



AROUND THE PALACE

Dear all,



This week, we celebrated International Womens' Day with the theme #breakthebias. In this edition of the Bulletin it is therefore good to see Old Palace students succeeding in so many areas and making positive contributions to their community. From the success in many different sports (a particular well done Year 5/6 netball team!) to the activities last week to recognise LGBTQ+ History Month, yet again, Old Palace students have shown themselves to be confident, capable and connected.

Enjoy the weekend

Jane Burton, Head

Croydon Primary Schools' Netball Tournament



Many congratulations to our fantastic joint Year 5/6 team who won their round of the Croydon Primary Schools' Netball Tournament and are through to the finals next week. Congratulations as well to St Aiden's who are also through to the finals.

A letter from Mrs Nike



Dear all,

This week, in assembly, we celebrated International Women's Day. We explored how things have changed and the challenges women continue to face. We remembered those who have done or are doing incredible things to make life fairer for women and we thought about the women in our own lives that inspire and support us, each and every day.

Neil the tortoise came to visit this week, and what a treat it was! He is super speedy and fun to be around! Thanks to Miss Gregory for bringing him to visit. He gave us great joy.

I am over the moon that the Year 5/6 team won their round in the Croydon Primary School's Netball Tournament. We will be watching their progress closely as they go through to the next round. Good luck!

Mrs Coster organised a 'Let Girls Play' Football Tournament this week and it was a huge success. The girls really enjoyed the activities and it was great to raise the profile of girls' football at Old Palace Prep.

For World Book Week, we hosted Bedtime Stories and invited a storyteller to enthuse and ignite the girls' love of reading. The children really enjoyed the experience. Much thanks to all those involved.

Have a great weekend and come back next week refreshed and ready for another fun packed week of leaning.

Mrs Nike
Head of Pre School & Preparatory

Croydon Primary Schools' Netball Tournament *continued*

On Tuesday, we were delighted to be a host school for one of the Croydon Primary Schools' Netball Tournaments (prelim rounds). It was lovely to welcome Robert Fitzroy School, St Aiden's and St Chads as well as the team from our own Prep School.

It was a fantastic afternoon of activity with some of the girls having had a lot of experience playing competitive netball whilst for others it was their first time. Well done to all who took part. The weather was very good to us and it was wonderful to be able to invite the teams back to the Medieval Gardens for refreshments and photos. Particular congratulations to Old Palace and St Aiden's who qualified for the final rounds.

Neil the Tortoise Visits Pre School

There was much excitement this morning when the girls got to school to find there was a very special visitor in Pre School.

Neil The Tortoise spent a happy half an hour roaming around the classroom. The girls were fascinated by how quickly he could move – and the fact that he walked on his toes. Did you know this is called 'digitgrade'.

Neil's visit is part of Pre School's topic: *Are Eggs Alive?*



Prep: *Let Girls Play* Football Tournament

On Wednesday, all the pupils at Prep took part in a fun filled session of football. They really enjoyed learning some new skills and the older students were able to put them into practice on the field.

Did you know?

The Football Association (The FA) has recently launched a campaign to ensure that girls have the same access to football in schools, and in clubs as boys do by 2024. #LetGirlsPlay

Research shared as part of the campaign shows that football is very popular amongst girls, and that the numbers of girls engaged in football is continuing to grow. Whilst football is the most popular team sport for young people in England, only a third of girls aged 5-18 years participate each week. The research findings show that that 90% of girls that play, enjoy it. 60% of these girls that play football in schools want to play more and 91% of girls that don't play, want the opportunity to do so.

As part of the same research, girls reported that the benefits to playing football were both physical and holistic:

- 88% play to keep fit and healthy
- 73% plan to learn/develop social skills
- 73% play because it increases their self-confidence
- 52% play to relieve stress and worry and 92% play because it is fun



A big thank you to Tahalia and Bethany in Year 10 for helping run this event. Tahalia and Bethany both play for Crystal Palace (see pg 17) and love football. Along with Mr Gough from the Senior PE Department they were able to help inspire the Prep students to enjoy playing football and answered a lot of questions from the students.





