



AROUND THE PALACE

Dear all,



The autumn term has re-started with a great deal of enthusiasm and purpose with many different activities and events already happening in the two weeks we have been back.

This week, the whole school has been honouring Remembrance Day and launching the Poppy Appeal and at Seniors we were privileged to attend an excellent assembly run by our Senior Prefects that looked at the diversity amongst troops in the First World War. You can read details of this later in this bulletin.

Next week, we are really looking forward to our Cultural Week and in particular the Cultural Performance Festival on Tuesday at 7.00pm. If you haven't got your ticket yet, there are some still available via WisePay. It is going to be a fantastic evening!

Jane Burton, Head

Our Student Librarians have been helping with this Year's Poppy Appeal



Seniors Honours Remembrance Day

Our Senior Prefects Gina and Ione led a very interesting assembly at Seniors this week, on the subject of Remembrance Day. Their focus was on the thousands of troops from across the Commonwealth who served and sacrificed their lives in the First World War in support of Britain. This included troops from across the Caribbean, Africa (including Nigeria, Kenya, Ghana, Sierra Leone, Malawi and Uganda) and India, Pakistan and Bangladesh. Many served in the trenches, and in particular the conflict in eastern Europe.

Their sacrifice has not been forgotten. At the annual Remembrance Sunday service at The Cenotaph in London, you will see forces from around the world represented.

By wearing a red poppy you too can honour the service and sacrifice of soldiers from around the world who have fought for freedom.



The Commonwealth during the First World War



Diwali Celebrations at Seniors

Last Friday, the South Asian Society hosted a Diwali celebration in the Banqueting Hall, to enable the School community to celebrate this important festival.

It was a super occasion, with Rangoli decorations, henna, dancing and tasty treats they had cooked.



Charity Club Gets Spooky



On Monday, we celebrated Halloween at school with some events run by the Charity Committee. At breaktime, we held a Bake Sale in the Sixth Form Common Room in order to raise money for Amnesty International's work in Iran.

At lunchtime, I also ran a quiz on Halloween in Chapel, made up of 25 questions on spooky Old Palace trivia, spooky books and movies, spooky creatures, Halloween customs and general Halloween trivia.

Questions ranged from 'what is the name of the school ghost?' (the Green Lady – who haunts the stairs in Chapel) to 'what is the phobia of Halloween?' (Samhainophobia – named after the Celtic festival, Samhain, which originated about 4000 BC in Ireland and inspired Halloween). There were four teams, with the winning team being awarded 2 merits each and some stamps that Ms Clauser kindly brought from America, and the runners up winning 1 merit each. As the first Halloween celebration at the school since I've been here, it was very successful, and is hopefully the first of many.

We don't think the Green Lady made an appearance on Monday, but we are not certain....!

Caitlin, Year12

Sports Leaders Level 2

Just before half term, Sports Leaders Level 2 organised a Year 7 House benchball competition at lunchtime. Year 7 were very enthusiastic and energetic and really enjoyed it.

As Sports Leaders, we used our communication, organisation and leadership skills.

Results:

Joint 1st Place	Laud and Stafford
Joint 2nd Place	Anselm and Hatton



Raising Funds in Support of the Pakistan Flood Relief Efforts

Islamic Society raised £441.27 for the Islamic Relief Pakistan Floods Appeal in October, by hosting a Movie Night fundraiser and Bake Sale.

This followed a visit from Old Palace alumna Saima Mohsin in September. Saima is a Sky News journalist and she was able to bring her first hand experience reporting on the recent devastating floods to hit Pakistan.

Thank you to Saima, and to everyone who supported our fundraising.



CCF Activity Camp

On Friday, 14th October 2022, a group of Year 10 CCF cadets went to Mereworth Army Training Centre for a 3-day, 2-night CCF Camp.

When we arrived at the woods, we put our big heavy Bergens down and we were taken outside for some lessons on how to survive to help us for the next day's activities. We learnt how to cook rations outside (which tasted awful) and how to use two groundsheet to build a basher for us to sleep in. We also learnt about different Army positions and different types of patrols that the Army does.

The next day, we were given our guns. We were not allowed to take off at all for 24 hours and when we slept, we had to sleep with them next to us. We got to have a go at firing blanks and at a target in the woods. After lunch we set off to the place where we were going to spend the night. When we arrived, we set up our bashers for the night and ate our dinner. We then split off in to two groups within our sections to go off and do Recce Patrols which is when you spy on the enemy to gather information. We also had to take it in turns to stay up and keep watch from enemy forces until midnight.

