



AROUND THE PALACE

Dear all,



The first half term seems to have passed by very quickly indeed. What is very noticeable in this Bulletin is the number of trips and activities that Old Palace students have been involved in. If we think back to this time last year these were all 'on hold' until we were certain that Covid had passed, so it is really heartening to see things finally back to normal and our students' education being enriched by such events.

Over the past few weeks, the school has been recognising Black History Month with a wealth of different activities and

assemblies which have mainly been student led and have presented so many different opportunities for our students. Well done to all the students who took the lead and organised these events.

As we break for half term, I want to say well done to the students for completing the first half term with such positivity. I hope everyone enjoys a well deserved break over the half term.

Jane Burton, Head

Black History Month: Master Chef Competition *continued page 3*



Breaking News... First Trip for Year 7

On the 30th September, Year 7 enjoyed their first trip as a year group to the ever-popular Go-Ape in Crawley.

When we got there, we were surprised to find Go-Ape was in a park. We especially liked the lake as it was 'shimmering beautifully' but everyone agreed the highlight was the tree course.

The treetop was a mix of bridges, swings and even a zipline and in my opinion it was petrifying because after going down a zipline around 10ft in the air, you would fall on your back-side! 'But learning to face fear is a positive thing, so I am happy I did it'. There were also team games! One of them required you to walk along with four other people at a consistent speed and foot pattern. 'You had to be connected to your teammates or you would fail this race'. At the end of the day we were all tired and worn out. 'But 10/10 would go again!'

Nhyira, Year 7S

We were all very excited for our first trip of Year 7, and I was especially excited as I had never been to Go Ape before. We went on two separate coaches, meaning that I wasn't with all my friends, but I still enjoyed it.

I was surprised to see that the Tree Top adventure course was not as high as I thought it would be, but first I went on the walk around the lake. Then I was up next for the Tree Top course. I got more and more excited and scared as it got closer and closer to the challenge. It was okay on the sturdy parts, but extremely scary on the wobbly ones.

The zipwire for me was the best part. I loved it all and I will never forget my first trip in Year 7.

Frema, Year 7L



When we went to Go Ape, we walked along some scary platforms; although it doesn't look high, it certainly felt like it! During the trip, we were able to interact with our friends and support them if they felt frightened walking across wooded platforms on the tree top adventure course or zipping down the zipwire. If someone was slow on the obstacle courses, we were considerate of them and guided them if they needed it.

At the beginning, I felt that my harness wasn't supporting me enough, so I was genuinely quite scared to walk across platforms, but when I used the zipwire and knew it carried my weight I sped across the obstacle course knowing that if I lost my grip, I would be safe. This trip was a great start to my new Year 7 life, and I hope I can enjoy more trips soon.

Kemafo, Year 7S



Last week we went to Go Ape. Once we had arrived we split into different groups. Our group went on the lake walk where we enjoyed a relaxing walk by the scenery and trees alongside Miss Orr and Ms Clauser. Afterwards, we waited for our turn to go onto the Treetop Challenge, which is an obstacle course in the trees with a long zipline. Before going on the Treetop challenge we got into our harnesses and had a safety brief. We started on the ground to get ourselves confident before scavenging up in the trees.

When I was up in the obstacle course I was quite scared and nervous. I kept going with the help of my friend and soon felt confident to enjoy the experience as well as racing through the course.

Once our time was up we had lunch and played team games. One of my favourites was the "mine" game where you would have to step on a tile and if you were wrong you would go to the end of the line. The aim of the game was to get to the other side of the tarp which was very difficult since there was only one route.

Overall it was an amazing and exciting day, where I learnt to enjoy new experiences and to embrace a new change and have fun!

Mythili, Year 7L

Black History Month

We are delighted to have been celebrating Black History Month at Seniors for the last two weeks. The students have been able to participate in a wide range of interesting talks, events and engaging workshops during lunch and after school.

Our theme this year is **Across the Atlantic: The Diaspora**.

