

54,532 VOTERS HAVE THEIR SAY

Do emojis make communicating easier? The majority of young people say yes.

Visit www.votesforschools.com for the full story.

UP FOR DISCUSSION: SCHOOL DAY TIMINGS

This week, VotesforSchools voters will be answering the question: "Should lessons start later in the day?"

Why not discuss what you think about this question at home? What are the pros and cons of the school day starting later?

THIS WEEK'S BIG READ: CIRCADIAN RHYTHMS

A circadian rhythm is a natural internal process that all living things cycle through approximately every 24 hours. This cycle helps organisms to adapt, survive, and thrive.

Circadian rhythms are central to our "internal clock", which makes sure we are awake and asleep when we need to be, based on our environment. Things like jet lag, night shifts, and conditions such as insomnia can disrupt these rhythms, which is why a regular sleep routine is important.

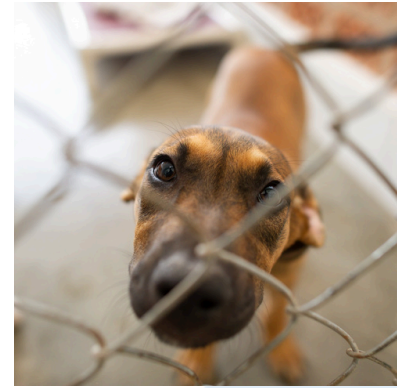


COMPREHENSION CHALLENGE

- In what (or who) do circadian rhythms occur?
- How long does a circadian rhythm cycle last for?
- What does a circadian rhythm help organisms to do?
- True or false: circadian rhythms help our bodies know when to be asleep and when to be awake.
- Name one external factor that can disrupt circadian rhythms.

PETS ARE FOR LIFE...

There's been a huge increase in animal neglect and abandonment in England and Wales and the RSPCA's rescue centres are "absolutely full". The charity blames lockdown, the cost of living crisis and winter for rising animal abandonment and neglect.



NO STONE LEFT UNTURNED

Archaeologists are recovering Stone Age artefacts from the bottom of the North Sea. Using special equipment, scientists have just brought 100 flint artefacts made by Stone Age humans to the surface. The sites are 12-15 miles off the Norfolk coast.



A FAKE DISPLAY

Thousands of people gathered in the centre of Birmingham on New Year's Eve to watch a fireworks display that they had heard about on social media. Police warned that no display was taking place, but lots of people gathered at midnight.



THEATRES UNDER PRESSURE

Hundreds of theatres face closure and more than 500 museums have shut in recent years. There are currently around 1,110 theatres across the UK. A report suggested that one in five venues needs at least £5m over the next 10 years to stay open.

