

What's happening in the news this week?

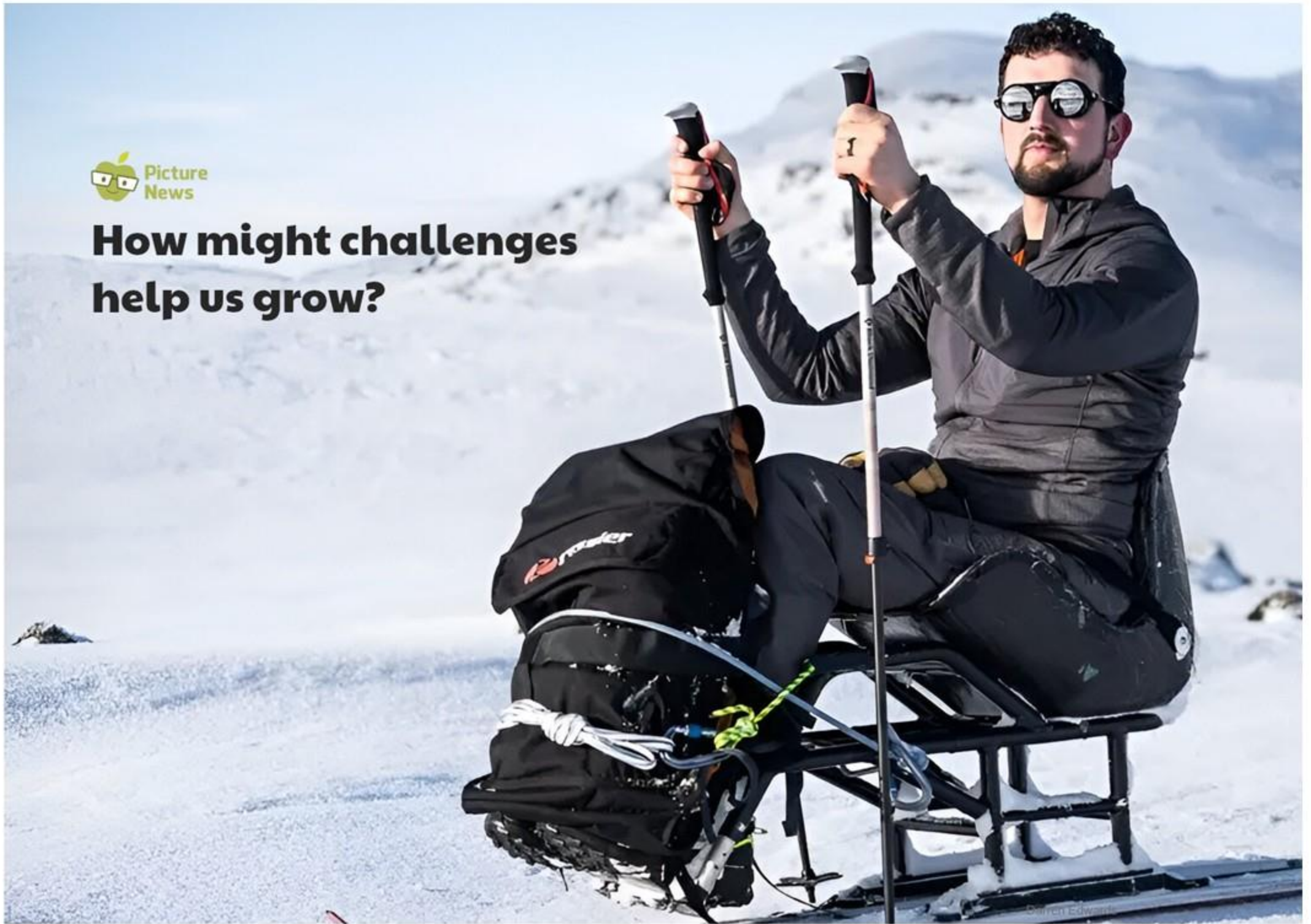


Let's have a look at this week's poster!

