



# AROUND THE PALACE

## Macbeth at Whitgift School



Many thanks to Whitgift who have kindly sent us some additional photographs from their outstanding production of Macbeth, which featured a number of our students. Congratulations to Yasmin who played Lady Macbeth, Emily S who played Lady Macduff, Idara who played the gentlewoman/Hecate and Charlotte W and Sasha W as the witches.

## Welcome



May I start by wishing all our families a very Happy New Year.

We started the term with our entrance examination for prospective Year 7 pupils and internal examinations for Years 9 - 13. I look forward to next week when the normal school timetable will resume.

Further to my end of term letter confirming the appointment of my successor, I am delighted to announce that Jane Burton will be attending our forthcoming Open Day on Saturday, 9 February at 2pm. I would like to encourage prospective families to take this opportunity of meeting Jane, who will take over from me when I retire at the end of this academic year.

Carol Jewell, Head

## Macbeth at Whitgift School *continued*

Director of Drama, Mr Daniel Pirrie said, "The choices the creative team, led by Keith Bartlett, Guest Director, made were audacious to say the least. The commitment to mime and gesture in place of props and stage furniture compelled the audience to see daggers, ghosts and letters for themselves, and made the tragedy all the more tense as Macbeth's downward spiral into fractured megalomania played out in front of our eyes".

Mr Pirrie concluded, "The production provided powerful performances, an extraordinary set and clever story-telling. Well done to the whole company for their total commitment to this memorable production: the endless hours of rehearsals were testament to the production's quality and it was a joy to see so many pupils and staff captivated in the audience".

Photography © DFPhotography



## Croydon Athletics Competition



A small team of six students competed in the Croydon Sports Hall Athletics Competition at The Quest Academy. The field events were first and students worked hard in the Shot, Long Jump, Triple Jump, Vertical Jump and Speed Bounce Competitions.

The students did really well in these events which stood them in good stead for the track events. We certainly got a few first and second placings in the field events, so well done!

The track events were tough; a combination of agility, speed and the ability to pace. Jessica won her six lap event and times in other events were promising.

Overall, the Year 8 athletes came 4th which was a great result.

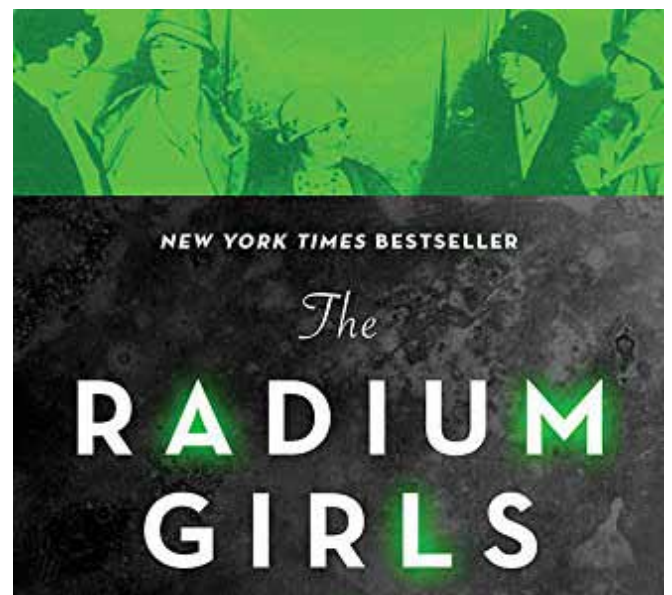
Team: Jessica, Patricia, Mary-Rose, Kei Kei, Knightly and Deborah

## World Book Week

**World Book Week** this year runs from 4th - 8th March and incorporates both World Book Day on 7th March and International Women's Day on 8th March.

Our theme this year is 'Non-Fiction'. Kate Moore will be visiting us during this week to talk about *The Radium Girls*, and the process she went through using unpublished diaries, letters and interviews to bring alive the experiences of *The Radium Girls* and their fight for justice.

More information on her visit to follow.



## Book Fair Update

A big thank you to all the parents for supporting the Book Fair in December 2018 and making it a huge success. We raised £851 which means the Prep Library will receive new literature to this value as a result of our sales.



## Science Live

In December, Year 10 attended the GCSE Science Live event at the Victoria Apollo Theatre, home of the musical *Wicked*.

It was an extremely interesting and enlightening trip, especially the talk on the moon, whereby we all realised that we are luna(r)tics! Dr Maggie Aderin-Pocock's passion for her subject shone through, which was also the case for the other four speakers, including Professor Andrea Sella and Professor Robert Winston.

