



AROUND THE PALACE



Welcome

As we reach the end of yet another very busy term, I would like to congratulate the Palace Singers who won the Flora Ezenwoye Cup at the Croydon Music Festival. My thanks to Miss Fitzgerald, who I know is so delighted at this win.

In addition, I am very proud of the twelve Old Palace students who received certificates at the RSC

Chemistry Olympiad. This is a record number for the School.

May I wish you all a very happy and peaceful Easter holiday.

Carol Jewell, Head

Palace Singers Win The Flora Ezenwoye Cup



Palace Singers win Flora Ezenwoye Cup for Junior Choirs with 'Outstanding' grading at the Croydon Music Festival.

Last Saturday, Year 3-5 Palace Singers performed in the Key Stage 2 category at the Croydon Music Festival held at Royal Russell School. They won the class with the highest 'Outstanding' grading for an exceptional performance, both technically and artistically.

The adjudicator was Jeffrey Wynn Davies and he commented on the 'lovely solo' performed by Amber and 'the gentle choral opening which was hushed and musically staged'. He said 'the two part work was confident and the diction was

impeccable. Dynamic contrasts were beautifully staged throughout and faces were eager and communicative'. He also said the second song was 'a super rhythmic contrast with choreography to match. A detailed and very impressive performance'.

Many congratulations to all the Palace Singers who have worked incredibly hard this term to achieve such a high standard of performance!

Easter Craft

On Monday morning, Mr Horton welcomed parents and children from our Pre School along with families joining us in Reception next September, for an hour of Easter craft activity.

The children made rabbit masks assisted by our enthusiastic Year 5 helpers, whilst the hot cross buns and Easter biscuits went down very well with parents and children alike.

Thank you so much to all those who came: we were delighted to see how much everyone enjoyed themselves.



Old Palace Students Awarded Record Number Of Certificates In RSC Olympiad

Old Palace students took part in the annual RSC Chemistry Olympiad, which is the leading chemistry competition for Year 13 students in secondary education across the UK.

Run annually, the Olympiad is an opportunity for teachers to challenge their chemistry students, helping them to develop creative thinking, and apply their existing knowledge in new and interesting contexts. Participants are tested on many varied topics of which they may have no previous experience, to undergraduate level.

Mr Poole said:

"Twelve students took part and we are very proud to announce Bronze awards were achieved by Carol, Meera, Iman and Aysha, and Silver awards by Alice and Shania. This represents a record number of certificates for Old Palace in what is an extremely difficult competition. Congratulations to all!"



Learning 4 Life - Pressure Management



Last week, we had our Learning 4 Life session on ways to relieve ourselves from feeling stressed.

I thoroughly enjoyed the session. Mrs Smith presented us with various different strategies to prevent being immersed in stress, which included exercising, colouring and meditating.

My favourite strategy was meditating in which we focus on our breathing, clearing our minds. We were told to focus on our breathing, whilst we had music playing in the background, I felt so calm and peaceful. It is something I am going to try and do every time I am stressed.

We also learnt about the different ways to prevent being stressed, which included having a plan and following it, to prevent learning things in the last minute for an example.

In conclusion, I thoroughly enjoyed that Learning 4 Life session and left the lesson feeling less stressed.

Piriyanka

Year 5 Science Exhibition

Mrs Salter set Year 5 students the challenge of representing the planets in our solar system using whichever media they wished. Where possible, they were asked to show the relative size and position of the planets.

The results were so remarkable that their work has been displayed in a temporary exhibition in the Preparatory Science Laboratory.

Students used their creativity to construct planets from diverse materials such as Lego, papier mâché, paint, card, polystyrene and wool pompoms.

Congratulations to Ellis May, Isbobel, Rhianna, Abinesha, Nia, Leah, Amber, Sapphy, Tahlyah, Carmen, Riya, Nikhita, Rosie, Alice, Sariah and Aarna for all their hard work!



Encapsulating Energy Dance Show

On Thursday 28th March I had the privilege of attending *Encapsulating Energy*, a performance of Dance. This was an absolute treat! I was dazzled by the variety of dances and the genres explored. It was also such a pleasure to witness the Sixth Form involvement in the choreography of so many routines.

