

Expected

KS2

Information

texts

An explanation about materials and their properties

In our science learning we have been working with a science teacher to find out more about materials and their properties.

Did you know that depending on the properties of materials, people will choose to use them for different purposes? I would now like to share with you what I have found out about the different materials.

Glass

Are you aware that glass is made by melting sand and other minerals at very temperatures? (You can actually watch glass blowers make and bend glass at extremely high temperatures in glass workshops.) Glass is normally a transparent material, unless it has been tinted, which we use for windows, and it can be bent into many different shapes before it is cooled. Furthermore, thick glass is mostly strong, but thin glass is really fragile and it can easily break. Many of the different uses for glass include the following: windows, glasses, glass cups, ornaments and many more!

Wood

Did you know that wood is strong, long lasting and that amazingly it can also be a little flexible? Originally wood comes from long, thick and strong trees and it can be sawed and carved to make products such as beds, dolls, desks, table and garden furniture. Furthermore, you should be very careful because wood will really easily burn when it catches on fire and this is irreversible because the wood then turns into ash and smoke.

Plastic

Plastic are another form of material that we use in our daily lives but they are not natural materials. Usually, plastic is strong and waterproof, and it can be made into any shape so it is quite useful for making toys for children - the plastic forms into a new shape when you apply heat and you must bend it while it is flexible before it cools. Additionally, plastic will not allow electricity to pass through it.

Metals

Metals are very strong, they can be heavy and they are shiny. Did you know, metals can be hammered into different shapes without breaking? This is due to their inner strength and for this reason they are great for constructing houses and large structures. Also, metals are good conductors of heat and electricity therefore they are used in our homes to create pipes for electric to travel through (usually this piping is made from copper). Some metals are magnetic metal of all of the magnetic metals. The properties of metals make them useful for objects such as cutlery, vehicles and money.

Question Time with David Attenborough

Tell me about your life as a child.

What do I remember about my childhood? The most important event is the day that I was born - 8th May 1926. My parents were living in London then and already had a son named Richard. Even from a very young age, I was very interested in natural history. Even fossils and interesting stones that I found were collected and studied by me. Unfortunately, I did not have anything like Google to find out more about my specimens and then referred to books to find out more about my discoveries.

Tell me more about your family.

Well, my mum's name was Mary and she was a really kind and patient person - during World War 2, my parents fostered two girls (Helga and Irene) and they were dearly loved and cared for by my mum.

I really enjoyed having a younger brother, John, who looked up to me. My dad, Fredrick, was the principal of an university then and was rather strict, although he did

encourage me to pursue my passion for collecting fossils and any other natural specimens. My parents sent me to Wyggeston Grammar School for Boys. All my hard work and encouragement from my parents paid off when I won a scholarship to Clare College of Cambridge University in 1945 - that's where I obtained a degree in natural sciences.

How did you begin working with the BBC?

Well, after completing my degree I had to complete two years of National Service in the Royal Navy. Then I began editing children's science textbooks - although I enjoyed it, I knew I wanted to do something more. That's when I decided to train as a television producer for the BBC. Some of my friends thought that it was really funny as at that point in my life, I did not own a television and interestingly had only ever seen one television programme! In 1952 I was finally given the chance to become a presenter. Working with a man called Jack Lester, we filmed the series with live animals in the wild and in the zoos, the series was called Zoo Quest. Personally, my most memorable programme has to be 'Life on Earth' which has been watched by 500,000,000 viewers. I think that's astonishing!

A howler is the formal name of the Howler Monkey. This species was discovered by Arabella Whitcomb in 1872 on the coast of Madagascar (a country full of rainforests and greenery). Many people believe that howler monkeys are dangerous. However, ^{will not} they won't harm anyone in any sort of way because of their shy personalities towards humans.

Appearance

Scientists believe that they are approximately twenty-two to thirty-six inches tall; they weigh around 15-22 lbs, and have a long flexible tail that helps ^{who} them balance. Those that have claimed to have ~~claimed~~ caught a glimpse of this animal say that they have wide gaping mouths. Once they reach maturity, their eyes become a deeper black midnight-black ^{than} with the young and their nose forms a button shape. In addition to this, their fur is as soft as silk but ingested with miniature creatures. One may think they all have the same skin colour however that is not the case: they have many skin colours such as golden-tan, black, and snow white.

Diet

Their most preferred goods are fruits and plants (like: lime-green canopy leaves, ripe mangos, ivory-white coconut milk, bananas that are golden and many more). Common Sense would predict that these mammals are omnivores. They frequently raid bird's nests and chicken coops for the eggs, in the dense rainforests and jungles. Predators of the howler monkey are jaguars, snakes and birds.

Behaviour

It is possible that the howler monkeys have had to adapt to the environment they live in today. Travelling in troops is a habit they have. Fascinatingly, they communicate by different pitched sounds. There are over 50 species of monkey and the howler monkey is one of them. They have mostly been sighted by tourists visiting the area.

Many naturalists consider the howler monkey as an intriguing warm-blooded animal that is endangered because of the increasing amount of deforestation happening across its territory.

SIR IRON SOUL

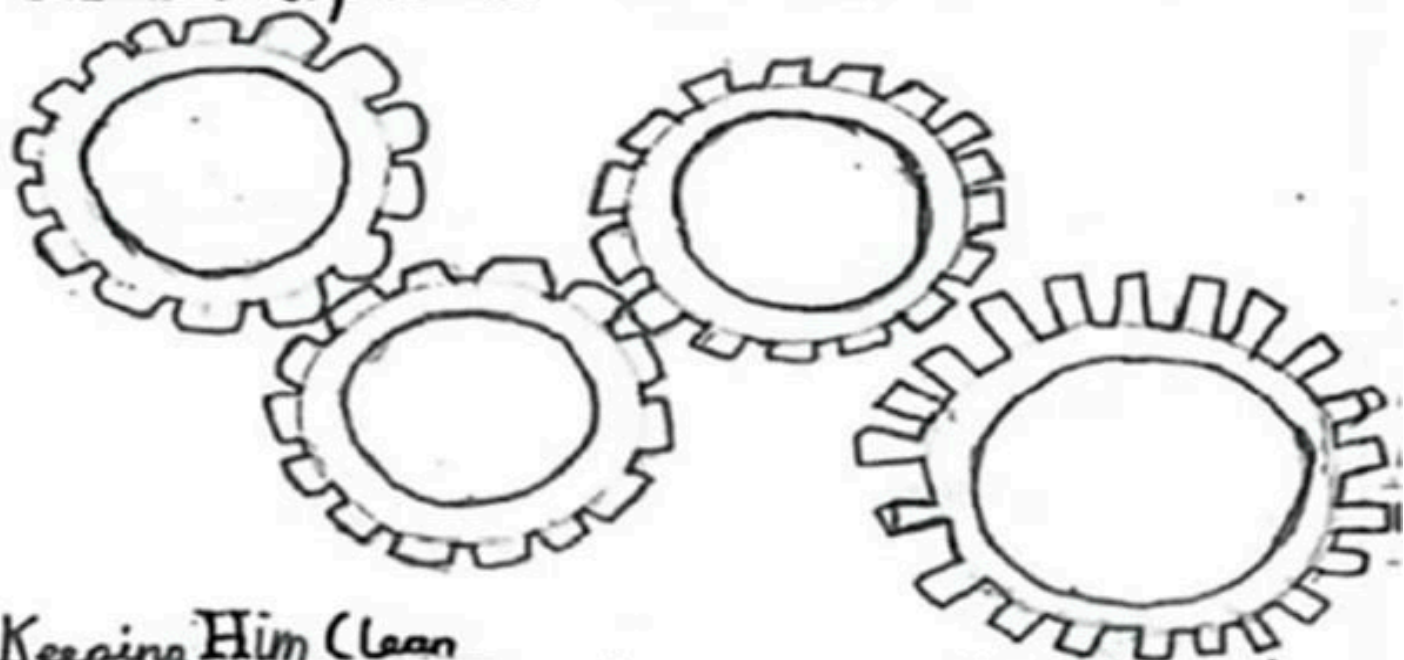


OWNER'S GUIDE

Well, hello! If you're reading this you have obviously chosen to be the new owner of Sir Ironsoul; you lucky thing. But to look after him, you must follow this simple guide otherwise who knows what will happen...

