



AROUND THE PALACE

Success in the Sixth Form Regional French Debating Competition



Many congratulations to our victorious Year 12 students, Gina and Sophia, who represented Old Palace of John Whitgift School in the Sixth Form Regional French Debating competition at St Paul's Girls' School in London last week.

Continued on page 3

Dear all,

As this half term draws to a close, it is uplifting to read yet again how much has been going on at the school despite the fact that sometimes it has felt Omicron was doing its best to throw us off course!

I would like to say a particular well done to Gina and Sophia for their outstanding success in the French Debating competition. They certainly faced some challenges in the quality of schools that were competing alongside some difficult topics and came through in triumph! To then win all three debates is fantastic- we wish them all the very best for the next stage of the competition.

Wishing all Old Palace students a relaxing half term break. We know that Year 13 have mocks coming up and so we hope they also find time amongst their revision for some rest.

Jane Burton, Head

The Beauty And The Beast Supplement is now available to view online:

<https://www.oldpalace.croydon.sch.uk/whats-on/weekly-bulletin/>

A letter from Mrs Nike



Dear all,

Wow! What a special time Year 2 had this week experiencing first hand such interesting animals as part of their *Wriggle and Crawl* topic. The tarantula looked incredible.

The Wonder Dome experience was a great hit with our Reception and Year 5 class. It was a good opportunity to fully immerse themselves in Outer Space. The space food went down a treat too.

Year 1 made stained glass windows as part of their topic 'Old School Days'. They are currently displayed in the classroom and they are filling the room with the most amazing colours as the sun shines through the window.

Despite the challenges of Covid this half term, the girls have continued to work hard and have been provided with such wonderful experiences. It is always a real pleasure to watch the girls as they become confident, capable and connected individuals.

Have a restful half term break.

Mrs Nike
Head of Pre School & Preparatory

Year 2: Wriggle and Crawl

As part of *Wriggle and Crawl* (this term's Cornerstones topic), Year 2 pupils attended a fantastic animal workshop. Andrew Smith introduced the class to a wide range of animals including an African land snail, a tarantula and a terrapin. We found out how animals use their senses and adapt to their habitat. With the help of the animals, Andrew demonstrated locomotion and variation.

Alexandra said: "My favourite was the frog because his eyes disappeared for a moment as he swallowed the grub!"



Success in the Sixth Form Regional French Debating Competition *continued*

The team faced formidable competition from Westminster School, Dulwich College and St Olave's. The topics were: 'The global success of Korean pop does more harm than good'; 'An elected president of a republic is preferable to a parliamentary monarchy' and 'We have a moral obligation to renounce all food products contributing to climate change'.

Sophie says: "Debating in French was a challenging but amazing experience which gave us so much confidence, especially as each debate included time for spontaneous and uncontrolled discussion. We had to be assertive and work collaboratively to effectively argue against the points of the other teams".

The Old Palace team won all three of their debates and will now progress to the regional finals.

Well done Sophia and Gina!

The schools that attended the event were:

Blackheath High School
 Channing
 City of London School for Girls
 Dulwich College
 Eton College
 Hampton School
 Ibstock Place School
 JFS School
 King's College School, Wimbledon
 Kingston Grammar School
 Lady Margaret School
 LEH
 Old Palace of John Whitgift
 Queen Elizabeth's School
 Sacred Heart
 Sevenoaks
 St Helen's School
 St Mary's School Ascot
 St Olave's Grammar School
 St Paul's Girls' School
 St Paul's School
 The Fulham Boys School
 The Grey Coat Hospital
 Tiffin School
 Westminster School
 Winchester College

Year 7: Hockey v Croydon High

The Year 7 students played a training Hockey match against Croydon High. The players got to experience what it was like to play a 7-a-side game on an astro. The students showed some good defending and some good ball control. They now appreciate the importance of coming to hockey skills to continue to work on various play within a match.



Prep PE Challenge

Each week, Mrs Coster will be setting our Prep School pupils a PE Challenge.

This week's challenge is... Can you skip with a rope?



Mums and Dads too! Try to get to 10.

Skipping is a fundamental skill which is taught from reception:

Don't forget to let Mrs Coster know if you manage to complete the challenges – a certificate will be on its way to you!

WORLD
**BOOK
DAY**

3 MARCH 2022

25 YEARS

World Book Day

Changing lives through a love of books
and shared reading.

