

What's happening in the news this week?



Let's have a look at this week's poster!

29th September - 5th October 2025



Can sport bring people closer together?





Let's look at this week's story

Running charity, parkrun, has announced a new project called parkrun primary, which is bringing junior running events closer to primary schools. The aim is to give children more chances to run or walk and volunteer on weekends in a fun, free, and inclusive way. Organisers say it's not just about fitness, but also about helping children build friendships, confidence, and life skills in their local community.

Learn more about this week's story [here](#).

Watch this week's useful video [here](#).

This week's Virtual Picture News [here](#).



How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





Read the information below, all about junior parkrun and the new campaign.

What is junior parkrun?

Every Sunday morning, children aged 4 to 14 can take part in junior parkrun, a free 2km event.

It takes place in local parks in the UK, Ireland and Australia, and is run completely by volunteers. There are around 500 junior parkruns in the UK!

Children can walk, jog or run, and families can join in by volunteering or cheering. Organisers say it's a great way to be active outdoors and enjoy time together as a community.

What is the parkrun primary campaign?

Parkrun primary is a new project that connects schools with their local junior parkrun.

It aims to build confidence, and help children make friends and feel part of their community by running, walking, or volunteering.

Schools can sign up to join in with special assemblies and taster sessions during the school day.

Junior parkrun's mission is to create a healthier and happier planet for everyone!



Pictured: A junior parkrun. **Source:** Getty Images.

Share your thoughts on the campaign. Is it something you would like to take part in?



Look at the resource below, which explains more about the story behind parkrun.

In 2004, a person called Paul wanted to run with his friends in Bushy Park, London.



Paul's big idea was that parkrun should be for everyone, no matter who they are or where they are from.



Source: Getty Images.

He hoped running together would feel fun and welcoming.



Now parkrun happens in countries around the world. It is free to join in. Families, friends and people of all ages can walk, jog or run together.



Only 13 people took part in the first run, and they wrote their times on paper.



Would you like to take part in a parkrun? Who would you go with?



Look at the resource below, which shares some examples of other community initiatives that have brought people together.

The Great British Spring Clean

A campaign by Keep Britain Tidy. It unites people of all ages to care for their local areas and feel proud of where they live.



The Big Lunch

An annual event where neighbours share food and spend time together. It brings whole streets and communities together to talk, laugh, and make friends.



I met neighbours I'd never spoken to before. Now, we always say hello!

National Allotments Week

Celebrates the benefits of growing your own fruit and vegetables. It brings communities together to share food, learn skills, and enjoy green spaces.



Working on the allotment with our family is fun, and we've met lots of new people while helping things grow.

The Big Help Out

Launched in 2023 as part of King Charles III's Coronation celebrations. It encourages people to volunteer in places like food banks, animal shelters, and community centres.



How do you think joining in with events like these can make a community stronger?



Can sport bring people closer together?



Reflection



Parkruns can show us that being active isn't just about running fast – it's about having fun, being healthy, and doing things together as a community.



Media Literacy

What values or beliefs does this week's story show?



Explanation: Let's think about the parkrun primary campaign, and the values or beliefs it might show about sport, health and community.



Analyse



Evaluate



Research



Act

Questions to Discuss

- What values are shown in the parkrun primary campaign? E.g., inclusion, health, teamwork, etc.
- How does parkrun primary show that communities can be stronger when schools and local people work together?
- How can these values encourage more children to take part in sport?

Reflection

The news story about parkrun primary shows how the news can share positive values about health, friendship and community.

Activity

Work with a partner to imagine a positive news headline about your school or community. What values would it show, and how could it inspire others, like parkrun primary does?



Individual Liberty

Parkrun is open to everyone, to have fun and look after their health. It encourages people to take part in their own way, enjoying the chance to run, walk, or volunteer together.

Protected Characteristics



Parkrun primary welcomes all children. By making sure everyone can join in, it shows that disabilities should not be a barrier to taking part in activities and feeling part of a community.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
or Belief



UN Rights of the Child



Children have the right to the best health and wellbeing. Adults should support and encourage children by offering opportunities, like parkrun, so they can be active, healthy, and confident.



Useful Vocabulary



Announce

To share important news or information with others.

Running charity, parkrun, has **announced** a new project called parkrun primary, which is bringing junior running events closer to primary schools.

Fitness

To be healthy, strong and active.

Organisers say it's not just about **fitness**, but also about helping children build friendships, confidence, and life skills in their local community.

Inclusive

To make sure all people feel welcome and can take part.

The aim is to give children more chances to run or walk and volunteer on weekends in a fun, free, and **inclusive** way.

Life skills

Things you practise that make you more independent and prepared for life.

Organisers say it's not just about fitness, but also about helping children build friendships, confidence, and **life skills** in their local community.

Organisers

People who plan and arrange events or activities, making sure everything runs smoothly.

Organisers say it's a great way to be active outdoors and enjoy time together as a community.

Volunteer

To choose to help out with a job or activity without being paid.

