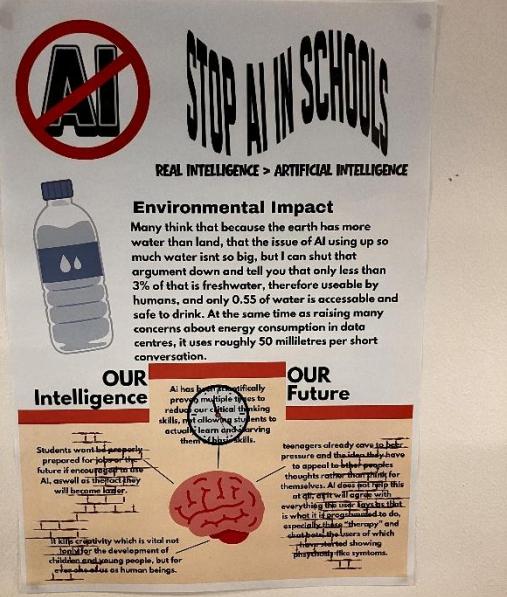


YEAR 11 CREW BLOG

FRIDAY 30TH JANUARY 2026



YEAR 11 STUDENTS ARE RUNNING AWARENESS CAMPAIGNS AROUND SCHOOL.

Awareness Campaigns Launch

• We would be grateful if you could take a look and consider your opinions on each campaign.

In a few weeks time students would love to hear your feedback.

'When young people take citizen action, they shape the future they want to live in.'

Who to talk to about your well-being:

- Your family
- A teacher
- A counsellor
- A friend

If you don't feel confident to talk to someone you can buy a diary and write how you feel.

Ways you can deal with stress in school:

- surrounding yourself with people you like
- deep breathing
- stress toys
- make sure to eat something
- have 5 minutes to yourself

Ways you can deal with stress in and out of school:

- surrounding yourself with friends and family
- go for a walk or exercise
- diary, journal or draw
- Prioritise sleep
- read
- eat well

Websites and apps you can access on your phone for well-being support:

- Kooth: Anxiety and mental health support for young people
- Young minds - offers advice and a help line
- Happy Maps - gives advice to students and parents to find resources

Childrens

mental

health

matters

Restoring Britain's Pine Marten

Ways you can help wildlife:

- Creating a friendly habitat in your garden
- Reduce your plastic waste
- Always recycle
- Grow native plants
- Donate

The Pine Marten:
The Pine Marten is a cat-sized, agile tree dwelling mammal from the weasel family, characterised by its rich brown fur and cream coloured throat patch.

Why are pine martens important?
The pine marten is a keystone species. They maintain ecosystem health by controlling pest species such as moles and voles, allowing native red squirrels to flourish and then support the overall biodiversity.

RESTORING

BRITAINS

PINE MARTEN

MOSQUITOS

- FEMALE MOSQUITOS ARE THE ONLY MOSQUITOS THAT SUCK BLOOD AS THEY NEED THE AMINO ACIDS IN THE BLOOD. FURTHER MORE THE MOSQUITO IN JURASIC PARK TRAPPED IN AMBER IS THE ONLY SPECIES WHICH DOESN'T DRINK BLOOD.
- ANIMAL WHICH CAUSES THE MOST DEATHS IN HUMANS VIA THE TRANSMISSION OF DISEASES MALARIA ETC THIS LEADS TO THE DEATH OF 750,000-1,000,000 ANNUALY.





ALDRICH AMES

ALDRICH AMES WAS A CIA AGENT WHO LEAKED CONFIDENTIAL INFORMATION TO THE THEN SOVIET UNION AND LATER RUSSIA, HE GAVE THEM INFORMATION ABOUT FIELD AGENTS WHO WERE COMMITTING ESPIONAGE AGAINST RUSSIA. AFTER THE SOVIETS FOUND ABOUT THIS THEY EXECUTED 10 OF THE CIA AGENTS WHOS COVER WAS BLOWN.

ALDRICH AMES WAS THEN ARRESTED AS THE US GOVERNEMNT SARTED TO INVESTIGATE FINDING OUT HE HAD RECENTLY WENT ON A SPENDING SPREE WITH THE TOTAL OF SAID SPREE EXCEDING OVER 500,000DOLLARS IMPOSSIBLE ON HIS 70,000 DOLLAR SALARY, HE THEN TOOK A PLEA DEAL ESCAPING THE DEATH PENALTY AND SAVING HIS WIFE AS LONG AS HE PLEADED GUILTY. ALRDICH AMES WAS ARRESTED 1994 FEBRUARY 21ST BY THE FBI ALRDICH STAYED IN PRISON UNTIL HIS DEATH ON THE 5TH OF JANUARY 2026

EVERYONE NEEDS TO STOP EATING NUTELLA

Nutella is one of the biggest contributors to palm oil farms. This means that animal habitats get cut down and burned for the production of Nutella.

