



# AROUND THE PALACE



Spring is just around the corner...and we are looking forward to welcoming you all back on Monday, the 8th March.

Dear all,

I am so pleased to be able to write the introduction to this week's Bulletin in such a hopeful mood. We are so looking forward to opening the doors to all our students week commencing 8 March and then making the most of the lifting of the Covid restrictions as the summer term progresses. There are even Daffodils in bloom already at both sites ready to welcome everyone back! It is such a relief for the whole school community that there is a realistic end in sight to the challenges we have all faced.

In the meantime, please enjoy this week's Bulletin and the sister publication which is a wonderful Science Supplement (written for the International Day of Women and Girls in Science) that shows how much the students at Old Palace enjoy and engage with science across the whole school.

Wishing you a wonderful weekend.

Jane Burton, Head

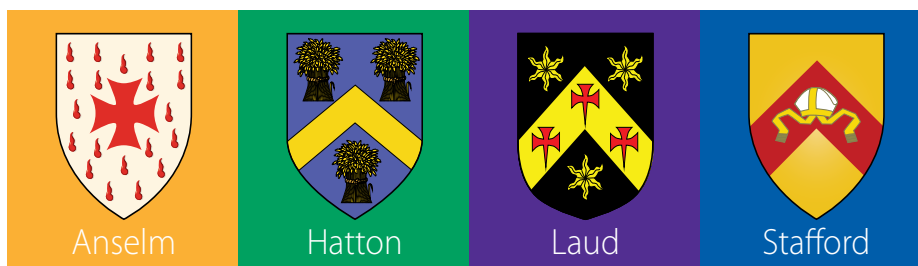
## The Old Palace Social Distancing Choir

A quick reminder that the **deadline is this Monday**, so if you're planning a last-minute entry, now's the time to get started. If you want to take part, head over to the VLE, and in the Music section, there is a link to a Virtual Choir folder with all the files and instructions.



## Week 5: House Challenge to Walk Around the World

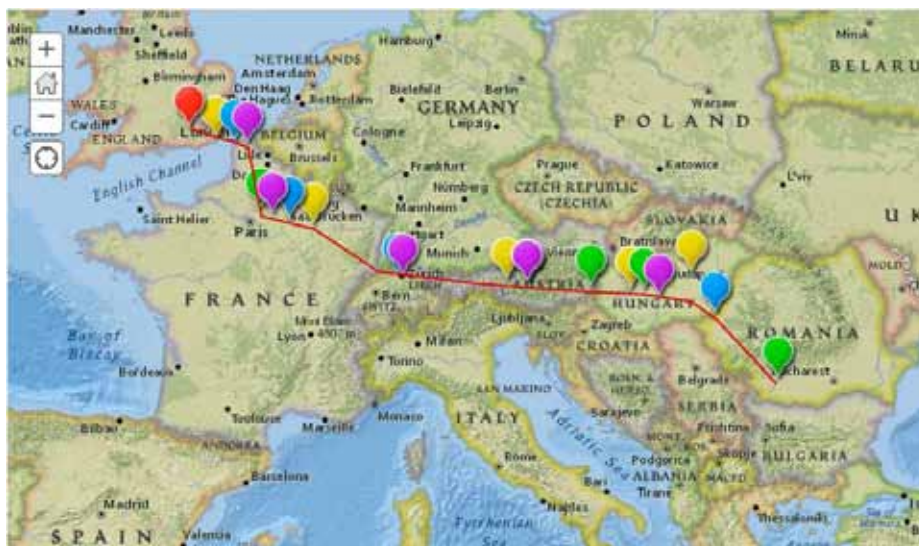
House	Total km
Anselm	1,697
Hatton	2,171
Laud	1,616
Stafford	1,810



Well the teams have certainly kept active over half term which is great to see.

Stafford are 'walkers of the week', adding a fantastic 579km to their total. Hatton also added 514km to their tally, which means they are still the overall leaders. Laud walked a further 388km and Anselm 156km.

This week, each team finds itself in rather interesting and relatively unknown territory. Hatton are in Craiova, Romania, Stafford are in Arad, also in Romania. Laud is crossing the River Danube and Anselm are in Hodmezovasarhely – both in Hungary.



