# HEALTH...

# HAR



### Hair is like a hat

Ever wondered why we have hair on our head? Our head is one of the few places on our body where we have no fat layer to keep us warm, so our hair is there to keep us warm during those frosty months of the year.

### 35 feet beard

If a man never shaved his beard, in a lifetime it would grow to about 30-35 feet. Hair is nearly everywhere!

Hair grows on your head, and nearly everywhere over your body. The only place that it doesn't grow is on the soles of your feet, your lips, your eyelids and the palms of your hands. We have about 5 million hair follicles all over the body. Yukky head lice... or nits!

A head lice infestation isn't the result of dirty hair or poor hygiene. All types of hair can be affected, regardless of its length and condition. To try to prevent head lice, tie your hair back in a ponytail or bun and check hair daily for those little bugs.

Look after your hair! And have fun with it - there are so many things you can do with your hair - all you need is imagination!

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## CHRISTMAS WORD SEARCH

- 9. Santa 1. Bell 10. Sled
- 2. Candy
- 3. Christmas
- 4. Elf
- 5. Gifts 6.
- 7. Jesus
- 11. Snowman
- Deer
  - 13. Stocking

12. Star

- 14. Toys
  - 15. Tree
- 8. Manger



# **NEWS HEADLINES...**



# **ISNT SHE** LOVELY!

**Photographs** this week show Princess Charlotte at 6 months old playing with her little toy dog, so cute!



### Нарру Нарру **Birthday**

Twin pandas celebrated their first birthday with a special ice cake.

The sisters. Ouhin and Touhin, were born at the **Adventure World** in Shirahama Town in Japan.

Around 500 visitors helped to celebrate. The cubs were given a wooden toy as a present.

# In Dubai this week another crazy record was set.

A total of 6,958 children from 35 different schools formed the words "HAPPY NATIONAL DAY" and broke the record for the largest human sentence.

# SYRIA UPDATE

World leaders are working together to try to solve problems in Syria.

It's been a really important week in Parliament as MPs decided on Wednesday that the UK should join America, France and Russia in airstrikes aimed at the group 'IS'.

IS is the group that carried out the attacks in Paris a few weeks ago, they are bullies and it is the Government's responsibility to decide how our country acts in the fight against the bullies.

The situation in Syria has been problem for years and it will not be solved guickly. It will take time.

## Generation of iPad children who cannot hold a pencil

Research is showing that many children are struggling to learn basic motor skills and are unable to hold pens, pencils and use crayons because they are spending too much time on touch screen devices.

Children shouldn't be discouraged from using touch screen devices, they form a vital role in development and technology awareness, however it is important for children and parents to find a reasonable balance.



# LOCAL NATIONAL INTERNATIONAL







## Whats 'COBRA'?

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You may hear about FACT COBRA on the news. What is it and why is it so important?

COBRA is the British Government's emergency response committee set up to respond to a national or regional crisis.

Standing for **C**abinet **O**ffice Briefing Room A, the COBRA Committee comes together in moments of crisis with the Prime Minister for fast action.

At the moment they are dealing with the floods in Cumbria, making sure all those who have been evacuated from their homes are safe and have everything they need.

COBRA also manages safety and transport for major events like the London Olympics, extreme weather events, outbreaks of bugs - for people, and in 2012 when ash trees caught a bug which stopped them growing.

# **INSPIRATIONAL PEOPLE...**

# SIR DAVID ATTENBOROUGH,



Sir David Attenborough is the global face of natural history. He has made and presented the most incredible nature programmes for 60 years!

## He is very well known and very well respected.

After working very hard at school, Sir David went to Cambridge University to study Natural Sciences. His first job though was 2 years in the Navy. When he accepted his second job in 1952, working for BBC TV, he, like many people at the time didn't own a TV, and he had only ever watched one TV programme.

А

Sir David Attenborough is believed to be one of the most travelled men in history. When filming the Life of Birds series he had to travel 256,000 miles. This is equivalent to going around the world 10 times!

- Q Do you have pets?
- I used to have lots. Gibbons, chimpanzees, chameleons, А hummingbirds, lemurs... the list goes on!

I've been bitten by a python. Not a very big one.

- Q Have you ever been bitten or stung by anything?
- Q Are you scared of any animals?
- I don't like rats but there's not much else I don't like. The problem with rats is they have no А fear of human beings, and they have lots of bugs and diseases.
- Q What is your earliest memory?
- Sitting halfway up a flight of stairs, looking out of a window. А
- If your life didn't revolve around the natural world, what would you be doing? Q
- Α Trying to make my life revolve around the natural world.
- What's the strangest thing you have eaten on your travels? Q
- Toasted caterpillars. А
- Q What would you never go travelling without?
- My front door key! А



# 5 THINGS...

- 1. 1. The 1932 Christmas Day Speech was written by Rudyard Kipling, writer of *The Jungle* Book.
- 2. Candy canes represent the staffs of the shepherds who visited baby Jesus.
- 3. Five months into the first World War, troops took a Christmas Eve break from fighting to sing carols together across the battlefield. Dozens of German and British fighters greeted each other, shook hands, some even exchanging cigarettes as gifts. 'The Christmas Truce of 1914', as it became known was one of the last examples of wartime chivalry. In German is it is called 'Weihnachtsfrieden' and 'Trêve de Noël' in French.
- 4. The "X" in "Xmas" comes from the Greek language.
- 5. Christmas Crackers were first made in 1845 by a London sweet maker called *Tom Smith*. He had seen the French 'bon bon' sweets which were almonds wrapped in pretty paper. He came back to London and tried selling sweets like that in England and also included a small motto or riddle in with the sweet but they didn't sell very well.

One night, he sat by his log fire and became very interested by the sparks and cracks coming from the fire. Suddenly, he thought what a fun idea it would be, if his sweets and toys could be opened with a crack when their fancy wrappers were pulled in half.



## Maybe wait until after christmas before cutting up the cards!!

- 1. Fold card and make 4 cuts as shown.
- 2. Make 3 more cuts on the open side of the card.
- Open the card and cut through the middle 3 sections on the fold line. 3.
- Open and climb through! 4.

# YOU MIGHT NOT KNOW ABOUT CHRISTMAS



This bronze statue is on display at St Luke's Church in Liverpool as a tribute to the soldiers in 1914.

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