



AROUND THE PALACE

DT Year 4 Picture Frames



The girls in 4J were very excited to start painting their picture frames this week. Last term, they had been working on their designs for the picture frame to hold a special photograph or picture which they had brought in from home. They had to use a lot of mathematical skills to work out the size of their frame, measuring the pieces of wood accurately and then cutting the pieces using hand saws. The girls joined the pieces of their frames using card triangles, with the help of lynx jointers.

Now at last it was time to paint!

Welcome

My thanks to Miss Ford, Dr Edwards and Mrs Williams for a most informative Oxbridge and Medical Information Evening on Tuesday evening for girls in Year 10 upwards.

It was delightful to welcome all Year 9 families to the Options and Parent Consultation meeting on Thursday evening. This proved to be a most helpful and supportive evening for all concerned.

Thank you to a number of new families who have visited Nursery and Preparatory on Thursday morning. Mr Horton and I enjoyed meeting you all and please do feel warmly welcomed to visit again.

Old Palace students have enjoyed a range of workshops and a Masterclass in MFL this week. Thank you to Miss Khan, Mr Griffith and Mr Le Berre.

Carol Jewell, Head

The Greatest Dancer



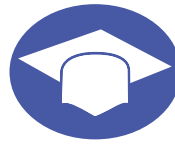
Last Summer, I auditioned for a new BBC show called The Greatest Dancer, with my group Prospects Fraternity. We are a street dance act who have been together for two years. It was a very exciting time but very nerve racking. On the day of the audition there was lots of filming to do and at one point I almost forgot we were there to dance. Eventually, we did dance and it was amazing.

Find out what happened and if the mirrors opened for us, by watching The Greatest Dancer on BBC One at 7:30 pm this Saturday.

Jaéda, Year 8



Request for Support: Careers, Work-related Learning and Higher Education Activities



Old Palace prides itself on the individual support we offer to our students through our extensive Careers Education Programme.



To deepen their understanding of the world of work, further and higher education, we aim to provide students, of all ages, with opportunities to participate in a variety of activities in and out of the classroom.



To enable the school to deliver additional enriching experiences, we rely on parents, governors, staff, as well as previous students, and their network of contacts. For this reason we are asking you to consider supporting this programme by volunteering your time, providing useful contacts for the school to facilitate these activities and/or arranging a visit to your place of work.



For this academic year we already have plans in progress, which involve specific support, and would greatly appreciate your involvement. Our highest priority is to provide Year 11 with an interactive work-related Learning Week in the summer term. For this we require volunteers for mock interviews, employability workshops, talks on Career Pathways, and workplaces to visit.

Parents will have already received an electronic response form so if you are able to help, or have any questions, please contact Mrs Williams, our Higher Education and Careers Coordinator at wwilliams@oldpalace.croydon.sch.uk

Year 5 Netball Round Up



It's been a busy few days for the Year 5 netball team. Congratulations to the A Team who won their match against St Christopher's 8-6.

The A and B teams also took part (on a very chilly afternoon) in a triangular match with Croydon High and Royal Russell. The A team had to cope without their Wing Defence so did really well to win against Royal Russell and lose by only one goal against Croydon High.

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

A Guide To Coping With Exams



At Old Palace, students in Years 11, 12 and 13 have just finished their mock examinations, and the younger years have completed school exams. Exam season is a stressful time for students and their parents. Being able to handle the pressure and the expectations placed upon us can help alleviate stress and provide peace of mind.

Even the most intense exam timetable should allow a little time for a study break. This can include 20-minute breaks during your revision, and longer activities that you can look forward to. Therefore, doing something you like in your spare time will take your mind off exams. Parents should encourage students to spend a little time away from their books as this will leave them refreshed and relaxed the next time they revise. Exercise, in particular, can boost energy levels and help alleviate stress. It does not matter what it is - walking, cycling, swimming and dancing are all effective.

According to Childline, children who contact them over exam stress say that most of the pressure they feel comes

from their family. Parents should be encouraging and supportive. Remember, getting a B (or even a C grade) in a mock examination is not a disaster!

As the saying goes: "comparison is the thief of joy". While it is helpful to discuss topics with fellow students and to revise together, try not to compare other peoples' revision to your own. Chances are you are doing just fine, and listening to other people talk about what they know or have achieved will stress you both out.

If the stress gets to a point where it is overwhelming, and is affecting your day-to-day life, speak to someone about it. Your teachers will be able to offer advice on how to manage it. Parents can help by listening and reminding students that feeling anxious about exams is normal. Nervousness is a natural reaction to exams.

Here are a few tips to help you cope with the summer GCSE and A-level examinations:

- Watch a film, a TV show or listen to a podcast
- Drink some herbal tea or a hot chocolate
- A shower or a bath can help to relieve stress
- Cook or bake something
- Get enough sleep
- Keep things in perspective
- Avoid other stressed people
- Write down everything you feel like you need to do and try and tick one thing off

Year 13H

Nursery and Pre School Round Up - January

In Nursery this month, children have been gathering data through their senses: e.g exploring taste, touch, smell, hearing and sight.