It's impossible to get an exact global number, but studies show massive losses, with one Australian report citing 50-100 million animals killed, injured, or displaced annually in just that country due to deforestation

Alternatives:

Nutokia - aldi

Lotus Biscoff spread

Fluff spread

Peanut butter

Seals

Seals are carnivorous marine mammals, divided into earless (true) and eared species, that are highly adapted for hunting fish and squid with specialized whiskers to detect prey. Found globally, mainly in colder waters, they are excellent divers, with some species diving up to 900m and holding their breath for up to 2 hours.



- Seals can sleep underwater with half their brain at a time.
- Some seal species feed off fellow seals, like the leopard seal.
- Crabeater seals have the largest population of all seal species.
- The crabeater seals don't eat crabs.
- Mother and baby seals recognize each other after years of separation.





ADELIE PENGUINS

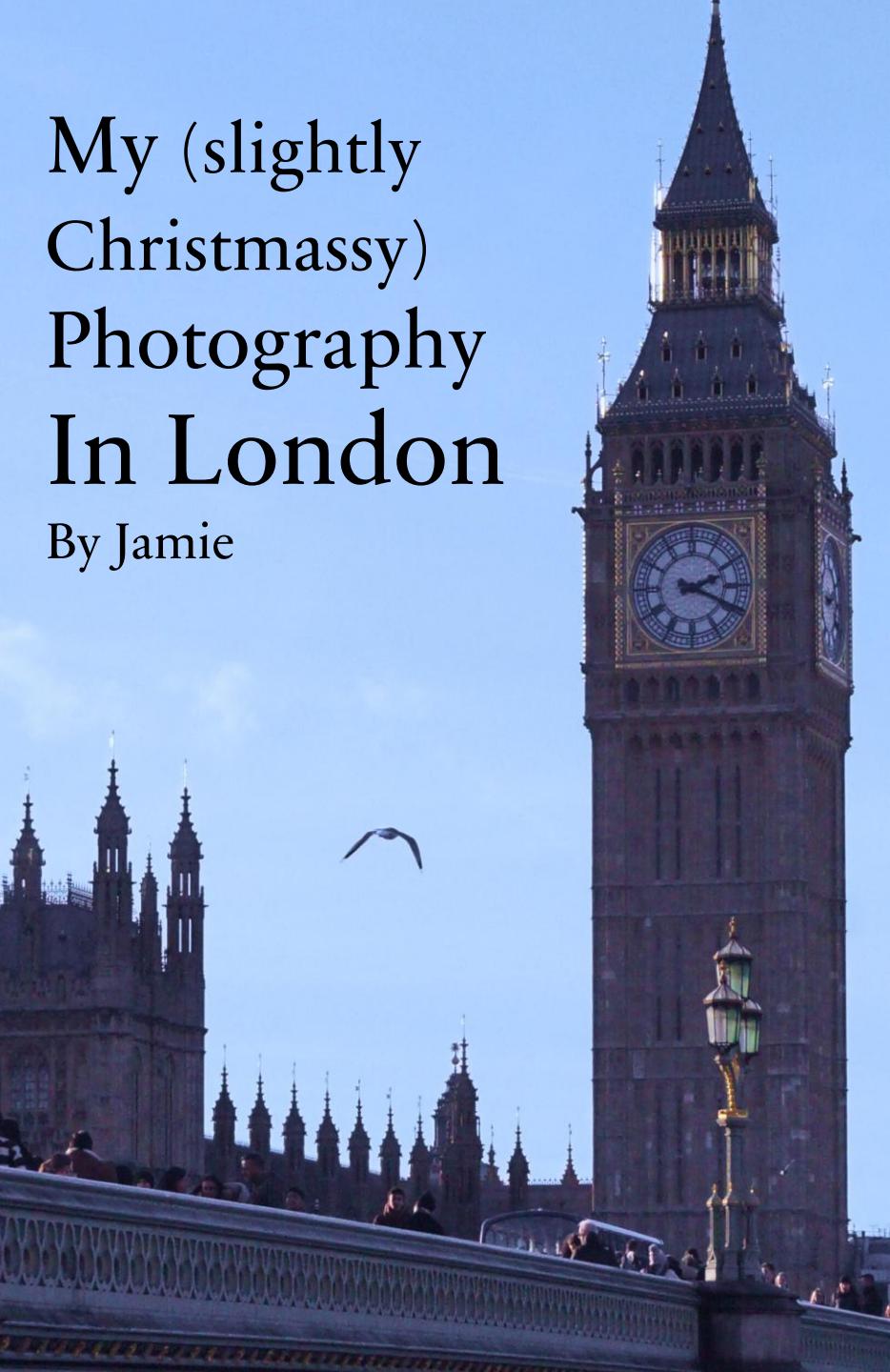


