

What's happening in the news this week?



Marathon Photos/@SWNS

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

20th - 26th April 2026



Picture News

**Is it ever too late
to try something
new?**



Let's look at this week's story

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.

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, which provides more details about the London Marathon and some of the runners. What do you think inspired them to take part?

Charity

Lots of people run for charities and wear fancy dress costumes. Throughout its history, the event has raised over £1 billion for various charities. Many runners take part to help others as well as challenge themselves.



Many runners say finishing the race is more important than how fast they go. Training for a marathon can take months of practise and determination.



The London Marathon

It is one of the most famous marathons in the world, taking place every year in London. Tens of thousands of people run it, and millions watch each year.



Above: The finishing section of the London Marathon.

Source: TOLGA AKMEN/EPA-EFE/Shutterstock

Did you know?

Some runners take part in marathons in their 80s and even 90s!

Eileen Hieron started running in her 70s and completed her first marathon at the age of 74.

The oldest person to complete a marathon is believed to be Fauja Singh, who finished the Toronto Waterfront Marathon at 100 years old. He didn't start running until he was in his 80s.



Look at the resource below, which shows some motivational signs people share to inspire at marathons.



Think about a motivational sign for a marathon runner.

What would make someone feel happy, strong, and able to keep going?

What words would you choose to encourage a runner?

How could a sign make people smile, feel strong, or feel proud?

Where do people hold their signs during a marathon – at the beginning, the middle, or near the end? Why?





Look at the resource below, which shares some other things people have achieved later on in life.



Vera Wang

Vera Wang was a figure skater when she was younger before moving into the fashion industry. Around the age of 40, she opened a bridal shop after designing her own wedding dress. She went on to create her own global fashion brand. She's now 76.



Kimani Ng'ang'a Marūge

Kimani Marūge was a man from Kenya who started primary school when he was 84 years old, because he wanted to learn how to read and write. He became known for holding a Guinness World Record as one of the oldest people to attend primary school.

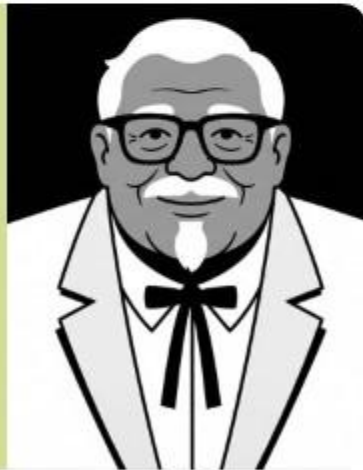


Grandma Liu

Grandma Liu is a 68-year-old woman from China, who learned how to skateboard later in life. She got the nickname 'Chasing Wind Girl' by other skaters.

Colonel Harland Sanders

Colonel Sanders started what later became KFC (Kentucky Fried Chicken) when he was 65 years old. Before that, he had tried many different jobs throughout his life. His fried chicken recipe went on to become one of the most famous fast-food brands in the world.



Wally Funk

Wally Funk (also known as Mary Wallace Funk) trained as a pilot and worked in aviation. She was part of a group called the Mercury 13, who trained to become astronauts. She became the oldest person to travel to space at the age of 82.



What do all these people have in common?

What do they show you about being brave to try new things?



Picture News

**Is it ever too late
to try something
new?**

Reflection



Age doesn't have to limit what we try. With determination and belief, new beginnings are possible.



Media Literacy

I know that what I say and share matters.



Explanation: Let's consider why we need to think carefully about what we say and share online.



Analyse



Evaluate



Research



Act

Questions to Discuss

- Why is it important to think about what we say and share?
- The internet is a public space. What are some rules you should follow when talking to people or sharing things online?
- How do these rules keep us safe?

Activity

Draw three circles inside one another.

- The inner circle represents close family/best friends.
- The middle circle represents people you know/school friends.
- The outer circle represents the internet.

Read through the following statements and decide who you would share each with and why?

"I am annoyed with my brother for breaking my toy."

"I go to Oakdale School."

"I like football."

"My password is B@tm@n55."