Share Stories...



*An enthralling black comedy
written by two sisters about
sibling rivalry, passion, ancient
magic and what lives on after
we die.*



with authors, Uzma and Ambreen Hameed

Sharing stories of reading and writing together, their time as students at Old Palace and of their careers since leaving OP

Copies of their book series **The Undying** can be purchased for a book signing at this lunch time event through WisePay (£8.99 each or both books for £13.50)

When: **Thursday 3rd March - World Book Day**

Where: **The Guard Room**

When: **Lunch time from 13:00-13:30**

Plus...

Guess The Masked Reader Competition

A compilation video of all staff Masked Readers will be shown to Years 7+ during registration and in the library at lunch times from the 1st – 4th March.

Information on how to enter the competition to follow...

More details on these and other events including 'Pre-loved Book Sales' and 'Drop Everything & Listen' coming soon...



Year 3: Greek Vases

Year 3's Greek vases are beginning to take shape – don't they look fabulous!





Old Palace Alumnae

Join us at the
OPA Summer Reunion
Saturday, 25 June 2022 at 12noon
Drinks Reception/Buffer Lunch/
Tour of Old Palace
£25.00 per head

Tickets/further information email:
oldpalacereunion@gmail.com

Year 13: Biology

As part of the topic we are currently studying in Biology, Plant and Animal Responses, the Year 13 Biology students undertook an investigation into whether short duration low and moderate intensity exercise activities produce a significant change in heart rate.

The activity took place in the Medieval Gardens and we measured our pulses before and after low and moderate exercise. For low exercise, we walked around the Medieval Garden for three minutes using a metronome and then measured our pulse rate. We then let our heart rate fall back down before we jogged around the Medieval Gardens for another three minutes and then measured our pulse. We designed our own practical.

Everyone enjoyed working as a group with their friends. There was some debate on the accuracy of our findings, but we had lots of ideas about how to improve the collection of the results and the accuracy of taking a pulse. Collaborating made the task much more understandable and we felt more connected and more likely to support each other in writing up and analysing the data.

Abisha, Year 13



Goldman Sachs Virtual Work Experience

Goldman Sachs

Recently, my class and I entered a virtual work experience engineering programme all about cybersecurity that was run by an American multinational investment bank and financial services company called Goldman Sachs.

Throughout the course of the programme, we learnt many different things such as hashing which is the practice of taking a string or input key, a variable created for storing narrative data, and representing it with a hash value, which is typically determined by an algorithm and constitutes a much shorter string than the original.



In my personal opinion, I think this programme was an exceptional way to learn about the depth of cybersecurity such as password hacking and I would definitely recommend it to the students at Old Palace, especially those who enjoy Computer Science. It gives a real insight into the world of cybersecurity, and I thought that as someone who does GCSE Computer Science, it was a very different 'real world' experience.

Because of the programme, I found out how easy it is to decrypt someone's password and how they are made harder to crack. It leaves a positive impact on students and should be something they do if they have time to.

Although the programme is aimed at college and university level students, we found with hard work and resilience we could also complete it. All of the students so far have been awarded an official completion certificate from Goldman Sachs.

Sanvi, Year 10





On the 27th of January, Old Palace's Year 10 and 11 had the privilege of watching a play and attending a workshop regarding drugs and alcohol usage for our PSHE lesson.

On the 17th January 2014, Daniel Spargo-Mabbs, from Croydon, died from multiple organ failure three days after taking ecstasy at a rave in Hayes. Dan was known to be a bright, articulate, funny, chatty, popular and talented boy and was voted Prom King at the end of Year 11 by an overwhelming majority. He was the boy everyone knew to be happy and everyone loved.

The day of his death, Dan had convinced his mother, Fiona Mabbs to let him attend a party. However, instead of going to a party, Dan and his friends went to an illegal rave in Hillingdon. His death was caused by a lethal overdose of ecstasy. He had consumed 12 times the amount he was meant to take. His other four friends were fine, but whichever of them had had that bag would almost certainly also have died. It just happened to be Dan.

At the end of the play, we were able to participate in a workshop and answer questions regarding the topic. Before we had begun, a large majority of the audience thought we knew a lot on the topic of drugs and alcohol and what we needed to know to keep us safe if we were ever faced with a situation involving substances, but after trying to answer the questions, we soon realised that we didn't know the main information to keep us safe.

