



AROUND THE PALACE

QuickSticks Hockey Tournament

We were delighted to host the Croydon School Sports Partnership (CSSP) QuickSticks Hockey tournament on Monday, 20 January.

Thank you to our enthusiastic team of OPS sports leaders and to all the students from Elmhurst, Forestdale, Minster, Tudor Academy, Elmwood and Old Palace.



Year 10 Sports Leaders



continued on page 2

Dear all,

It is fantastic to see so much sport in the Bulletin this week across Prep and Seniors. We have articles on hockey, badminton, swimming, netball, cricket and Sixth Form gym. It is especially great to see other schools taking advantage of the sports offer here in the QuickSticks tournament and that our own girls are getting the opportunity to receive top level cricket coaching. Thanks to Alison Smith, our Head of PE, and her PE team for all the opportunities they provide the Old Palace students.

Particular mention must go to Eavie in Year 7 who won the Year 7 Breaststroke competition at the Croydon Swimming Championship. This makes her the fastest Breaststroke swimmer in Croydon for her age. Well done Eavie!

My assemblies at Seniors this week have been encouraging girls to look at incorporating more positive role models into their social media feeds or daily lives. This is inspired by The Female Lead organization www.thefemalelead.com who set up a pledge in the autumn to try and encourage young women to follow inspirational females on social media and 'transform their feeds'. They provide a wealth of suggestions which can be found at www.thefemalelead.com/transform-your-feed

If your daughter is too young to have a social media account or has chosen to not be a user, then the website is still worth looking at to discover more about these role models. In addition, the Senior School library is showcasing *The Female Lead* book which has more information alongside a whole range of books written by, or about, female icons to inspire Old

Palace students.

Please do take a look at the websites and maybe encourage your daughter to 'transform her feed' or be more aware of these female leaders.

Finally, I would like to remind parents that the **PTA Quiz Night** is being held on 7 February at the Prep School. It promises to be a

fun evening so do get your tickets via WisePay as soon as possible. I have started to 'revise' already!

Wishing you all a relaxing weekend.



Jane Burton, Head

QuickSticks Hockey Tournament *continued*



On the 20th January, a group of OPS Sports Leaders lead a Croydon School Sports Partnership (CSSP) QuickSticks Hockey Tournament for Years 5 and Year 6.

A total of eight schools took part in the tournament and the matches were fascinating to watch. As Sports Leaders, we were required to help out with the umpiring, time keeping and scoring. I personally enjoyed it very much and gained valuable experience from it. There were some challenges that we had to overcome, but this will make us better leaders in the future.

I was delighted by the fact that the children showed such a great understanding of hockey and the rules. They put in an immense effort and commitment to the tournament and it was good to see that they enjoyed it and had fun.

I loved this opportunity to lead students from other schools and look forward to more opportunities like this in the future.

Rachel, Year 10



Year 6 Hockey

Eight students from Year 6 represented the School at the Croydon Schools Primary Hockey Tournament hosted at Old Palace this week.

Our students joined with Elmhurst to create two mixed teams. The girls adapted well to playing with the boys and worked hard to create different channels to enable lots of shooting opportunities.

Both teams made it into the semi-finals. However, we were delighted that our team has made it through to the next round.

Well done girls!



Golden Medal Haul!

The prestigious annual Croydon Schools Secondary Swimming Championships took place at Trinity School on Wednesday evening.

Old Palace fielded a small team of just eight girls but came away with a massive haul of 17 medals and were the fourth placed school overall.

Our wonderful golden girl was Eavie, who won a brilliant shield and gold medal in the fiercely contended Year 7 Breaststroke event. Cecilia won a very pleasing silver medal for her swim in the Year 8 Backstroke. Cecilia had been slightly worried about the technicalities of the Backstroke turn, however she need not have worried as she performed it with style and speed.

Rosemary, Year 8, had a busy evening competing in two individual events plus two relays. She won bronze medals in both the Butterfly and Individual Medley events, bronze in the Medley relay and fifth in the Freestyle relay.



Rosemary was joined by Year 7's Abril, Neeha and Eavie for the latter relay and Cecilia, Neeha and Eavie for the Medley relay, where each girl swims a different stroke. Abril swam an impressive Year 7 Butterfly race finishing in a very impressive third place.

Double relay medal girl Neeha swam an individual event as well, the Year 7 Backstroke, finishing fourth. Clodagh Year 8 also finished in fourth place in the Year 8 Breaststroke event and Zainab and Nuwaylah both won medals for finishing sixth in their respective Year 7 and Year 8 Freestyle events.

A very proud Mrs Tamplin would like to congratulate all of the girls for their great swimming, excellent comradery and fantastic team spirit. Thanks to Mrs Smith for accompanying the girls to Trinity with her. Well done everyone!



