



AROUND THE PALACE

Dear all,



There is so much content in this week's Bulletin that I feel I must keep my piece short this week! As the first month of the new academic year comes to a close and the restrictions of the past year start to fade a little in our memories, it is wonderful to see yet again all that is happening across the school and how our students encapsulate the 3Cs - confident, capable and connected.

Finally, we have our Open Morning this weekend and so a very warm welcome to all our visitors who will be experiencing Old Palace for themselves.

Jane Burton, Head

Meet Our New Head Girls



Amanda and Abisha will be joining Mrs Burton at our three Open Day talks tomorrow morning. We look forward to seeing you.

Seniors: European Day of Languages

Last Sunday was The European Day of Languages 2021, and this week the Modern Foreign Language Department and the Old Palace Community marked the occasion with a range of cultural and language-related events and activities.

On Monday, students from all year groups were given the opportunity to take part in an engaging Flamenco workshop, which students from both our oldest and youngest year groups have shared their thoughts on below.

The canteen ran a themed food day; Italian pasta, Spanish Paella, and a French salad on offer at lunchtime, with the canteen and serving-hall adorned in European flags.

Flamenco Dance Workshop

On Monday 27th September I was so excited to take part in a Flamenco dance workshop to celebrate European Day of Languages. I felt nervous at first but as we started learning the routine, I started to feel more confident. Flamenco dancing has elements of Indian dance and the paso doble which is another dance style.

I thought the routine was going to be more complex, but it was not everything that I expected. The routine was quite easy. Danielle was so good at teaching the dance and she is so amazing at Flamenco dancing. For about half of the workshop she only spoke Spanish, but I was relieved she can speak English.

At the end of the workshop, she showed a bit of Flamenco that dancers could do on stage. We were all very surprised at how she did her tap dancing which is also in Flamenco dancing. It was amazing to try something new and it was a fabulous experience and I want to say thank you to all the staff who organised it.

Serwa, Year 7

Form tutors undertook an exciting project to start discussions about the other languages spoken by students outside of school, and this information will soon be displayed around the school to celebrate our rich cultural and linguistic diversity, helping students to recognise these language skills as the asset they are.

In the classroom, students were greeted in different languages by their subject teachers; some taking the chance to share phrases in their mother tongue, with others having a stab at the basics in anything other than English.

Flamenco Workshop

On Monday, Old Palace Spanish students from all year groups had the pleasure of taking part in a Flamenco workshop. As soon as I entered the workshop I was greeted by the beautiful, traditional Flamenco costumes which brought a smile to my face. The teacher, Mrs Allan, taught us a short sequence of movements, beginning with the strong power pose, and ending with 'Victoria!'. She also taught us the staple components of Flamenco; bent knees and loose hips!

Mrs Allan gave us insight into the history of Flamenco, and taught us that it has taken inspiration from Indian dance. Flamenco, having its roots in other cultures, reflects our multicultural society, and highlights why embracing other cultures is so important. After all, without cultural appreciation we would not have the version of Flamenco that we have today.

We are very grateful to Mrs Allan for injecting some vibrance into our rainy day; ¡Muchas gracias!

Idara, Year 13



Prep: European Day of Languages

Last Friday, all travel restrictions were lifted at Prep and the girls had the opportunity to do a whistle-stop tour around different European countries.

All the classes from Pre School to Year 6 were involved. They researched and found out information regarding a European country and on Friday, they transformed their classrooms into mini-museums of those countries, laying out artefacts, models, fashion and food to make sensory displays for their visitors.

The sun was shining and, with passport in hand and wearing their country colours, the fun began!

Highlights:

HOLLAND: Beautiful handmade tulips and sunflowers. Tissue boxes transformed into windmills. An immersive experience being able to visit Van Gogh's bedroom and sit on his straw chair in the role-play area.

GREECE: Enter the classroom through the pillars of an ancient Greek temple and experience Greek theatre, food and fashion.

