



# AROUND THE PALACE

## Children's Mental Health Week Year 6: Taskmaster



Dear all,



As this half term draws to a close, I would like to thank the staff and students involved in the magnificent production of *Jane Eyre*. I had the pleasure of seeing it on Friday night and it really was superb.

I was very proud of our Year 9 Digital Leaders, who led a number of valuable sessions at Prep this Wednesday and Thursday for Safer Internet Week.

We also have exciting news about *Dance Show, Kinetic Flow* which this year is being held at the *Royal Academy of Dance* at Battersea on Friday, 3 March at 7:30pm. We do hope families will support the Show; tickets are now available on WisePay.

Finally, I would like to wish all our Old Palace students an enjoyable and relaxing half term.

**Jane Burton, Head**

## Children's Mental Health Week at Prep

This week at Prep, we have been celebrating Children's Mental Health Week.

We based the events on our prefects' (Alex, Grace and Ruby-Lee) assembly in January on 5 Ways to Well-being: Connect, Be Active, Take Notice, Keep Learning and Give. Each day we have focused on one of these principles in form times and lunchtimes.

Mrs Panteli started the week with two assemblies, one for the older pupils and one for the younger pupils in the school.

In form time, each pupil was given the name of someone in their class that they were encouraged to show kindness to throughout the week. Would they be identified?

On Monday and Friday, Year 5 girls organised playground games for girls in other year groups. In our lunchtime quiet room, we played board and card games, made puzzles and bracelets, read or coloured mindfulness bookmarks. Year 6 spent time with Pre school and Reception girls in their playground.

On Tuesday, each class selected a physical activity. Our wonderful catering team also organised a scrumble dessert bar in the dining hall, where we could make our own desserts.

For Wednesday, each pupil prepared 'two truths and a lie' about themselves as a fun way of learning more about each other.

On Thursday, our focus was gratitude – taking the time to focus on the positives and things we can be grateful for.

Today, Friday, was 'Dress to Express' – a chance to wear our own clothes. The day also started with a family fun run on the Prep field.

Throughout the week, we have taken part in activities organised especially by Channel 4's Taskmaster. Years 2 to Year 6 were also fortunate to attend Safer Internet workshops organised by the digital leaders from Seniors.

Overall, a fun week with a serious focus and one which has hopefully equipped us with ideas and strategies for looking after ourselves.



## Children's Mental Health Week *continued*

On Wednesday, the Year 6 Taskmaster was to create a person out of leaves, twigs and anything else the students could find outside. We think they did very well!



Year 5 Cookery in the Quiet Room at lunchtime



## Safer Internet Week

Our Year 9 Digital Leaders visited Prep during Safer Internet Week to give pupils tips and advice on staying safe on line. A full report will follow in the next bulletin.



## Year 13: Self Defence HAL (Healthy Active Lifestyle)



On Friday, Year 13 were given the opportunity to learn self-defence techniques. At the beginning of the session our instructor, Patrick, mentioned how we should focus on prevention before action. He gave some advice on how to stay aware and away from danger. For example, using mirrors and glass reflections to check surroundings and wearing only one earphone to hear any approaching noise that could signal trouble.

Afterwards, we went through a series of self-defence exercises we could use if we encountered danger. We even used pads when practicing how to kick and jab. We learnt

how to jab using spooned hands and how to target the fingers and other facial features when defending ourselves. For example, in extreme cases, poking the attacker's eyes to escape!

It's safe to say that these lessons were a great opportunity for us to learn self-defence in case of emergencies. Thank you to our instructor and the PE department for giving us this experience - we are very grateful and look forward to future sessions!

Fizza, Year 13

## A Letter from Mrs Panteli



Dear all,

As we reach the end of the first half of this academic year, I would like to pause for thought on all the amazing things we have achieved at Prep and all the wonderful experiences that the pupils have taken part in, during that time.

Every Bulletin is a showcase of just how much we manage to squeeze into each and every week.

Wishing all the pupils a lovely break, whatever their plans, and for those booked into our Pirate themed holiday club, we are looking forward to seeing them there!

Best wishes

**Mrs Jodene Panteli**  
Head of Preparatory



## Pre School and Reception: Dangerous Dinosaurs

Pre School and Reception girls have really enjoyed this half term's topic of Dangerous Dinosaurs; the craft department has been especially busy! Girls not only made their own individual distinctive dinosaur models, but as an extra challenge they worked together to create a large model Stegosaurus in the garden. This task created a few problems which needed to be solved.