Eavie proudly showing off her trophy

Year 8 Netball v Caterham

On Wednesday 22nd January, the Year 8 Netball Squad joined by a couple of Year 9s, attended a netball match at Caterham School. The squad was split into two teams (A and B).

The final score for the A team was an amazing 18-4 to Old Palace and the score for the B team was 5-5.

We all played really well and tried our best, putting what we have learnt at training into practice. Congratulations to all who played.

Sanvi, Year 8



Year 6 Body Balance



During their recent Swimming lesson, Year 6 girls worked on developing their body balance and core control. The girls are now fully aware of their abdominal muscles and how to use them to best effect when swimming.

All Old Palace girls will know that Mrs Tamplin's favourite word is streamlining (followed closely by chocolate). To perform good streamlining you need to have excellent abdominal muscle awareness and control. Year 6 girls demonstrated this expertly when balancing sinking toys on their foreheads whilst performing Backstroke kicking in a streamlined position.

This is a rather advanced drill following progressive balance practice. Mrs Tamplin was very impressed, as were the girls themselves, with the final results. Rather than saying tummy, belly, six pack or core muscles, they have been getting used to using the term *abdominal muscles* - ready for getting full marks when they take their options and choose GCSE PE!



Croydon Youth Council

Last Monday, we participated in Croydon Youth Parliament's first 'cabinet meeting', where we took the seats of the Councillors in the Chambers in order to debate pressing issues affecting the future of the Borough. This followed a planning workshop that we took part in before the Christmas holidays.

Our topic of discussion for this session was the Croydon Local Plan Review. We were all assigned the roles of ministers for various themes, which ranged from housing to education. Being the keen geographers that we are, we were given the roles of the Ministers for the Environment and the Green Grid. Towards the end of the session, each one of us spoke about our issue to the other members of the Youth Parliament and scrutinised the policies of the Review Plan and those that the other 'ministers' had put forward.

Having access to the Croydon Local Plan Review also allowed us to see how the theory we learnt in class (like ways to reduce social inequality and regenerate places) is being applied in Croydon.

We also got the chance to voice our own opinions to urban planners involved in shaping the future of Croydon. Seeing young people getting their voices heard was really inspiring. For example, we met up with Sumaiya in Year 6, who is a member of the Youth Council, who we hope to support in her running for Young Mayor of Croydon.

Shanjana and Charlotte B, Year 12



Year 12 Chemists visit Queen Mary University London

Last week, six of our Year 12 Chemists who are considering taking this subject at degree level, attended a one day Chemistry Conference at Queen Mary University London.

The packed programme included recent graduates of QMUL delivering short talks about their current career paths and explaining what it is like to study Chemistry at university.

There was a taster lecture, a poster session over lunch with examples of coursework produced by current undergraduates and a very informative session on personal statements and interview skills.

The day concluded with a lab-based quiz and a highly entertaining demonstration lecture. This was a great opportunity to experience a university Chemistry department and our girls engaged enthusiastically with all that was on offer.

Here are some of their comments:

"This trip to Queen Mary's University was my first visit to a university. We received advice from the Head of the Chemistry department, which I found particularly useful as she gave us examples of what universities look for in applications. One



thing I now know to keep in mind is keeping a record of specific examples of skills I have acquired, which will definitely enhance my personal statement. I really enjoyed walking around the campus and also seeing the labs as they are state-of-the-art labs." **Anushka T**

"I learnt about the versatility of a Chemistry degree and realised how highly valued it is by employers. I particularly enjoyed seeing the newly renovated labs at Queen Mary's and felt inspired to work in a state-of-the-art laboratory in the future." **Nadia**

"I really enjoyed the trip as the talks opened my eyes to the variety of jobs a Chemistry degree can offer, as well

as the different paths you can take at university. I also found being in a university Chemistry lab extremely fun and interesting." **Lydia**

"My favourite part of the day was the demonstration lecture which had a series of experiments linked to the atmosphere. We also got to experience a taster lecture which was clearly presented and easy to follow." **Anushka P**

"Overall, I found it was a really valuable experience. I particularly enjoyed the taster lecture, where I got to experience the feeling of being in a lecture hall and learning some interesting new material." **Julieta**

Nursery & Pre School News: January

The New Year started with a winter topic that quickly developed into exploring with all our senses.

There was a wide range of sensory activities going on in the rooms; the babies tasted lemons and limes, explored tactile materials and listened to instrumental sounds. There was an ice tray in the Toddler room and all sorts of messy play combinations on table tops. These ranged from pasta and oats to paint and cling film, together with smelling cinnamon playdough and fruit tasting.

Transition children had fun exploring coloured lenses, seeing how looking through them with one or both eyes changed the world indoors and out.

In Pre School children looked at different materials. They became very excited about knights and castles, building tall structures in the garden, dressing up as princesses and playing with the small world castle. They painted flags and a dragon, that soon merged into preparations for Chinese New Year celebrations with the Dragon leading the way.



