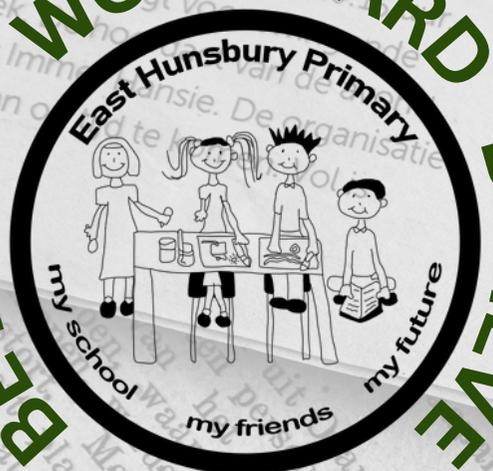


BEKIND

WORK HARD

BELIEVE



IN THE

SPOTLIGHT

YOUR WEEKLY NEWSPAPER

The weekly newspaper for children

WHAT'S IN THE NEWS THIS WEEK?

What do you think about this week's news?

picture-news.co.uk/discuss

[✉ help@picture-news.co.uk](mailto:help@picture-news.co.uk)

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Books to Pick in 2026!

As we've just learned from this week's Picture News pack, 2026 is going to be a very exciting Year of Reading! It also looks set to be a busy year for new books being released. One of the biggest treats this year is a brand-new Gruffalo story by Julia Donaldson and Axel Scheffler. It will be published on 10th September 2026 and is the first new Gruffalo tale in more than 20 years. The book takes readers back to the deep, dark wood for another adventure with the much-loved characters. What will the mouse get up to this time? Another new book is Mr Darwin's Tortoise, written by Angela McAllister, and will be published on 12th February 2026. It is a colourful story



Pictured: Children reading together.
Source: Canva.

about a curious boy in the Galápagos Islands who meets Charles Darwin (a scientist who studied animals and nature). Together they explore the wildlife and share a sense of wonder about the natural world. With new stories like these on the way, 2026 looks like a brilliant year to curl up with a book, explore new worlds, and enjoy reading even more! **What is your favourite book? Are you excited to read some new books this year?**

Paw-some News!

A wildlife survey has revealed exciting news from Nepal! The country's latest camera-trap study has confirmed that the snow leopard population has now stabilised at nearly 400. Special cameras were placed high in the Himalayas, to capture photos of these shy animals as they moved through their cold mountain home.



Pictured: A snow leopard, mid jump!
Source: Canva.

Snow leopards are rare big cats that live in some of the coldest, steepest places on Earth. They have large, furry paws that work like snowshoes, and long, thick tails that help them balance and stay warm. They cannot roar, but they can leap up to six metres in a single jump! Because snow leopards are difficult to spot, scientists rely on camera traps to learn more about them. Experts say these stable numbers show how important it is to protect their mountain homes and support the people who live alongside them. **Do you know of any other animals that live in the snow?**

How might challenges help us grow?



If you don't believe,
you can't achieve!
Isla

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



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Air Flight Anniversary

Air flight enthusiasts have marked the 75th anniversary of the world's first passenger jet flight. On 9th January 1951, a de Havilland Comet plane flew from Chicago, Illinois to New York City. It was a significant event in aviation history. The Comet officially entered service with BOAC (now British Airways) on 2nd May 1952, flying from



Pictured: Inside the cockpit of a de Havilland DH106 1A Comet. **Source:** The de Havilland Aircraft Museum on Facebook.

London to Johannesburg. The jet made five stops on the 7,000-mile, 23-hour journey. The Comet DH106 1A was powered by four de Havilland Ghost turbo jets, which were embedded into the wings. One of the airplanes has been restored and is now on display at the de Havilland Aircraft Museum, near London. 'It's a beautiful aircraft, even now after all these years,' says Eddie Walsh, a retired volunteer leading the DH106 restoration project. 'It was practically mission impossible.'
Have you seen any old planes?
Do they interest you or do you prefer to look at modern ones?



Pictured: A de Havilland DH106 1A Comet. **Source:** The de Havilland Aircraft Museum on Facebook.

Dogs Boost Teenagers' Mental Health

A scientific paper, published in iScience, has found that having a dog as part of your family can benefit your mental health. The study focused mostly on how teenagers were affected. Some people have long believed that having a pet in your home can improve your mood. Researchers from Azabu University in Japan say that this is because dogs prompt changes in the collection of microbes that live in and on our bodies. Hundreds of studies have shown that this community of microbes play a crucial role in health, immunity, digestion, and emotional wellbeing. 'The benefits of living with dogs are likely the result



Pictured: A teenager with a dog. **Source:** Canva

of tens of thousands of years of human-canine coexistence,' said lead author of the study, Professor Takefumi Kikusui. He also explained, 'The implication is that the benefits of dog ownership include providing a sense of security through interaction, but I believe it also holds value in its potential to alter the symbiotic microbial community.'
Do you or any of your family or friends have any pets at home?
How do they impact your mood?