In my humble opinion, this was the best Dance show we have had at Old Palace. All the numbers were polished and full of energy. There was a degree of refinement and expression which really moved me. Congratulations to all involved and a big thank you for this visual treat. I very much look forward to the next one!

Mr Talleux







A Taste Of The Caribbean

On Monday 1st April, Year 2 enjoyed a day of activities based on Trinidad and Tobago, as part of our Humanities 'Islands' topic.

We wore red and black clothes, the same colours as the country's flag. First, we produced posters about Trinidad and Tobago. We included information such as its location, climate, currency, population, favourite foods and sports and the country's national flower and bird.

After break, we made 'Trinbagonian Roast Bakes', which created a lovely smell in the classroom all afternoon! Steel

pans originated in Trinidad and Tobago and we got the chance to try them during a workshop taught by Mr Dowey which we really enjoyed. In the afternoon, we drew and painted hibiscus flowers. We created a wash background, using adjacent colours from the colour wheel and painted our flowers, varying the amount of water used to produce different shades.

Finally, we tried limbo dancing, another art that originates from these islands. We really enjoyed our taste of the Caribbean.



Rosalind Franklin Women In STEM Conference



Last week, Megan and I were given the incredible opportunity to take part in the Rosalind Franklin women in STEM conference, titled *Plastic: Friend or Foe?* It was held at Newnham College, Cambridge, where we got to stay for the duration of our time there.

The event was focused on exploring the wider implications of our society's use of plastics, and the various actions we can take to combat these problems to ensure a sustainable future. Plastics are one of the most incredible inventions of humankind, with widespread uses from sanitary medical equipment to construction and packaging. So why have they obtained such a bad reputation? The major problem with these polymers is that the properties which make them so useful and ubiquitous – durability, strength, inertness etc. – are the very same properties that cause the range of problems associated with them, as they do not biodegrade and therefore remain in the environment for thousands of years.

The college had organised talks from renowned academics and environmental researchers, as well as government and retail representatives. Having sat in the lectures and heard a wide range of perspectives on the topic, we then had the opportunity to engage in academic discussions within our syndicate groups. Various questions were raised during these discussions, a few of which include:



Should we turn our attention to the development of alternative materials with the ultimate aim of eradicating plastic altogether, or should we be focusing on using plastics more wisely, such as improving our recycling systems with the goal of achieving a closed-loop system? Could we ever survive without plastics, or has our society become too dependent on them? How can we go about reducing the damage that has already been done? With whom does the responsibility for this plastic pollution lie?

However, solutions to questions such as these are rarely black and white, and in solving one problem we often find ourselves creating another. Something I found particularly surprising was the fact that alternatives are not necessarily the better, more ethical choice that we generally assume them to be. For example, by considering each material holistically from manufacture to disposal, it was found that the carbon footprint of cotton bags is over 100 times greater than that of a plastic bag.

This therefore raises the question, how do we balance or prioritise the issue of carbon emissions – contributing to global warming – with the dangers of plastic pollution? Whatever the answer, we clearly need to avoid the knee-jerk response of banning all plastics, and carefully consider the implications of switching to alternatives.

Another focus of the event was the importance of encouraging women into STEM. I myself have always intended to go into scientific research, but before attending the conference I didn't fully recognise the importance of female representation in these fields. However, across the three days I began to understand why it is primordial that we be present in these male-dominated areas, where, even after all the progress that has been made in increasing equality, we are still by far the minority. The need for more women in STEM roles goes beyond just the want for diversity and gender parity; when women design new products or services, they bring a different perspective that too often hasn't been considered before. Lack of female representation may also discourage talented young women from pursuing careers in these fields; girls need to see women in the industry to believe it's a viable reality for them.

I personally found it very rewarding talking to some of the fellows of the college and learning about the history of Newnham. Even though lectures for women became available at Cambridge in 1870, it wasn't until 1948 when women would finally be awarded the right to a degree (after several failed attempts due to protesters). So many incredible and highly deserving women went entirely without recognition for their hard work and contributions to academia. Rosalind Franklin herself is an example



of this; despite her major role in the monumental discovery of the structure of DNA, several years passed where the credit was given only to the men involved. Her distinction, and her early death before that distinction had been

properly acknowledged, has turned the story of her life into a symbol of a woman struggling in a man's world.