We wondered what resources would be good to make the legs? They took a while to assemble and attach as they were made from boxes that had to be joined (trying different arrangements until they were all the same height). The feet were flat and scaly.

How would we attach the tail? This was a difficult job as taping it to the main body box was unsuccessful, but staff demonstrated cutting a hole in the body and the girls pushed the tail in. We found lots of extra tape made it stronger.

What colours should we use? Girls chose green and brown which was mixed with water in spray bottles. They all took turns spraying the dinosaur before deciding that the teeth and horns needed to be white. These were then painted and attached with glue. The topic has been a great success with girls showing enthusiasm and interest in the extraordinary facts of the prehistoric era.



## Year 1: Dentist Visit

Last week, Year 1 enjoyed a visit from a dentist and dental nurse visit us in class to support our PSHE learning about personal hygiene. We learnt about oral hygiene, correct brushing techniques and how to floss between our teeth.

We had the opportunity to try out our new skills with a large

toothbrush and very large model teeth. We also talked about foods that were best for our teeth and those that should be eaten occasionally as part of a balanced diet.

The class were very excited to learn that Dr Deepali Shah had been a student at Old Palace.



## Year 5: Stargazers

This half term, Year 5's topic has been Stargazers. We attended an online Planetarium workshop by the Royal Observatory Greenwich.

After learning about the phases of the Moon, we used Oreo cookies to recreate them, with the biscuit for the new moon, cream topping for the full moon and varying amounts of topping for all the waxing and waning phases in between!

Continuing with the food theme, we made delicious tortillas from scratch and filled them with cheese, lettuce and tomatoes. Tortillas are often eaten in space because, once wrapped, the fillings can't escape!

Following our cookery, last Friday evening, we held a stargazing event after school on the Prep field. We observed the Moon with binoculars and telescopes and used stargazing apps to locate the planets and constellations.



Celebrating the Senior School's Production of Jane Eyre



Celebrating the Senior School's Production of *Jane Eyre* *continued*





## Community News

### CCF Cadets

Last weekend, our CCF cadets were at Whitgift perfecting their drill and Skill At Arms (Rifle handling and shooting). The Cadets were assessed and passed both sections with two cadets gaining merits. Well done Zara and Alyssa! It's been fantastic watching all our CCF cadets grow in confidence and master aspects of the CCF curriculum.



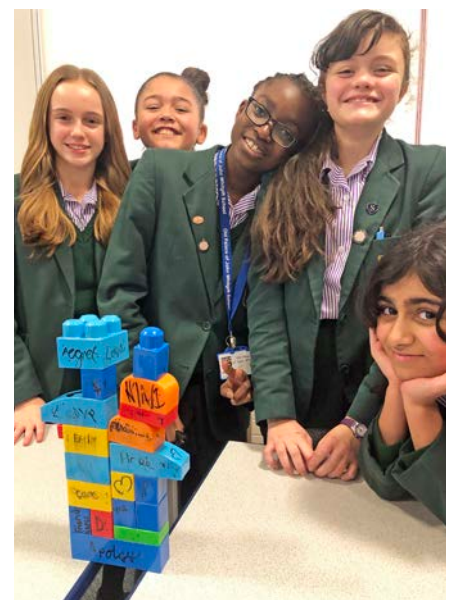
### Year 7 PSHE: Relationships

We used Mega Blocks to build "relationship bridges" between two tables and we wrote strong relationship qualities on each brick.

Then we explored what factors de-stabilise relationships and tried to see if it was possible to take away these bricks from the bridge. We discovered that some brick removals left the bridge intact but less stable, and others caused the bridge to instantly collapse.

We finished the lesson by re-building robust relationship towers, marking the Mega Blocks with the qualities needed to repair and rebuild a relationship.

Year 7S





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

## Old Palace Dance Showcase

# *Kinetic Flow*

Friday

**3rd March 2023**

7:30pm



**The Royal Academy of Dance**

@ Aud Jepsen Studio Theatre

188 York Road, London SW11 3JZ

Tickets via WisePay

**£10** adult | **£7.50** concessions

## Year 12: Commemorating Jacinda Ardern's Time in Office



On the 19th January 2023 Jacinda Ardern resigned as leader of the Labour party and Prime Minister of New Zealand during a press conference at the War Memorial Centre in Napier, Hawke's Bay after six years in office. Ardern described it as "the most privileged job anyone can have". However, she said: "I no longer have enough in the tank to do the job justice". Following her party's success in the 2017 general election, on the 26th October 2017 Jacinda Ardern became the world's youngest leader.