- PENGUINS CANNOT GO INSANE IN THE HUMAN SENSE BUT THEY OFTEN SHOW FATAL BEHAVIOUR WHERE THEY WALK TOWARDS AN UNACHIEVABLE OBJECTIVE BEST SEEN IN THE DOCUMENTARY END OF THE WORLD WHERE SCIENTISTS SEE A PENGUIN MARCH TOWARDS THE MOUNTAINS IN THE DISTANCE, THIS MOST LIKELY LED TO DEATH.
- THIS APPEARS TO HAPPEN DUE TO A NUMBER OF CIRCUMSTANCES MAINLY INTENSE STRESS EXHAUSTION AND INJURY
- ADELIE PENGUINS ALSO USE THE POSITION OF THE SUN FOR NAVIGATING BETWEEN COLONIES AND THE SEA



My (slightly Christmassy) Photography In London

By Jamie



Filming locations of Last Night in Soho and Doctor Who s1e1



Soho Festive Spectacular and Telephone Box



Random moustache man and King George IV



"Bongo Man" - A very funky feller who was teaching passers by how to play his bongo drums

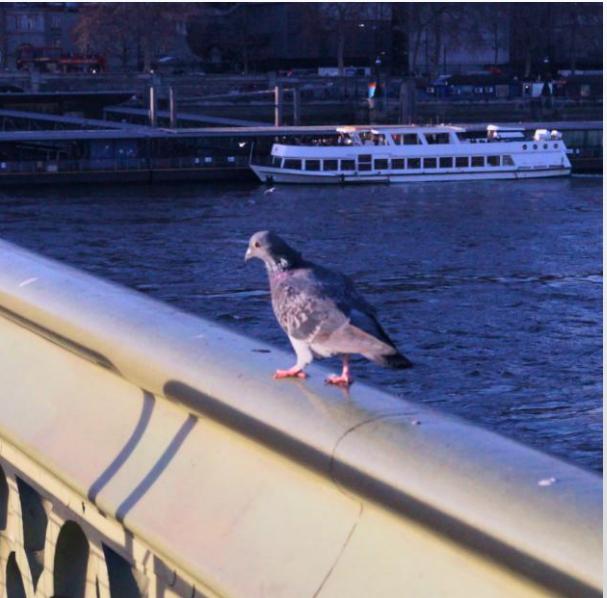




We ate at Hard Rock and saw John Lennon's lasses, one of Bowie's iconic outfits, Ozzy Osbourne's coat, Freddie Mercury's microphone and Noel Gallagher's guitar. It was weird to be in a restaurant and not having to say "God that songs awful" for once.