Adebolarinwa commented that:

*'Science Live was an experience that broadened my understanding of all three sciences. Moreover, it allowed us to feel like a mature audience, being spoken to in a mature and scientific way.'*

Sanaa, Year 10



## SPRING 2019 LUNCHTIME RECITALS

**1 FEBRUARY**

STUDENTS FROM OLD PALACE OF JOHN WHITGIFT SCHOOL

**8 FEBRUARY**

RYAN POLLOCK, BASS

**15 FEBRUARY**

SIMONE ALESSANDRO TAVONE, PIANO

**22 FEBRUARY**

HEATHER EASTING, ORGAN

**1 MARCH**

AIDA DUO (ALIS AN, PIANO & INÊS DELGADO, VIOLIN)

**8 MARCH**

STUDENTS FROM CROYDON HIGH SCHOOL

**15 MARCH**

JUHEE YANG, VIOLIN & MARIA TARASEWICZ, PIANO)

**22 MARCH**

HUGH BECKWITH, TENOR & HEATHER EASTING, PIANO

**29 MARCH**

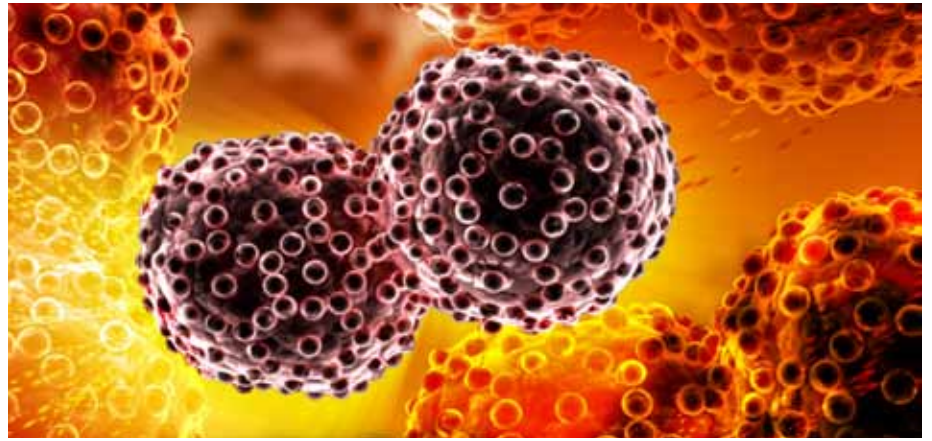
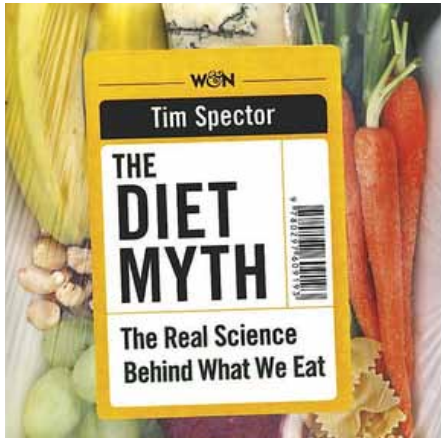
TRINITY SCHOOL PIANISTS

40 MINUTES OF MUSIC  
ON FRIDAYS AT 1.10PM

BRING A PACKED LUNCH  
FREE ENTRY – DONATIONS TO MINSTER FUNDS

CHURCH STREET, CROYDON, CRO 1RN  
TEL: 020 8688 8104  
WWW.CROYDONMINSTER.ORG





In November, the Year 12 biology students had the opportunity to attend the *Biology in Action* lectures at the Emmanuel Centre in London. This was a series of talks designed to help biology students explore a range of related careers and hear advice and insights from successful scientists.

The day began with a thought-provoking talk about Marine Biology by Helen Scales. This detailed the incredible inhabitants of the ocean, who have adapted to factors such as high pressures, pH and oxygen concentration. Some of these animals, living all the way from the sea level down to the midnight zone (100 metres down), can even live for centuries. Her talk also touched on exciting new discoveries; for example, hydrothermal vents, (discovered only 40 years ago) contain many new interesting organisms, and run on chemosynthesis rather than photosynthesis due to low light levels. The concept and products of chemosynthesis are promising for finding a cure for new superbugs, and scientists are currently searching the Challenger Deep (11km deep in the Mariana Trench) for any new developments.

