



HAPPY NEWS



KIDS

Become a keen bean!



UK

The **Bang In Some Beans** campaign has burst into life across the UK, with famous chefs like Jamie Oliver and Hugh Fearnley-Whittingstall encouraging everyone to eat more tasty, planet-friendly beans! Big supermarkets are joining in as “keen bean pledgers,” promising to offer even more beany dishes, while thousands of children take part in **The Big Bean Boost** at school. Since beans are healthy, affordable superfoods, the campaign hopes the whole country will start “banging in” more beans!



Joke of the Week

What do you call beans that have been in the sun too long?



Baked beans!



Costa Rica

The rainforest built by butterflies

In Costa Rica, a family has turned an old cattle field into a thriving rainforest with the help of thousands of butterflies. At Pierella Ecological Garden, the butterflies are raised and released so they can spread seeds, pollinate plants and help wildlife like monkeys, sloths, frogs and even tiny white bats return.

Now visitors can explore the jungle, spot amazing creatures and watch new butterflies hatch right before their eyes.



Think Happy

Think of someone who helped you recently, what did they do and how did it make you feel?



Young adventurer reaches roof of the world

Nine-year-old Rio from Derby, England, has achieved something most people only dream of – he's reached Everest Base Camp after a tough 12-day trek with his dad. Climbing for hours each day in freezing mountain air, he carried his own pack all the way to 5,364m above sea level, where the air has only 50% of the oxygen we normally breathe. Rio even used his epic adventure to raise £2,000 for a local food bank!



Nepal



Image Credit: BBC News



All a-pawed!

Hop aboard Billy's Bus, the UK's first ever dog bus, where excited pups ride safely in their own seats for fun adventures around Bradford and Leeds! Started by Laura Mohan and named after her dog Billy, the bus picks up "pawsengers" from home and takes them to play parks and community visits. With over 340 dogs already signed up, the doggy bus is such a hit that a second one is now on the way!



UK



Image Credit: BBC/Abi Jaiyeola

Kindness blooms in front yard

In Pittsburgh, USA, a dad named AJ and his two sons built a small food bank in their front yard to help neighbours who didn't have enough to eat - and the idea went viral! After millions of people saw it online, kind strangers sent donations so the family could keep it fully stocked. Now lots of other people across the US - and the world - have started making their own mini food banks too!



USA