On the final day, we ambushed the enemy forces that we had spied on the night before. We then had another practise at shooting at targets. We also learnt to clean our weapons.

The trip was a very memorable experience that I really enjoyed and learnt a lot from. I enjoyed every moment of it and cannot wait for the next one. We are all very grateful to the staff at Whitgift and Ms Richards and Mrs Scott for putting together the trip and making it so much fun.

Fatima, Year 10



A Letter from Mrs Panetli



Dear all,

From Pre School all the way through to Year 6, there have been so many exciting things happening at Prep since the last Bulletin.

Our Year 6 girls safely returned from their action-packed trip to PGL, having confidently thrown themselves into all of challenges available. Reception and Year 1 have visited Coombe Woods and built a shelter to protect themselves from the rain. Pre School have also been out in nature too; making charcoal and beautiful bowls made from leaves. Year 4 have investigated pitch, making instruments and challenging their predictions about sound.

Our Prep Prefects have been announced and are raring to go, working alongside staff to have an impact across many aspects of school life and our School Council

Representatives are already busy thinking about how they will take this responsibility and use it to benefit the whole school community. We have had a visit from the Holroyd Howe nutritionist who presented to us all about making positive food choices to ensure a balanced meal and the health benefits of the different food groups.

Finally, at Prep, we are well and truly focussed on the value of 'kindness' this half term; how small acts of kindness can benefit the mental health and wellbeing of others as well as ourselves.

Mrs Jodene Panteli
Head of Preparatory

Meet our New Prefects and Heads of House



Head Prefects: Tamalia, Adelise, Amelia and Jasmine



HATTON House Prefects: Jeeva and Sarah



ANSELM House Prefects: Imani and Keyala

Meet our New Prefects and Heads of House *continued*



STAFFORD House Prefects: **Jasmine-Lee and Aaliya**



LAUD House Prefects: **Ava-Blu, Karlie and Michaela K**



Diversity, Equity & Inclusion Prefects: **Jessica, Jovien and Michaela M**



STEM Prefects: **Aisha, Lina and Ayaana**



Eco Prefects: **Arabella and Avika**



Well-being Prefects: **Alex, Ruby-Lee and Grace**



Character Development: **Fatima and Chloe**



Charities & Enterprise: **Moriah and Keyala**

Sixth Form Trip to Parliament



On Friday, 4 November, Dr Furniss and Mr Fuller took Year 12 and 13 Politics students on a trip to Parliament and the Supreme Court.

In the morning, students had a fascinating tour of Parliament. A particular highlight was the grand chamber of the House of Lords, where they heard that Michael Jackson had been so impressed with the monarch's gold-plated throne that he had asked if he could buy it!

After that, students participated in a workshop on laws and debating before getting a Q and A session with Lord Balfe, a Conservative life peer in the House of Lords. The students grilled him with expert questions about hereditary peers, his view on trade union policy, and whether he saw a problem with Rishi Sunak's wealth and background.

Taking advantage of a gloriously sunny day, we then walked past the Treasury, Foreign Office and Downing Street before having lunch in St. James' Park. Once refuelled, it was off to view Buckingham Palace and then back up the Mall to the Supreme Court. The permanent exhibition there allowed students to learn about the establishment of the Supreme Court, and the interactive scenarios gave them the chance to imagine how they would have ruled on key constitutional cases of the last few years.

After a photo in front of the Millicent Fawcett statue in Parliament Square, everyone headed back to the tube with sore feet but a much clearer sense of the geography of political power in Westminster.



Scholastic Book Fair at Seniors

12:45pm to 1:15pm lunch times

Friday 25th to Wednesday 30th November

Shah Foyer at the Senior School

More details to follow

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SCHOLASTIC

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Payment at our Book Fair

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If you are unable to attend the Book Fair but want to place an order, please speak to the Book Fair Organiser about reserving books and payment.

Books benefit everyone and to ensure that as many students as possible have access to the best books, Scholastic donate over £2.2 million worth of free books annually to schools nationwide to support literacy and reading for pleasure.

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*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fairs for details.

Prep Swimming Squad

Our Old Palace Preparatory Swim Squad swimmers took part in an extremely exciting friendly swimming gala at Whitgift last week. We had a small team of 19 ranging from Year 3 to Year 6 students.