Click on this link to follow our progress and to find out more!: <https://arcg.is/1W4m1T>

Keep up the great work everyone and keep tracking those steps on your House Team.

## STEM and House Walking Challenge Combined



Over half term I went on a long walk with my family. One thing I miss about school is swimming and PE lessons. It is good to get out for what my mum calls a 'leg stretch'.

We walked around Lloyd Park to do some research for a STEM competition that some of us in Years 8 and 9 are entering about building a home for nature. There are quite a few species that are endangered in the UK. The aim of the project is to promote biodiversity in our local area.

It was not recommended to choose something like red squirrels, which are only found in Dorset and the Isle of Wight; instead, we had to think about what we might find at school, in our gardens or local parks. I like stag beetles and recently watched a fascinating programme on bats.

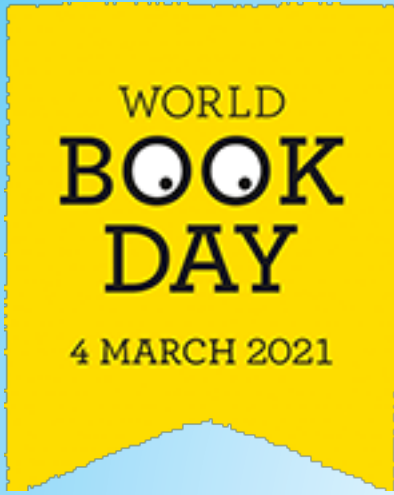
It was really muddy. We walked from the Prep site, round Lloyd Park, across to Croham Hurst Woods, Littleheath Woods in Selsdon and back down through Bramley Bank. I got lots of ideas. In total we walked 10.6 km

(16,676 steps) and on the map it looks a bit like a mirror image of a calligraphy 'S for Stafford'.

**Natalie, Year 8**







Next Week... 1-5 March 2021

# “Virtually” Book Week: The Natural World of Books

Book Week themed on our Natural World  
Featuring...



Natural History Museum’s Principal Curator in Charge, Insects & Author  
**Dr Gavin Broad**



Durrell Wildlife Conservation Trust, CEO  
**Dr Lesley Dickie**



Children’s Author and Illustrator  
**Chris Wormell**

## Lockdown Literary Loo-Roles Competition

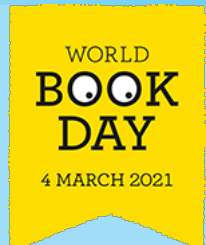
*“ply a roll” in creating a cardboard character or scene from a book*

Be imaginative in how you use the cardboard of the tube in recreating the character (or even a dramatic moment!) from a book.

### Criteria

- The crafty use of the toilet roll tube... you can use multiple tubes, kitchen roll, and/or reshaping the tube...
- The quality of the design and drawing... coloured paper, pipe-cleaners, tinsel? What will you add?
- The imaginative representation of a literary character or scene

Email a photo of your entry to [libraryseniors@oldplace.croydon.sch.uk](mailto:libraryseniors@oldplace.croydon.sch.uk) by the end of the day on Thursday 4<sup>th</sup> March 2021  
Best Student (Years 6-13) and Best Staff entries will both receive National Book Token Prizes!



## World Book Day at Preparatory

We have decided to delay this until the pupils are back in school to give them the opportunity of dressing up as their favourite character.

## Year 11: Biology in Poems

Year 11 have been looking at how some organisms depend on other species.

They have been looking at some uncomfortable examples of parasitism in poetry inspired by a haiku and American cinquain on head lice.

**Head lice are not nice**  
**Small insects they drink your blood**  
**Waiting in your hair.**

**Head lice**  
**Wingless insects**  
**Small and fast at breeding**  
**Passed from host to host they drink their blood.**



These are some short poems from Sarra (Year 11) about how some invertebrates feed off humans followed by two examples where organisms gain mutual benefit.

### Mosquitoes and Humans

Mosquito on an arm,  
sucks the blood,  
spreading malaria,  
for death with a thud.



### Ticks and their Animal Hosts

The tick crawls up limbs and buries itself  
Their bodies fill up and expand as they drink  
only falling off with their stomach on the brink.



