



HAPPY NEWS



TEENS

Young Dutch leader makes history



A 38-year-old politician has made history by becoming the youngest prime minister in the Netherlands.

Rob Jetten won the national election in February 2026 and has now begun work leading the country's new government. He is also one of the few openly gay prime ministers in the world, marking an important moment for representation in politics. His election shows how a new generation of leaders is starting to shape the future.

Scotland fan treks across America for mental health

A Scottish football fan is walking across the United States to raise money for mental health ahead of the 2026 World Cup. Craig Ferguson, 22, set off from Santa Monica in California and plans to walk nearly 3,000 miles to Boston, roughly the distance across the entire country. The huge challenge, called the Tartan Trek, aims to raise money for Scottish Action for Mental Health (SAMH). Craig hopes to reach Boston in time to watch Scotland play in the World Cup while raising awareness about mental health along the way!



Image Credit: SAMH



Funniest storm names revealed

Every year the Met Office invites the public to suggest names for future storms, and it has now revealed some of the funniest ones it has received. Suggestions included Elon Gust, Dame Judi Drench, Stormy McStormFace and Bruce Spring Storm. More than 50,000 names were submitted for the 2025–26 storm season, but only about 20 made the final list. The Met Office says storm names help people stay safe during dangerous weather, which is why comedy names, no matter how funny, can't be used.

Quote of the Week

"Forgiveness is the attribute of the strong." Mahatma Gandhi



Forgiveness linked to wellbeing

A huge international study has found that people who regularly forgive others tend to have better overall wellbeing. Researchers looked at people from all over the world and found that those who were more willing to forgive reported better mental, emotional and social health, partly because letting go of anger and resentment can reduce stress and help people move on from conflict. Scientists say forgiveness doesn't mean forgetting what happened, it's about allowing yourself to move on from negative experiences.



Flower blooms after 32,000 years

Scientists in Russia have managed to bring an Ice Age flower back to life after 32,000 years - and it's all thanks to ancient squirrels. Researchers believe tiny squirrels buried seeds and fruit in underground food stores in Siberia during the Ice Age, where they stayed frozen for thousands of years until scientists discovered them. Using the ancient plant material, the team was able to grow a living *Silene stenophylla* flower in the lab, making it the oldest plant ever brought back to life.

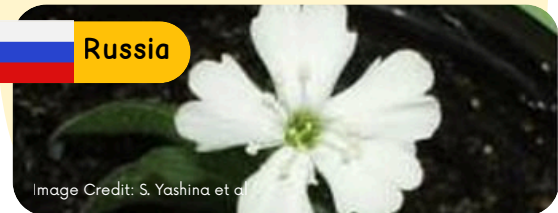


Image Credit: S. Yashina et al.

Mindful Minute

Next time you're outside, spend 60 seconds noticing the first signs of spring. Breathe in the fresh beginnings of the season and gently breathe out any tension.