BELGIUM: The world of lace, chocolate and sandcastles. The girls learnt about the annual sandcastle competition and, of course, the iconic Tintin comic book character.

SPAIN: Flamenco dresses and fans, as well as looking at Spanish instruments (linked with their topic work "Beat, Band, Boogie")



continued on next page



Prep: European Day of Languages *continued*

ITALY: Volcanoes, monuments, festivals such as the Venice carnival. Italians are world renowned for their cuisine: pasta, pizza, ice cream, coffee.

DENMARK: The land of the Vikings. The oldest flag in the world. They learnt about the author Hans Christian Anderson who wrote *The Little Mermaid* as well as famous footballers. They were able to test their knowledge on the quiz table and create Lego versions of the Danish flag.

SWEDEN: Experience the Northern Lights and learn that Sweden is one of the cleanest countries in the world. It is also the world's third largest net exporter of music in the world (meaning they import less music than they export) as most Swedish people prefer to listen to their own Swedish music!

GERMANY: Wander around the Christmas Market, to be able to see and touch the fabric of Lederhosen and traditional folk dress, learn about famous musicians: Beethoven, Bach, Wagner, Handel, as well as 70s electronic music such as Kraftwerk using synthesizers, drum machines and vocoders. Finally, to see a piece of the Berlin Wall and understand its significance.

Leading up to Friday's festivities, Miss Fitzgerald taught the girls music from different European countries, including a rainbow song with actions using both French and Spanish. They also listened to and used expressive movement to respond to traditional music from their country.

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Prep: European Day of Languages *continued*

The Year 6 pupils even managed to sing *Stille Nacht* ("Silent Night") in two parts, which sounded amazing.

A final thanks has to go to the chef and the catering team who gave us a flavour of what European cuisine is like.



Student Leadership Team: Training Day

On Monday 13th September, the Student Leadership Team had the opportunity to participate in an all-day Leadership training session ran by Wilderness Expertise. The format of the training day was inspired by the explorer Ernest Shackleton and his journey to Antarctica. As we followed his expedition with his endurance crew, of which their initial aim was to reach the South pole, we saw how the course of their journey surprisingly changed as they faced one obstacle after another.

Our training saw us participate in different activities which related to the various, harrowing stages of

Shackleton and his crew's issues – from which we cultivated the importance of teamwork, positivity, communication,



planning and trust. One of my favourite activities was when we had to build a tent whilst blindfolded, with other members of our group giving us directions. By the end of the session, we realised how well we could work as a team and the importance of listening to everyone's opinions. Overall, the SLT had an amazing experience learning how we could work more efficiently in order to be the best for the Old Palace community.

Miss Richards

Assistant Head: Co-Curricular, Community & Partnerships



Engineering Prep News

Many congratulations to Amy, Year 12, who has secured a place on the 1000 Girls, 1000 Futures Programme!

I have recently been accepted onto a free one-year programme run by the New York Academy of sciences. The programme is called 1000 Girls, 1000 Futures and it connects STEM-focused secondary school girls (ages 13-17) to female mentors. I am delighted to have been one of those selected.

The Academy is prestigious and has become an important and widely respected contributor to the international scientific community. In the past, the Academy's membership has featured thinkers, such as U.S. President Thomas Jefferson and pioneers in science, such as Thomas Edison and Charles Darwin.

The Academy has Members in over 100 countries and its President's Council includes 36 Nobel Laureates. Its Board of Governors is comprised of leaders from business, academia and philanthropy.

