



AROUND THE PALACE

Dear all,

I was fortunate to attend the Girls' School Association conference earlier this week and meet colleagues from other independent schools. The theme was 'Future Female, Fearless and Bold' and many points during the two days I reflected on how Old Palace students embody this spirit every day. The Cultural Week that we all enjoyed last week was created through the foresight and tenacity

of one of our own Year 13 students, Madinah, whose vision brought the whole school together to celebrate our school's unique and inspiring diversity.

The talents of the school were on display yet again at the autumn concert on Monday, which I unfortunately could not attend due to the conference, and I have been told by staff, parents and students alike just how magnificent it was. Well done to all those involved in both the concert and the Cultural week.

With December almost upon us, please make sure that the PTA Christmas Fair on 3rd December 11-3pm is in your diaries. It will be a great way to kick-start the festive season!

Jane Burton, Head

Don't Forget... OPA & Friends Carol Service Monday, 5th December at 6pm in the Banqueting Hall

Old Palace holds first-ever Cultural Festival Week



Cultural Festival Performance

Cultural Festival Week was an opportunity for the School community to join together and celebrate the rich, diverse culture that is uniquely Old Palace. The Cultural Festival Performance, where students performed cultural dance, song, music and text and the Cultural Catwalk were just a few of the highlights of the week's activities. If you want to learn more about the Festival Week, a separate supplement will be available by the end of term. I would like to acknowledge and thank all the students involved, especially Madinah M in 13L, as well as all the staff who contributed to the Festival celebrations.



Cultural Festival Day and Catwalk Show



Seniors Hosts Autumn Concert at Croydon Minster

The Autumn Concert on Monday was a wonderful showcase of the many talented musicians here at Old Palace. From the Year 7 mega choir who wowed the audience with their highly professional performance of *'Everything'*, to the Jazz band who impressed the entire Minster with their artful improvisation skills, there was an eclectic mix of music and something for everyone.

Audience members could even be heard singing along to Senior Choir's ABBA medley, which was an iconic way to end a joyous night.

Each and every student has worked tirelessly this past term, and were very eager to finally perform the pieces they have been working on. There was a very obvious spirit of collaboration and supportiveness amongst the body of students that the music department

fosters, and students from Year 7 all the way to Year 13 could be seen performing together in orchestras and choirs.

Thank you to the music department for organising such a wonderful night, and thank you staff and parents for your continued support of music at Old Palace.





A Letter from Mrs Panteli



Dear all,

The Prep School has been buzzing with excitement as we near the end of November. Rehearsals are well underway for the Pre School and Key Stage 1 production, the

staging is up in the main hall and the older girls are getting started on their group pieces for the Celebration of Christmas event.

The Scholastic Book Fair has arrived and all classes are now beginning to plan and organise their enterprise stalls, so that they will be ready to raise money at the Christmas Fair on Saturday 3rd December. Please make sure your calendars are free on the day so that you can come and support them! All this and so much more besides!

I have loved seeing the Prep School in action over the last week or so, where curriculum learning has continued at its typical fast

pace, allowing all the other exciting things to fit in between; visiting speakers, trips out of school and Prefects planning their next big thing.

Never a dull moment at Prep, but my absolute highlight has to be seeing Year 5 in the science lab, investigating properties of materials, with Mrs Elliott dressed as an alchemist!

Mrs Jodene Panteli
Head of Preparatory

Reception and Year 1: Woodland Walk

Earlier this month, Reception and Year 1 went on a woodland walk to Coombe Wood to look for signs of autumn as part of our half-term topic.

The girls spotted leaves, seeds, birds, squirrels, berries, chestnuts and many more signs of autumn. They experienced some heavy rain and windy weather which we discussed is a common effect of the changing season. The girls even used mirrors, which they held above the tip of their nose, to observe the wonderful tree tops and the various colours of leaves.

We also created our own woodland crowns which they decorated with autumn treasures.



£1 ENTRY
under 3s FREE



Christmas Fair



Saturday
3rd December
11am - 3pm

at the Preparatory School, Melville Avenue, South Croydon

Please join us for a day of family entertainment

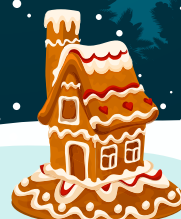
Enterprise Stalls
Nearly New Uniform Sale
Christmas Disco
Hot Food
Candy Floss and Popcorn

Mince Pies and Mulled Wine
Toy and Drinks Tombola
Henna Designs
Book Fair
and much more

Santa's Elf has confirmed that Santa will be arriving
at his **Grotto** at **11am**

Due to popular demand we recommend that you book advance
tickets on WisePay.

