



AROUND THE PALACE

Pre School Goes on an Awfully Big Adventure!



More on page 4

Dear all,



Two things stand out in this week's Bulletin. Firstly, it is wonderful to read about the many experiences and activities enjoyed by our youngest students at the Pre and Prep School. Secondly, the interview with the cast and crew of the Senior School production of *Beauty And The Beast* should certainly whet appetites for what will be a first class event next week.

Due to Covid, it is over two years since we have had a school production and so this makes it all the more special. Good luck to all the students, staff and volunteers involved.

Happy Chinese New Year to all the Old Palace families that will be celebrating next week.

Jane Burton, Head

A letter from Mrs Nike



Dear all,

Keeping hydrated is important for our bodies to help them work properly. It increases our brain function, prevents headaches, provides energy, helps our digestion, keeps our skin healthy and helps our mood.

That is why we have introduced Hydration Stations in every class to help us to remember to drink plenty of water throughout the day. If you would like to know more about how to stay hydrated, please check out this link:

<https://healthy-kids.com.au/parents/children-hydration/>

The Daily Mile is another important part of our school day. Science has long proven the importance of being physically active in helping our bodies and minds stay healthy. The positive impact physical activity has on children's health, wellbeing and learning is immense and the Daily Mile can help children access these benefits every day.

I would like to encourage as many girls as possible to join us to complete the Daily Mile on a Friday morning before school. Bring your family! If you would like to know more about the health benefits, please use the link below:

<https://thedailymile.co.uk/>

Finally, it was great to see the Year 5 and 6 girls taking part in the Borough Hockey Festival and the KS1 girls playing tennis in the morning before school. Keep up the good work!

Mrs Nike
Head of Pre School & Preparatory

Year 2: Computing Bee-bots

In Computing this term, we have been using Bee-bots to support our understanding of what an algorithm is (a set of simple instructions).

After writing an algorithm, we used it to program the Bee-bot to navigate a route.

The best bit was working as a team and 'debugging' the Bee-bot when it made a wrong turn.

Pictured: Kezia, Ayla and Anika



Prep: Tennis Club

Prep girls are up early getting fit, healthy and learning new skills.

Well done to the members of our early morning Tennis Club. We're really looking forward to playing some matches in the summer term.



Behind the Scenes in Disney's Beauty and The Beast

By Summayyah B (Year 11) and Fatimah (Year 8)

In September, students and staff began rehearsals for Disney's 'Beauty and the Beast'. The rehearsal process has been intense but rewarding and enjoyable for all those involved. Last week, we attended rehearsals in order to get a sneak peak behind the scenes. We interviewed students in the cast and orchestra about their roles.

Cast Interviews

The cast members have greatly enjoyed the rehearsals.

To what extent do you feel connected to your character?

Nissi O, Year 11 (Beast): *The Beast is emotionally driven.*

Chitleen S, Year 11 (Belle): *Our personalities are quite similar, kind and sassy, and I'm not afraid to stand up for what I believe in.*

Ria, Year 12 (Mrs. Potts): *She's very lovely, bubbly and has a bright personality.*

Megan, Year 11 (Babette): *Babette is very confident in her own appearance and aware of her own worth. She's a sassy, overdramatic character and I can relate certain aspects of her personality to my own.*

Amira, Year 8 (Lumiere): *He is a very flamboyant and confident character. Playing Lumiere lets me be someone who I am not.*

What was the hardest thing you had to overcome to become your character?

Nissi (Beast): *The physicality of the beast.*

Chitleen (Belle): *The lack of confidence I had in the beginning.*

Megan (Babette): *Finding the right balance of over confidence and vulnerability.*

Amira (Lumiere): *The accent and his (Lumiere's) many gestures; also how to be overdramatic.*

What is your favourite part of the production?:

Nissi (Beast): *My favourite part is the finale of Act One. There's a huge solo where the Beast confesses his love for Belle.*

Chitleen (Belle): *The cast is great!*

Ria (Mrs. Potts): *The battle.*

Amira (Lumiere): *Singing - Be Our Guest - and arguing with Cogsworth.*

Understudy Interviews

Understudies are called upon when cast members are absent. They are extremely important roles in a production as they might go on in a performance and need to be well-prepared.

What is the hardest thing you had to overcome as an understudy?

Abigail, Year 9 (Gaston Understudy): *Learning and remembering the lines.*

Anjola, Year 9 (Cogsworth): *Remembering the blocking.*

What is your favourite part of the production?:

Abigail (Gaston Understudy): *Singing the songs!*

Anjola (Cogsworth Understudy): *Just going to rehearsal and participating in the creative platforms.*

Orchestra Interviews

This production would not be a musical without the music. As an essential part of this production, the orchestra has been practicing very hard to bring us a magical experience.