We introduced the theme during our whole school assembly last week and talked about all the exciting events taking place. This week the focus of our assembly was Sickle Cell Disease, exploring its effects on people and its distribution in particular ethnic groups and across the globe.

Here are the highlights of just a few of the events that took place:

At lunchtime on Monday the **African Caribbean Society** hosted a discussion on the history of Black hair, modern hair culture and all things related to hair.

On Tuesday after school students took part in a Black History Month **Masterchef Competition**. They had to design a dish inspired by African-Caribbean flavours and cook the dish within an hour. The range of delicious and creative dishes created were a joy to judge.

An **Afrofuturism Art Workshop** also took place on Tuesday after school; students explored Afrofuturism in art and discussed representation in sci-fi media. Students from across the school collaborated to produce an imaginative Afrofuturism collage.



Black History Month *continued*

The focus of our Oxbridge Tea on Thursday was 'Sharing Journeys' and was led primarily by the African Caribbean Society as they shared stories from the personal experiences of families within our community.

Students have also been invited to take part in a Black History Performance Writing Competition and will have the opportunity to have their work performed in a special assembly.

We have a permanent Black Voices display in the Friends Library featuring fiction and non-fiction books; this is constantly added to throughout the year, not just during Black History Month.



We ended the week after school on Friday with a **Black History Month Quiz**.

Particular thanks go to Sumaiya in Year 11, our Head Girls Suraiya and Alison, and our DEI prefects, Lone and Gina for all their work in helping to organise these events.

Dance Celebrates Arts Award Success!

The Dance Department would like to congratulate all the students on successfully passing their Explore or Bronze level Arts Award this year. 100% of the 22 Explore and 75 Bronze students achieved an award, 97 students in total!

Here at Old Palace all Year 6 and Year 9 students study Explore or Bronze Arts Award as part of their Dance curriculum.

Each award is divided into four different parts with a specific focus for each section. From this experience students develop physical and expressive skills in dance performance, research an inspiring practitioner or arts venue, review a performance and choreograph a dance piece with their peers.

In Year 9, one of the most rewarding aspects is Part D Arts skills share. For this they plan, create and deliver their own dance session with their peers

developing key skills in organisation, communication and leadership. Well done to all students involved!



Year 10: Team Building Day

On Friday, 30 September, our Year 10 students participated in a team building day on the tennis courts. This was put on by *The Problem Solving Company*, which is an organisation that works with professionals, the military and schools.

The students were put into teams for the day and were required to use their communication and co-operation skills to solve challenges.

One of the challenges involved the students sorting tiles into an order that created a logical narrative – the biggest challenge here was that the students were not allowed to talk!

It was fantastic to see the students working together on fun tasks, and we certainly saw the competitive nature of many come to the fore! I hope that these skills will continue to be developed over the next two years.

Alison Beech, Head of Year 10



U14A & U14B Netball v Sydenham



The U14A netball team played Sydenham High School in a very close match. The final score was 15-16 but it was a great game of netball. Well done to Zara who was named Player of the Match.

The U14B team also lost by one goal with the final score 5-6. It was a well-played, close match. Congratulations to Amira who was named Player of the Match.

On Wednesday, students from Sydenham High School came to Old Palace to play against us at netball. They proved strong opponents, but we made sure we came back in the last quarter to close the gap. The overall score was 15-16 to Sydenham. Player of the Match was Zara T.

Emilia, Year 9

On the 5th of October, the Year 9 netball squad had their first official game of the season. We played against Sydenham High School. The B team had a close game through the four quarters of the match. The score was close, and the team fought hard until the end, resulting in a score of 5-6 to Sydenham.

Overall, we all played as hard as we could and were very happy with our playing. We still have a lot to improve on as a newly formed netball squad, but we are looking forward to playing in our many matches to come.

Amira, Year 9

Contemporary Dance Workshop with OPA Charlotte Watkins

Before returning to Chichester University for the second year of her BA Hons Dance degree, OPA Charlotte Watkins delivered a Contemporary Dance workshop to the new Year 10 GCSE Dance students. The phrases she taught were creative and she interacted well with the group providing guidance and detail for the more challenging movement phrases. It was great to have Charlotte dancing again in the studio and she has made notable development with her physical strength and expression.

