



AROUND THE PALACE

Book Week: Worlds of Possibilities and Sharing Stories



It was Book Week at Seniors last week; a chance to promote reading and the lifelong benefits that reading brings, including reading for pleasure, empathy and wellbeing. The week incorporated *World Book Day* on Thursday 5th March and supported their themes, including #MyBookyBreaktime, fundraising for the World Book Day charity, Bookaid International and Sharing a Story, encouraging us to share, with other UK schools and libraries, a million stories.

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Dear all,

Another incredibly busy and exciting week at Old Palace with so many different events and opportunities happening at both Prep and Seniors.

Book Week at both Prep and Seniors was a fantastic event. I always describe the libraries at Prep and Seniors as 'the beating heart of the school' and this is due to the enthusiasm, dedication and hard work of our two librarians Ms Bhatt and Ms Chevalier. Their creativity ensure that the Old Palace Book Week involved so much more than many other schools. Please read the relevant pages in this Bulletin to discover what went on. An enormous thank you to them both for making this happen.

It was fantastic to see our girls excel in sport this week too. The Bulletin is full of many different reports but two are worth a special mention. Firstly, a huge well done to the Year 8 Netball Team for winning the Croydon Schools Netball Tournament - we are very proud of you. Similar pride was shown when the U18 Water Polo team competed in the National Finals in Northampton on Monday, an absolute first for Old Palace and so the team have made history! Well done to all the girls involved and to the PE team and Mrs Tamplin for making all this happen.

Finally, National Science week provided a plethora of different activities all reported on in this Bulletin and Mrs Sinclair's assembly on International Womens Day reminded us all how Old Palace girls can rule the world!

Jane Burton, Head

Year 8 Netball Team Wins Croydon Schools Netball Tournament

Huge congratulations to our Year 8 superstar Netball team for winning the Croydon Schools Year 8 Netball Tournament.

The girls played a demanding seven matches but they were undefeated in every one with some excellent score lines; 11-0, 9-0, 9-0 and 7-1.

We qualified for the semi-finals and played against Riddlesdown who started off strong, scoring first. However, OPS came back to win 5-1, putting us through to the final against Coloma.

This was a tough match with the score line continually changing, yet OPS held their heads high and kept fighting to the final whistle - finishing with a 5-3 win to make Old Palace Croydon Champions! This is thoroughly deserved after a season of fantastic commitment and team work. Well done all.



Squad: Rebecca O, Bethany K, Tahalia A, Grace B, Skye W, Lily W, Zara OK and Stephanie CA.

Water Polo - National Finalists



Very early on Monday morning, our National finalists Under 18 Water Polo team assembled ready for our journey to Northampton for the English Schools Water Polo Championships finals.

Year 11 students Alice, Sarah and Sarah, plus Suraiya and Sarra in Year 10, Lily and Catherine Year 9 and Year 8 girls Rosemary, Grace and Cecilia, arrived a little bit sleepy but ready for the massive day ahead of them. We had a traffic free journey around the M25 and up the M1 to arrive in plenty of time for the girls to familiarise themselves with the venue, eat lunch and do some

blood flow exercises before the warm-up began.

The girls looked fantastic in their new black Water Polo costumes and distinctive purple and yellow caps. Old Palace played amazingly well against the toughest elite teams in the country. Whilst we were unable to win any of our four games, we did play magnificently well. The students fought tremendous battles in all four games and definitely held their own.

In particular, the game against the only other South of England school and second placed team overall, Alleyns



(who have been National Champions on several occasions), was played with real guts and determination. This showed in the close score line of 5-3.

Reaching the National finals is such a big achievement and has always seemed a dream too far, but with continued hard work we aim to make it an annual occurrence! Mrs Tamplin would like to say a massive congratulations to all the players and a big thank you to Mrs Fowler and the rest of the PE team. We could not have got to the finals without your continued support.

Afternoon Tea at the Palace

The Old Palace PTA hosted an Afternoon Tea for the Preparatory students last Saturday. The girls were encouraged to invite one of their favourite adults to this event with a view to spending some quality time with them over a slice of cake or two.

There was an impressive selection of cakes and sandwiches on offer at this event and both the students and adults were totally spoilt for choice. Our thanks to Atoshi and to the members of the PTA Committee who baked and prepared the food, our volunteers on the day and to the parents and caretakers who helped wash up and clear up post event.