The event was rather unusual as it comprised of only relays, so no individual events. Lana, Year 3, swam ten times as there were only three Year 3 swimmers, meaning she had to go first and last in all five of the Year 3 relay events! Joining Lana were Grace and Eileen, who both swam tremendously well.

Year 6 were the only year group to have a Butterfly relay in which Lana's big sister Tamalia was joined by team mates Moriah, Sarah and Caroline.

Year 5 swimmers did exceptionally well in all their age group events. Hiru, Anya and Anokhi swam the Backstroke, Breaststroke, Freestyle and Medley relays with Fatemah and Ashna sharing the load.



Charlotte, Year 4, swam a beautiful length in the Year 4 Breaststroke relay. Aideen, Harriet and Ellie swam with her in the latter and all other the Year 4 relays. Also in the Year 6 Breaststroke relay were Jasmine M, Karlie and Avika, who all swam maintaining very good stroke technique. The gala finished with a spectacular 16 x 25 metre Squadron, involving four swimmers

from each year group, in which Old Palace finished second of the six teams.

Mrs Tamplin would like to thank the swimmers for their excellent swimming and all of their excited parents who went along to spectate and cheer... very loudly!!

Sports: GCSE PE - Diet and Nutrition

On Monday and Tuesday this week, Molly Wisbey joined the GCSE PE lessons to talk about diet and sports nutrition. This was a useful revision session for Year 11 and good timing for Year 10 as they have just finished this topic in lessons. Molly works with our caterers (Holroyd Howe) in her role as Lead Food & Sports Nutritionist for Holroyd Howe.

Students looked at the different food groups and their role in sports performance. They considered the What, When and Why questions relating to sport and also the 3 R's – Refuel, Repair and Rehydrate.

It was good to think about the important role of nutrition to optimise performance and students asked lots of questions such as:

- What about Sports Drinks?
- Should we drink Lucozade?
- What if you're vegan or vegetarian and a sports performer?
- What causes a stitch?
- What is the best thing to eat at lunchtime on a busy race day?

- Should we eat breakfast?
- What if eating before performing makes you feel sick?
- What should I eat at half time?
- Do we need supplements?

and many others.

Many thanks to Molly for her input – it was really informative.



Year 6: PGL Trip

Year 6 had an incredible time at PGL Windmill Hill! It was a residential rich in experience, which they will never forget. The girls had many opportunities to learn and grow: from the thrills and spills of the high activities, to problem solving and teamwork, to social interaction.

Back at school, the phrase 'this is where' became the basis for a poem, which resulted in some wonderful, honest recollections, which captured the essence of their time at PGL.

Reflecting on our time at PGL, the girls discussed how they had seen the 3Cs demonstrated at PGL.

"PGL is an amazing place to go, it was a sensational experience with my friends, I felt very connected with them". - Ruby

"PGL was a fun experience and it helped me accomplish new things, it made me feel very capable." - Aaliya

"The Giant Swing was so scary, I was screaming every second!" - Alex

Windmill Hill provided the girls with

memorable experiences, which provided a very real context for learning across the curriculum.

PGL was such a breath-taking experience for all of us. Everyone felt so connected to each other and everyone grew so many new bonds.

When we first arrived, we chatted to each other and shared snacks as we 'unpacked' our stuff in our dorms. After lunch, we started to do our first activity and it was then that we really fell in love with PGL.

continued over



Year 6: PGL Trip *continued*

Over the next two days we took part in hair-raising and adrenaline pumping activities such as: the giant swing (which involved being harnessed to a metal pole and being dropped from 10 metres), the trapeze (where you had to leap from a very high platform to grip onto a hanging pole) and canoeing (where a few people got soaked) and ambush-in the dark- where things got a bit heated.

We can't talk about PGL without mentioning the food which consisted of monumental sausages for nearly every meal.

PGL was truly a magical experience. It feels astonishing thinking about the limits we pushed ourselves to, the random conversations and the dance moves that were invented (Alex's rainbow slug) will always stay in our hearts.

All in all, it was such a spectacular experience which will stay with us.

Jovien and Tamalia, Year 6



Old Palace Connect Hosts Maths Circus



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

CONNECT

Earlier this week, we were delighted to welcome 17 local primary schools to Old Palace for our first post pandemic Maths Circus, and inaugural Old Palace Connect event.