Many of us, including myself, start our days with some sort of coffee, but many of us didn't know how much caffeine we were consuming and how this was actually the most commonly consumed form of drug globally. For years, so many people had been consuming a sort of drug, sometimes in large quantities, unknowingly.

At the end of the afternoon, we were left with a new perspective on drug usage and alcohol and we understood why parents, guardians, teachers, etc are always insisting that we understand the importance of substance abuse.

I think I can safely speak for everyone, when I say that we are very grateful for having been able to attend such a workshop and listen to Dan's story.

Saambavee, Year 10



Year 4: Digestion and Dissection!

Last Friday, Year 4 took part in two virtual workshops with Dr Jo related to this half term's topic 'Burps, Bottoms and Bile.'

The first one was 'The Digestive System'. We worked in pairs to replicate the journey of a chocolate roll through our digestive system, starting with scissors for the teeth to cut the roll into small pieces. We used a plastic bag for the stomach, tights for the intestine and water for the saliva and stomach acid.

Our second workshop was an owl pellet dissection. Owl pellets consist of anything that an owl cannot digest. The owl regurgitates it – coughs it up through its beak. Using tweezers, we had to carefully pull the pellet apart, wash the bones that we found in soapy water and then identify them using an identification chart. We found skulls, jaw bones with teeth and numerous other bones including hip bones and ribs.

We really enjoyed the afternoon. The workshops were a really fun way to learn more about how digestion works and also got us thinking about possible future careers!



London Mozart Players Concert

I attend Croydon Youth Orchestra, which rehearses weekly and plays in regular concerts. In the orchestra I play the cello. Through participating in the orchestra, I have had many opportunities. Recently, we were invited to play alongside the London Mozart Players (LMP) and Leia Zhu, a 15-year-old violin virtuoso, at the Mostly Mozart Concert. The London Mozart Players is one of the world's finest chamber ensembles, whose performances and recordings mainly focus on music from the Classical Era

The concert took place on Sunday 30th January at St John the Evangelist, the home of LMP. I was so excited to be a part of this concert as I have attended various LMP concerts before. At the concert we performed Romanian Folk Dances by Béla Bartók. As the name suggests, Bartók was influenced by folk music. He collected thousands of authentic folk songs, whilst travelling

throughout the most remote regions of Hungary with fellow countryman and composer Zoltan Kodály. Bartók was particularly drawn to this music as he felt that Romanian Folk traditions were more authentic as they been isolated from outside influences. Romanian Folk Dances consists of six short dances, each from a different region.

My favourite dance to perform was no.5 Poarga Româneasca (Romanian Polka), as it was energetic and had a fun cello solo. The fast tempo and the way the Leia and the orchestra moved whilst playing the piece, really brought it to life!

The Friday before the performance we had a rehearsal with Leia and one of the 1st Violins (Martin Smith.) It was great to meet them both. They were both very encouraging and gave us great tips, such as to really enjoy the performance. Through the rehearsal we

made a lot of improvements; we really started to listen to each other so that the balance, and blend of instruments was perfect. We also learned how to follow Leia, who played the solo part. I was blown away by how effortlessly Leia played the violin and it was great to be in her presence.

We opened the concert and then the LMP and Leia performed several other pieces. I particularly enjoyed the Violin Concerto No.3 in G, K.216 by Mozart. My favourite movement was the second, the Adagio, due to the long, lyrical phrases and upper muted strings.

I really enjoyed watching and being apart of the concert. It was lovely to work with the LMP and Leia. It was also nice to see some Old Palace girls in the audience, showing their support.

Amy, Year 12

The 'Mostly Mozart at Crystal Palace' concert was spectacular and inspiring. In particular, I thought Massenet's *'Méditation'* was incredible. I liked her manipulation of dynamics and sustained melodic line. However, the highlight for me was seeing some Old Palace students play alongside the LMP. They played the *Romanian Dances* extremely well, fitting in seamlessly with the professional players and capturing the vivaciousness of the dances. I was very encouraged by their performance and as a violin student I was inspired by Leia.

Anna G, Year 12

My favourite part was Bartók's *Romanian Dances* because of its fascinating Eastern European melodies inspired by the folk music that he encountered when travelling around Eastern Europe. I also found Samuel Coleridge Taylor's *'Four Novelletten for strings'* particularly interesting, especially because he came from Croydon!