What was the hardest thing to overcome?

The changing key signatures can be difficult. They change rapidly in one piece and most of the songs have very fast notes with some requiring the orchestra to switch between multiple instruments.

What do you enjoy the most about being in the orchestra?

We are looking forward to the spectacular performance that will be unveiled by the orchestra as well as coming together with the actors and watching the production come alive.

Dancer Interviews

In this production, some enchanted objects were cast as featured dancers.

What was the hardest thing to overcome in the dance?

Amira: *The process is nerve-wracking. Singing in front of people while dancing was difficult to overcome.*

Emily, Year 13: *The battle was especially difficult as I needed the power for the take off to present the scene accurately.*

To the cast, crew and orchestra in Beauty and the Beast, break a leg!

We invite you to relax, pull up a chair and be our guest!



Pre School Goes on an Awfully Big Adventure!

Earlier this week, Pre School went on an awfully big adventure to Coombe Park. Wellies and warm hats were the order of the day as the children explored the wooded paths, looked for signs of winter (they saw some very friendly robins) and peered in the pond to see the fish.

At the end of the walk the girls enjoyed a warming cup of hot chocolate at Parkside cafe



Art: Disability History Month

For this year's Disability History Month (November 18th to December 18th), the Art Department invited students to participate in a sensory photography contest inspired by the work of blind and partially-sighted photographers.

The winners of the contest were two Year 12 students, Ione and Chloe-Marie. Many congratulations to you both.



Like hyperopia, glasses help us to see in 20/20 vision like those without hyperopia or myopia. Disability aids are just as beneficial and helpful to those with disabilities as glasses are. However the main difference is there can be a lot of stigma around them.

Many people may wear glasses for the aesthetic rather than the need as it has become socially acceptable and without stigma to wear them. I felt it was important to make the comparison between glasses and disability aids to show that there shouldn't be any stigma and aids such as hearing aids or prosthetics should be just as socially acceptable as wearing a pair of glasses.

By Ione

The piece is called hyperopia which is the medical/scientific term for long-sightedness. Often when we think of disability and being able-bodied we might think of amputees, someone who is deaf or hard of hearing, or someone who is blind or partially sighted.

These disabilities all have aids such as, prosthetic limbs, hearing aids, cochlear implants, or canes respectively. In order to give an understanding of the importance of these aids, I chose to compare them to something which everyone should be familiar with: glasses.



Photography is about perspective and just because some people are partially sighted doesn't mean they can't take photographs. They just look at the world differently by using their senses



– hearing, touch, taste and smell - when taking pictures.

I was inspired by a photographer called Ian Treherne who was born profoundly

deaf and started going blind gradually at the age of 15 due to a rare genetic condition called Usher syndrome.

Treherne's window of vision is demonstrated in this representation of his eyesight in which he has only 5% left. In my picture of daisies, I wanted to contrast what is seen in the normal visual world compared to partially sighted/ blind people's vision.

By Chloe-Marie



In Music lessons this term, Year 2 pupils have been learning about Chinese New Year which falls next Tuesday, 1st February. 2022 is the Year of the Tiger, known to be king of all beasts in China.

Year 2 discovered that they were all born in either the Year of the Horse or the Year of the Goat and we have been talking about the characteristics and story of the Chinese New Year animals. Elena found out that each animal is also associated with a lucky colour (Horse – Yellow, Goat – Bright Pink) and lucky pattern (Horse – Star, Goat – Polka dots).

Alice brought in some information and decorations to share with the class, which included a fabulous dragon made by her sister Abigail in Pre School. Victoria sent in a video of a

Dragon toy her brother has at home and we talked about the significance of the dragon and the type of musical instruments used to create the music.

Year 2 have also been creating their own Chinese music using the Pentatonic Scale on xylophones. All girls at Prep have been learning a special 'Chinese New Year' song which is sung to the tune of *Frère Jacques*. Year 2 can sing it in four parts which is very impressive! The song talks about the traditional Chinese colours of red and gold, drums, dragons, dancing, lanterns and it being a time for families and friends to get together.

Gong hei fat choy to all those celebrating!



Next week, pupils at Pre School and Prep will be focusing on the importance of staying Hydrated and the need for Healthy Eating.

This will include various age-related Healthy Eating Challenges such as trying something new and eating a rainbow. Everyone will be encouraged to eat some whole grains and make sure they choose a lunch which provides a good balance of carbohydrates, proteins and fats.