The aim of the event was to foster a passion for, and confidence in, Maths for girls. Hosted by Mrs Stevens, the Maths Department and Sixth Form Mathematicians, the afternoon encouraged team building and problem solving through the application of mathematical and logic skills in a fun competition.

The event was a tremendous success, and it was fantastic to see our visitors so engaged with Maths!



Harris Academy Haling Park



St Chad's Catholic Primary School



Beaumont Primary School



Atwood Primary School

Open from 24 November - 8 December



Beckenham Rising Stars - Old Palace Stars



It has been an exciting year for me. I participated in a lot of swimming events. At the beginning of the year, I swam in the Croydon Borough Championship. I entered the Octopus Gala swimming event with eight clubs every month and I managed to take part in five rounds. I was very happy my club came 2nd. After Summer I took part in the Octopus Relay Cup and our club won it. I was very happy because I swam very hard.

Summertime Splash was my favourite where I managed to get 1 silver, 2 bronze and 4 badges. After the holiday I entered the Club Champs to get my timings on long distance such as 100m and 200m.

Recently I took part in the Beckenham Rising Stars and took part in five events. I managed to get my personal best timings in all five events. I wanted to do my best because Mrs Tamplin was also watching me race.

I have one more event in December and then I am really looking forward to 2023.

Hiru, Year



Mrs Tamplin was delighted to see Old Palace Preparatory swimmers Hiru, Anya and Anokhi competing in the Rising Stars event at Beckenham Swimming Club where she coaches outside of school. Two senior students, Theresa-Mae Year 9 and Rosemary Year 11, also took part. It was two long days of competition, but very exciting!



Anya and Anokhi

POD Week



During the week **Monday 21st – Friday 25th November**, POD Week is taking place during lunchtimes at Seniors.

We have 16 mini-lectures scheduled, presented by our expert Sixth Form students, on a fascinating range of topics.

For example:

'Neuro-architecture: the way we respond to different spaces';

'Why are North and South Korea so different?';

'The controversy of Jaqueline Wilson Books'

'How capitalism destroyed our concept of love'.

Definitely something for everyone!

Students must sign up in advance to attend, using SOC's – a letter has been sent home with the details.

How do we lose our Baby Teeth?

Have you ever felt your tooth wobble, as it gets looser and looser? Eventually it falls out and can be traded at the Stock Exchange Center or under your pillow, to be rewarded with extra coins for your pocket money. But how do our teeth get loose?

Our baby teeth are our first set of teeth and start growing when we are still in the womb. Despite babies being born with just gums being visible, their teeth are already under their gums waiting to come out. Until then, babies are unable to chew their food, so they get all their nutrients through the milk they drink. When babies are around 6 months old, they will be in their teething phase where their first teeth start to show.

Children start off with 20 baby teeth consisting of 8 incisors for biting, 4 to tear up food and 8 molars to chew. At the age of 6, your first baby tooth may start to loosen and eventually fall out. But don't worry, new adult teeth will come through the gums and replace them. All baby teeth are replaced with 32 adult teeth around the age of 12. At this age, your jaw grows bigger and can fit more teeth, including 4 more molars and 8 extra premolars.

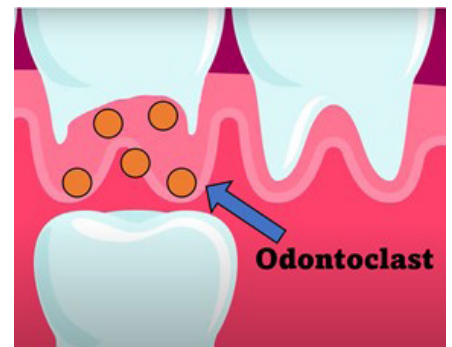
But we still haven't answered our question, how do our teeth get loose?

Our teeth are held firmly in our gums by the roots of each tooth. As your new adult tooth forms, it pushes on the roots of the baby tooth, and using a special bone cell called Odontoclasts, it slowly dissolves the roots of the baby tooth.

This causes the baby tooth's roots to get shorter and weaker causing it to wobble in its place. This is what we call wobbly tooth. Eventually the tooth breaks off the gum and falls out, allowing the adult tooth to poke through the gums and replace it. The roots of our adult teeth are much longer and stronger, so they are permanent and stay put in our gums.