However, there may be some times still available on the day.



Old Palace of
John Whitgift School
Independent Girls' School

Year 2: Teddy Bears' Picnic at Wilhelmina House

Year 2 were invited by the residents of Wilhelmina House to attend a Teddy Bears' Picnic. This event was to have celebrated national 'Hug a Bear Day' which is observed every year on the 7th November. However, the visit had to be postponed so Year 2 went the following week instead.

Visiting the Care Home was a lovely opportunity for the girls to connect with older members of our community and enjoy one or two stories about the past.

Mrs Wellington says:

I was absolutely delighted with how the girls interacted so politely and sensibly with the residents. There were huge smiles all round as the residents were introduced to the teddies and the girls asked them about their school days (one resident had two daughters who went to Old Palace). They enthusiastically performed a collection of songs and poems, including 'Mary's Song' by Charles Causley and then, much to their delight, the residents also sang them some songs, including 'We wish you a Merry Christmas'.

Aiyana: *The people were very kind and sang lovely songs for us.*

Lyla: *One of the residents told me that her daughter went to Old Palace too. A long time ago the uniform was brown not green.*

Sienna: *I really enjoyed the picnic. There were lots of yummy chocolate cakes with cherries on the top. It was very kind of them.*

Katherine: *I enjoyed looking at the World War II artefacts. There was a case of medals and a helmet which was really heavy.*





Students Enjoy James Cousins Dance Workshop

Students in Years 9-12 took part in an exciting dance workshop led by professional dancer, Richard Pye from the James Cousins Dance Company. Well done everyone for all your hard work!



The Dance Department gave us the opportunity to work with Richard Pye, a dancer and performer from the renowned James Cousins Dance Company. Cousins' work focuses on the use of contact and during this workshop we learnt the different ways we could create movements and incorporate contact and sharing of weight with others.

Aswini, Year 11

I really enjoyed the workshop as it gave me a chance to learn new choreography and develop my physical, mental, and technical skills. It also allowed me to build trust with my partner and place trust in people I had never worked with before.

Overall, it was a beneficial workshop and I'm very grateful I had the opportunity to attend.

Mary, Year 12



Year 9 & 11: Geography Trips to Kew and Stratford

Just before half term we were delighted to take Geography students in Year 9 and 11 out into the field.

Year 9 had the pleasure of visiting Kew Gardens to see first hand how plants adapt to their climate.



Year 11 investigated the success of urban regeneration in Stratford, East London.



Year 6: Buddy Reading with Reception

Earlier this week, the Reception children were accompanied to the library at break time by their Year 6 buddies to have a special time sharing a book together. The Year 6 girls helped the Reception girls to choose a book and they both sat on the large comfy cushions or settee to share the reading with each other. It was a great success and both the Reception girls and Year 6 buddies enjoyed their time together.

'It was fun and the book was funny!'
Heidi, Reception

'I think we are really bonding'
Jovien, Year 6

'I feel very happy and Avika is a good reader.'

Alyssa, Reception

'Alyssa is a great buddy and it is fun.'
Avika, Year 6

'It was good!'
Abigail, Reception

'We are really connecting and it is fun to do.'
Moriah, Year 6



Year 8: Croydon Table Tennis Competition

Three students from Year 8 took part in a Croydon based Table Tennis competition on Monday which was a great experience for them. They travelled to Harris City Academy in Crystal Palace. The players were Serwa, Zainab and Selina – well done!



Maths Puzzle Fun

WHEN I WAS 14 YEARS OLD MY FATHER WAS 42 YEARS OLD, WHICH WAS THREE TIMES MY AGE. NOW HE IS TWICE MY AGE, HOW OLD AM I?

- A) 42 B) 28 C) 56 D) 36

Answer on page 24

Sixth Form: I'm a Politician...Get Me Out Of Here!



It's common knowledge by now that Matt Hancock has appeared on the legendary reality show, *'I'm a celebrity... Get me out of here!'*. Now, this raises two (quite different) questions: should the former Health Secretary be on the show after what he did, and, should politicians be considered celebrities?