8th - 14th December 2025



**How might challenges
help us grow?**





Let's look at this week's story

An adventurer named Darren Edwards, who is paralysed from the chest down, is preparing to travel 137 miles across Antarctica using a sit-ski. If he succeeds, he will break the world record for the longest sit-ski journey to the South Pole. Darren hopes his challenge will raise money for charity and show that his injury does not limit what he can achieve.



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

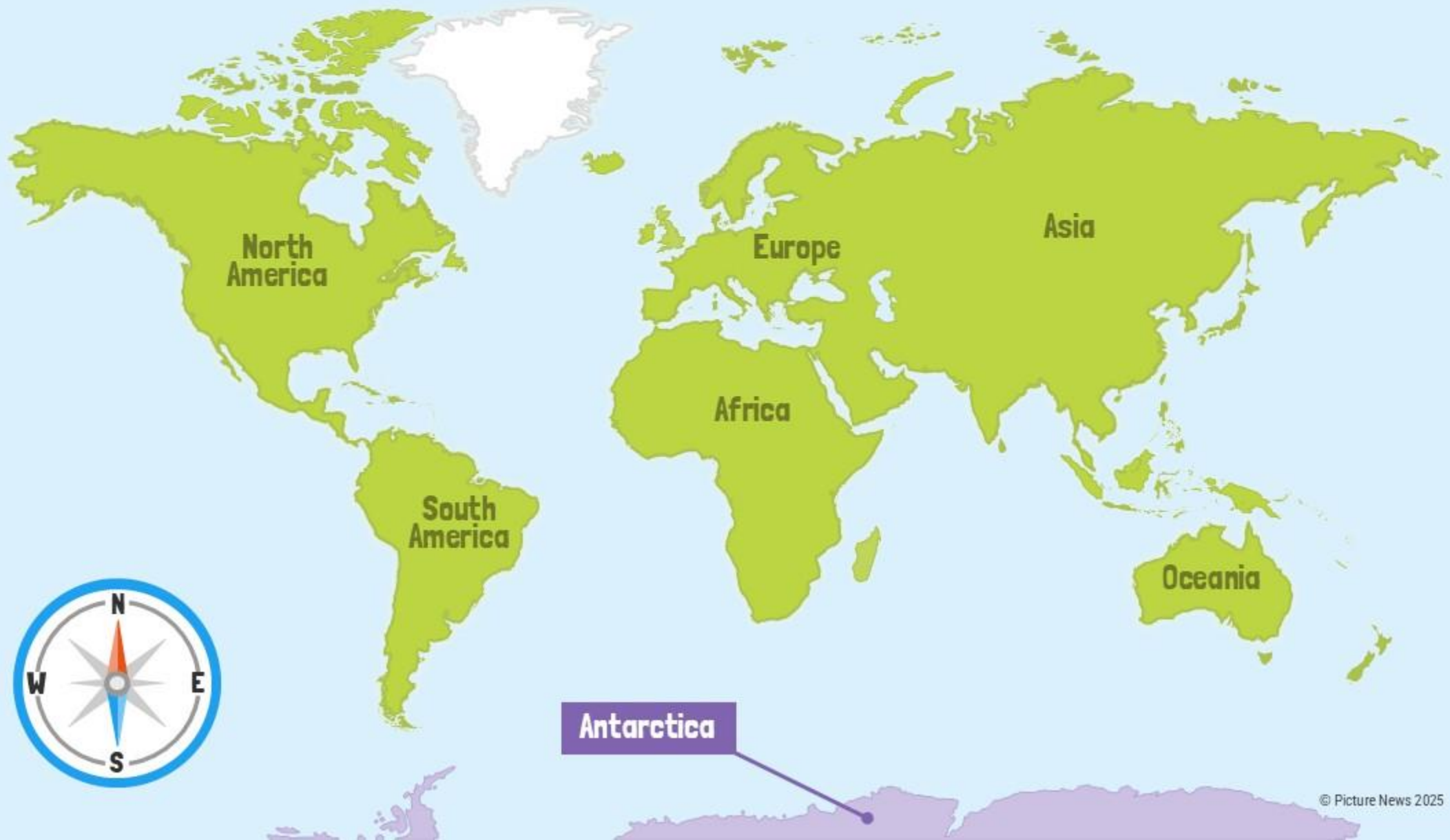
embarrassed

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 found below, all about Darren's challenge.
Can you recall a challenge you have set for yourself?