We hope our guests had a lovely time and we look forward to hosting a similar event at Seniors in the coming months.







Sharing a Story

Sharing a Story activities saw the Year 10 Prefect team visit the residents at Whitgift Care Home and read poetry. Residents remarked that they found the poetry very calming and enjoyed talking about it with the students. Through sharing stories, students and residents quickly 'broke the ice' as the book remained central to their discussions.

Book Sale

Throughout Book Week, the Year 10 Prefect team, pupil librarians and Robyn, Hannah and Abigail in Year 9 helped run the lunch time second hand book sale as part of #MyBookyBreaktime, raising money for the World Book Day Charity, Book Aid International.

Book Aid International is the UK's leading international book donation and library development charity. For every £2 raised, a new book is given to children around the world who need them, such as those who have had to flee their homes due to conflicts.

These books offer hope for the future, an escape into a world of imagination and the chance to continue learning.

Through 20p donations per book, our second hand book sale raised £40!

This has meant that Old Palace has provided a further 20 books for Book Aid International.



Books: A World of Possibilities

Our Seniors theme for Book Week was Books: Worlds of Possibilities, with different 'Worlds' being explored on different days.

Tuesday was Dystopian Worlds with a visit from award-winning author, Sarah Govett, who gave a series of talks explaining and describing her process of writing the award-winning *The Territory* series. This included hints and tips regarding style and language used in dystopian fiction such as made up language and believable dystopian landscapes and how this differs to writing her comedy books, like *India Smythe Stands Up*.



During a questions and answers session, Sarah told us that *The Territory* series (winner of the 2018 Trinity School Book Awards) is currently being optioned for Netflix.





Visit from Author Sarah Govett

On the 3rd March we had a visit from the author Sarah Govett. She is the author of *The Territory* series.

In the talk, we looked at how to write a book and the different topics that Sarah enjoyed reading and writing about. At the end of the session, we got the chance to meet her and have bookmarks and any of her books that we purchased, signed.

Everyone really enjoyed meeting her.

Isabella, Year 7



Worlds From Maps Day

Worlds From Maps Day on Wednesday included a lunch time talk from *Layers of London* public engagement officer, Adam Corsini.

Layers of London is a free online map-based resource, gathering together for the first time digitised versions of London's most important historical maps. The result presents a holistic, accessible view of London over time and includes 19th Century Booth Poverty maps and WWII Bomb Damage maps. Additional data sets including listed buildings, underground rivers and London's archaeology add context to the maps themselves, which by fading in and out allow users to discover how areas have developed and reacted to social and economic changes.

The project encourages anyone to contribute their own local histories, memories, images and stories.

Adam ran an interactive demonstration for Old Palace staff, Whitgift archivists and Old Palace students, demonstrating how individuals and schools can upload information and discover more about our own history, Croydon and London.

Quizzes and Competition

Quizzes and competitions ran throughout book week to compliment themes, including Guess the Staff Shelfie Competition and Guess the Fictional Map competition.

Friday was our Magical Worlds Day, promoting the magical books not based at Hogwarts! Not to disappoint hard-core Potter fans, Muggle Mastermind competition also took place to test student's Harry Potter book knowledge.

Congratulations to Safa and Fatima who answered eighteen questions correctly in under two minutes.



Book Week at Preparatory School



On Thursday 5th March, each year group attended a creative workshop with author Ifeoma Onyefulu which they thoroughly enjoyed. Girls were introduced to fictional characters and then created their own storyboards using those characters. Thank you to Mrs Bhatt for arranging Ifeoma's visit.

Prep was full of colour thanks to the amazing World Book Day costumes. The teachers wore props and quotes from famous books, including flags, tea pots, teacups, a bucket, a cape, a teddy, a pea and a bow and arrow. Girls were invited to enter a competition, guessing each teacher's book and character. During the week, every class had a *Drop Everything and Read* session. It was another great World Book Day at Prep.



Share a Story

On Monday 2nd March, Year 10 students from the Senior School visited Prep to listen to reading by the girls in Reception, Years 1 and 2. They were very impressed with the standard of the girls' reading and wrote some very encouraging comments into their reading records. The Prep girls absolutely loved the session, especially the stickers they were given at the end. Thank you Year 10.



Year 6 Science SuperStars – Diverse people



Every person's body is different, and this includes our fingerprints. This means they are very useful in identifying people, in particular those who have left fingerprints at a crime scene.

