



# AROUND THE PALACE

## Year 7 Special Bulletin



# Letters from the Head Girls



Dear all,

This Old Palace Bulletin has been specially created for prospective students (and their families) who have been offered a place at Old Palace for Year 7.

It contains many articles written by current Year 7 & Year 8 students and their form tutors and will hopefully excite you even more about joining us in the autumn. Over the past few months, we have had the pleasure of interviewing you all and we know what a wide range of abilities and interests you already have. You've also told me about what things you are excited about learning and discovering when you come to Old Palace. This Bulletin should help you learn more about what awaits you in September and the years ahead.

I very much hope that you enjoy reading this.

**Jane Burton, Head**

Keep up to date with all the latest Old Palace news in our weekly bulletin and/or follow us on Facebook, Twitter and YouTube.

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



## Abisha - Head Girl

Hello everyone! My name is Abisha and I am one of the Head Girls at Old Palace. I have been at Old Palace since Year 7. I study Maths, Biology and Economics for A Level and hope to study Economics at university.

I remember my first few days at Old Palace being scary, I had no idea where the classrooms were and quite a few times ended up at the wrong classrooms for lessons but all the older students were so friendly and helped me find my way. Old Palace has allowed me to grow and become the person I am today and there are so many friends and beautiful memories I will cherish forever; Old Palace will always hold a special place in my heart!

The opportunities at Old Palace are endless, so if there's one piece of advice I would give to you it would be to take every opportunity that comes your way; all these experiences will nurture the skills you need in life. Believe in yourself, put in the hard work and always remember, there are no limits to what you can accomplish!

I wish you the best of luck in this new exciting journey that you are about to embark on!



Abisha in Year 7



Abisha in Year 13

## Amanda - Head Girl

My name is Amanda and I am one of the Head Girls at Old Palace.

We are so excited to welcome you to Old Palace and hope you are just as keen to start your journey with us. Old Palace will provide you with many wonderful experiences from clubs, to trips and productions; there is plenty to get involved in. The people you will meet and eventually become friends with make this experience even better. I know that as you enter this new stage of your life it may seem a little daunting, but it's important to remember that you are all in the same boat, and will begin to create bonds that will carry you on for many years. The School offers you a huge amount of support from your Form Tutors, Heads of Year, Head Girls, Senior Prefects and House Leaders so always know there is someone to talk to!

I look fondly on my time in Year 7 as I prepare to leave Old Palace. I was quite a shy person and was worried about transitioning into this new environment. However, over the years Old Palace has helped me blossom into the person I am now.

Some of my favourite memories at Old Place are my drama lessons in Year 9, which were always filled with laughter, and also the opportunity to represent the School at netball and athletics fixtures. The best thing that Old Place has given me besides an outstanding education has been my amazing friends who are like a family to me and the opportunity to give back to my community through being Head Girl. As I prepare to go off to university and study History and Politics, I am sure that Old Palace will serve you in the same way that it has me.



Amanda in Year 7



Amanda in Year 13

# Letters from two Senior Prefects

## Emily - Senior Prefect

Hi everyone! I'm Emily and I'm one of the Senior Prefects at Old Palace. I've been at Old Palace since Reception, although, when I went into Year 7 there were a lot of things that were different from the Prep school that made me both excited and nervous to experience. I remember I was really looking forward to meeting the new students that were joining from other schools because then I could become friends with them. I was also excited for all the lessons and clubs because I love learning new things. I was, however, scared of getting lost around the school. Fortunately, the older students and teachers were very kind and helped me find my way around, and after a few weeks, I knew where to go. We are so lucky to have such a supportive community at Old Palace, so if you ever need help or advice then there are lots of people to talk to.

During my time at Old Palace, I have made some amazing memories. One of my favourites, however, was having the opportunity to go to China on a Geography trip. On this trip, we visited both Beijing and Shanghai, went to the Great Wall of China, ate delicious Chinese dishes, explored the amazing culture of the country, as well as so much more. The trip was great fun, and whilst you're at Old Palace, I'm sure you'll get to experience incredible trips to different places too.

I'm currently studying Maths, Further Maths, Chemistry, and French, and after leaving Old Palace this summer I'm hoping to go to university to study Natural Sciences. I'm not sure exactly what I want to do in the future yet, but I know that I would like to do something in the field of science, as this is the area that I'm most passionate about and interested in.

My advice for your time at Old Palace would be to get involved in as much as possible. We are lucky to have so many clubs on offer that there is something for everyone to take part in. Extra curricular and house activities are a great way to get to know more students in your year as well as in other years who have similar interests to you. For example, I have made lots of friends in other year groups from various dance clubs over the years and now in my final year, I am a dancer in the school's production of *Beauty And The Beast*, which has been a great experience.

To finish off, I would like to leave you with three words, 'Dream, Believe, and Achieve.' These words have been stuck in my head since Mrs Tamplin (a swimming teacher at Old Palace) gave a very inspirational speech a few years ago. They remind me that I can accomplish anything if I put my mind to it, and the same applies to you.

Good Luck and I hope you enjoy Old Palace.



Emily in Reception



Emily in Year 3



Emily in Year 13

## Sanaa - Senior Prefect

Hi, my name is Sanaa, and I am one of the current Senior Prefects!

Starting Senior School was both exciting and nerve-wracking – I was starting a new school, without anyone from my primary school and I really wasn't sure what to expect. Everyone says this, but the best thing to remember is that everyone is in the same boat as you, so there's no need to stress! I have so many memories from Old Palace that I will treasure forever; from Sports Days and fun lessons to trips and all the clubs you can attend from Year 7.

My time at Old Palace has been an incredible journey – I have made best friends; I have learned so many new things and found passions that I never thought I'd have. With so much going on, it can sometimes feel like you don't know how to make the best of your time – my advice would be to try things out, speak to new people, be ready to ask for help and most importantly, find laughter in the small things! Old Palace is a family that I am grateful to be part of and I am sure you will love it too!