Thank you Charlotte!

Charlotte taught us two motifs that were choreographed in her first year at university. The phrases used a lot of physically challenging dance movements and was challenging due to the attitude turn into a low lunge that flowed into a lunge roll.



Overall it was fun to take a break from the motifs we are currently learning during our lesson time and learn some new ones.

Grace, Year10

The workshop with Charlotte was fun. We learnt two different motifs and it was challenging at times. We learnt new dance movements like attitude turn and incorporated it into the dance.

Mayowa, Year10



Table Tennis Competition

On Tuesday, a team of U16 students from Year 9 and 10 represented Old Palace in the Croydon Schools U16 Table Tennis Competition. The exciting news is that we came 3rd with Harris City Academy and Coloma just pipping us to the top two placings.

The players learned a lot and realise how much they still have to learn about the technical aspects of table tennis, but they had a great time.

Well done to Suruthi, Mahnoor, Harini and Anniyah.



Biology Prefects' Competition



The Biology Prefects, Amelie and Lilia, ran a competition over the summer holidays to read one of four suggested titles. Students could then either design a new book cover for it or write a short account of what they thought about and gained from the book.

The winners all chose to read Adam Kay's *This is Going to Hurt*: an autobiographical account of the experiences of a junior doctor. Kay has won numerous awards for his writing and his experiences have been made into a popular television drama.

Many congratulations to the winners, who were:

1st place	Clodagh	Year 11
2nd place	Amy	Year 12
3rd place	Dana	Year 10

Do take a minute to look at their work, which on display in the Guard Room.

Right is Amy's book cover.



View from the Sixth Form

Currently society is facing a multitude of challenges, however arguably the two most prevalent today are the cost-of-living crisis and the climate crisis. After Russia's invasion of Ukraine and the COVID-19 pandemic, the UK's inflation rate tipped over 10% in July and it is expected to increase steadily and significantly as 2023 approaches. This has subsequently placed the majority of households in the country under significant financial pressure.

Meanwhile, our earth is currently 1.2°C warmer than it was in the 19th century, leading to catastrophe such as the record-breaking temperatures that likely killed over 1600 people nationally in just July's heatwave. So, is there a way to manage these crises, or at least one of the intensifiers, simultaneously?

Liz Truss took a controversial view to attempting to mitigate soaring energy prices, vowing to lift the fracking ban in England. Fracking for natural gas has numerous negative impacts on the environment such as causing water contamination and earth tremors, alongside it being arguably inefficient practically. What's more is that not only will this pledge see no progress in terms of the climate crisis but also little progress in the long term for the cost-of-living crisis. Natural gas sources will one day run out, and as the store volumes decrease but demand remains the same (or increases as the national population grows), prices will once again soar, and we will find ourselves in the same position as when we started.

It is very likely that a gradual movement towards renewable energy sources would help mitigate both of these crises. Renewable energy can be harvested within the UK, such as wind and tidal energy in the North Sea, and if the UK shifts to using these sources, we will find ourselves less vulnerable to the financial shocks on the international fossil fuel market. Burning fossil fuels to generate energy has also added to the enhanced greenhouse effect, so a reduced reliance on them will also help the UK manage the climate crisis.

An issue the UK will face in managing both of these crises in the longer term is the government's resistance in approaching these matters. However, in the short term, supporting charities helping those most vulnerable to these crises will allow a better management of these issues.

If you would like to help those vulnerable, such as those struggling financially in the UK or the victims of current climate related disasters for instance the floods in Pakistan, you can do so by visiting the organisations listed below.

www.trusselltrust.org/get-involved/ways-to-give/

www.nea.org.uk/

www.dec.org.uk/appeal/pakistan-floods-appeal

Amy, Sixth Form, Stafford

Students Enjoy LAMDA Success



In June, we held the end of year LAMDA exams for Verse and Prose and Public Speaking. Students were entered from Grade 3 up to the Gold Medal Grade 8, and they achieved the outstanding result of 2 Merits and 38 Distinctions.