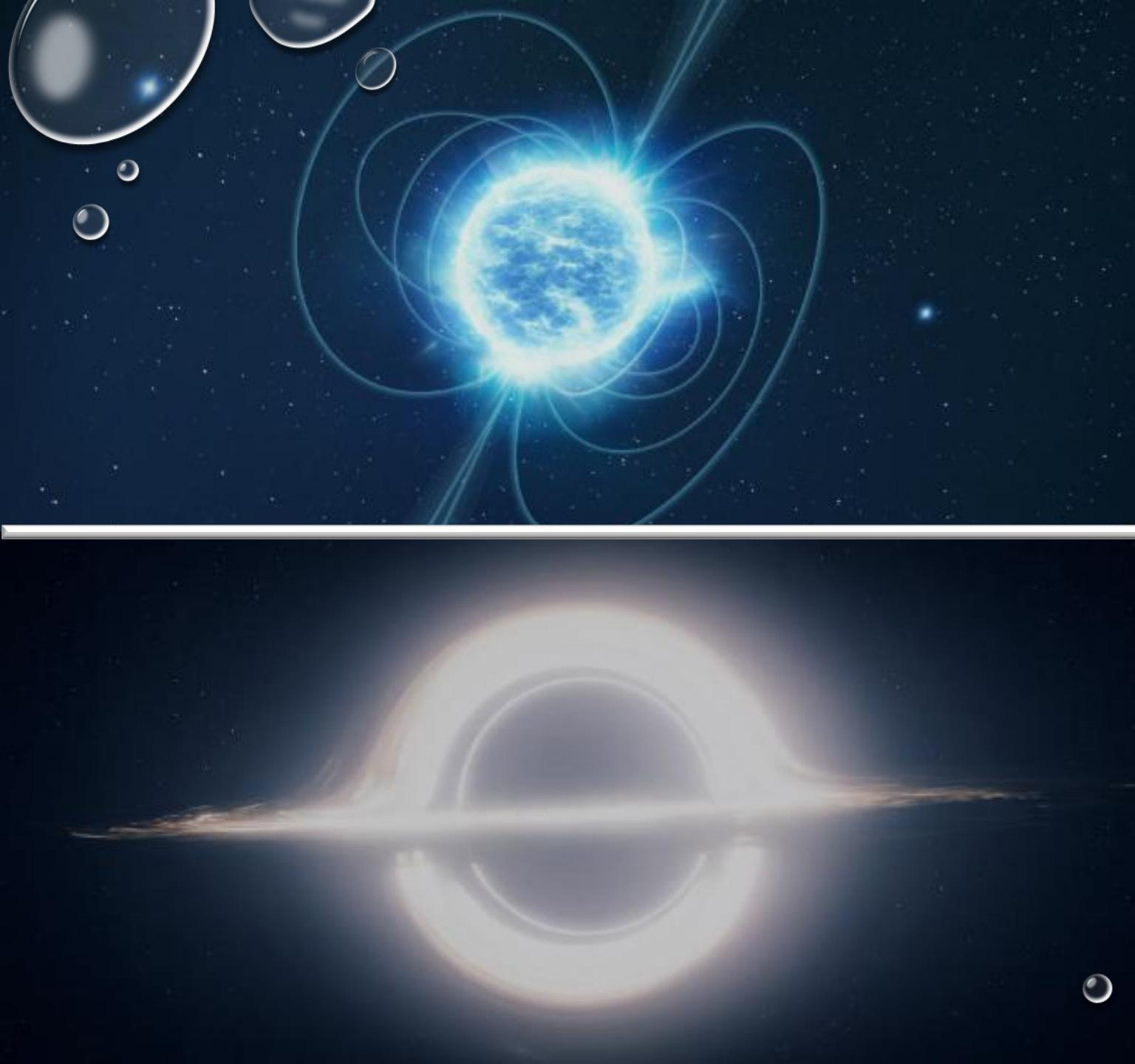
Oxford Christmas Lights!



I imagine this pigeon is
cockney
Oi hughie. omelanda



"Irony" - The text on the sign is far too small... but it says
"Do Not Dump"



RANDOM BORING FACTS

- IMMORTAL JELLYFISH THESE JELLYFISH HAVE THE CAPABILITY TO LIVE FOREVER AS THEY HAVE THE ABILITY TO REVERT FROM Maturity BACK TO YOUNGLINGS DUE TO A PROCESS KNOWN AS TRANSDIFFERENTIATION
- SHARKS AS A SPECIES ARE OLDER THAN TREES
- PTERODACTYLS ARE NOT DINOSAURS THEY ARE A SPECIES WHICH LIVED ALONG DINOSAURS
- THE UNIVERSE IS CONSTANTLY EXPANDING
- MORE STARS IN THE UNIVERSE THAN GRAINS OF SAND ON EARTH
- TIME SLOWS DOWN NEXT TO BLACK HOLES
- THE SUN IS SO LARGE THAT IT IS CAPABLE OF BRINGING TOGETHER NUCLEI OF AN ATOM TO COMBINE AND FORM A STRONGER NUCLEUS, WHEN IT STOPS THIS PROCESS THE STAR DIES AND COLLAPSES DUE TO ITS OWN GRAVITATIONAL PULL FOR LARGE STARS THIS RESULTS IN A SUPERNOVA AND AFTER THIS LARGE EXPLOSION THE REMNANTS MAY FORM EITHER A NEUTRON STAR OR BLACK HOLE, BUT FOR SMALLER ONES THEY MAY TURN INTO WHITE DWARVES WHICH COOL OVER TIME.