Best Wishes and enjoy all the exciting opportunities to come – you'll be great!



Sanaa in Year 7



Sanaa in Year 13



# Introducing our new Year 7 students .....

We are delighted at how well the Year 7 students 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!



## Lunch time and After School Clubs

Clubs form a fundamental part of the Old Palace experience. They are a fantastic way for new Year 7 pupils to get to know other classes in their year group whilst learning exciting new skills.

With over 70 lunchtime and after school clubs on offer each term, there is something for everyone.

New clubs this term (spring) include:

- Cryptic Crosswords
- Charities Committee
- Islamic Society
- Urban Design Challenge

- Spanish Culture Club
- Poker Club
- Poetry Club
- Mandarin (*paid club*)

A Programme of Clubs booklet can be found here:

[www.oldpalace.croydon.sch.uk/wp-content/uploads/2022/01/Clubs-Programme-Booklet-Jan-2022.pdf](http://www.oldpalace.croydon.sch.uk/wp-content/uploads/2022/01/Clubs-Programme-Booklet-Jan-2022.pdf)



DT Food Club Years 7-10



Year 7 Science Challenge Club

## PSHE Stand Against Violence

In the autumn term, as part of PSHE, Year 7 were lucky enough to welcome Mia Wilson, from Stand Against Violence.

In preparation for Anti-Bullying week, she delivered a powerful session using the true story of Amber. In the session, students explored in greater depth: what is bullying, the different types of bullying, primary and secondary victims, the bystander effect, and how to safely deal with bullying.

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



## Students Explore the Theme 'Proud to Be...'

During Black History Month, students in Years 7-10 explored different contexts and scripts celebrating the achievements and contributions of black British people to society and history.

The Year 7 and 8 classes created still images from the poem 'You Called and We Came', where students were learning more widely about the positive contributions of the Windrush generation.

All of the students also received a list of Black History Month Drama resources, which included lists of black actors, playwrights, directors, designers, black-owned theatre companies, opportunities and more.

**BLACK HISTORY MONTH 2021**

“A School Counsellor, Sandra Barber, joined Old Palace in September 2021 and has further strengthened our well-being provision at the School. Students needing this extra support are referred by the Heads of Year and our students have found the addition of this service very beneficial.”



## Enterprise Club

Over the course of the autumn term, the Year 7 members of the Enterprise Club worked hard to come up with and produce products for the School's annual PTA Christmas Fair.

Initially, we spent a lot of time thinking of products that best suited our potential target market. Eventually, we came up with the idea of hot chocolate reindeers and 'guess the weight of the cake' as they were both Christmas themed and catered for young and old.

I found producing our product (the reindeers) enlightening as it provided an insight into the world of work, especially for smaller businesses. It was fascinating seeing how much time and effort goes into planning and marketing. I found decorating the cake fun as we had free creative choice around the design while still sticking to the theme of Christmas. (Many congratulations to Mrs Morris, who won the cake).

Throughout the term we got to develop key skills such as time management,

the art of delegation and teamwork, as we worked together to make and package the reindeers. Leading up to the Christmas Fair we spent many hours budgeting and purchasing products. We hit a few bumps in the road from miscalculation i.e. not having enough supplies, so we had to quickly problem solve the issue so we could move on.

On the day of the Fair, we were able to market and sell our products and even make a small profit. The Fair was fun and we got to interact with potential customers and to use persuasion tactics in order to entice people into buying our products.

Overall, I thoroughly enjoyed the experience and I learnt that a lot of thought and planning goes into running

a business and that despite your best efforts, everything may not necessarily run smoothly.

Kyla



# Drama - Beauty And The Beast

In the spring term, we were thrilled to be able to enjoy the Senior School's long-awaited performance of Disney's Beauty And The Beast. It was such a joy to see the students from Years 7-13 taking part, not to mention our orchestra, who provided the music each night. It was a wonderful experience for everyone involved.



# The Library

Every two weeks, Year 7 students have Library lessons as part of their English curriculum. These lessons focus on reading and information literacy skills.

Year 7 students follow the Accelerated Reading programme. This is a personalised reading scheme that promotes reading the 'right' level for each student. Students read from books within their reading range, taking quizzes on the books they read. A word count from successfully passed quizzes is recorded and all Year 7 students have the target to become a 'Million Word Reader'. Every book read in Year 7 counts towards the House Reading Challenge, with a special Accelerated Reader Year 7 Word Reading Challenge for the Year 7 class that together, reads the most words.

Year 7 students also take part in the whole school House Reading Challenge, with termly prizes for students reading and writing book reviews on six or more books a term.



Love reading? Love helping people choose what to read? Year 7 can join other students to be trained up as a Student Librarian.

## Become a Student Librarian!

Recruitment takes place in the autumn term. Student librarians help library staff with organising the library and make book suggestions, book displays.

They also assist with events such as Harry Potter Book Night, open days, seasonal charity events and World Book Day, including interviewing and welcoming guest authors.



## Book Club

Weekly lunch time book clubs allow students to discover the best new books and classics through seasonal activities including National Poetry Day and World Book Day.



Old Palace Book Club shadows national Book Awards throughout the academic year, including the Trinity Schools Book Award, The Carnegie and Kate Greenaway Award and The Excelsior Awards.

Old Palace has close ties with the oldest children's book award, the Carnegie and Kate Greenaway Award, now in its 86th year.