Earlier on in the show, the elephant in the room was addressed, and he was confronted about the situation by his fellow camp mates. Hancock, getting rather defensive, stated that he 'didn't break the law' and that it was purely 'guidance' he had not followed, justifying his actions by explaining that he 'fell in love'. Now, many can argue that this justification was extremely frustrating to watch; during the pandemic. The 'guidance' that Matt Hancock had announced, was enforced by large fines, preventing thousands of people from being able to visit unwell family members or friends, many of which sadly passed away. Therefore, extreme resentment and anger was directed towards Matt Hancock when we learned that he had broken his

own rules; rightly so, causing him to resign. Understandably, many have no interest in watching the former Health Secretary parading around the jungle, enjoying the experience and asking for 'forgiveness'.

So, does Hancock's appearance on the show make him a celebrity? Many can agree that there is a line between politicians and celebrities, so has Matt Hancock crossed this line, as he has done so before, by being on the show? Although, of course, it would have been a difficult offer to decline considering he is getting paid £400K to feature on it... Nonetheless, the controversy surrounding him being on the show is a valid and an interesting one to unpick.

Politicians crossing into the world of celebrities and vice versa is becoming a worrying trend that can be seen in this country and elsewhere; Donald Trump being the most notorious example. The 45th US President was initially a businessman and TV/film personality, making cameo appearances in many films as well as being the co-producer and host of reality series *The Apprentice* from 2004-2015. He then ran for President in 2016 and won. Some would argue that there was no reason why a celebrity like Trump shouldn't become President, but achieving fame before entering politics gave him a dangerous amount of influence

over his supporters' views that led to disaster in the US. Trump supporters were led to believe the misinformation that he spread and believe that his actions should be followed. Trump often refused to wear a mask at public events during the Covid 19 pandemic, and Trump supporters chose to follow him instead of listening to medical professionals and credible organizations such as the WHO.

This behaviour from Trump and blind support from his followers prevented the US from tackling the Covid pandemic, which cost thousands of lives, as effectively as they could. Another example of Trump's influence having disastrous effects was his inability to accept his loss at the 2020 election, which resulted in a domestic terrorist attack on the US Capitol in 2021.

Although Joe Biden fairly defeated Trump at the election, Trump could not accept this and spread lies about the election being fraudulent, inciting the riot at the Capitol from his supporters. It is clear that, in the wrong hands, the influence of a celebrity used in politics can be dangerous for many people, and we should think carefully before accepting the blurring of lines between politicians and celebrities that is becoming all too familiar.

Abigail and Chitleen, Year 12

A Level Drama: *'The Doctor'*

Our A Level drama students thoroughly enjoyed watching Robert Icke's *'The Doctor'* at the Duke of York Theatre. The text focused on themes of inescapable identity, racial ethics within the medical sector, while also sensitively touching upon LGBTQ Themes. It was an intriguing, rather cerebral play that required much after-thought and analysis. The directors purposeful decision to cast actors out of their race (e.g a black man playing a white man) and gender (a woman playing a man), was at first a source of confusion for the students. But they soon realised that this decision allowed them to engage with the message of the play rather than the situation, specific to the play. The students had insightful and interesting opinions about that play, and appreciated all that the play taught them.

Year 11: GCSE Drama Devising Unit

After months of dedication, our Year 11 students have recently completed their devising unit for GCSE drama. They had to create a 15-minute play, drawing inspiration from Banksy images on surveillance, and articles on the frightening uses of deep fake and AI robots. Each group devised such unique and engaging pieces, which is a testament to the creativity and talent of Old Palace students.

It was such a pleasure to watch their creative processes and see their pieces develop to such a high level of sophistication.



Improv Club

Improv Club runs every Tuesday and Friday lunchtime in the Drama studio. We work on improving our improvisation skills through games such as Hitchhiker, ABC and Freeze. Sessions range from short to long and can get quite competitive.

Ultimately, we are working towards a competitive show in front of an audience in the summer term.



Year 4: School of Noise Workshop

The workshop began with a short presentation about sound. It was full of scientific information and demonstrations and several fun facts. The first activity was the Foley sound effects activity where everyday objects were used to create sounds for movie clips. The sounds were recorded and played alongside the film clips.

