



AROUND THE PALACE

Physics Olympiad Challenge



Towards the end of the summer term Year 10 students took part in the Physics Olympiad's Year 10 Physics Challenge, a competition for students across the country. Emily C-I excelled, achieving Gold certification, and a number of other students managed to secure Bronze awards.

Dear all,

This week's Bulletin shows how involved the students at Old Palace are in such a variety of different activities from succeeding in national competitions, trying new sports, performing experiments and being empowered to stand up for important causes. Only yesterday, Pre School & Transition enjoyed a fascinating visit from the local fire station.

Next Saturday's Open Day at both Seniors and Prep (5th October) is fast approaching and we have had a large number of prospective families sign up for the event. If you haven't yet returned the permission slip for your daughter to attend the event (Years 7-13), please could I ask you to do so asap.

Tickets for The Whitgift Foundation Schools *in harmony...* concert at the Fairfield Halls on 16th October are selling fast, so please buy your tickets soon to avoid disappointment. The concert features students from Old Palace, Trinity and Whitgift and is a chance to experience the newly renovated Fairfield Halls.

Wishing you all a good weekend.

Jane Burton, Head

*A Classical Concert for Croydon presented by
The Whitgift Foundation Schools*

in harmony...

16 October 2019
7pm Fairfield Halls

Book tickets at
www.fairfield.co.uk



THE
WHITGIFT
FOUNDATION

Climate Change Strike



Last Friday, 20th September, was the largest global school strike for Climate Change in history. In London 100,000 school students and adults attended the demonstration outside the Houses of Parliament to remind government and media of the importance of taking environmental issues seriously.

Olivia O, Ria, Ellie, Olivia F, Julieta and I showed our support by joining the march around Parliament Square and rallies. We also got the chance to hear politicians such as Caroline Lucas, a Green MP, speak out about the lack of priority this issue takes in Parliament currently. The speeches we heard really highlighted the necessity of this strike and the significance Climate Change has for our generation.

Overall, it was an amazing experience and gave us all the opportunity to see how powerful the political voice of young people can be. For example, Olivia was interviewed by Gal-dem at the strike and will feature in a magazine article about Climate Change.

Charlotte B, Year 12



"I think it's really important that we as young people stand for what's important, even if it means missing school. There won't be a school for us to attend in the future if we don't do something."

I think companies need to show that they're not doing it for profit, they're doing it for the right reasons. In our school we have a diversity week and it really helps and makes us feel empowered."

Olivia, Year 12

Wonderment And Awe

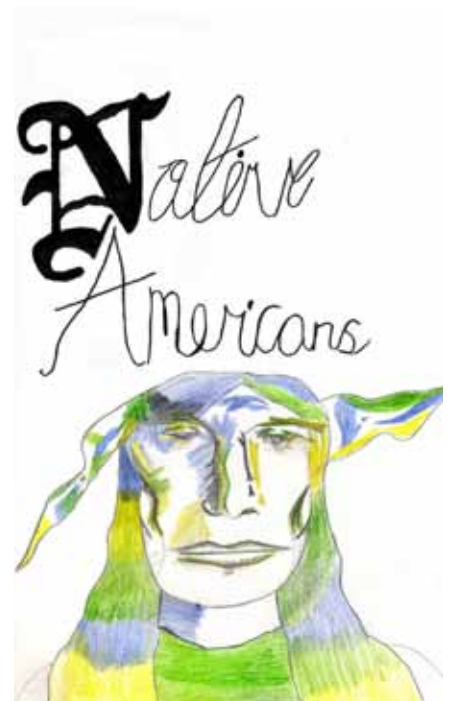
We have a Wonderment and Awe Board for Years 7-9. Any students that create great work in their sketchbooks have it scanned, printed and put on the art board outside the Shah Art Room. They also receive a certificate.



Miali, Year 9H



Tori, Year 7H



Whitney, Year 9S

Healthy Active Lifestyle

The Sixth Form have made a positive start to their Healthy Active Lifestyle sessions!

They are seen here in action working on their fitness. Physical activity is so important to keep the mind and body healthy and we hope that our Sixth Form will take this with them into the next part of their journey. It is good for our students to have a break from their academic studies and enjoy being active! Throughout the year they will be going to Pure Gym, hopefully doing some Kick Boxing as well as lots of activities based at school.

These photos also showcase the new design features in SHAH PE which are proving to be very popular!