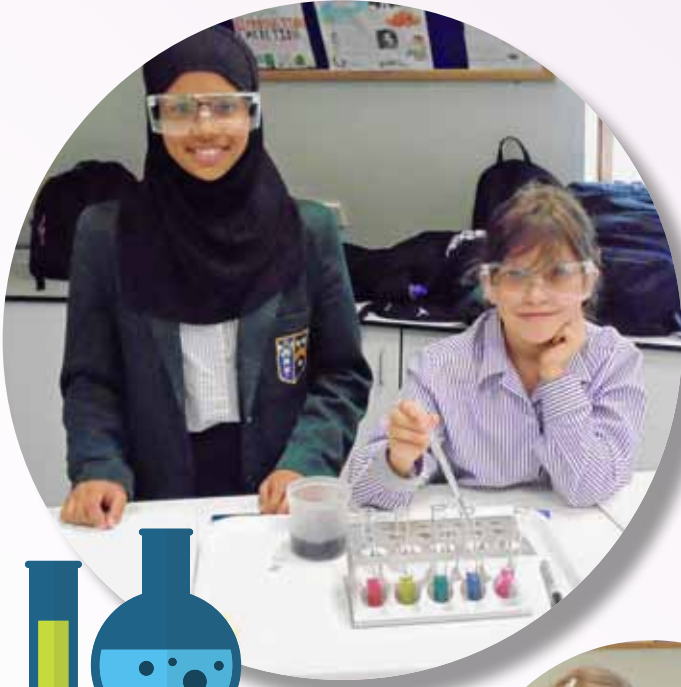
Mrs Chevalier, our librarian, is currently one of the thirteen national judges, which means students get to understand first hand what it is like to 'think like a judge', exploring themes linked to the style, plot, characterisation, style of a book and decide for themselves what should make a winner.



Book Challenge Winner - Zoya

# Science

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 variety of colours you may see, depends on the type of indicator you use. It was really fun! ”



## Science Challenges

A Science Club for Year 7 where students are posed a practical challenge to solve, using scientific knowledge



## Practical Problem Solving Club

Year 7-13 students devise engineering structures/ machines to solve a given problem, using very simple materials.





# Art

Year 7 artists have been producing work on the theme *Flora* this year. They started the year focusing on mark-making, line drawing and tone. With this they produced observational drawings of a vase of flowers, focusing on shape and form before completing a sustained tonal drawing. This was supported by a contextual study which looked at the art work of Paul Morrison and in this they included their own personal response to the work.

Year 7 artists follow on by consolidating their knowledge on colour theory and create a large coloured tonal flora based painting. The year concludes with a sculptural project.



## Quilling Workshop

The Art department ran a Quilling workshop where Year 7 students could learn how to make intricate floral pictures using rolled up paper. All of the results were really beautiful!

*"It's a very soothing activity"* Zara

*"It's very calm and peaceful and it tests your patience!"* Candice

*"It's a fun activity and interesting to see the different ways you can make art"* Tia

*"I can incorporate this skill into my crafts at home"* Lola

*"It creates detailed, intricate artwork and is really enjoyable"* Sharon

*"It's very time consuming, but fun!"* Zainab



# Looking Ahead to University & Careers

University and Careers advice continues from Year 7, as part of our PSHE programme with discussions on personal career aspirations, understanding the differences between skills, abilities and qualities and then researching these through career pathways in Year 8, in preparation for choosing their GCSEs in Year 9.



In Year 10, students who are interested in healthcare or veterinary careers can join MedSoc. Here we do activities to develop skills that demonstrate the values required for these professions. For example, last term Year 10 named the bones of the human body, learned about different careers in the NHS and played games to improve their communication skills. Our Sixth Formers also shared their experiences of applying for medical school. In the news at the beginning of 2022 the heart has featured and, with

Valentine's Day approaching, Year 10 have looked at stories on the scarcity of organs for transplant and about a pioneering operation in the US to transplant a genetically modified pig's heart into a man. Students examined heart structure and discussed the medical and ethical challenges of transplanting organs from humans and animals.

Did you enjoy our production of Disney's Beauty And The Beast?

See the highlights here:

<https://youtu.be/hU6GgOfkEb8>



## Why we love Old Palace in the Spring



- O** is for the opportunities that every girl is given
- L** is for the laughter we hear as we are living
- D** is for the dedication that every teacher shows
- P** is for the pleasure that only these girls know
- A** is for the achievement from reception to the end
- L** is for the love shared between all friends
- A** is for the array of activities on show
- C** is for the care we receive as we grow
- E** is for the excitement that every new day brings, no other place is like it: Old Palace in the Spring.

By Emma and Nicola, two recent Year 13 leavers, who are "very, very proud of Old Palace; always have been and always will".



# Music

Year 7 have had many exciting performance opportunities this year. The entire year sang Britten's *Friday Afternoons* during the Autumn Concert, which they learnt in their Music lessons at the start of the year.

Annie E also gave a fantastic rendition of Monti's *Czardas* at the concert to rapturous applause. Annie P, Reya and Lily sang in the Alumnae Carol service, and many students were involved in the recorded school service.

Each half term there is a lunchtime Chapel Recital for Year 7 to 9; an opportunity for solo and ensemble performances. Anja sang 'A whole new world' by Alan Menken from *Aladdin* and Lily performed Debussy's beautiful *Arabesque no. 1*.



## Disney's Beauty And The Beast – A view from the Orchestra

Since September, I have been part of the band for *Beauty And The Beast*. Since I play the piano and drum kit, I was chosen to be part of the percussion team. I am playing lots of instruments – the timpani, triangle, woodblock, tambourine, ratchet and suspended cymbal! I have to count carefully and be very focused. I was a bit overwhelmed with this at the start, but with practice it became easier.

We've been rehearsing each Friday and this week the professional musicians arrived, which was very exciting as we could hear the finished product. I was nervous at the start of the dress rehearsal when I saw all the audience, but got more relaxed once we had done a few songs. Now I'm looking forward to playing in the final performances.