### Bees and Flowers

Bees pollinate as they collect honey from a flower,  
not deliberate, but in a bee's hope to devour,  
pollination means new plants grow which continues the food chain flow.

### Fish and Whales

Fish nibbling on a whale's skin  
A spa day for the whale  
and a feast at each fin.

## LGBT History Month at Seniors



On Wednesday lunchtime, we organised a virtual session to mark LGBT History Month. This provided students with an insight into what the month means, as well as the work akt\* does and how the charity responded to the (many!) challenges posed by the pandemic. The speaker was Freya Clarke, the Supporter Care Officer at akt.

*\*akt is a national charity supporting LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment. They support young people into safe homes and employment, education or training, in a welcoming and open environment that celebrates LGBTQ+ identities.*

## Competition

Look at the picture above.  
There are 23 LGBTQ+ History Icons.  
How many can you name?

Prizes go to the students who can name the most correctly by Sunday **28th February** (emails must be received by [hford@oldpalace.croydon.sch.uk](mailto:hford@oldpalace.croydon.sch.uk) before 8am on Monday 1st March).

Classics Department Word of the Week 01/03/21

# ILLUMINATE

To shine light on something. To decorate something with lights.  
(figuratively) To clarify or make something understandable.  
From Latin 'in' - on and 'lumen' - light



## Year 6: Half Term Activities



Serwa made oat biscuits, pancakes, muffins, and chocolate and orange shortbread.



Reya made a pizza during half term and her Grandparents 50th Anniversary cake!



Ava's homemade cupcakes.



Nailah-Belle's walk during half term.



Maya made a delicious pizza and a traditional Egyptian dessert. She also made a humongous den in the local woods!



# Virtual Open Morning Live Q&A

## Pre School & Preparatory

Thursday, 11 March  
9.30am

[www.oldpalace.croydon.sch.uk/admissions/open-days](http://www.oldpalace.croydon.sch.uk/admissions/open-days)

## International Mother Language Day

The 21st February was "International Mother Language Day" and we have been celebrating it throughout the week at Prep. Experts estimate that there are about 6,000 languages spoken around the world.

The purpose of this day is to raise awareness of language, cultural diversity and multilingualism around the world. The focus this year is on inclusion, both in the classroom and in society.

*"For when a language dies, a way of seeing, feeling and thinking the world disappears, and all of cultural diversity is irretrievably diminished,"* said Audrey Azoulay, Director-General of UNESCO.

On this International Day, UNESCO therefore calls for the celebration of the world in all its diversity, and support for multilingualism in everyday life.

The pandemic has highlighted the importance of communication, which for aurally challenged people, and those who lip-read, the wearing of masks has made extremely difficult. This is where sign language is so invaluable. This week, we have been learning some BSL including greetings, alphabet and animals.

The girls have had fun deciphering the meaning of some actions and practised some of the signing themselves.



## Prep PE Round Up



Pupils in Years 3, 4 and 5 had the pleasure of meeting Taekwondo Olympic hopeful Keira Forsythe during their PE lessons. She joined them via TEAMS and spoke to them about her personal story of overcoming adversity and how she is now due to take part in Paralympic Games.

See her inspirational story of how she lost her arm and overcame adversity here:

<https://www.youtube.com/watch?v=D0wYl08Xpls>

## Fun Friday Registration

From the beginning of Year 6, Mrs Smith and Mrs Solari have reminded us to stay positive through this pandemic.

Throughout the term, Mrs Smith has presented us with multiple positive and meaningful words. During the last form time before half term, we were asked to think of a positive word and present it in a creative and fun way.

We were randomly split into breakout rooms for our presentation. Some examples of words were snow, power, mountain, laugh, gratitude and many more. The word I chose was generous. Especially in the pandemic, I have realised that being generous goes a long way. I presented this word in the form of a poem.

### Generous

Although generous is just a word  
it has so much more meaning.  
Those who are suffering and who are not doing well  
choose to be generous

Although generous is just a word  
it has so much more meaning.  
With the help of others and the pathway being laid out  
for us  
all we must do is be generous

Although generous is just a word  
it has so much more meaning.  
It's not just a word but an action  
an emotion and a feeling in so many ways

Although generous is just a word  
it has so much more meaning,  
Those who are suffering and who are not doing well  
choose the option out of all others to be generous.

