were a gold watch from the personal effects of a wealthy businessman for £180,000, and a lifeboat seat cushion, featuring an original White Star burgee plaque which sold for £390,000. Andrew Aldridge, from the auction house, said, 'Quite simply this lifejacket presents a once in a generation opportunity for collectors, it's the only example to ever be offered for auction from a Titanic survivor...



Pictured: The lifejacket worn by Titanic survivor, Laura Mabel Francatelli, alongside a rare photograph from Lifeboat 1, where she is pictured with the Duff Gordon family and fellow survivors. **Source:** Titanic Belfast on Facebook.

Although [the] Titanic sank 114 years ago, every man, woman and child onboard had a story to tell so in essence we have over 2,200 chapters and today we present those stories through these pieces of memorabilia. The lifejacket is without doubt one of the most iconic items from the Titanic ever to be offered for auction.'

Do you think saving memorabilia from historical events is important for all of us?

Is it ever too late to try something new?



You should never feel too old to try something that you want to do. But you also shouldn't wait, because if you love it, the sooner you start, the longer you can enjoy it!

Nina