Year 6 And 7 Netball

Well done to those students who were selected to be part of the Netball Squads in Years 6 and 7 – and to those who are now invited to the Development Squad.

There is a lot of potential to work with and, with the help of the Year 10 and 11 Sports Leaders, we were able to work on quick changes of direction and some match play. We have lots of work ahead of us as we learn to master the footwork rule – but enthusiasm levels are soaring!

Well done to the players and thank you to the Leaders.



Football Focus

The Football Club for Years 7 – 9 has started again on a Friday lunchtime. It is great to see students keen to get involved and this week our order of new balls and bibs has arrived.

A number of students are involved in football outside of school; women's football is one of the fastest growing sports and there are lots of opportunities to get involved.

Thanks to Mr Nolan and Mr Fuller for running the club at Old Palace!



Biology Society: DNA Testing



In the first meeting of the Biology Society this year, we were able to explore a complex but exciting application of DNA testing. We were presented with an intriguing scenario; in a war-torn country, two cousins (whose mothers were half sisters) attempt to find their parents after the violent regime had fallen. They discover that one of their fathers is still alive,

and both of their mothers are in a rehabilitation facility. Our task was to compare chromosomal DNA (which creates a unique "DNA fingerprint") and match the boys to the one living father and two mothers.

Here, we used the technique DNA electrophoresis. We injected the "DNA" dyes into wells in an agar gel: the negatively charged dye samples then migrated towards the positive electrode. Similar to chromatography, the dye mixtures separated into clear bands. By drawing comparisons between the bands of dye of the boys and their mothers and father, we were able to conclude who their parents were.

We also had the opportunity to see what effects this had in real life; we watched a TED talk by geneticist Richard Resnick showing the rapid advancements of the sequencing of the human genome, and its benefits in helping find genetic precursors to diseases such as breast cancer. This was an exciting experience and incredibly useful to see the use of DNA testing in context!

Alex, Year 13



**Old Palace of
John Whitgift School**
Independent Girls' School
Nursery to Sixth Form

Join us for
OPEN DAY
Saturday 5 October 2019

Seniors
9-11am

Nursery, Pre School
and Preparatory
2-4pm

Cross-Country Trials

Well done to those students who braved the rain on Tuesday lunchtime to trial for the Croydon Schools Cross Country. The girls completed the 12 minute Cooper Run, showing determination and perseverance.

Good luck to the selected runners who will be competing on Tuesday.

Thank you to the Sports Leaders who led the session and gave the girls much needed encouragement.





THE STORIES WE TELL

Thursday 17 October 6pm

WATERLOO LIBRARY

JOIN ALEX WHEATLE, PATRICE LAWRENCE, DEAN ATTA AND ALEXANDRA SHEPPARD, AS THEY DISCUSS WHAT INSPIRES THEM TO WRITE THE STORIES THEY TELL, WHY THEY WRITE FOR A YA AUDIENCE AND WHAT MAKES UKYA SO EXCITING

Mrs Chevalier in The Friends' Library can supply more information on this event for those interested in attending. Ages 14+



@BHMLambeth
#BHM



Eventbrite

OPEN FOR DISCOVERY

Lambeth

INNUEENDO

An allusive or oblique remark or hint,
typically a suggestive or disparaging one.
From Latin: 'innuere' – 'to nod towards' and therefore fully translated means
'that which is needing to be nodded' i.e. needing to be signified by a nod.

Water Polo Squad

The beginning of the new school year saw the return of Old Palace Water Polo Squad training. The long Summer holidays had left a few of the girls lacking a little bit of fitness. It was therefore good to be getting back into the swing of training, with old and new members alike.

The girls were excited and motivated by the recent success, Nationally and Internationally, of the two Sarahs in Year 10. Training included quite a lot of basic Water Polo swimming fitness, with ball handling skills and core control exercises adding fun to the sessions.

The girls especially enjoyed working their abdominal muscles to control their core stability. This was done by each standing on a Water Polo ball in deep water, trying to maintain a balanced upright position. Some girls found it challenging to get to a standing position on their balls in the

first place, let alone balance. A few girls mastered the mounting technique and then tried propelling themselves around the pool in their standing positions using sculling hand actions.

For Nia, Year 6, it was her first taste of Water Polo Squad and I am sure she wondered what on earth we

were doing! After showing steely determination and persistence Nia finally, and delightfully, got the knack and won applause from the other girls and the ISI Inspector who was observing the session! We did avoid getting the Inspector too wet!



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