**Kara**

## Year 11 Dance Leaders

During this lockdown Mrs Barber has been very impressed with the Year 11 Dance Leaders commitment. The students are demonstrating great autonomy by planning detailed dance workshops in a variety of styles, including a range of tasks with differentiation. Their confident approach to leading the sessions with their independent and adaptable approach, has enabled them to connect with each other through dance and of course technology.



Adapting to learning at home has been a challenge and leading a dance session was no exception. On the 10th of February I led a Bharatanatyam dance session, teaching my peers a short motif as part of our Dance Leadership course.

Though teaching via teams was certainly more difficult, it was great to see how successful the session was and how much my peers enjoyed the session. It just goes to show, that even in these unprecedented times, we are still able to persevere and more importantly have fun with each other just, as we would have done in school. I would just like to say thank you to my peers for the wonderful experience.

**Indrani**

On Wednesday before half term, during our Dance Leaders session, I was taught a different dance style. I was taught Bharatanatyam.

It was very interesting as I have never learnt this dance style before. I really enjoyed this session as I was taught about the different hand gestures and this made me come out of my comfort zone.

I would like to say thank you to this amazing experience I have had.

**Dimanthi**

In order to complete our Dance Leader qualification, we have continued to learn and teach new choreography. However, these unprecedented times only allow us to carry out our sessions over Microsoft teams – bringing us both new experiences and challenges to overcome.

On Wednesday 10th February, our class learnt a Bharatanatyam motif led by one of our classmates. Even though it was completed over camera, which can be intimidating, it was a well-taught and interesting lesson that expanded our horizons to a new style of dance and everyone participated and engaged enthusiastically.

**Madinah**





## Guess the Sport Quiz

How well do you know your different sports? Try Year 11's Sports Leader quiz and find out.

- 1 This sport's scoring terminology includes par, birdie, eagle, bogey, ace, handicap, albatross.
- 2 This game involves 22 balls at the start of the game.
- 3 This sport is also called water rugby, and the women's version of the sport became an Olympic Sport at the 2000 Sydney Olympic Games
- 4 The length of this pitch, 22 yards, has remained unchanged for more than 150 years. The first country to win the world cup of this soil on home soil was India in 2011.
- 5 The beach version of this game originated in the 1920s California. On average a person will jump 300 times in one game.
- 6 Teams such as the Chicago Bears, the Philadelphia Eagles and the Dallas Cowboys, play this sport which culminates in the annual Superbowl.
- 7 This is the fastest racquet sport in the world with shuttles reaching over 200mph
- 8 This sport is often called the fastest game on two feet. It has been described as being like football, as it takes place on a field, like hockey, and is played with sticks. Like basketbal you have to be quick on your feet and put the ball in the net.

Answers in next week's bulletin.

## Positive Well-being Afternoon Activities

On Thursday 11th February, Period 4 and 5, we all did something to relax and rest our strained eyes from technology screens. In Stafford, we all did a variety of positive activities. For example: knitting something for a friend or family member and giving it to them as a present. Try a homemade pizza or bake something like brownies or flapjacks, go on a walk and get some fresh air to keep your brain active. Paint a picture, create a handprint or colour a pattern to make you feel relaxed and stress free, go for a run or, if you want to challenge yourself, create a workout.\*

### Ideas of what you could do next time:

- You could design a family crest to represent what you do as a family or what your Surname means?
- Spend some more time as a family and why not play a board game with each other like Monopoly, Battleship or Scrabble.
- You could make a time capsule and put your favourite things inside it, hide it under your bed or in a secret place and open it in 5-10 years time so you can reminisce on how you have grown up over the years and what you loved when you were younger especially in the middle of a global pandemic.
- Nature surrounds us everywhere, so why not go bird watching and find a bird that you have never seen before.
- Instead of watching TV why not put on a play or recital for the whole family to enjoy? Remember, cherish the things that are important to you, life is precious, so enjoy yourselves and keep positive.

