



AROUND THE PALACE

Founders' Day



Founders' Day is one of the highlights of the school calendar; a chance for the whole school to come together and celebrate the time when Old Palace was founded in 1889.

Old Palace's fabulous chapel choir, Polyphonic opened the service with a proclamatory Introit: *Lift Thine Eyes* by Mendelssohn before the procession began. They also sang two beautiful anthems – the serene and reflective *A Prayer* by Lloyd, and Mendelssohn's *Laudate Pueri*, the text of which was perfectly suited to a Founders' Day service:

Praise the Lord, ye children: praise ye the name of the Lord.
Blessed be the name of the Lord, from henceforth now and for ever.
My help is from the Lord, who made heaven and earth.
Do good, O Lord, to those that are good, and to the upright of heart.



Dear all,

Last Friday was a proud day for the school as we celebrated our Founders' Day at Croydon Minster. Students and staff kept alive the tradition of wearing Michaelmas daisies, with the Reception and Year 1 classes sporting wonderful handmade paper versions.

We welcomed a former Old Palace student, Sarah Winsor, back to give the address and were treated to something very special. Sarah inspired young and old alike with her reflections on her time at the School, her success in securing a place at Oxford and then Harvard, and her advice on how to follow your dreams and live a happy, healthy life. Her speech received a resounding round of applause and as she had lifted everyone's spirits so much the enthusiasm spilled over and everyone delivered a hearty rendition of the school song to finish the event. Thank you Sarah!

This Saturday we welcome prospective families to Old Palace to see for themselves the excellent education that both the Senior and Prep Schools offer. So far we have had a record number of families sign up for the event and so we expect it to be a very busy and exciting day. Thanks you in advance to all the staff and students who will be working throughout the day.

Wishing you all a very good weekend.

Jane Burton, Head

Arts Award Success In Dance



Students work hard during their dance lessons to achieve their Arts Award.

Through dance, they develop a variety of transferable life skills including leadership, research and communication skills. Year 6 students study at Explore level, Year 9 study at Bronze level and the Sixth Form students study the Gold Arts Award that equates to 16 UCAS points.

This year 105 students achieved an Arts Award in Dance. Well done girls!

NATD Contemporary Dance Achievements

As part of the Co-Curricular offer in Dance, students can study a codified technique at different grades with an external teacher, Mrs Aquilina.

This year a variety of students took Grade Three and Grade Five in the summer with all the Grade Five students achieving Distinction; again, well done girls!

If you are interested in developing your skills further in Contemporary Dance and studying a syllabus, please see Mrs Barber for information.





Mrs Burton joined us as the new Head of Old Palace at the start of September. We wondered how she was getting on so we sent two of our finest reporters, Suraiya and Claire, along to find out.

From your first few weeks of being at Old Palace, what has been the most interesting experience so far?

Firstly, I would like to say it has been a fabulous first five weeks, and the staff, students and parents have all been very welcoming. I think the most interesting experience was the ISI inspection, because we weren't expecting it until October, however, the School pulled together. It was definitely a baptism of fire!

How do you propose to develop the school in the next couple of years?

My plans for the school are still in the process of being developed and I want to get input from the leadership team, staff, students and parents to truly understand the needs and ideas that the school community has. My main aim is to secure Old Palace as being the best girls' school in the local area, ensuring that the quality of education, onsite facilities and available opportunities are of the very best

standard. With regards to opportunities available for students, I want to ensure that they are diverse in terms of their variety but also relevant to secure the best possible future for everyone. Above all, I would like to maintain the values-based education that Old Palace is renowned for, by delivering the values and expectations in the school's four pillars: courage, service, skills and knowledge and emotional intelligence. However, I want the school to remain modern and progressive.

What would be your best piece of advice for a student?

My best piece of advice would be to work hard, but also to try as many of the different extracurricular activities available to balance the academic side of school. By immersing oneself in a variety of clubs after school and during lunchtime, there are more opportunities to develop emotional intelligence, a key part of the four pillars that set the school's values. It is extremely important to try new things and, even if things don't go to plan, never give up. It is not a problem if things go wrong but it is how you get back up and keep on going that counts.

Do you have a hidden talent?

When I was fourteen, I used to partake in Ballroom and Latin American dancing. I was quite competitive and was awarded a number of medals. However, there was a slight problem as the shortage of boys and my rather tall physique meant that I often had to take the role of the boy in the dances. Therefore, all my medals were actually in the male category, but it was a wonderful experience nevertheless!