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Can you use them in your writing this week?

Picture News



Can sport bring people closer together?

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- Look at this week's poster and make a prediction about this week's news topic. The poster shows a junior parkrun. Has anyone heard of parkruns? Share any prior knowledge you have.
- Parkruns are weekly 5km (for adults) and 2km (for children) run and walk events, held in local communities. Do you know where your closest one is? Share any experience you have of parkruns.
- Watch this week's useful video, which provides more information about junior parkrun. What are some of the benefits of parkruns outlined in the video?
- Read the information found on the assembly resource, all about junior parkrun and the new campaign. Share your thoughts on the campaign. Is it something you would like to take part in? Why?
- Do you enjoy walking or running, and do you think it is a good activity to do with others? Can you come up with any other activities or initiatives in your local area that bring your community together?
- Parkrun is led entirely by volunteers and the parkruns are free to take part in. Discuss the importance of volunteering in community events such as parkruns.

Reflection

Parkruns can show us that being active isn't just about running fast – it's about having fun, being healthy, and doing things together as a community.

Picture News



KS1 focus

What is the story behind parkrun?



- Think about times you have joined together with others, like playing a game, singing, or doing PE. What did you enjoy about taking part together?
- One way we can do things with others is to be active outside together. What do you enjoy doing outdoors with friends or family?
- How do you feel when you are active, like running, walking or playing?
- Some people like being active with others. Why might they enjoy this more than being on their own?
- Look at resource 1, which shows the story behind parkrun. What do you notice about how it has changed from then to now?
- Paul wanted parkrun to be free for everyone. Why do you think this matters? What would the disadvantages be if it cost money to join in?
- People of all ages can join in with parkrun – whole families or groups of friends often run together. Do you think this is a good idea? How might it feel to run with the people you care about? How could you support each other with being active?
- What do you think helped parkrun grow from one park to so many parks around the world?
- Have you ever taken part in a parkrun, race or fun run before? What was it like? If not, would you like to and what do you think it might be like?
- Why might some people not want to join in with parkrun, for example, if it is raining, cold, or very hot? What could help them still enjoy taking part?
- If you could make your own event for people to enjoy together, what would it be? Who would you invite?

Reflection

Parkrun began with a few friends and grew into something people in lots of places can enjoy. Taking part in running, walking or playing can make us feel happy and proud, especially when we share it with others.

Picture News



KS2 focus

What are examples of other community initiatives that have brought people together?



- Think about what a community is. Can you reflect on times when people come together in school or your local area? Why might people want to be part of a community?
- People can come together in different ways, e.g., for celebrations or helping others. When have you joined together with people in your local area? Is building connections with people in your community important to you? Why?
- Look at resource 2, which shares examples of community initiatives that bring people together. Did you know about any of these already? Which one would you most like to be part of, and why?
- The initiatives on resource 2 have different focuses. Why do you think it's good for communities to have different events? Which initiative do you think brings people together the most? Why?
- What does it mean to 'make a difference' in a community? Can you think of ways these initiatives might change people's lives, either in small or big ways?
- How might events leave a lasting impact on communities/society, even after they have finished?
- What are the benefits of people of all ages joining together? Share the interactions you've had with people of different ages in your community.
- If you could explain to someone why community initiatives matter, what would you say?

Reflection

Community initiatives bring people together to share, celebrate and help. They build friendships, strengthen local areas, and remind us that working together makes where we live better for everyone.



KS2 follow-up ideas

Option 1

Plan your own community initiative!

Think about your school or local area. What kind of event could bring people together? Plan your own initiative.

You might like to think about:

- What would the focus be? Food, the environment, sport, or something else?
- Who would it be for – children, adults, or everyone?
- What do you need to set it up? E.g., volunteers, first aiders, etc.
- What will happen during the event?
- How would it bring people together and improve your area?

Finally, present your initiative to the class and compare your ideas.

Extra challenge: Make a poster to advertise your event!

Option 2

Drama freeze frames!

Work in small groups to create a freeze frame showing a moment from a community initiative. E.g., sharing food, picking litter, planting vegetables or another of your choice.

You might like to think about:

- What are people doing in your scene?
- How can you show teamwork and togetherness?

Then, show your freeze frame to the class and talk about the moment you are acting out.



KS1 follow-up ideas

Option 1

Move and play together!

Work in small groups to come up with three fun ways to be active together at school.

For example:

- Could we have a skipping challenge at playtime?
- Could we start a morning wake-up dance?
- Could we have a walking club around the playground?

Choose one idea and try it out together for a week. At the end, share how it made you feel.

Option 2

Map your own community run!

Look at a map of your local area. Can you spot an area where a community run might happen? Then, draw your own simple map with a start and finish. You could even add extra milestones if you wish!

You might like to think about:

- Where would be a safe and fun place for people to run or walk?
- How long would your course be? Would it have one lap or more?
- What signs or markers would people need to follow the course?