This week our Year 6 Superstars have been investigating the best way to identify fingerprints on different surfaces such as glass, paper and types of adhesive tape and test their effectiveness at lifting prints and the type of 'Dust' to use for lifting prints. e.g. cocoa powder and talcum powder.

The Superstars successfully 'lifted' their prints and under examination, were able to identify loops, arches and whorls.

The arch is the rarest type of fingerprint, in fact, only about 5% of the world's population have this fingerprint pattern



Year 4 National Science Week



For National Science Week, Year 4 have given their Maths work a scientific twist by looking at the effect of different hormones on their body clocks.

Everybody recorded their waking and sleeping hours and then charted some key hormones such as melatonin and cortisol which impact on sleepiness and wakefulness.

The girls also considered the role hormones play in alerting the body to hunger and a sense of fullness.

Year 7 Poster Competition – Our Diverse Planet

This week, the Year 7 students, are getting creative by researching and designing a poster to celebrate 'Our Diverse Planet' and everything that makes it special.

The students were asked to produce something that best represented their own version of our diverse planet. Their ideas were as diverse as the theme, from biodiversity in nature to variety of molecules in Chemistry and to differences between stars in Physics.

The best five will be entered into the BSA 2020 UK-wide competition, look out for their entries.

Have fun and good Luck Year 7!



Chemistry Analyst Competition at Queen Mary University, London

Last week, three of our Year 12 Chemists took part in the annual Schools Analyst Competition, run by the Royal Society of Chemistry. Here are their reflections on their experience of the day.

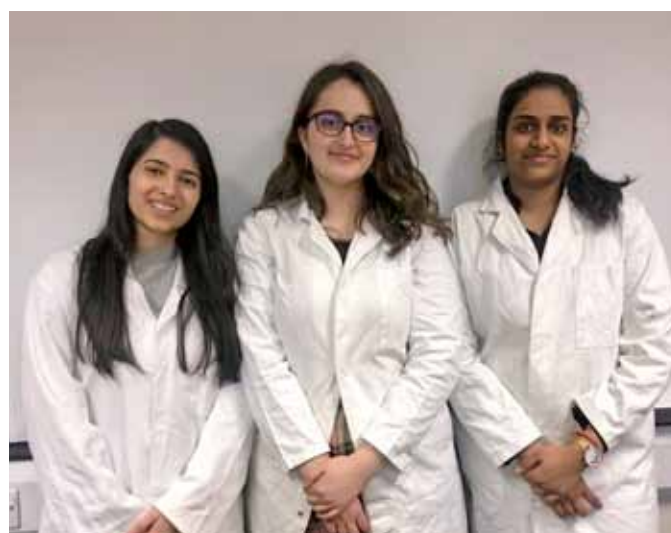
"Time was crucial in this competition. It was stressful yet thrilling. We had to carry out chemical reactions and then try to answer a series of complex questions. This competition tested our full capacity as it required good time management skills and good communication skills. As well as that, we were able to use advanced equipment showcasing what studying chemistry in university is like. Furthermore, we were able to use our problem-solving skills to try identify potential compounds that were made in the reaction, and this required a series of mole calculations. Overall, this experience was definitely eventful and exciting." **Piriyanika**

"During this competition, I had the opportunity to use many new pieces of equipment and learn new techniques, which challenged me beyond what is necessary at AS level. This included learning how an HPLC (high pressure liquid chromatography) unit works, and using new things like pipette pumps. Overall, it was a valuable and enriching experience." **Julieta**

"Our team had to carry out three separate experiments in a limited time frame. One involved a titration where we had to measure out all of the solutions accurately using new equipment, to ensure we could obtain the most accurate results. It was a very stressful but enjoyable experience and we worked well as a team, ensuring we got all the tasks done and also helping each other along the way. Through this, we all developed our communication skills and the ability to work under pressure. I am very grateful for have been given the opportunity to take part in this school analyst competition." **Khushi**



Chemistry teaching laboratory at QMUL



The team

Year 10 Human Genome Project



Year 10 combined science students have researched the Human Genome Project (HGP) in Biology lessons this week.

The HGP has collected biological samples from hundreds of populations across the world. In Biology we have looked at DNA mutations and variation and how the HGP has identified genes that are related to medical issues such as disease and how the body responds to drugs. Geneticists



still do not know what many of the genes identified from the HGP do. Maybe our students will help to answer some of these questions in their future careers.