We had a different examiner on each of the three days of examining, and I believe they were very impressed as to the quality of the work, and the manner in which all the girls presented and conducted themselves.

Although I would not normally single out a particular student, as all the girls are hard-working and outstanding in their own particular way, I am sure you would all like to congratulate Head Girl, Suraiya, on achieving an outstanding 100 percent at Grade 8 in Verse and Prose.

May I thank all the students for this wonderful demonstration of their aptitude for these subjects, and for their parents in supporting them on their LAMDA journey.

Mrs C. Redgrove

Seniors Hockey

Students from Year 8, 9 and Year 10 went to Trinity after school for a training fixture. This was to get some match play practice in. We worked on positional play and how to transfer the ball around the pitch with power.





The artwork featured at Tate Modern was impressive! We started off our visit by viewing the exhibition on Mária Bartuszová, a Slovakian sculptor who works with plaster to create abnormal compositions.

The exhibition set off a variety of ideas based on our theme - structures. Her work resembled eggshells, cocoons, fruit and even skulls! This encouraged me to explore our theme in different ways; structures aren't just buildings!

The other exhibits featured wired sculptures, culture related artwork and distorted people. It was great to see the large variety of art styles which were incredibly different to my own.

Tori-Marie, Year 10



Maths Puzzle Fun

What is the four-digit number in which the first digit is one-third the second, the third is the sum of the first and second, and the last is three times the second?

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Answer on page 14

THIS WEEK IN HISTORY... Black Power at the Olympic Games

On October 16, 1968, two American sprinters, Tommie Smith and John Carlos, gave a black power salute during their 200m medal ceremony to protest against racial inequality and violence in the United States. They were thrown out of the Games for protesting but raised awareness around the world.





**Old Palace of
John Whitgift School**
Independent Girls' School

Senior School

Cultural Festival Performance



One Heart of Many

**Tuesday
15 November**

Banqueting Hall at **7pm**

Tickets available on WisePay
£5 adult
£3 children/concession

Year 12 Sports Leaders: A visit to Year 1

Year 12 Sports Leaders visited Year 1 at the Prep site to practice their leadership skills!

Year 1 had a great time doing the activities planned and delivered by the Year 12 students and particularly enjoyed the banana game! You can see them in the photo doing their banana impressions!

Well done to Megan and Ria who led the session and thanks to Mrs Coster and Year 1 for letting us be involved!



Year 7: Netball



It was a friendly fixture and Sydenham brought lots of teams with them. We were able to play plenty mini matches which was a good experience for everyone.

The B Team played four mini matches against four different teams. The scores were:

0 – 3

5 – 0

2 – 1

1 – 0

Well done to the B team for all those wins! The team comprised of: Savannah, Gracie-Mae, Akshita, Inaya, Zara, Fanila, Erin and Chloe

The A team also played four mini matches against different opponents. The scores were:

4 – 0

6 – 0

4 – 0

3 – 1

Well done to the A team for a string of victories! The A team on this occasion comprised: Riya, Tianna, Nega, Ellie, Isabella, Zara and Kemafo.

A huge thank you to the Sports Leaders and Helpers from the older year groups: Krystal, Rebecca, Lily, Grace and Lone, who were an invaluable help!



DESIGN & TECHNOLOGY DAYS GONE BY MUSEUM

We can learn from the past to shape our future

Entering the Annexe building you will be met by a time capsule of sorts. Film and moving-image cameras, typewriters, cassette players, brick-shaped mobile phones, vacuum cleaners with zip up bags. At one stage, each of these items was at the very forefront of design and desirability. Now, they show us not only how far we've come but how much design may change in the future.

The D&T department's 'Days Gone By' display highlights the value of the iterative process and of learning from the past to design for a better future.

Through investigating and analysing these once cutting-edge designs, the students of Old Palace will be well-placed to create the problem-solving and world-changing products of the future. But who knows what they will look like?