How might challenges help us grow?



When things are hard for you to do you learn how to stick at things and not give up. This is really important.
Mia



Online Safety Newsletter

February 2026

CBeebies Parenting and Apps

CBeebies Parenting is full of useful information from creative activities, recipes and information about the CBeebies apps.

CBeebies apps are free to download with no in-app purchases. Their apps include:

- Playtime Island - Fun Games for Kids App. This app includes 40 free games.
- CBeebies Learn - Early Years Learning App. This app includes games and videos and is based on the Early Years Foundation Stage curriculum.
- Get Creative - Open-ended Creative Activities App. This app is free and includes lots of drawing and painting activities.
- Storytime - Reading Stories App. This app includes interactive story books.

You can find out more here:

<https://www.bbc.co.uk/cbeebies/parenting>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/february-2026-primary/>

Using AI to alter images

AI image generator and moderator tools are widely available and often used by children. Whilst these tools can be used for creative purposes, we need to ensure our children are aware of the appropriate way in which to use them and the circumstances when they should not be used, even if harm is not intended.

What are AI image generator and moderator tools?

It is when Artificial Intelligence is used to create or modify images, for example it could be used to swap faces, change expressions or for more sinister reasons, such as to remove clothes. These images are often very realistic and therefore difficult to see that they are fake.

Privacy concerns and consent

If your child is using these tools, they need to be aware of potential loss of privacy and the importance of consent. They should know that they should only use images of other people with consent.

What does my child need to know about using these tools?

- Children shouldn't use AI tools to manipulate images of school staff. Even if the child's intention is not malicious, children should not use AI tools to create or edit photos of teachers under any circumstances.
- Manipulation of images of friends or other children – if you are using images of other people, then consent **must** always be sought.
- The tools should not be used to create images that can embarrass or hurt others - this is a form of online bullying.
- Copyright issues – who owns the copyright? These images could be reused by others, which can affect their own digital footprint.

What should I do?

- Chat to your child if they are using these tools and ascertain the reason why. Ask them to show you the images that they have created.
- Check the age ratings of any apps/websites that your child is using and set up appropriate parental controls.
- Develop your child's digital literacy by teaching them to recognise online risks and to behave responsibly online

Further information

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-to-children-about-ai>
- <https://oursaferschools.co.uk/2025/02/18/understanding-image-consent-at-schools/>

TikTok

You must be over 13 years of age to use TikTok. TikTok is a social media platform for sharing and watching short video clips. If your child is using TikTok then make sure appropriate security / privacy settings are applied.

Account set up

It is important that your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private. You can read more about the other settings available, such as switching off comments and restricted mode here:

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

Family Pairing

Family Pairing allows you to link your own account to your child's account. You can then set controls such as restricted mode or tailor your child's 'For You' feed by selecting keywords that TikTok will use to filter out posts. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

What do I need to be aware of?

- **Inappropriate content and themes:** whilst against guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics/themes.
- **Challenges:** We often see viral challenges on social media, some of which can be **risky/dangerous**. Sadly, there are reports that children have died whilst attempting online challenges. Children may not yet have developed the skills and ability to critically analyse that what they see online is not always safe for them to replicate.
- **Stranger contact:** chat to your child about how people may not be who they say they are when online.

Refresh your feed

You can refresh your "For You" feed to update the content recommended:

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

Blocking and Reporting

Show your child how to use the safety features available.

Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://www.tiktok.com/safety/en/guardians-guide>

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Balance screen time tips

Internet Matters have created simple tips to help you develop healthy online habits for your child. They also answer key questions such as "how much screentime is too much" and "is gaming bad for children." Access this information here:

<https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips>

7 Steps to Good Digital Parenting

The Family Online Safety Institute have created seven steps to assist you as a digital parent. Find out more here:

<https://fosi.org/program/7-steps-to-good-digital-parenting/>

Children's Commissioner launches new guide for parents and carers

The Children's Commissioner has released a new guide to help you in managing your child's digital life. The guide was written with direct involvement from children.

It includes advice on setting boundaries such as no devices in the bedroom and how to chat to your child. You can find the guide here:

<https://www.childrenscommissioner.gov.uk/blog/what-i-wish-my-parents-or-carers-knew-childrens-commissioner-launches-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>