South Pole World Record Sit-Ski Expedition

Who is Darren Edwards?

- Darren is an adventurer from Shrewsbury in Shropshire, England.
- He uses a wheelchair following an accident nine years ago.
- Darren takes on big outdoor challenges around the world.



Pictured: Darren Edwards training for his challenge.
Source: Darren Edwards

Why is he doing it?

Darren wants to raise £100,000 for Wings for Life, a charity that funds research into spinal cord injuries.



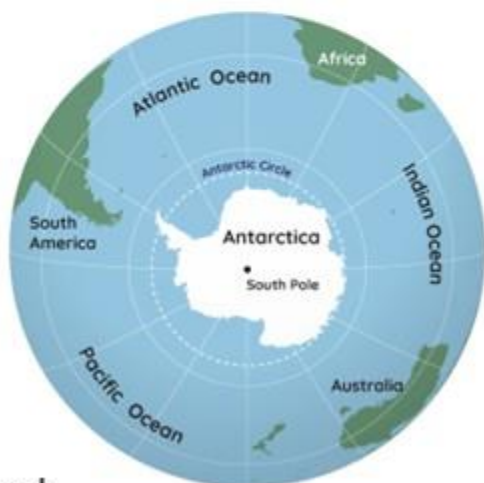
Darren also hopes to change people's thoughts on disability, and show what people can achieve with courage, planning, and support.

What is Darren's challenge?

Darren and his team are starting their journey in Antarctica, one of the coldest places on Earth. They will face freezing weather, sometimes colder than -30°C !

They plan to travel further than 111 km using a sit-ski (which is the current world record), aiming to travel 222 km.

If they reach the South Pole in 20 days, they will set a new record!



Pictured:
The South Pole.





Look at the resource below, which shows some facts about Antarctica.



1 Antarctica is the coldest continent and windiest place on Earth. Winds can reach up to 200mph!



2 Antarctica is a desert at the South Pole. 98% of it is covered in thick ice.



3 No one lives in Antarctica all the time, but some scientists stay for short visits to study the ice, weather and wildlife.



4 Penguins live there. Seals and whales live in the icy waters around the ice.



5 In winter, it can be dark for many weeks. In summer, it can stay light all day and night.



6 Only a few small plants can grow there, such as mosses and lichens.

Would you like to visit Antarctica? What do you find most interesting about Antarctica?
What would you like to learn more about?



Look at the resource below, which shares some examples of people who have overcome adversity to achieve great things.

Wilma Rudolph (United States)



As a child, Wilma had illnesses that affected her legs and was told she might never walk again. She worked hard to strengthen her body, and later became an Olympic gold medalist for sprinting.



Albert Einstein (Germany)



Albert found school difficult. He kept exploring his own maths and science ideas, eventually developing theories that changed the way people understand the universe.

$$E = m \cdot c^2$$

Abdulrazak Gurnah (Tanzania)



Abdulrazak had to leave his home as a teenager because of conflict. He rebuilt his life in a new country and became a celebrated writer, winning the Nobel Prize in Literature.