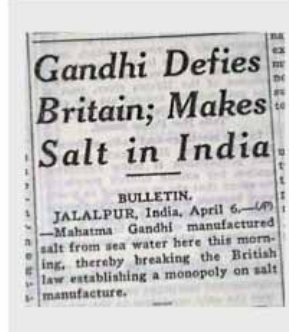
Maths Puzzle Fun

Replace each blank with the correct digit.

$$\begin{array}{r}
 4 \quad 3 \quad \square \quad 2 \\
 4 \quad 2 \quad \square \\
 + \square \quad 1 \quad 2 \quad 7 \\
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 8 \quad 8 \quad 9 \quad 3
 \end{array}$$

Answer on page 17

This Week in History... Gandhi's Salt March



On March 12, 1930, Mahatma Gandhi began a twenty-four day, 241 mile march to the sea in protest at Britain's high taxes and monopoly on salt. Thousands joined Gandhi's march, which garnered worldwide attention and criticism of British rule.

Seniors: Netball v Wallington

It was good to see the older students in the school (Years 11 - 13) playing netball this week.

Exams have meant that there has been very little practice in the run up to this fixture and this showed in the performance, Wallington had two strong teams but - in the A team, the defenders (from Year 10) put in a very strong performance to keep the scoreline down to 5 - 8.

The B team struggled to get the ball into the attacking end due to a strong defensive line up from Wallington and lost this fixture. A few players struggled with the fitness levels needed.

Squad:

Amanda, Alice, Vishali, Irvana, Naomi, Amy, Lilia, Sophia, Nissi, Lily, Jessica, Kei Kei, Zino, Megan, Tahalia, Rebecca, Bethany (Player of the Match) and Lily

Year 7 also had a challenging fixture with both the A and B team coming away with a loss against very strong opponents. I know there are some disappointed players - but we learn from these challenges! And it is good to go to away fixtures and play other schools.

Year 7 have House Netball to look forward to in the next few weeks.

Squad:

Kara, Mehreen, Sarra, Leen, Sinty, Andrea, Ava, Shankavi, Dhisha, Yumayu, Shaniyah, Tia-Amelie, Annie, Reya and Daniela.



Year 12: Kick Boxing

As part of the Year 12 Healthy Active Lifestyle sessions, we invited a Kick Boxing instructor in the school to introduce students to a wider range of activities.

The students were put through their paces with aspects of fitness at the start of the session. They then progressed to the basics of kickboxing.

There is such a wide range of activities for students to get involved in beyond their academic studies, so we are always keen to introduce new ones to the Sixth Form.



World Book Day: The Storyteller Visits Reception

Reception pupils enjoyed a highly enjoyable visit from The Storyteller, who introduced them to the characters in The Gingerbread Man.

Even more exciting was the chance for the girls to act out the story. It was great fun!



Prep: Cookery Club

This week, Cookery Club made super yummy cheesecake!



World Book Day: The Storyteller Visits Prep

To celebrate World Book Day, the Prep School enjoyed a visit from The Storyteller (Elizabeth Frost).

The girls really enjoyed acting out the characters in Robin Hood.



Year 5: World Book Day



Clubs: Spotlight on...Languages

Mandarin Club

A weekly lunchtime Mandarin Club now runs on Tuesday lunchtimes with our fantastic teacher Kelin.

Open to all year groups in KS3 and KS4, students have really enjoyed getting to grips with the characters, counting, and introducing themselves.

It is really exciting that students are now learning Mandarin, the most-spoken first language in the world, accounting for 11.9% of the population!



Italian Song Club

Shah J Week 2 1pm

Come along to partake in singalongs of the best Italian music - no Italian experience required.

Open to all ages, this brand-new Italian Song Club is a fun way to spend your lunchbreak relaxing and enjoying great music.

Spanish Cultural Club

Tuesdays Week 2 in Shah D

Run by our MFL prefects Maryam and Fizza in Year 12, this is a popular lunchtime club open to all ages.

Activities include games, discussions on cultural events and issues, and learning about the rich cultural history of Spain and Latin-America. Come along for a great atmosphere and fascinating Hispanic content!

French Debating

Our incredible French debate team, accompanied by Mme Poirier, have recently won a number of prestigious competitions meaning they have now reached the National Final of the competition at the French Institute later this month.