**Nailah-Belle, Year 7**



# Outdoors Maths: Human Loci



Maths isn't just for inside the classroom! When we introduce the Loci topic, our Year 7 students get to experience the fun of an outside Maths lesson.

As Mrs Stevens put the students into groups and Mrs Morris brought out cones, the girls wondered what all this could possibly be about.

In their groups, they were challenged to follow the rules and stand in the right places in relation to the cones. First, Mrs Morris asked them to stand one metre away from a single cone.

The groups quickly realised that they had formed a circle around the cone. Then they had to stand equidistant (an equal distance) from two cones. They formed a line, which they recognised to be the perpendicular bisector of the line between the two cones.

As the lesson progressed, the students developed a sense of the sorts of shapes they were forming by following the rules, and recognised them from the constructions they had learned earlier.

At the end of the activity, the groups participated in a competitive speed round, in which they were challenged to reproduce the shapes before the other groups in the hope of winning a small prize.

The groups all did a fantastic job and the prizes were well deserved. When the students returned to the classroom, they were energised and ready to translate their outdoor experience into questions on paper.



Some quotes from the students included

Maryam ***"It was fun and interesting. I understood bisectors better from the activity."***

Zara-Eden ***"It helped me understand the topic."***

Harmony ***"It was engaging. I liked joining up with the other class and being outside."***

Vaonaisha ***"It was mathematical"***

Maimunah ***"It was fun and different"***

Rojahn ***"It was different to do in practice rather than on paper"***

Anniyah ***"I liked team work and coordinating"***

## What are loci?

A locus (plural loci) in Mathematics is a path formed by a point which moves according to a rule. Locus is a Latin word, meaning "place".

## In Conversation with Year 7 and 8

If you want to know what life is really like at Old Palace, then take a look at our new film featuring some current Year 7 and Year 8 pupils as they talk about their experience of Old Palace.

See it here:

[www.youtube.com/watch?v=AbZa7p0xTww&t=47s](https://www.youtube.com/watch?v=AbZa7p0xTww&t=47s)



# Design Technology

Year 7 began the academic year by making a wooden planner cover. The planner cover can be attached to their school diaries and is a lovely way of personalising them. Their designs were based on the Chinese Zodiac calendar.

They then made a space themed musical money box. This fun product incorporated many areas of technology and an abundance of new skills. It was quite challenging for Year 7 especially since many had not experienced the subject before. However, they coped really well with all tasks and their finished items were great!

The idea behind the money boxes was to encourage young children to save their money in a fun way!

When you drop your coin through the slot in the top of the box, it triggers a tune to play, followed by two small LED's which light up in the plastic vacuum formed light.

New skills learnt included: soldering electronic components onto a W, programming a tune using a software program called Blockly, vacuum forming their moon and assembling their wooden boxes with the various electronic wires being secured in the correct places.

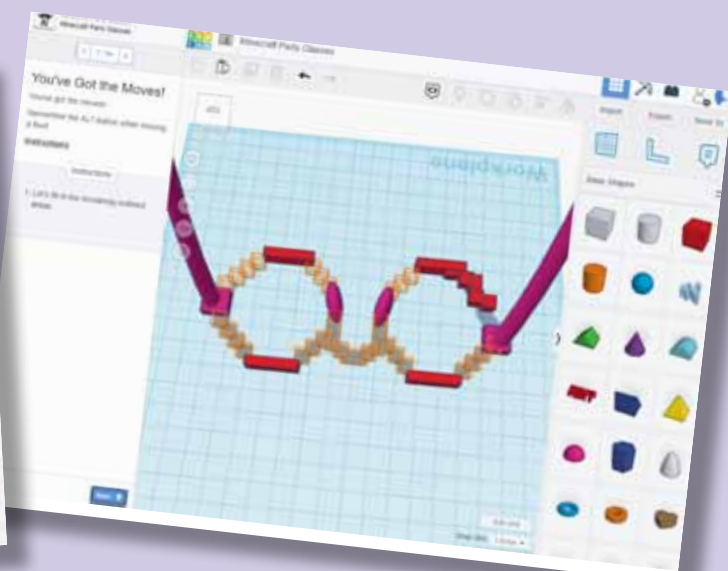
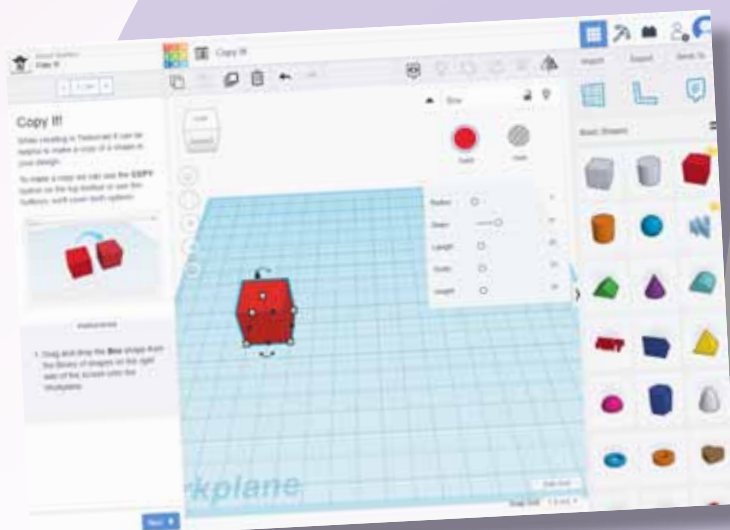


Wooden planner covers



## Tinkercad

Students have been exploring different drawing skills and rendering techniques by hand and through using a CAD software program called Tinkercad.





**HIP HIP HOORAY!!!**

**Happy**

**Easter!**



## Make a cupcake box

Why don't you try baking some small cupcakes and decorate them with an Easter theme.

Cut out the NET on this page to make a box and the lid and inner platform NET on page 15.