Here are some key events during her time in office.:

**February 2018:** Ardern became the first Prime Minister of New Zealand to march in a pride parade in Auckland with approximately 25,000 others

**April 2018:** She met the Queen at Buckingham palace following the Commonwealth Heads of Government meeting to which she wore a traditional Maori cloak made of feathers showing her commitment towards inclusion and diversity.

**June 2018:** Ardern became the first world leader to give birth while in office in nearly 30 years; she returned to work after only 6 weeks on maternity leave. During this time she responded to a lot of criticism to people who said she couldn't be prime minister and a mother at the time with "Yes, I can do the job and be a mother".

**September 2018:** She brought her daughter Neve to the United Nations General Assembly, making history as the first female world leader to bring an infant to that global meeting in New York. Neve even had her own UN security pass to enter the meeting".

**March 2019:** Following the Christchurch attacks Ardern was praised for her swift decision to tighten gun control, banning military-style semi-automatic weapons just six days after the tragedy, alongside her empathy and compassion saying the

country was "united in grief" as she organised a national 2 minute silence.

**December 2019:** White Island Eruption. Jacinda Ardern travelled to meet search and rescue teams. When addressing parliament to comfort survivors and families of the 21 victims she stated "You are forever linked to our nation and we will hold you close".

**March 2020:** COVID 19 Pandemic. Arden closed borders and implemented a lockdown soon after the first cases of Covid 19 emerged. Due to Omicron, she postponed her wedding and following her resignation she told her partner that it was about time they got married!

### Year 12A



## Netball U14 v Coombe Wood and Caterham

The U14 Netball Teams played in a triangular fixture against Coombe Wood and Caterham

The A team match against Coombe Wood was a league fixture and was quite intense! I am really proud of the way the players fought hard to stay in the match coming back from 3 – 7 down to 6 – 7 final score. Great defending and good links through from defence to attack. Isobel was named Player of the Match.

The B Team played lots of mini games against students from Coombe Wood – and so it was difficult to keep track of the score. However, they played well and came out on top in the matches they played and it was good to get so many mini games in.

Caterham arrived a little late – but the A team played well against them winning 5 – 4. Emilia was named Player of the Match. The B Team played well and were leading at half time before securing a confident victory



Well done to all who played – especially the two Year 8 students who stepped up in light of the clash with the school production which meant some players were unavailable.

### Squad:

Emilia, Isobel, Zara, Anna, Tori, Rhianna, Olivia, Rosie, Tahlyah, Keona, Ainesis, Suruthi, Kara and Sinty

## Prep: Bedtime Story with Nicola Stone

On Friday 3rd February, our youngest pupils were invited back into school in their pyjamas, with an adult and a soft toy from home. Nicola, a past pupil of Old Palace Prep and daughter of Mrs Stone, who used to be Head of Prep, joined us for the special bedtime storytime event.

Nicola shared two of the books she has written for children and the pupils listened intently as she read to them.

The pupils then had a chance to ask Nicola questions about writing and illustrating, and two pupils enjoyed sharing books they have written and

illustrated in their own time, to the room full of children, parents, staff and visitors.

The evening ended with hot chocolate and biscuits for the children and a story with their grown-ups in the library.



## Year 4: Religious Studies - Shabbat

This half term, Year 4 have been learning about Shabbat in their RS lessons and baked Challah bread to enjoy with the mint and pea soup. They savoured the freshly baked Challah bread and were delighted with the end result as it exceeded their expectations!



### About Shabbat and Challah Bread

Shabbat (Sabbath) is the Jewish day of rest. During Shabbat, families spend time together, rest, eat special meals and attend the synagogue. Challah is a special bread, usually braided, and is eaten on Shabbat.



## Year 10 Sports Leaders visit Prep

Sports Leaders Level 1 in Year 10 have been working on their leadership skills – practising leading sessions to each other. So it was great that we were all (26) able to go to Prep and deliver a mini activity circuit to Year 4 and 5.

One of the key skills is adapting an activity based on the needs of the participants and Year 10 did really well adjusting their 'station' to make it harder or easier as necessary.

Their communication skills and organisation skills were great and everyone involved had a really good session.



