



## How to stay motivated this school year?



New year, new me. This saying I'm sure has passed many of our lips over the past few weeks. But the question is, how can we actually fulfil this? How can we make our new philosophies and habits last more than the first week of school? At the start of a new year, I often throw myself headfirst, full-throttle into my work, but by week four of the term I am exhausted and burnt out. I find myself in a state where working means I'm working hard and resting means I'm stuck in limbo staring at a screen. I find that the only real way we can escape this is through balance. I know many of us are guilty of leaving our work to the last minute, cramming in revision the night before and even the morning of. Balance not only helps us feel better, feel more productive, but is also incredibly beneficial to the quality of our studying. Here I hope to show you some of my main strategies to maintaining balance, and in turn keeping myself motivated.

First, making the most of breaks. As students, after a full day or full week at school sometimes simply opening our bags and taking out our books feels impossible. To make our revision and study outside of school bearable, and even enjoyable, the breaks we take must be beneficial. Often, I find I work best after I have taken time to remove myself from the academic world, to do something active or something that engages my brain. This could merely be a short walk near your home, a run or training for a sport you play. You must remember that there is a life outside of our studies, that you are a three-dimensional person with hobbies and interest even with school, parental and personal pressures weighing on our shoulders. On a smaller scale, maintaining motivated in a singular study session is also incredibly challenging. Firstly, you must make sure the work you are doing is active and valuable, not simply reading, highlighting or copying out notes. The next is to recognise that breaks are just as valuable as revision itself. A break does not have to look like scrolling on your phone, it can be reading a book unrelated to your studies, or having a conversation with someone downstairs. Yes, you need to take yourself away from work and allow yourself to rest, but also keep your brain engaged.

Next is setting goals and seeing the bigger pictures. Setting both big and small goals is one of the best ways to ensure you keep going. The big goals can be ones for the future, like the Universities you want to go to and the habits you want to develop, whereas small goals can be for the next week, next day or even the next hour. When we write these things down, there is a physical record of them and we are forced to hold ourselves accountable. Tony Robbins, a world-class motivational speaker, believes that "setting goals is the first step from turning the invisible to the visible". If we train our minds to think about the things we want, the things we wish to achieve, automatically our brains rewire to send us on paths that best succeed in these goals.

Staying motivated does not have a one-step solution, it requires work and a reflection on the lifestyle that you are currently living. But making these changes will not contribute to you motivation but also your mental and physical wellbeing. To stay motivated is to stay balanced and set goals. It is to seek a more well-rounded, and enjoyable, life.

## WHATS ON THIS WEEK?

**Music ensembles:** There are a variety of bands and ensembles at CCGS, for all ages, instruments and levels. They are a great way to not only practice your instrument and learn to play in a group, but also to make friends with similar interests to you. If you are taking or intend to take a music GCSE or A-Level, then the CCGS Choir is a great place to hone your listening and sight-reading skill. Contact Ms. Hollman for details.

**Sport clubs:** This term there are a variety of clubs running for year 7-10, focusing predominantly on football and rugby. These sports rotate each term, so make sure you keep yourself updated with the student newspaper! Contact Mr. Wooldrige for details.

**Maths In Motion:** If you have a competitive streak and like the idea of using a simulation program to create the greatest racecar ever, then Maths in Motion could be for you! This club runs on Wednesday Lunchtimes and is very welcoming of newcomers! Contact Mrs. Atkins for details.

**Quiz Club:** Do you love general knowledge, or do you have a super niche interest that you know a lot about? Are you great at answering questions quickly, and having good reaction times? This "University Challenge"-style club could be for you! Upper-school student meet every Friday lunchtime.

**Earth Observation Club:** If you want experience in a research field or are really interested in satellite technology and observation, then this high-tech club could be for you! Collaborating with IRIS, this geography and science-based club is great for getting experience, and learning how the field of research and publication works.

Beyond clubs, everyone is also beginning preparations for the upcoming House Drama Cup. Most houses have either completed or are soon to complete auditions. House Drama is great if you have an interest in acting and taking part in house activities, especially if you want to increase your chances of getting a place on the end of year reward trip.