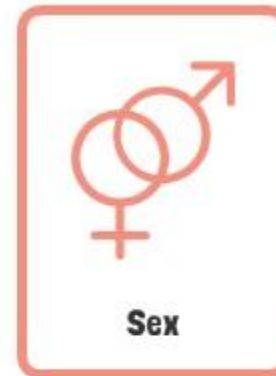
Individual Liberty

Individual liberty gives us the freedom to make our own life choices and pursue new challenges. We are free to choose our goals, which can shape our journey throughout our lives.

Protected Characteristics



Age shouldn't stop anyone from trying new things or reaching their goals. We should respect everyone regardless of their age and avoid judging what people can do based on how old they are.





UN Rights of the Child



Families and communities should help children become independent learners by giving them the freedom to make choices. This gives children the confidence to take on new challenges as they grow.



Useful Vocabulary



Charity

An organisation set up to help people, animals, or the environment by raising money.

...the event has raised over £1 billion for various **charities**.

Determination

The quality of continuing to try, even when things become difficult or you face challenges.

With **determination** and belief, new beginnings are possible.

Hobby

An activity that you choose to do regularly in your free time.

Why might someone choose to start a new **hobby** when they are older?

Inspired

When something or someone gives you an idea you want to act on.

What do you think **inspired** them to take part?

Marathon

A long-distance running race that covers exactly 26.2 miles (about 42 kilometres).

The oldest person to complete a **marathon** is believed to be Fauja Singh...

Practise

Doing an activity or a skill over and over again, so you can get better at it.

Training for a marathon can take months of **practise** and determination.

Can you use them in a conversation this week?

Picture News



Is it ever too late to try something new?

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.



- Look at this week's image; does anyone know the event taking place this Sunday? The London Marathon will be happening. Share any prior knowledge you have about it.
- Can you think of something new that you have tried? E.g., a new food or starting a new club. How did it feel? Talk about how starting something new can be scary. Do you imagine it's harder for older people to start something new? Why? This week's story looks at 82-year-old Eileen, who started running later in life. Why might someone choose to start a new hobby when they are older?
- Read the information found on the **assembly resource**, which provides more details about the London Marathon and some of the runners. What do you think inspired them to take part?
- Watch this week's useful video, which shows 90-year-old David share his experience of and inspiration for the London Marathon. How do you think David felt during and after completing the marathon?
- How important do you feel age is when we are trying something new?

Reflection

Age doesn't have to limit what we try. With determination and belief, new beginnings are possible.

Picture News



KS1 focus

What are some motivational signs people share to inspire others at marathons?



- Have you ever heard of a marathon before? What do you think it is? Do you know anyone who has taken part in one?
- A marathon is a long-distance running race where people run for just over 26 miles. Why do you think someone might choose to take part in a marathon?
- At marathons, the spectators (people watching the race) clap and cheer for everyone. How do you think hearing the crowd cheering could help keep runners going?
- Look at **resource 1**, which shows some motivational signs people might hold to encourage runners. What words can you see that make the signs positive?
- Think about what makes a sign motivating. What sort of words would make a tired runner feel the strength to carry on?
- If you were to design your own motivational sign, what would it say? Share your ideas. How would reading the words make you feel?
- Talk together about whether it's important to support people when they are doing something challenging.
- Who would you cheer for if they were trying something challenging? Share why you would you want to support them.

Reflection

It can feel good when people cheer for us. Kind words and encouragement can really help someone keep going when something feels challenging.

Picture News



KS2 focus

What are some other things people have achieved later on in life?



- People often try new things at different times in their life. When have you tried something new? How did it feel at the beginning (e.g., exciting, scary)? What helped you to keep going if it felt challenging or daunting?
- Looking to the future, what is something you would like to achieve one day, even if it takes a long time to get there? Share your goals together.
- Do you think support from family and friends helps people to achieve their goals, or does it change the experience in a different way? Discuss.
- Look at **resource 2**, which shows some things people have achieved later in life. Which one surprised you the most? Why?
- Talk about what these people have in common, even though they chose very different paths.
- Starting something later in life can be challenging. What difficulties do you think the people in **resource 2** might have faced?
- Eileen Hieron only started running in her 70s and kept going. Thinking about your own life, what is something you could start now that you might continue to improve over time?
- 'Age is just a number'. Have you heard of this quote before? What does it mean to you? Do you agree/disagree? Why?