The programme which is run virtually was set up to empower young women passionate about STEM develop skills such as independence and teamwork. Launchpad is the Academy's

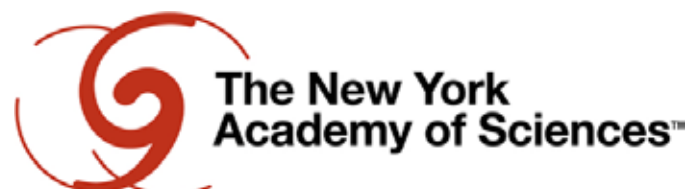
unique online learning platform. I will be using this platform to work on different projects with other participants. It helps that coursework will be completed at my own pace, so there will be no pressure. I am sure I will enjoy the programme immensely.

I am hoping to develop personal skills, transferable skills and come out of this having gained university readiness.

I encourage those who are interested in STEM to apply for this programme and other programmes they offer. I believe that it is important to start applying for these programmes from a young age as there are so many opportunities available to girls and women within STEM. Applying for such programmes allows you to network with professionals and meet new people, who can guide you in your STEM journey.

The Academy also runs other STEM related programmes and events. You can find out more about these at <https://www.nyas.org/programs/global-stem-alliance/>

Amy, Year 12



Michael Celebrates 20 Years at Old Palace

Twenty years ago, the legendary Old Palace institution that is Michael, started as crossings attendant at the Senior School. Since then, he has safely escorted thousands of students across Old Palace Road in rain, wind and sometimes, even sunshine!

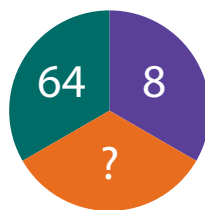
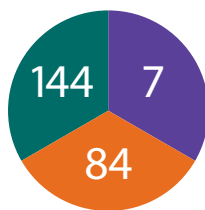
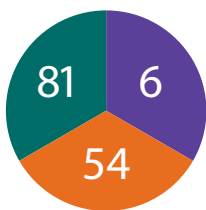
Last Friday, he received cakes and chocolates from staff and students - all wanting to show their gratitude to this much-loved member of staff. Michael - we hope that you and your family spent the weekend eating lots of cake whilst knowing just how much the Old Palace community values you.



Maths Puzzle Fun

Which of the options is the correct missing number? Can you explain why?

- a) 8 b) 16 c) 44 d) 64



Answer on page 20

Donation to Homeless Charity

Due to surplus demand we have engaged with our local community links and donated a number of our Duke of Edinburgh items including sleeping bags, rucksacks and fleeces to our local Homeless Charity in Croydon.

We hope they will make good use of everything this winter.

Miss Pringle
PE Assistant



Classics Department Word of the Week 27/09/21

CLUE



ANYTHING THAT GUIDES OR DIRECTS IN AN INTRICATE CASE
A REVISED SPELLING OF MIDDLE ENGLISH CLEW "A BALL OF THREAD
OR YARN", IN REFERENCE TO THE 'CLEW' OF THREAD GIVEN BY
ARIADNE TO THESEUS TO USE AS A GUIDE OUT OF THE LABYRINTH
IN GREEK MYTHOLOGY.

Year 9: PE Balance

The Year 9 PE students, were working on partner balances, trio balance and group balance in their Gymnastics lesson today.

The balances were very creative and the students worked really hard to ensure they were aesthetically pleasing.



Grace Balsdon: Olympic Hockey



Grace Balsdon, who some students may remember being taught by her in a PE lesson last academic year, won an Olympic bronze medal at the Toyko Olympic Games this Summer.

Grace started playing hockey at her primary school at 9 years of age. She joined her local club, Canterbury Hockey Club and joined the junior team as well as playing for Kent College Canterbury when she went to secondary school. She trained once a week and played matches every weekend; working her way up to the Ladies 1ST team for Canterbury.

Grace continued to play hockey and

her training regime went up to four times a week, training at Bisham Abbey. These sessions consisted of strength and conditioning training, nutrition sessions, fitness training and pitch sessions. Grace then went to study Sports Science at Canterbury University -gaining a 1st Class Honours degree. During this time she played for her home club and also played for Canterbury University.