"I made the noise of a seagull with leather gloves and feathers." Margot

After making the sound effects, everyone tried out a range of activities.

"My favourite activity was the telegraph key. I liked it because I like learning different ways to communicate and I have always wanted to try morse code."
Lilla

For the final activity, many sounds were created by the class and recorded, sampled and sequenced on the

computer to produce an amazing rhythm that would make a perfect backing track. The sounds included clapping, mooing, whistling, stomping and clicking.

Read the full article here:

www.oldpalace.croydon.sch.uk/whats-on/latest-news/



Creating sound effect of walking in a forest.



Testing tuning forks.



Tuning forks, sound waves and ears.



Learning about the ear and sounds through the cup.



Vegetable and fruit drums.



Year 13: Visit to the French Institute to watch *Jane by Charlotte*



moderated by journalist and writer, Christina Newland. We discovered that one of Charlotte's aims was to show love to her mother through filming, which she finds difficult to express directly through words. She also wanted to present her as an individual, rather than just in relation to her more famous husband, Serge Gainsbourg. Charlotte sometimes found filming difficult, as she felt guilty for eliciting an emotional response from her mother by raising distressing subjects, such as the death of her eldest child, Kate Barry.

Overall, the film was thought-provoking, and I enjoyed gaining an insight into the lives of this renowned family.

Sophia, Year 13

On Tuesday 8th November, we visited the cinema at the French Institute to watch '*Jane by Charlotte*'. The documentary-style film, directed by Charlotte Gainsbourg, explores her relationship with her mother, Jane Birkin. Through the camera lens, they expose themselves to one another and overcome a shared sense of reserve, addressing themes such as ageing, addiction, guilt and loss. The raw quality of the footage was touching, reflecting the spontaneous and organic process of shooting, and offered a realistic insight into their daily lives. I was especially moved by the final scene, where Charlotte concludes that we aim to seek independence from our mothers, until we are older and realise that we can't bear to part from them.

Following the film, there was a Q&A session with Charlotte,



U12 Netball v CHS



Year 7 had their first league match on Tuesday – against Croydon High

They all worked really hard – and we are still establishing the best playing formations and positions – with some

students being asked to play outside their 'normal' position to bolster the team's defences!

Both teams need to practice their shooting – although shooting is a really

pressurised position! And when it is getting dark as well it does make it difficult.

The A team started steadily, dipped in the middle and then had a surge at the end. They didn't win but the final score was 4 – 9 against strong opponents. Well done. We need to work on the link from defence to attack in the centre court. Player of the Match was awarded to Tianna by the opposition.

The B Team score was 3 – 6. Again there was a dip in the middle of the match – and we have some work to do on footwork – but some really good work. Player of the match was Erin.

Well done for taking part – and especially if you played in different teams and in different positions!

Reception: Swimming

Reception swimmers have enjoyed all types of water exploration, travel and submersion using various pieces of equipment.

Particular favourites are the 'magic carpet' rides (raft rides) and using the colourful noodles. These photographs were taken a few weeks ago and show some swimmers wearing armbands.



As of this week only two are still using armbands for buoyancy, as they are still too small to reach the floor! The girls are all so delightfully eager to get in the water each week. Myself and Miss Hipgrave really enjoy being in the water with them, watching their confidence grow.

Mrs Tamplin



Year 12: Biology in Action Conference

Year 12 had front row seats at the Biology in Action conference in London last week. They listened to five lectures on diverse topics from astrobiology, cardiology, inherited disease and food security.

There were some fascinating and thought provoking common themes from all of the speakers.

Gene editing is a technology that has made rapid progress and has applications in health and feeding the growing human population. Interestingly the regulation of gene edited crops in Europe currently is behind that of the US and their application is limited. Through the use of an audience polls it was clear that, while the technology is racing

ahead, there is also user hesitancy as the audience of Sixth Form students and teachers were less likely to choose to eat meat that had been genetically altered.

The sessions included skills for examination success, lots of career ideas and an opportunity to ask the presenters questions in the break.

Meeting real researchers highlighted that the route that science takes is often not straightforward. It can depend on funding and can fall short. Students heard about the importance of feasibility studies to highlight problems and how clinical trials sometimes have to be stopped, which can be devastating for patients and families



I really enjoyed learning about Nessa Carey's talk on the ethics of gene editing and modification, the astrobiology and learning about life and microorganisms that could survive in extreme conditions, as well as exploring Mars.