Catherine, Year 11

I thoroughly enjoyed the concert, and the experience was amazing. I was blown away by Leia's talent and it was truly inspiring to watch her perform. I could really see how passionate she was about the violin from the way she moved and engaged with the audience. I really enjoyed Bartók's *Rumanian Folk Dances*. The youth orchestra acted professionally and performed well with the professional players. Overall, this was an amazing experience and I hope to watch the London Mozart Players perform again!

Cecilia, Year 10



Gold DofE

During the Christmas Holidays, I completed my Gold DofE Residential. For my residential, I planned on living in a 72ft Challenger Yacht which was built in 2000 and had raced all around the world several times, backwards (against the prevailing winds and tide). The Challenger was perfect for sail training as it provided an exciting but extremely safe environment for everyone onboard. The yacht was very comfortable down below, with a well-equipped kitchen. The sleeping area was open plan with snug bunks and our own storage area.

Dimanthi, Year 12

Day 1

On the first day we were given a boat tour and taught how to stay safe and avoid hazards on deck. All the crew underwent thorough safety training and vessel familiarisation before setting sail. Life jackets with integral harnesses and good quality waterproofs were provided. Codes of conduct were in place and our sailing staff ensured a positive, supportive and encouraging atmosphere.

We then set sail for Cowes on the Isle of Wight. During our two-hour journey, we set up the sails ready for the next day knowing that the tides were going to be rough. Our journey seemed long, but we thoroughly enjoyed it because of the amazing views. We made new friends which has made living on the boat easier. At around 19:00 we had dinner - pasta and chorizo tomato sauce (which was delicious). After dinner, we had social time, so we all decided to play games. We started off by playing UNO, then we played a few games with a pack of playing cards. Finally, it was time to go to bed in our little bunks.

Day 2

On the second day, we woke up early in the morning to start our eight-hour journey to Weymouth. It was a rocky start in the beginning because it was very windy which made trying to

move the boat a little hard. During our journey, we learnt how to tie knots, put two sails up and some of us were able to climb the rope. I had a great time climbing the rope, although it was very hard since the boat was moving side-to-side most of the time. For lunch, we had soup and bread rolls. On the way we saw dolphins which was the highlight of our day. We finally arrived at Weymouth where we put down the sails and got ready for dinner.

Day 3

On our third day, despite the wind being against us, we hoisted the sail and headed for Poole. Due to the wind, we noticed the boat was leaning more than in previous days, so we learnt how to tack (switch which side the boom was on) in order to counteract this. For lunch we had warm pasties and baked beans, a welcome relief from the cold wind. Following lunch, we continued onwards. The waves became slightly larger as we passed across the bay, but we strapped ourselves in and pressed forward, finally reaching the harbour. After mooring, we cooked a delicious meal of sausage and mash, followed by mince pies since it was nearly Christmas.

Day 4

On the fourth day, we travelled back to the Isle of Wight, which did take us a couple of hours. The wind was

again against us, but we managed to hoist the sail. The boat started leaning even more so we made sure we were strapped properly. After a few hours, the sea was calm and so we managed to have lunch which was a roll of bread and hot soup. It was definitely delicious and was much needed. Once we reached the harbour, we were given the chance to climb up the mast. Climbing it was one of the most amazing experiences in my life. I was able to see a beautiful view of the Isle of Wight, (I most certainly felt like Spider-man climbing that mast). After having a shower, we had dinner which was rice and curry, and to end the day of we played a few games.

Day 5

On the last day, we woke up earlier and got the boat ready to go back to Portsmouth Harbour. The journey to go back to Portsmouth harbour wasn't as long so in the meantime, we were below deck and start cleaning up and packed our bags. By the time we finished packing our bags we were at Portsmouth Harbour, and it was time to say our goodbyes.

Going on this residential really made me a confident person and taught me so many skills that I can use in everyday life. I made so many new friends and I hope to go back during the holidays.



Open Morning

Pre School & Reception (4+)

Thursday, 10 March
9.00am - 10.30am
Meet the Head
+ tour of
the school

To book, go to:
www.oldpalace.croydon.sch.uk/admissions/open-days



Year 1: Old School Days

This half-term our topic in Year 1 has been 'Old School Days'. We have been learning about what school was like in the past.

In the Small Hall we sat at the old desk and looked at the beautiful stained glass windows. We then made our own stained glass windows out of card and cellophane. They are now on our windows in the classroom. When the sun shines it makes beautiful patterns across the room.



