



AROUND THE PALACE

Cookery Masterclass With Aldo Zilli



It's not often Old Palace welcomes a TV chef to school (in fact it's a first!) but that's exactly what happened when Aldo Zilli gave an Italian cookery masterclass to Senior School pupils.

This was a truly hands-on session; girls made arancini with salsa di cavolfiore and Conchiglioni ricotta e spinaci al forno. Aldo encouraged them to try typical Italian ingredients including truffle oil and a cauliflower-based sauce, and they all went home with a goody bag so they could try out some recipes at home. A big thanks to Ms Poirier for organising this.

Welcome

Last Saturday, I was delighted to welcome my successor, Mrs Jane Burton, to Open Day, where she met with prospective pupils and their families. My warmest thanks to staff and pupils for their help, as well as those involved in the Science Masterclass. I know everyone enjoyed the opportunity to see the Alternative Fashion Show and I am extremely grateful to staff and pupils as I know how much work this involved.

I am delighted to see such an extensive report on the Drama Festival in this week's bulletin. My thanks to the Drama Committee; I know the pupils benefited hugely from the different workshops. On Tuesday, we welcomed the London Mozart Players, who performed compositions by our AS and A Level students. I also had the pleasure of meeting prospective pupils and their families at the Palace Group reception.

From House Netball and a Dance Collaboration between Prep and Seniors, to a cookery masterclass with TV chef Aldo Zelli; life at Old Palace continues to delight. The whole school has just completed Safer Internet Week. My thanks to Mr Dunham and his team of Digital Leaders for this very valuable initiative.

May I wish everyone a peaceful rest over half term.

Carol Jewell, Head



Safer Internet Week @ Old Palace
11th -15th February 2019

"Together for a better internet"

Look out for the **Safer Internet Supplement** after half term



Choral Scholarships Application Deadline

The application deadline for Year 2 Choral Scholarships is **Monday 25 February**

Chorister for the Day

Saturday 2 March 2019

1.45pm-4.30pm

Croydon Minster

Church Street | Croydon CR0 1RN

Choral Awards Auditions

Year 2 girls only

Thursday 14 March 2019

9.30am-12.30pm

(individual times to be notified)

Preparatory School

Melville Avenue | Croydon CR2 7YN



U18 Water Polo



On Tuesday evening last week, the Old Palace U18 Water Polo team took part in the prestigious English Schools 2019 Water Polo Championships at Alleen's School. The team were excited to be sporting their smart new caps.

The standard of play was extremely high with several players from teams playing at National level. There were many brilliant saves by our goalkeeper Sarah M and great goals scored by Sarah EK. The girls defended with grit and determination and made many breaking attacks.

All three matches were a magnificent demonstration of how dramatically Old Palace girls have improved over the past three years of competing at Water Polo.

Mrs Tamplin has been beaming with pride throughout the week.

Drama Festival

Last week was a busy one in the Old Palace Drama department. For the second year in a row, students in Years 10 and 11 organised a Drama Festival.

These students serve on the Drama Committee, which is responsible for organising departmental events and assisting with school productions.

The festival kicked off with assembly performances of Year 11 GCSE scene work and a presentation by the Drama Committee co-chair, Lisa (Year 11), on 'The Importance of Theatre'. Audiences were impressed by Fiona and Ellen's tense performance of a scene from the play 'Collected Stories'. Mathumitha and Ria moved audiences with their soulful performance of a scene from 'Hippolytus'. Lisa's presentation encouraged students to be involved in academic and extra-curricular Drama and also cited the importance Drama played in students acquiring transferable skills that are desired by future employers.

On Tuesday, Jahniya, Idara and Sayyida (Year 10), led a lunchtime workshop in which girls in Years 7-10 learnt the basics of improvisation. The workshop leaders were inspired by a professional workshop they attended that was organised by the Drama department earlier this year. Attendees learnt the importance of 'Yes, and' and other skills. It was a very enjoyable workshop.

The Wednesday lunchtime workshop focused on exploring the GCSE text 'An Inspector Calls'. Jahniya (Year 10) and Ellen (Year 11) led Year 8 and Year 9 students in a series of exercises that allowed students to gain an understanding of the main characters and major themes of the play. Students were also able to ask the leaders about the GCSE Drama course.