There has been quite a buzz around the rooms as different textures, smells and tastes have been incorporated into the daily activities using a huge range of sensory resources including: hiding toys in ice cubes, cinnamon and coffee play dough, toothpaste messy tray, treasure baskets and herbs in the sand.

The children have been on listening walks, and enjoyed tasting and smelling different fruit, looked at their eyes in the mirror and loved squashing our sensory gloves filled with sand, water and glitter, rice and paint!.

Pre School pupils have also been involved; looking at the fabrics we use for our clothes, different building materials used in The Three Little Pigs, observing what happens when they combine different ingredients to make potions and using the light table to look at and layer colours.

Pre School has also introduced Makaton signing as part of the morning circle time routine. Makaton is an important part of early communication and supports spoken language with signs and symbols. For more information and the 'sign of the week' visit: www.makaton.org



Dance and Music Department Collaboration: Baroque Dance Workshop

On Monday 21st of January, we held a Baroque Dance workshop at Old Palace with Nicola Gaines, a specialist performer and teacher of Early Dance.

We felt that this workshop would be of particular use as musicians often play many dances in their training without knowing anything about the steps or characteristics of each. Meanwhile, dancers can become conditioned to modern movement without considering how different it was in years gone by. This workshop included varied works exploring three popular dances of the day; the minuet, bourrée and sarabande, all with contrasting characters and steps.



As a musician with dance experience, I found this workshop interesting as it loosely follows ballet technique. It was useful to be able to build on what I know about the music we were dancing to. I now have a visual idea of what the dances look like, and I can keep this in mind when I next play a Baroque piece. I found that, though the steps may be simple, when putting steps in a pattern it can make them quite a bit more complicated.

Whilst in the circle formation, we all learnt about spatial awareness and how to keep a circle from shrinking, because when a circle shrinks it becomes increasingly more difficult to perform the faster dances. As a whole, I really enjoyed this workshop as it incorporated two of my passions, music and dance. It taught me a new skill and allowed me to build upon my musical knowledge in an enjoyable and interesting way.

Emma, Year 8

As someone with no previous dance experience, I found the workshop challenging – where others had grace, I had clumsiness. However, I found that especially since I have had less dance tuition than the majority of the rest of the workshop, it was – though difficult - interesting to try something new.

Baroque is not a form of dance which is often covered, whether inside or outside of school, and some aspects of it were significantly different to more modern dance forms. For example, one of the dances we tried strongly resembled a waltz, with the exception that in waltz, the dancer sinks slightly on the downbeat. However, in Baroque, the dancer will rise on the downbeat. I would recommend a workshop like this to anyone with dance or music experience, or to someone who would simply like to try something new.

Clarissa, Year 8



Despite the threat of rain and the cold weather, nine teams from eight different schools visited Old Palace to take part in a Year 5 & 6 Quicksticks Hockey Qualifier for Croydon Schools Sports Partnership. This qualifier will see the winning two teams progress to the Croydon Final at the beginning of February, with the winners of that competition heading to the London Youth Games!

Elliot from Croydon SSP had already visited before Christmas to train the

Year 10 girls as they would be taking a key role in delivering the competition. They were going to be leading everything to do with the competition on the day, including officiating the matches, scoring the games, recording the overall scores, centrally controlling the time of the matches and determining the progressing teams and knockout matches! The girls were given the opportunity to learn the rules and practice them with some of their peers before having to umpire in the competition.

After a quick rules refresher from Elliot on the day, the competition was ready to get underway. It went very well, and Elliot from Croydon SSP had this to say about the event:

"The competition went incredibly smoothly and the young leaders from Old Palace were absolutely fantastic! They officiated the game excellently and with great enthusiasm which was great to see. Several teachers from the visiting primary schools said they thought the leaders were excellent!"

One of my biggest highlights was that although they were umpiring, they continued to encourage teams as they were playing and also praised them, regardless of the score, at the end of each game, which was brilliant! They ensured everyone had an enjoyable experience which is fundamentally what we try to do at all of our competitions.

My thanks go to all of the young leaders from Old Palace who helped on the day; their help was invaluable and without them, the competition would not have been such a success!! Thanks must also go to Mrs Smith from Old Palace for allowing us to use their wonderful facilities and helping to organise and train the leaders – thank you!"

Year 6 QuickSticks Hockey Tournament



Last week, seven girls combined with boys from Elmhurst School to make two QuickSticks Hockey Teams. They played in a competition, held at Old Palace, run by the Croydon Schools Sports Partnership with the help of the Old Palace Year 10 Sports Leaders. Eight schools competed with ten teams competing overall. The top two teams from each group qualify for the next round (finals) in February.

Year 6 have not had a lot of hockey experience, although some had played at Prep. After a tentative start, they really grasped the tactics and skills needed and worked hard in the very cold weather to score lots of goals for their team. It really was freezing cold!