\* See page 11

Chloe-Marie, Year 12

## Ria's Taiyaki



Taiyaki are Japanese fish shaped cakes which are traditionally filled with a red bean paste. A popular street food, they can be adapted to have a variety of fillings.

Ria made some with a Nutella filling and the whole family enjoyed them.

## UNO Fitness



**RED** = Jumping Jacks

**BLUE** = Burpees (full or walking)

**YELLOW** = Mountain Climbers

**GREEN** = Plank Shoulder Taps

This week, Senior School students have participated in UNO fitness!

Each colour represented a different activity and the number indicated how many repetitions of each activity needed to be performed. Students played in Teams, drawing cards from the pile for the opposing team to complete. Some classes worked together, others in breakout rooms.

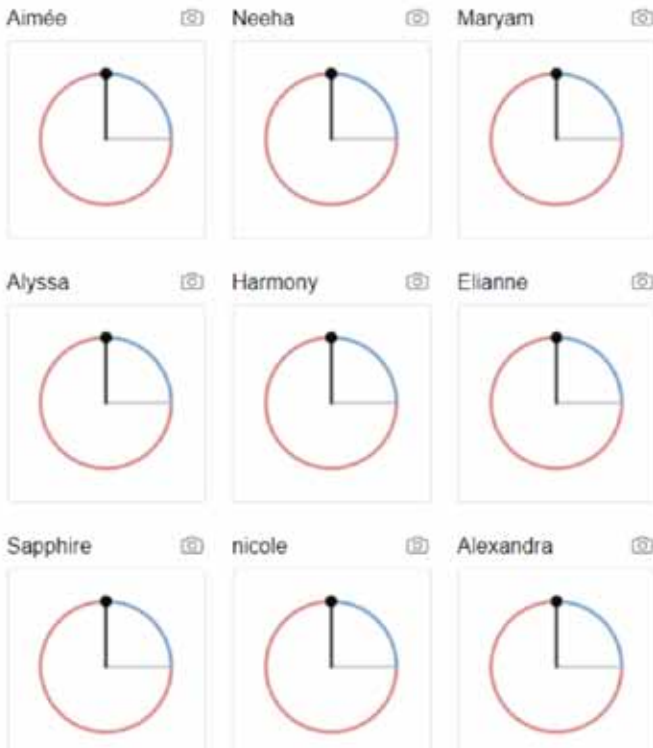
If you've played UNO you will know there are also WILD CARDS and these were implemented into the fitness activity. Draw 2 card meant the opposing team had to complete the next two activities consecutively: Skip a turn card caused the team to skip on the spot for 30secs: 4+ led to four consecutive exercises and so on.

If you have a pack of UNO cards at home, why not give it a go?



### Let's play a game.

Responses Overlay



Here's how it works. You'll spin the spinner.

How do you win? That's up to you. Two options:

- (1) Spinner lands on RED, you win.
- (2) Spinner lands on BLUE, you win.

Which option do you want?

Win on RED

6 students  
Neeha, Alyssa, Harmony, Elianne, Sapphire, nicole

Win on BLUE

0 students

- Neeha  
Win on RED | Red has a larger area in the circle than b
- Alyssa  
Win on RED | Because the majority of the circle is red
- Harmony  
Win on RED | because it h

Learning online can provide some fantastic opportunities to use interactive tasks as a class. On Tuesday, students in Mrs Morris' Year 8 Mathematics class took part in a fun activity designed to enhance their understanding of experimental probability.

As they soon discovered, games of chance don't exactly fit the theory! Looking at the spinner in the diagram, they correctly predicted that you would be most likely to win on red, and that this would happen about three quarters of the time. When they played the game 36 times at once however, some found that the results were way off the expected 27 wins. It was when their results were put together, creating hundreds of "trials", that they could see the results were close to what they expected.

We discussed the results and went on to a broader discussion about how probabilities are estimated from experiments in real life, from predicting the weather to calculating the effectiveness of vaccines.

*"It was a fun experience and good to interact and see what others' opinions were."* Grace, Year 8



## A letter from Mrs Nike



Dear all,

I am thrilled that we will be returning to school on 8 March and I am looking forward to seeing you all very soon.

This half term, we will be focussing on 'Honesty' as part of our character development programme. What does honesty mean to you?

