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I am delighted to welcome you to CNS. Enjoy reading our prospectus, providing you with information on our excellent school.

Jo Philpott, Headteacher

Welcome to CNS

Here at City of Norwich School (CNS), part of Ormiston Academies Trust (OAT), we know that choosing the right school for your child can be a challenging experience. Our motto of excellence in all reflects our vision of achieving the very highest standards in everything we do, alongside a strong ethos of community and care.

We aim to prepare students to achieve academically and socially for the lives and careers ahead of them. Our broad, balanced and enriching curriculum will enable your child to grow in academic and creative depth, as well as confidence and happiness. Our stimulating subject curriculum and diverse co-curricular opportunities will equip your child with the necessary skills to enable them to assuredly take their next steps towards their deeply rewarding life.

We warmly invite you to come and see the school for yourself and meet our staff who take immense pride in their school and the students they teach, support and care for.

Jo Philpott, Headteacher



CNS Vision

To be a centre of excellence, instilling pride in all members of its community.

At CNS, we aim to raise the aspirations of every student through the provision of high-quality education and enable them to function in and contribute to society. Excellence will be celebrated at every opportunity.

Our motto of excellence in all applies to everything we do, with all members of the CNS community demonstrating the CNS values and characteristics of being hard working, resilient, kind, perseverance, safe and happy.

As a school with a history of over 114 years, the shared heritage, longevity of service and renowned contribution to the local community instils pride in all that are connected to CNS.



Pupils are proud to be a part of the City of Norwich School community. They say staff and leaders care about their needs and interests. This makes them feel happy, safe and included.

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CNS Sponsor

CNS is a member of Ormiston Academies Trust (OAT), one of the largest not-for-profit multi-academy trusts in England.

Its aim as a charity, alongside its schools, is to help provide local children with a great education. OAT is one of the longest established trusts, sponsoring academies since 2009.

OAT's mission and values

OAT believes that strength and impact are maximised by working as one team – from which comes its commitment to achieving more together – underpinned by its values:

- Anyone can excel: unwavering belief that everyone can achieve
- Enjoy the challenge: perseverance pays dividends
- Share what is best: we achieve more from working together
- Be inclusive: celebrating our diversity and practicing equity



Awards

Norfolk Education Awards School of the Year

CNS was awarded School of the Year in the EDP's Norfolk Education Awards 2023, in recognition of our work and activity above and beyond what would normally be expected of a secondary school. It celebrates our inclusivity, commitment to learning, emotional and physical development as well as our work within the local community.

SSAT Framework for Exceptional Education

CNS has been accredited by the SSAT's Framework for Exceptional Education for our approach to transforming practice in a variety of teaching approaches, and recognising that our practice is amongst the most exceptional nationally.

United Against Bullying Gold

CNS has been awarded a United Against Bullying Gold School award for demonstrating our commitment to stopping bullying and improving the wellbeing of our pupils. We are one of only 11% of nearly 300 schools who completed the programme that achieved the highest accreditation.

Platinum Arts Mark

CNS has been awarded Platinum Arts Mark status in recognition of our work and extensive commitment to the arts. This is the highest accreditation and one held by only 8% of schools nationally.

Gold Science Mark

CNS has been awarded the Gold Science Mark, in recognition of the excellent work undertaken by our science department. It shows that we are delivering inspiring lessons for students and demonstrates our science department's commitment to high-quality science education.

Eco-Schools Green Flag

CNS was granted the Eco-Schools Green Flag accreditation in June 2025, acknowledging and celebrating the ecological achievements of our pupils and demonstrating that we are forward-thinking academy that promotes youth-led environmental education and action.

CNS Heritage

City of Norwich School was established over 114 years ago and has been a key part of the educational landscape of Norwich ever since.

The school opened as a boys' grammar school in 1910 and its rich history is well documented. We are very proud of this cultural heritage and we remain loyal to our historic roots whilst continually regenerating and redefining ourselves to meet the needs of all members of our school community.