After school, students attended a professional workshop led by The Actors of Dionysus theatre company. The workshop focused on the use of choral voice and movement in Greek Theatre and students explored the play, 'The Bacchae'. The workshop was especially enjoyable as there were a mix of ages in attendance and not all students were Drama students. Attendees included: GCSE and A-Level Drama and Classical Civilisation students, as well as Year 9 students interested in studying Drama. It was very interesting for the Drama students to enhance their understanding of Theatre History, while A-Level Classical Civilisation students enjoyed working practically with a text they study on their course.



Actors of Dionysus Workshop

On Wednesday, Drama and Classics students had the opportunity to participate in an acting workshop led by the Actors of Dionysus theatre group. Their aim is to educate and innovate through creating new and interesting forms of Greek theatre; for example, they recently performed a version of *Medea* with only one actor.

In this workshop, we studied the complex play *Bacchae* by exploring the text and acting out choral scenes and freeze frames, which conveyed various themes and aspects of the play. We began by discussing the themes of tragedy, particularly the chorus. We concluded that the role of the actors performing this integral part of Greek tragedy was to introduce a certain atmosphere (foreboding, joy or general scene setting) and to act as commentators, stating their opinions on the events or characters in the play.

In *Bacchae*, the chorus is composed of maenads, female followers of Dionysus. From their choral odes, we can see the deterioration and downfall of the wicked Pentheus, and watch them praise Dionysus for his godly power.

By creating freeze-frames, we also explored some of the wider ideas implied in the play, such as the imbalance between judicial control (Pentheus' reign) and complete loss of control, (the maenads of Dionysus, while happy, completely abandoned their children and families) and also whether Euripides is praising Bacchus for his vengeance or questioning his punishment of Pentheus' family.

Finally, we acted as a chorus in small groups. The workshop leader gave us a section of the text and told us to stage it using synchronized speaking and movement. This was a lot of fun to do, since we were able to get into character as followers of Dionysus, choosing what ideas to convey about the harsh, stern manner of Pentheus' rule and deciding how to put these feelings into our performance.

Overall, it was a wonderful experience to take part in, helping students to explore the text in depth, understand the viewpoints of different characters and connect with a timeless and fascinating play.

Alexandra, Year 12



Drama Festival *continued*

On Thursday, students in Years 9-12 were treated to a workshop led by Drama Committee Co-Chair Olivia F (Year 11) and Jahniya (Year 10) on SLAM poetry. This was a really special and different workshop where students wrote and performed their own poetry. It was a very moving and enjoyable experience for all.

The main event of the Festival was a performance on Thursday evening. Students in Years 7-11 performed their scripted scenes for family and friends. These pieces were directed by students in Years 10-12 and included extracts from *The Importance of Being Earnest*, *Harry Potter and the Cursed Child*, *Peter Pan* and *Twelfth Night*. Students have worked hard since September, rehearsing these scenes in Drama clubs. The evening was a fantastic opportunity for students to perform and showcase their talents.

The Festival concluded on Friday with a lunchtime workshop led by Cecilia and Megan (Year 11) for Years 6-8. The focus was Drama Games and students also learnt some introductory improvisational skills. Fun was had by all and many students expressed interest in pursuing GCSE Drama. The Drama Committee was pleased to have interest from students at such a young age.

Well done to all students and staff involved in the 2019 Drama Festival. It was a real triumph!





Classics Trip to the Annual Ancient Drama Festival at Warwick University



On the 25th January, Miss Barker and Mr Nolan took a group of Year 12 and 13 students studying Classical Civilisation, Greek and Latin on a trip to Warwick University. The aim of the visit was to gain a better understanding of *Aristophanes' Frogs*, which is a Greek Comedy studied at both AS and A level. The day was action packed, and so an early start was necessary; the trip consisted of three lectures and a performance of *Frogs* by Warwick University students.

The lectures were all very interesting: one of the lectures presented by Dr Emmanuela Bakola, exploring 'Why Dionysus chose Aeschylus at the end of *Frogs*' was particularly fascinating.

Although I was not yet well versed in the play, Dr Bakola made the topic accessible; she examined the historical and political context of the play and discussed how this could influence how we view the ending. Greek Old Comedy provides us with fascinating insights into 5th Century Athenian politics, humour and society. This was brilliantly explored on the day and made it a thoroughly enjoyable and useful trip.

Thakera, Year 12

Year 6 Hockey At Banstead Preparatory School

Year 6 travelled to Banstead Prep on Wednesday afternoon for a hockey match. Year 6 are still in the early stages of learning about hockey but they clearly enjoyed the experience of playing on a full-sized pitch and practising their skills in a match situation.