They compete against tens of schools from all over the country and put on an amazing performance each time, speaking about complex ethical and political issues.



Seniors: LGBTQ+ History Month

2022 sees the 50th anniversary of the very first Pride March in the UK in 1972. A popular slogan of the early Gay Rights Movement of the time was “the personal is political”, and so, as a school we chose to focus on openly LGBTQ+ artists, and how their visibility today is important to the LGBTQ+ community.



Students from the school's LGBTQ+ group, Q&A, led a whole school assembly on the importance of visibility and the artists who inspire them. Students chose to focus on Lil Nas X, a 22-year-old American rapper who was the first openly LGBTQ+ musician to win a Country Music Association award, Cavetown, a 23-year-old British indie-pop musician who came out as transgender in 2020, Alice Oseman, the British author of the Heartstopper series who herself identifies as Aroace (Aromantic and Asexual), and Angelina Jolie, Hollywood's highest-paid actress, who is openly bisexual amongst others.

The artists selected represented many different identities under the LGBTQ+ umbrella, but all have one thing in common; their visibility makes it easier for future generations to identify and celebrate their LGBTQ+ identity.

Our theme of visibility was continued by the flying of

the progress flag on the Old Palace flag pole throughout February. This recent design, created in 2018 by artist Daniel Quasar, builds on Gilbert Baker's original rainbow flag which was invented in 1978, but has added black, brown, pink, pale blue and white stripes to represent marginalised people of colour in the LGBTQ+ community, as well as the trans community, and those living with HIV/AIDS. These colours form an arrow on the left-hand side of the flag, showing that things are moving forward, but that progress still needs to be made.

There were a number of exciting events held throughout the school designed to celebrate and recognise the significance of the month. The History and Politics departments led with lectures on the history of LGBTQ+ rights within the UK, and on the battles still faced within this community.

In Art, students focused on the work of Jean-Michel Basquiat, an American Neo-Expressionist who created over 1000 works in his 8-year career. Basquiat's work may appear as child-like scribbles on the outset, but on closer inspection reveal serious ideas and comments about society, and students used his work as inspiration for their own political images, which are now on display for all to see.

The month ended with a badge making party hosted by the students from Q&A themselves, where all were invited to make badges that represented the parts of their identities that they most wanted to be visible. From names and pronouns, to allyship and friendship, this party was a celebration of the diverse community at Old Palace, and was an event enjoyed by all. The money raised from the badges has been sent to Schools Out, to ensure that LGBTQ+ history month can continue to be recognised and celebrated across the UK for years to come.

Seniors: Basquiat Workshop LGBTQ+ Month

My friend Navinaa and I really enjoyed the workshop as we were referencing the creative and talented artist, Basquiat. His work is so explosive, colourful, expressive and unique so it wasn't hard to enjoy his art and explore it in a range of medium in the workshop using cardboard and canvas.