What really fascinated me was when Greg Foot shared his unique adventures on the quest to find a future menu for 2050 to feed approximately 10 billion people across the world.

Attending this conference has helped me learn more and inspires me to go on a path of research in biology.

Joylin, Year 12



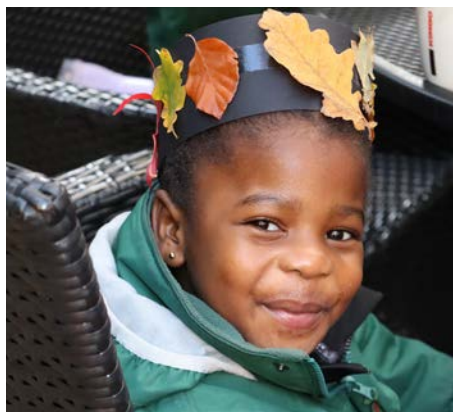
Pre School Autumn Walk

After twice being postponed because of the weather, the rain finally stopped for Pre School to go on their autumn walk to Coombe Wood. Girls set off on foot along Conduit Way, finding all sorts of signs of Autumn, including beautiful orange and red leaves, twigs, seeds, berries and squirrels running up the trees. They noticed that by the end of the walk they could see their own breath in the cold air. Then, finding a very leafy spot, they set about selecting the right leaves to make autumn crowns.

When the crowns were all done it was time to head off to the café for a well-deserved hot chocolate!



Today we also celebrated Annalise's birthday. The birthday girl had a lovely morning with all her friends.



Sixth Form: Nursing: The Pay Crisis - an Ethical Dilemma



According to the *Economist* (editor's note September 2022) every single warning light is flashing red: Russia's war on Ukraine, the recovery from the Covid 19 pandemic, high inflation and supply disruptions will lead to a recession within Europe and also ultimately the rising cost of living. These factors have plunged Britain into a wave of industrial action this winter and the Royal College of Nursing for the first time in their history are requesting that their members go on strike. This decision, according to the College, has been precipitated by the low standards of pay and some nursing support workers amongst the lowest paid in the health service. Currently, the average nurse's salary ranges from £36,075 - £40,950 per year. The aim of the strikes are ultimately to place pressure on the government to negotiate a new pay offer. These strikes are expected to take place across the UK and include Paediatric, surgical and oncology nurses and possibly continue until May 2023.

This raises the enormous ethical dilemma of healthcare providers going on strike. The Royal College of Nursing has ethical obligations to both patients and its members and many would argue its first duty is to care for the patient. On the other hand, the perceived unjust treatment of its members is intolerable (nurses are underpaid and overworked) combined with a NHS that is both hugely understaffed and underfunded. The Royal College of Nursing would argue that strike action is the only ethical option in these exceptional circumstances and there are complex ethical issues. The medical community widely accepts the four ethical 'pillars' – beneficence (do good), non-maleficence (do no harm), autonomy and justice. Therefore to abide by these principles a nurse should only strike for the purpose of benefiting the patient. Perhaps the anecdotal evidence from patients and relatives with shocking stories within the NHS aligned with under staffing, under pay and overwork may provide a counterbalance in keeping the patient's interest in focus with strike action.

This strike action may cause considerable disruption to patient care but nurses are taking action to demonstrate their pivotal role within the NHS. This may consolidate the future of nursing with enhanced recruitment and improved morale within the profession – thus ultimately benefiting patient care.

Christina F, Year 12

Year 9: Water Aerobics

In Year 9 we like to extend our curriculum to include some different activities that students might consider pursuing after their time at school has finished.

Most students in Year 9 have now tried Water Aerobics in lessons where they copied the moves led by the teacher on the side and so experienced a different way of staying active – and getting wet! Here are just a few of the students involved.



Year 3: Mighty Metals - Friction

As part of our Mighty Metals topic, Year 3 investigated how different materials wrapped around a wooden block affect how fast it travels down a slide. We set up a slide using a tube and a stand and gathered the other resources: a wooden block, five different materials, a pin and a stopwatch. The girls had to consider how they would make sure that the investigation was a fair test.

We used the same wooden block and kept the angle of the slide constant throughout the experiment. We used the same amount of each material and released the block from the same position on the slide each time, just letting it go so that we wouldn't be tempted to push it!