There were some fine examples of carrying the ball and making decisions about when to pass – and both teams did well in defence keeping the score lines to 0 -1 and 0 -3 against some experienced players.

There are lots of hockey clubs in the local area that are always looking for junior players if you would like to be playing more hockey; and Miss Rodwell runs a hockey skills club on a Tuesday lunchtime.



Year 9 Hockey v Sydenham High

The Year 9's went to Sydenham High to play an 11-a-side hockey match. The girls did really well playing on a full size pitch and they appreciated how tiring it can be. They passed the ball around and got the ball up the pitch. The girls were also good at getting back.

Amy Jordan did some great attacking play and also some great tackles. The girls were unlucky not to score. However, the game ended in a 1-0 loss.

There are lots of positives to take from this game. It would be good for the girls to continue to work on their formation when playing hockey and to think about their spacing. Well done!



Year 9 Learning 4 Life First Aid

During Learning for Life our Health Officer, Kim Bednarz, led the Year 9s through a carousel of First Aid activities. They learnt how to identify when to administer CPR i.e. unresponsive and not breathing, and working in small groups had the opportunity to practise CPR on our inflatable patients!

They watched an Automated External Defibrillator (AED) demonstration and were able to practise using it too. They applied bandages to each other, and learnt how to deal with cuts and grazes to severe bleeding and how to get help.

Finally, the girls were able to check their knowledge on emergency situations with a quick quiz.

Gina, Year 9, says

"I have learnt a lot about First Aid and how to save people and stop bleeding, as well as prevent pain".



Year 6 DT Hug Monsters



Year 6 have been designing and making Hug Monsters! This is a soft toy for a partially sighted child that is made from a fleece blanket and has lots of interesting textures sewn on. The students created a rattle to place inside to make a noise. Year 6 were very inventive and creative and also came up with a collective noun for their monsters – a Snuggle of Hug Monsters!

After School Cookery Club

Here are some photographs from Preparatory's very popular after school Cookery Club.



Year 8 And 9 House Netball

On Thursday 7th February, House Netball 2019 was held at Old Palace for Years 8 and 9. The games were tough as each form tried as hard as they could to win and supporters cheered as goals were scored. Stafford took the overall win, followed by Hatton, Laud and Anselm.

The event was run and officiated by the Year 11 Sports Leaders. They did really well and appreciated how difficult umpiring can be! They improved as the event progressed and were good role models for the younger students, some of whom we hope will be Sports Leaders in the future.



Prep and Senior's Dance Collaboration

On Wednesday the 6th of February 2019, as a part of our Silver Arts Award, we went to the Prep site to lead a morning of dance workshops. The overarching theme of the session was Mystery. The aim of the workshops was to put together a dance piece which will be performed in the end of year Prep production.

We spent the entire morning, 9am-12.30pm, at the Prep site teaching the girls in Year 4 and Year 5 two different unison sections plus creative group work, which was linked together at the end. There was a total of six groups, with three Year 11 leaders, each focusing on an element of mystery. We had the task of creating three counts of eight worth of choreography with the girls. All the girls really seemed to enjoy the different sections of the workshop; the warm-up, the

unison phrase and the choreography element. At the end of the session everything was put together and the girls were able to perform in front of Year 1 and 2. They seemed to enjoy the performance a lot. The Year 4 and Year 5 girls performed with great confidence and we all had lots of fun!

Overall, it was a great experience for the Year 11's as we were able to work with younger children and build leadership skills in a variety of ways. As we had a limited amount of time, we had to be quick and efficient with everything we did. The girls in Year 4 and Year 5 were very welcoming and we enjoyed working with them. They were quick learners and we were very proud of their progress in a short amount of time.

Lydia, Year 11

Prep Feedback

"The favourite part of the day was working with the Year 11's."

"My favourite part of the day was everything!"

"My teacher spoke loudly, was very energetic, friendly and confident."

"The workshops were fun and interesting – 5/5!"





Year 4 Photography Club Bookmarks

Year 4 had fun in Photography Club making bookmarks using photographs of themselves.



Year 7 Netball Festival

Year 7 attended a netball festival on Thursday where a number of schools meet to get match play practice.

It is a good opportunity to practice some of the things we have been working on in training and Year 7 did well to incorporate passing the ball in, out and around the circle to get a better shooting position.

Year 7 lost their first game, maintained a strong score line in the second – and won their final game. Well done to all the players who, at the end of a tiring half term, worked hard throughout all the games.