Claire said: *'I've enjoyed finding out about how we are all different. The Human Genome Project has lots of benefits but it seems like it may take several more years to apply it to medicine today.'*

Physics Society



In this week's Physics Society students became electronic engineers for an afternoon. They were introduced to the workings of logic gates and the

drawing up of truth tables to show how varying the inputs produces different outputs.

Each pair of students then used decision modules to practically investigate how three basic logic gates, namely NOT, AND as well as OR function. The groups were challenged to create a combination of those gates to devise new ones, NOR and NAND gates.

Most of the club members managed to then build a variety of circuits, test them and create multi-step truth tables with which they could check if their creations matched what the theory predicted. The students expressed appreciation for the opportunity to experiment in an area of physics which they would not otherwise have experienced in their normal curriculum.





I love science because of all the fun experiments we do that also help us prove certain theories.

Anonymous Year 7

I love Chemistry because it makes me say "WOW" every day.

Mrs Mills

I love Science because...

I love Science because it allows you to think deeper about the way organisms and molecules function. It's exciting to learn about the little intricate details that allow the atoms and our body to operate.

Anushka

I love physics because of the difference its application has made to everyday life. If you were to take a moment to think of which modern conveniences you could not do without it is almost certain that the common thread underpinning them would be the use of physics in their construction – from electricity to building design, transport and medical imaging to the mobile phone.

I love the sheer elegance of the subject in how the theoretical aspect has, over the ages, enabled mathematical predictions to be fulfilled. Black holes, neutrinos and the Higgs boson began as calculations that threw up supposedly preposterous results, but were all later discovered exactly as predicted.

But most of all I love physics for its wow factor that results when one suddenly grasps how something works, whether it be an experiment in a school lab or the use of general relativity to ensure that GPS satellites continue to provide accurate data.

Mr Taruwona

I love science because science is everything.

Safiya

I love Biology because I enjoy finding out how living things work and how they interact with each other and the environment.

Mrs Stockwell

I love Chemistry because it deepens my understanding of and wonderment at the world around me. From the beauty of crystal structures to the elegance of chemical reaction and the myriad of new materials that we can make from around 100 elements, Chemistry is a truly awesome subject.

Mrs Ball

I love science because it can open up many doors of opportunity to learn about the world around us and careers.

Maryam

I love the ability to solve problems and use logical steps to come to an answer. Both physics and chemistry enhance my critical thinking skills and ability to have a detailed approach to completing unfamiliar tasks, which gives me a sense of satisfaction once I have completed it.

Demi

I love Chemistry because it is the basis of everything in life and knowing the basics helps me to make smarter decisions.

Everything I do is Chemistry because when I breathe, eat or sleep, chemical reactions are taking place. Chemistry helps me to make right choices of the foods I eat. I try to eat foods that raise my serotonin levels naturally, which helps me to stay happy, calm and positive instead of suffering from mood disorders and anxiety.

Mrs Sandhu

I love science because it allows me to understand the world around me and discover how things work, both at an atomic level and a much larger scale. Although we take some everyday objects and reactions for granted, learning about these has opened my eyes.

Sophia

I love science because our science department provides us with an incredible array of opportunities to learn about the wider world of science.

Madeline

I love science because it allows me to make sense of the world around me.

Anna



We are implementing a temporary **no handshaking** policy for all events at Nursery, Pre School, Preparatory and Senior School.

Thank you for your cooperation

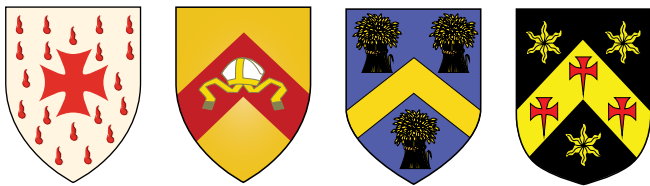
Croydon Schools Bee Netball Finals



Our Year 5 mixed netball team finished 5th in the Croydon Schools Bee Netball Competition. Joint efforts from Old Palace and Elmhurst resulted in the team finishing just short of the top group.

The tournament allowed the players to play in different positions and was a chance for the two schools to work together to form one team. A great effort.

House Family Competition



Over the course of several weeks the Senior House Families have been working on a challenge set by Mrs Burton and supported financially by the PTA.