We used a stopwatch to time how long the block took to reach the bottom with each of the materials wrapped around it. When we tested the hessian, fur fabric and sandpaper, the wooden block didn't move at all! This was because the amount of friction between the material and slide was much greater and the block just got stuck and did not move at all.

Only the shiny foil paper and plastic materials were left to test. Out of these, the shiny paper was the fastest because it was so smooth. The investigation was exciting and great fun to carry out.



EYFS French Lesson

In our EYFS French lessons last week our theme was feelings.

We learnt how to interpret moods by reading body language. We listened to the French words that were expressed by our Baboon puppet and matched them with the Emoji we thought best matched how he was feeling.

We then made our own Emoji's to show how we were feeling today using the French words we had learnt.



Year 12: Sports Leaders Level 3

Sports Leaders in Year 12 following the Level 3 course travelled to Prep School on Thursday to practice their leadership skills.

The session was based on Gymnastics and Ria and Megan engaged really well with the students and Year 1 loved having them there! There were some lovely jump-roll-jump sequences by the end of the session.



Year 5: Alchemy Island

This half term's topic – Alchemy Island – has both a science and geography focus, as well as providing inspiration for our writing. After landing on Alchemy Island, we wrote detailed descriptions of the setting of the Ancient Citadel where our quest began. We then had to use 6-figure

grid references and 8-point compass directions to plot a course across the island to a secret destination – Dragon Vine Towers, home of the Alchemist.

We used imagery and adventurous vocabulary to describe him or her and wrote a soliloquy outlining the

Alchemist's innermost thoughts before undertaking our first challenge: testing samples from 'Alchemy Island' to establish their properties. We tested for: thermal and electrical conductivity, permeability, transparency, magnetism and hardness. Using Scratch, we have now debugged the Alchemist's latest instructions to head to the Gem Well where we will be writing cinquain poems about the precious jewels there.

In addition to all this, we have also designed and conducted an experiment to test materials for thermal conductivity to discover the best insulating material to be used in a lunch box design. We covered ice cubes in different materials and measured how they changed over time. Bubble wrap and plastic were clearly the best insulators with the ice cubes remaining relatively solid after 3 hours. Tomorrow, we are testing solids for solubility and will design our own experiment to analyse the effect of different factors on the rate of dissolving – temperature, surface area and agitation by stirring.

Last Friday, we attended a fantastic online workshop with a representative from the Royal Mint in Cardiff and learnt about the history of coin making and why metals are such good materials to make coins from. We saw one of the first coins with King Charles III's profile on it and learnt that successive monarchs face the opposite direction to their predecessors – a tradition started in Charles II's reign in the 1660s!



Hockey Training at Trinity

Every Thursday, Old Palace Students are selected to attend after-school Hockey training at Trinity. This is a session that Sumaiya and Suraiya have been helping Miss Rodwell run.

The Hockey squad has grown from

ten to over 38 in the last couple of years. Due to a high demand for these training sessions, there is a rotation of Year 7, 8, 9 and 10 students each week. It has been a fantastic opportunity for the students. They have been learning about first touch, ball control, different

types of hits, shooting, defending and also about formation on the pitch. The students have improved immensely, it has been great to see their love for hockey grow. The students are really looking forward to lots of Hockey fixtures next term.



POD Week Success

This week, our Year 12 students have been hosting a series of mini lectures on a wide range of topics close to their heart. We have learnt about the differences between North and South Korea, why we experience déjà vu, the UK Bill of Rights, overpopulation as we reach 8 billion and many more fascinating topics. Well done Year 12!



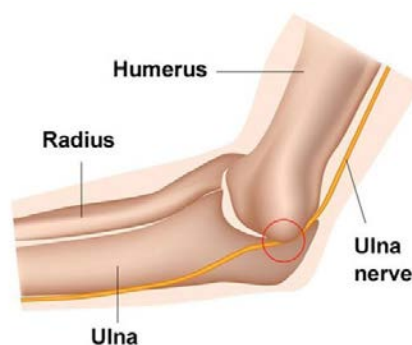
Medical Mysteries: Why do we get Pins and Needles?



Everyone knows that irritable sensation. From falling asleep on your arm to crossing your legs in a funny way, eventually your limbs will be in the strange process of feeling numb and 'tingling'.

