

The Tupton Hall Gazette

By Students, For Students

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Welcome to the Tupton Hall Gazette

It is with great pride that we present the first edition of our school's digital newspaper. This bi-weekly publication has been created to inform, engage, and represent the voices of our school community.

This newspaper is more than a record of events. It is a platform where knowledge, creativity, and perspectives can be shared. We want it to strengthen our sense of community, celebrate brilliance, and encourage every student to see themselves as part of a larger picture.

We are committed to ensuring that each edition upholds standards of fairness, respect, and equality.

Welcome to the Tupton Hall Gazette.

With pride,

Milan T.

Editor-In-Chief

First Edition 2025

An interview with Mr Knowles on Shaping Futures

By Milan T.

Like many young people, Mr Knowles once dreamed of becoming a footballer. Playing at county level, he trained with determination and even had trials hinting at a possible career.

Yet, while coaches applauded his talent, his parents encouraged him to pursue an alternative pathway. They valued his intellectual gift and advised him to take the journey to pursue A levels and a degree rather than a career on the field.

Looking back, he sees their influence as a redirection rather than a restriction. Sport gave him the framework for success, providing him with discipline, teamwork and ambition. The academics provided critical thinking and problem-solving skills, as well as virtues like curiosity and creativity. Together, in unity, these myriad skills

and influences moulded the strong leader we have today.

From the Pitches to the Classroom

Surprisingly, teaching was not always in his seemingly predestined plan. His own teacher first proclaimed his suitability and compatibility for teaching, a catalyst that profoundly altered his trajectory. It was then that he first considered the possibility.

"Clearly he'd spotted something in me," Mr Knowles recalled, describing the enlightening words of inspiration that opened his eyes to an undiscovered talent.

The more time he spent enlightening minds, the more he realised his true calling. *"I never had that aspiration to be a teacher initially,"* he admitted, *"but I began to see that I could be quite good at this!"*

His passion for both English and PE continued, with sport supplying him with synergy and

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community, while English was the yang, giving him the power of words.

"I enjoyed writing, reading, speaking... and that's important as someone who enjoys English," he explained while humorously adding that his athletic ability is not what it once was.

The Optimism of Leadership

As headmaster, Mr Knowles sees leadership and his role as more than just management. He believes leadership is *"about maintaining positive momentum and a positivity around what education is about for everybody involved."* He believes school flourishes and thrives when everyone moves in the same direction, valuing education and aiming for their best.

Mr Knowles recognises that *"barriers inevitably get in the way"*, and his task is to keep optimism and morale alive, to respond with strategies and to ensure that each person has the support needed to succeed.

The Philosophy of Resilience

Being a realistic leader, he acknowledges that life can be difficult, but insists that setbacks are opportunities for growth, taking a Keatsian stance on life and existence.

"We're all allowed to have a bad day," he said. *"Life will continue to knock you down... part of success is recognising how successful you've been in getting over barriers."*

For Year Seven students, his message is manifested in *"bravery"* and *"kindness"*: to seize opportunities, ask questions and support each other. For Year Twelves, he stresses individuality and independence, as well as adapting swiftly to new responsibilities, such as time management. For Year Elevens and Thirteens, his guidance is to sharpen discipline and organisation, underlining that hard work matters, but so does asking for help and balancing life.

A Leader Shaped by Books

Beyond the office, Mr Knowles is an avid reader, drawn to books that deepen his understanding of people. One book that has a lasting influence is *"Emotional Intelligence"* by Daniel Goleman. The book delves into how people utilise their emotional intelligence and IQ to be effective in life. It focuses on *"softer skills"*- empathy, inspiration and self-reflection – which empower individuals to be the best people they can be by working well with others and growing as people. He often shares this book

with staff and friends, convinced of its practical value.

A Community Vision

As our conversation drew to a close, Mr Knowles returned to the importance of community. *"Education needs everybody working together,"* he said, stressing that schools only thrive when teachers, students and the wider community work together in the same direction. Results are important, but so too is raising young people who are compassionate, confident, and ready for life.

"We don't get it right all the time," he admitted, *"but the heart is there for the school, and that's what we need to maintain and continue to drive for."*

The Lasting Value of Physical Education

By Evierose H.