Grace was picked for the Olympic Hockey team in January at the age of 27! She then had to follow a strict training programme. A lot of this training was humidity training in heat domes to prepare them for the humidity they would face in Toyko.

This was followed by strength and condition sessions, pitch sessions, HIT training, swimming and yoga.

Grace and the GB team played pool matches against Germany, Ireland and South Africa followed by India, who they played for the Bronze medal position and won 4-3! As you can imagine, Grace and the GB Hockey team were over the moon with the fact that their hard work had paid off. Her aim is to encourage and pass on her passion and love for hockey to young children and adults at whatever level.

Grace is still continuing with her hockey journey and hopes to be picked for the Common Wealth Games in Birmingham in 2022.



A Level Devising – Exploring Apartheid

Our Year 13 Drama students are currently in the final stages of rehearsing and refining their A-level devised piece. Based on the legacy and impact of Apartheid on the psyche of the South African people, this

complex topic is one that has inspired demanding conversations in the devising process. The students used the play *The Island* by Athol Fugard, John Kani and Winston Ntshona as stimulus, which parallel's Nelson Mandela's

story, along with many others, of the consequences people faced protesting Apartheid. The students' research into past and current generations of South Africans who have been affected by Apartheid has been extensive and very thorough, and this has informed the development of their piece.

Devising in the style of the theatre practitioner Antonin Artaud, the students are using techniques of gesture, image and lighting to create the quintessential Artaudian environment. Hand in hand with the themes and topic discussed, this abstract style will create a striking experience for the audience.

Their final examined performance will be in December, where a live audience will be coming to support their work.



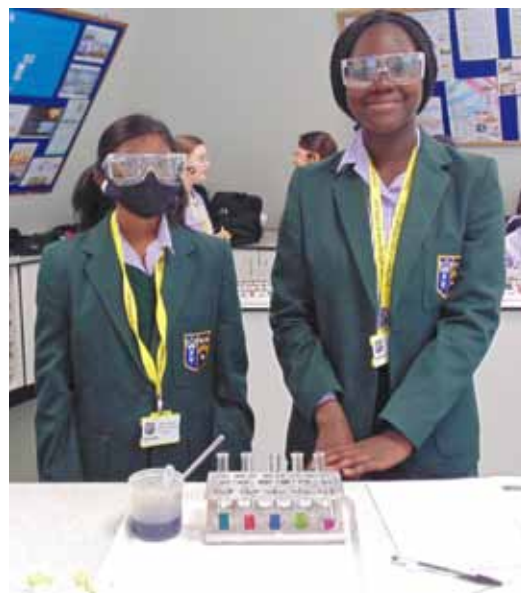
Year 7: Science in Colour

In Science, Year 7 have been studying acids and alkalis. We learnt that if we mixed a substance with vegetable dye (indicator) we could tell what sort of substance it was (acid, alkali or neutral).



Our vegetable dye was red cabbage indicator. We made it by boiling the red cabbage in water, which turned dark blue, and then we used the blue solution as our dye. In Litmus, if the substance turns red when you mix the indicator with the substance that means the substance is an acid. If it turns blue, it is an alkali and also, if it turns purple it is a neutral substance like water. In our indicator some substances changed it green, pink, purple and blue.

So, in the lesson we learnt that the different varieties of colours you may see, depends on the type of indicator you use. It was really fun! - Sofia



Today in science we did an experiment about red cabbage indicators. We firstly had to stir red cabbage and hot water in a beaker for around three minutes.

Then we had to pour the red cabbage into 5 test tubes. With a pipette I distributed the substances into the test tubes. - Enyinnaya

Introducing our new Year 7s

We are delighted at how well the Year 7's have settled into Old Palace life. They have thrown themselves into a variety of clubs, auditions and workshops which is pleasing to see. They are enjoying experiencing new subjects and finding their way around the buildings between lessons. Keep up the good work Year 7!