L4L Drugs Awareness Play



On Thursday 7th February, Year 10 were privileged enough to watch a heart-warming play called "I love you Mum, I promise I won't die" put on by the Stopwatch Theatre Company.

The play depicted the tragic story of 16-year-old Daniel Spargo-Mabbs and how he died due to an overdose of MDMA.

The play was followed by an engaging workshop, in which we were informed about the dangers of drugs and the importance of saying "no".

In summary, the whole of Year 10 thoroughly enjoyed the play and were moved by Daniel's story.

Amanda, Year 10

Senior Table Tennis



On Thursday 7th February, Anna, Aashni, Rebecca and I competed in the Jack Petchey Individuals tournament South London. We were split into groups of four and in each group everyone played each other. All four of us came in the top two of our groups by either winning two or three of our matches.

Then we played our quarter final matches. I had to play against Rebecca for our quarter final and although I wanted to win I didn't want to knock her out. It was really close but I beat Rebecca 3 games to 2. Anna played the winner of our age group for her quarter final and was unfortunately beaten 3 games to 0. Aashni won her match and progressed through with me to the semi final. I played the opponent Anna played in my semi final and also lost 3 games to 0. Aashni lost to the girl who came 2nd overall in our age group in her semi final, so no one got further than the semis. Overall, Aashni and I came joint 3rd. We really enjoyed the competition as we have improved since last year by all making it to the quarter finals.

Mia, Year 9

Year 5 Sponsored Trampoline Bounce

During PE lessons, lunchtimes, after school and Gymnastics Club, the girls have been bouncing their way through the week and raising lots of money for The Children's Trust. (Total funds raised to be announced after half term).

On Thursday, the girls even got to meet Fiona from The Children's Trust who came along to see how the girls were getting along. She was very impressed with their commitment.



Year 9 Netball Report



Year 9 took part in the Croydon High Netball Festival on Tuesday evening. Three close matches were played with a win against Croydon High.

Training will continue to concentrate on control and making clean interceptions for the ball without contacting other players!

French Debating Competition At Whitgift

We had received the motions of debate earlier in the year, and spent time during break, lunch and after-school practising our debating skills. The motions proposed were as follows: *We should privatise the health system for a better quality of care: We should impose equality of men and women in all businesses, and We should ban the selling of diesel vehicles from 2025.* With the help of the other French A-Level students in Years 12 and 13, we researched each of the topics and made brief notes to base our arguments on. Thanks to the help of Madame Poirier, we managed to incorporate several idiomatic and interesting phrases into our speaking to give us that extra edge.

On Tuesday after-school, we made our way to Whitgift School and were warmly welcomed by the MFL staff members and team of prefects. Having been reminded of the rules, we entered one of the classrooms and started our first round of debates. We versed St. John's School Leatherhead first, and then Sutton Grammar School. Both debates were interesting and equally matched but Old Palace managed to gain higher points in both rounds due to our spontaneity and enthusiasm, as well as our evident teamwork. At first, the situation was quite daunting as it was the first time either of us had done anything like this. As time went on, however, we got into the flow of things and our confidence increased. Having been successful in both debates, we progressed to the next round.

After a short refreshment, we went back into the classroom and faced



another team from St. John's School, followed by a debate with Royal Grammar School. We were again successful in both of these rounds and advanced to the final round, against Alleyn's School. The final debate took place in the Old Library and our audience was much larger than the previous debates, which added to the already immense pressure. The judge tossed a coin to determine which team would take which side and we commenced our debate. Both sides presented their primary points before descending into the 'lutte acharnée' or free debate, where each side could argue their points and address responses that the opposing side had made. The debate ended with a brief conclusion from each side before the judges adjourned to make their final decision.

We thoroughly enjoyed the entire experience, and all agree that our favourite part of the debate was the 'lutte acharnée' as we were able to vividly argue our points through calm

yet poised questions and rebuttals to the other team. One debate was particularly amusing as both sides clearly felt very strongly about the motion and the free debate became a little heated. Overall, it was an extremely enjoyable and useful experience which has improved our confidence enormously and will most definitely come in useful for our oral exam preparations.

We'd like to congratulate all the schools who took part in the competition and a special congratulations to Alleyn's School for winning the heats overall. We would also like to thank Whitgift School for being such welcoming hosts. We are extremely grateful to Madame Poirier and Miss Lennie who helped us prepare for the debate and accompanied us to the competition, as well as all of the Sixth Form French students who aided in our research and came along to support us in the competition.