Stephanie, Year 10

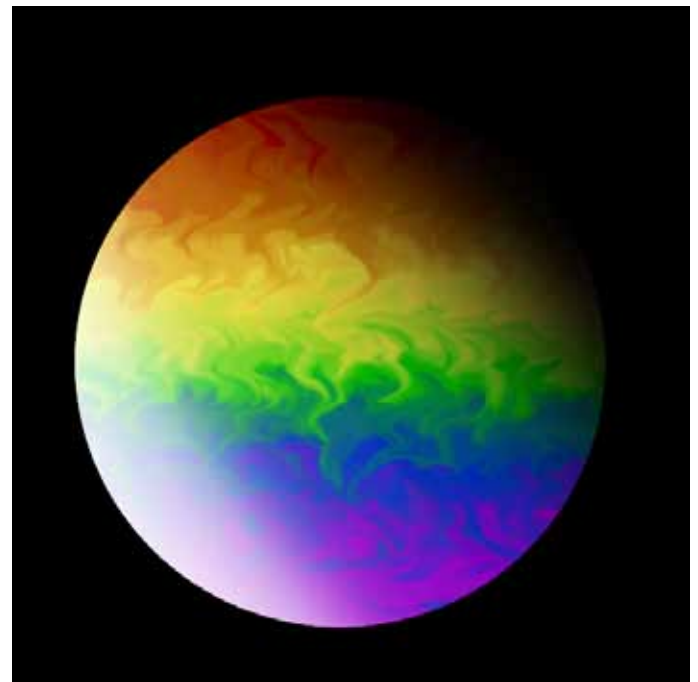


LGBTQ+ Sticker Competition

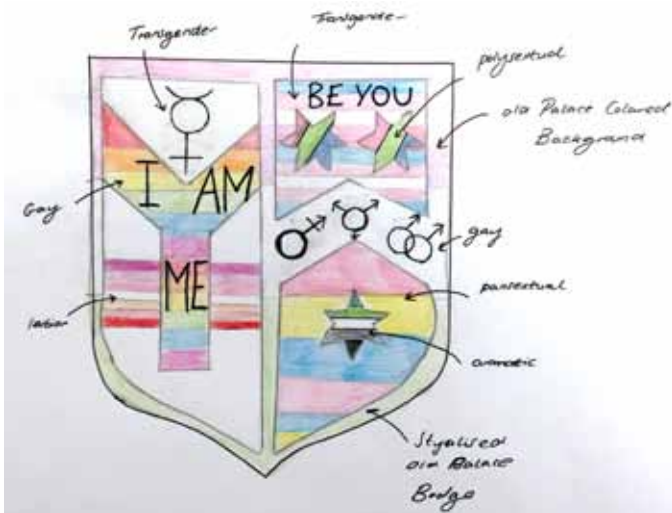
The sticker competition had some creative entries. The winning sticker design is 'Welcome Planet'. The concept behind it was a planet where everyone one is the LGBT+ community is safe and can live in harmony without discrimination. Well-done to lone in Year 12. Close second was Shazia's reworking of the school crest.

Judges comment on the winning design "One world, a spectrum of colours, all different, side by side."

Well done to all involved- keep an out for the stickers and bag that will display the winning design.



Welcome Planet lone, Year 12



School Badge Shazia



Sixth Form: University Mathematics Preparation Course

Every spring term, Mathematics students in Year 12 have the opportunity to take part in a course of lessons after school. These are to give students a taster of the mathematics involved in admissions tests. They look at STEP (Sixth Term Examination Papers), MAT (Mathematics Admissions Tests) and the TMUA (Test of Mathematics for University Admissions). These are required to study many mathematical subjects at the top universities. For example, Engineering, Computer Science, Physics, and of course Mathematics!

The benefit of studying these tests is that the content does not go beyond A Level syllabus, but the style of

questioning is much more challenging. Students have to learn how to work at extended pieces of algebra, problem solve and apply familiar skills in unfamiliar contexts. This is excellent preparation for their A Level Mathematics examinations.

The students really enjoy the sessions, meeting the challenged they face with determination and perseverance. Here are some quotes from students that attended the course this year:

"I LOVED IT!" Lilia

"I liked how interactive it was, working out solutions with class friends." Anna

"Each question challenged me thoroughly and made me think outside

the box. It is also brilliant preparation for me as I will need to sit two of the admissions test for my chosen university course. Mrs Morris and the school provide us with excellent support for university entrance tests." Suraiya

"I really enjoyed learning how to problem solve and think about the mathematics in different ways." Ione

"The resources we were given are and will be really helpful to me." Shahd

"My favourite thing about the course was that I was challenged to really think. It has helped me to improve my problem solving." Indrani

Here is a question that seems simple at first, but turns out to be surprisingly involved! It is one of Mrs Morris' favourites and is from Stephen Siklos' *Advanced Problems in Core Mathematics* Book.

Show that you can make up 10 pence in eleven ways using 10p, 5p, 2p and 1p coins.

In how many ways can you make up 20 pence using 20p, 10p, 5p, 2p and 1p coins?

Solution:

Probably the best approach is to start counting with the arrangements which use as many high denomination coins as possible, then work down.

We can make up 10p as follows:

10;

5+5 (one way using two 5p coins);

5+2+2+1, 5+2+1+1+1, 5+1+1+1+1+1, (three ways using one 5p coin);

2+2+2+2+2, 2+2+2+2+1+1, etc, (six ways using no 5p coins);

making a total of 11 ways.

