

HEALTH...

HANDS

One of the most important parts of your body.

There are 27 bones, 29 joints and at least 123 named ligaments in the human hand.

You cannot get a tan on your palm and underside of your fingers

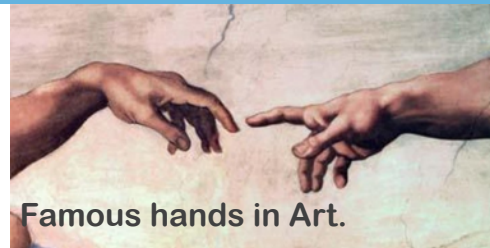
Fingerprints are a completely unique DNA imprint that is different in every single human being. No two human beings in the world have similar fingerprints.

6

There are so many words that include the word 'hand': handy, handwriting, handiwork, handle, handbag, handsome, handball... can you think of any more?

Our fingers are even more sensitive than the eyes. The fingertips have a large number of receptors responsible for sending messages to the brain.

The vein on your ring finger is called Venna Amoris—it has a direct line with the human heart and is known as the vein of love. That's why we wear an engagement ring on the left hand's finger!



"Adam touching the hand of God", by Michelangelo, which can be found on the ceiling of the Sistine Chapel.

'Drawing Hands' by Dutch artist M.C. Escher.



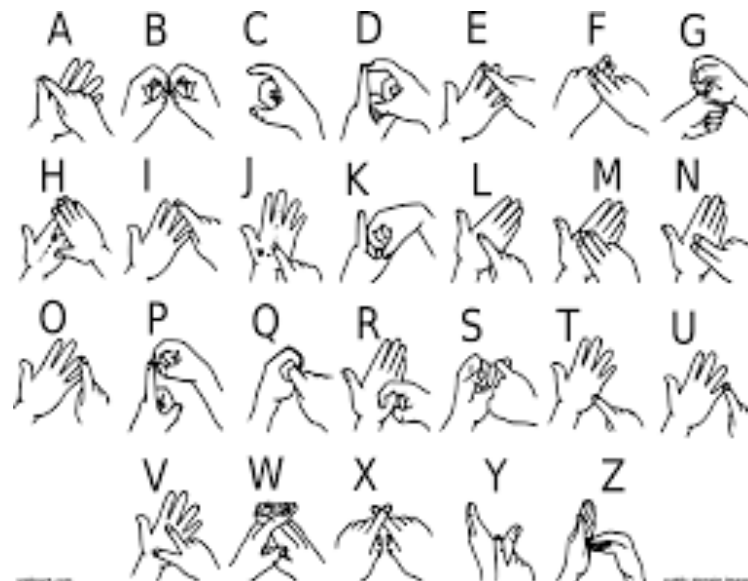
Use your hands to communicate!

Sign Language

Sign Language is a visual means of communicating using gestures, facial expression, and body language. Sign Language is used mainly by people who are Deaf or have hearing impairments. Find out more, and learn the 'sign of the day' at www.british-sign.co.uk

Fingerspelling

Fingerspelling is a method of spelling words using hand movements. The fingerspelling alphabet is used in sign language to spell out names of people and places for which there is not a sign.



INSPIRATIONAL PEOPLE...

SIR JONATHAN IVE, DESIGNER



Sir Jonathan Paul Ive, is a British designer and the Chief design officer of Apple Inc.

Sir Jonathan Ive is the designer of many of Apple's products, including the MacBook Pro, iMac, MacBook Air, Mac mini, iPod, iPod Touch, iPhone, iPad, iPad Mini and the Apple Watch. He did some of his training in our region!

Jonathan's father was a silversmith who taught at University, he said, "Dad's a fantastic craftsman, his Christmas gift to me would be one day of his time in his college workshop, during the Christmas break when no one else was there, helping me make whatever I dreamed up".

During his high school years, Jonathan was passionate about cars, and it was this interest that led to his later career as a designer. He explored the option of studying car design in London at the Royal College of Art, however, he encountered a learning environment that was off-putting: "The classes were full of students making vroom! vroom! noises as they drew".

Jonathan studied Industrial Design at Northumbria University in Newcastle. Here he played with ideas, designing, inventing and problem solving. He had been interested in drawing and making anything he could think of since he was a teenager, and now he had the opportunity to build, test and present his ideas. No one could have imagined how successful he would become.

While a student, Jonathan found using Apple Mac computers difficult.

So he redesigned them.

Now he is possibly the most influential designer in the World.

NEXT MONTH... Annie Leibovitz, Photographer

3



What are you waiting for?

Here's how you can be part of biggest 500 Words ever!

4

Kids!

It's very simple.

- 1 Write an original story on any subject or theme in 500 Words or fewer and [submit it online](#).
- 2 If you win, your story will be read live on the radio and you will rub shoulders with the world's biggest celebrities and massive pop-stars performing at the Final!

The deadline for the competition is

7:00pm on Thursday 25 February 2016

Last years winners at Buckingham Palace.



This week, Radio 2's Chris Evans launched *500 Words*. Find out more from him about this very exciting writing competition.

Can you sum up *500 Words* in one sentence?

It's the short story writing competition that celebrates ideas and creativity, and includes all kids between the ages of 5 and 13, whether they're at the top of their class or have never before written a story.

In just 6 short years, *500 Words* has become one of the most successful story-writing competitions for kids in the world. Did you ever imagine that when you first launched it?

All we wanted to do when we started *500 Words* was come up with a brilliant way of encouraging young people to get inspired and get creative, regardless of their academic ability. It's wonderful for the whole team to look at the number of kids who have entered over the years and know we're doing a little thing to make a big difference.

Do you have any words of wisdom for the kids entering this year's 500 Words?

Don't forget that brilliant inspiration can come from absolutely anywhere. You could be looking out of a window, rummaging through a drawer, or out on a walk... You'll see something that sparks a thought, which turns into an idea, which turns into a full-blown story in no time! Be as original as possible, and don't worry if your spelling or punctuation isn't award winning, because your creativity may well be...

Look at our brilliant website for ideas, inspiration and read finalists and winners stories from last year.



Need some inspiration!

The 500 Words Alphabot

Need some inspiration for your writing?

5

Press Alphabot's tummy and he'll generate some words to help get you started!

You can press the button over and over again, and you'll get a different group of words to inspire you!

Need even more inspiration? Click on one of the random words generated by Alphabot's tummy to display other words with the same meaning (synonyms), and one word with the opposite meaning (antonym).

Big thanks to our clever word friends in Children's Dictionaries over at Oxford University Press, for filling Alphabot's head with all these words. For more words, or definitions, visit the Oxford Dictionaries website.