What were your favourite subjects (or activities) when growing up?

My favourite subjects at school were maths and French. I wished to take them both at A-Levels but unfortunately my school was unable to offer French and so I chose Maths, Economics and Computing instead. I grew to especially love Economics and so I continued studying it at university. However, one of my favourite activities growing up was being part of the Girl

Guides, of which I was a dedicated member until I was 16.

What did you want to be when you were our age (14/15)?

I always wanted to be a Blue Peter presenter. It was the most popular TV show for children when I was growing up and they were able to get involved in such interesting and varied things. I always made a special effort to partake in all the competitions and challenges that the show held, which could have been anything from making a model island out of egg cartons to collecting stamps.

If you could go anywhere in the world, where would it be?

I have been fortunate to have had the opportunity to travel quite a lot. Despite this, I have never seen the Northern Lights and would love to visit Norway or Iceland. Perhaps, I will one day go on the very popular school trip to Iceland!

What is your favourite part about being a Head?

In order to answer this question to the best of my ability, I feel that it is important to provide you with a short backstory. I was the Head at Wallington Girls from 2012 until 2015, and later became the Head of a multi-academy trust when the three schools – Nonsuch, Wallington Girls and Carshalton Girls – merged. Although it was a role I very much enjoyed and an invaluable experience, I began to find myself becoming removed from the school environment, which is one of the reasons I applied for the position of Head at Old Palace. I really enjoy being part of the vibrant school community and having such positive interactions with the students, staff and parents.

Who do you admire/find particularly inspirational?

I find that there are different people who you admire during the various stages of your life. However, it is important to be inspired by someone who reflects your own values. One of the people whom I find particularly



Mrs Burton with Suraiya and Claire

inspirational is Kim Winsor, who was the youngest and first female board director at Marks and Spencer (where I worked after graduating from university). She proved to me that you could be a highly successful leader but still hold on to your values, as she made a real effort to treat her staff equally (regardless of their role).

Have you been influenced by a favourite song/movie/book?

I do not have a particular defining one, but I have a keen interest in historical books relating to the roles of women in society. Two of my favourite books with such a genre are 'The Birth of Venus' by Sarah Dunant, set in the late 15th Century Italy, and 'Testament of Youth', which is the memoir of Vera Brittain, a nurse, writer, feminist, and pacifist, recounting her experiences during the First World War. I love to learn how women in the past worked, lived, interacted and pursued their ambitions.

What do you like to do outside of school, your hobbies or interests?

I like to keep active and I used to love playing netball and tennis, however, recently I have had a knee surgery and so now I prefer to walk, cycle or swim. My son is a keen athlete and so I also spend a lot of time driving him to competitions.

What were you like as a student and do you think you would have fitted in at Old Palace?

I was a very hard-working student, however I would be lying if I said I wasn't a bit cheeky with my teachers! I also used to do lots of sports when I was in school. I would have very much enjoyed being at Old Palace as I went to a mixed comprehensive school so I didn't have all the opportunities that the girls at Old Palace have."

If you were given £10 million what would you do with the money?

Firstly, I would pay off all the mortgages that my close family members have and pay for the university fees for my son, niece and nephew. I would then set up an endowment fund for Old Palace to provide more bursaries and scholarships for girls. Lastly, I would buy a house with an indoor swimming pool, as I have always wanted one!

If you could set any rule you want, not in school, what would you choose?

You may think this is a bit odd, however I would ban women's shoes that you can't walk confidently and comfortably in. I have nothing against high heels, but would ban ridiculously high versions that people can barely walk in.

What is your favourite memory as a Head teacher?

My favourite memory so far would be the Old Palace Founder's Day last week. I found it a very touching experience, being able to be part of something much bigger than just the current school community. The history of the school and its foundation was fascinating and I have a reputation to live up to in terms of Emily Ayckbown!

Try to describe the colour yellow to someone's who's blind?

I would ask the person to imagine the feel of the sun on your skin on a summer's day in the UK.

If you could have a superpower, what would it be and why?

I would choose time travel, so that I could go back and tell my teenage self not to worry too much, as life works out well in the end. I would also like to say the same thing to my twenty, thirty and forty year old self!

Rate yourself from 1-10 on how weird you think you are?

I would rate myself a 9 – aren't all Heads a little bit weird!

Year 10 STEM Trip to the Royal Military Academy Sandhurst

On Thursday, 26th September 2019, a group of Year 10 students travelled to the Royal Military Academy Sandhurst (RMAS) for a Science, Technology, Engineering & Mathematics (STEM) Careers Fair geared towards encouraging young women to enter STEM related professions.