Reflection

It is never too late to try something new. People can achieve amazing things at any age when they believe in themselves.



KS2 follow-up ideas

Option 1

Marathons honour the legend of Pheidippides, who ran from the battlefield of Marathon to Athens in 490BC to announce a Greek victory. In 1896, this inspired the first modern Olympic marathon.

Using the internet, research some different marathons held across the world today.

You may wish to include:

- Walt Disney World Marathon
- Big Five Marathon
- Antarctic Ice Marathon
- Great Wall Marathon

Think about: Where does the marathon take place? What are some key characteristics of the marathon? Would you like to take part? Why?

Option 2

You are saving for a new set of paints as you want to start a new hobby. A set of paints costs £14. You save £2 every week.

How many weeks will it take until you save enough money to buy the paints?

If you pay with a £20 note, how much change would you get back?

Discuss that learning something new isn't about being fast, it's about being consistent.

If you do 8 minutes of practise today, 10 tomorrow, and 12 the next day, how many minutes of practise would you do on day 10?



KS1 follow-up ideas

Option 1

Think about some qualities a person might need when starting something new, e.g., curiosity, patience, resilience, bravery etc.

As a class, list the different qualities needed. Then, in groups discuss why each quality is important when starting something new, and what might happen if you don't show that particular quality.

Think about something new you would like to try. Then design a 'Qualities Toolkit', and include all the qualities you need to get started and why they are needed.

Option 2

Marathons happen all over the world, from the snowy conditions of the Antarctic Ice Marathon to the hot and dry climate of the Petra Desert Marathon. Show the class some images of the two different climates.

Think about: What clothing would the runners need to wear? Why? What else might they need to bring with them?

On a piece of paper, draw two runners and design their outfits and equipment based upon the climate.

- Antarctic Ice Marathon: focus on warmth, protection from the wind, and staying safe on the ice.
- Petra Desert Marathon: focus on staying cool, protecting skin from the sun, and managing the sand.

Label your drawings to explain why you chose each piece of clothing and equipment.



This week's useful websites

This week's news story

www.womanandhome.com/health-wellbeing/fitness/i-ran-my-first-marathon-at-74/

This week's useful video

90-year-old David Picksley completing the London Marathon in 2023

www.youtube.com/watch?v=Fzp27wk_eE

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

Charity

An organisation set up to help people, animals, or the environment by raising money.

...the event has raised over £1 billion for various **charities**.

Determination

The quality of continuing to try, even when things become difficult or you face challenges.

With **determination** and belief, new beginnings are possible.

Hobby

An activity that you choose to do regularly in your free time.

Why might someone choose to start a new **hobby** when they are older?

Inspired

When something or someone gives you an idea you want to act on.

What do you think **inspired** them to take part?

Marathon

A long-distance running race that covers exactly 26.2 miles (about 42 kilometres).

The oldest person to complete a **marathon** is believed to be Fauja Singh...

Practise

Doing an activity or a skill over and over again, so you can get better at it.

Training for a marathon can take months of **practise** and determination.

TAKEHOME

20th - 26th
April



Is it ever too late to try something new?

In the news this week

An 82-year-old runner, Eileen Hieron, has shown that age hasn't stopped her trying something new. She only started running in her 70s and ran her first marathon at the age of 74. Since then, she has completed nearly 10 marathons and even won her age group at the London Marathon. This Sunday, runners from all over the world will take part in the 2026 London Marathon, and stories like Eileen's are inspiring others to think about whether it's ever too late to try something new.

Things to talk about at home ...

- > Have you ever tried something new that felt difficult at first? What helped you keep going?
- > Do you believe age should matter when trying something new? Why or why not?
- > Is there someone you know who has tried something new later in life? What have they done?
- > Why do you think people take part in challenges like the London Marathon?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



A Referee Makes History

Have you got a favourite sport – football, netball, rugby or something else? Every game needs someone to keep it fair. In rugby league (a fast, high-energy team sport where players run, pass and try to score points) that person is called a referee. Now, Tara Jones has made history by becoming the first female to referee a men’s rugby Super League match!