*It was really fun going to Prep to help out and getting to know and spend time with the Year 4 and 5. They were very friendly and we had great fun!*

**Fatima, Year 10**

*Leading at Prep was a great experience as it gave me a chance to demonstrate and practice the key skills that I have learned as a sports leader such as communication and organization. It was also enjoyable to work and interact with the younger years who were very lively and enthusiastic and behaved very well.*

**Shazia, Year 10**

*I enjoyed teaching at Prep. It was interactive, we helped those who couldn't do the activity properly and adapted our section to each group's capability.*

**Leilani, Year 10**

*The trip to Prep was a great opportunity for us (sports leaders) to put the skills which we have learnt into action with some of the students. It was fun for everyone and a great experience.*

**Safiya A, Year 10**

*I really enjoyed teaching the Year 4 & 5 for our sports leadership lesson last Friday. It was fun and really engaging, and the interactions I had with them were great.*

**Sapphire, Year 10**



### **THIS WEEK IN HISTORY... MARY, QUEEN OF SCOTS EXECUTED**

**On February 8, 1587, Mary, Queen of Scots was beheaded for her involvement in a Catholic plot to kill Elizabeth I and replace her as Queen.**

## Maths Puzzle Fun

### WHO HAS THE MOST SHELLS?



Three friends have all been collecting shells. Bree has twice as many as Dylan. Ashley has one more than Bree. Dylan has 12 shells.

**List the three friends in order from who has the least shells to who has the most. How many does each person have?**

Answer on page 16

## U13 Cricket

On Saturday, 4th of February, we went to a trial to select an U13 girls' cricket squad that will be playing in the London Youth Games.

Although it was hard it was also a very rewarding experience as we were able to practise our bowling and batting skills against other eager cricketers.

In the end myself (Inaaya H) was selected to play for Croydon and Inaaya K was selected to play for Sutton

**Inaaya H and Inaaya K**



## Football v Sydenham



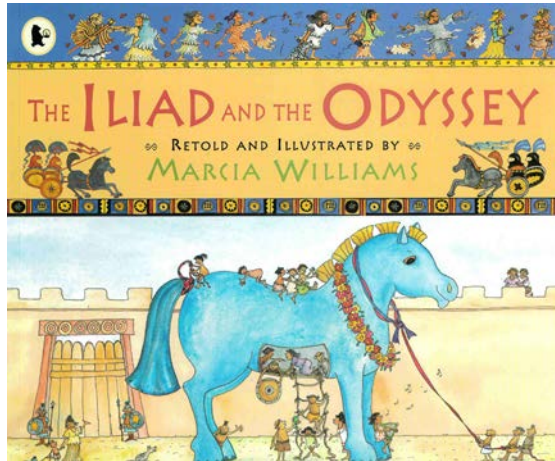
*I enjoyed the football match against Sydenham. It was a friendly and enjoyable match and experience. I definitely can't wait for another football match!*

**Tahlia, Year 7**

*On Tuesday, we played a match against Sydenham High. Although we lost 2 - 1 I felt a sense of urgency to play harder. Lola scored a goal for Team A, however, Team B lost 0 - 2. Everyone enjoyed themselves and came to try and win and, more importantly, to have fun!*

**Kemafo, Year 7**

## Year 3 Iliad Workshop with Year 12 Students



During this half-term, as part of their Gods and Mortals topic, Year 3 have read the Iliad and The Odyssey, retold and illustrated by Marcia Williams. They have thoroughly enjoyed reading the comic-strip format used. The girls have learnt about the war between the Greeks and the Trojans as well as finding out about Odysseus and his perilous voyage home!

On Wednesday, Mr Nolan and 8 Year 12 students who are studying A Level Classical Civilisation, came to the Preparatory School to present a summary of Homer's Iliad which they are studying as part of their A level course. The Year 3 girls were very excited to welcome the older students and were an excellent audience, listening attentively. They were amazed by how much of the story the Senior girls knew off by heart.

Year 3 were also able to share what they knew and I am sure some will go on to study Classical Civilisation in the future.



## Year 7: Football Tournament

Some of the Year 7 students took part in a football tournament in their PE lesson.

There were six teams so the girls played plenty of matches, They also enjoyed the competitive element of the tournament and showed some good ball control and passing throughout the games. It was great to have the sun shining too. Well done Year 7!



## Year 12 Let off steam with Kickboxing

The Year 12 students took part in an energy-filled kickboxing session in their HAL lesson last week.

The girls enjoyed learning about the different kickboxing techniques and experienced the element of fitness and competition that comes with it!



## Year 7: Women in Sport POD

As part of POD week the PE department led a session based on the rise of women's sports and the impact of positive media coverage. Year 7 students named a good number of female British Sports Stars whose photos were dotted around as part of a quiz. They were able to name a lot of the Lionesses – which led us to look at the impact of the Women's Euro Victory and having the competition on TV.



## Maths Puzzle Fun page 14 Answer

Dylan has 12 shells, Bree has 24 and Ashley has 25