We were welcomed to the event by a senior serving female Army officer who introduced us to the beautiful site on which this event was hosted. She touched on the Careers Fair and the various presentations and engaging activities that had been organised for the day.

We visited a number of the exhibitor booths to inquire about various careers and training programmes open to women. BT (IT, Electronics, Engineering), Microsoft (IT, Engineering), London Fire Brigade, GSK (Biotech & Pharma) were some of the external exhibitors present at this event together with the Royal Artillery Corps, Army Flying Corps and Army Forensic teams.

Alfie, an Army sniffer dog, treated us to a very impressive display by successfully identifying a small bag containing banned substances from a line of luggage. Alfie was very cute and quite partial to his tennis ball.

There were a number of activities where we were encouraged to try landing a helicopter in a flight simulator with the Army Air Corps, investigating a crime scene using forensics, handling and firing a replica rifle from a prone position on the ground with the Royal Artillery Corps and assembling bolts and screws blindfolded against the clock in a mock blackout submarine scenario.

We came across an operational Apache helicopter and three of us had the opportunity to climb into a decommissioned 1980s Gazelle helicopter which was rather exciting. Eight of us tried our hand at cycling on a circular multi-person bike which was a lot of fun and luckily both we and the spectators in the vicinity survived unscathed.

After lunch, we split into three groups and each group was tasked with performing a particular activity.

Microsoft HoloLens - We found the HoloLens virtual reality headset very



interesting and we learnt about the technology and why Microsoft wanted to be involved in developing and rolling it out worldwide. HoloLens combines hardware design, artificial intelligence (AI) and mixed reality (virtual and real world) together to help organisations communicate and collaborate much more efficiently.
www.microsoft.com/en-us/hololens

Escape Room - The team was in a 'locked' room and they were tasked with finding a hidden key using a series of clues.

Coding - This team was involved in software coding with a view to achieving a specific goal.

All three activities were designed to teach us the importance of team work, lateral thinking and basic common sense.

The comments below indicate how informative and enjoyable this event was as we all came away excited about

some of the STEM career options open to us.

"I really enjoyed trying out games to do with STEM jobs, as they gave me a better understanding of the jobs" **Rebecca**

"The people from the army were extremely helpful and kind, which really made our day better" **Indrani**

"I loved every bit of this Careers Fair. I loved how the army were really helpful" **Dimanthi**

"This was an invaluable experience that I will never forget. The interactive activities were particularly enjoyable. The trip has really opened my eyes to the extent of STEM careers available" **Suraiya**

"This was such an amazing trip. This event helped to open my eyes to the different careers available to STEM" **Shahd**

A Classical Concert for Croydon presented by The Whitgift Foundation Schools

in harmony...

16 October 2019
7pm Fairfield Halls



THE
WHITGIFT
FOUNDATION

Book tickets
Fairfield.co.uk



Harvest Festival

On Thursday, students at the Prep School celebrated Harvest Festival. Thank you to Father Andrew for joining us and also to all the families who so kindly donated food.



News from the Chemistry Society - A Slimy Problem!



This week, members of ChemSoc investigated the weird and wonderful properties of a polymer based material commonly referred to as slime.

The students learnt a little about the role of borax informing crosslinks between polymer chains, then using PVA glue and borax solution, they

set about making a ball of slime that would give the highest bounce when dropped from a height of 1m.

After some initial problems getting the slime to gel, teams from Years 10 and 12 got into the competitive spirit and tweaked their mixture to get the best consistency. This week's winners were



Shahd, Evancika and Dimathi from Year 10 with a bounce height of 28cm. However, the ultimate winner was our Chemistry Technician, Mr Poole, with a bounce height of over 40cm! It is great to see high attendance at our ChemSoc meetings and such enthusiasm from our students.

Term Time Plus...

...is running for the whole of half term

Monday **21st October** to Friday **1st November**

7.30am – 6pm

£210 per week *Includes breakfast, mid-morning snack, lunch and tea.*

Open to Old Palace pupils from Reception – Year 5 (*other years by arrangement*)

Run by members of The Old Palace Community

Maths Magic

This week, Year 2 have been learning about reflection symmetry in 2D shapes. We learnt what a line of symmetry is and why it is also called a mirror line.