Wangari Maathai (Kenya)



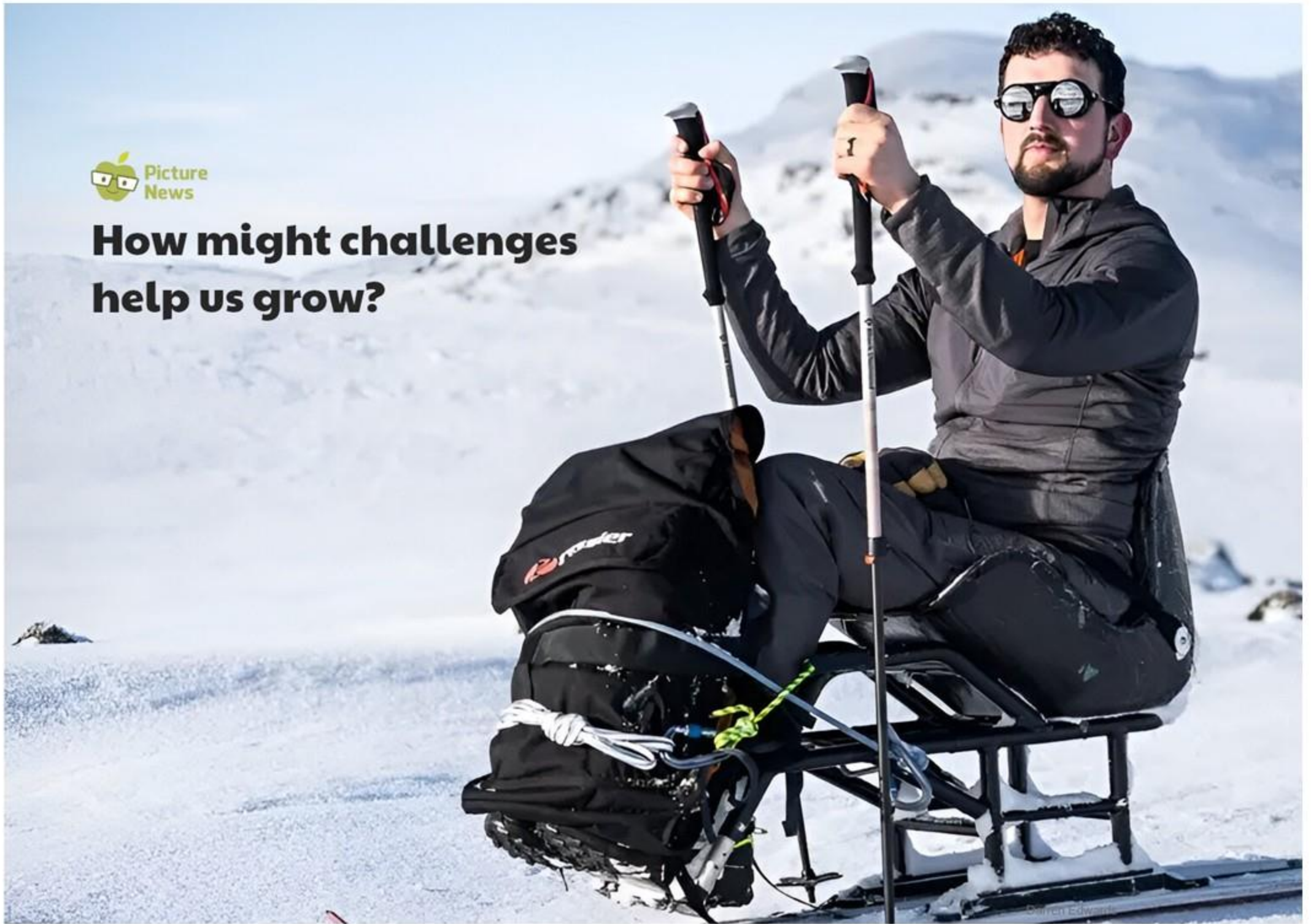
Wangari experienced discrimination while working to protect the environment and support women in Kenya. She started the Green Belt Movement, encouraging communities to plant trees. She later became the first African woman to win the Nobel Peace Prize.



What challenges did these people face? How did they keep going when things were difficult? How might their experiences inspire others to keep trying? What qualities or actions do you think helped them along the way?