We can make up 20p as follows:

20;

10 + any of the 11 arrangements in the first part of the question;

5+5+5+5;

5+5+5+2+2+1, etc (3 ways using three 5p coins);

5+5+2+2+2+2+2, 5+5+2+2+2+2+1+1 etc (6 ways using two 5p coins);

5+2+2+2+2+2+2+2+1, etc (8 ways using one 5 and making 15 out of 2p and 1p coins);

2+2+2+2+2+2+2+2+2+2, etc (11 ways of making 20p with 2p and 1p coins).

Grand total = 41.



Year 7: Race for Life

This week, during PE lessons students have been taking part in Race for Life.



We also implemented this as part of their Swimming lessons. Classes each took part in a T20, a timed 20 minute continuous swim. Lengths were counted for each participant, then added together for class totals.

Each House tally was then added together for a grand Year 7 total of lengths, distance swum in both metric and imperial, and furthest individual swimmer in each Year 7 House.

7 Hatton swam the furthest achieving a very impressive 321 lengths, 8,025 metres, 4.98 miles!

Bella swam an outstanding 46 lengths, 1150 metres adding to the 7 Hatton tally!

Well done to everyone!

	Total Class Distance	Furthest Individual
 Anselm	204 lengths 5,100m 3.16miles	Sofia S 27 lengths 675m
 Hatton	321 lengths 8,025m 4.98miles	Bella H 46 lengths 1,150m
 Laud	220 lengths 5,500m 3.41miles	Inaaya H 24 lengths 600m
 Stafford	205 lengths 5,125m 3.18miles	Shankavi 22 lengths 550m

Grand T20 total of lengths/metres/miles swum by Year 7 is 23,750 metres (14.75 miles). That is the distance to Kew Gardens, Regents Park or the O2 Arena.



Seniors Celebrates Science Week: 14th - 18th March



Year 7 - Elements of Life Scavenger Hunt
Thursday 17th, 12:55-1:30pm in Fisher

Year 8 - BSA CREST Award
Tuesday 15th in Science laboratories

Years 9-11
Growth poster competition and display of Year 12 work
Thursday 17th, 12:45-1:20pm in the Banqueting Hall

Year 13
Use a haemocytometer to record yeast growth curves.
1.00-1.25pm everyday in Pecham

Year 9 - Flashes & Bangs
All week in Chemistry lessons

Year 12 Physicists
Gatwick Airport Engineering Trip Monday 14th

Year 10 - Triple Science Aerodynamics Workshops
All week in Physics lessons

Everyone - Who's that baby?
All week in the Friends Library

Year 7 - Growing Bubbles
Wednesday 16th, 12.50 - 1.25pm in Fisher

Years 7-11 - Kahoot Biology Quiz
All week in form time or Science lessons

Year 7-9 - Crystal Growing
Lunchtime Mon-Fri, 3.45pm-4.00pm in Jane Dormer

Year 10-13 - Chemistry Quiz
Tuesday 15th, 4pm - 5pm in Runcie

Year 10-13 - Just a Minute
Friday 18th, 12:25 - 1:10pm in Morton

Year 10 - Careers Search
During the week in a Chemistry lesson



Prep Photography Club Celebrates International Women's Day

In Photography Club at Prep, we celebrated International Women's Day. We focused on the work of female photographers from around the world and took part in the IWD 2022 campaign theme: #BreakTheBias pose.



Year 10: GCSE Science Live

Recently, several Year 10's attended a GCSE Science Live trip at the Dominion Theatre where we had the opportunity to listen to different individuals talk about their chosen topics.

It was an enlightening and informative experience to listen to the lecturers, given their advanced experience in their fields and sense of humour.

It was captivating and helped me to better my understanding on the given topics such as space by Dr Maggie Aderin-Pocock and Storm in a Teacup by Helen Czerski.

My favourite lecture was given by Dr Giles Yeo and it was based on gene eating. I found it particularly interesting as I hadn't realised that the genetic and biological influences on food intake were so complex.