The beautiful, original building is still in use today, and sits alongside our dedicated, modern facilities for science, mathematics, the arts, and sixth form.

House System and the School Day

CNS is divided into five houses called Blakeney, Holkham, Kelling, Thornham and Winterton.

Each house has a dedicated house leader, deputy house leader and a pastoral manager. House leaders are responsible for helping each child to achieve the highest standards possible, and for closely monitoring the progress of each child in their house. The pastoral managers are here to support students' wellbeing and welfare while they are at CNS.

The house system helps to build team spirit and enables the recognition of individual student achievement. Each house has a mixture of students from Years 7 to 11 and each child will be in the same house throughout their five years at CNS.



The school day starts at 08:35 with registration and form taking place from 08:35 until 09:00.

Lesson 1: 09:00 - 10:00
Lesson 2: 10:00 - 11:00
Break: 11:00 - 11:20
Lesson 3: 11:20 - 12:20
Lesson 4: 12:20 - 13:20
Lunch: 13:20 - 14:00
Lesson 5: 14:00 - 15:05

The school follows a two-week timetable with a different arrangement of lessons in each of those two weeks.

Term dates are available on the school website.



CNS Sixth Form

Our thriving sixth form offers students space, time and breadth; with 33 different subjects on offer, above average teacher contact time and outstanding study facilities.

Our modern, purpose-built sixth form block named the Elkins Centre is situated within the school grounds, separated from the main school. The single-storey, state- of-the-art building provides the sixth form reception, library, study area, and café, along with four classrooms. In addition, the study hall within the main school is a bespoke area for our sixth form students and complements our ethos of developing our students into independent learners. This excellent facility is designed to feel like a university library, with space for independent computer work, silent reading, and working spaces.

During Key Stage 4, students are given the opportunity to experience sixth form lessons and use the facilities to support the transition into CNS Sixth Form.

There is a separate sixth form prospectus which can be viewed online at cns-school.org/sixth-form-prospectus. If you would like to receive a hard copy, please contact the school on 01603 274000 or email office@cns-school.org.

Curriculum and Inclusivity

The curriculum at CNS demonstrates breadth and balance in all key stages, with emphasis on subject depth at Key Stages 4 and 5.

It aims to equip students with the skills and knowledge to progress to aspirational pathways. It is inclusive, accessible and challenging for each child, and adaptable to the needs of all learners so that they feel connection to their learning.

Key Stage 3 - Years 7, 8 and 9

- English
- Maths
- Sciences
- History
- Geography
- Creative Technologies
- Performing Arts
- Philosophy and Religious Education
- Modern Foreign Languages Spanish, French and German
- Personal, Social, Health and Economic (PSHE)

Key Stage 4 - Years 10 and 11

In Key Stage 4, students follow a programme of chosen subjects which ends in GCSE examinations or equivalents. Courses are chosen in Year 9 when students can express their preferences from a wide range of subjects. Additional courses are also available for students wishing to enhance their academic achievements.



The work towards transition between junior school and secondary school has been really good; my child feels happy, settled and interested in learning.

Year 7 parent



My child is very happy at CNS, he is supported and encouraged, he has great teachers who see his strengths and help him with his weaknesses. I like that he receives praise for good behaviour and attitudes.

Year 8 parent



Additional learning

At CNS we believe everyone should be treated equally, with respect, consideration, and tolerance.

Our vision for all students is that no special educational need or disability should prove a barrier to making progress in their learning, emotional and social development, and independence.

Our additional learning team at CNS works closely with parents and carers, pastoral managers, and house leaders regarding young people with special educational needs or disabilities to understand their needs and support them to explore the best way of working.



Pupils with special educational needs and/or disabilities (SEND) receive strong support. Leaders accurately identify the needs of these pupils. Teachers are knowledgeable about how to support pupils with SEND in accessing the curriculum. Leaders ensure that pupils with more complex needs get specialist support. Consequently, pupils with SEND achieve well.