The challenge was to develop a creative project within a £500 budget. The rules were simple: the money could be used to start a student-led project or club, or for a one-off purchase, but it had to benefit the whole school. The House Families came up with an amazing array of creative ideas and devised an 'elevator pitch' which they each presented in House assemblies. The whole school then voted for their favourite project from the final four ideas.

The final vote was extremely close but we are pleased to announce that the winning idea is to create a 'pop up' relaxation space within school. Its purpose will be to provide the girls with a space to relax within the busy school day, as well as to help students cope with stress and to learn strategies to improve the mental well-being.

Thank you so much to the PTA for their generous support of this project.



Project Update – Creative Solutions to Climate Change



You will know from reading the bulletin that students have been enjoying a wide range of activities as part of the 'Creative Solutions to Climate Change Project'. Recently, students participated in a fun and informative scavenger hunt organised by their fellow students. Ten facts about fast fashion were hidden around the school and students had to identify a coded message in the facts. The message was 'Upcycle Old Clothes.'

The winners of the scavenger hunt were Victoria, Amelia and Adjoa (Year 8). Their prizes were copies of Greta Thunberg's book *No One is Too Small to Make a Difference*.

Thank you to those of you who donated clothes to the fast fashion project. The textile hanging is in the process of being made and many congratulations to Nailah-Belle in Year 5, who submitted the winning design.

There are many more activities underway, including a clothing upcycling workshop. Watch this space!

Prep School Photography Club

Year 4 girls have been looking at imaginative ways to photograph coloured pencils for Photography Club. In addition to exploring original ideas, the girls have been thinking about aspects of composition and appropriate background choices.



Running Club

The first Couch to 5k Running Club for Staff and Students took place last Friday. The weather was extremely kind to us and everyone felt it was a really good end to a busy week.

It cleared the head and we enjoyed lots of fresh air over in Wandle Park. The turn out was amazing – 32 students and 11 staff. We hope that runners will keep attending and remember they need to do the same type of run three times a week!

Those on the Couch to 5k programme brisk walked for five minutes followed by 60s of running and 90s of brisk walking for 20 minutes. This increases in intensity as the week progresses. Others chose to run for the full 20 minutes. It was great to see so many people taking part!



Old Palace Feels The Pulse

On Monday evening, a group of students travelled to The Copper Box Arena in the Queen Elizabeth Olympic Park to watch live Superleague netball; London Pulse v Celtic Dragons.

Watching elite level netball makes you realise what a fast and competitive game netball is and the students enjoyed

watching – and learning from – the high level of skills they witnessed. There were shooting competitions around the arena and Lily in Year 8 won the competition and a pair of tickets to the next game!

Hopefully everyone enjoyed watching high level sport in an activity that we play a lot of at Old Palace!



University Mathematics Preparation Course

Year 12 students from schools across Croydon joined our girls this term in an after school course on University Mathematics Preparation.

This course, taught by Mrs Morris, involved looking at three of the entrance tests and qualifications that are required or desired by many of the top universities for STEM subjects.

While their content does not go beyond A Level, questions are very demanding and require extended problem solving skills, mathematical fluency and perseverance.

Each week, students looked at a different area of Mathematics. After a guided introduction into the necessary skills, they attempted questions. Over the weeks, students gained in confidence and were more easily able to tackle the problems.

Students fed back on their favourite aspects of the course:

"I liked the challenging nature of the questions and how I learnt something new every lesson." **Old Palace student**

"I thought the resources provided were very good and the questions were hard and substantial!" **Whitgift student**

"I enjoyed being able to discuss the problems with others. It was a great atmosphere." **Whitgift student**

"It felt so satisfying when I eventually worked out the answers." **Old Palace student**

"We were given large amounts of challenging, relevant questions. We had time to do it ourselves, but were also provided help if we were stuck." **Wallington County Grammar student**

Here is one of Mrs Morris' favourite questions from STEP (Sixth Term Extension Paper). It is a question that seems simple enough, but turns out to be quite tricky!



**Cambridge Assessment
Admissions Testing**



47231 is a five-digit number whose digits sum to $4 + 7 + 2 + 3 + 1 = 17$.

- (i) Show that there are 15 five-digit numbers whose digits sum to 43. You should explain your reasoning clearly.
- (ii) How many five-digit numbers are there whose digits sum to 39?