Physical education is often viewed as less important, especially compared to subjects such as Maths, English and science. However, PE has so many benefits that cannot be overlooked. For some, it is the best part of the day. For others, it can be a challenge. At our school, there is something for all fitness levels and interests, including outside fields, a sports hall, tennis and netball courts, and a track.

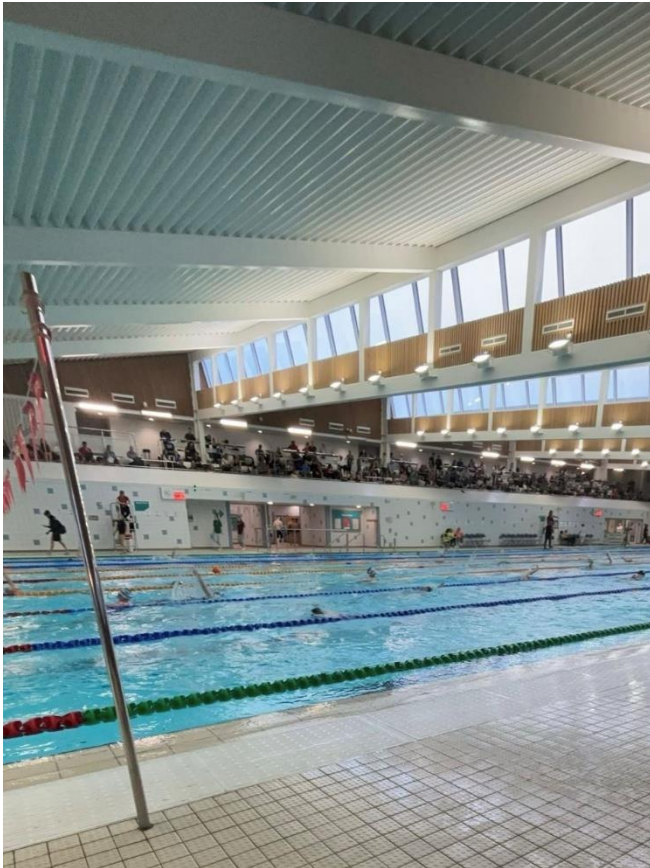
The most obvious benefit of PE is that it encourages a healthy lifestyle and teaches you how to maintain it into adulthood. It is an excellent way to improve muscle strength during growth spurts and boost overall fitness levels. Whether you are doing a quick warm-up or playing a full game of netball, PE helps improve your physical health.

PE also reduces stress, as exercise has a calming effect on the body. When facing personal challenges or dealing with the pressure of schoolwork, PE provides a way to clear your mind. Studies show that active students have better focus, stronger memory, and improved mental health. With your blood pumping and your brain active, even 20 minutes of exercise can make a big difference to your mood.

But PE is not just about fitness. It also teaches valuable life skills for the future. Team sports encourage communication, requiring you to listen and talk to others. Facing challenges in PE builds

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resilience, helping you to bounce back from setbacks. Teamwork shows you the importance of supporting one another to achieve a common goal. These skills are useful not only in the classroom but also in future careers and life situations.



[Photo by Evierose H.]

PE may not be everyone's favourite subject, but its advantages are undeniable. Next time you have a PE lesson, give it your best effort—you might discover it benefits more than just your body.

Understanding Hygiene and Its Impact on the Body

By Chloe C.

Personal hygiene is a part of everyone's life and eventually becomes a set of practices that are performed without giving it a second thought. It includes keeping your body clean, ranging from hand washing and nail cleaning to tooth brushing and showering. Although many of us recognise these habits as essential, how do they really keep us healthy?

Dental hygiene involves anything to do with the mouth and teeth. The easiest and most effective way to care for these is through brushing them with,

most commonly, a fluoride toothpaste and a toothbrush. This can strengthen the enamel on teeth and reduce the effects of acids in tooth decay. Mouthwash may also be used alongside brushing. But it should not be used immediately afterwards, as this can wash away the fluoride. Maintaining proper dental hygiene can reduce the risk of gum disease, cavities, and bad breath.

