



6th Form Scoop



NEWSLETTER MAY 2023-

ARTHUR MELLOWS VILLAGE COLLEGE



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Editor's note

As we quickly approach the final term of this academic year, we have so much to look back on, whether for better or for worse. There's been the Queen's death, countless exams, unpredictable weather and so much more. Now as we reach a point where the sun is beginning to shine, and King Charles is officially coronated, we can appreciate how far we've come and how far we have left to go.

In this period of exams, supporting people with disabilities and receiving a new monarch, we have the perfect edition to raise your spirits and appreciate the beauty of this new season.

We hope that you enjoy this penultimate edition of the academic year and that you reach a point where you can feel at ease about this new time period.

-Alexandra Wasterfall



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From 6th February 1952 to 8th September 2022, Queen Elizabeth II reigned as the Queen of England. For many people, she was the only monarch we'd ever known and whilst her death was inevitable, it seemed as though it would never occur. So, when it did, it left us with a multitude of questions such as 'what will happen to the country?' or 'who will reign now?' This is where King Charles comes in. He serves as an answer for the masses, being Queen Elizabeth's first-born son and the obvious successor of the throne.

On Saturday 6th May 2023, Charles became King officially and whilst this date was chosen partially by the government and the church, there are several symbolic reasons for why Charles wanted it to be his coronation date. It is also the birthday of his grandson Archie and the late Princess Margaret's (the Queen's sister's) wedding anniversary.

This was also the first coronation to fall on a weekend since the coronation of Edward VII in 1902. But what were the highlights of this event? Well firstly, the celebrations took place over 3 whole days (starting from the 6th) and gave us a special one-off Bank Holiday on the following Monday.

King Charles wore St Edward's crown, which is solid gold and decorated with more than 400 gemstones (including rubies and sapphires) which glistened in the sun and solidified his place in history as the 40th monarch to be crowned in this way. Prince Harry also attended, despite the current tension between him and the rest of the royal family, due to the release of his autobiography 'Spare' earlier this year. Meghan did not attend this event.



The occasion was broadcast live on TV and despite the rain, thousands of people packed The Mall, anticipating this new era for our country. The day began shortly after 10am, with faith leaders and commonwealth leaders beginning the processions, and the new King and Queen following behind. The service kicked off at 11am in Westminster Abbey, with Camilla being crowned Queen consort alongside Charles, and it was conducted by the Archbishop of Canterbury (as it has been since 1066). With over 2,300 people watching inside the abbey, the royal crown was placed on Charles' head, as voices proclaiming "God save the King" for miles.

Queen Elizabeth is a monarch that can never be replaced due to her loving character and her longevity on the throne. However, we can see that Charles has been kindly welcomed to the position and has the potential to leave an imprint on this country, in the same way that his mother did.



EXAMS AND REVISION



An effective way to revise is by taking resources straight from your exam board with past papers and mark schemes. On your exam board's website, you can find past papers, exam specifications and examiner's reports. The exam specification is important as this tells you what sort of things your examiner is checking for when they mark your papers. The exam specification also outlines the content you are expected to know.

Examiner's reports are useful summaries of how examiners view the papers they have marked year after year. The reports explain what examiners thought of and provide real answers by real students, what they did well and what mistakes they made. Reading these allows you to understand the examiner's way of marking, which lets you find out how you are supposed to answer each question most effectively.

Some good websites to revise from are Get Revising, Seneca, BBC Bitesize, and exam board links. More effective ways of revising are to implement flashcards and active recall methods such as blurting, so the information can be retained in your memory for longer periods of time and move it from short term to long term.

There are many places to buy flashcards and you can also access flashcards online, on places such as Quizlet where you can review the specific topic you are revising. Studying in a quiet place such as a library where distractions are limited helps to maximise your time revising and helps you to effectively get work done. If you cannot get to a library, there are many other options such as a quiet room where you can zone into your work and turn off your phone, or the silent rooms located in our schools.



TAKING A BREATH

Ways to relax

A little bit of stress is human nature and can even push you to achieve the best of your abilities. However, pressure is higher than ever, as it is estimated 20-50% of students seek for help with mental health during exam season. It is easy to become overwhelmed and anxious but it is important to keep them under control. Exams are something that helps shape your future so learning to deal with that stress will push your confidence and eliminate the fear.

While I was taking my GCSEs, I made sure to take time for myself as well as my work. I believe this meant I wasn't burnt out while sitting my exams. One thing that allowed me to relieve myself from stress was beginning a small sketch book. This was a place where I could relay my thoughts with no pressure or judgement, all the things I was feeling were not forgotten but put on a piece of paper where I could look back and rationalise my real

emotions rather than the ones forced on by exams. If drawing isn't your thing, that doesn't matter because you can be free with no expectation of someone seeing, you never know, you might even learn a new skill.



Keeping healthy is so important when studying. Exercise is a known way of releasing endorphins that create happiness. Exercise doesn't have to be intense but just a way to escape it could be a walk in the park with a friend or a bike ride around the countryside. It is a small activity that allows for a break from school or work.

TAKING A BREATH

Ways to relax

Creating time for yourself is the key to success as you won't become crowded with too many things that cannot be contained all at the same time.

Exam season is a really lonely time, as you think nobody understands what you are going through. Your mind set is the best way to keep yourself from feeling alone. A great way to feel connected to yourself is through meditation, I started this a few months ago and now every night I listen to a voice over leading me through a calm meditation. This is a great tool if you struggle with sleep as you can put all your thoughts behind and just breathe. After using this method I feel more awake and calm and can use the breathing exercises throughout my day if I feel out of control or alone.



Just remember there are always people there for you, if that's going to a pastoral member or going on a website like Kooth and Young Minds to talk or just research to understand how you're feeling.



By Bella Knight

Monthly recommendations!

Three Hours by
Rosamund Lupton
Malibu Rising by Taylor
Jenkins Reid