Put your cake or some Easter treats in the box and give to someone as a lovely Easter gift!

## Easy Cupcake Recipe

The all in one method will make approx. 6-10 Cupcakes depending on size of cases.

4oz / 113g Self raising Flour

4oz / 113g Caster sugar

4oz / 113g Butter or margarine

2 eggs

A few drops of vanilla essence

Half teaspoon baking powder

Pre heat oven to 190°C.

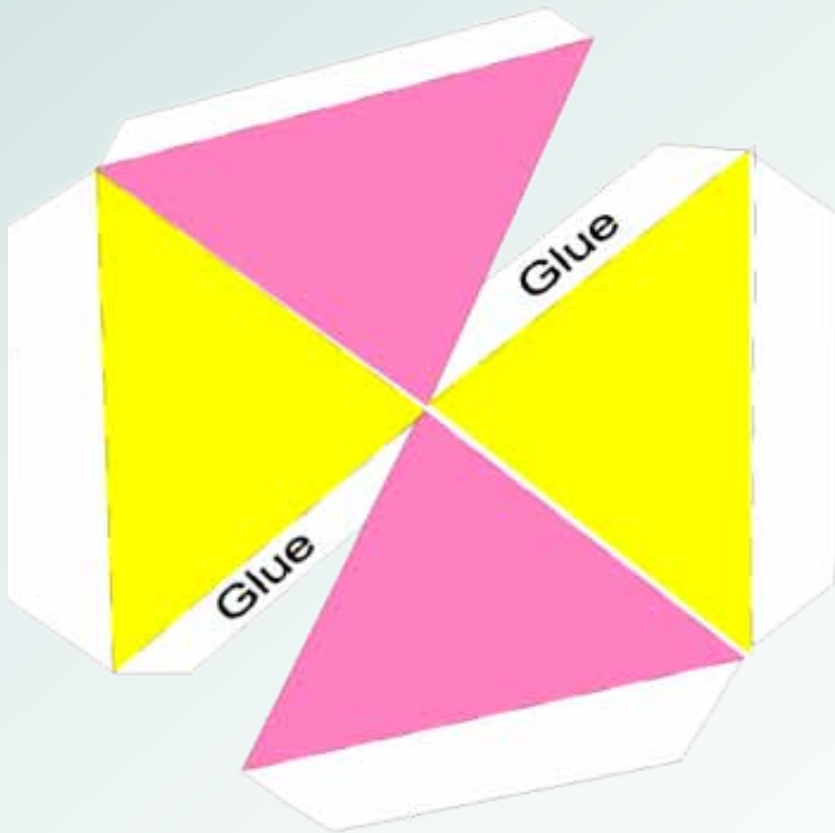
Put all the ingredients into a large bowl. Mix with electric beaters. Spoon into cases. Bake in oven for 12 - 15 mins until golden brown.

You may experiment with different flavours (1 dessert spoon of cocoa powder, dried fruit)

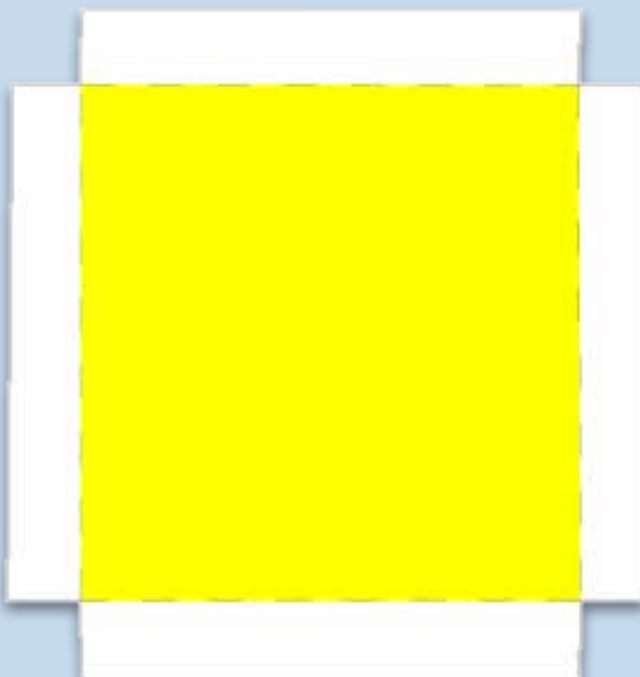


# Design Technology

Lid of box. Glue tabs and fold on dotted lines



Inner platform for the cake to sit on



## Year 7 DT Creative workshop

From September '21, Year 7 have been attending Creative workshops after school on a Thursday which has replaced homework in the creative subjects.

In DT they have been exploring different drawing skills and rendering techniques by hand and through using a CAD software program called Tinkercad.

Tinkercad enables you to realise 2D sketches into 3D more realistic images by using simple drawing tools. Students have worked really well and have managed to find their way around this software platform very effectively.



# Sport at Old Palace

## Old Palace Named in The Cricketer's Top 20 Girls Schools



**We are very proud to have been included in the Cricketer Magazine's Top 20 Girls Schools/ Schools Guide 2022.**

It's a real testament to our PE staff and pupils as, to quote The Cricketer: "The number and standard of entries we received was extremely high this year and you should be very proud of your inclusion."

They went on to say: "The Cricketer has published its Schools Guide 2022, featuring the top 100 senior, the top 50 prep/junior and the top 20 all-girls schools in a bumper 156-page supplement.

It follows an exhaustive process which saw a huge number of schools submit entries to be included in the guide. All entries were judged against an extensive set of criteria, which included a compelling commitment to cricket in the curriculum, facilities, fixture programmes and coaching.

Also taken into account was how schools kept the game alive during the pandemic, and how they look to ensure cricket remains a central part of school life.