Outside of just School life, on the 27th – 29th September there is the Autumn edition of the Broadstairs food festival. This is a great place to spend time looking at many different stalls selling a variety of wares, from specialist breads to homemade lemonade. This festival takes place in Victoria Gardens, near Viking bay, and has a wonderful atmosphere without being too crowded. Entry is free with optional donations.

On the 28th of September, "Anya Gallaccio: preserve" opens at Margate's Turner Contemporary. This sculpture and installation exhibit showcases the links between art and the environment, displaying the use of short-life organic materials in structures. The exhibit runs until early January. The Turner Contemporary is free and accessible. This exhibit could also pose particular interest for those taking an Art GCSE this year, as the module has a specific focus on the interactions between the natural and manmade world.

## Fun fact of the week

"Did you know there's a family photograph on the Moon."

In 1972, a member of the Apollo 16 mission, Charles Duke a lunar module pilot left a photograph on the Moon. The image consists of himself, his wife and two children. Not only is he the only person to leave a photograph on the Moon he is also the youngest person to walk on the Moon. As Duke was just 36 years old at the time of the mission. Not only has he held on to this title for over 50 years, the photograph he left on the surface is still there today.

## What makes a good ccgs student?

Being a good student takes more than just academic performance, it involves a combination of qualities and behaviors that contribute to success in and out of the classroom. From organization to curiosity and critical thinking, the characteristics of a good student are endless and go beyond grades. In this article, we will explore the key attributes that define a successful student and how these qualities shape their educational journey, including anonymous interviews and opinions.

Qualities and characteristics:

A good CCGS student should carry many characteristics, involving the ones in our school ethos:

Never give up. They remain positive so that they have the strength to persevere with even the hardest work. They do what it takes for as long as it takes.

Be honest. They do what they say they will do and do not make excuses. They admit they have made mistakes and learn from them.

Approach all subjects with an open mind and intellectual curiosity.

Practice things until they can master them, because getting things right can take a long time.

Have autonomy. They have the drive to direct their own lives; they do not expect others to do it for them.

(CCGS school ethos: [ccgrammarschool.co.uk](http://ccgrammarschool.co.uk))

A good CCGS student should also realize their potential as an individual, try their best to fulfill their goals and support others around them. Coming to school with a positive attitude to learning and an aspiration to take on new challenges.

Other students' idea:

A few students were interviewed for their opinions on what makes a good CCGS student.

"I think what makes a good CCGS student is the ability to become really passionate about what you're interested in."

"Hard work and dedication."

"Treat everyone how you want to be treated."

"Always willing to learn new things."

"Being nice and fun."

"A good CCGS student would be someone who always does their homework."

In conclusion, being a good student is not solely about achieving high grades but also about obtaining qualities like dedication, curiosity, and resilience. By possessing these traits, CCGS students can succeed academically and develop into well-rounded individuals ready to face future challenges.

"One child, one teacher, one book and one pen can change the world." - Malala Yousafzai

## coming up soon:

We are 5 weeks into this term and still have so much to look forward to! All departments are preparing for the upcoming Open Evenings on the 22nd and 24th of October - this is a fantastic opportunity to show what our school has to offer, so ask your teachers to get involved. In Term 2, on the 13th of November, we will hold the exciting House Drama Competition which is entirely student led. All manners of talents are required, so if you haven't already signed up make sure to before it's too late!

On Friday 15th of November it is Children in Need, and so for a donation of £1 students can wear Non-Uniform. We are raising money for such an important charity that helps children country-wide. Moreover, TS Charity Week supporting Pilgrim's Hospice will start on the 25th of November providing many fun activities – perhaps even throwing a wet sponge or two at a teacher. Lastly, get ready to test your wits at the Inter-House Quiz on 27th November! More information will follow so stay tuned!