We folded a variety of 2D shapes to investigate whether they have lines of symmetry and how many. We discovered that for shapes with sides of the same length, the number of lines of symmetry is the same as the number of sides they have – an equilateral triangle has three lines of symmetry; a square has four lines of symmetry. Parallelograms and scalene triangles have no lines of symmetry and circles have an infinite number!

We used mirrors and tracing paper to create some Maths magic, drawing accurate reflections of butterfly and monster pictures!



Stunning Performance from our Year 12 Chemistry Students



At the end of the summer term, the Year 12 Chemists took part in the Cambridge Chemistry Challenge. This involves a 1.5 hour written exam, stretching the students well beyond the confines of the A level specification and testing their problem solving abilities.

Particular congratulations go to Megan and Roshanna who achieved Copper certificates, Arian who achieved a Silver certificate and Shannon (pictured above), whose outstanding performance in the Chemistry Challenge won her the Gold. This is a national competition and achieving a Gold certificate placed Shannon in the top 9% of students who entered the competition!

We are extremely proud of all our students' achievements. Well done.

Year 7 Netball Parental Workshop



Year 7 and their parents were put through their paces at the Netball Parental Workshop on Tuesday evening. Unfortunately, the weather wasn't on our side so the workshop was moved indoors giving Shah PE an electric atmosphere.

The students enjoyed practicing some basic ball skills with their parents before moving onto a variety of competitions against them. The competitive streak of students and parents certainly shone through, with parents taking the win on the interception drill but then the students fighting back on the shooting competition!

It was great to see so many parents supporting their daughter and encouraging them to maintain a love of sport.

Classics Department Word of the Week 30/09/19

ETYMOLOGY

The origin of a word and the historical development of its meaning.
From Greek: ἔτυμος 'etymos' meaning 'true' and λόγος 'logos' meaning 'word' or 'study', so means 'the truth of words'

Monoprint Workshop

On Monday 30th September, I and six other students from Year 9 attended a Monoprinting art workshop after school. It was great fun as we were able to learn new skills that we wouldn't normally do in lessons and it gave us an insight in to what GCSE art might be like.



First, we created a background by blending different colours of chalk together on an A3 sheet of paper. Then we chose the colour ink we wanted to print our images on and rolled it out onto a sheet of plastic. Next, we chose the picture that we wanted to print using the ink (I chose a flower), carefully placed our A3 paper onto the ink (making sure we didn't press too hard) and then placed our image on top of that, securing it down using masking tape. Finally, we traced over our chosen picture using a pencil, which resulted in the image being printed on our paper in the ink.

Rachel T, Year 9

The recent print workshop was run by Mrs Evangeli and the A level art students. The workshop had two main purposes; to teach us Monoprinting and to help us decide whether we would like to do GCSE Art. In this workshop we learnt different techniques and many different skills that we will be able to use in the future.

Nicola, Year 9

I found the workshop very enjoyable although I found it quite difficult because you are not able to lean on the paper whilst drawing. I enjoyed it as I learnt a new method and technique in art, and I look forward to doing this again and participating in the next art workshop.

Kayla, Year 9





As in previous years, the whole of Prep was involved in the preparations for and participation in the EDL.

This started with Year 4 and Year 5 girls being actively involved in the preparations: firstly, all the Year 5 girls wrote quiz questions for children in both Key Stage 1 and Key Stage 2, and not only did they create the quiz but they also ran it during break times on Tuesday, Wednesday and Thursday. Mrs Bhatt lent a hand by providing lots of information books.

The Year 4 girls also did wonderful work researching and making posters on nine different European countries for the "Around Europe" stand, so that the other classes could learn about the different European countries.

After a lot of marking the winner of the EDL Quiz in Key Stage 1 was Aanya and the runners up were Safah and Harriet.

The winner of the quiz in Key Stage 2 was Tamalia and the runners up were Adeline and Amelia.

On the day itself, the Assembly Hall

was transformed into a special space with a carousel of activities: a café, a travel agent stand named "Around Europe" and, finally, a games table. The Year 5 girls ran the café, role-playing as waitresses busy taking children's orders.

As Mrs Wellington reported, *"The Reception girls came back so excited as if they'd been on a tour of Europe!"*

Well done to all the girls for making this year's EDL so much fun.



European Day of Languages at Seniors

Once again, 26th September saw an array of activities linked to European Day of Languages. The canteen was decorated with flags and laminated sheets explaining the origin of the dishes.



This year, the accent was placed on Eastern European Languages with taster lessons in Polish and Russian, whilst our three main workshops, involving Zumba, speaking role play activities with a French actress and the Onatti Circus company, were attended by dozens of pupils.