The 29-year-old, from Warrington, England, has been involved in rugby for many years. Tara began refereeing at the age of 12 after she could no longer play in a boys’ team. She joined a girls’ team, but at the time there were fewer opportunities for girls to play, so Tara took on a different



Pictured: Tara Jones
Source: Tara Jones, Facebook

role in the sport – becoming a referee. Since then, women’s rugby has grown, with more teams and more opportunities. Tara went on to play at a high level as an adult, before becoming a top referee. She said, ‘I just do what I do, and I hope I can inspire young girls.’ Tara has also just received an MBE from Prince William at Windsor Castle, which is a special award for her work in rugby league. **Would you like to inspire others through sport?**

Rain, rain... stay or go?

In parts of Northern Europe, April is known for its showers. One minute it’s raining, the next the sun is shining! But what if a weather app on a phone makes it look wetter than it really is? Some popular places to visit, including Chester Zoo, say this is happening. They say a simple rain cloud symbol on a phone can make it seem like the whole day will be rainy, even if it is only a short early morning shower. This can sometimes lead to families changing their plans and staying at home. For places like zoos, theme parks and gardens, this can make a



Pictured: A warm, sunny day on a weather app.
Source: Canva.

big difference. Some places say they can lose lots of visitors, even on days when the weather turns out to be bright and dry. Many people check the weather before going out, so these symbols can have a big impact. The Met Office says it is working on ways to make forecasts clearer. So next time a rain cloud appears, it might not tell the whole story – the day could still turn out sunny!

Would you still go out if rain was forecast?

What should represent a country?



I think animals and nature are really important!

Bethan



Beautiful Blossoms

Many people have been sharing their photos of Japan's famous cherry blossoms in full bloom. Cherry blossom plays a large role in Japanese culture, symbolising renewal and hope and showing a visual sign that spring has truly arrived. The blossoms (called *sakura*) appear in late March and April, and have inspired art, poetry, and festivals for many years! During the spring season, families and friends get together in parks and gardens to have picnics or parties while appreciating the flowering trees.



Pictured: Kawazu cherry trees in bloom.
Source: The Gov't of Japan @JapanGov on X.

This custom is called *hanami*, which translates to cherry blossom viewing, has been observed for centuries. There are many varieties of cherry tree, and they produce delicate blossoms of pinks, whites, and even yellows. Blossom is the name for the flowers produced by stone fruit trees, like plums, cherries, apples, and hawthorns. The blossoms are colourful and sweet-smelling flowers, which attract insects that pollinate the trees and help them reproduce.

Do you enjoy seeing blossom on the trees?

What other signs of spring have you seen?



Pictured: A child with cherry blossom.
Source: Canva

Bringing the Zoo to You!

A 24-hour, 7-days a week animal streaming service is now reaching an estimated 25 million viewers every year! The San Diego Zoo Wildlife Alliance Wildlife Explorers Channel allows viewers all over the world to experience the sights and sounds of the zoo through their screen. The channel is streaming all the time, showing zoo animals as well as educational programmes. The initiative began so that children who could not leave Rady Children's Hospital didn't miss out on the zoo experience. 'Many of our patients have weakened immune systems, so they're unable to go to places like the zoo and the channel has brought the zoo to them,' said Margaret Fitzgerald, from Rady Children's Hospital. 'It has had a huge impact, on our patients. I do recall one time there



Pictured: A Panda at San Diego Zoo.
Source: San Diego Zoo on Facebook.

was a little girl who was about 3 and her mum had to go to work, and she was sad because her mom had to go, but then we turned on the zoo channel and she just lit up!

The virtual alternative has expanded to more than 400 hospitals and facilities across 48 states and 12 countries.

Would you like to watch this channel?

What should represent a country?



I think that we should have wildlife because it might help people think about nature more.
Willow

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



picture-news.co.uk/discuss



help@picture-news.co.uk



[/picturenewsprimary/](https://www.instagram.com/picturenewsprimary/)