So, the next time you can feel your tooth start to wobble, you now know it's the Odontoclasts cells working its magic.

Rinii, Year 11



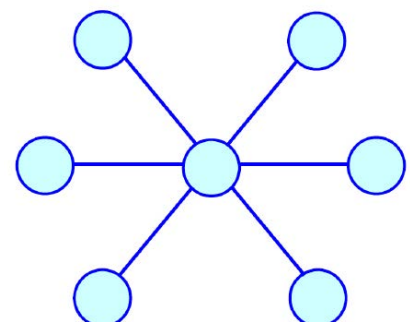
This Week in History... Fall of the Berlin Wall

On **November 9, 1989**, thousands of Berliners flooded through and quickly began dismantling the Berlin wall. The wall, the most prominent symbol of the Cold War in Europe, had divided East and West Berlin since 1961.



Maths Puzzle Fun

Put the numbers 1, 2, 3, 4, 5, 6 and 7 in the circles, so that each straight line of three numbers adds up to the same total.



Answer on page 20



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

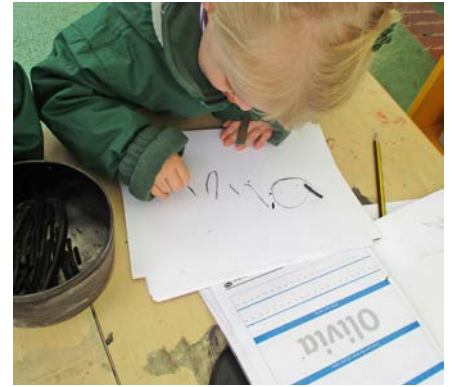
Pre School Makes Charcoal

Pre School girls enjoyed a morning around the bonfire where they took part in some autumn activities including making charcoal.

Each girl put a short length of willow into a biscuit tin. When it was full, the lid was put on and it was placed in the bonfire. It wasn't long before we could see smoke coming out of the hole in the top of the tin and wondered what was happening to the wood inside.

After the tin had finished smoking and had cooled down, we looked inside to find that the sticks had turned black and were ready to use for some writing and drawing.

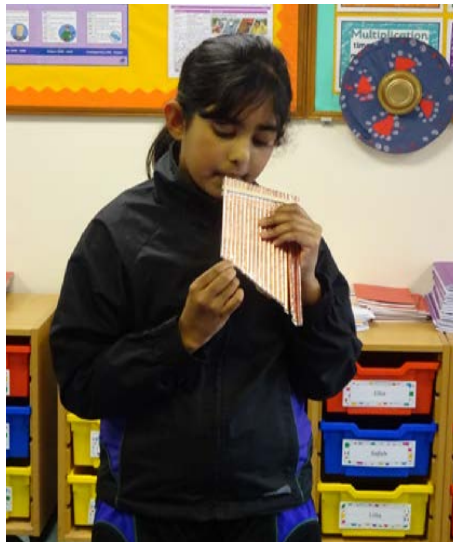
Some of us were able to write our name using the charcoal or make marks and smudges on our paper.





Year 4 have enjoyed an exciting start to their Playlist topic. Over half term, they made their own musical instruments which they played together in an impromptu classroom concert.

The girls have also chosen pieces of music for a class playlist. They selected music of personal significance. Many were pieces sung to them when they were very young with the music chosen originating from countries all over the globe.



Prep: Food and Nutrition



Earlier this week, Molly Wisbey (Lead Food & Sports Nutritionist for Holroyd Howe) visited Prep where she talked to pupils about the importance of choosing a balanced diet using the rainbow of colours as a guide e.g. blood oranges, clementines and brightly coloured peppers.

She encouraged the girls to try a range of healthy options including grains, vegetables and even radishes!

Water Polo Friendly

Last Wednesday, we took a very small Water Polo team of seven to play a friendly match away against Croydon High School. Water Polo teams consist of thirteen players, with seven players in the water at any one time. This meant that, having only seven players, Old Palace team members had to play continuously for all four quarters of the game. Which was extremely tiring, especially when you consider players are not allowed to touch the pool floor so have to tread water the entire time. The opposition were able to substitute many times as they had a team of eleven.