Another welcome novelty was a fantastic talk by Fiona in Year 12 on the tree of languages and the evolution of Indo-European Languages. The follow up activities will also involve a visit to the Goethe Institute in London for German pupils.

It was heartening to see the school come together with impromptu debates about the importance of languages, some of them led by Michael at the school gates, and to see the students enjoy their languages in and out of the classroom.

Patrick Le Berre, *Subject Leader*
Modern Foreign Languages



Indo-European Tree of Languages

On Thursday 26th September, Fiona Bestrova delivered a presentation on the Indo-European Tree of Languages.

She explained the relationship between Germanic languages and Romance languages and how words have evolved throughout history. She interacted with the audience through an interesting Quiz allowing me to understand how influential Indo-European Languages are on the rest of world.

Additionally, I learnt that there are approximately 300 million French speakers within Africa alone. Fiona was very enthusiastic and spoke with immense passion about the languages. The audience found the presentation intriguing and in turn asked her a lot of questions which allowed them to expand their knowledge on the languages.

Shaaruka and Fiona, Year 7



Onatti – Les garçons

On Friday 27th September, 50 students from Years 7-12 had the opportunity to watch an interactive French play. It consisted of two native French actors trained at the prestigious drama school : "Cours Florent" in Paris.

Not only did the actors engage the students with the play but also encouraged volunteers to take part. It was obviously thoroughly enjoyed by the entire group of students who also had the chance to ask questions to Etienne and Clémence.

Overall, it was a huge success!



French Drama Workshop with Art Fabric

On Thursday, 26th September, we had the great pleasure to welcome Laura for a two hour workshop of French drama improvisation.

Our students in Years 11-13 were introduced to the exciting and highly creative field of improvisation. Through a series of fun games and exercises, students developed their improvisation, spontaneity and listening skills in French. Most importantly, they learned how to be flexible in their thinking, constantly reframing the situation as well as adjusting to the conversation they found themselves in, as well as conquering fears about speaking in a foreign language.

They benefitted both culturally and artistically from such an experience. It was great fun!

Taster Zumba Session

During Thursday lunchtime Miss Lennie ran a taster Zumba session as part of the celebration for the European Day of Languages. Zumba is an exercise fitness program created by Colombian dancer and choreographer Alberto "Beto" Pérez during the 1990s, which is usually performed to fast pace Latin American music.

The session started off with a fun, upbeat warm up where we warmed up our body before we went into the more intense part of the session.

For most of us this was the first Zumba session we had ever gone to (i.e. myself). It was very fast paced, hence you had to keep an eye on what was happening as things managed to change within a blink of an eye.

Many times we would end up free styling the whole thing, but at the end of the day it's the participation and the fact that you gave it a go that counts. For me the best part of this session was when one of the songs from my favourite band (CNCO) played, "Reggaetón Lento" (but the Little Mix Remix).

By the end of the session we were all sweating like crazy, which showed that we had worked hard, but had a lot of fun as well.

We all hope that Miss Lennie continues these sessions throughout the year.

Anushka, Year 12

Absorbent or Non-Absorbent? – That is the Question!

In Science, Year 2 is learning about everyday materials and their properties. This week, we investigated the absorbency of different types of paper – how good they are at soaking up liquid.

Crepe paper absorbed less than we thought. The shiny side of the shiny paper was not wet, but the paper side absorbed more than we were expecting. We then thought about the link between absorbency and what materials are used for. Paper towels and kitchen towels soaked up the most water and we decided that they are good for mopping up spills.

Tissues absorbed a lot of liquid but ripped. They are good to use when we blow our noses because there is less liquid to absorb and they are soft. Our next investigation will be on the properties of different types of fabric.



Breaking News...Banksy in Croydon

Crowds gathered on Tuesday morning after the Banksy homewares store appeared overnight underneath PureGym on the corner of Church Street and Frith Road (just round the corner from Old Palace).

A closed-down carpet shop in Croydon has been filled with a "range of impractical, bizarre and offensive merchandise" that will only be sold online. The shop won't open, but the lights will stay on through the night for the next two weeks.



On Wednesday 2nd October my mum and I went to see the Banksy exhibition on Church Street in Croydon. The exhibition was fascinating and there were some really nice pieces of work. I particularly liked the rats that were running around the clock. I think that we are quite privileged to have it in Croydon just around the corner from our school.