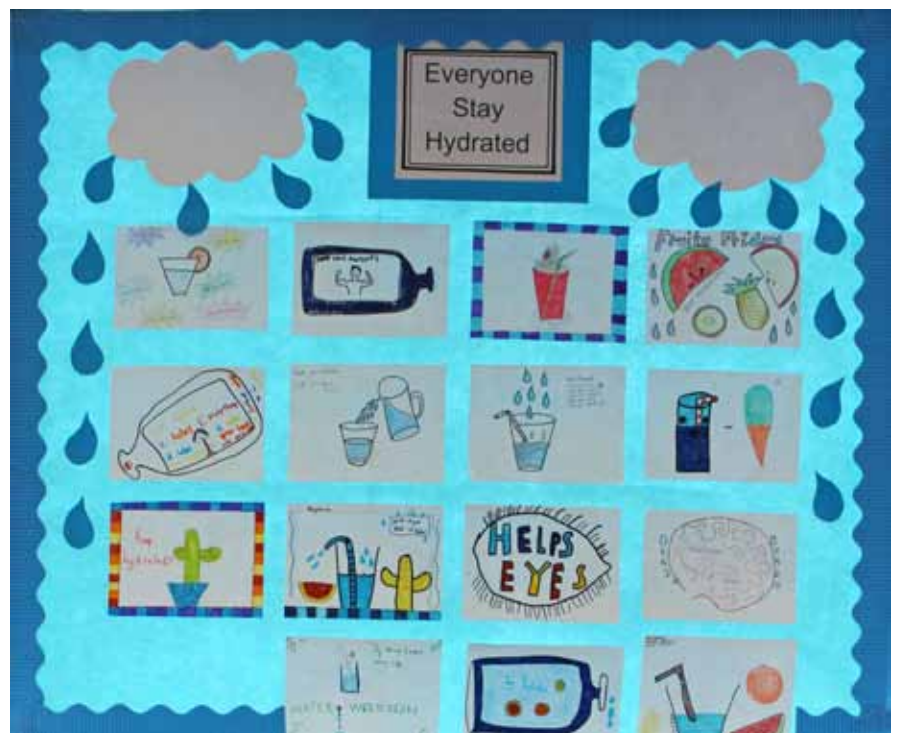
Finally, every nutritional goal completed will earn a leaf on the Healthy Eating tree.



• NUTRITION •

HEALTHY EATING CHALLENGE

 <p>PRE SCHOOL, RECEPTION, 1 AND 2</p> <p>TRY SOMETHING NEW</p>	 <p>YEAR 3,4,5,6</p> <p>EAT A RAINBOW</p>	 <p>EVERYONE</p> <p>STAY HYDRATED</p>
 <p>EVERYONE</p> <p>EAT SOME WHOLE GRAINS</p> <p>TRY SOME WHOLE GRAINS - BROWN BREAD, BROWN PASTA, LENTILS</p>	 <p>EVERYONE</p> <p>EAT A BALANCED MEAL</p> <p>TRY TO MAKE SURE YOUR MEAL CONTAINS: CARBOHYDRATES PROTEINS FATS NOT TOO MUCH SUGAR</p>	 <p>EVERYONE</p> <p>EARN A LEAF</p> <p>EVERY NUTRITION GOAL YOU COMPLETE - EARN A LEAF FOR THE TREE!</p>



Year 4: Art - Making a Basquiat Digestive System



Jean-Michel Basquiat was an artist who rose to fame in the 1980s in New York. He started out as a graffiti artist and he would spray slogans and messages onto the sides of buildings. He moved on to painting on canvases and famous people such as pop star Madonna. He became friends with Andy Warhol who was a big fan of his work.

Basquiat's artworks have a rough,

energetic feel and focus on specific subjects. As Year 4's topic is learning about the digestive system, we decided to make big posters in his style.

We also wanted to add a splash of colour in these grey January days. Common objects found in Basquiat's paintings include crowns, skulls and faces. See if you can spot some.



Clubs: Spotlight on...History & Politics

Current Affairs

Current Affairs takes place on Thursday, Week 1, 1pm in St. Paul's. All years are welcome and the club is led by Amanda and Fatima in Year 13, Suraiya in Year 12, and Abigail in Year 9. It gives students the opportunity to respectfully discuss and debate all kinds of issues in the news today.

So far this year, we've had sessions discussing whether private schools should exist, racism in sport, Africa-China relations and whether the monarchy should be abolished! We also had a special event (see photo) on the history of the Afghanistan crisis that was presented by Fizza, Zeenat and Suraiya in Yr 12 and was attended by over 30 students.

You might be someone who already



has strong views and likes to express and discuss them or you might be someone who likes to listen and think. This club will give you the chance to speak as much or as little as you

like. Whatever your preference, come along to soak up knowledge, practice your public speaking and work out what your own opinions are about the big questions facing the world today!

History Club

Interested in learning more about the past? Want to know more about different historical topics such as crime and punishment and piracy?

