



# AROUND THE PALACE

## Croydon Schools Year 7 And 8 Swimming Championships



The prestigious Croydon Schools Year 7 and 8 Swimming Championships took place at Trinity pool on Thursday evening. Old Palace girls swam extremely well with a total medal haul of 16!

Zino, Year 8, swam an excellent 50 metre Freestyle race, in a very fast time, finishing in second place. Catherine and Natalia both finished in third position, picking up bronze medals in the Year 8 Backstroke and Butterfly events respectively. Mya also competed, stepping in at very short notice, in the Year 8 Breaststroke achieving a creditable sixth position.

Year 7 girls Rosemary, Keno and Clodagh, all representing Old Palace for the first time, competed with enthusiasm and determination. Rosemary achieved a brilliant third place in a closely contested Butterfly event, just missing out on a silver medal at the finish. She also swam the combined Year 7 and 8 Individual Medley event, which involved swimming a length of Butterfly, Backstroke, Breaststroke and Freestyle. Keno finished in a commendable fourth place in her Backstroke event and Clodagh fifth in the 25 metre Breaststroke.

Old Palace also won medals in both the Medley and Freestyle relays. Well done to all swimmers involved and a big thank you to Mrs Smith, who did a fantastic job as Team Manager and Mrs Jewell, who came along to spectate and cheer the team on.

## Welcome



There have been plenty of exciting sporting activities this week.

On Wednesday evening, I enjoyed cheering on our Year 7 and 8 swimmers at the Croydon Schools Swimming Championships which were held at Trinity. Many congratulations to our pupils on winning a total of 16 medals.

On Thursday, we were delighted to welcome local primary schools to our annual Hockey tournament at the Senior School.

Looking ahead to next week, Pre School parents are encouraged to visit our Preparatory School Open Morning on Thursday, 24 January at 9.30am.

It's a great opportunity to see the Prep School in action and listen to Mr Horton's talk on life in Reception.

Carol Jewell, Head



## Meet The New Head

**Current Parents** are invited to meet Mrs Jewell's successor, Mrs Jane Burton, on:

Friday, **1 February**  
4.30pm – 6pm  
at the Senior School

*Note: this occasion is for parents only*

**Prospective Families** are invited to meet Mrs Jewell's successor, Mrs Jane Burton, at our next Open Afternoon on:

Saturday, **9 February**  
2pm at the Senior School

### Year 1 Make Viking Bread



As part of our 'Travel and Transport' topic, Year 1 have been learning about Vikings and their longships.

We followed a recipe to make Viking bread and had to use our Viking strength to knead the dough and cut the bread once it was ready. We enjoyed eating it with a little bit of honey. It was delicious!



## House Reading Challenge Update

Congratulations to Stafford and 6W, who are currently ahead in the House Reading Challenge.

Since September, over 200 book reviews have been submitted with each review counting as one house reading point. The Review Collection is updated termly, with students who have written six or more reviews receiving bookish prizes and the chance to win author signed books.

Congratulations to Christina F, Shazia, Joylin, Isabel, Grace B, Anja, Daisy and Fatima K (this term's winners), for submitting six or more reviews. Winners of signed books were Christina and Grace who won signed copies of *Red Wolf, White Rabbit* by Tom Pollock and *Jake's Tower* by Elizabeth Laird. Outstanding reviews that have received merits include those from Shazia, Isabel and Christina F, with their reviews on display. All reviews are available to view in The Friends' Library.

To be in with a chance of winning prizes next term, including the chance to win a signed copy of *Noah Barleywater Runs Away* by John Boyne (author of *The Boy in the Striped Pyjamas*) students need to submit six or more book reviews to The Friends' Library by **Thursday 25th April**



## Coming soon... Book Award shadowing



The spring term brings many reading opportunities, with **World Book Week 4th – 8th March** also incorporating World Book Day on Thursday 7th March.

*More information to follow.*

It will also see the start of lunch time shadowing groups where, over two to three months, students meet to read and review books shortlisted for awards and vote for the books they think should win.

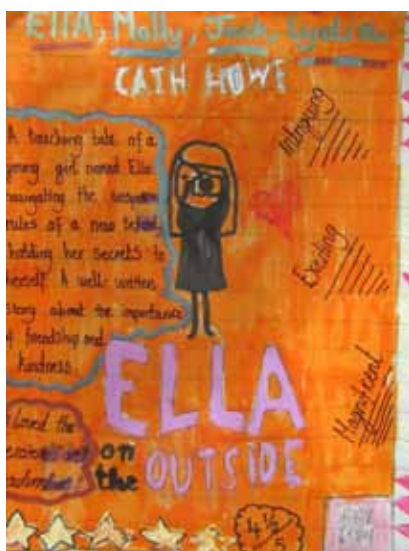
The two awards we shall be shadowing this year are the CILIP Carnegie Award and for the first time at Old Palace Seniors, The Excelsior Awards.