The Cricketer gathered entries and compiled the leading lists, working alongside former England star Lydia Greenway and her coaching initiative Cricket For Girls to select the top 20 all-girls schools."

Mrs Smith, Director of Sport at Old Palace says: "We are delighted to be recognised in this publication. Women's Cricket has so much to offer and we are thrilled to be able to introduce cricket to students at Old Palace. We look forward to developing this area in the coming years."

## Netball

We love Netball at Old Palace! We have open Access Clubs and Selective squads. Our squads then make up our teams and we play regular fixtures against other schools. We also have House Competitions and enter the local Croydon Schools Tournaments.



## Football

Football is another activity that is a fast growing sport among women in the UK. We have some very capable students playing for clubs outside school. In school, football is part of the curriculum, there is a football club and we aim to run House Football competitions when we can. Some lessons are off site, some are based on our courts here at Old Palace



## Hockey



Year 7 students were very excited to take part in a mini hockey tournament during lessons last term. They learnt ball control through dribbling with the ball and push passing the ball to their team. The Year 7 Hockey Club runs every Thursday lunchtime.



# Sport at Old Palace

## Gymnastics

We have some very capable gymnasts at Old Palace. In lessons we look at all aspects of educational gymnastics working as individuals and within groups on floor work and using the boxes and springboards. A Gymnastics Club runs during the autumn term



## Athletics

We love athletics in the summer! We do this in lessons in school and off site and we compete in the Croydon Schools Athletics Championships. In previous years we have come away with some medals! Our Athletics season culminates with our Sports Day where ALL students are involved in competing in different events for their house.

We also enter the Croydon Schools Cross Country Competition in the autumn term.



## Sports available at Old Palace

- Hockey • Cricket • Football
- Swimming • Water Polo
- Synchronised Swimming
- Athletics • Gymnastics
- Tennis • Table Tennis
- Badminton • Cross Country
- Fitness • Indoor Athletics

## Clubs

### Open Access

- Running • Netball • Cricket
- Table Tennis • Tennis
- Hockey • Gymnastics
- Football • Athletics
- Water Polo
- Swimming Skills and Drills

### Selected:

- Netball Squad
- Cricket Squad
- Hockey Squad
- Swim Squad
- Water Polo Squad

# Sport at Old Palace

## Swimming

We are fortunate to have our own four lane 25m pool allowing students a weekly swimming lesson with a member of the PE staff and a qualified swimming coach.

Lessons include stroke work, synchronized swimming, personal survival and life saving skills as well as many other water related skills such as diving and sculling. As well as lessons there are open access swimming clubs and selective squad training sessions as well as representation at local and regional events.

For those who want to make use of the pool to develop their skills or receive some extra help starting out in swimming, the department runs a weekly early morning swimming session starting at 7.25am.

Swimming is a vital life skill and so we do all we can to ensure students have water confidence and sound skills.



## Synchronised Swimming and Life Saving

In lessons all students are given the chance to participate in Synchronised Swimming, bringing together swimming, gymnastics and dance elements carefully choreographed in the water. They also have taster sessions for Lifesaving and Personal Survival. These very important life skills are covered in depth as the students move into Year 8.



## Water Polo

This sport has really taken off at OPS and is very popular. Students get to try it in lessons and there is a Water Polo Club. We have recently introduced Water Polo into the Year 9 PE curriculum to take full advantage of our pool. In recent years we have been involved in the English Schools Competition where Old Palace qualified for the finals!

One of our Sixth Form students started Water Polo here at Old Palace and now represents Great Britain in the role of GK in the U19 National Team.



# Languages - Food and Festivals in France

At the end of last term in French, we learnt about food. Near the end of the term, we were set a project. We had to create a poster with a paper plate on it with our favourite meal and a paragraph in French saying what it was and as a little extra task we could say what we like to have as a starter and as a dessert.

We had to use old household items (after asking our parents of course!) to make the meal to put on our plate. If we liked to eat chips ('des frites') we would find an old yellow sponge and cut it up into chip shapes. It was a really fun project to do and a really interesting way to find out how to put together a paragraph in French. There was a huge variety of things brought in by my classmates!

We are all very excited to see the display in the classroom. To completely round off the topic, we came back from the Christmas holidays to learn all about the major chefs in France that make La gastronomie, a type of expensive and succulent food served extremely beautifully with many courses.

These chefs included: Paul Bocuse, Joël Robuchon and Alain Ducasse, all chefs who are incredibly famous throughout the world. All three of them have got many restaurants across the globe.



We also all really enjoyed discovering about the festival called "l'Epiphanie" and the way French people celebrate it with the special cake "la galette". Learning about food and how to write paragraphs about what we like to eat has been incredibly fun, although it has made us all very hungry in French lessons! Que voudriez-vous manger?

Catherine, Year 7



# Dance

This term in Year 7 Dance the students have explored Parkour, an extreme practice that consists of traversing environmental obstacles by running, climbing and leaping in the most efficient and rapid way. Parkour (also known as Freerunning) began in France in the 1980s. The focus is to maintain as much momentum as possible whilst still remaining safe. This is performed by using only the human body and the surroundings.

Parkour can include: obstacle courses, running, climbing, sliding, swinging, vaulting, crawling, jumping, and rolling movement.

The students have learnt a range of technical exercises that have helped to develop skills required for Parkour. Next term the students will explore Parkour creatively whilst choreographing motifs based on the outside environment and famous landmarks.

## What is Parkour?

Parkour is the primarily non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. In practice it focuses on developing the fundamental attributes required for such movement.

“Parkour has taught us to consider our expressive skills such as spatial awareness, focus and sensitivity towards other dancers. As a class we have enjoyed learning different technical exercises whilst improving our concentration and self-assurance to perform with energy and momentum!”