As we got to the end of the exhibition a security guard asked me to stay where I was standing for a minute. He radioed in to the control room and then two minutes later I was bought a Banksy print. I really like the colours that have been used and it looks very well done and the paper is really delicate. I would recommend going to see it.

Zoë F, Year 8H



On Tuesday afternoon I was both shocked and excited to find out that Banksy had set up an exclusive exhibition in no other than Church Street. After hearing of the exhibition I visited on Tuesday evening and was amazed and privileged to view his work.

The shop title itself, 'Gross Domestic Product' reflected the concept of the exhibition, in which Banksy markets unique and conceptual pieces in an attempt to regain the copyright over his trademark name.

Each piece was unique and had a twist to its meaning – making it easily identifiable as the renowned artist. I particularly loved the 'Rug', in which Banksy encompasses the crisis of diabetes rising in under 5's through the 'riddled corpse of Tony the tiger'.

I feel incredibly privileged, especially as an art student, to have been able to experience such a unique display in such an extraordinary way. The concept of his 'shop' and the work inside is amazing and I am very lucky to have had the opportunity to view it.

Isobel S, Year 12H



Cross Country

Tuesday was an 'all action' day for Cross Country. Three competitions took place at Lloyd Park throughout the day for different age groups. The weather played games with us all day too – sometimes the sun was out, and later on there was fork lightning and thunder accompanied by heavy rain and a beautiful rainbow!

Year 7 were first to run in the morning. It was quite a new experience for the students taking part but they all finished the 2.5km race and remained smiling afterwards. They did really well and listened to advice to not run out to the front but set themselves a steady pace. They were also the first to showcase the new Old Palace Athletics Vests! Well done to Mariya, Mayowa, Zara, Nicole, Sapphire and Harmony.



Over the lunchtime, students from Year 8/9 took part covering a distance of 3km. They were fortunate with the weather and again all finished having run at a sensible pace. Well done Deborah, Catherine, Rosemary and Grace.

Year 10/11 competed after school when the weather turned nasty. The race was delayed in an attempt to let the worst of the weather pass. They ran courageously in the weather and on ground that had become muddy and slippery. Again great effort from the runners – all finishing with confident, strong times – especially in light of the conditions. Well done to Alice and Emilia in Year 11 and to Amy and Lilia in Year 10. Special mention to Alice who was placed FOURTH in the race and now waits to hear whether she might be selected to run for Croydon in the Surrey Schools Competition in January.



The girls making use of the smart new school umbrellas



Year 10 and 11 Netball v Coloma

Year 10 and 11 had a tough netball fixture against Coloma this week. We struggled to field teams for this fixture with a number of availability issues at the last minute. Those who did play did extremely well to keep working hard against teams who had tall shooters and extremely strong defenders.

Year 11 set themselves a target for each quarter and achieved this which is positive; and some of the Year 10 players set individual targets to work on and were then rewarded by having managed to do reach these targets.

Sport is a great learning tool and winning and losing graciously is something we have to learn to do! Well done on your sporting behaviour!

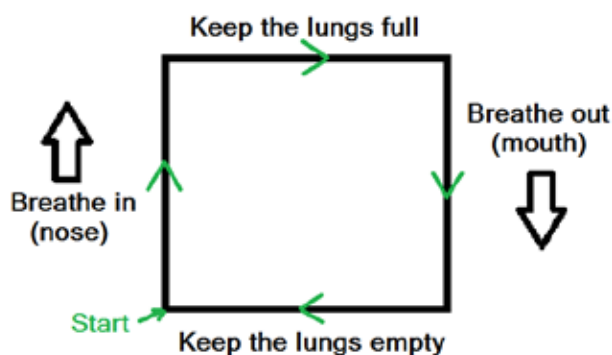
Year 11 players awarded Player of the Match to opposing teams and Treynelle was named as Player of the Match!



Square Breathing

Having the Right Strategies

Square or box breathing



In assemblies last week, I introduced the girls at Senior School to a breathing technique called Square Breathing as part of a wider talk on Emotional First Aid based on the work of Dr Guy Winch. It is a simple technique that they can use to help them feel calmer when managing any slightly stressful or emotionally challenging situation.

They have been encouraged in form time this week to practise the technique as learning the basics while calm makes it much more effective. It is so important that we equip the girls with the right strategies to manage the challenges they face, whether that is controlling their feeling of nervousness while giving a talk in front of a class or maintaining focus after an emotionally turbulent day.

If you have a moment, I encourage you as parents to give it a try!

