



Seven-year-old Motocross champion

Seven-year-old Lilly Senior, from Hayling Island on the south coast of England, has been riding a motorcycle since the age of three. She became interested because her dad enjoyed Motocross himself. Lilly has been devoted to the sport ever since. She explained why she loves competing, 'I like that you get nervous and I like that you get to go fast.' All the practice and her dedication to the sport paid off last month when she won the UK Girls' National Motocross championships in Gloucestershire. Dad, Ashley, went on to explain the secret of her success. He said that if she loses a race, she will go on to rectify where she went wrong, showing determination and resilience. Lilly also said: 'It makes me quite competitive because you want to beat the boys!'



*Pictured: Lilly has enjoyed Motocross since the age of 3
Source: @itvmeridian*

World's first 'blue energy' island



*Pictured: Bardsey Island in the distance as seen from mainland Wales
Source: Hefin Owen*

Bardsey Island, a tiny remote island off the coast of Wales, is about to become the first island on the planet to be powered by the sea. Nova Innovation, who are running the £1.2 million project, initially ensured that there would be no ill effects on marine life because of plans to locate five tidal turbines on the seabed. This new form of 'blue energy' generates electricity from tides, waves and rivers and is already powering some areas of northern Scotland. There are more sheep on Bardsey Island than people. In the summer months only eleven residents live there, so in the future the turbines could generate enough electricity to power some of mainland Wales too. Simon Forrest, the chief executive officer from Nova Innovation said, 'We are very excited about helping drive the blue economy in north Wales.'



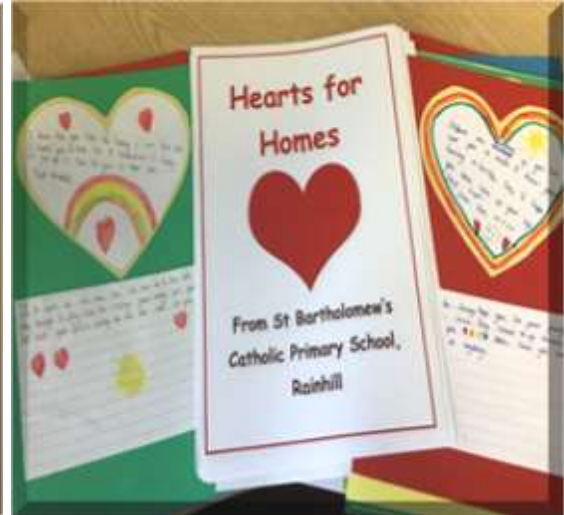
Hearts for Homes



Pictured: St John the Baptist, Normanton



Pictured: David's kindness



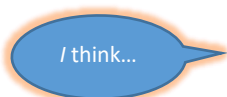
When Mrs Cole's Year 2 class at Gee Cross Holy Trinity School in Hyde sent in their story for the Impact Award, they had no idea that their kindness would spark a national Christmas campaign! After the big question 'Should visits to care homes be allowed?', the Year 2s wanted to reach out to the residents at Polebank care home to show how much they cared. They wrote 'pocket hugs' on wooden hearts and delivered them by hand, waving to the residents at the window, including Olga, who is 101 and waves 'like the queen.' At Picture News, we knew that there would be thousands more caring children in schools, who would also want to share some joy with residents in care homes, some of whom have not seen their relatives since March. We have been delighted to see so many wonderful 'heart-warming' stories on Twitter and Facebook at #heartsforhomes #heartsforschools. Thank you to them all! These are just some of the photos we have received. It's not too late to help to spread some joy as the campaign is running until 11th December.



Pictured above: Children from Settle CE Primary School



*Pictured: Kayden at Moss Cottage care home in Ashton
Source for all photos: Schools' own collections*



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