Then this is the club for you! History club runs every Friday, week 1, in Ripon and we do a range of activities including games, tours of the school and watching video clips to find out more about history in a fun and interactive way. It's open to all students in Years 7 and 8.

Contact Sasha or Anita in Year 13 or Miss. Espie to find out more!

History Movie Nights

We launched our first History movie night in the autumn term, watching the movie *Selma*, which tells the story of the famous 1965 civil rights march, led by Dr. Martin Luther King, from Selma to Montgomery in Alabama.

We were so pleased that many students came along after school to watch and, after half-term, we will next be showing *Suffragette* – the star-studded 2015 film focusing on Emmeline Pankhurst, Emily Davison and their campaigns to win the vote for women.

Come along with your friends and non-messy snacks!



Year 7: Netball v CHS



Year 7 played in a tough netball fixture against Croydon High on Monday after school. Both teams fought hard and gained a lot of experience but CHS was the overall winner. We still need to work on getting in front of our opponent and movement generally. It is still good to gain some experience though!

If you are passionate about netball, why not consider joining a club outside of school to gain even more experience.

Well done to Kara and Reya who were named Players of the Match by their opposing team.

Well done to both squads:

A Squad: Kara, Andrea, Ava, Sarra, Sindy, Mehreen, Minal

B Squad: Shankavi, Reya, Daniella, Shaniyah, Tia-Amelie, Annie

QuickSticks Hockey

In preparation for running a QuickSticks Hockey Tournament for local primary schools, the Year 10 Sports Leaders had a training session on how to officiate. Three members of the team from Croydon Schools Sport Partnership (CSSP) came in to outline the rules and how to make sure the matches stay controlled and safe.

Most students had the opportunity to practice their skills and realised that being confident is key. A nice loud voice and a clear whistle is needed as well as confident decision making. We look forward to hosting the event this Friday.



Maths Puzzle Fun



Can You Crack The Code ?

- 7 9 5** One number is correct and well placed
- 7 4 1** One number is correct but wrong place
- 4 6 3** Two numbers are correct but wrong place
- 1 2 8** Nothing is correct
- 1 6 9** One number is correct but wrong place

Answer on page 12

Cookery Club

This week the Cookery Club chefs cooked up some delicious Easy Cheesy sausage rolls.



Free Online Career Seminars For Parents

As part of our careers programme at Old Palace, we have partnered with InvestIN Education.

They are offering free-of-charge, live online seminars featuring career experts, which are designed to help parents amplify their children's career potential.

There are five fantastic seminars this term, including topics such as 'how to help your child choose their career' and 'how to inspire young women to become entrepreneurs.'

These events are for parents of students aged 12-18 and are free to attend.

Please check the link for further information:

https://investin.org/pages/parent-events?mc_cid=9c80b43ed8&mc_eid=850f637be2



Year 4: RS Challah Bread

As part of this week's RS Lesson, Year 4 pupils prepared and baked tasty Jewish Challah bread. The smells from the Cookery room were delicious. Well done Year 4!

What is Challah Bread?

Challah is a yeast bread that is enriched with eggs, similar to brioche. The biggest difference between a challah bread dough and brioche dough is that brioche contains a lot of butter while challah contains oil.



Prep: Borough Hockey Festival



Congratulations to Nikhita, Hawwa, Aditi, Elyse and Michaela for taking part in the Borough Hockey Festival on Tuesday at Croydon High.

Maths Puzzle Fun page 10 Answer

The answer is 394

If you take the second statement, 7 is incorrect from the first statement and 1 is incorrect from the fourth statement. Hence 4 is correct but not in the second place. From the third statement, 4 is not in the first place. Hence 4 is in the 3rd place.

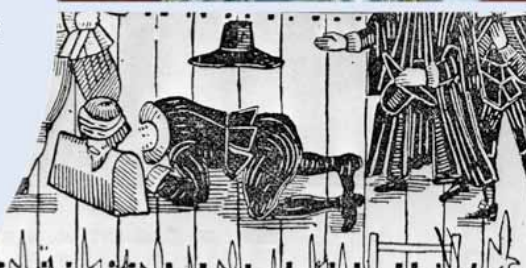
From the fifth statement either 6 or 9 is correct. But combining it with the third statement, 6 is incorrect. Hence along with the first statement, 9 is correct and in the second place.

From the third statement, 3 is correct and in the remaining first place.

Last week's winner was Emma in Year 7

This Week in History... *Charles I* *executed*

On January 30, 1649, King Charles I was beheaded for treason on the order of Oliver Cromwell. His execution came after his royalist armies had lost the English Civil War to Cromwell's parliamentarians.



Mile Time Club

Another early start for the Mile Time Club.

Every week the girls complete their mile and HITT class.

Friday is family fun run – why not come and join in?