As well as the academic side of the visit, we also gained an insight into

life as an undergraduate at Newnham College. Upon arriving, groups of us were given a tour of the buildings and grounds; Megan and I were lucky to have a past Old Palace girl as a guide! We were given the full Cambridge University experience, from lectures to meals in the formal hall, and then an after-dinner STEM quiz, which – out of the 18 teams taking part – we won! (Definitely one of the highlights of our time there!)

Overall, it was an invaluable experience that challenged me to reconsider my previous understanding and assumptions about plastics, and was a great chance to meet others with similar interests in science and mathematics.

Shannon



WHITGIFT

The Whitgift Summer School

Whitgift School, in partnership with Old Palace, is preparing to run its fifth consecutive Summer School this summer holiday. The programme, which caters for 11 to 17-year-old boys and girls from all over the world, will be running for 6 weeks from 7 July to 18 August.



Last year the Summer School welcomed a record number of international student boarders from over 26 countries who all studied English and partook in exciting and engaging sport, creative and social activities alongside Old Palace girls, and boys from Whitgift School.

This is a fantastic opportunity for girls in Year 7 to Year 13 to develop their cultural awareness, learn invaluable communication and leadership skills, and form long-lasting international friendships in an enjoyable, supportive and positive environment. This year promises to be another fantastic

summer and information is being sent out separately about how your daughter can apply to take part as a Student Host.

Old Palace girls are now able to apply for these limited places. **The deadline for applications is Sunday 28 April.**

This year, we are also offering non-residential day places to visiting international students with reduced fees. If you know of an international friend or have a family member who is studying English, please do let them know about Whitgift Summer School. Students would need to

reside with a parent, family member or guardian and would also need to be accompanied to the school by 8:00 and then picked up at 21:30 with a shorter day on a Sunday.

Please contact John Chisholm j.chisholm@whitgift.co.uk for further information about this opportunity.

If you have any questions or would like more information about the Summer School, please visit: www.whitgift.co.uk/summerschool or email studenthost@whitgift.co.uk

Nursery And Pre School Round Up: March

The onset of Spring has been very evident this month. Growing, Spring, gardening, Mother's Day and the odd dinosaur or two have made for an interesting assortment of activities. In the rooms, children have been growing cress, beans and looking closely at parts of the plants whilst helping Nancy with the gardening.

Dinosaurs have also been on the agenda. In Pre School, the children discovered a dark dinosaur cave complete with eggs, which they explored with torches.

At the end of the month, families were invited to a craft morning for grandparents. This proved very popular with some families; some families with three generations created a Mother's Day gift together. In between all this activity Nursery manage to raise £70 for Red Nose day; a terrific effort!

With Easter just around the corner, the Nursey is waiting with excitement for the delivery next week of ten duckling eggs. Watch this space!





Old Palace
PTA

SPRING

EVENT

Saturday

27th April 12-3pm

Prep School Assembly Hall

- 🥚 Face painting and henna
- 🥚 Easter egg hunt
- 🥚 Fairground games
- 🥚 Super football
- 🥚 Lucky dip and raffle
- 🥚 Freshly made candy floss and pop corn
- 🥚 Delicious hot food
- 🥚 Decorate your own cookies
- 🥚 Guess the number of sweets in the jar
- 🥚 Nearly new uniform sales



All proceeds from this event will be used by the Old Palace PTA to fund our various events/projects at Prep and Senior schools later this year.



Year 5 Trip To Hampton Court



Hampton Court was a brilliant trip and a great experience for our class.

First, we went to Anne Boleyn's Gateway, where we had to find the A and H for Anne and Henry. Secondly, we went to the Great Hall which made us feel very small. It is a huge room with tapestries and stained glass windows. Six contained the names of Henry VIII's wives. Great banquets were held where everything was made of sugar – even the playing cards. If you look at the ceiling you see creatures eavesdropping, because Henry VIII wanted people to know that all conversations could be heard.