**How might challenges
help us grow?**



Reflection



Even when life is difficult, we can still find new things to try, new goals to reach, and new strengths inside ourselves. Challenges don't have to stop us – sometimes, they help us grow in ways we never expected.



Media Literacy

Can you make sense of the information?



Explanation: Let's explore the different pieces of information in this story and see how they help us understand Darren's challenge.



Analyse



Evaluate



Research



Act

Questions to Discuss

- What information does the story give us about Darren and his journey?
- How do the details about Antarctica, distance, or equipment help us understand the challenge?
- What else might we need to know to get a full picture of Darren's journey?
- How does making sense of different facts help us learn from real-life challenges?

Reflection

Putting together different pieces of information helps us understand a story more clearly and appreciate the effort behind what's happening.

Activity

Look at and choose three key facts from the story (e.g., the location, the sit-ski, the charity).

Write a sentence about how each fact helps you understand why Darren is taking on the challenge.



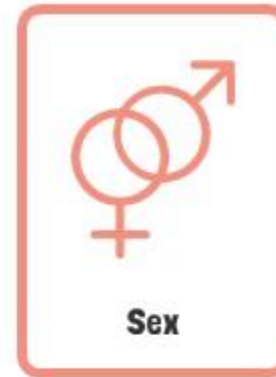
Individual Liberty

We all have the freedom to choose challenges that help us learn and grow. Darren's journey shows us we can set our own goals to help us discover what we're capable of.

Protected Characteristics



Darren's story highlights that having a disability shouldn't limit what people can strive to achieve. Everyone should be treated fairly and never excluded because of a disability.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
or Belief



UN Rights of the Child



Every child has the right to develop their skills and interests, and adults should support them in this. Darren's determination shows how tackling great challenges and overcoming adversity can help us realise our strength.



Useful Vocabulary



Adventurer

Someone who explores or takes part in challenging journeys.

An **adventurer** named Darren Edwards, who is paralysed from the chest down, is preparing to travel 137 miles across Antarctica using a sit-ski.

Funds

Money that is saved and used for a particular cause.

Darren wants to raise £100,000 for Wings for Life, a charity that **funds** research into spinal cord injuries.

Further

A longer distance or beyond where someone has already travelled.

They plan to travel **further** than 111km using a sit-ski (which is the current world record), aiming to travel 222km.

Paralysed

To be unable to move part of the body.

An adventurer named Darren Edwards, who is **paralysed** from the chest down, is preparing to travel 137 miles across Antarctica using a sit-ski.

Research

The careful study of a subject to discover new information.

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Succeed

When someone does something they set out to achieve.

If he **succeeds**, he will break the world record for the longest sit-ski journey to the South Pole.

Can you use them in your conversations this week?

Picture News



How might challenges help us grow?

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- Look at this week's poster. It shows Darren Edwards, an adventurer who uses a wheelchair after an accident. Explain that even though Darren's life changed suddenly, he decided he didn't want the injury to define him.
- Watch this week's useful video and read the information found on the assembly resource, which provide information about Darren's challenge. Can you recall a challenge you have set for yourself and achieved? Can you remember why you wanted to complete it? How did you feel afterwards?
- Have you ever set a challenge that you didn't achieve? Discuss how we can still learn a lot when we don't succeed.
- Darren says challenges keep him mentally and physically strong – they help him discover what he can do, not what he can't. He also wants to change how people see disabilities, showing that ability can look different for everyone. Talk about the wider benefits of challenges and how they can inspire others.
- Considering the big question, can you think of all the different ways challenges can help us grow? E.g., building confidence, learning, perseverance.

Reflection

Even when life is difficult, we can still find new things to try, new goals to reach, and new strengths inside ourselves. Challenges don't have to stop us – sometimes, they help us grow in ways we never expected.

Picture News



KS1 focus

What do we know about Antarctica?