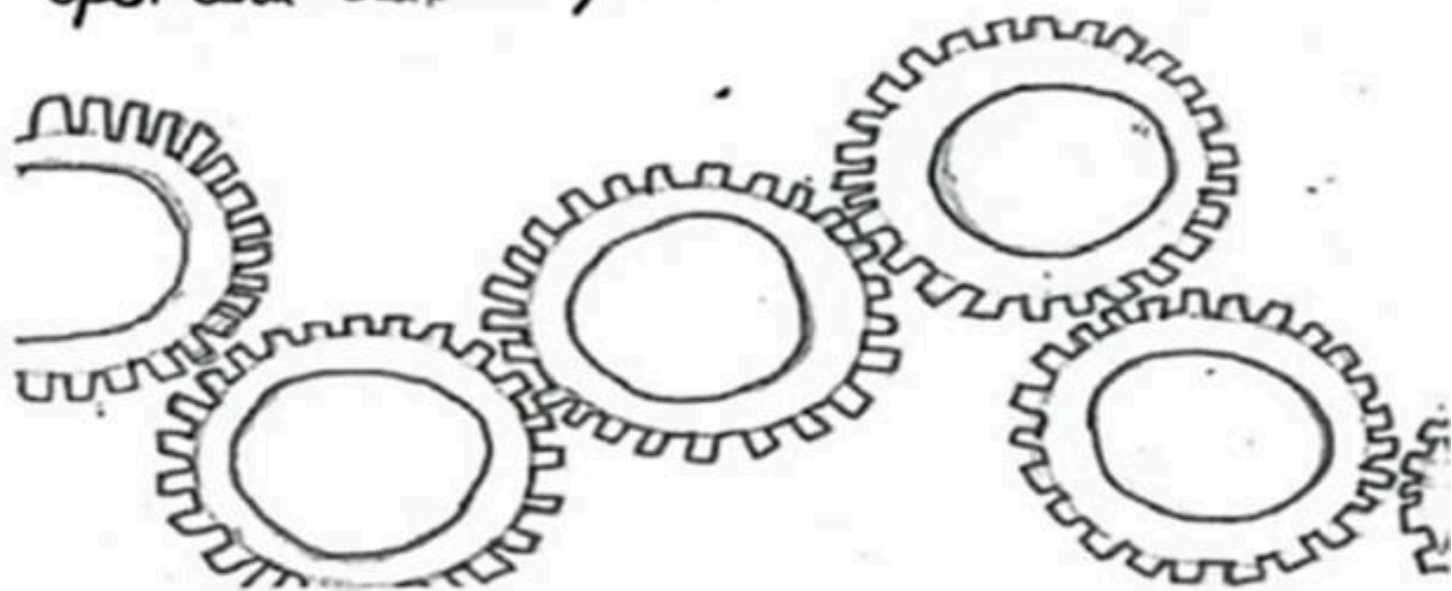
Basic Facts

So, the first, most important, rule / fact; you must never ever say 'Devil'. If you say 'Devil' there are lots of consequences. There is, however, a way to stop Ironsoul and the consequences, you have to whistle a tune that he really likes. It's called Flowers of Lapland and the hell stop to listen to it and lose his balance.



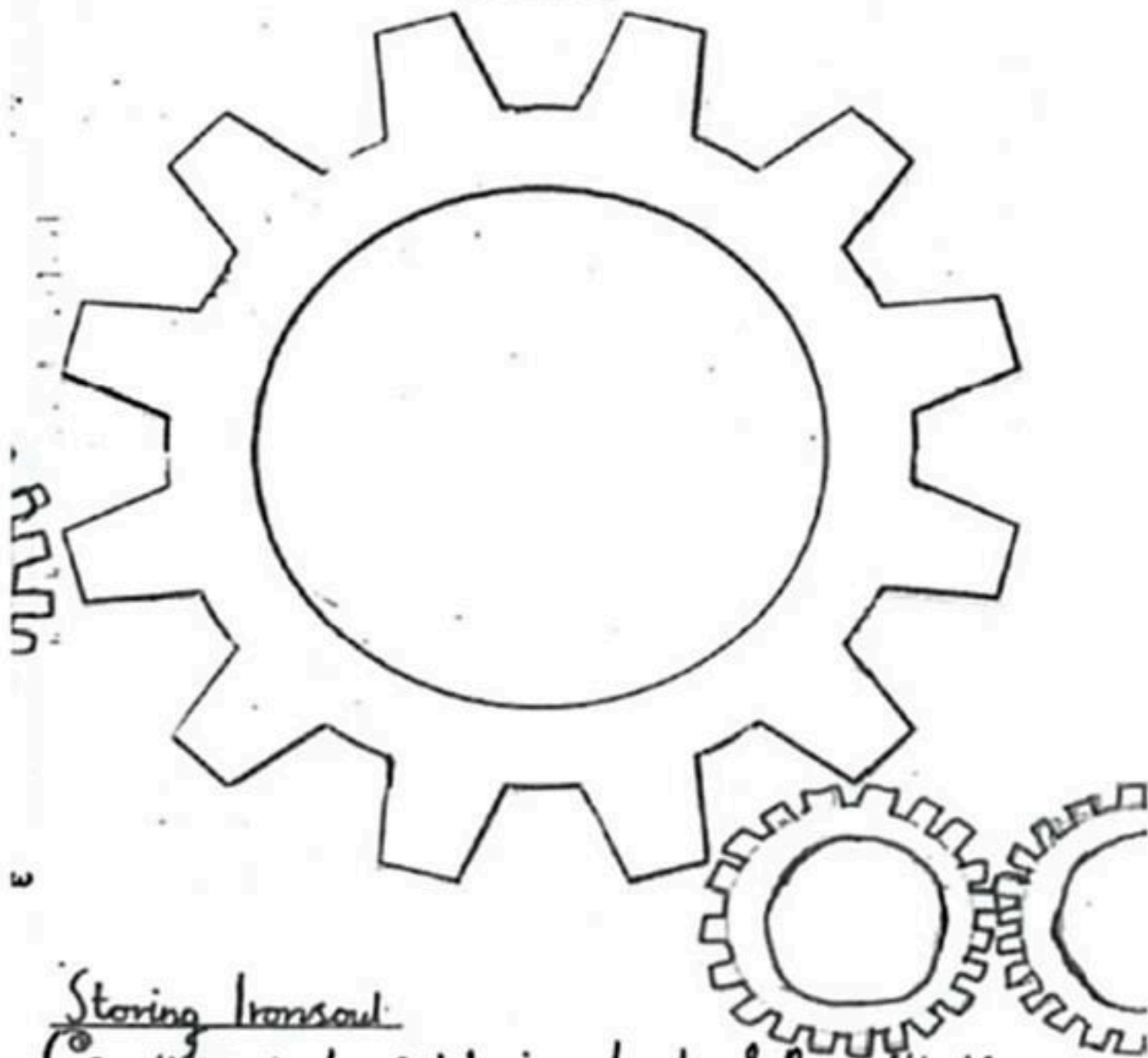
Keeping Him Clean

Everyday, Sir Ironsoul is due a scrubbing down in fresh human blood and every week, he likes a bath in rotten human blood. You must follow these instructions otherwise he might cut you open and bathe in you...