Introducing our new Year 7s



DT Logo Competition: Results

Many congratulations to **Tusara K**, in Year 9, for her winning design.



Tusara K, Year 9



The Digitalised version

Runners up:



Hanifah A, Year 8

Special mentions for excellent design idea

Nia L	Year 8
Cheryl and Sophie	Year 8
Maryam N	Year 8
Saffiyah N	Year 11
Zara A	Year 7

Amira B	Year 8
Tiffany N	Year 7
Amber N	Year 8
Ishika S	Year 8



Anja S, Year 7

Please all come and see Mr Jupp in D&T to claim your prizes

Introducing Sports Leaders: Level 3

Sports Leaders Level 3 is a new course run in the Sixth Form as part of the students' enrichment programme in which they gain experience of working with different participation groups.

This week they adapted activities for working with those who have visual impairments. The students photographed here are wearing glasses to block out some of their vision; they had to play football and netball adapted games.



Year 11: GCSE Art

Lily, Year 11, has been using her love of swimming and the water in her GCSE Art coursework. She has been researching the work of Marc Chagall, a Belorussian-born French painter, printmaker and designer. His poetic, dreamlike imagery and figurative style made him one of the most popular modern Western Artists of the 20th century. If you have a chance you can see some of Chagall's stain glass windows in the church in Tudley, Kent. Lily's underwater photographic images of Charlotte depict the beautiful flowing aesthetic lines of the water, her dress and hair. Lily will be going on to use these images to work in glass and ceramics.



Year 12 Maths: Problem Solving



To help prepare our Year 12 students for mathematical courses at university, as well as the challenging entrance tests, we arranged for them to attend an online problem solving course.

This took place on Monday 27th September and was available through *Integral*, an online platform to which the school subscribes. Gina in Year 12 tells us how she found the experience:

I thoroughly enjoyed this course since we immediately started doing maths problems, which meant that we had to use our arithmetic skills to solve many mathematical questions, which ranged from number problems to ones in which you needed to draw a diagram in order to better visualise the problem at hand.

Also, I liked the fact that we did not get a long time to calculate an answer to the maths problems since we were only given 3 or 5 minutes each time. Although this seemed a disadvantage

at first, I soon realised that this was actually a 'blessing in disguise' because instead of being in shock at some of the more challenging problems, I was more aware of the time limit and so I ensured that I used the formulas and mathematical concepts that I knew to work out parts of the problem and I often found that bit by bit, I understood more about the problem and how to solve it.

Therefore, I learnt that to be successful at problem solving, one must draw diagrams rather than try to visualise the new positions of a shape, for example, in your head and that it is important to break down the problem since this will either lead you to the final answer or make it clearer how to get there. Also, it is very important to persist when doing problem solving.

The problems that you are faced with are going to be challenging and one piece of advice given was to be resilient and I believe that this is a fundamental skill in maths as well as in the wider world so I will definitely continue working on increasingly difficult maths problems to become even more determined, a quality of which is important for the future.

Gina, Year 12

Seniors Running Club



Running Club maintained its numbers for the second week running; the weather was kind and the runners did well!

Thank you to the staff who support this club and well done to all who are taking part in either the continuous running group or the couch to 5K group which is a combination of walking and running.

Any form of exercise after school is fantastic to see!



Sixth Form Healthy Active Lifestyle

In the Sixth Form we run a Healthy Active Lifestyle programme allowing students some 'time out' from their studies and appreciate the need to exercise and give the brain a small break!

This week the focus was table tennis – which you would think would be a fairly quiet activity! This group were particularly competitive and enjoyed the opportunity of time away from studies



Football Club

Football Club for Years 7 - 9 takes place on a Friday lunchtime.

Thanks to Mr Nolan and two of our Year 10 GCSE PE students for helping to run this club - those who go along have really enjoyed it.

Players learn some of the basics of football and enjoy getting some playing experience. As ever, it is good to see our students staying active and trying out new activities!