The skin is the largest organ of the human body and protects our internal structures. As part of its many functions, the skin has sweat glands which release sweat in response to increased temperatures or stress. When bacteria break this down, it can produce an odour. To prevent this, it is important to wash the skin regularly as it removes the bacteria, whilst also reducing the risk of irritation and infection. Deodorant is also a common solution. It is most used on the underarms and comes in aerosol, roll-on or gel formats. Washing hair works similarly by removing grease and dirt to prevent heaviness and potentially an odour.

Washing your hands is also a great way to stay healthy. Soap molecules are pin-shaped in structure, with the 'pin head' attracting water and the 'tail' repelling it. This, when combined with water, allows for each molecule to slot itself between the lipid (fat) membranes on some viruses and bacteria. This causes vital processes to slow or stop and leaves them unable to operate. This is also more effective than hand sanitiser since washing your hands under water can forcefully remove pathogens—alive or inactive—whereas hand sanitiser leaves them in place. Our hands pick up plenty of dirt throughout the day, regardless of what we do, so it is vital to wash our hands regularly, especially before handling food, using the bathroom, or touching anything unsanitary.

Cleaning beneath your nails can have a similar impact. Throughout the day, they can easily pick up dirt and pathogens, which can transfer to you. Regularly using a nail brush and keeping them short can prevent the spread of microbes. It is also advisable to avoid chewing or biting your nails for this reason.

Maintaining good hygiene can also have positive impacts on mental health as well as physical health. Neglecting personal cleanliness - which is often a symptom of poor mental health - can lower self-esteem and further worsen mental health symptoms, creating a cycle that can be very

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difficult to break. It is important to offer support instead of judgment in cases such as this. You can never truly know what someone is going through, and, therefore, one of the best things to do is ask if someone is alright.

Keeping proper habits can boost self-esteem and confidence, allowing us to feel well in daily life. It can also relieve stress and improve sleep, as a result, often due to the formation of consistent routines, which can help us to feel tired at the correct times. Most importantly, it creates what is called a positive feedback loop. Making the effort to maintain hygiene makes us feel good about ourselves and can trigger the reward systems of the brain. This positive feeling causes us to associate the actions involved with maintaining good hygiene with happiness and encourages us to continue doing so.

Personal hygiene is different for everyone, but it involves the same few steps overall. It is vital that we do not judge others, as we cannot know where they are in their own journey. Doing what you can, when you can, is better than never doing anything at all.

Unlocking the Library: A KS3 Student's Guide to Reading

By Jess W.

In this issue, I will help you understand why we care so much about promoting reading and how to maximise the benefits of your library lessons.

Reading is one of those things that seems to divide people.

Some students absolutely love getting stuck in a good book, but others may find it a tedious task. As a school, we are very fortunate to have such a large and well-decorated library, run by dedicated librarians. It's outrageous not to utilise this phenomenal opportunity that helps boost your mental health and your grades.

It is often said that if you don't enjoy reading, you haven't found the right book. I absolutely agree with this. To find the book that's right for you, make a list of things you enjoy. Then look at the different genres that interest you. You can even ask Ms Palfreyman or your teacher for a recommendation. Don't give up if the first book

isn't for you; read the first few chapters. If it isn't for you, ask yourself why? Is it too boring? Perhaps too scary? Too complicated? Knowing this will help you in your triumphant search for the right one.



[Photo by Milan T.]

If you struggle to concentrate or your mind wanders when reading, why not try switching to a fast-paced action novel? Or an exciting story about an alien invasion? Or perhaps try one of our graphic novels? ("*Bunny vs Monkey*" is one of my favourites.)

But Jess, why should I bother?

For one, finding a book you enjoy will make your library lessons fast-paced. One hour of mindless daydreaming about the ideal viscosity of lip gloss isn't time well utilised. Reading fiction has been proven to improve social connections and also enhance intelligence. According to the article "*The Case for Reading Fiction*" by Adam Grant, fiction performs better than non-fiction when it comes to making connections. "*Across 70 experiments, novels did more to boost concern for and understanding of others [than non-fiction]*", Grant claims.

This is great for Year Sevens and students new to the school, who are currently in the key stages of making new friends. Reading and writing make

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you empathise with real people and broaden your knowledge, which are both brilliant qualities to possess!

But what about if you enjoy reading, but can't seem to find a book that meets all your interests? Why not write it? To succeed in writing, you need to write something you're passionate about. Give it a go, mix genres, and if you like what you write, show your teachers. You're bound to get some extra house points!