## Nutcracker

During our Dance lessons, we have been learning about Matthew Bourne's *Nutcracker*. Matthew Bourne is a British choreographer and dancer who is known for his modern versions of traditional ballets such as the *Nutcracker*. He has mainly choreographed ballet and contemporary pieces and focuses on using the body instead of words to tell a story. This is called interpretive dance.

We have been learning about the character of Clara, who is an orphan. We watched the beginning of the work and analysed how Clara and the other orphans effectively showed the narrative of tidying up and getting the orphanage ready for an inspection. We discussed the techniques and gestures used in the dance and our teachers showed us how to use facial expressions and characterisation to narrate the story. We thoroughly enjoyed studying the role

of Clara and look forward to learning about a new set of characters, the Gobstoppers, next term.



# Computing

## Safer Internet Week Assembly

In the autumn term, our Year 7 Digital Leaders were tasked with delivering the whole school assembly using Microsoft Teams. The theme of the assembly was being safe whilst playing games online.

Playing online games has increased significantly due to lockdown and the Year 7 Digital Leaders took great care and pride in putting together an interesting and engaging assembly. Though nervous at addressing the whole school, the team acquitted themselves brilliantly! They also put together several articles based on their research, which will help inform parents as well.

The Computer Science Department



## What are the Risks of Online Games?

Along with the massive increase in online gaming during lockdown, there has also been an increase in risks associated with online gaming. Here are some of the negatives associated with online gaming:

### Being Bullied

- You may be deliberately excluded from a game by your friends, or criticised for how well you play. Other players may use abusive language over voice chat, and this can be upsetting.
- If you are experiencing bullying in online games, you need to talk to a parent or a responsible adult or contact Childline
- You can use the blocking and reporting functions in a game, so you can prevent bullies from contacting you.

## Mini Bus Routes

We operate a mini bus service for pupils over the age of 5. Our mini bus routes are designed around our families i.e. each year our routes are based around the demand from our pupils.

However, if you don't see where you live on the map here, do please talk to us – we are always happy to accommodate families wherever possible.



For further information, please contact: Mr Paul Bardens, Facilities Manager, Telephone: 020 8688 2027  
Email: [pbardens@oldpalace.croydon.sch.uk](mailto:pbardens@oldpalace.croydon.sch.uk)

# History

Year 7 have made a great start to studying History. As part of our new thematic curriculum, students looked first at the topic of Empires. This included evaluating the British empire but also took in the Mughal, Ottoman, and Malian empires, allowing students to see the commonalities and differences of imperial projects across time and space. We then moved on to migration, where students engaged with both the history of the Israeli-Palestine conflict and the experience and legacies of the Windrush migration.



In the final few weeks of term, Year 7 also produced some terrific work uncovering the fascinating history that existed just within their own families! These family history projects involved spending some quality time talking to their parents, aunts, uncles, or grandparents to discover what their own families have been through.

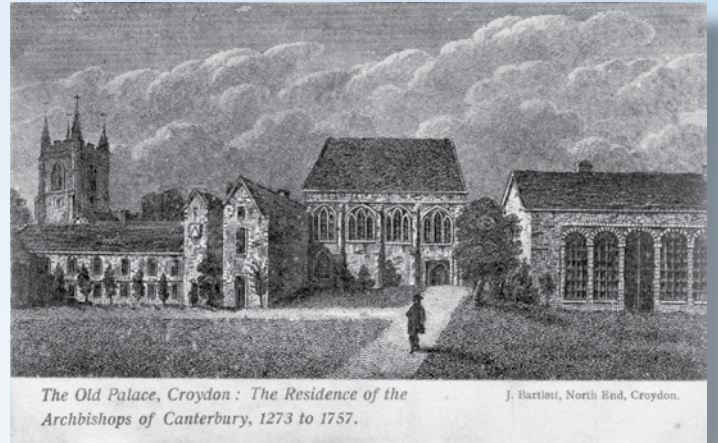
Students produced compelling PowerPoint presentations that documented the fascinating lives their relatives had led. Sometimes this was eye-opening experiences of war or migration, but it also included our Year 7s learning about the equally jaw-dropping realities of everyday life before phones and computers!

To end the project, students then practised their public speaking as they got to share their fantastic presentations with each other.

Since returning in January, it's been on to the theme of monarchy – from our current Queen to the Obas of Benin!

It has also been wonderful to see how many Year 7s have played an active role in History Club. The club is open to all students in years 7 and 8 who want to find out more about the past in a fun and interactive way.

Different historical topics that have been studied this year include crime and punishment and piracy, as well as having a further look at the history of Old Palace itself which dates back to at least the 12th century! Led by our sixth formers, History Club is an interesting and exciting way that Year 7s have learned about subjects that many have never studied before, while also getting to know students in other forms and years.



# Latin

This term, Year 7 students have been working towards Latin mastery. They have developed their vocabulary understanding and have become more confident when translating longer passages.

The students have recently met with the challenge of working with perfect and imperfect tenses and making use of present and perfect stems.

This is a considerable challenge but the students have worked hard to meet this and continue their journey towards mastery of Latin.



PRESENT TENSE

Laborat  
PRESENT STEM

intelligit  
PRESENT STEM

facit  
PRESENT STEM

PERFECT TENSE

works : laboravit  
PERFECT STEM

understands : intellexit  
PERFECT STEM

makes, does : fecit  
PERFECT STEM

# Geography

Our theme in Geography Club this term is 'Are we drowning in plastic?'. Our aim is to promote the global challenge of what to do with our plastic waste.

Inspired by the TV programme 'War on Plastic' we started by surveying the school, collecting plastic bottles in form rooms – we collected 157 in 5 days! We then calculated that across a school year this could equate to 5,800 bottles, that's 40,000 bottles during an average student's seven years at Senior School. That is a LOT of single use plastic!