- Start by thinking about what you already know about cold places. What comes to mind when you think about very cold weather?
- Do you know where Antarctica is? Share with a partner anything you already know about Antarctica. Make a list of what your class already knows.
- Think about a time when you have experienced cold weather. How did it feel? How might the cold in Antarctica be different?
- Look at **resource 1**, which shares some facts about Antarctica.
- Did anything on **resource 1** surprise you about Antarctica? Was there anything your class already knew?
- Think about fact 5, about the daylight and darkness in Antarctica. Reflect on what it would be like to have many weeks of darkness, or many weeks of daylight.
- Fact 3 explains that no one lives in Antarctica all the time. Discuss why it is difficult for people to live there permanently.
- Antarctica is at the South Pole. How do you think people travel to get there? How might they then move around once they arrive?

Reflection

For many people, Antarctica is one of the most fascinating places on Earth. Staying curious about our world helps us understand and appreciate the many places, climates, and habitats that exist across the Earth.

Picture News



KS2 focus

Who else has overcome adversity to achieve great things?



- Begin by talking about what adversity means. Think together about situations where people face difficulties, challenges, or barriers, and how these can look different for everyone. Would anyone like to share a challenge they have faced before?
- Look at **resource 2**, which shares four examples of people who faced different kinds of adversity and went on to achieve great things.
- What do you notice about the challenges that were experienced by Wilma, Albert, Abdulrazak, and Wangari? Think about the difficulties they faced, and the steps they took to move forward.
- Think about how overcoming a challenge can change someone. In what ways might it help a person grow, develop confidence, or discover new strengths?
- Reflect on why it can be powerful to learn about people who faced difficulties and still achieved great things. How might their stories encourage or inspire others?
- Think together about words of encouragement you could offer someone, to help them keep going when they are facing adversity.

Reflection

Examples of people overcoming adversity show how challenges can shape who we become. Progress is not always easy, but determination, support and hope can lead to achievements that inspire others.

Picture News



KS2 follow-up ideas

Option 1

Think of some motivational phrases or words of encouragement that could help someone to keep going when they are facing adversity. These could be things you might say to a friend, a teammate, or what you might say to one of the people from resource 2.

Choose a few of your favourite phrases and present them in a creative way. E.g., a poster, bookmark, short song/rap.

Afterwards, reflect together:

- Which phrases felt most encouraging?
- How might these words help someone during a difficult moment?

Option 2

One of the qualities that can help people when they face adversity is resilience. Using a plain sheet of paper, split the page into four boxes and write the following into each box:

1. I think resilience is...
2. The people who support me are...
3. Things that help me include...
4. I have shown resilience when...

After, share your ideas with a friend and discuss:

- What different ideas of resilience were shared?
- What helps people stay resilient when things are challenging?

Picture News



KS1 follow-up ideas

Option 1

Choose one of the pictures from resource 1 and take a moment to look at it closely. Imagine you are a scientist visiting Antarctica. Think of some questions you might ask to know more about Antarctica.

Write down your questions and share them with the class. You might wonder about:

- The weather and temperature.
- The animals that live there.
- How living things survive there.

Option 2

Look at these average temperatures from places near the coast of Antarctica:

- -10°C
- -1°C
- -20°C
- -7°C
- -2°C
- -18°C

Write the temperatures on pieces of paper. Work with a partner to put them in order from the warmest to the coldest.

When you have finished, try to match each temperature to the month you think it belongs to.

Choose from: January, March, June, July, October, and December.

What do you notice about the months and temperatures?

Answers: January -1°C, December -2°C, March -7°C, October -10°C, June -18°C, July -20°C

Picture News



This week's useful websites

This week's news story

www.bbc.co.uk/news/articles/c14pdjkg406o

This week's useful video

Darren's challenge

www.youtube.com/shorts/2qFLA8t9TQk

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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TAKEHOME

8th - 14th
December



How might challenges help us grow?



In the news this week

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Things to talk about at home ...

- How do you think Darren will feel at each stage of his challenge (before, during, and after)?
- What kinds of challenges do you think can help you grow the most – something physical, emotional, or trying something new?
- Can you recall a challenge you have set yourself and achieved? Ask others at home about their experiences.