Bella played extremely well in goal, saving several powerful shots by National level players in the opposition. Old Palace Captain Rosemary, Year 11, led a walled defence, frequently having to turn on a sixpence into attacking mode when interceptions were made. Annie, Year 8, was particularly good at 'stealing' the ball to change direction of play with Elina also close at hand. Feran, Year 11, and Beatrice, Year 10, played their usual gutsy, high energy games. Special mention must go to Sabrina, Year 7, who played in her first match, really getting involved. Hopefully she will return for more!



Raise funds for Old Palace with Easyfundraising

Did you know that when you buy anything online, you could be making a free donation to Old Palace?

There are over 7,000 brands including John Lewis & Partners, Argos, Uswitch, eBay, M&S, Just Eat, Now TV, Domino's Pizza and Audible ready to give a free donation every time you shop online via easyfundraising.

Plus, if you sign up and raise £5 in donations, easyfundraising will give us a bonus £5 donation.

All you have to do is:

1. Go to: www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=108131&invite=KPDEZO&referral-campaign=c2s&utm_campaign=raise-more&utm_medium=email&utm_content=rm-raf-e1
2. Click 'support this cause' and create an account.

Thank you for your support, you'll be helping to make a real difference to Old Palace of John Whitgift School.



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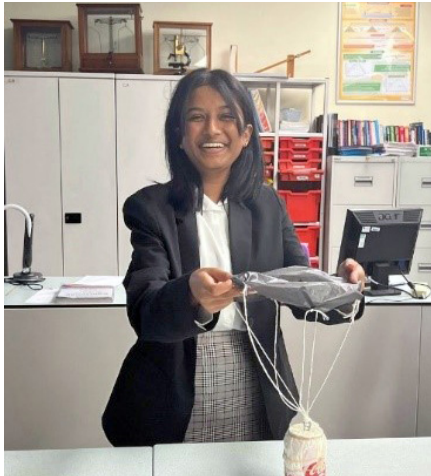
We are so excited to take part in the amazing UK CanSat project this year.

"When I first heard the word 'CanSat', I wondered what it meant."

'CanSat' as a name refers to a literal 'Can', and the 'Sat' is shortened from 'Satellite'.

The CanSat competition challenges students to recreate an actual satellite with all the main satellite systems and size it down to fit into a soft drink can.

The regional launch will occur in March 2023. Our CanSat will then be launched to an altitude of 400 metres via a rocket and our challenge is to be able to complete our missions successfully by relaying information from the satellite to our ground station during its descent and land it safely!



Prototyping our parachute

The European Space Agency has defined two mission objectives:

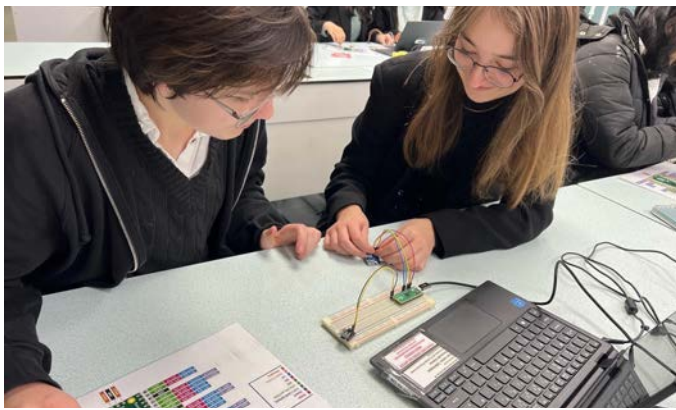
Primary mission: Measure atmospheric Temperature and Pressure during the descent of the CanSat

Secondary Mission: A scientific or technological mission of the student's choice

One of OP team is thinking of measuring levels of UVA during the descent and to investigate whether pilots are exposed to more UVA at higher altitudes by doing some post flight analysis.

The second OP team aspires to track their satellite using a GPS module as satellites are expensive to built and recovery is always desired.

continued



Working on our primary mission



Brainstorming about the parachute design



Intricate soldering of pin headers to a stripboard



Working on our parachutes

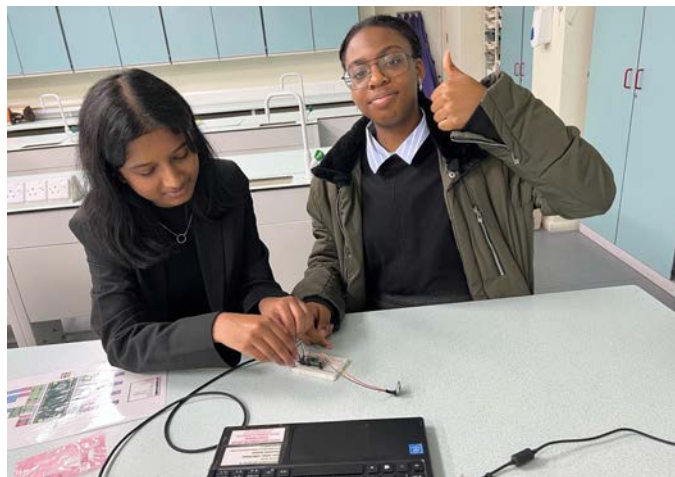
What are we doing in our sessions?