When you have finished, share your map with a partner and explain why you chose that course.



This week's useful websites

This week's news story

<https://www.bbc.co.uk/newsround/articles/c1mxr3djg8do>

This week's useful video

www.youtube.com/watch?v=YrCDL7Y7HBY

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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TAKEHOME

29th September
– 5th October



Can sport bring people closer together?



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Things to talk about at home ...

- Are there any parkruns near where you live? Have you or anyone in your family taken part in one? If not, would you like to?
- What are some of the clubs or initiatives in your area that bring your local community together?
- Alongside sport, what are some ways we can spend time with others?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Big Truck, Big Trip, Big Help!

A huge truck has gone to Ukraine, packed full of things from a care home in Northamptonshire, England. Beds, cupboards, chairs and more were given away after Clare House in Silverstone closed. Thirty helpers worked together to load the truck. It was filled with over 530 boxes, and then set off to a hospital in Odesa, a city in the south-west of Ukraine. The beds and chairs will be used in the hospital for people with eye conditions and will also help older people who need extra care. 'We are immensely grateful for this huge donation,' said Nataliya Lawson from Help Ukraine BAMK. 'It will make a real difference to people in Ukraine



Pictured: A truck like this was filled with beds, chairs and other things to help people in Ukraine. **Source:** Canva.

during this very difficult time.' One helper said they were shocked when the massive truck arrived at Clare House – it was so big, it needed almost everyone in Silverstone to load it! The truck's trip to Ukraine is very long, about 1,850 miles – that's more than 28,000 football pitches end to end! **Have you given away something you didn't need anymore? What was it?**

Girls Rule the Board!

Two 10-year-old girls made chess history this summer. Chess is one of the oldest board games in the world. Both girls beat grown-up grandmasters – the best chess players of all! In Liverpool, England, Bodhana Sivanandan, aged 10, beat 60-year-old Pete Wells. She is the youngest girl in Britain ever to win against a grandmaster. Bodhana started

playing chess during the Covid-19 pandemic and has already won world titles for under-8s. Malcolm Pein, manager of the England chess team, said Bodhana is 'on course to be one of the best British players ever.' In the USA, another 10-year-old girl, Keya Jha, beat grandmaster Bryan Smith at a big event in Ohio. Keya also does taekwondo and table tennis – and now she is a chess star too! Keya called her win 'a dream come true.'

Have you played chess before? If not, would you like to?



Pictured: A chess board. **Source:** Canva.

Why do we vote?



We vote because we can make changes to society. This helps us make it a better place for everyone to live.

Aliyah

Let us know what you think about this week's news



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Un-fox -gettable Sculpture

A tree, knocked down by strong winds during Storm Darragh in 2024, has been turned into a giant pouncing fox! The 6m sculpture, in The Lost Gardens of Heligan, Cornwall, was made from the wood of a 150-year-old Cornish Red rhododendron. The project, named



Pictured: Lowarnes sculpture. **Source:** The Lost Gardens of Heligan on Facebook.

Lowarnes (Cornish for vixen), was inspired by a photograph of a resident fox taken on the Heligan estate. It has been described as 'a glorious celebration of Heligan's wildlife'. The animal's fur was created from around 600 hand-split pieces of wood that will change colour over time! Laura Smit-Chesterfield, director of visitor experience at the gardens, explained, 'As the sculpture ages, the wood will fade to a lighter, more silvery tone which reflects what happens to vixens' fur after they have become mothers.' **Do you know of any other art projects that have reused natural materials? Do you have any ideas that could use wood created by storm-felled trees?**



Pictured: Lowarnes sculpture. **Source:** The Lost Gardens of Heligan on Facebook.

It Pays to Recycle

Imagine a cafe where you don't pay with money, but with plastic waste instead! That's exactly what's happening in a city in India, called Ambikapur. The people in Ambikapur came up with an ingenious idea, called the Garbage Cafe. If you collect just 1 kilogram of plastic rubbish (around the same weight as a bag of sugar) and take it to the cafe, you get a delicious hot meal! This helps address two big problems at once: helping people who are hungry and keeping the city clean. Rashmi Mondal, a visitor of the café said, 'I can get food for my family in exchange for the plastic I collect. It makes all the difference in our lives.' She is happy she can help her family and help the planet at the same time. Ambikapur is already known as the 'city of no landfills'. A landfill is where all our rubbish goes to be buried, which can be harmful to the Earth. People in Ambikapur are so good at recycling,



Pictured: Roti.
Source: Canva.

they don't have any landfill sites. The Garbage Cafe is another fantastic way they make sure every last piece of plastic is collected and recycled. The cafe helps feed about 20 people every day, which means they collect about 20 kilograms of plastic waste. That's a lot of rubbish being stopped from damaging the environment and a lot of happy, full tummies!

Is using rubbish as a form of payment a good idea? Would it be effective where you live? Why?

Why do we vote?



I like voting because it makes me feel heard.
Sasha

Let us know what you think about this week's news



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