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Co-curricular

Our extensive co-curricular programme is an integral part of our whole curriculum offer, consisting of over 60 clubs, subject enrichment activities, visits, social action, and charity events.

This supports the development of the physical, mental, spiritual, cultural, and intellectual health of all students and builds their resilience in and beyond the classroom. The wide range of thriving clubs and activities provides our students with the opportunity to further their existing interests or discover completely new ones.

Duke of Edinburgh's Award

The Duke of Edinburgh's Award inspires and transforms the lives of young people and is a passport to a brighter future, valued by employers and universities. CNS is a direct licensed centre for the Duke of Edinburgh's Award scheme offering Bronze, Silver and Gold Awards and is one of the largest DofE provisions in the county.

Youth STEMM Award

The Youth STEMM award provides a focused and engaging framework for young people to further their passion, knowledge, and skills in STEMM (Science, Technology, Engineering, Maths, and Medicine).

Social Action

We are proud to offer a wide range of impactful social action opportunities through our student leadership groups. These include Form Ambassadors, School Councils, Eco Groups, Enrichment Ambassadors, Subject Ambassadors and more.

Our Student Voice representatives play a key role in developing and leading initiatives that promote wellbeing, inclusion and positive change, both within school and the wider community. Through collaboration, creativity, and active citizenship, our students are empowered to make a real difference.



Eco-Schools

Students who wish to join the Eco-Schools team learn about impactful environmental actions and consider environmental changes that they can make in their school and everyday lives. We proudly hold the Green Flag school accreditation.

Drama

Students who have a passion for drama can participate in a wide variety of workshops and performances, and benefit from local and national partnerships including the National Youth Theatre, LAMDA, Guildhall and Norwich Theatre.

Dance

Students who are interested in dance can experience a wide variety of styles and genres in the newly refurbished dance studio. Join the competitive dance or recreational clubs and take part in performances and competitions locally and nationally.

Sport

Rugby, Netball, Football, Fitness, Handball, Cricket, Tennis, Badminton and Athletics make up just a few of the sporting opportunities that enable regular competing and performing, both locally and nationally.

Music

We have a variety of ensembles and clubs including Orchestra, Brass, Strings, Saxophone, Stage Choir, Percussion, Jazz, Clarinet, Flute, Keyboard, Guitar and Ukulele. Students also benefit from our partnership with the Guildhall School of Music and Drama. Opportunities include live performances, workshops and tours both in the UK and abroad.

Others

Other clubs available include Creative Writing Club, Reading Group, Colourful Collective, Film Club,

Cheerleading, Warhammer, Gardening, Knitting, Cultural Celebration, Lab Rats, Photography Club, Art Club, Darts Club, Robotics, Games Club, Baking Club and Debate Society. This list is always evolving thanks to our dedicated Student Voice representatives.

Parents and Community

We aim to make sure each child is happy and progressing.

A key element to this is good communication with parents which includes the following:

Parent information events

- Years 7 11 progress and information evenings
- Year 9 Preferences Evening
- Parent consultation evenings
- Progress review events

Attainment and progress

Parents are able to monitor their child's progress, attendance and behaviour via their individual Go4Schools page, online.



Incredibly well-managed and communicative school with lots of extracurricular activities for children to enjoy outside of a classroom setting. Very supportive of children's education and striving for the best possible outcomes for all children.

Year 9 parent

School reports

Parents receive regular summary reports which give a snapshot of progress and a full report once a year.

Communication

Parents can keep in touch with the school news through the school website and social media and a weekly newsletter is sent via email to parents and carers. Parents are also welcome to contact the school at any time by calling Student Services on 01603 274029.

Community events

CNS holds several community events each year including Heritage Day, Super Science Saturday, the CNSA Fest, and various performing arts performances and concerts.

City of Norwich School Association (CNSA)

The CNSA is a friends' association and members include parents, carers, and guardians of current CNS students plus all staff and governors. It exists to support the school and enrich the education of the students by raising funds, arranging events, and developing positive relationships between parents, staff and the wider community.