Writing can be fun if you enjoy it. I should know, I am the published author of my novella *"Castlebound"*, available on Amazon (with over 100 copies sold), if, perhaps, you're looking for your next read! If you need any advice on writing or publishing, please email me at 20whitje@tuptonhall.org.uk.

I hope this has given you some inspiration on how to make the most of our library this year, and don't forget: keep reading!

The Return of the Obsolete

By Poppy K.

Vinyl is one of the oldest modern forms of recorded music, with hymns, early classical chamber ensembles, and even pop artists such as Taylor Swift and Billie Eilish pressing vinyl variations, illustrating a comeback within the span of a few years. But why is this?

Vinyl records were introduced in the mid-20th century and became the dominant format for decades. However, as time went on, problems arose regarding their practicality—most notably the lack of portability and the large amount of space taken up by any sizable collection.

This led them to be replaced with more convenient solutions, most notably cassette tapes in the 1980s and CDs in the 2000s. The practicality, durability, and altogether improved format of CDs made them extremely popular in comparison to the older, arguably more flawed format of vinyl, leading to its eventual decline in popularity.

So why is vinyl still around today, with sales surging into the millions in recent years? I believe the strongest factor lies within the online culture built around music during the COVID-19 lockdowns.

When many people were unable to go outside and keep busy, they returned to one of the most easily accessible forms of entertainment at home: music.

During this period of extended quarantine, a shared, communal feeling of nostalgia took root online. Trends formed around decades, such as the 1980s, when vinyl was still a common format (followed by cassettes, which also had a resurgence, albeit smaller).

Record culture has also been boosted by the founding of *"Record Store Day"* in 2007 and the rise of collectors. At the same time, many listeners have grown frustrated with the limits of music streaming services (such as Spotify) and prefer to support their favourite artists directly.

Exclusive vinyl editions play into this—Olivia Rodrigo, for example, released four versions of her album *Guts*, each with a different bonus track not found on streaming services. This not only encouraged buyers to support her via physical copies but also rewarded them with vinyl-exclusive songs. Other artists often release albums in multiple colours to entice collectors to purchase several versions.



[Photo by Poppy K.]

As a record collector myself, I can personally say that I began collecting records after seeing how

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they were branded as a “retro” and nostalgic way of listening. I especially enjoy the physical experience of opening an album, placing the record on a player, and watching the needle move through the grooves. Experiencing music this way feels far more satisfying than simply pressing play on a screen.

I believe the primary reason for vinyl’s return to the spotlight is its *style*.

With nostalgia being such an attractive aesthetic to younger generations, the return of “old-fashioned” physical media outside of phones has approached quickly—and is likely here to stay until the next big thing arrives.

Marie Antoinette: More Than Just Cake

By Niamh O.

When one hears the name *Marie Antoinette*, one may think of powdered wigs, silk gowns, and the famous, though likely untrue, line: “*Let them eat cake*.” But who really was the queen whose name still sparks debate, fascination, and media attention today?

Marie Antoinette’s short yet unforgettable life began on the 2nd of November 1755 in Vienna, Austria. She was the daughter of the Holy Roman Emperor Francis I and Empress Maria Theresa. At just 14 years old, her childhood ended when she married the future King Louis XVI of France. From the start, many in France viewed her with suspicion and hostility, leaving her isolated and unwelcome in her new home.

Throughout her time as queen, she was harshly criticised for her spending and extravagant lifestyle. While France faced a deep financial crisis and ordinary people struggled to survive, she became famous for her expensive gowns, parties, and gambling. To the public, she seemed careless and indulgent. Ironically, the very fashions that once made her so hated are now admired as iconic. Today, her sense of style is celebrated, even featured in exhibitions like the Victoria and Albert Museum’s *Marie Antoinette Style*, which showcases her dramatic gowns, interiors, and flair for luxury.

Her downfall, however, was not caused by fashion alone. In 1785, she became embroiled in the “Affair

of the Diamond Necklace,” a scandal in which she was wrongly accused of trying to obtain an outrageously expensive necklace. Though she had no part in it, the event ruined her reputation. Rumours spread that she controlled the king’s political decisions, though historians now agree this was highly unlikely.