Next, there was a talk by eminent breast cancer specialist Professor Clare Isacke. She outlined the three aims to prevent or cure cancer; stop it before it starts, catch it early and “get smarter” in terms of its treatment. An inhibitor has already been used to stop excessive cell proliferation, but to stop further mutation it is necessary to stop the founder mutation.

Another recent development in treatment was discovered by the winners of this year’s Nobel Prize for Physiology or Medicine (James

Allison and Tasuku Honjo). This entails the removal of the “brakes” (binding proteins) the cancer uses that inhibit the cancer’s destruction using the drug Nivolumab. Isacke also explained the importance of “personalising” cancer therapy and also the prevention of cancer.

Then, neuroscientist Elizabeth Bradbury explained the significance of treating spinal injuries. Common spinal injuries tend to get worse with time: the spine can often break and leave a large hollow cavity in the middle. However, due to the scar tissue healing chronically over this, the cavity cannot be treated. Using rodent models, researchers were able to find a new way of restoring hand function: Chondroitinase Therapy. The scar tissue is broken down by this enzyme, meaning that the spine can regenerate. An “off switch” to this therapy was created, so that the protein could stop being expressed if necessary; however this was not needed, as only long term chondroitinase therapy works effectively. This therapy now needs to be tested on larger animals, but the results are very promising and may be used in humans soon.

Leading Geneticist, Tim Spector (who ran the huge Twins UK project, studying the genome of 13,000 twins) gave a talk detailing the work of a relatively newly found organ, the microbiome, which is a collection of microbes situated in our stomachs. Spector tested this out by going on a variety of different diets: a 10 day McDonald’s diet lowered microbiome diversity by a shocking 40%, however, living with an African hunter-gatherer tribe for only three days increased the diversity by 20%.

The microbiome is incredibly unique with even the microbiome of identical twins differing. Microbiome diversity could be the key to treating certain illnesses too! As repulsive as it sounds, ingesting the faeces of someone with a flourishing microbiome can ease the effects of ulcerative colitis and some cancers. Measuring microbiome diversity has also proven useful in other ways, such as tracking sugar levels in diabetic people. Finally, to tend to the biological garden, eat a wide variety of plant material. The best foods to keep it in shape are Jerusalem artichoke and live yoghurt!

Other presentations included a live microscope practical by Marty Jopson, who appears regularly on the One Show, and a talk on exam technique by Biology Teacher of the Year 2017, Leah McClure.

This was a wonderful opportunity for the Year 12 biologists, since it helped reinforce what is learned in lessons and explore different aspects of biology that might help develop new ideas for a career. It is incredibly useful to attend these events (a great addition to CVs and personal statements) as some fellow students said:

“I never knew I would find an interest in marine life or aquatic environments, but the talk I attended at the biology lectures opened my eyes and gave me a new perspective on a career in marine biology”.

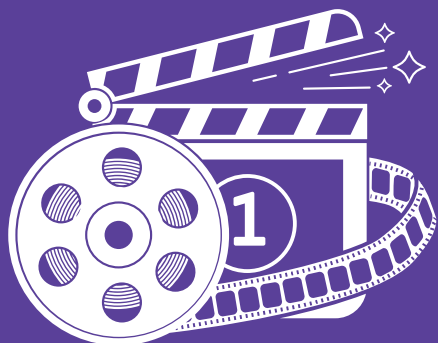
“It was very interesting to hear the speakers talk about the things they specialise in!” All in all it was a fascinating day and I would strongly advise any aspiring scientists to attend these lectures in the future.

**Alex, Year 12**

# Modern European Cinema Masterclass

Wednesday 23rd January 2019 4.30pm - 6pm

“Trends in European cinema and the use of film to learn languages”



The masterclass will start with a presentation on changes in European cinema since the New Wave (1960s) and MFL staff will be introducing the context behind two major films.

We will select two major scenes from those same films and pupils will be given time to imagine an ending, produce their own dialogues and film their work.

The event will take place at the Senior School.  
Payment for this Masterclass costs £10 and is via WisePay

# Science Masterclass Year 5-6

9th February 2019 1pm-3pm

This is an exciting opportunity to carry out experiments in three different specialist subject areas; Biology, Chemistry and Physics. You will take part in three separate 40 minute workshops.



## Biology

The Senses

In Biology you will carry out a set of exciting practical investigations to learn more about how your senses work. You will also learn about some of the differences between your senses and those of some other types of animals.



## Chemistry

Chemical Detectives

The Chemistry workshop will provide the opportunity to work in one of our laboratories and carry out some chemical tests to identify some mystery chemicals. Who will be able to identify them all correctly?