Year 11: Sports Leaders Level 2

A number of students have pursued Sports Leaders to Level 2 in Year 11.

On Friday, Mary led a session based on stretching and coordination to a group of her peers. She demonstrated excellent group management, preparation, use of different types of feedback and had a good encouraging rapport with the students. It can be daunting delivering a session to your peers so well done Mary!



Year 5: Space Day

Year 5 had an immersive 'Space Day' experience last week as the grand finale for their 'Stargazers' topic.

First, they cooked tortillas from scratch and prepared a healthy salad filling. Astronauts frequently eat special long-life tortillas because they can hold food without it dropping out and floating around the spacecraft.



Then, it was 5, 4, 3, 2, 1, Blast off! as they entered an experiential space 'WonderDome'. Girls marvelled at the sights as they were taken on an adventure through our solar system, visiting each planet in turn and finding out heaps of mind-boggling facts along the way. The girls had prepared lots of questions for Steve, the facilitator of the WonderDome, and really impressed him with their excellent knowledge and insightful questions.



Some quotes from the class included:

"When we made the tortillas, it was really healthy and the finished result was really tasty, and it was amazing watching them cook so quickly!"

Jessica

"I was very surprised when the man told us that it rains acid on Venus, not just water!"

Moriah

"I couldn't believe how big the WonderDome was on the inside."

Michalea M

"I like how we went through the different planets and learnt about the people who discovered the planets."

Caroline

"I was surprised to see that our sun is tiny compared to other suns!"

"I was shocked to learn that Saturn's rings were created by it ripping apart its moon!"

Michalea K

"It was really hard to smooth down the modroc on our moonscapes but it's worth the effort because it looks really good!"

Jasmin-Lee



As part of this special day, Year 5 also made three-dimensional moonscapes from Modroc plaster.



Year 6: Evolution Workshop

Year 6 had an epic afternoon learning about evolution; specifically developing a firm understanding of the exciting evolutionary ideas raised in Charles Darwin's 1859 publication - *The Origin of Species*.

By looking closely at a host of live animals, we learnt some new terminology by Darwin. Terms such as common ancestor and natural selection. We were able to touch reptiles, amphibians, invertebrates, plus real fossils, human and animal bones and animal artefacts – exploring the importance of habitats, defense systems, food chains, survival, reproduction, time, and extinction within the context of continuous biological change.

'I was really interested about the past and about Charles Darwin. I learnt that a tortoise's spine is connected to their shell. I also learnt that some geckos have a fake head on their tail so they can trick the predator and have a better chance of survival.'
- Erin

'I really enjoyed the evolution workshop. It felt amazing learning and seeing all the cool animals. It was very interesting learning about Charles Darwin and his incredible discoveries.' - Riya

'I learnt facts that I never knew before and the animals made it more interesting and engaging.' - Aditi