Then came the French Revolution in 1789. Anger at the monarchy erupted into violence. In 1791, the royal family attempted to escape in what became known as the “Flight to Varennes,” but they were captured and dragged back to Paris in shame. From that point on, they were prisoners, no longer rulers.

King Louis XVI was executed in January 1793. Just months later, Marie Antoinette was put on trial, charged with crimes that were exaggerated or false. She was found guilty and executed by guillotine on 16 October 1793, at only 37 years old.

Her name continues to divide opinion. Some see her as vain, greedy, frivolous and out of touch with the struggles of ordinary people. Others view her as a victim of circumstance—misunderstood, unfairly targeted, and destroyed by forces far larger than herself. Even the phrase “*Let them eat cake*” was likely made up by her enemies (or rather opponents of what she symbolised) to stir public anger.



[Portrait by Jean-Baptiste Andre Gautier D'Agoty]

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It's worth remembering that Marie was sent away from home at 14 to marry a man she barely knew, and then had to learn the strict rules of the French court under immense pressure. Would she have been judged as harshly if she had been a man? Or did her gender, youth, and foreign background make her an easy scapegoat for the people's anger?

If her story interests you, you might enjoy the 2006 film *Marie Antoinette*, directed by Sofia Coppola, which captures both the glamour and the struggles of this unforgettable queen.

The Enigma Code: The Key to Allied Victory

By Zeph M.

Enigma Code was seen as one of the most impossible things to crack, a machine used by the Nazis that turned even the most detailed and destructive orders into strings of random characters. No outsider could read the messages, as only the receiving end with the correct settings could translate them back. In looking back to World War I, we see the first appearance of the Enigma. German inventor Arthur Scherbius created the machine, changing the future of secure communication. Military use of the device soon revolutionised how the Axis powers coordinated their strategies. Although it appeared unbreakable, history would later prove otherwise. (Can you find the hidden message in this paragraph?)

How it works

The Enigma Machine was one of, if not the most secure, message encoders ever used. One letter would be converted into what was seemingly another randomised letter; however, closer up, it is a machine that has over *159 quintillion individual combinations* for ciphering text.

This is due to a combination of 3 rotors, each with every letter in the alphabet, and a plugboard, which changed one input to another (such as changing a P to an I). Additionally, the exact plugboard and rotor patterns were changed daily; all of these factors combined to make the Enigma one of the most impossible machines to crack.

Thankfully, the best were working day and night to crack it.

The starting process

The Enigma Code unsurprisingly went through many evolutions, with parts being added to make it more secure and convenient. The first time Enigma was deciphered was in 1932 & 1933, before the war had even begun, and when the Enigma was still very lacking in extra security. A German spy, to the French named Hans-Thilo Schmidt, managed to obtain the daily keys for September and October 1932, which were passed on to Poland.

From December to January, Polish mathematicians, cryptologists and German translators worked to find techniques to easily translate this machine, which led to them being able to read the Enigma at the time.

Logically, the Enigma grew stronger after this, with new components and then...

Germany invaded Poland.

Tragedy struck in 1939, with the Nazi invading Poland, effectively starting World War II. It was now more important than ever to crack this now almost impossible machine. After the invasion of Poland and France, many were forced to relocate to Algeria or Britain for temporary safety. Lots of research was deliberately destroyed so that no classified information was compromised by the Germans.

The final breakthrough

About 46 miles northwest of London, on the estate of Bletchley Park, the UK's main codebreaking team worked diligently to figure out a solution to this cypher machine, which would have been the difference between ending the war or prolonging it.

The first breakthrough was on December 8th 1941, when Dilly Knox broke the Abwehr code, which was often used by the Abwehr, the German military intelligence. In November 1942, during Operation Torch, when the Allies invaded Occupied North Africa, this knowledge became vital. An actual Enigma machine with a specific rotor and plugboard configuration was captured.

By using messages sent to the Abwehr, the Daily Enigma Cypher was broken.

For the rest of the war, this ability to decipher codes was crucial for the Allied Victory. The Enigma code being solved was the key to Allied victories, and thanks to the work of Alan Turing, Dilly Knox,

and many more, it is estimated that the length of the war was cut by 2-4 years, saving millions of lives.

