



Prince Harry opens up about the loss of his mother



Prince Harry visiting Italy.

Prince Harry and his brother, the Duke of Cambridge, are promoting the Heads Together mental health campaign. He has spoken for the first time about help he received and how it enabled him to deal with his difficult feelings at the time he lost his mother (Princess Diana died in a car crash in Paris, 1997 when Harry was age 12).

Prince Harry said: "My way of dealing with it was sticking my head in the sand, refusing to ever think about my mum... (I thought) it's only going to make you sad, it's not going to bring her back."

To find out more about the campaign, please visit: www.headstogether.org.uk.

Should we be taught how to be happy?

A primary school in Bournemouth held a 'Wellbeing Day' for all pupils before the Easter break to promote health and happiness.

The children took part in a series of unique activities led by teachers and volunteers including yoga and sport activities.

The activities were a contrast to the children's usual everyday lessons and placed a large emphasis on having fun!



Baden Powell and St Peter's Wellbeing Day. Picture by Tommy Churchyard.

What did the children think?

Some of the children gave feedback as to how they found the day.

Charlie Long, age 11 commented, "It's been really well done and I've been happy about how it's gone. I have enjoyed the relaxation because we let all of our stresses out and it's a nice break to get away from other lessons."

Madison Brewer, age 11 thought, "I like it because we get to do more fun things than just being in lessons and writing."

What are your thoughts on this? Would you like to have a 'Wellbeing Day' held at your school? How do you think everyone would benefit?



Passengers forced to leave an overbooked flight



Passengers finding their seats whilst boarding a plane.

Two British passengers were due to fly from Luton Airport to Catania in Sicily. After boarding the aircraft, they were asked by staff to leave the aircraft because it had been overbooked. They were told the next available flight was in 4 days.

The couple were unaware that they were entitled to a flight the same day with another airline or to compensation.

How would you feel if you were asked to leave a flight when you had already booked it and were ready for your holiday?

Meet the marathon cheat catcher!

Derek Murphy, a marathon runner and businessman who is from the USA, has made a name for himself for exposing marathon cheats on his blog.

Derek used to read stories about runners who had been caught cheating, usually by taking short cuts or having another run in their place.

"There was so much tension from those specific cases, I just wondered how many other people cheated," he said.



The 2016 London Marathon

He has gone from looking at missed times in race results to considering other things like very fast race times, starting line and finish line photos, and even video footage recorded at races.

Derek has caught out over 30 runners using these methods and reported them to the people in charge of the events.

Most races have methods in place to recognise the most obvious case of cheating. The race bibs have tracking devices that log a runner's time using mats placed in different places throughout the course.

Sometimes missed mats or very fast periods of running may alert race officials to the individual. But cheaters often slip across the finish line and into race results unnoticed by race timers.

Why do you think some people might cheat in a marathon? Do you think it's ever ok to cheat? Why/why not?



**YOUR
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