Inga Sinclair
Assistant Head Pastoral

Year 8 and 9 Hockey v Croydon High

The Year 8 and 9 girls played a Hockey training match against Croydon High on Monday.

The girls did extremely well attacking in Croydon High half for most of the first half. There was some really effective defensive play at the back and fantastic block stick tackles from Natalia.

Tahalia was constantly on her feet and made some great saves at the back. Confident dribbling and passing was displayed by a number of players and some great teamwork led to a goal from the touches of Sumaiya and Alex in attack.

The players did extremely well as a team and we came away with a 1-1 draw.



Did you know that more people have access to the internet than to a flushing toilet?
Or that there are more bacteria in your mouth than people on the planet?

From the viruses in your computer to those in your cells, these are just some of the phenomenal insights bursting from the pages of the six shortlisted titles of the 2019 Royal Society Young People's Book Prize.

The Royal Society Young People's Book Prize aims to inspire young people to read about science and promotes the writing of excellent, accessible STEM books for under-14s. The prize is unique in that the winner of this prize (from the oldest continuous scientific establishment in the world) is selected by judging panels made up of 350 groups of young people across the country including our Year 6 students.

The books shortlisted this year are:

- **100 Things to Know About Numbers, Computers & Coding** by Alice James, Eddie Reynolds, Minna Lacey, Rose Hall and Alex Frith, illustrated by Federico Mariani, Parko Polo and Shaw Nielsen

- **Kid Scientists** by David Stabler, illustrated by Anoosha Syed
- **Planetarium** by Raman Prinja, illustrated by Chris Wormell
- **Science Makers: Making with States of Matter** by Anna Claybourne
- **The Bacteria Book** by Steve Mould
- **The Element in the Room** written by Mike Barfield, illustrated by Lauren Humphrey

Judging required specific skills, with votes for the shortlisted books being cast against specific criteria based on: Ease of reading, Layout, Interest and Overall Appeal. Students scored these categories and marks were tallied to

discover the overall winner Year 6 will put forward to the Royal Society as their winning book.

Year 6 voted to put forward *The Element in the Room* by Mike Barfield (although it was a very close!)

Over the next month, Year 6's choice will be tallied with the other judging groups' results from all across the UK to discover which shortlisted book will be crowned 2019's Royal Society's Young People's Book Prize Winner in a ceremony in November.

Many thanks to Mrs Marren, Mrs Mills & the Science Department for assisting the librarian in running this event.

Mrs Chevalier



Crown Announcement

Last term we launched a competition to design a new Crown for our extension stickers, and I'm pleased to share the winning design by Alice in Year 13.

This fantastic design incorporates elements from our House crests, and our school flower, the Michaelmas Daisy.

These stickers are used across the Senior School to identify successfully completed stretch and challenge work by students. Some of these may be short activities requiring problem solving, higher level thinking skills or creativity while others might be longer projects covering a half term of work or more.

For those of you at Preparatory - don't worry, extension certificates are still being awarded during weekly Praise Assemblies.



PTA Chair VACANCY

The role of PTA Chair is still vacant.

If anyone is interested and would like further information, please email pta@oldpalace.croydon.sch.uk

PTA Chair Roles and Responsibilities: The Chair is responsible for all operations of the PTA during the 2019-20 academic year.

Responsibilities include: Management of the committee, event planning and liaising with the various stakeholder groups to ensure all operations fall within acceptable parameters for the school, the Whitgift Foundation and the wider Old Palace community.



Art in Year 4

Year 4 girls have been exploring different viewpoints through photography in Art. Here are some photographs of the photographic magazines we have made from their work.



PoD: Irish Troubles

On Tuesday, 17th September, I attended a thought-provoking PoD (Point of Departure), on 'Northern Irish literature: beyond the Troubles?'. Mrs Parker took us on a whistle-stop tour of 'the Troubles' in Northern Ireland that left a lasting effect.

I learnt how the violent sectarian conflict defined an era of books, poems and plays. It was most interesting to understand how writers felt morally obligated to address the issue.

In the short time we had, we were able to explore iconic figures such as Seamus Heaney as well as contemporary writers such as David Park and Anna Burns.

Not only did the PoD assist my understanding of my English A-level course but it has also increased my curiosity about the world of Irish literature.

I will definitely be adding to my reading list: the first one being *Eureka Street* by Robert McLiam Wilson, which is one of Mrs Parker's favourites!

Rida, Year 13

Year 5 Netball v Royal Russell



The Year 5 Netball team missed the rain by seconds on Tuesday evening in an exciting end to end thriller with lots of goals from the old palace girls.