Operation Raise the Colours: From Local Protest to National Debate

By Anonymous

The English flag has carried different meanings since its first formal use in the 1270s. Today, it is being displayed in towns and cities across the country as part of a campaign known as “*Operation Raise the Colours*.” Supporters describe it as a patriotic initiative, while others note that the flag has also been used in more divisive contexts.

Media reports link the campaign’s early displays to Weoley Castle, Birmingham, where local residents known as the *Weoley Warriors* began putting up flags. Their stated aim was to express national pride. Since then, the idea has spread to other communities.

At the same time, counter-extremism groups and journalists have reported that far-right organisations have adopted the same slogan. This has led to debate about whether the flag in this context represents patriotism, protest, or politics.

Immigration is often part of this wider conversation. In the UK, asylum seekers - people applying for protection under Article 14 of the Human Rights Act 1998 - are eligible for financial support while their claim is processed.

Public discussions about asylum frequently touch on cost and resources. Some argue that money spent on asylum support could be used elsewhere, such as tackling homelessness. Government budgets, however, are allocated across specific departments, and reductions in one area do not automatically lead to increases in another.

Concerns about crime are also raised. Official statistics show that crime occurs across all groups in society. Researchers caution against linking criminal behaviour to immigration status or nationality, noting that generalisations can distort public understanding.

The case of *Operation Raise the Colours* demonstrates how symbols can acquire new meanings. For some, the flag remains a

straightforward sign of pride and identity. For others, its recent use is associated with political or social division.

What is clear is that symbols do not have a single, fixed meaning. Their significance changes depending on who displays them and in what context.

Can We Preserve Language and Culture in a Modernising World?

By Iris F.

A language is more than just the basis of communication.

It is the primary vehicle for transmitting a culture's history, traditions and values to global society, and more importantly, the preservationist instincts of which are wrapped around culture. Families often pass down their traditions, stories and values through words, securing their heritage for the generations yet to come. These shared familial expressions and beliefs give each community, divided by language, its own character, further helping evolve perceptions on the way the world is seen by individuals and their role within it. And thus, if the language thrives, the culture does so too ... right?

Language embodies centuries of history and traditions, shapes culture and connects societies. This contrasts with the many factors in the world that reduce the diversity of different beliefs, which importantly affects our own understanding of each culture, as we can appreciate the cultural differences. But, how much longer can our cultures thrive in the new modern world?

Media is spreading to more and more societies and is progressively eroding the unique traditions and values that each culture holds. For instance, television has encouraged cultural exchange by sharing cultural practices and lifestyles. And whilst this is a positive outcome of the development of technology, dominant cultures have grown stronger, overshadowing smaller ones. Worldwide society may soon turn into one single uniform culture, with very little diversity left. We can stop this and ensure that the media can still be used as a

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tool for sharing information about cultures, whilst preventing the abolition of cultural identity. But have there been any similar examples of this in history?

One ancient example is the Mayan empire. At its height between 2000BC and 250AD, the Mayans extended across modern-day Guatemala, parts of Mexico, Belize and the Yucatan peninsula, qualifying as one of the most dominant civilisations of its time. The difficulties of climate change led to widespread drought, resulting in famine and abandonment of the towns and cities, although it can be argued that the collapse of the classic Mayan civilisation in central America was due to Spanish invaders raiding their towns and villages – overall, it was believed they disappeared.

Despite this, their descendants still strive to keep Mayan culture and heritage alive because of their history and traditions and the legacy of their ancestors. This teaches us that we do not have to let one challenge destroy a culture. If we respect and unify each of our cultures, we can conserve them with the help of every social and cultural network.

And so, we conclude that as a society we must adapt and grow with the changes that globalisation brings, whilst also cherishing each unique culture and language. By doing so, the tensions between globalisation and cultural preservation can decrease, and the two factors, both equally important in sustaining a balanced world, can perpetually exist in unity. Language, as a symbol of a group's identity, must not be overlooked. We surely cannot allow the modern-day factors like media and globalisation to contribute to the diminution of culture.

If we protect cultural diversity, we can safeguard inherited traditions and language, ensuring an inclusive, richly diverse future for the next generations. The responsibility is ours today, so that no language or culture is lost tomorrow.



[Photo by Milan T.]