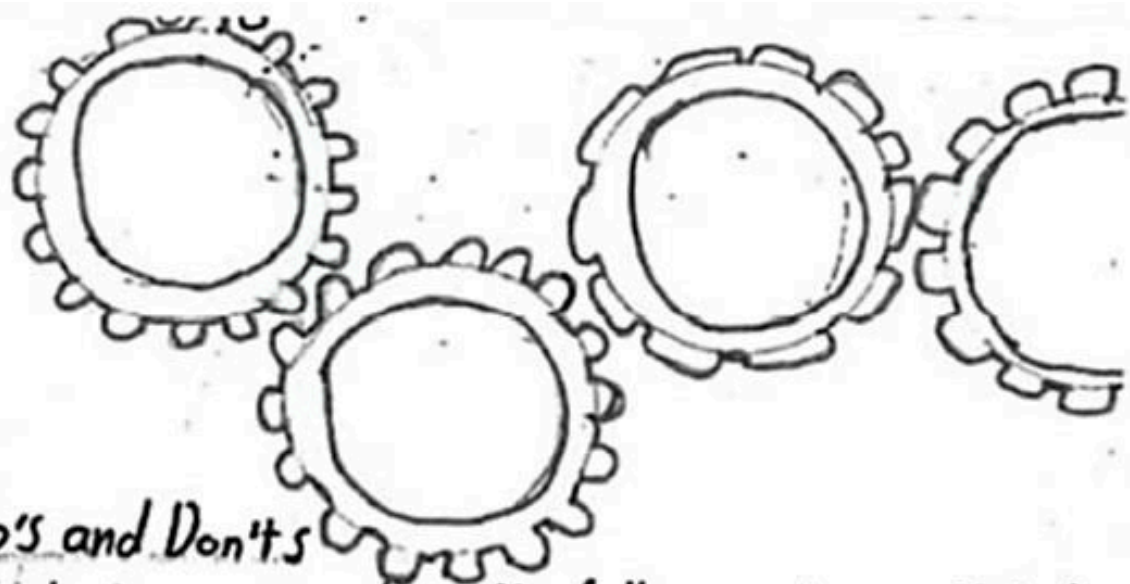
Operating Ironsoul

If you want Ironsoul to be your friend, your ally, your companion, you must press the big red button inside of his helmet instead of saying 'Devil'. To put him to sleep, you must press it again—it's that simple but remember, don't say 'Devil'!



Storing Ironsoul

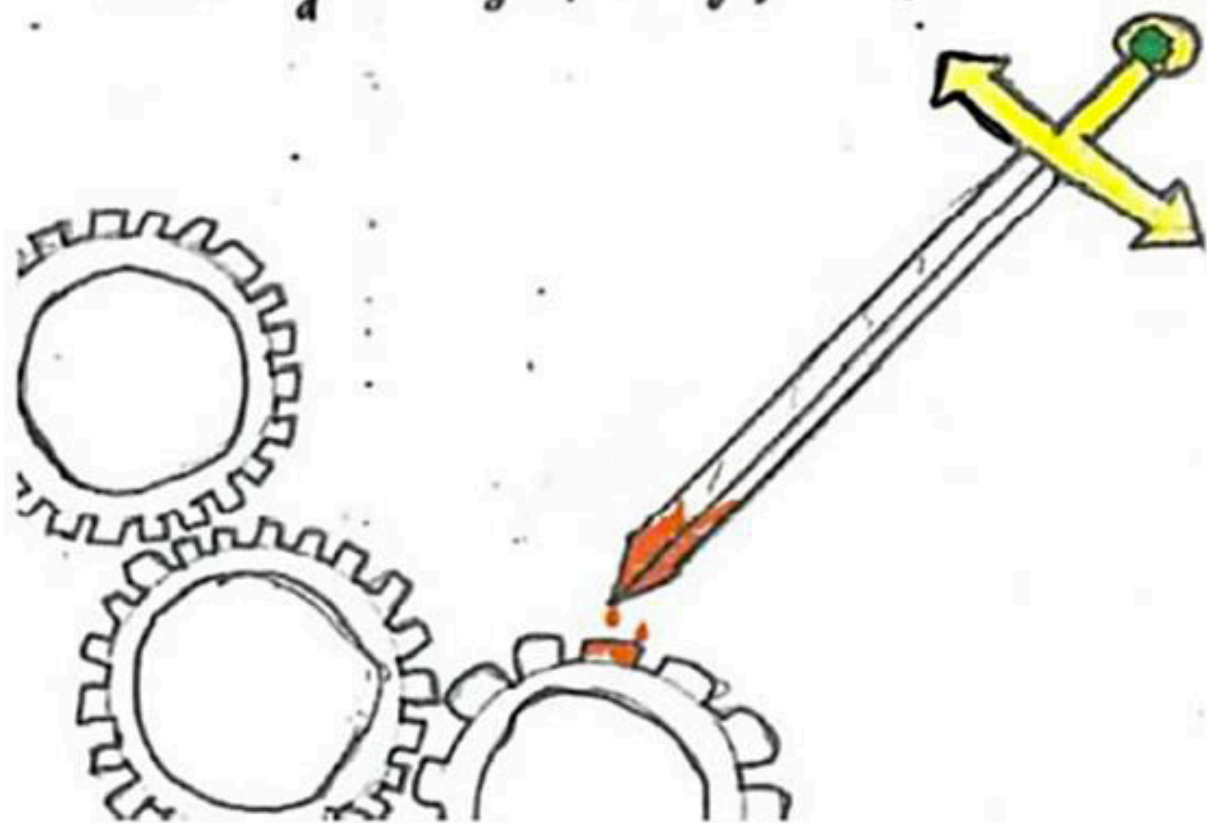
When you're not having loads of fun with him and you need a break, what you're going to have to do is find a really cold place (I suggest -5°C) and put him there. When you put him to sleep he needs his canvas as well as the cold place or otherwise he'll stay up and reek havoc.



Do's and Don'ts

So to ensure you have the full experience, this is a list to recap what you must do...

- bathe him weekly
- scrub him daily
- Canvas when asleep
- red button turn on
- red button turn off
- store someplace cold
- don't say devil
- whistle Flowers of Lapland if you say Devil

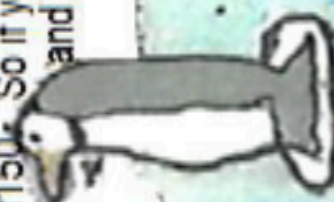
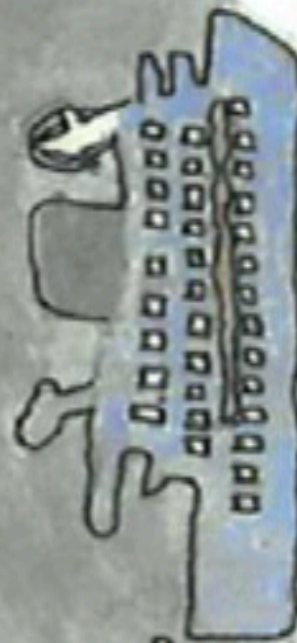


SPECTACULAR

7th Continent

Are you an explorer? Well, you'd have to be one, if not as good as one, to go on this trip, to the South Pole.

I bet you haven't even dreamt of going there but if you have, that dream can come true with Antarctic Adventures, where you can be sailing the seas in 1 of 3 boats: Sea Rider 201, Antarctic King and Off Lander. All of these ships have a 41/2 Star rating or higher and are all made by our head engineer, and his team of 150. So if you haven't made your mind up already, come and book a trip of a lifetime with Antarctic Adventures.



SEARIDER 201

This ship is the bomb – literally – due to the fact it is nuclear powered which brings with it a lot of positives such as no power loss, great speeds and expert electrical equipment. This ship is also one of two ships that have a heated pool; it also has two helipads so you can get an exclusive overhead tour of South Georgia.

Go to our website:
www.AntarcticAdventures.co
for more information.

Trip Advisor Review:

.....