Just before we broke up for summer, the school ran their Safer Internet Week for 2021.

The week was delivered by the Computer Science Dept and the Digital Leaders in conjunction with Google and Parent zone, with Google's Be Internet Legend online safety scheme at the forefront of the activities.

Google's Be Internet Legend scheme is aimed at younger students, with older students learning about the safety issues associated online gaming (younger students were also made aware of these aspects).

Year 6 and 7 students undertook learning activities based around Google's Be Internet Legend Scheme in their Computer Science lessons, as well as using Google's Interland online gaming environment. Students were given the opportunity to be awarded a special Google trophy at the end of completing a series of e-safety learning tasks.

Year 7 Digital Leaders also created an online quiz on E-safety for the Senior School, with an Amazon voucher for the main prize. This was won by Jessie in 7A.

Years 8 and 9 students had activities in their Computer Science lessons based on staying safe online, with the theme of online gaming as the focus. Years 10 and 12 students had the opportunity to engage with a dedicated whole school assembly and various different themed activities & competitions being held during the week.

The Digital Leaders team at Senior school helped deliver many different activities, including recording the whole school assembly, running themed competitions and delivered a lesson remotely on being safe online to Prep.

Mr Dunham

Students with their Google Trophies!



Year 6 Winners of the Google Trophies



Class 7H (now 8H) with their Google Trophies!



Class 7L (now 8L) with their Google Trophies!



Class 7S (now 8S) with their Google Trophies!



Class 7A (now 8A) with their Google Trophies!

ChemSoc – Back together again!

For the first time since before the pandemic, we have been able to have mixed year groups attending Chemistry Society sessions again, and what an enthusiastic response there has been!

In our first meeting, we had thirty students from Years 10 to 13, investigating the molecular properties of chocolate and the effect on flavour and texture. This week, continuing with the confectionery theme, we looked at the sensation in the mouth

when you eat a sherbet lemon sweet and the explanation in terms of the chemical reaction that takes place.

Students were then set the challenge of replicating the cooling effect of the sherbet in a beaker of water and competing to see which team could achieve a drop in temperature to exactly 80°C at thirty seconds after the reaction started.

It was great to see our chemists getting back into competitive spirit as they strove to work with a high degree of

accuracy and to be able to replicate their results. It was a close fought contest with some excellent results, but Sophia and Maryam from Year 12 were the ultimate winners, achieving the exact target temperature at the prescribed time limit.

Well done to all and we look forward to seeing you next time for our Halloween special!



Back by popular demand the return of the **OLD PALACE BAKE-OFF HOUSE COMPETITION**

Year 8 to Year 10
9th-12th November 2021

The Theme: “Be Proud” Celebrating our Multicultural School



The plan:

Each form needs to organise a class competition to design the cake before half term (you should be doing this now!)

Each form nominates 2 students to be the bakers on the day (1 lesson) and a further 2 students to be the decorators (1 lesson).

The judging:

