

Bring Back Our Beach!

People are being asked to return pebbles to Saundersfoot Beach in Wales to help protect homes and stop the beach from being washed away. The pebbles play a very important role in stopping coastal erosion, which happens when waves and water slowly wear away the land. Councillor Chris Williams explained, 'The pebbles help protect the beach and nearby homes. Without them, we're at risk.' Many visitors have been taking the pebbles home as souvenirs or to paint and decorate, but experts warn this could harm the beach in the long run. The Pembrokeshire Coast National Park Authority said, 'Even

though taking one pebble seems small, it can make a big difference over time.' Some people didn't realise taking pebbles could cause problems. One visitor said, 'We took a few to decorate at home but didn't know it could affect the beach.' Chris Williams hopes people will return the stones they've taken. 'In an ideal world, we'd love for the pebbles to be returned,' he added.



Pictured: Pebbles on the beach.
Source: Canva.

Super Sighing!

Did you know that breathing can help you feel better? There's a special breathing exercise called 'cyclic sighing' that can help lift your mood and lower anxiety. It's very easy to do! First, breathe in through your nose, filling your lungs, and then slowly let the air out through your mouth. Doctors say this simple exercise can make a big difference when you feel worried or stressed. Dr Emma White says, 'Taking deep breaths and letting them out slowly helps your body relax and feel calmer.' You can try



Pictured: Student practising their 'cyclic sighing'.
Source: Canva.

it anytime you feel nervous or just want to feel peaceful. Even just a few breaths can help! The next time you're feeling upset or anxious, remember to practise your super sighing and see how it helps. A deep breath can be the first step to feeling much better.

How important are human interactions?



I love seeing my friends at school and we also spend time together online. I think both ways of interacting are important. Milo

Burning Brightly

The amazing A3 comet will be seen burning brightly across the sky this month! The Royal Greenwich Observatory are calling it 'the most impressive comet of the year!' Comet C/2023 A3 (Tsuchinshan-ATLAS) is predicted to be so bright, it will be visible to the naked eye. The best way to spot the A3 comet in the northern hemisphere is to look west just after

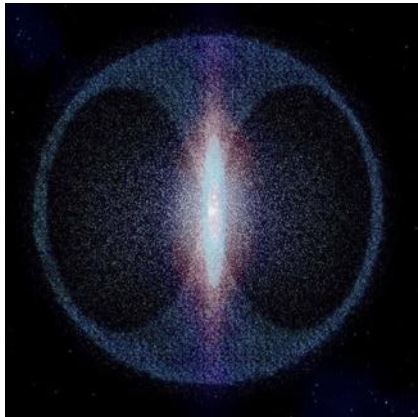


Pictured: Comet C/2023 A3 (Tsuchinshan-ATLAS) taken from the International Space Station. **Source:** Don Pettit @astro_Pettit on X.

sunset, before 30th October. Long-period comets, like this one, take many hundreds of years to orbit the sun. This comet could last be seen from Earth around 80,000 years ago. Long-period comets (the brightest and most active) come from the Oort Cloud. The Oort Cloud is described by NASA as a 'big, thick-walled bubble made of icy pieces of space debris the size of mountains and sometimes larger.'

Do you like to gaze at the night sky?

Do you enjoy learning about comets in space?



Pictured: Image showing the Oort Cloud. **Source:** NASA Explore The Universe on Facebook.

Cracking the Clues!

A French treasure hunt has come to an end with the discovery of a Golden Owl! It has been announced that the 'world's longest treasure hunt' is finally complete. For 31 years, puzzle solvers from around the globe have been trying to solve the riddles laid out by author, Regis Hauser, in the book, 'Sur la Trace de la Chouette d'Or!' Michel Becker, who illustrated the original Chouette d'Or book (meaning 'golden owl'), posted on the hunt's official chatline, 'We confirm that the replica of the golden owl was dug up last night, and that simultaneously a solution has been sent on the online verification system. It is therefore now pointless travelling to dig at any place you believe the cache might be situated.' Treasure hunters needed to solve eleven riddles written in the book,

first published in 1993, and find an additional, secret twelfth clue. The answers revealed a location, where hunters had to find the golden owl token. This, in turn, could then be exchanged for the real golden owl – a statue made of 3kg of gold and 7kg of silver, with diamonds on the face, reported to be worth £125,000!

Have you ever been on a treasure hunt?

Would like to take part in one like this?



Pictured: Searching for treasure using a map and clues. **Source:** Canva.

How important are human interactions?



I think human interactions are very important, adults are at work for a very long time. We all need people to talk to.

Nadia