We went to the Great Watching Room which had a very detailed patterned on the ceiling in white and gold. There were Tudor games to play and enormous tapestries on the wall. We also saw a replica of the crown in Henry's Pew (the real crown was taken to the Tower of London where it was melted down).



We visited the kitchens where we focused mainly on the roasting room. We got to touch some of the meat. We also stood in the fireplace and noises kept coming down the chimney just like someone was putting wood on the fire. It made us all jump.

Shockingly, the Tudors did not have some of the vegetables we take for



Year 5 Trip To Hampton Court *continued*

granted e.g. sweet corn, chillies, solid chocolate, potatoes and tomatoes. We played a fun game where we guessed which vegetables were Tudor and which were 'non Tudor'.

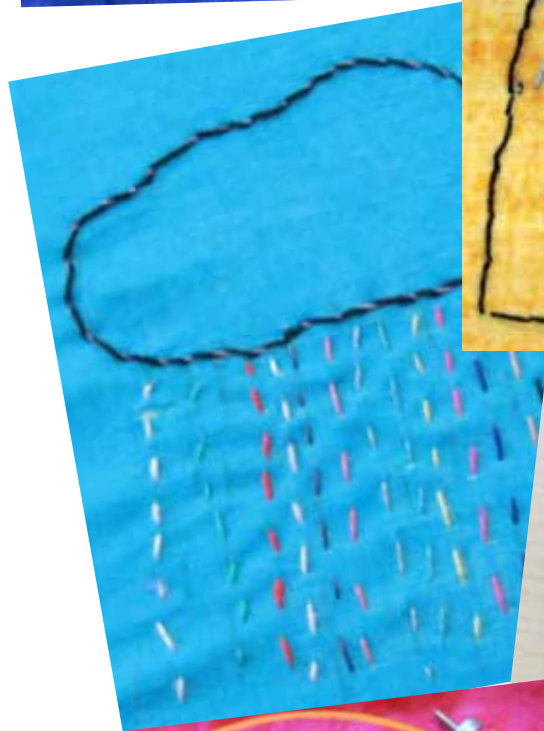
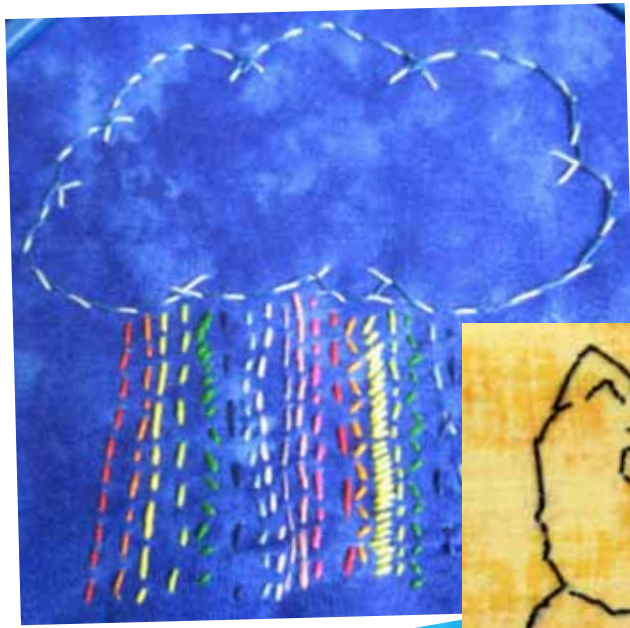
Next we went to the vine. It was planted in 1768 and is the world's oldest and biggest vine. We also saw the tennis court. The courts were longer than the ones today and the rackets they used were quite wonky. Henry VIII liked sport including real tennis. He played tennis when Anne Boleyn was executed.

We all thoroughly enjoyed our day at Hampton Court.



Embroidery Club

Pupils have been busy stitching at Embroidery Club this term. Here are a few of the pieces they have been working on.



Congratulations to Mariam (75) for achieving her Level 1 Certificate.