Cakes will be judged by our House leaders and a selection of staff

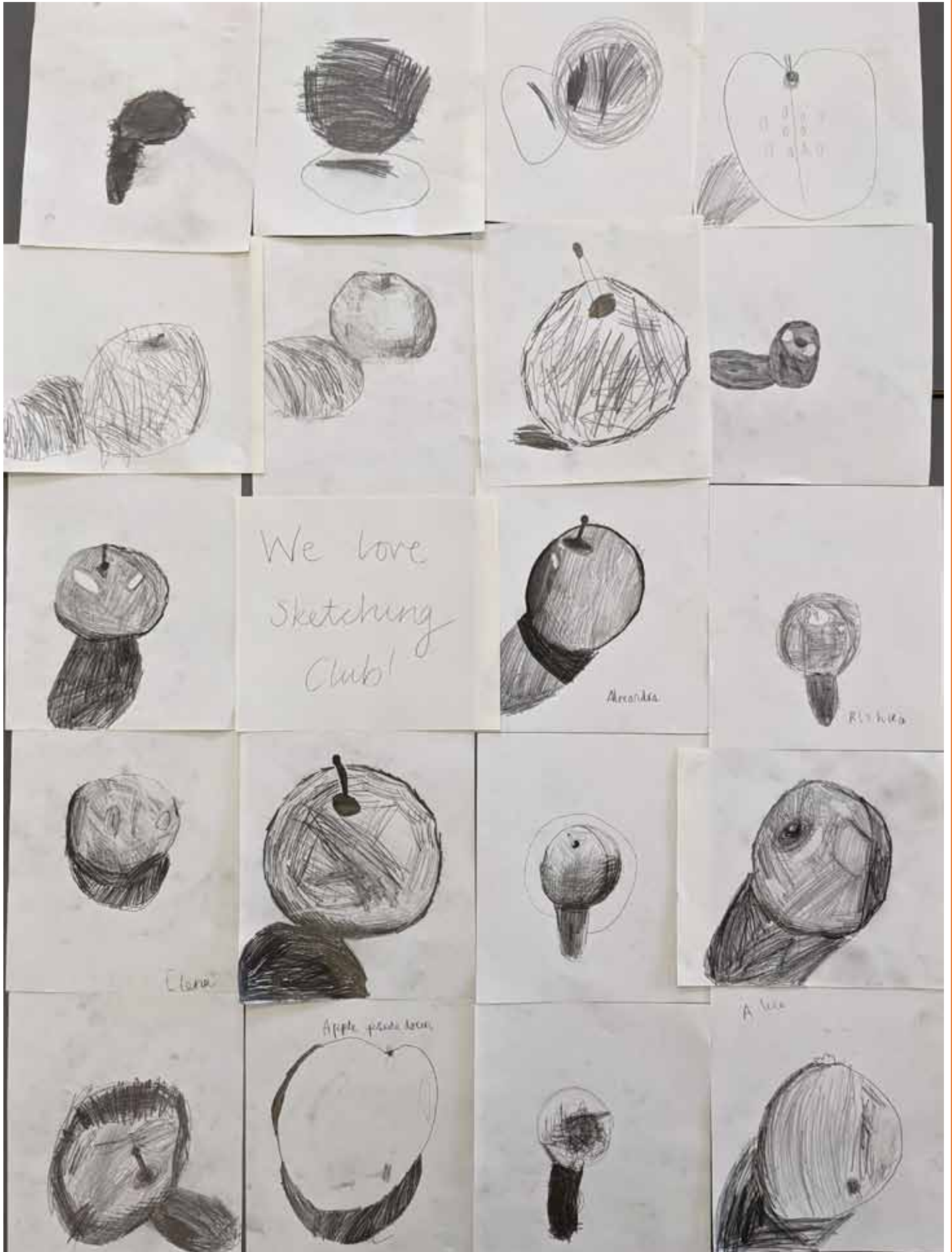
Your cake design must be ready to submit to Mrs Solari by **Friday 15th October** at the latest.

Get Designing!

Prep Sketching Club

Mrs Salter has been delighted by the efforts of the Prep Sketching Club this term.

Last week, children from Reception, Year 1 and Year 2 tried their hand at blind contour drawing, and this week, they have been experimenting with creating 3D effects by shading light and dark.



A letter from Mrs Nike



Dear all,

We have had another fun packed week here at Prep. The highlight was most definitely the Viking workshop that Year 4 took part in. I have never seen such worthy warriors stampeding across our hall.

I would also like to say what a wonderful time the whole school had last week celebrating European Day of Languages. The girls moved around the school from country to country taking in the sights and sounds of many European cities and the best news was, there wasn't a covid test in sight!

Thank you, Madame McMullen, for organising such a lovely event.