Our club includes students from Year 7 to 12, and we are currently creating an awareness campaign which we hope will encourage everyone to think before buying items of single use plastic. We are creating a mosaic using bottle tops to highlight the damage plastic can do to wildlife, and planning to create a wall installation using bottles too. We also

hope to work with catering to reduce our use of plastics even further.

## 6 facts about single use plastic:

- 73% of beach litter is plastic
- Plastic is made from oil which is a fossil fuel. (Recycling plastic uses 80% less energy than making new plastics)
- More than 5 trillion pieces of plastic are already floating in our oceans
- Each 1 litre plastic bottle uses 4 million joules of energy to make

- World plastic production has increased from 2.1 million tonnes in 1950 to 406 million in 2015
- 1 million plastic drinks bottles are sold every minute globally – nearly half are produced by one company

If you are interested in finding out more about this issue, here are some recommended links. You could also come and join our club in September!

BBC iplayer: 'Coca Cola's 100 Billion Bottle Problem'

<https://www.wwf.org.uk/get-involved/schools/oceans-and-plastics>

## WWF TES Classroom Resource - Oceans and Plastics Pollution

Our Oceans and Plastics Pollution classroom resource enables pupils to explore the role of the oceans in our lives and why healthy oceans are so vital to our future.

[www.wwf.org.uk](http://www.wwf.org.uk)



# Religious Studies & Philosophy

Who should I be?  
Indeed, what really am I?  
Can religious believers also believe in the Big Bang?

Are our judgements about what is right and wrong really just a matter of personal taste?

These are just some of the questions that we explore together in RS&P at Old Palace. This does sometimes make students' heads hurt. Indeed, these sometimes make the teachers' heads hurt! But the effort is rewarding, since we want aim to consider, and understand, some of these profound questions for ourselves, before we look at what are some of the answers that others have tried to give. We do this from a variety of religious, as well as non-religious points of view to help us reach our own answers.

A little later in students' time at Old Palace they'll be able to join the Old Palace Sceptics' Society. This is our philosophy club in which we explore all sorts of philosophical issues outside the confines of the syllabi.



For the OP Sceptics, nothing is beyond question, from the possibility of time travel, to whether robots could have rights, and whether the idea of parallel worlds might help us understand what is possible.

If students have really been bitten by the philosophy bug, then in the Sixth Form, they can enrol in the PPE+ program, which has been successfully preparing students for applications in humanities subjects at the Universities of Oxford and Cambridge.

There is also the prestigious Old Palace Prize for Outstanding Writing in the Humanities: an essay competition in which students have been asked to write on questions such as: 'Could machines ever be conscious?', 'Does truth matter?', and 'Is migration a blessing or a curse?'

# A View From Year 7



## By Kara

When starting Year 7 there is always so much to think about: friends, clubs, homework and much more. As the beginning of the academic year approached, my mind was working non stop about the adventure ahead.

There are so many things I have enjoyed about Year 7, such as making new friends, new opportunities, challenges and the feeling of independence.

I've joined netball, swimming, debating and steel pans but there are so many other clubs and activities available that it makes it hard to choose. There are also creative workshops such as drama, music and D.T. This gives us a chance to explore a side of a subject we've not experienced before.

There is one more point I would like to make.

So far I would compare Year 7 to a rollercoaster; you're not too sure before you get on the ride, the ride starts and you don't know how to feel. You're scared, excited and curious. When you are at the peak of the ride you are having an amazing time. Then the ride stops and you're full of excitement and memories to share.

"It always seems impossible until it's done" Nelson Mandela

## By Onaisha

When I joined Old Palace, I was extremely nervous and my initial thought was that I would never learn where everything was, but I was immediately put at ease when I saw Mrs Stevens waiting to meet me. She introduced me to everyone and before long, I really felt at home here, even if I couldn't find every room for my lessons without stumbling into the wrong class!

My favourite lessons have to be Drama, Swimming and PE. I love to act, and Miss French (my Drama teacher) has really helped me flourish. We are fortunate to have our own pool at Old Palace and I love swimming. In PE we have learnt how to play netball, which was a new experience for me: hockey, which I have thoroughly enjoyed and now football.

I attend clubs almost every day of the week, and they are a terrific way to meet new people. They include Monday: Drama, Wednesday: Free swim/Water polo, Thursday: Swim Skills and Drills and Friday, Knitting club, where I am actually learning how to crochet.

Looking back, I would tell my past self: "Don't worry. Old Palace is a really friendly place, you're going to love it here. On top of that, you're going to make friends so easily. Just be yourself, be kind, be friendly and try to be nice to everyone." And I would say the same to every new girl coming to Old Palace.

## By Ava

When I first joined Old Palace, I was proud but a little nervous. I was excited to meet the new teachers and make new friends. It is normal to get butterflies on your first day at school but remember to just be yourself!

So far, my experience of Year 7 has been very interesting, The subject I particularly enjoy is Science as we do lots of fun experiments and get to learn about the pH table and all the different colours in it. We are fortunate enough to have an amazing library and so many different genres that we can explore.

There are lots of different clubs and activities to take part in. I am currently in netball, sudoku, swimming and Islamic society. I would encourage you to try out for netball squad!

## By Annaëlle

Welcome,

Hello! My name is Annaëlle, and I am in Year 7. You're probably feeling a bit nervous at the thought of starting at Old Palace, but that's completely normal. It's easy to let the negative take over, but as Cinderella said: 'Have courage and be kind'.

I was quite anxious on my first day, but I quickly made friends and my teachers made me feel very welcome. There are a wide range of clubs that will allow you to make friends. I am part of Polyphonic, Year 7-8 Choir and the Netball squad. There are also plays, house events, competitions and so much more!

I hope that you will have an amazing time at Old Palace just as I have, and that maybe we'll get to share some exciting experiences together.