*For more information see Mrs Chevalier.*

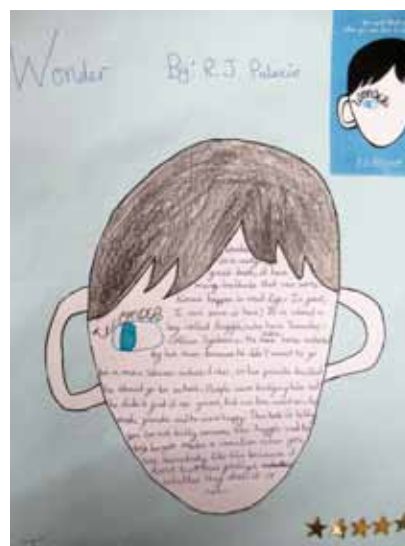
## Top Ten

The top ten authors borrowed since September are:

- Angie Thomas
- Jacqueline Wilson
- Sarah Crossan
- Rick Riordan
- Anne Frank
- Robin Stevens
- J.K Rowling
- R.J Palacio
- Lara Williamson
- Malorie Blackman



Shazia, Year 6



Isabel, Year 7



Christina, Year 8

## Year 4 Learning For Life

Year 4 pupils have been looking at health and well-being in *Learning for Life*. They studied the hidden sugars contained in certain snacks, along with carbohydrates and fats. The girls enjoyed sorting the foods into different groups and were amazed to discover that a can of coke contains seven tea spoons of sugar!



## U14 Netball v Riddlesdown

Year 9 had a tough first match of the term against Riddlesdown on Tuesday evening. A combined team of Year 8 and 9's played their A and B teams - both of whom were exceptionally strong and well drilled.

Old Palace worked hard to intercept as many balls as they could, but some rushed play resulted in several errors which prevented goals being scored. Thank you to the Year 8's who played up an age group and gained some insight to higher level Netball.



## Year 9 Sports Captain

Congratulations to Jessica who has been selected as the Year 9 Sports Captain. This will give her the opportunity to develop her organisation and communication skills. She has already made a note of all the fixtures ready for this term and is geared up to motivate her year group for the upcoming netball, football and hockey fixtures.

Well done Jessica.



## French Cooking Club

A team of extremely talented and motivated students have attended a cooking club in order to follow in Raymond Blanc's footsteps in Le manoir aux quat' saisons. They have been very successful in preparing "haute cuisine" dishes such as "les crêpes, les escalopes à la crème, le quatre-quart, le pain perdu etc...". And as Rémy says in Ratatouille: "Anyone can cook..."



## Netball v Streatham And Clapham High

### A Team Report

This was a very fast-paced game. Old Palace went into the first quarter with confidence, but ended 4-1 down. We went into the second quarter believing that we could bring the score back, and we managed to close the gap slightly, with the score 5-3 to Streatham and Clapham at the end of the first half.

Sadly, Old Palace was only able to score once in the third quarter, crushing our confidence a little. The score at the end of the third quarter was 10-4.

After a talk with Miss Rodwell, we went into the last quarter believing we could play well and we did manage some great passing and interceptions.

We did not manage to bring back the win on this occasion, but hopefully we will be able to improve and work on some aspects of our play in time for our next match.

Zara, Year 7

### B Team Report

The game got off to strong start; the pace was fast and spirits were high and we went into the match with a positive attitude.

From the first pass of the ball, the B team could tell the opponents were skilled in many different ways. We started off strong, constantly intercepting passes, finding space and losing the player marking us. However, we sometimes lacked speed of passes into the circle, meaning our opponents were able to intercept the ball. Streatham and Clapham scored a goal, yet seconds afterwards Old Palace scored a goal; all during the first quarter! We had well-matched opponents and we had to work our hardest and put into practice all the techniques we had learnt during our training sessions.

Although the B team lost 4-1 to Streatham and Clapham, we found that this was one of our better matches. Our netball skills are improving as we play more games. We learnt many valuable lessons from the match that we will go on to use in future matches (we will definitely try to stay a metre away from the opposition!). A massive well done to Skye (Centre) who was named Player of the Match by the opposition and Bethany (Goal Defence) for exceptional interception and defending!

Sumaiya, Year 7

## DofE Training Day

In the first week of term, the students in Years 9 and 10 taking the Bronze and Silver DofE award, spent the day preparing for their expedition later in the year. They covered First Aid and spent time working on CPR and the recovery position, how to set up camp and light a stove, planning for food, considering equipment needs as well as considering the natural environment, the countryside code and the practicalities of being outdoors overnight.

The team from Activ was very impressed with the way the students engaged with the content of the training session and asked lots of sensible questions. Asking questions at this point makes planning so much easier.

The participants had to take in a lot of information but did really well. They are now looking forward to the training walk in March before the practice and qualifying expeditions later in the year.