Ukulele Trip To Whitgift House

On 27th of March, a small group of Old Palace Ukulele Society (OPUS) ukulele players went to Whitgift House to perform for the residents with Mr Seddon and Mrs Beech.

First, we played *You are my Sunshine* then, *When I'm 64*, by the Beatles, and to wrap it up, *I'm a Believer*, by the Monkees. We were even asked for an encore of *You Are My Sunshine!*

The residents really enjoyed it and they all sang along. We were questioned about what 'ukulele' means in Hawaiian, (jumping flea) and one of them asked what a good ukulele looked and sounded like. Hopefully, when we go back in the summer, we'll have a fellow player watching or joining in with us!

We would all like to thank Mr Seddon and Mrs Beech for this eye-opening experience.

Natalie, Year 6



The Sentinelese Tribe

Last year, the death of the American Missionary John Allen Chau, fired the imagination of many across the world. Chau decided to visit the forested Sentinel Island (which is the size of Manhattan) on a religious mission to save a 'Satanic' tribe. The Sentinelese are not Satanic, but the most isolated community known, with only thirteen interactions with the rest of the world. They also attack anyone who comes near. The island is inhabited by an estimated two hundred people that have supposedly not yet discovered fire and hunt for food using bows and arrows. Their attire is practically naked despite men appearing to wear belts with which to put their daggers in. A form of entertainment is dancing. Women have been reported to stomp their feet rhythmically while slapping their thighs.

The community is described as "indigenous" meaning original settlers of a certain region. Because of this, they are our strongest indication of how a more prehistoric and primitive human society might have lived.

The media often refer to their way of living as "Stone Age" although this is incorrect. There is no evidence suggesting the tribe have been living this way for tens of thousands of years. Just like every other place in the



world, their way of life has evolved and developed over time. For instance, washed up metal from the Indian Ocean is used as weapons or food preparations that would not have been used ten thousand years ago.

Many psychologists, scientists and researchers are itching to study this isolated tribe, but are restricted by various laws. These laws include prohibited travel within three miles of the island and no photography of the island or its inhabitants. Constant armed patrol prevent any intrusions from outsiders. These strict rules might seem unnecessary and unjustified but considering how naive these individuals are to the rest of the world; a sudden exposure to our modern technology, transport or even language is undoubtedly very threatening. The rules are also in place to protect the individuals from being

wiped out from a disease to which they have no immunity. After becoming colonized by Britain, neighbouring tribes were wiped out due to such diseases.

Any attempted communication with the Sentinelese population has been viciously rejected. Two fishermen, alongside the missionary John Allen Chau, were in fact killed after exploring this island in the Indian Ocean.

Their constant hostility towards any interaction, makes it clear they do not want to communicate with the outside world. In 1880, a British naval officer kidnapped six tribe members - all of which rapidly died on the voyage out of the Sentinel Island due to disease. The officer regretted his decision to abduct these individuals, saying, "Their association with outsiders has brought them nothing but harm, and it is a matter of great regret to me that such a pleasant race are so rapidly becoming extinct." As a society, it is difficult to prioritise their welfare over our curiosity.

Although fascinating, this native tribe will have to remain a mystery for now. We can only hope that in time the tribe might let us discover more about them.

Sophie, Year 12S

Year 3 Netball v Royal Russell

14 Year 3 girls played in their last match of the season on Monday night against Royal Russell.

It was lovely to have so many parents supporting at the sidelines and Old Palace girls worked extremely hard and demonstrated determination throughout.

The B team was captained by Charlotte who led a fabulous three cheers at the end of the match. The A team's captain, Ellie, played a super game as centre. Special mention to Niamh who managed to score a beautiful goal.

Mrs Coster is super proud of all you have achieved this year.

Well done.



LAMDA News: A Great Start To The Exam Season!



The Public Speaking and Verse and Prose exams, held on February 14th and 15th, returned great rewards for all the girls taking them.

Not only did everyone pass, but in the highest grades, Distinctions were achieved, UCAS points given and Bronze, Silver and Gold Medals awarded.

The girls who were delivering speeches showed a fantastic range of interests, and the subjects chosen ranged from Racism, Knife Crime, Colour Blindness and Cloning - to name just a few.