The orange team were involved in a close play off match to decide which team would qualify for the next round – and they won that match! Well done to all the girls who took part: Harmony, Abril, Amarachi, Neha, Daisy, Olivia and Mayowa for all their efforts – and good luck to Abril, Harmony and Olivia in the finals on February 5th!

We're Going On A Dinosaur Hunt!

Reception put on their boots, packed their binoculars and set off to the muddy field to hunt for dinosaurs.

Misha was excited on discovering what appeared to be a diplodocus egg and Aideen spotted enormous foot prints in the mud! Luckily Kirstie was on hand to record and help identify all of the dinosaurs we found.



Year 9 Netball v Archbishop Tenison

On Tuesday, Year 9 played netball against Archbishop Tenison. We had a squad of just seven which meant it was tiring for all concerned; and we were a couple of players short from our usual set up which meant some had to play out of position.

The match was played at a fast pace – too fast at times – with both teams making quite a few errors initially. Tenison's had a particularly strong attack, making it difficult to delay their play and stop the ball going into the shooting circle. Amy (who played GD) had to work incredibly hard to keep up with the GA and did so very well indeed.

As each quarter passed, the Tenison team increased their lead but Old Palace worked on, pressuring the pass by using the second stage of defence in netball. This was much more effective though quite difficult when playing at a fast pace. Everyone in the team had to commit to this tactic to make it effective – even when tired!

Our aim was to stay within a half of Tenison's score – which we just about managed! Well done to those who played out of position and to everyone for keeping going!

Squad: Mia, Sarra, Lilia, Jessica (Player of the Match), Sophia, Amy and KC.

Renowned Author To Visit Preparatory



We are very excited to announce that renowned author and illustrator Jane Ray will be visiting Preparatory on

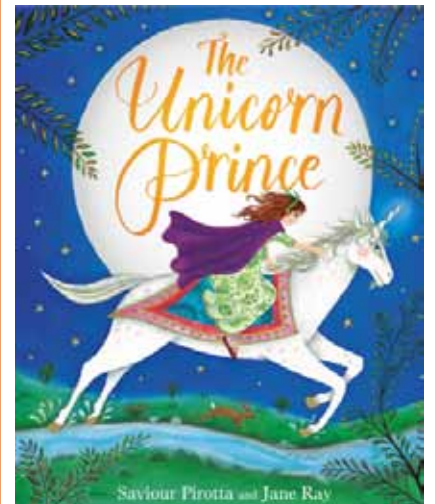
World Book Day

Thursday, 7th March

Her book is *The Unicorn Prince*. Visit these websites for more details:

www.janeray.com

www.worldbookday.com



Healthy Active Lifestyles



Members of the Sixth Form had access to PureGym, Croydon during their Healthy Active Lifestyle session run by the PE department. The students started with a warm up on the cardio machines followed by stretching; then they were able to work on the cardio machines with greater intensity, or try out the resistance machines.

Hopefully an insight into what is on offer at local gyms will help students make sensible choices as they start University or work.

Thank you to PureGym for this opportunity



Pure Gym

Year 13 enjoyed their PE lesson in Pure Gym this week. The girls warmed-up on the cardio machines before working up a sweat trying out various other pieces of equipment.



Physics in Action Article



Just before the Christmas holidays, sixth formers studying Physics attended the Physics in Action conference, to listen to talks from professionals working in different areas.

These included laser technology and how a breakthrough could lead to efficient nuclear fusion, superconductors and how they can even be used in levitating trains, dark matter and energy, summarised by Simon Singh, a well-known Science and Maths author. There was also a guide to building your own version of Frankstein's monster, and an explanation of why the future cannot be predicted according to Quantum Physics, complete with a Bohemian Rhapsody parody and guitar solo.

It was a great experience to hear about some of the most active and promising areas of Physics from those involved, and I am sure I will encounter some of these concepts at university and have a slight head start.

Alice, Sixth Form



U13 & U15 Netball v Riddlesdown

Last week the U15 and U13 netball teams travelled to Riddlesdown to play in very chilly conditions!

The U13s coped well with some last minute team changes and fought hard against a good team. The opposition had particularly good movement into their shooting circle which made it very difficult for the defenders. We played too quickly at times which led to mistakes that were capitalised on by the opposition. We still need to work on calm netball with good decision making and movements.

However, despite losing this match, there were promising moments and everyone worked hard. Well done to Jessica, Mounisha, Zino, Kei Kei (Player of the Match), Dusita, Megan and Natalia.

The U15s set a good pace and, at the end of the first half, were in control of the score line. Footwork was solid and passing was reasonably accurate. However, Riddlesdown upped their game and made it difficult for Old Palace to maintain their lead. By the end of the match Old Palace just managed to hang on and we won 6 – 5.

Vy Yen was named Player of the Match by the opposition. Well done to Emilia, Sarah, Vy Yen, Amanda, Ashyre-Mae, Kayla, Alice and Misghana.