This is what we commonly call pins and needles but why does it happen?

Pins and needles (the scientific term being paresthesia) is caused when there is a disturbance with your sensory neurons which send



information to the spinal cord and brain about what you see, touch, taste, smell and feel.

When your arm or leg is in an awkward position, you are constricting those nerves' blood supply. Unfortunately, nerves cannot work for long without a steady supply of oxygen and glucose which are provided by the blood. This causes your limb to go numb, as the nerves are cut off from the supply of oxygen and energy (glucose) they

need, to send the correct messages to your brain.

As soon as you move your arm or uncross your legs, your nerves are no longer constricted by pressure and begin working again. As your nerves 'wake up' and regain to normal function, the nervous system becomes hyperactive and sends impulses (information) to your limb. This is what causes the tingling sensation of pins and needles.

A common way of getting pins and needles is by hitting your funny bone which is actually called your Ulnar nerve. The Ulnar nerve runs from your neck to your hands and is easy to hit as it is not protected by any bones but instead a few layers of fat. So the next time you hit your funny bone and are in extreme pain, you know it's your Ulnar nerve who is laughing.

Rinii, Year 11

Swimming at Croydon High

Last week, Year 9 and 10 swimmers travelled to Croydon High to compete in a friendly swimming gala. There were races of all four strokes, both 25's and 50 metre events, with an additional 100 metre Individual Medley. We also used the opportunity to film our, and Croydon High's, GCSE students swimming in a competitive environment.

The swimming was very exciting, with many very close and exciting finishes. Old Palace came second, just being pipped to the winning post.

Well done to Anastasia, Ines, Theresa and Azriella Year 9, Natalie, Eavie and Leilani Year 10 and GCSE students Fatima and Zayna.



Year 8: Netball v Wallington High

Both schools and teams played very well in this match, however Wallington won with 5-2 for the B team and 8-4 for the A team. This was not the first time we have played against Wallington; we

played them in Year 7 as well and we all agree that this time round, a year on with more experience and better skills, we played much better.

B Team Match:

The first goal was scored by Shankavi, Old Palace however, Wallington quickly retaliated with their first goal both shots were made in the first quarter. After that, the game slowed down a bit for both teams ending with a final score of 5-2.

"Although we didn't win, it was fun to play Wallington again." Yumayu, Year 8L

"We have definitely grown as players and are stronger than we were last year against them." Kara, Year 8



Prep Collects Coats for Charity

Dear Parents,

Thank you for your kind winter coat donations for the 'Wrap Up London' campaign.

We collected 46 coats that were passed on to the Ismaili Civic representative. Your generous donations this year will help keep many people warm this winter who are in need.



Seniors: Football



This year, Tahalia and I were selected to be a part of the Independent School's FA U16's representative team (ISFA) and together attended a couple of trials. ISFA is a team where the best girls from Independent schools in England are selected to be in a team. Being a part of this team gives me many opportunities as I get to play alongside the best players in the independent sector from across the country, as well as represent both my school and ISFA within our National girls' representative team.

This December, I will be attending an upcoming camp at St George's Park where the England train! During the October half term, I attended an ISFA camp in Cambridge where we played a team called Cambridge City. It was a very tough match but we managed to win 3-0.

The next day we played the U18's ISFA team where we picked up an unlucky result of 1-0. We dominated them for most of the game but we were unlucky not to score any goals. This match ended a very enjoyable camp.

Having attended three of the trials, Tahalia also made it into the reserves for this camp and was told she would be considered for future camps and selection for games for this season. I hope to be able to play alongside her during the Season.

Bethany, Year 11

Year 10 Sports Leaders

Sports Leaders in Year 10 have been learning about the importance of clear communication when leading sessions. Just a small amount of easy to understand information is needed when working with younger children.

Here they are trying to communicate to their partner back-to-back; it led to some interesting drawings!



This Week in History...

Margaret Thatcher Resigns

On November 22, 1990, Margaret Thatcher resigned after 11 years in office. The nation's first female Prime Minister (PM), she was also the longest serving PM of the 20th century.

Maths Puzzle Fun page 13 Answer

B) 28

My father is 28 years older than me

$(42-14=28)$

If he is now twice my age then I am 28 years old and he is 56 years old.

The winner last time was **Mehnoor** in Year 7