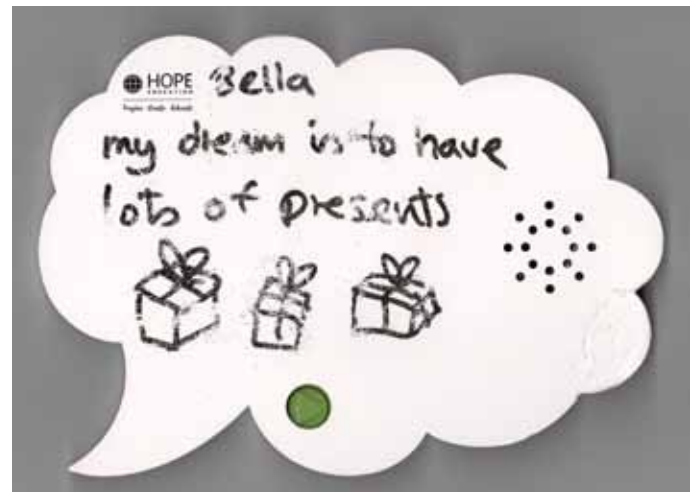


Martin Luther King Jr Speech Bubbles – Winners

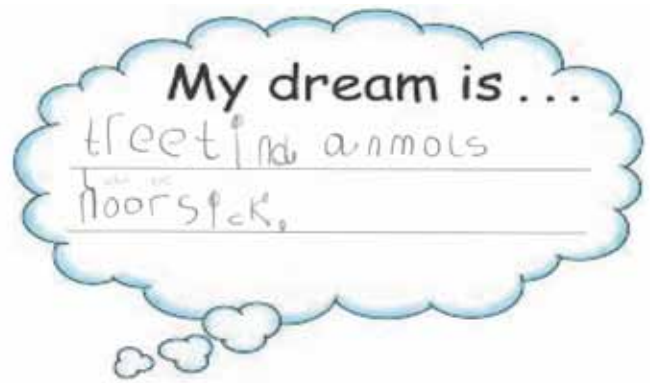
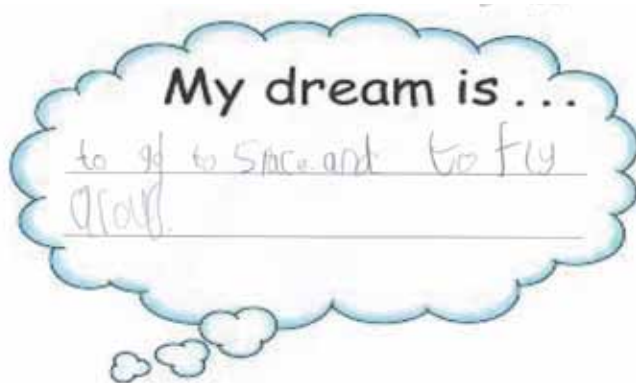
Hello, we are the Prep Diversity, Equality & Inclusion Prefects. Our names are Riya and Alisha. Last month, we asked Pre School to Year 6 pupils to fill out a speech bubble beginning with "I have a dream..." from Martin Luther King Jr's famous speech.

When everyone had finished, we collected all of them and we chose the top two from each class. It was a tough decision, since they were all really good, and then we chose the ones which were the best in each year group to go in the Bulletin.

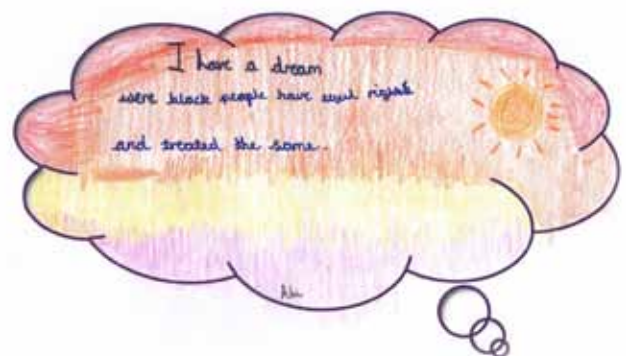
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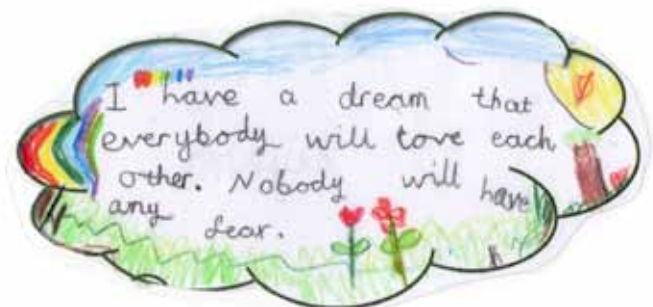
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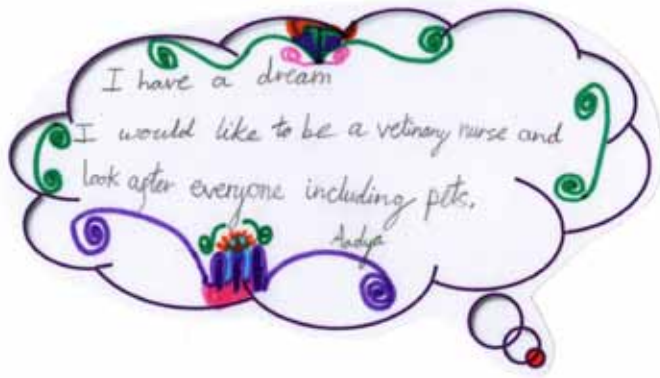
Year 1