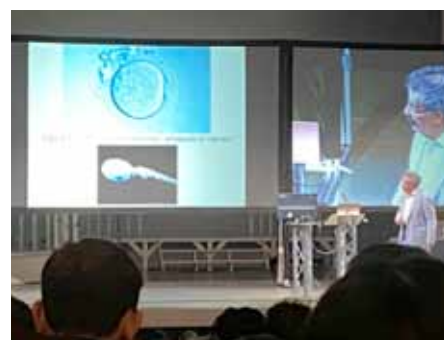
As well as many others, I also found the top tips from the examiner especially useful as it helped me to better understand what key things are looked for in different question types, while also placing emphasis on the importance of revision and reading questions carefully.

A couple of my classmates made the observations below.

Kyla, Year 10

'I enjoyed learning about what kinds of fields you can go into with the different sciences, even if they seem unrelated to them at first' - Anjali

'All the speakers had a sense of humour and the whole experience was unforgettable and will stay with me as a secondary school memory to last' - Stephanie



Prep: Bedtime Stories

After two long years away, Bedtime Stories finally returned to Old Palace.

Last Friday, we held a very successful evening in our cosy Wagstaff Library.

The girls thoroughly enjoyed coming to school wearing their pyjamas and carrying their favourite soft toys. Together with their parents, they listened to some wonderful stories read by Old Palace staff.

The girls also took part in a fun activity and enjoyed hot chocolate and biscuits between stories.



Year 11: Sports Leaders Visit Prep



Following their exams, the Level 2 Sports Leaders in Year 11 went to lead a PE session with the lovely Year 1 students at the Prep School!

Year 1 loved having the older students involved in their lesson and it was great to see the Year 11 Sports Leaders joining in and moving round the gym like snakes, giraffes and lions! It took them back to their primary school days. The leaders led the session from the warm up (a game of scarecrows) the main session (lots of games including stealing the ball from the box, wizard spells, animal games) and the cool down (sleeping lions and angry giants and a cooperative ball rolling activity). Students from both year groups had a great time!



Reception: Fruit Explorers

This week, Reception Class thoroughly enjoyed being fruit explorers! They investigated a variety of delicious fruits which involved lots of observing, smelling, chopping, peeling and cutting. We discussed which fruits are similar and which fruits are different based on their colour, size, shape, taste and texture. The girls made some fantastic observations.

"The watermelon is different to kiwi because a watermelon is very smooth and slippery but a kiwi is very rough and spiky."

"Lemons and oranges are similar because they are both squidgy and you can peel the skin off them."



Football: Surrey County Cup Final



On 6th March, Bethany and I played in the County Cup Final.

It has been two years since the last Surrey County Cup competition because of the pandemic. The opposition, Ascot Diamonds, were a very determined team.

We started off very nervous and quite shaky. Our Goalkeeper made some brilliant saves in the first five minutes to keep us in the game. Then at 22 minutes we were able to open the scoring with a great finish from our striker.

In the second half, we controlled the game. We were passing and moving the ball better, breaking up play and trying to take more shots. Then after some very good play we doubled our lead. But we could not relax or become complacent because the opposing team got a goal back from a free kick.

The score was 2-1 and it was very tense, but we were able to get the third goal we needed to kill off the game. We had won the game 3-1 and Crystal Palace Women U16s are the Surrey County cup champions.

Tahalia, Year 10

Maths Puzzle Fun page 5 Answer

All the missing digits are 4

$$\begin{array}{r}
 4 \quad 3 \quad \boxed{4} \quad 2 \\
 4 \quad 2 \quad \boxed{4} \\
 + \quad \boxed{4} \quad 1 \quad 2 \quad 7 \\
 \hline
 8 \quad 8 \quad 9 \quad 3
 \end{array}$$

Last week's winner was Sophie in Year 7.

Year 8 and 9: Netball v Wallington



On Tuesday, Wallington came to us to play netball. It was a combined Year 8 and 9 team playing Wallington girls Year 9A+B. Wallington were strong opponents but it made sure all players produced good netball.

The A team had a particularly strong attack set up which made it difficult to defend. But the defenders worked hard and persevered. The final score was 6 – 18. The B team worked hard and everyone had the opportunity to play. Some silly mistakes meant we gave a little too much away to the opposition.

The final score was 3 – 10 to Wallington. It is good to play tough opponents even though it is sometimes difficult to keep spirits up.