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Faye Reaches New Heights

Five-year-old Faye Moffat, from Prestonpans in East Lothian, has completed a sky-high challenge! She climbed Ben Nevis, Britain's highest mountain, to raise money for children who need help. Faye and her dad, Craig, walked through deep snow and strong winds, and even camped on the freezing mountain overnight! Faye has already raised over £1,000 for Glasgow Children's Hospital Charity. Before the climb, she said, 'This will be my hardest adventure... but I won't give up.'

Faye and Craig started their climb at 7am in the dark, carrying all their camping gear. Her dad said, 'She faced snow, ice and a blizzard at the summit, but she never once gave up.'



Pictured: Ben Nevis, Britain's highest mountain that Faye climbed! **Source:** Canva.

They reached the snowy top in very tough weather and used headtorches to find their way back to their tent.

Faye chose this challenge because the hospital helped her cousin, Owen, and her friend Lucy when they were very poorly. Well done, Faye – what an impressive mountain mission!

Is there a brave adventure you would like to try one day?

Traffic Takes a Holiday

Regent Street in London, England, was closed to cars for one special day and turned into a 'festive winter wonderland'. Families were able to walk safely along the road and enjoy Christmas fun, without any traffic at all!

The street was closed between Oxford Circus and Piccadilly Circus from 2pm - 9pm on Saturday 6th December. Instead



Pictured: A vehicle free Regent Street. **Source:** Canva.



Pictured: A busy and festive Regent Street, full of cars and buses. **Source:** Canva.

of busy traffic, there was music, lights, stalls, and lots of things to explore. Three vintage (that means old-style) red double-decker buses were parked along the street. Each one offered something different, like crafts, a selfie station, a disco bus with live music, and gift wrapping.

Would you like to visit a winter fair?

What are some of the different ways we can express ourselves?



I love that music and dancing can always match how I'm feeling, even if it's sad or happy!
Debbie

Denim Designs

Cristiam Ramos, a Mexican artist based in Orlando, USA, creates unique portraits of famous people and animals using old jeans! Cristiam uses nothing but tiny squares of cut-up denim, carefully placed on canvas to create the detailed designs. 'Each piece will always be different from



Pictured: Artwork by Cristiam Ramos.
Source: Cristiam Ramos on Facebook.

the others and my collectors will always have a unique piece,' said Cristiam Ramos. He also described how he started making this kind of art. When he felt that he couldn't let go of a pair of jeans from his youth, he decided to turn them into a portrait. The artist said that he thinks this is a lesson for us all. He commented, 'No matter how worn out we feel, we always have the power to transform ourselves into something beautiful.'

Do you enjoy making collages?

Would you choose denim or another material?



Pictured: Artwork being created by Cristiam Ramos. **Source:** Cristiam Ramos on Facebook.

Hot Chocolate Festival

A North Yorkshire town has hosted its first-ever hot chocolate festival. Whitby Hot Chocolate Festival aimed for each cup to help save lives. The two-week festival involved lots of local businesses working together to raise funds for Whitby Defibrillator Project. The money donated will go towards replacing the batteries in the project's defibrillators (they need to be changed after each use or every five years). The festival involved chocolate tasting, film screenings, talks, and a chocolate-themed disco. A trail was provided to visitors, to guide them around participating shops and cafes selling hot chocolate. The festival is trying to answer the question; 'Who makes the best hot chocolate in Whitby?' The public are now voting for their



Pictured: A person holding a mug of hot chocolate. **Source:** Canva.

favourite on the charity's website. Festival organiser, Pam Boland, said, 'It was only going to be a chocolate competition, but it has grown into what we have got now.'

Do you think it is a good idea to get a whole community involved in fundraising projects?

What are some of the different ways we can express ourselves?



I like to tell my friends if I am feeling sad or worried. They help me feel happy when we play outside.

Agnieszka

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



picture-news.co.uk/discuss



help@picture-news.co.uk



@HelpPicture