Making Maths AS Revision Fun

An AS Maths revision lesson might sound boring, but we have a variety of ways to make them more interesting and keep students engaged. At the end of term, Mrs Morris's Mathematics class revised for the Mechanics section of their mock examination by writing on windows!

Questions were stuck around the room and students worked in pairs to answer them. It was important to make their working clear as every five minutes they rotated around and continued the previous pair's work. When going through the questions, everyone could see each other's solutions and where to improve.

"This practical activity was interesting and exciting and it enabled us to improve our knowledge of difficult Mechanics questions. It allowed us to communicate with each other, discussing possible methods to work out the answer."

Shaaruka, Year 12

Fortunately, the pens did rub off!



Year 6 Badminton Festival



Year 6 took part in an England Badminton Racquets festival at South Croydon Sports Club. The girls got to participate in 10 different stations focusing on various skills required for the game of Badminton. They looked at speed, agility and co-ordination and they all particularly enjoyed trying to catch the shuttle in a small net! It was great to see the enthusiasm and excitement as they approached each station.

Year 10 Sports Leaders got the opportunity to lead different stations as part of the England Badminton Racquets tournament.

The girls were briefed on each station and then delivered the session to the 10 visiting schools on a rotational basis. It was really rewarding to see the students put their skills and knowledge to the test, by adapting their station to suit the needs of the students from each school.

They were excellent role models for Old Palace and it was particularly pleasing to have members of staff from the other schools comment on how professional they were.



U14A+B Netball

A Team

On the 21st January, the U14 Netball Squad played a match against Croydon High. Although the weather wasn't on our side, we played well and won 13 – 5!

We played as a team with defence getting many interceptions and attack bringing the ball down to the shooters. Everyone played well. Thank you to the Year 8 students who played. I (Jessica) was awarded Player of the Match by the opposition



B Team

The B Team played against a team fielded by Croydon High on Tuesday. They played with confidence despite the slippery conditions.

Ruby and Patricia inter-changed between WA and C. Lily and Zara (both in Year 8) did a really good job in the attacking circle. Thank you to the Year 8 students who filled gaps in the team at the last minute. Nissi was named Player of the Match by the opposition. The final score was 8 – 3 to Old Palace.



Cricket Coaching with Surrey Cricket

This week we were thrilled to be able to start a Cricket Club with coaching from Gabby, a qualified coach from Surrey Cricket. The sessions involved a warm up, attacking the ball and throwing at the stumps, fielding skills and batting with a straight bat.

The club is available to students from any year group and no previous experience is needed.

There are two sessions each Wednesday; 12.30 – 1.00pm and 1.00pm – 1.30pm.

(Please note that commitments already in place must remain in place). If any student has nothing planned for a Wednesday lunchtime – please come and join in either session.

We look forward to seeing the numbers grow and have plenty of skills in place ready for the start of the season.



PTA Quiz Night

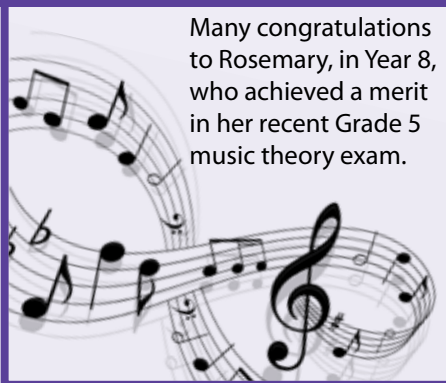
Friday, 7th February

7.00 - 9.30pm Assembly Hall
at the Preparatory School

Don't forget to buy your
tickets for the quiz and
supper via WisePay by
Friday, 31st January



Congratulations



Many congratulations
to Rosemary, in Year 8,
who achieved a merit
in her recent Grade 5
music theory exam.

Year 5 Netball v Caterham

The Year 5 A and B teams played
Caterham on Wednesday afternoon.
The match provided tough
competition for both sides, but the
cold and wet failed to dampen the
girls' spirits.

The A team went 1-0 down in the
first few minutes but worked hard
to pull it back and finished the
match with a win of 8-3

The B team weren't quite as lucky
but had lots of chances to score.
Final score 7-2 to Caterham.

Everyone enjoyed the sausage,
chips and beans afterwards in the
dining room.

Thank you to Mrs Frost for coming
to support the girls.

Sixth Form Gym Sessions

As part of the Healthy Active Lifestyle
sessions in the Sixth Form we secured
Day Passes for the Sixth Formers to
enjoy a Gym Session at PureGym,
Croydon.

We are always looking for ways to
extend the opportunities for the Sixth
Form students and show them the
types of things that might be available
to do once they move on from school.

The groups that went this week
worked hard! Thank you to PureGym
for this opportunity!