Amazing, one of the best trips I've ever been on! I absolutely loved the dog sledging and the snow shoeing! I was also amazed by the helicopter tour: it was the most thrilling experience of my life. It was impossible to spot any mistakes too!

Mr. I. Lovetrips (30 Nov – 22 Jan)

ANTARCTIC KING

This is one of the most suitable ships ever to travel the Atlantic, with a high-powered gas engine and fuel that could last a century, the power is great with very little chance of a power out.

With all the activities listed, it's also got a heated pool and a helipad so you can get an exclusive overhead tour of South Georgia.

Go to our website:
www.AntarcticAdventures.co
for more information.

Trip Advisor Review:

.....

This cruise was just the best. There were loads of activities, everyone of which was breath taking. My favourite part was the investigating of land around the ship and seeing the penguins!

Mr P. Kling (2 – 31 December)

OFF LANDER

At the lowest price we have, £8,224, you could be getting on this state of the art ship with VIP rooms for only £9,547. VIP also comes with a 52" HD TV, luxurious four-poster beds and a hot tub as a bath.

Go to our website:

**www.AntarcticAdventures.co
for more information.**

Trip Advisor Review:

...

This trip was as good as I suspected. While I didn't enjoy the 'thrilling' activities, I did particularly like the lectures, library and photography classes. Overall, it wasn't the best trip but it was alright for the price.

Mr C. Critic

Outdoors:

- Dog sledging
- Snow shoeing
- Whale watching
- Kayaking
- Close encounters with wildlife
- Visits to historical places
- Helicopter tours of South Georgia

Indoors:

- Table tennis
- Lectures
- Bars
- Gym
- Basketball
- Photography classes

	Off Lander	Arctic King	SEA Rider
Average	£8,224	£16,224	£24,224
Special	£8,956	£16,956	£25,986
VIP	£9,547	£18,547	£32,472

Pandas

Diet

In the wild, a panda's diet is a crucial part of its life. Bamboo is mostly eaten by pandas. In fact, 99% of its diet is bamboo. Up to 40kg of these plants are eaten each day by these magnificent pandas. In captivity, pandas tend to eat honey, eggs and fish - this helps their immune system. Sometimes, in the wild, they will eat different forms of birds. Surprisingly, 1% of their diet is made up of grass and small rodents.

Survival

Amazingly, pandas can sometimes live in small groups in China. Pandas tend to hang in trees where they have an unlimited supply of different greens and to try to stay away from predators. These loving, passionate and generous animals have to find someone to mate with as part of their life cycle. However, giving birth can be different when you are an endangered species. Amazingly, they are most successful elsewhere; the record of baby cubs born in captivity is excellent.

Similarities / differences

Did you know that pandas are not the same as other bears? Pandas, unlike other bears, can live up to 20 years in captivity. Interestingly, pandas don't hibernate like other bears and large mammals. Other bears mainly feed on different kinds of meat but not red pandas - they are omnivores (as are black and white pandas).

Blue Whale

Do you view Blue Whales as in the same way as I do? According to common opinion, they are dangerous mammals but I ~~see~~ consider them as the majestic creatures that they really are. These creatures are the royalty of the great ~~the~~ blue sea and need to be treated accordingly. Read on for more information on ~~this~~ this magnificent creature.

Appearance

As the largest animal on Earth, it is a spectacular sight to see the blue back and white stomach appear in the ocean. The name, Blue Whale, which matches they live.

Diet

The Blue Whale's diet includes krill, and shrimp. It can hold around a tonne of krill at a time, however, it needs to consume four tonnes a day.

This is a baby calf swimming down to get krill.

Environment

The large Blue whale's habitat is the Indian, Pacific and Atlantic Ocean which is the

perfect place for a whale because the average ~~individual~~ ^{individual} whale needs space to roam freely and search for food.

Did you know:

- The Blue whale's heart is the same size as a car.
- Its lungs hold around 500,000 litres of air at a time

Having read this information you will agree that the Blue whale is a marvellously majestic creature ~~and~~ and its existence should be protected.

The Land of Neverbelieve

Explorer, Norman Messenger, discovered the island, The Land of Neverbelieve, while travelling Australia. He has described the island as being a profusion of amazing animals, plants, mountains, rivers and lakes.

The Chirainbow

The Chirainbow (a chicken-headed rhino) which has rainbow feathers is the same size as a small house. This magnificent creature is a herbivore and a very big fan of brick trees, which it can destroy using its horns, in order to reach the appetising, juicy leaves. The Chirainbow is hunted by many creatures but its main enemy is the Albino Titanoboa, which has lived on earth for millions of years.

The Albino Titanoboa is a very large snake which can grow up to be 2990 Kg and 20 m long. Since it has such a big body it has to eat big creatures such as the Chirainbow.

Plants

The fruit salad tree is a tree that anyone would like in their garden because it grows any fruit possible: melons, apples, oranges, pears, strawberries, pineapples and many more.

The semi-transparent cherry-growing tree is easy to grow but hard to eat since they are nearly invisible and they can grow to be hundreds of metres high.

The history of The Plague

In the summer of 1665, London was hit by a terrible disease which spread quickly across Europe, causing many people to die. The plague killed approximately 30-60% of Europe's total population, therefore people were terrified to catch it. At the time, many people ^{sa}perceived that the plague was caused by miasma (dirty air), but it was actually caused by rats.

The plague doctor's outfit

In 1620, Charles de L'Orme invented the plague doctor's outfit, so when the doctor treated the victim, he would not get infected. It was worn to protect the plague doctor from airborne diseases. The outfit was: an ankle length overcoat, a beak-shaped mask, usually filled with a strong substance (herbs), gloves, boots and a wide-brimmed hat. They also held a wooden cane to push the victims away if they came too close.



This is an image of the plague doctor's outfit

What caused the plague?

The majority of the doctors believed that miasma (dirty air) caused the plague, but it was actually caused by the bacteria found on rats. The fleas, which were carried in the rat's fur, would bite the rat, therefore it would become infected. After biting the rat, the creature would infect humans and they would cough, sneeze and splutter, which spread the debilitating virus.

Many people believed that this is how the plague spread

'Treatments' and 'cures'

People created their own 'treatments' that they predicted would work and make the victim better, but then discovered that they were unsuccessful with their creations. These 'cures' were as ~~sw~~ simple as: drinking fine wine, eating toads, bathing in milk and holding a small bunch of flowers and herbs held up to the nose. They also believed that tobacco was highly valued as a medicine! ~~But you know that the multiple of doctors were unqualified?~~

Fun!
Fact!
They live in
a hot desert
where it is
over 42°C .

adaptation Camels

These camels have
taken years and
years to have features
they need to help them
live in their location
the desert.

Fun Fact!
They can store
46 buckets of
water in their
huge body!

Camels are
extraordinary animals.

Introduction

Camels live in the desert
and have amazing
characteristics to
help them live in
their environment.





! AMAZING !

• FEATURES !

Features

The camel has two long eyelashes to protect sand from coming in its eyes.

It has a large hump to store fat and can go without water for a long period of time. They have these features because there is less vegetation in the area. Also, they have large flat feet to stop it sinking.

I'm on
top of the
world !!!
Get it?

THEY LIVE IN
THE ARCTIC!

I know
that!

Polar bears

NOW ! FACT!
They have
four inches
of fat under the
black skin!

The first
thing
you see is ice and
snow (actually!)

FEATURES :

Polar bears, that have
some really interesting
features of their bodies,
can survive because
they have: big paws
to roam around, also
to swim, small ears and tail
to minimise heat, white
fur to camouflage, sharp
claws to dig through
ice and hollow fur
to trap heat.

How do they get food?
Smelling is one of the
best ways to find food;
they can smell various
amounts of food from 20
miles away! Also they
have large, sharp teeth to
tear off the flesh of
animals.

PENGUIN

PENGUINS

Penguins have never met with polar bears (EVER)! You see, polar bears live right on top of the world, where as penguins live on the bottom!