## Physics

Static Electricity

The Physics workshop will involve a series of hands-on activities to experiment with static electricity. You will take part in some hair-raising demonstrations, as well as learning about some of the many uses - and dangers - of static charge.

The event will take place at the Senior School.  
Payment for this Masterclass costs £10 and is via WisePay

## Year 10 Sports Leaders



A group of Year 10 Sports Leaders visited Preparatory to hold a series of activities for the students in Year 4. I am able to say that it was an enjoyable event for both the leaders and those taking part. As a Sports Leader myself, I believe that it really enabled me to put the leadership skills we had discussed in lessons into practice.

**Anita, Year 10**

## Hockey News

This term, we are fortunate to be able to go off site to a nearby astro pitch to play hockey. Most students in Year 7 and 8 will be using this facility. Hockey is a great sport and being able to play it broadens the experiences of the students at Old Palace. There are lots of hockey clubs around the Croydon area for anyone wanting to take up hockey outside of school, and Miss Rodwell will be running a Hockey Skills Club towards the end of January.

If your daughter is doing hockey, as outlined in the In Touch message, then please ensure she has shin pads and a mouthguard.



*Year 8 students refreshing their hockey skills from last year.*

## Debating Success

Last term, Rida and I attended the preliminary round of the English Speaking Union's (ESU) Debating Competition, which was held at Whitgift School. It was the first time we had attended a debating competition and although we had been preparing, the nerves took hold.

Luckily, last summer I had the chance to attend the ESU's Debate Academy, a five day residential summer school for young people interested in debate. I was fortunate enough to get a bursary that enabled me to attend and I was placed with other beginners so we were all at the same level. I learnt numerous skills that are not only helpful in a debate but in everyday life, from how to structure an argument well to how to deliver a speech in an engaging and unique style. We also took part in eight practice debates during the week, which paid off both in preparation for the competition and the competition itself.

During the first two debates we had

the opportunity to be members of the floor, or audience. What was clear was how well prepared, passionate and distinctive each speaker was, regardless of motion. We even got the chance to ask questions to other speakers, which in turn helped them with their summary.

We were opposing the motion: "This House would weight votes, so that the younger the voter the more powerful the vote". This was a challenge, especially since presently there is much focus on empowering young people and the importance of the youth voice, which we both advocate. When it came to our debate, we both knew that whatever happened, we were proud of the work we put in and the confidence we had gained in the process.

At the end of the competition, Whitgift provided pizza and we got a chance to chat to our fellow debaters, finding out we all shared a passion for politics and public speaking. Eventually the judge returned with her verdict. Her

general feedback was very helpful, including the idea of explicitly stating arguments at the very start of our speeches. She also complemented us on our individual styles and response to the other team. She then revealed the teams that were going through and we were one of them!

We are now busy preparing for our next debate and are excited to see some familiar faces at the next round.

The ESU runs many national and international competitions annually, along with Debate Academy. I would most definitely recommend attending Debate Academy, as it is something different to do in the summer holidays as it not only provides you with an array of skills but enables you to meet like-minded young people from all over the world. I look forward to attending again next year and to our upcoming debate in January.

**Jessica, Year 12**

## Italian Cooking Club

In December, students of Italian in Years 8-11 had the chance to cook the authentic Italian tiramisu. Through a series of Italian cooking instructions, we developed our spontaneity and listening skills in Italian. We were able to put in practise what we learnt in class and as well learning a life skill as cooking. The result was D-E-L-I-Z-I-O-S-O.

Hosanna, Year 11



## ABRSM Results

Grade 1	
Aarna	Year 5
Violin	Distinction
Grade 2	
Tahalia	Year 7
Flute	Merit
Grade 3	
Hazima	Year 10
Trumpet	Pass
Toluwanimi	Year 10
Trumpet	Pass
Grade 4	
Anna	Year 9
Violin	Pass
Grade 5	
Phoebe	Year 12
Singing	Pass
Ellie	Year 11
Theory	Distinction
Olivia	Year 11
Theory	Distinction
Grade 6	
Sabrina	Year 11
Singing	Merit
Nadia	Year 11
Flute	Distinction
Shreya	Year 12
Singing	Distinction
Dhanisha	Year 13
Flute	Merit
Hana	Year 11
Piano	Merit
Grade 7	
Jessica	Year 11
Singing	Pass
Kirsten	Year 12
Flute	Merit

*Correct at the time of going to press*