"I am excited to take part in the CanSat challenge as it allows me to further my interest in engineering and introduce me to astrophysics. It will not only develop my existing knowledge but help me discover and come to my own conclusions through first-hand experience. I hope for the project to help develop my communication and resilience as we overcome challenges as a team." - **Nicola**, Year 12

"I'm really excited to work with my team and that I'm excited to see some experts in the tech field" - **Harnitha**, Year 12

"I'm looking forward to having the opportunity to explore physics outside of the A-Level curriculum and being able to work in a team with people with similar interests to mine. I hope I will be able to gain some more team building skills as I listen to different ideas and perspectives throughout this project" - **Ruby**, Year 12

To see more, check out our Instagram page!... [op_astroops](#)



Fun with electronics



Prototyping with breadboard



Soldering fun

Congratulations Cecily

Cecily in Year 11 has been working very hard in her ballet lessons at her dancing school and has recently passed her RAD Grade 6 ballet exam with Merit.

For this Cecily had to prepare, perfect and perform a series of exercises at the barre and in the centre and finally some pointe work. Cecily was nervous but really appreciated the experience and particularly enjoyed performing her solo.

Well done Cecily for all your hard work and for achieving such a great result!



Beckenham Music Festival Success

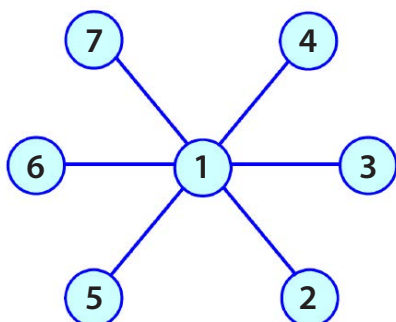
Congratulations to Year 5 students Holly and Olivia who both won classes at the Beckenham Music Festival last Saturday. Olivia won the 'Singing – Age 9 and 10' class and Holly won the 'Girls Singing Recital – Age 10 and under' as well as placing 3rd in a second class – '20th/21st Century Popular Song – Age 11 and under'.

Thank you to Karina Lucas, one of our fabulous peri singing teachers, who prepared the girls so well for this concert.

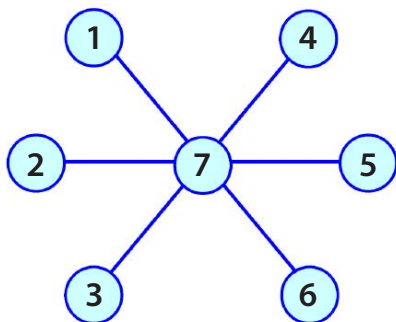
Well done girls. We are very proud of you.



Maths Puzzle Fun page 13 Answer



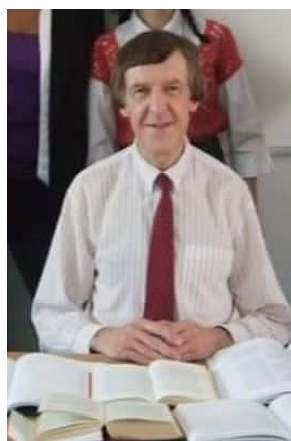
or



Can you think of any other way?

Staff News

Steve Addis



We received some sad news in October about the death of Steve Addis who was Head of Classics at Old Palace and previously Head of Classics at Croham Hurst.

We know that Steve was a very popular member of staff as well as an inspirational teacher of Classics. He is remembered fondly by many of his pupils.

Jennifer Richardson

We were saddened to hear the news that former Old Palace member of staff, Jennifer Richardson, who taught at the School for many years until the 1990s, passed away on Thursday 1 September aged 87.

She had such fond memories of Old Palace and we know she will be remembered with affection by her former pupils.