I am really pleased that for harvest this year we are supporting *Night Watch*. They are a Croydon based organisation that do such an important work in our community. Don't forget to bring your cans!

<http://croydonnightwatch.org.uk/>

I hope you have a restful weekend

Mrs Nike
Head of Preparatory

Year 4: Viking Day

On Tuesday of this week, Year 4 transformed into a Viking raiding party from AD793. In the morning, they had to prove themselves as worthy warriors by passing three tests – a quiz, guess the artefact and Viking logic games called Fox and Geese and Nine Men's Morris.

Having impressed their leader, Bjorn, they undertook weapons training in the afternoon, which included how to handle a spear and a sword and how to form a Viking wall. They learnt Viking terms for right, left, stand, forward and SHOUT and practised forming Viking walls of their own by overlapping the shields they had made the previous day.

Finally, they competed in teams in spear wrestling - a battle of strength! We had a great day!

more pictures on next page



Harvest Donations

This year, we are collecting donations for Croydon Nightwatch.

The types of foodstuffs they would most welcome are:

- Cans of soup (not packets)
- Canned vegetable, meat and fish
- Timed fruit
- Canned milk

We will be receiving donations throughout the week commencing 4th October

Girls in Pre-school and Reception can give items to their teachers at the beginning or end of the day. These will then be taken to the hall to add to the school's collection on the stage.

Girls in Breakfast Club or in Years 1-6 can bring items into the assembly hall when they arrive. There will be a table

in front of the stage on which to leave them. We will also leave a collection box at the After School Club gate for any donations brought at the end of the day.

Thank you in advance for your generosity. We always receive an impressive quantity of donations and would love to help Croydon Nightwatch to provide for the homeless in this very practical way.

Further information about their Harvest Appeal is available on the link below:

<http://croydonnightwatch.org.uk/our-charities/>





Water Polo Trial



When I was invited to trial for the Surrey Water Polo match I was honoured!

My coach chose only a handful of players to trial from a pretty big squad! When I went to the trials I was extremely nervous! But I did get into a few good tackles. Unfortunately, I did not get in.

However, next time I am asked to trial, I will know how it works and what to do better! All in all, it was great fun! I loved watching the more experienced players, so I could pick up some tips from them.

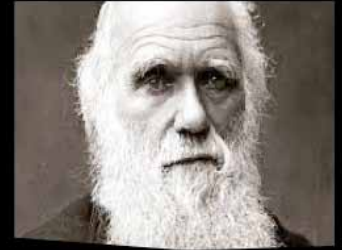
Nia, Year 8

THIS WEEK IN HISTORY...

CHARLES DARWIN RETURNS ON HMS BEAGLE, OCTOBER 2, 1836

27-year-old Charles Darwin returned after a 5-year voyage on the HMS Beagle.

He collected over 5,000 samples and his research formed the basis of his theory of evolution.



Maths Puzzle Fun Page 7 Answer

d) 64

$$\sqrt{81} \times 6 = 9 \times 6 = 54$$

$$\sqrt{144} \times 7 = 12 \times 7 = 84$$

$$\text{So } \sqrt{64} \times 8 = 8 \times 8 = 64$$

Last week's winner was **Evangeline** in Year 7



Old Palace
PTA

Thank you

Just to inform you that we had our first sale on Friday that was well received and a great start to PTA fundraising for the community, even with the short notice.

The PTA would not have been able to carry out the sale without you all; so a very big THANK YOU from us all, as we truly appreciate your continued support, from providing the room, publicity, collecting donations to assisting with parents.

Please note we are scheduled for another sale at the end of next month (date to be confirmed) and during the Christmas Fair and as such we look forward to your continued support as always.

Stella Olatidoye,
Old Palace PTA

Virtual Open Event

Seniors

Thursday 7 October

9.00am - 10.00am

via Zoom

Sign up at:

www.oldpalace.croydon.sch.uk/admissions/open-days