## etymology:

The etymology of the word anapodoton

The word originated from the Greek word, anapodosi which by literal translation means, " without a main clause ". It is recognised more frequently as a literary device rather than just a 'word'. Where the main clause is unsaid and is instead implied. Anapodoton can be used to define when you stop mid-way through what you were saying, due to a new pathway of thought or the person you are conversing with understands what comes after and there's no need for you to say it out loud. An example of an anapodoton in context is the popular idiom, "when in Rome", most people know what comes after ("do what romans do"). Or similarly with the noun hippopotamus can be shortened to hippo as the main clause (potamus) is unnecessary as most people know what the word hippo is referring to. Along with Greek literature it is also seen in both Chinese and Japanese classical literature. An example is " a frog in a well cannot conceive of the ocean" which is commonly known in modern Chinese as just "a frog in a well", used to describe people that have limited experiences and therefore have a narrow world view.

## tried and tested revision techniques:

As it is the start of the academic year, students across the country are getting used to their new routines. And although we are only a few weeks into the school year, now is a prime time to begin revising to help your future self with revision when exams are approaching. While studying is essential, the way in which you choose to revise can make all the difference in retaining information and performing well in your final exams. These are some of the most effective revision methods that students can use to maximize their academic potential.

### 1. Active Recall: Pulling Knowledge from Memory

Active Recall is a highly effective technique which has been proven by researchers. Instead of passively reading notes or textbooks, students actively test themselves on the materials they have learnt. For example, they can cover answers in their notes and try to remember key facts.

According to educators, active recall helps strengthen the neural pathways in our brains, which helps us with memory retrieval. This means that active recall makes it easier for students to remember content during exams. This can be done using flashcards, mind maps, quizzes, or by writing content down and then looking to see if they have missed any important information.

### 2. Spaced Repetition: Spreading Study Sessions Over Time

Spaced repetition is a scientifically proven method that involves revisiting information at increasing intervals over time. Instead of cramming all revision in the week before your exam, students can review material regularly in short sessions over a long period of time. Apps like Quizlet and Gizmo offer digital flashcards that optimize spaced repetition by reminding students to review certain topics just before they forget them. This approach combats the "forgetting curve" and ensures that knowledge is cemented in our long-term memory.

### 3. Mind Mapping: Visualizing Complex Ideas

For visual learners, mind mapping can be a powerful tool to remember key information. It involves creating diagrams that visually organize information, linking related concepts in a structured way. This technique is particularly useful for subjects that require understanding complex relationships, such as biology, literature, religion and philosophy, and history. Students start by writing a central topic in the middle of a page and branching out to subtopics, using arrows, colours, and maybe images to visualize connections. This not only helps with memory but also enables a deeper understanding of how various ideas fit together.

### 4. The Pomodoro Technique: Working in Focused Bursts

Maintaining focus for long periods of time can be a challenge, especially when faced with multiple subjects to revise. The Pomodoro Technique offers a solution: students work in short, focused bursts of 25 minutes (called "Pomodoros"), followed by a 5-minute break. After four Pomodoros, a longer break is allowed. This method helps manage time and reduce procrastination by breaking revision into manageable chunks. Students find that working against the clock creates a sense of urgency, enhancing concentration and productivity.

### 5. Teaching Others: Explaining Concepts to Reinforce Learning

One of the best ways to learn something is to teach it. By explaining topics to others, students are forced to break down complex information into simpler terms, reinforcing their own understanding. This method, known as the Feynman Technique, works because teaching requires students to engage with the material on a deeper level. Students can practice this by tutoring a friend, creating a study group, or recording themselves explaining a topic and watching it back.

### 6. Past Papers and Exam Practice: Simulation the Real Thing

Using past exam papers is a classic but invaluable revision strategy. By completing previous exam questions under timed conditions, students can familiarize themselves with the exam format, identify patterns in questions, and gauge which areas need further review. Practicing under timed conditions also helps reduce exam-day anxiety. Many exam boards provide past papers on their websites, making exam materials easily accessible to students.

### 7. Active Note-Taking: Summarizing Key Points

Taking notes during revision is more effective when done actively, rather than merely copying information word for word. Summarizing key points, writing in your own words, and highlighting the most important details can help reinforce what you're learning. Some students use techniques like Cornell Notes, where notes are divided into three sections: key ideas, detailed notes, and a summary at the bottom of the page. This organized method of note-taking ensures that students not only write down facts but also engage critically with the material.