Year 2



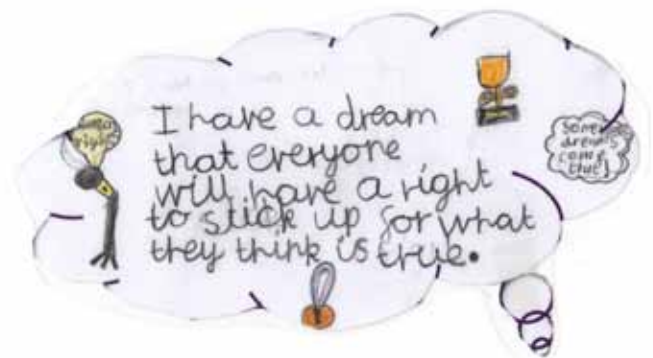
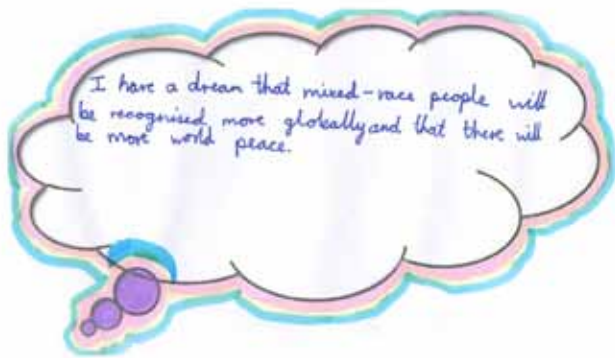
Year 3



Year 4



Year 5



Year 5



Clubs: Spotlight on...IT



Tech Future Girls Club (Computer Science)

Whether members are beginning computer users or tech whizzes, this club is a way to teach further technology skills and give students a sense of belonging. Students already use computers on a regular basis in the classroom, so club activities will give them a chance to expand their skills and to do creative projects.

The club supports students to explore and develop higher level Computing skills. These include: advanced programming, game design, encryption, cyber security and robotics.

Students are actively encouraged to take part in National competitions, such as the Matrix Challenge (Police Cybercrimes unit), Cryptography Challenge (Southampton University), and the BAFTA Young Game Designers Competition. Students can program the fun and exciting M:BOT robots, which are fully mobile and have sensors, along with lights and sounds.

Tech Future Girls Club runs every week on Thursday lunchtime at 12.55pm in CR3. See you there!

Computer Science Dept.



Reception: WonderDome Workshop



Reception completed a successful mission into space inside the WonderDome. The girls travelled around the solar system and learned all sorts of amazing facts about planets and stars through photos, videos and songs. The moon's rap about how he reflects the sun's light in order to shine was a firm favourite among the Reception astronauts!



Maths Puzzle Fun



Answer on page 17

Year 2: Valentines Day Art



Year 8 and 9: Hockey v Nonsuch



Some Old Palace students from Years 8 and 9 played a hockey fixture against Nonsuch and drew 1-1. It was a fantastic match, the students played extremely well and showed good ball control.

This was their first 11-aside fixture playing on a full sized astro. The students worked incredibly hard. They showed some solid defending and used the width of the pitch to transfer the ball.

It has been great to see so many of them turning up to Hockey skills and drills club. They have all been working hard to improve their skills and their hard work has paid off. Well done!

Year 8 and 9 Netball

On Wednesday, a combination of Year 8 and 9 students travelled to Caterham to play as an A and B Team. Although there was a mixture of level of play in both teams - so please don't be offended if you played in the 'B' team - it was a good experience for different year groups to play together and manage new combinations

Both matches were really close with scores neck and neck throughout. It was good to watch players thinking and making good decisions on court. There were rushed moments, and there were key opportunities missed at times, but the quality of netball was pleasing and all players worked really hard! Well done everyone who played.

The final scores were 9 - 13 (A team) although the scores were so close throughout and Caterham just pulled away in the last quarter. Really good shooting in the third quarter from Zara and Rosie. The opposition awarded Anna the Player of the Match award - well done. Squad: Arabella, Zara T (8), Rosie, Anna, Safiya, Harini and Rhianna.

The 'B' team won 6 - 5! Well done - some really good play into the shooting circle and really tight defending. Shazia was awarded Player of the Match by the opposition - well done. Squad: Tori, Shazia, Rojahn, Emma, Ella and Maheli



This Week in History...

MANDELA LEAVES JAIL

On February 11, 1990, Nelson Mandela was released after 27 years in prison. In 1994, he was elected president of South Africa.



Maths Puzzle Fun page 16 Answer

Answer: A = 4, B = 1, $4 + 7 = 11$

Last week's winner was Rachel, Year 7