← Polar bears

← Penguins



Feathery Features

Small bill and flippers means less cold blood, thus less heat loss. Webbed feet to 'fly' in the water. Waterproof feathers and wings. Solid bones to dive without injuring themselves. They can travel 15mph under water and can go 200 feet under water.

WOW!

Can I
at least live
in England?
It's still quite
cold there!

I'm
feeling down.
Sometimes, I feel
scared of falling
off earth. I KNOW!

Extraordinary facts about blood

What is blood

components

Blood is one of the most important ~~part~~ ^{components} in the body: Without blood you ~~will~~ ^{would} not be able to survive. ~~Blood~~ ^{However,} can't make on its own; it is helped by the ^{unforgiving} heart (which is also one of the main ~~parts~~ ^{components} of the body).

Did you know?

The human body contains

Metal atoms: ~~including~~

Iron, chromium, manganese, zinc, lead and copper.

You may also be surprised to know that blood contains small parts of gold: the human body contains about 0.2 milligrams of gold, ~~that~~ ^{which} is mostly found in blood.

Scientists "When you look at the blood it appears to be blue beneath your skin."

Not all blood is red

While humans have red colored blood other organisms have blood of a variety of colors: crustaceans, spiders, squid, octopuses and some arthropods have blue blood; some species of worms and leeches have green blood; some species of

What is blood made from?

Blood is made from four main ingredients: red blood cells - these carry oxygen; white blood cells - these fight infections; ~~platelets~~ ^{these} sticky cells that help stop you from bleeding; ~~last of all~~ plasma - a yellow liquid which is made from water mixed with sugar, vitamins and proteins.

Expert view Experienced nurse:

"If you don't have any platelets, you bleed to death."

and
Marine worms have violet blood insects including beetles and butterflies have colorless or pale-yellowish blood. The color blood is determined by the type of respiratory pigment ^{well} to transport oxygen via ^{the} circulatory system cells.

Did you know?

Red blood cells have no nucleus

Unlike ~~unlike~~ other types of cells in the body, mature red blood cells do not contain a nucleus, mitochondria or ribosomes. The absence of these cell structures leaves room for the hundreds of millions of hemoglobin molecules found in red blood cells.

The adult human body contains approximately 1.325 gallons of blood, which makes up 7 to 8% of a person's total body weight.

Blood cells have different life spans

Matured human blood cells have varying life cycles: red blood cells circulate in the body for about ~~four~~ months; platelets for about 9 days and white blood cells range from a few hours to several days.

Blood consists mostly of plasma. Blood clotting in your body is composed of about 55% percent plasma, 40 percent red blood cells, 4 percent platelets and 1% white blood cells. Of the white blood cells in blood circulation, neutrophils are most abundant.

Did you know?

In a drop of blood there are many components:

- 5,000,000 red blood cells,
- 7,000 white blood cells,
- Half a million platelets,
- Half a drop of plasma.

True or false?

Your heart beats four million times a year.

Podcast

Dinosaur: Triceratops

Introduction

Hi my name is _____ and we are going to go back millions of years ago to learn about the life of dinosaurs! There were three different periods; the Triassic, Jurassic and Cretaceous. Did you know dinosaur fossils have been found on all seven continents? Prepare yourself for the best journey of your life finding out about these amazing creatures!

Today we are going to focus on a beast who was around during the Cretaceous period. Want to know what creature I'm on about? It's the tremendous Triceratops! This fabulous dinosaur was actually super speedy with a speed of 32 mph.

Appearance

According to scientists, Triceratops was a herbivore (a dinosaur that only eats plants) and weighed around 10 ton also approaching 9m in height. This incredible creature had strong limbs to move and support its massive body. Did you know that the Triceratops was actually

spectacular in fights with its fiercely hooked toothless beak?

Habitat

Not many people know that during the Cretaceous period (the period before the mass extinction) there were only two continents meaning the violent herbivore could roam around anywhere. Scientists believe that the Triceratops lived in North America. Later on, the remains were found near Colorado, Wyoming, USA. Most massive creatures spent their time in forests because they would have been surrounded in trees and ferns (their diet).

Characteristics (behaviour)

Even though the Triceratops was a herbivore, they would have been able to cause a lot of damage to an attacker. I bet you didn't know that this fierce mammal was one of the last surviving dinosaur of their kind? Fossil evidence shows that it did battle with T-rex on occasion, and could survive that encounter.

Conclusion

So there you have it - I hope you have enjoyed the journey back to the Cretaceous period finding out about this mighty herbivore! A plant eater but a fierce addition to the many different species of dinosaurs. Thanks for listening and don't forget to check out more podcasts coming soon.

The location was an abandoned war zone with overgrown trees all around. Although there were clouds like marshmallows in the sky, below didn't measure up. Amongst all the foliage, most buildings were wonky and on a tilt with a lot of mould peeking through. Out of nowhere, a huge metal box tumbled from one of the towering buildings and the Protagonist came to investigate. Falling out of the box, was an unidentified piece of technology that had flickered on.

Hearing the roaring from the machine, the protagonist sensed danger. Without wasting a second, the unknown man dashed to see a desolate leather vehicle. On the motorway, the mysterious protagonist dodged many of the rusty cars including some lampposts. The explorer had noticed one of the signs and fled right into a dark, gloomy tunnel.

feels I summon the determination "I will do this" and defeat whatever this cruel thing that has ruined my life. But I can't... What if it ends me? What do I

do then? What happens to mankind?

Tundra



Tundra is a frozen, treeless polar biome with Arctic temperatures from -34° to -6° . The lack of sunlight is a big issue in this biome due to the weather and long winters.

This biome is located in North America, Russia, Iceland and Greenland. The animals here are Musk ox, Arctic hare, Polar bear, Reindeer, Arctic fox and the Alaska.

Rainforest



The rainforest is a tropical biome with the equator very close. This biome has many different temperatures (28° on average) due to the location. It is located in South America, Australia, Africa and Asia. The rainforest is home to some of the largest trees including the Dain Tree that has been growing for over 180 million years.

Animals here include the pink dolphin and anacondas. They have adapted to this environment because of the temperature and how dark it is. ^{Additionally,} The rainforest has trees as high as 200 feet, explaining why it is so dense and dark.

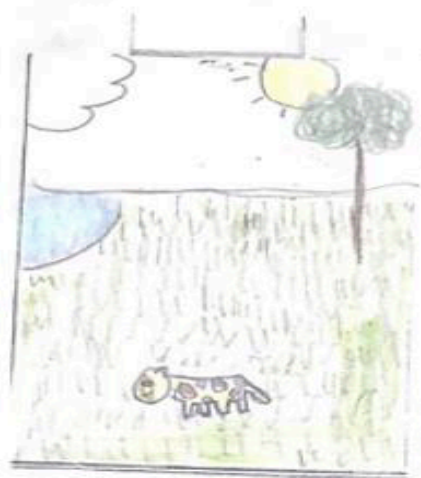
~~Therefore~~ ^{Also,} there are over 3000 different fruits growing on the trees, which could possibly be dangerous.

Desert



The driest biome is the desert reaching to about 110 degrees Fahrenheit. Some deserts can get only an inch of rainfall a year with high temperatures and minimal water. In this biome, the plants (cacti) evolve to save water since water supply is low. The animals here adapt by not needing a lot of water and being able to blend in such as the chameleons with their big long tongues. The camels here can travel 100 miles without needing water making them a tourist attraction.

Savannah



The tropical Savannah biome is a vast grassland (covering 20% of land) located in: Africa, Northern Australia and parts of South America. It is an extremely hot environment (with two seasons - wet and dry) which makes it inhospitable for lots of species. Here, the average temperature is 20°C - 30°C ; however, there is minimal shade or water. This makes it feel a lot hotter. In the dry season, animals have to migrate to find water. The animals in this biome are extremely interesting. It is a wild feeding frenzy of predators and prey. The predators have adapted to use the long grass to attack their prey, for example, the cheetah. Although, there are numerous herbivores that have so much grass to graze on. Animals, such as elephants, get up to 50% of their diet from grasses - relying on trees and shrubs in the dry season.