### 8. Use of Technology: Digital Tools for Enhanced Learning

In the digital age, many students turn to apps, online platforms, and videos to support their revision. Educational websites like YouTube and BBC Bitesize offer free resources on almost any subject. In addition, apps like StayFocussed and Flora help students minimize distractions, while Google Docs and OneNote allow them to organize notes effectively. The key is to ensure that technology enhances, rather than distracts from the revision process.

### Finding the Right Method for You

As exams approach, it's essential for students to experiment with these methods to discover which ones work best for them. Regardless of the technique, the key to success lies in consistent practice, active engagement with the material, and a positive mindset.

# Sixth form section

## Sixth form life from year 12 to 13

The leap from Year 12 to Year 13 is more than just an academic step—it's a shift from exploration to preparation.

Many of those starting their Sixth Form journey have noticed plenty of differences from previous years. Meeting new people they never would have met was one thing — but studying subjects of their choice is definitely another. Since starting, many have realised they have a lot more freedom in their work and creativity, and have a lot of people to assist them; even if their ideas are out there.

Beginning Year 13 has felt like a massive step towards the next stage of our lives. Some of us have welcomed this more than others, but I think we've all felt the need to up our game and make the most of our final year. Regardless of where we're off to next year, we've all faced the challenges of the last year of school. I'm excited to see what happens next, and I'm comforted by the knowledge that I've got a group of people willing to help me should I need it.



Are you a sixth form student?  
The Wooden Box Gallery Cafe now offers  
10% off for students of CCGS sixth form

## what can you get involved in at ccs sixth form?:

It's an exciting time at CCGS Sixth Form as we begin a new school year, and with it comes plenty of opportunities to get involved with. There are many music clubs, which are a great way to meet people — especially the karaoke club on Monday lunchtimes at MU5, and the choir (after school in the Chatham dining hall). If you're interested in sports, there is 1st XI football and rugby training this term, but other sports activities will be on offer in the coming year. This is also the perfect time to take part in opportunities outside of Sixth Form too. The Kent Film Foundation is putting on a range of youth film clubs, while if you'd prefer to be outdoors, the Friends of Montefiore Woodland is a fantastic organisation to participate in, with monthly work parties. Not only are clubs a brilliant way to build confidence and community, but they often benefit the local area as well.

# Credits:

How to stay motivated?: Maddy y13

Coming soon: Freya y12

Whats on this week?: Natalie y10

Student life at sixth form year 12 vs 13: Hetty and Caitlin

Etymology of the week: Amber y11

Tried and tested revision techniques: Saskia y12

Fact of the week: Amber y11

involvement in ccgs sixth form: Poppy y12

What makes a good ccgs student?: Kristyna y10

wordsearch: Meredith y13

Proofreading: Meredith.

Do you want to take part in writing this newspaper?

Email: [18clockem@ccgrammarschool.co.uk](mailto:18clockem@ccgrammarschool.co.uk)

to register your interest now!

## CCGS WORDSEARCH

X Q P K O N V T Z E M I C J S J M V S E  
M U Q I U C L A R E N D O N K W Z L L Y  
J J D S W O C P U Z N P A C L Z Z F W G  
X B P U E J S T I V W X E J E Y Z W R F  
H I O I N L Q E P H E D U R Q G K E B I  
G R W P A E X A P A V X K T Q D W I R O  
S A Q R N F I T R T A Q X R N Y E N Z Y  
D B Z E I K S A B P E M J E A I Q E K Q  
F C K T Z T P P C A E M I H I K J W X V  
I M X Y P Z I A V F C X B E K J Y S Q E  
Z B Z N L F V N Z I O K L E G N D P C B  
F L W C X U D S G D B D P R R E H A V T  
L U R M V H Y A J W C V S A E T X P L M  
B O P U Q C O R U C Z V I C C T F E A F  
O K H X Y D N N F T Q D Q Q H K V R O D  
O R I Y X O D A G Q U T U C I A B Q W V  
K H U O M Q U Z Z Z I M I G R P T C C Z  
S U G A Z Y U N M C T F N H R H V H R H  
X Y Z O I Y M C A I D M F J R X E S A V  
G F C J Z G C J U D V G L D G W H W N M

September

newspaper

Clarendon

backpack

writing

chatham

autumn

books