Answer to (ii) is 210

DofE Training Walk

A very successful Bronze and Silver DofE training walk happened last Saturday in the Surrey Hills. 35 girls from Years 9 & 10 took part. They were learning key map reading skills, how to use a compass and also started to plot their route for their up and coming practice expedition.



Sports Leaders Help Run the Croydon BEE Netball Finals



On Monday, a selection of Year 10 and 11 Sports Leaders took on the roles of umpires, timers and scorers when twelve primary schools descended on Old Palace to play in the BEE Netball Finals.

BEE netball is an adapted 5-a-side game for boys and girls to play and introduce them to the concept and basics of netball. The rules have been slightly amended and so the umpires had to adjust their whistle blowing accordingly! All schools had a great time and played well. The Sports Leaders also did an excellent job, learned a lot through the experience and received many favourable comments about their efficiency, enthusiasm and confidence.

Year 7 House Football

Year 7CD took part in House Football on Thursday morning. The girls started to think more about their positioning as we progressed through the tournament resulting in some excellent defence and some ambitious attempts at goal!

The final results were:

4th place	Laud
Joint 2nd place	Anselm & Hatton
1st place	Stafford



Year 5 Netball v Caterham

With temperatures reaching no more than three degrees, Year 5 had an extremely cold and wet afternoon at the Caterham netball tournament.

The girls never gave up despite the bitterly cold and miserable conditions.

With only the winners of each of the two groups making it through to the finals, the girls had some tough opposition. They came away from the afternoon with three draws, a win and a loss and narrowly missed out on a place in the top four.

Well done everyone!



House Hockey

House Hockey for 9CD took place in glorious sunshine on Friday, The display of hockey skills was really good and everyone got involved! The team work and competitiveness was excellent so well done to everyone!

Results:

4th Hatton

3rd Anselm

2nd Laud

1st Stafford



Year 12 Geography trip to the Lake District



Before half-term, we went to the Lake District for the purpose of conducting fieldwork in preparation for our AS exams. The accommodation in which we stayed at generates its own hydro-electric power and is heated using renewable biomass – this was intriguing, since many buildings are still run on a significant proportion of non-renewable power.

Throughout the next couple of days, we went to the town of Keswick to investigate the different perceptions that people have of the area. We surveyed people (both visitors and locals) on whether the Adventure Capital UK branding strategy has changed their perceptions of Keswick and of the Lake District as a whole. Many expressed Keswick as a 'taste district', which was evident by the number of shops and restaurants selling handmade sweets and chips.

We also travelled to Silloth dunes to investigate the process of succession across a psammose. This involved climbing up the sand dunes to get to the different location points and measuring soil pH, wind speed and species richness. Although the freezing weather and the idea of climbing up steep dunes was slightly daunting, we were able to work efficiently in order to collect accurate data for analysis.

Overall, this trip was a worthwhile experience, especially because of the fact that many of us have not visited the Lake District in the past – some of us were sad to be leaving!

Shanjana, Year 12

Year 1 & Year 10 Sports Leaders Session

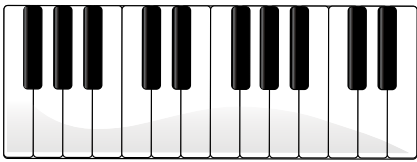


Year 1 enjoyed a lovely session with our Year 10 Sports Leaders. The girls completed lots of different activities including a pairs matching game, ball bounce, skipping and bean bag throw.

It was rewarding to see our older students working with the younger students in such a positive fashion. Year 1 thoroughly enjoyed themselves.



Piano Exam Success



Many congratulations to Lily, who passed her Grade 6 piano exam.



Year 10 & 11 Netball v Nonsuch

The Year 10 and Year 11 players travelled to Nonsuch on Thursday for a friendly netball fixture. The weather was dreadful but fortunately we were able to play indoors. The teams mixed up initially in to an A and a B squad and played alternate quarters.

The A team squad did particularly well to hold a respectable score line against the Nonsuch A squad with only three goal difference. For the final part of the fixture, we played Year 11 as a squad as potentially this was one of their last fixtures, and then did the same with Year 10.

This fixture was fun, relaxed and received lots of compliments about the individual skills of the OPS players – well done.

India and Jessica were named as Players of the Match

Boxercise

The Sixth Form students will be having Boxercise sessions with an instructor from Croydon Boxing Gym over the next two weeks. After a hesitant start, the students really threw themselves into their first session and had lots of fun. Their work rate was good and they all enjoyed it!