We will be exploring more about what it means and why it is important. Please check out Mrs Nike's blog on the VLE for activities and ideas relating to honesty.

It was great that the pupils in Years 3, 4 and 5 had the opportunity of meeting Keira Forsythe this week. I would encourage you to watch her inspirational story of how she overcame adversity.

<https://www.youtube.com/watch?v=D0wYl08Xpls>

**Mrs Nike**  
Head of Pre School & Preparatory

## Year 1

During half term, Anika B got creative in the kitchen making some beautiful food! She also did lots of cycling to keep fit and one cycle was 17.04kn. Well done Anika B!



### Anika's Personal Best cycling (17K)



## Silver Awards



Avika with her Silver award.



Keyala with her Silver award.

## Maths Certificates



Elissia, Year 3 with her Black Widow certificate.



Olivia, Year 3 with her Superman certificate.



Sofia, Year 3, has gained her Hawk-girl Certificate.



## Wellbeing Afternoon

Our normal timetable was paused on Thursday 11 February to allow students to engage in a range of wellbeing activities and to give them a well-earned opportunity to get away from their computer screens! The afternoon was devised as part of a response to the recent parent and student surveys.

Students were supplied with a leaflet giving them lots of ideas of possible activities they might like to do such as going for a bike ride, making pizza, taking photos, painting, making jewellery, going on a bug hunt, making a time capsule, to mention but a few!

We have loved looking at photos of some of the activities our talented students have engaged with.



Sakina, Year 10



Phoebe, Year 9



Janice, Year 10



Students in the critical workers' provision in school.



Lily, Year 10 went for a walk.



Evanjeline, Year 8



Keona, Year 7

## Maths Puzzle Fun

Jemma couldn't see the clock to tell the time but she could see its reflection in a mirror.

If this is what she saw what was the real time?



Answer on page 14

## Virtual Youth Games

Students in KS3 have been encouraged to help CROYDON boost its ranking in the Virtual London Youth Games.

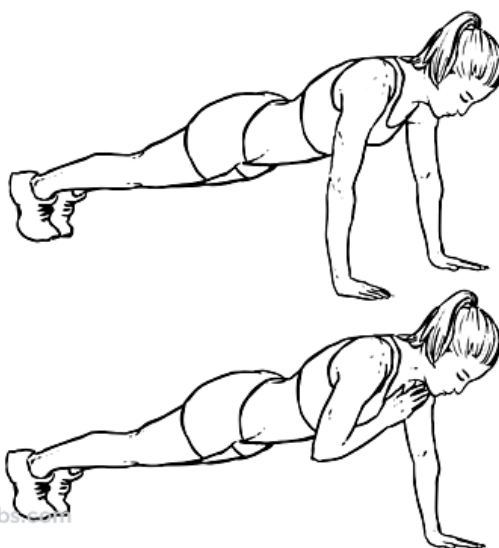
This week's challenge was the PLANK SHOULDER TAP.

Students were encouraged to see how many shoulder taps they could complete in 30 seconds and submit their score through the Virtual Youth Games website.

Some classes completed it within lessons; others have been encouraged to enter by themselves.

Let's hope Old Palace can help CROYDON move higher up the leader board!

How many can you do?



## Geography Competition Week 6: Where in the World?



# Where in the World?

Discover the world: use the clues to guess what country this image is from!



1. This country is often referred to as the "Rainbow Nation"
2. Nelson Mandela is known by six different names in this country.
3. This country has three capital cities. One is for the legislative, one for the administrative and one for the judiciary.
4. This country is the world's second largest fruit producer
5. The fish migration of this country is so huge it can be seen from space.



Submit your answer on Forms

**Deadline:**

**Thursday 4th March**

The answer to last week's Where in the World was **India** (Meenakshi Temple).



# Year 9: Treasure Hunt Walk

Year 9H were sent off on a treasure hunt just before half term. As a class they decided the different objects to look out for on their walk. There were certainly some very creative ideas and the Treasure Hunt allowed the students to appreciate their surroundings and spot things that they would not normally notice.