Urwah, Year 13

La Casa de Bernarda Alba



Last Friday, a group of Spanish students from Years 11 to 13 watched *La Casa de Bernarda Alba* performed in Spanish at Channing School. It was written by one of Spain's most famous poets and playwrights, Federico García Lorca. The play was very engaging and many of

the issues raised in it are still relevant today, despite being written around 80 years ago. For many of us, the play highlighted the ideas of repression and conformity, and the desire to break away from these values for the daughters of Bernarda Alba.

The all-female cast was also very effective at building dramatic tension and this helped demonstrate the secrets that each sister kept from the others.

After watching the play, there was a question and answer session with the director, Jorge de Juan, and two characters. This enabled us to explore staging and music choices and their effect on the play as a whole. As well as this, the whole experience allowed us to practice our speaking and listening skills, and to explore a whole new genre of theatre.

Many thanks to Ms Pietragalla and Miss Lennie for organising and accompanying us on this trip!

Rajan, Year 11

Science Masterclass Year 5 & 6

Last Saturday, a group of Year 5 and 6 students took part in a Science masterclass. They carried out many exciting experiments in three workshops in Biology, Chemistry and Physics.

Biology: The Senses

In Biology, they followed a senses circus where they were able to test their five senses: touch, taste, smell, sight and hearing.

Chemistry: Chemical Detectives

The Chemistry workshop saw students carrying out chemical tests to identify some mystery chemicals.

Physics: Static Electricity

The students took part in some hair-raising demonstrations in the Physics workshop, as well as some hands-on activities to experiment with static electricity.

At the end of the masterclass, the students were presented with Certificates of Participation and 'Science Superstar' badges.



Year 4 Netball v Croydon High & Babbington House

The Year 4 A and B teams played Croydon High and Babbington House. It was a fun afternoon of netball and the A team didn't concede a single goal, winning both their matches.

The B team worked very hard and came away with a victory against Babbington House and a 1-0 defeat against Croydon High.

Well done to all players.



House Netball

There was a fantastic atmosphere on the Netball Courts with over 40 girls taking part in Year 6 & 7 House Netball on Monday evening. Excellent team work was displayed by all. Hatton just pipped Laud for top of the podium. A thank you to the Year 11 Sports Leaders for running the event.



Year 5 Plays High Five Netball At Croydon Schools Festival

The successful Elmhurst and Old Palace sports partnership led to a fun afternoon of netball on Wednesday. Boys and girls played together and the boys and girls teams finished two points off the final.



Learning 4 Life On Parenting

On Thursday 7th February we had a Learning For Life lesson on Parenting where we learnt about the consequences of parenthood as a teen and what other options we have as young ladies.

At one point in the lesson there was a fake baby which emphasised the difficulty of teen parenthood. However, we had a fun time with baby Jeremiah. This lesson was helpful to see the effect of parenting on women.

Olivia



Year 8 & 9 Netball v Sutton High



Year 8 & 9 finished this half-term with two wins against Sutton High on Thursday evening. Some excellent movement and controlled passing allowed OPS to gain advantage over Sutton High.

The girls are now looking forward to the last few games of season when we return after half-term.

Celebrating Chinese New Year!

Reception combined the topics of Healthy Eating and Chinese New Year by preparing a vegetable noodle stir fry.

The trickiest (but most enjoyable) part of the lesson was using chopsticks to eat the noodles. As you can see the girls were rather good at it!



Fencing Club



On Thursdays after school, a fencing club runs from 4pm to 5.30pm. A professional coach, Oana, comes from Brixton Fencing Club to teach us. During the club we go over the basic moves through games and we also go over footwork. She lets us play a few games before we begin the proper fencing. She provides us with the full kit and two people go at a time to fence. While they are fencing, our coach has a one-to-one session with each of them. When the two fencers are finished, another pair go up and fight each other.

There isn't a massive group of us participating in the club so we have more time during our one-to-one session. In



this, she gives us moves to combat using techniques we have learnt depending on our strengths so the girls who are more advanced have harder moves to combat and the less advanced have easier moves to combat. We enjoy the session a lot and we learn a lot as well.

Chitleen, Year 8

Poster Challenge

Last term Mrs Smith presented some Year 8 students with a challenge to create a poster based on the question, "Where should I go if I am feeling gloomy?"

On my piece I drew an image of two people holding hands, this represented the teachers taking your hand in tough times. I also used ombré, from blue to pink, this represented the gradual journey from sadness to happiness.

Overall, I think that this was a good experience; whilst improving my art skills, I was able to reflect on myself as well.

Patricia, Year 8