The CNSA is a registered charity (1003770) and a member of PTA-UK.



Student Wellbeing and Support

At CNS, our pastoral team is here to support your child's wellbeing and welfare.

We have a pastoral manager for each house and specialist inclusion mentors. Our pastoral support begins when we welcome Year 6 pupils for their transition experience at the end of the summer term. During this time, pupils enjoy a range of activities and taster lessons to encourage confidence and familiarity for when they start in September.

We also deliver a wide programme of social and emotional guidance throughout the school year, during tutor times, assemblies and personal, social, health and economic (PSHE) education.

CNS also has a full-time qualified Registered Nurse on the school site every day between 08:30 and 15:30, who is available to all students and staff.

Pip - our school therapy dog

We are very lucky to have our own therapy dog called Pip, a Cavapoo who lives with Mr Innes. Therapy dogs have become more common in schools over the last few years and are found to be hugely beneficial to both pupils and staff.

Some of the benefits include:

- Supporting student wellbeing and increasing confidence
- Teaching empathy and appropriate interpersonal skills
- Enhancing relationships with peers and teachers
- Reducing stress and anxiety, resulting in improved learning outcomes
- Encouraging a sense of responsibility, improved motivation, and positive change towards learning

Personal Development

At CNS we recognise the personal development of students as a fundamental part of our academic and pastoral work.

Personal development

Students in all key stages participate in a rich programme of personal development and guidance intended to create well-rounded local, national, and global citizens who develop good character, wellbeing, and resilience.

They can engage with a range of topics and external speakers through form time, lessons, assemblies and collapsed timetable days.

CNS alumni

CNS is in an enviable position to tap into a vast range of impressive former CNS students.

These alumni share their experiences since leaving school and can help to motivate and inspire our current students to feel more confident in making decisions about their future. At present we have almost 150 former CNS students from a range of careers registered and sharing their talent and experiences.

Student Voice and Leadership

At CNS we encourage 'excellence in all' and strive to help all students meet and exceed their potential.

Students are encouraged to take risks in their learning to build resilience and confidence, which in turn develops

independence and responsibility. We want to help them develop into the leaders of tomorrow and with this in mind we have a strong development, leadership, and co-curricular programme.

Head and deputy head students

Each year, CNS appoints new head students from Year 12, and deputy head students from Year 10 to represent and act as ambassadors for the school. They work directly with the Headteacher and meet regularly to work to make CNS an even better and stronger community.

Student Voice

Student Voice is an important part of CNS's daily life. The student councils play a leading role in promoting our students' involvement in the way the school is run. Student councils are made up of students from each house and they represent the school's views on various issues.



Pupils have a strong voice. They value how leaders listen to their views. Pupils lead groups such as 'expect respect' and 'COD' (celebrate our differences). These groups challenge leaders to make changes. Pupils talk with passion about the impact their initiatives have on the school. This helps them develop high levels of self-confidence, responsibility and respect.

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Music Scholarships

As a subject discipline and a creative pursuit, music echoes many of the aims and values of CNS, and we strive to be at the forefront of schools' music locally, regionally, and nationally.

We offer up to 10% of available places each year to students with a potential for, aptitude, or ability in music.

Students benefit from reduced-price individual music lessons, priority for music trips and visits, and access to work with the Guildhall School of Music and Drama in London.

CNS Partnership with the Guildhall School of Music and Drama

CNS works in partnership with the London Guildhall School of Music and Drama. This partnership brings

many opportunities to CNS students and cluster schools, both in and out of school including:

- Masterclasses from professional musicians
- Recitals and concerts
- Visits to the Guildhall and Barbican in London
- Specially devised projects for CNS students

Norfolk and Suffolk Music Hub

CNS is one of a select group of schools across Norfolk and Suffolk that has been appointed as a Lead School for Music.

As a Lead School, CNS works closely with the Music Hub to champion local music activities and promote inclusive musical pathways for students.









An Ormiston Academy – Excellence in all

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Ormiston Academies Trust

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