Lina and Nailah-Belle captained the teams and both squads made an excellent start against Royal Russell.

Super shooting from Katie, Sileena, Marly Lina and Daisy resulted in a victory for both the A and B team.



Final scores

Old Palace A 4-Royal Russell A 2

Old Palace B 2 - Royal Russell B 0

Mrs Coster was extremely impressed with all of your hard work and determination. Well done.

Year 8 Trip to Nower Wood



Year 8 miraculously dodged the showers last Wednesday and enjoyed the day exploring Nower Wood. This was a combined Geography and Biology trip, building on the skills they are currently learning in the classroom related to weather and ecosystems.

The girls explored where dormice prefer to live in the forest and why different plants live in different areas, causing the microclimate to vary.

Thank to all the staff who helped make the day a success.



Nursery & Pre School News: September

The new academic year has got off to a flying start with a whole range of activities in all rooms. We had fun with denim on Jeans for Genes day and raised £37 for a very special charity that supports children in the UK with Genetic Disorders.

The Pre School joined in with Prep to celebrate the European Day of Languages and thoroughly enjoyed a highly amusing puppet show put on by MFL teacher Mrs McMullen, where they learnt how to say 'hello' in Italian, Spanish and French.

As part of the topic 'People who help us' we have had visits from Croydon Police and The London Fire Brigade, who taught us about the Green Cross Code, Stranger Danger and the LFB slogan 'Get out, Stay out, Call the fire brigade out'.

Meanwhile, the younger children have been talking about their families and enjoying the topic of 'Harvest' by making use of fresh fruit and vegetables in play, art and storytelling.



Gym Club

Once again, Gymnastics Club is proving to be extremely popular. Students get to try out different movements and advanced techniques with the assistance of Olivia from Year 12.



MedSoc

The MedSoc is run by Year 13s directed towards students in Year 10. This is beneficial for us as it enhances our communication skills and prepares us for a future career in medicine or dentistry.

It is a commitment that entails producing exciting, stimulating, and interactive activities such as conducting a debate on the ethics of euthanasia to form a balanced view. Moreover, we carry out role-plays to simulate real life medical situations.

We also share interesting articles with enthusiasm to encourage students to explore other interests around their subjects through wider reading.

Additionally, we share our own experiences to provide invaluable advice. I have found it a very rewarding and worthwhile experience.

Keya, Year 13

Year 9 Dance Trip: Giselle at Salder's Wells

Akram Khan's *Giselle* is a breathtaking mix of romance and tragedy, whisking you away to a community of migrant factory workers, and telling the story of a young woman (Giselle) falling in love for the first time.

Her lover is the wealthy Albrecht, who disguises himself as one of the workers to woo Giselle. With energy, passion and beautiful choreography, the couple dance their way into our hearts and we soon find ourselves rooting for the pair. However, their affection does not go unnoticed, Hilarion, another worker who's trading skills have earned him respect in his community, also falls for Giselle. When he sees Albrecht flirting with Giselle he is instantly suspicious and challenges him to a fight.

The dancers are interrupted by the arrival of the landlords. As the wall goes up and the landlords emerge from the light, we can see an instant divide between them and the workers. Where the workers are dressed in drab clothes the landlords are dressed in big, flamboyant, sparkly outfits.

Whilst Hilarion tries to impress Giselle with his connections, we notice that Albrecht has been spotted by a woman, who turns out to be his fiancé

Bathilde. When he moves towards her, Giselle runs towards Albrecht, holding him back. He plays along and embraces her before betraying her and returning to Bathilde.

Upon the Landlords orders, the workers surround Giselle. In this scene it is unclear what is happening until the workers pull apart and reveal Giselle lying lifeless in Hilarions arms; it is clear she has been killed.

After the interval we see Giselle laying on the floor, having been dragged onto it by Myrtha, Queen of the Wilis (ghosts). In a series of puppet-like movements, Myrtha brings Giselle into the land of death to join the Wilis.

Giselle learns how to fight and act like the Wilis, but it takes her a while to get used to moving again. Hilarion visits Giselle's grave to mourn for her, but is torn apart by Wilis who demands revenge and recompense for her death.

Following the death of Hilarion, Giselle is visited by a heartbroken Albrecht, who instantly becomes aware of her presence and manages to meet her on the line between their two worlds. Albrecht begs forgiveness and sick of the ongoing violence, Giselle forgives him, setting Albrecht free into the realm of life once more.

Atlanta, Year 9