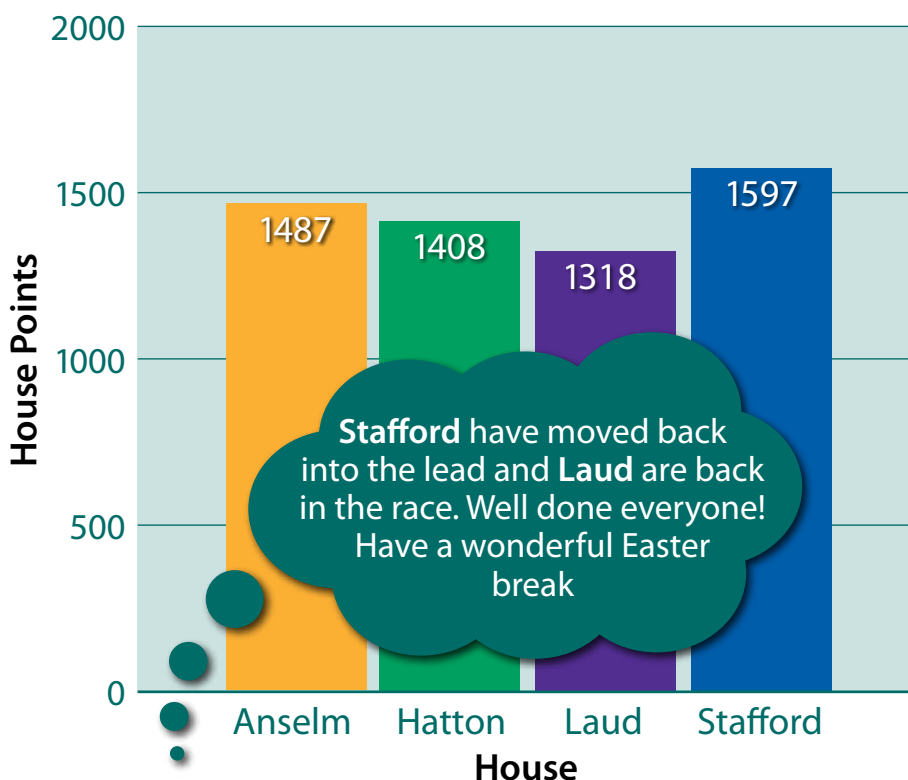
The girls doing the Verse and Prose excelled, and now understand the beauty of the Sonnet, the Life and Times of William Shakespeare, and the Joy of Contemporary Poetry and Prose.

These LAMDA courses, and the exams, have proved once again their invaluable support to the curriculum. In addition, they equip the girls with vital skills that will last a life time.

I would personally like to congratulate all the girls who worked really hard, and with great enthusiasm!

Mrs Redgrove

House Points 2018-19



Learning 4 Life - Self Defence

Learning self-defence provides my friends and I with a skill to avoid being hurt or injured in an attack.

We learnt how to prepare our minds and bodies to respond to threats against our safety and or life.

Women are, unfortunately, often victimized so learning self-defence has taught us that we can be equipped to defend ourselves against an attacker.

Saleha



News From ChemSoc: How Do You Like Your Chocolate?



As we approach Easter and the supermarket shelves begin to fill with Easter eggs, (what am I saying - they've been there since just after Christmas!), ChemSoc took on a chocolate theme this week.

Students from Years 11 and 12 investigated the properties of 'normal' chocolate compared with chocolate that had been melted, then rapidly cooled again. They uncovered some surprising differences. Through a mixture of video clips, practical investigation and taste testing, they found that a change to the structure of the chocolate at a molecular level had a significant effect on its properties. This gave them a small glimpse into the fascinating world of material science.



"I was surprised at the large amount of science that goes into the making of chocolate bars with just the right properties; texture, melting point, strength, glossiness... I found it particularly interesting to learn about the polymorphism of cocoa butter, the ability of a substance to take on many different crystal forms, and how one of the six forms has a far superior taste and texture compared to the others. The fact that we got to sample the different types of chocolate was definitely an added bonus!"

Shannon, Year 12