Taiga



Taiga is one of the biggest biomes covering quite a lot of the planet. 0° is the average temperature per year but in the summer the average is around 15° . The South Arctic Circle, Canada, Alaska, Scandinavia and Siberia all have the Taiga biome. Animals living there need to adapt to the cold. They do this migrating in the cold months or producing another layer of insulation to keep warm. The animals here are Wolverine, Snow-shoe hare, American marten and a Canada lynx. As well as this, the plants here include Pine (Pinus) and Spruce.

Deciduous Forest



Located in eastern US, all over Europe, Japan, Russia and China all are parts of the deciduous forest. The daily temperature here is around 30° but drops dramatically due to the four seasons; Spring, Summer, autumn and winter. This beautiful biome has 3 layers and the tallest trees make up a canopy with ferns and moss growing on the floor. This forest is home to many animals including deer, Wolves, hawks and

Owls. The birds here migrate South for the Winter except for the black-capped chickadees, they survive by hiding thousands of seeds under tree bark during fall and eat them throughout the Winter.

Sports and exercise

Prepare to have your mind blown !

According to research, exercise is one of the most important factors in keeping healthy. If you want to live a longer and happier life, you should aim to exercise for 30 minutes at day or more . With loads of different sports to try and hundreds of exercise videos online to follow, there's no excuse to be lazy ! Doctors recommend 30 minutes of exercise a day for a healthy lifestyle.

What are the long term benefits ?



Few people know that the physical values in doing exercise are clear - stronger bones and lower blood pressure , larger lung capacity . However, keeping active can reduce the risk of getting a disease (such as a stroke or having a heart attack). Regularly doing a sport can improve memory . It's strange but true that exercise actually gives more energy and promotes sleep. 90% of people who try a new sport end up loving after only 2 weeks. Studies by the university of Harvard have shown that exercise can promise a longer life.

Experts say that exercise also has huge benefits for mental health and wellbeing. People who exercise every day are able to cope with anxiety , stress and other emotions better (like sadness or anger). Everyone knows that having confidence makes you feel good. Well playing sports gives you confidence ! Just imagine how amazing you'd feel scoring the winning goal or finishing a marathon ! Even better you could make new friends with the same interests , so why are you putting it off ? Get out there and try a new sport today at your local gym!

What types of exercise are helpful?

There is a sport to suit every age and ability. Have you tried swimming? It's good for building muscle tone and lung capacity. If you prefer something like yoga, dancing or gymnastics then go for it! Push-ups help with upper body strength, just like sit-ups. Some people love to do boxing, tennis or badminton—these will help your speed and resilience. Finally, any weight-bearing exercise is good for your bones and joints and muscles too. This includes running, walking or basketball. Which sport will you try?

Dragons Studies

Dragons, which ~~can be very~~ ^{have many} identifiable features, can be very dangerous. If you are lucky enough to catch a glimpse of these marvellous creatures and survive, it would be extremely rare. Fortunately, scientists have been studying them for a long time and have gathered some important information which can help explorers avoid death while in dragon territory.

What do dragons eat?

Dragons have a simple diet, which is mainly made up of fish. They are omnivores, who need to eat a mix of fish and vegetables (such as leaves, chili peppers, onions). Dragons have two stomachs: one to digest plants and one to digest meat and bones. Research has shown that these huge creatures eat twice a day, and then, three times a month, they have a feast. This usually means that they gorge on a large prey, such as giant squid, goats, sheep or cows. As humans, it is essential to stay hidden when a dragon is searching for prey on a feast day, or you could be part of a meal.

Which species are the most dangerous?

The most menacing dragon species is the Lavarous pit. It has green, scaly skin with lava inside and red iron horns. This half-snake, half-dragon creature has brown eyes with no pupils and large, razor sharp teeth up to 10cm long. It can live up to 600,000 years old and has a loud roar that will pop your ear drums.

Even from 60 miles away? The survival chance for humans who come into contact with a Lavalou pit is only 2.5% because it can kill very easily. It is known to strangle its prey until all the oxygen in its lungs are gone.

Another dangerous species is the Chinese Dendra. They have been around for 7,000 years and have developed a taste for human flesh. These huge beasts have long, enormous wings and sharp chicken-like claws. To kill their prey, they shoot very toxic venom like a cobra. If it feels in danger, a Chinese Dendra will burst out all its anger out and start hypnotising an enemy with its dark, blue eyes.

Which environments do dragons thrive?

Over the years, dragons in northern continents have found it difficult to survive and now there are very few. (in Thailand, Malaysia and China); there are many hundreds. They live in dark caves near rocky mountains, often in family groups (of up to 10 dragons). Some also live in North Africa in the Sahara desert; when they inhale the hot desert air, they are able to breathe out fire. Since they have the ability to breathe out fire, they must drink a litre of water regularly, to stay cool. Therefore, those in the deserts usually fly hundreds of miles each day to find a river or other water source; this makes them difficult to track and trace because they are always moving.

Skellig

Skellig is a marvelous book with many fantasies and mysteries to be explored.

A twelve year old boy, Michael, moves houses with his Mum, Dad and sick baby sister. He lurks upon a shed and discovers a creature. He meets his new best friend, Mina. How will they help this creature and what will they do in return? Will Michael and Mina figure out why he was in this almost collapsed shed?

My favourite character in the story is Mina because she's a loyal forgiving friend who has a full imagination and has a passion for art. She helps Michael adventure through mysteries and even teaches him a thing or two. She is always willing to help even at the toughest times.

This book is aimed at people who like fantasies and imaginations. Could you venture through the book? The book makes you feel like you're there with Michael.

You really should read this heart-warming, magical book. If you like birds this book is for you.

Swans

The swan is located in the colder regions of Europe. This creature is easily recognised by its pearly feathers lining its back.

Habitat:

Swans are usually found in the Northern Hemisphere more often than the southern. All swans prefer wet, damp areas such as shallow wetlands and marshes. They live in undisturbed lakes and like to roam over large areas of water. Most of these creatures live in European countries and central Asian countries.

Diet:

These elegant animals consume aquatic vegetation, which includes grass, insects, pondweed and tadpoles. Babies are lactophagus meaning they are dependent on their mother's milk. Also they can only eat grass until 1 year old. Male swans are Carnivorous and eat live animals such as insects and tadpoles. However, the female is an omnivore and has a diet of flies, cornwheat and grass. If you ever find yourself feeding a swan, never feed them food from your home such as pasteries, meat and bones; this can lead to digestion problems.

Life cycle:

When an egg is laid, it will have to be placed above water levels; the baby will die if this process is failed. 12 months later, the baby swan (cynett) is given life by the mother. At first, they will appear grey or even pink. After a year, the creature will have adapted and turned white. At 4-7 years, this creature will generally mate. Mating happens when the swans nod their heads and flap their feathers.

Appearance:

It may be easy to spot a swan when there is one in sight. But this animal is more than a white body and an orange beak. Swans are very good swimmers. This is because they have a streamlined body and fully webbed feet. Their full white feathers are waterproof so the water trickles off their body. This elegant creature has a flexible neck; they need to reach far down to get their prey, especially tadpoles.

Victorian Child Labour

During the Victorian Era, children from poorer households were expected to work long, tireless and sometimes dangerous hours in places such as mines and factories for a pitiful sum of money. Others had to work as chimney sweeps, sellers or mud larks to name but a few. Life was very difficult for these children and many died as a result of the poor conditions children were expected to work in.



FACTORY WORKERS

Factory work for young children was perilous and could result in severe injury or even death. Children had to work for at least 12 hours a day. There were no health and safety regulations and children were expected to clean the machines while they were still running.