If you feel like you could help us grow our museum by contributing items to display, please contact Mr Jupp at:

njupp@oldpalace.croydon.sch.uk

We are currently looking for donations of;

old CRT tv's, mobile phones, old style cameras, Dyson or Hoover brand vacuum cleaners, MP3 players specifically iPod classics, minis, nanos and shuffles (all generations), cassette Walkman's, typewriters, old 'chunky' laptops, candlestick (separate mouthpiece and receiver) and old rotary style landline phones, and computer games consoles.



Black History Month: Food

Our Catering team are a proud mix of nationalities from all corners of the world.

During Black History Month, staff were able to celebrate their heritage by making authentic West African and West Indian dishes including Jamaican jerk chicken and plantain together with West African jollof rice, black bean stew and spiced banana cake for dessert.



Polyphonic Evensong

This Monday saw the first evensong of the academic year. The students were very excited to sing in the service, which was a lovely and reflective end to a busy day. They sung canticles by George Dyson, Jack Oades melodious responses, and Will Todd's beautiful anthem: *'The Call of Wisdom'*. Well done to all the students that took part.

The next Evensong is on the 7th of November, and all are welcome to attend.



Music Award Holders Workshop

Last Monday we had the first Music Award Holders Workshop of the year. Led by the charismatic Miss Rowsell, the students looked at soft skills that can be learnt from participating in musical activities, and how they can use musical skills for awards such as the Duke of Edinburgh award. Frema in Year 7 wrote this about the workshop:

I went to a music award holder's workshop about how people can

use music in the Duke of Edinburgh scheme. It was a really interesting experience and taught me a lot about what I can do, not only for the duke of Edinburgh, but something I can do to raise money and help promote the grade one challenge. Firstly, we went over what the Duke of Edinburgh award scheme is and what it consists of. I was very surprised when I found out that it was made in 1956.

Then we discussed how we can use our musical skills in different parts of the award. there are two categories music would fit into and those were skills and volunteering.

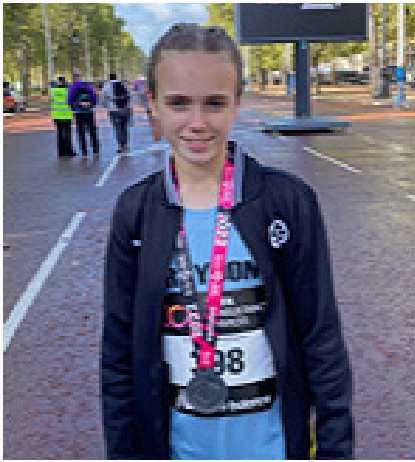
Then, we concluded by talking about the Grade 1 challenge which is doing Grade 1 on an instrument that you do not learn whilst being sponsored. It was very interesting and I learned a lot for the future.



London Mini Marathon

Huge congratulations to Ellie in Year 7, who completed the London Mini Marathon on behalf of the London Borough of Croydon.

Here she is collecting her medal. Well done. This is an incredible achievement and one she should be very proud of.



Maths Puzzle Fun page 9 Answer

The answer is 1349

Water Polo

Old Palace played an exciting friendly Water Polo match against Croydon High last Wednesday.

Both teams had ten available players, with seven in the water at any one time; six field players and a goal keeper.

Bella played magnificently in goal, saving many powerful shots from the strong Croydon High regional players. Zino, Dayna, Elina, Annie and

Isobel B were effective in defence, with Anastasia, Feran, Rosemary and Beatrice playing up front.

Croydon High just pipped Old Palace with a goal in the final seconds of the fourth quarter to win. Special thanks to Physics Teacher Mr Mills for help umpiring. Well done to all players!

Two teachers from Croydon High were very impressed by our Old Palace pool and set up!



Hockey

Students visited Woldingham and played two 7 a-side practice matches. This was the students' first time playing as a team together on an Astro. They did really well and there were some good tackles and some good push passes around the pitch.

The students learnt a lot from the experience and they are looking forward to practising together as a team at Hockey training.