Five green things



A flower



Five green things



Something that lights up



A rock



A star



A flower



A postbox



A corner shop



An animal



An insect

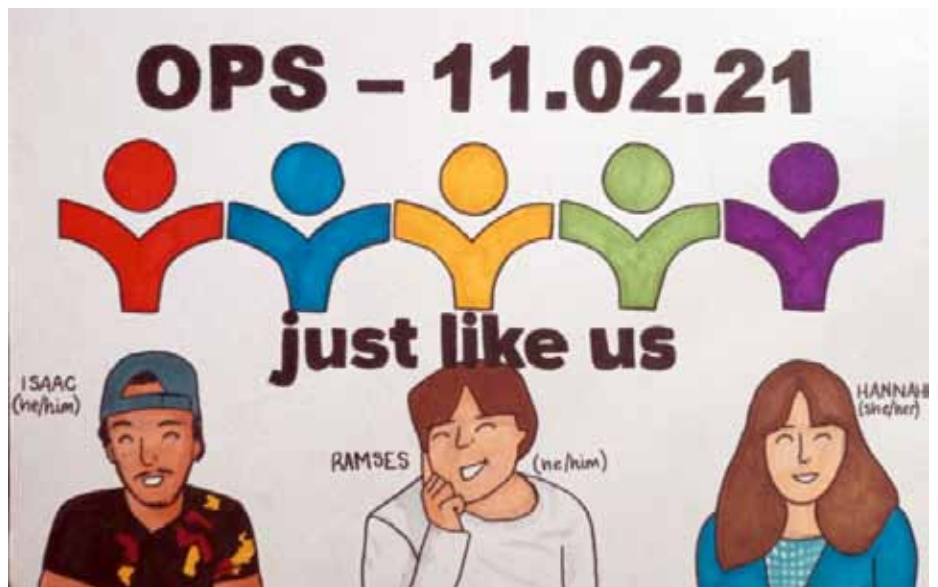




## Equality & Inclusion

Just before half term we were lucky enough to welcome Isaac, Hannah and Ramses, ambassadors for Just Like Us. They led a Q&A session, followed by a workshop, to talk about their personal experiences and also some of the myths around being LGBT+, especially the idea that people become LGBT+ because of something that has happened to them, rather than just an innate part of themselves. As part of the session they shared how to use language and terms inclusively and accurately and how to be more understanding and accepting.

Following the session, Mia presented this artwork to the ambassadors as a thank you.



Here's the reaction from Just Like Us:

*I was taken aback when I saw this. This is so, so good! Please do let your pupils know that Isaac, Hannah and Ramses loved this!! Thanks for having us today! The ambassadors have been singing your praises and said it was one of the most engaged and interactive groups they'd had the pleasure of delivering to.*

*Isaac: Thank you so much for your amazing drawing. It made me smile so much! I'm really happy that you enjoyed our talk.*

*Hannah: I loved the drawing you did, it's amazing. Thanks for making my first school visit so fun and memorable (and for making my hair look great)!"*

*Ramses: 'Omg. This is so good! Thank you. I am going to print it and hang it in my room.'*

*We hope to work with Old Palace again in the future. The ambassadors had a blast!*

*All the best,*

**Josh Buckland**  
Programmes Officer

[www.justlikeus.org](http://www.justlikeus.org)  
[@JustLikeUsUK](mailto:@JustLikeUsUK)



*I have been smiling all evening about this image!!! What a wonderful thing for your pupil to do. Our Hannah will always have a little something to remember her first school talk.*

*Thank you so much for this,*

**Anthony Melia**  
Schools and Colleges Officer

### How else can you get involved with Just Like Us?

**School Diversity Week:** Every summer Just Like Us hosts School Diversity Week. This initiative unites school staff, pupils, parents and guardians across the UK to come together in support of LGBT+ equality and inclusion.

**Pride Groups:** Our Pride Groups programme supports schools to provide spaces for LGBT+ young people and their allies to seek support, socialise and campaign for equality and inclusion. This offer includes dedicated guidance, training opportunities and unique resources to help your Pride Group thrive!

## Maths Puzzle Fun

Answer to Maths Puzzle Fun on page 12 is

5 past 12

## Last Week's Maths Puzzle Winner

Congratulations to **Olivia** in Year 7, who correctly worked out the answer of our last Maths puzzle.