CHIMNEY SWEEPS

Chimney sweeping was a common job for boys of about 5 or 6 during the Victorian times. They were forced up chimneys which in some cases were only 30cm wide. When the children came down they were often bleeding so their masters rubbed their wounds with salt water and then booted them back up another. In some cases the children got stuck up inside the chimneys and suffocated from the coal dust and lack of space.

STREET SELLERS

A popular job in the cities was to sell a variety of food and other products. Children sold herbs, shellfish, flowers, matches, buttons and ribbons on the streets to passers by. Some children hunted for 'Pure' (dog poo) to sell to people to clean the leather to make products such as gloves. Life as a seller was tough because people didn't pay a lot and they were usually scared away by the police or gangs.

MINERS

A number of children worked in the coal mines from a very young age. They were either trappers or drawers. The trappers sat for long hours by themselves in the dark opening and closing the traps as the carts travelled along the tracks. The drawers were children who had a cart tied to them with a chain and they had to crawl through the endless tunnels with a cart full of coal. Most of the time the tunnels were damp and when they emerged they were wet and covered in coal dust.



Tripadvisor



Perfect place for everyone for a day out!

Review of Eden Camp Modern History Museum



Reviewed 6 days ago



Helpful



Save



Share

See all 3,120 reviews

Date of experience: March 2024

As a history enthusiast, a few days ago I had the absolute delight of a day from start to finish at the Eden Camp Modern History Museum!

I was so shocked by the experience and knowledge offered at this interesting attraction. Each hut offered a view of different periods of that wartime history. While being there, I thought that it felt like I had travelled back in time and experienced the history of WW1 and WW2. I was distinctly impressed by the interactive elements scattered throughout the camp. However, I really liked how there was a chapel where people could reflect and pray.

Furthermore, the layout of the camp was brilliant, with clear signs and paths guiding people through the exhibit and how all the paths and huts flowed well. I never felt lost or worried about not being able to find the huts where I wanted to be. There was always staff around wanting to help or answer my questions. The ticket price was more than justified by the quality of the experience; it was the perfect amount and there was even a discount for families. I would never ask for my money back. I left feeling enriched, enlightened, and eager to return for another visit in the future.

There was so much space inviting anyone for a nice day out, and I would definitely tell more people to come if anyone else is stuck in the house with nothing to do and wants a nice family day out to have a good time and get some fresh air. Just one thing to consider, maybe you could improve accessibility because there are no ramps or hearing loops for people who wear hearing aids, have a hearing impairment, or are disabled and have to be in a wheelchair. But other than that, I have nothing bad to say about Eden Camp and everything else was great!

Overall, my experience at Eden Camp was remarkable! I would definitely come back again and would be able to give another positive review back to the Eden Camp Modern History Museum and encourage more people to have a great day like I did! Highly recommended!

Me. Who am I?

Caring and mature, that is how people describe me, but there is another part of me which I keep locked away. It is part of me that I never tell anyone. I wonder why?

Thought, love and care have been planted in my kind, warm heart since day one; this reflects outwardly daily for the whole world to see. Shyness makes me feel that all eyes are on me at all times.

Raised voices often make my tears flow into a big pool of sensitivity, while shaking, and cracks in my voice. I try to get words out but can't.

Taking over me, anxiety makes me feel sick while my heart feels like it is in my stomach most of the time. I must admit that I am a shy person, but I want to be more confident

like other people in my class and people I know. I'm too scared to be myself; I do not want to be humiliated. But this is only a problem I see, not everyone else. I will continue to be me, despite this self-doubt.

Emperor Penguins

Introduction

Emperor Penguins, the largest of the penguin family, are fascinating creatures. They are one of the only birds that can swim. Especially at speeds up to about 15 mph. Emperors are also known for their ~~massive~~ ^{immense} groupings, reaching up to hundreds of them at a time; just on one bay!

Diet

One of their routines is in fact fishing. These slippery birds are made for it, and they're extremely used to doing it. The fish they catch ^{are} krill, squid, and really anything that these penguins find. They also eat the crustaceans found on the land rock. They really are pescetorians!

Habitat

Penguins can be found on the bays of Antarctica, islands in the Southern Ocean and even the bottom of Argentina. Emperors habitats are very widely ranged and their most common place to be found, Antarctica, can experience -6°C ! That's pretty cold!

Features

etico

Similar to the king penguin, emperors are mainly black with a white stomach and patches of vivid orange on each cheek. Their height can vary from 1.1m - 1.3m for adults, but for kids, it would be three times smaller. In addition to this,

their weight changes a lot too.

They can weigh up to 88 pounds!

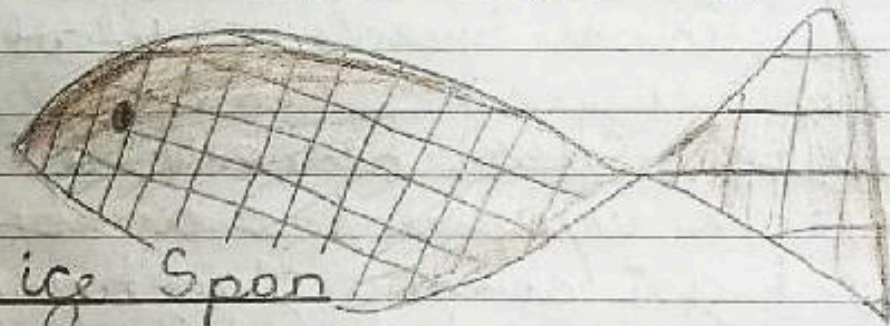
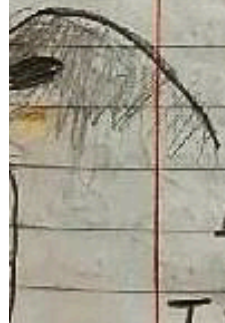
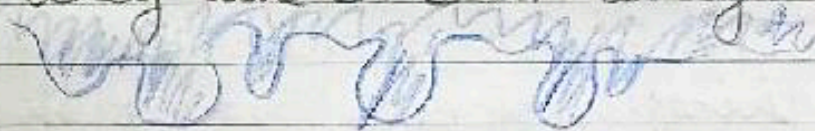
And there's also the fact that they

cuddle together to stay warm.

This is really effective as

they live in such tough conditions.

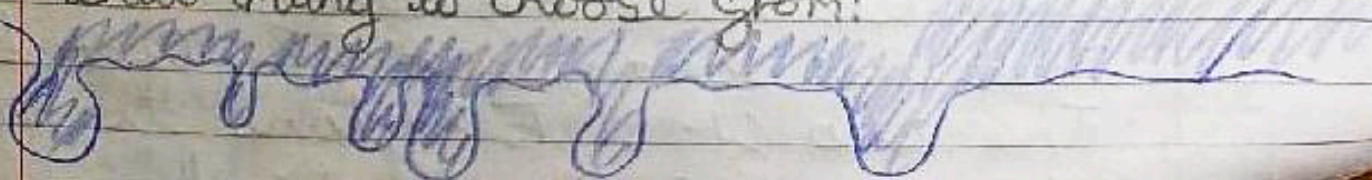
enguins



Lice Span

The average penguin's lice span goes up to around 20 years and in captivity, 30!

Their mating season lasts one month, giving them thirty days to find a partner. This may sound like a lot but it's not very long from the penguin's view. Especially with that many to choose from!



How did Hitler and the Nazi Party rise to power in Germany?

At the end of WWI, Germany signed the Armistice Agreement; this eventually ended WWI. A year later, they had to sign the Treaty of Versailles. Hitler joined the German workers Party; which Hitler named the Nazi Party. In 1921, he became leader of the Nazis. Over a decade, the Nazis and Hitler rose to power and became leaders of Germany. But how did Hitler and the Nazis rise to power so successfully?

