

## HEALTH...

## FEET

Your feet have 26 bones, 33 joints, 100 tendons... and 250,000 sweat glands! Your feet have the very important job of supporting your whole body... so look after them!

Wash your feet morning and night with soap and water, and dry well to prevent irritation and infection.

**Don't forget to dry between your toes!**

People **worship** these huge stone feet.

They belong to a statue called **Bahubali** at **Shravanabelagola** in India.



### Look after your feet

Be good to your feet  
And they will carry you,  
All through your young years  
And all your old ones too.  
Keep them dry, clean and healthy,  
Keep your toenails short.  
Give them shoes that fit them,  
'cos new feet can't be bought!

6 Wear the right size shoes and have feet measured regularly to prevent blisters, in-growing toe nails and corns. Cotton socks to keep your feet fresh and dry...or they will get hot, sweaty and smell!

There's nothing better for young feet than walking barefoot, whenever it's safe. It helps muscles develop, and allows the skin to breathe.

**Treat your feet to a soak and foot cream, then put them up for a rest!**



### WHAT IS REFLEXOLOGY

**Reflexology is massage used to relieve tension and treat illness. It is based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.**

**Certain relaxation techniques can be easily learned and can become part of family time, helping children relax and sleep at bedtime.**

### Reflexology treatments can reduce or stop the symptoms of :

- Glue ear
- Learning & concentration problems
- Ear & respiratory problems
- Skin problems & Childhood eczema
- Emotional problems
- Hyperactivity
- Asthma
- Allergies
- Colic



**A foot is not always a 'ft'...**

...there are 12 inches in a 'foot', that's a lot bigger than most of our feet!

## NEWS HEADLINES...

## LOCAL NATIONAL INTERNATIONAL



### How do you become an astronaut?

Nasa are searching for astronauts to go on future space missions.

This is part of their plan to get people living on Mars within the next 20 years.

The US space agency is looking for people who are **physically strong**, have **skills in maths, science and engineering**, as well as having jet-pilot flying experience!

Nasa has trained 300 astronauts in the last 50 years. So what does it take to be an astronaut...

1. **You've got to be smart**
2. **You've got to be strong**
3. **You've got to be brave**



### Can you imagine being able to write your own comic strip?

Well that's exactly what 11 year old Jonny was asked to do, so he accepted the challenge. His comic, The Crystal Orb, has been published in The Phoenix Comic's 200th anniversary issue.

Jonny is 11 years old, he loves reading Dandy, writing and making plasticine and clay models.



### ANTI BULLYING WEEK

16-20th NOVEMBER



This years theme is '**Make a noise about bullying**'. The key aims for the week are to:

1. To empower children and young people to make a noise about bullying - whether it is happening to them or to someone else, face to face or online;
2. To help parents and carers have conversations with their children about bullying - both as a way of preventing bullying, and to help children who are worried about bullying;
3. To encourage 'talking schools' where all children and young people are given a safe space to discuss bullying and other issues that affect their lives, and are supported to report all forms of bullying;
4. To equip teachers to respond effectively when children tell them they're being bullied; and
5. To raise awareness of the impact of bullying on children's lives if they don't tell anyone it's happening - or if they are not given appropriate support - with a focus on the impact on mental health.

For more information see [www.bullying.co.uk](http://www.bullying.co.uk) and [www.theday.co.uk/big-issue/bullying-causes-and-cures](http://www.theday.co.uk/big-issue/bullying-causes-and-cures)

### Abigail, the first newly-named storm of the winter, could be about to hit the UK

As rain and heavy winds batter the UK this week, weather experts have announced the latest storm name.

The new names are intended to raise awareness of bad weather so that people take care when conditions are dangerous.



### Fenwick's Window

Thousands of people were at the opening of Fenwick's Christmas display this week.

Fenwick's is one of the largest department stores in Newcastle.



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Stephen Wiltshire was born in the UK in 1974 to West Indian parents. At the age of 3, he was diagnosed as autistic and he did not speak.

At the age of 5, Stephen went to Queensmill School in London where he expressed interest in drawing. The instructors encouraged him to speak by temporarily taking away his art supplies so that he would be forced to ask for them. Stephen responded by making sounds and eventually uttered his first word "paper".

He learned to speak fully at the age of nine. His early drawings were of animals and cars. When he was 7, Stephen became fascinated with sketching London buildings. He began to communicate through his art. His teachers encouraged his drawing, and with their help Stephen learned to speak.



Soon people outside the school started noticing Stephen's gift and **aged eight** he landed his first commission - this sketch of Salisbury Cathedral for the former Prime Minister Edward Heath. Look at the detail - it is amazing!

Stephen has a **photographic memory**, he can look at a subject once and then draw it.

He draws entire cities from memory after short helicopter rides. His 19ft long drawing of 305 square miles of New York is based on a single twenty-minute helicopter ride. In 2006, Stephen Wiltshire was awarded an **MBE** for services to art.

[www.stephenwiltshire.co.uk](http://www.stephenwiltshire.co.uk)

**NEXT MONTH...** David Attenborough

Over **650 million bottles** of Heinz Ketchup are sold around the world in 140 countries. The 6-12 year old age group being the most popular consumers. While delicious to add to a meal, tomato ketchup is high in sugar... **every tablespoon of ketchup contains a teaspoon of sugar!**

Here are some other facts and things to do with ketchup.

### 1. Change hair colour.

Blonde haired people who swim a lot may find their hair turns green with **chlorine** and **sea salt**. Tomato ketchup can restore hair back to its natural colour. Shampoo as normal, then leave tomato ketchup on hair for 5 minutes and you will be blonde again!

### 2. Keep tomato ketchup fresh in the fridge for longer.

Ketchup kept in the fridge will be fresh for 6 months, stored in a cupboard will only be fresh for 1 month.

### 3. Don't throw out the bottle.

Plastic squeeze bottles make great pancake mix bottles, look at some of these amazing creations!



### 4. Like scary fancy dress? Use ketchup to create fake blood.

Ketchup is a lot cheaper than the fake blood you buy from joke shops, and doesn't stain clothes in its natural state. If you want to make ketchup look more like real blood, try adding cocoa powder and golden syrup. YUK!

### 5. Make your own paint.

It's easy to make kid's paint at home. Mix 1/2 cup flour, 1/2 cup salt, 1/2 cup of water and blend until smooth, then add food colouring and transfer it to the tomato ketchup bottle.