Hitler was born in Austria. Hitler really wanted to be an artist, but ended up being part of the German Army. In 1919, he joined the German Workers Party; The name changed to The National Socialist German Workers Party. In 1921, Hitler was elected leader of the Nazi Party, and the whole of Germany and gave himself the name 'Führer' meaning leader.

Many Germans were upset that they had to sign the Armistice and the Treaty of Versailles. In 1919, Germany was blamed and had to sign the Treaty for the damage they had caused. The Nazis blamed Jewish people for encouraging the signing. The Nazis got support by many Germans for rejecting the Treaty of Versailles.

In 1929, the Great Depression was caused due to the Wall Street Crash in America. In that year, Germans had a difficult life; high unemployment, losing businesses, they had to rely on food banks and they were homeless. Hitler, the leader of the Nazis, promised Germans a better life and to rebuild Germany.

Hitler banned all other political parties in 1933, as he wanted the Nazi Party to gain more support by other Germans. The Nazis wanted to control people by propaganda and education so they can grow and get more people to support it.

Hitler and the Nazis persecuted the Jewish people, meaning they are banned from working, going to school, having businesses. They did this because Jewish people encouraged the signing of the treaty.

There are many reasons why Hitler rose to power in Germany.

Hitler used his speeches to try and persuade Germans to be part of the Nazis. His speeches made him gain a lot of support. The Treaty of Versailles was the worst thing that happened to Germany. They had to pay for reparations, they lost a lot of land, and there was very high unemployment.

'The Explorer' by Katherine Rundell is an adventurous novel which is very captivating and enthralling where a group of children face dangerous challenges.

The story is set in the Amazon Rainforest where the four children (Fred, Con, Lila and Max) find themselves stranded after a huge plane crash.

Wanting to live, they search through the idyllic, astounding, tropical palace and experience dreadful dangers as they trudge along. While they go further and further, they eventually meet a mysterious figure who claims to be an 'Explorer'.

Katherine Rundell's character ideas are marvellous and all their personalities are very different – Fred is a natural born leader; Lila is a fearless girl but also quite perilous. Con is a human mechanic who is apoplectic when things don't go her way. Max is an animal lover who is really immature. They have a sensational camaraderie with each other and Lila and Max have an astonishing sibling bond.

'The Explorer' is a thrilling book. What makes it so amazing is how determined the children are to face hazardous challenges and how they persevere to escape their surroundings. This tale grips readers attention and is a spectacular book that everyone would love to read.



Everyone has heard of the Lochness Monster, Dragons and the Big Foot, but do you recognize the Whlion? This marvelous whale and lion hybrid is a fascinating creature that carries myths and legends for over thousands of years. Due to its laziness and calmness, this creature is adored by many civilians as the Whlion will not harm anyone, not even a fly.

Did you know they can live up to 275 years old?

Appearance

This beautiful animal holds many amazing features such as the following: a long, strong tail that sweeps across the hard, bare ground; small flat paws with blunt tiny claws; a pair of flightless wings that shimmer and shine in the sun; a small blowhole that sprays icy-cold water every so often and a stardust-like speckled nose. But, this cuddly creature is not always what it seems; it can fight its own kind by using its reindeer-like horns to clash and crash against each other.



Diet

The Whlion eats a range of bugs, grubs and plants since, it is a herbivore; you could even call it a vegetarian! It feeds on multiple

Did you know that they can vary over 55 colours?

plants, pears, grubs, bananas, freshly cut carrots and bugs. Some of the youth Whlions will just munch on softer foods such as, bananas or oranges - as their teeth will not start growing until they are one. As for the older ones, they will chew on much harder foods such as, carrots or pears - as their teeth are much bigger and stronger.



Living in London and living in Cumbria are really different. In the city of London there are tall buildings like The Shard and the London Eye, and streets that are full of people hurrying to work. You can walk down Oxford Street and see shop after shop or go to Trafalgar Square where there are always crowds of tourists. The buses are everywhere, especially the red double-deckers, and the Underground trains speed under the streets. Sometimes the roads are so noisy with cars, taxis and sirens that you can't even hear yourself think.

In the northern county of Cumbria, it feels almost the exact opposite. Instead of tall buildings, there are mountains like Scafell Pike and wide lakes like Lake Windermere. The air is fresh, and when you walk outside you can hear birds, sheep on the hills or even the sea splashing up on the shore. There aren't shops on every corner, and if you want a supermarket you have to drive miles to find one. Buses and trains don't come every few minutes, there is only one or two all day.

In the capital city, the air feels dirty and sometimes polluted, but the Cumbrian air it feels clean and light. At night in London, you can see lots of lights, but in Cumbria you can see the stars spread across the whole sky because it is so dark. In London you are always in a crowd of people, whether you are in Hyde Park, at the Natural History Museum or walking down by the Thames, but in Cumbria you can walk for hours and not see anyone except sheep or walkers with rucksacks.

Both places have interesting features. London is exciting and full of energy with its landmarks and attractions, and Cumbria is peaceful and beautiful with its mountains and lakes. They are so different that sometimes it feels like they aren't even part of the same country.

How to Keep a Healthy Mind

People say we should eat well and exercise to stay healthy, but it's just as important to look after your mind. A healthy mind makes you feel calmer and helps with learning, friends and even family life. Here are some ways I think can really help.

Exercise and fresh air

When I go outside and move around, I always feel better. Playing netball, walking my dog, or even jumping on my trampoline makes me less stressed. Exercise releases chemicals in your brain that make you feel happier. Sometimes if I've been on my iPad too long, going outside clears my head straight away.

Talking about feelings

It can feel hard to tell people what's inside your head, but it really helps. I talk to my mum when I feel upset or worried, and sometimes to my best friend when I'm nervous about school work. Talking means you don't have to keep it all inside, which makes you feel lighter.

Screen time

Screens are an important part of life now: phones, tablets, computers, even TVs. But too much can hurt your head. If I spend hours looking at TikTok or watching YouTube, I sometimes feel tired and grumpy afterwards. It can also make me compare myself to other people, which isn't always good for you.

Social media can be fun because you can chat with friends and see what's going on. It can also make you feel left out if you see people doing things without you. For a healthy mind, I think it's good to have limits. For example, I try to stop using screens before bed, because I don't sleep properly. Doing something different, like reading or drawing, gives your mind a break from all the dramas online.

Doing things you enjoy

Keeping your mind healthy isn't just about avoiding bad things – it's also about enjoying good things. I love dancing and reading fantasy books. When I'm doing something fun, I feel relaxed and forget about my worries. It doesn't matter what you enjoy – it could be art, football or baking – as long as it makes you feel happy inside.

Eating and sleeping well

Your mind can't work properly without sleep and food. When I stay up too late watching TV, I can't concentrate the next day. Eating fruit, vegetables and drinking water gives me more energy than just crisps or sweets. A healthy body helps your brain to feel active.

Conclusion

To keep a healthy mind, you need a balance: exercise, sleep, food, fun, kindness and especially managing screen time. Phones and social media can be good, but only if you use them wisely. If we look after our minds now, it will make us stronger and happier in the future.

Doing things you enjoy

Keeping your mind healthy isn't just about avoiding bad things – it's also about enjoying good things. I love dancing and reading fantasy books. When I'm doing something fun, I feel relaxed and forget about my worries. It doesn't matter what you enjoy – it could be art, football or baking – as long as it makes you feel happy inside.

Eating and sleeping well

Your mind can't work properly without sleep and food. When I stay up too late watching TV, I can't concentrate the next day. Eating fruit, vegetables and drinking water gives me more energy than just crisps or sweets. A healthy body helps your brain to feel active.

Conclusion

To keep a healthy mind, you need a balance: exercise, sleep, food, fun, kindness and especially managing screen time. Phones and social media can be good, but only if you use them wisely. If we look after our minds now, it will make us stronger and happier in the future.