



AROUND THE PALACE

Senior School Dance



See article on page 15

Dear all,



The Prep School has been an inspiration this week with all the students and staff taking part in Children's Mental Health Week. From making sure everyone walked in the fresh air, to getting the pupils to think about what makes them happy using their 'Mindapples', it has certainly been a week that has made me think about ensuring we all remain positive.

A few years ago, I attended a conference where we were told one way to promote well-being is to make sure you take the time to really appreciate your surroundings. I have reflected on this throughout the week and it has struck me just how much both Old Palace sites have to offer us in terms of inspiration, particularly at Seniors.

This week's assembly at Seniors, held in the Banqueting Hall, made me think about all the people who have passed

Seniors Open Afternoon Saturday, 8 February 2.00-4.00pm

through the walls; royalty, archbishops, the order of nuns, all playing their part in the history of the buildings. The girls studying in the library or The Long Gallery at Seniors do so in surroundings that would have seen so much learning over the centuries, along with political power play.

Finally, this week's Eucharist service in the Chapel, allowed girls time to worship and reflect in a 14th century space which would have been a religious focus for so many over time. Of course, Old Palace uses these inspirational spaces to full effect and when combined with all the modern teaching and specialist spaces the school offers, I really do think we are truly unique as a school.

So, my message to all students, parents and visitors coming to the school in the months ahead, is let's all take a moment to look around and really appreciate what an inspirational place Old Palace is.....and that will help us all promote our own well-being!



Jane Burton, Head

Learning to Look After Ourselves



This week has been Children's Mental Health week and at Prep we have been marking it in a number of ways.

We have learnt that our mental health and physical health are equally important. As well as eating healthily, drinking water and exercising, we can look after ourselves by: helping others, taking time out, spending time with family and friends, thinking positively about ourselves and asking for help when we need it.

During the week, each class has taken some time out to go for a walk in wellies on the field. At break times, we have spent time in the library listening to music and colouring. In form time, we thought about what makes us happy and also practised some breathing techniques to relax us.

We have also been thinking about how amazing we are and what makes us special!

To finish the week, we are going to make our own toolkits from the activities that we have found most helpful, so that we know what to do when things aren't easy and we can develop positive thinking.

Quotes from Year 2

'I enjoyed walking in the field. It felt really nice feeling the breeze on your face.'

'I enjoyed yesterday when we did the breathing. It was really useful in the afternoon. Something happened and I breathed and calmed down.'

'I enjoyed doing the apples. Thinking about things that make me happy made me feel better. I used the breathing when I was cross. It was helpful.'

'I enjoyed doing the apples. I felt nice and calm.'

'I enjoyed the breathing. It helped me when I was scared at night time.'

'I enjoyed the High Five breathing. It calmed me down.'

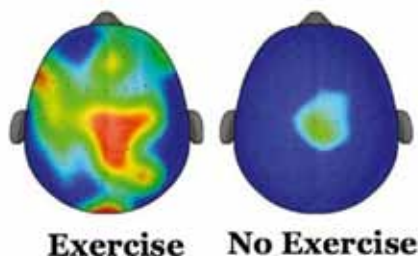
'I enjoyed the relaxation breathing – smelling the flowers and blowing out the candles. I felt relaxed and calm.'

'I enjoyed the breathing in and out. It was simple and calming.'

PoD on Mental Health

Mrs Smith and Mrs Fowler ran a PoD focusing on the impact sport has on mental health. The PoD was very well attended and students got the opportunity to give their opinions on why they think exercise is important, with some very thoughtful answers being suggested such as, 'it makes you feel happy', 'find new friends' and 'keeps you healthy'.

Students then looked at brain activity before and after exercise, with students



colouring in what proportion of the brain would be more alert after exercise. We came to the conclusion that everyone should do some sport

before an exam! Next up was a physical activity (to get the brains engaged for P4) of true or false which allowed some interesting discussions to occur.



Rosalind Franklin Women in STEM Conference

Many congratulations to Sixth Form student, Demi, who has been awarded a place to attend the prestigious 2020 Rosalind Franklin Women in STEM Conference at Newnham College (University of Cambridge) in March.

We look forward to hearing all about Demi's experience after Easter.

In Year 9, Year 10, Year 11 or Year 12?

Want a chance to meet and chat to a wide variety of employers from different industries?



Then don't miss Old Palace Senior School's Careers Fair 2020

Wednesday 11 March 5:30pm-7:30pm

Old Palace Senior School

There will be a programme of talks as well as stalls to visit. More details to follow.

Mrs W Williams *Higher Education & Careers Coordinator*

Careers at Old Palace

Everyone, from Year 1 in Prep to Year 13 in Sixth Form, has a Careers lesson as part of the fortnightly Learning for Life programme.



Additional opportunities to participate in work-related assemblies, learn about different careers as part of their studies and meet people at different stages of their career journey, all add to the enriching experience at Old Palace. Even the Nursery and Reception classes are included, with regular visits from a variety of people with different careers, ranging from the police through to an astronaut.

We are always looking for other professions to add to this programme, reaching out to our parents, staff, alumnae and their network of contacts.

This term we are arranging our biennial Careers Fair, an occasion for Year 9 through to Year 12 to meet someone who may inspire them to consider that particular field of work.

Building our list of career contacts in this way will encompass the whole school and enrich the experiences we are able to offer here at Old Palace.

If you can offer any support, either yourself, family, friends, your network of contacts or even just the name of the person responsible for 'early careers' where you work, all will be gratefully received and welcomed.

Please contact: Mrs Wendy Williams, our Higher Education and Careers Coordinator for further details.

Can you Help?

The main focus for the spring term is our Careers Fair on Wednesday 11th March, our programme of Career talks across the school and, in the summer term, our work-related learning programme for Year 11. For this reason we are asking you to consider supporting the school by volunteering your time, providing useful contacts for the school to facilitate these activities and/or arranging a visit to your place of work.

Activity	Date	Time	Offered to
Careers Fair	Wednesday 11th March	5:30pm-7:30pm	Years 9 to 13
Career Pathway talks	Wednesday/Thursdays	08:25-08:55	Year 12 and Year 13
Career insights	Monday-Friday	During school day	Whole school, including Prep & Nursery
Careers workshops	Thursdays (week 2)	1:35pm-2:35pm	Whole school, including Prep
STEM week	Summer term	Various times	Whole school, including Prep & Nursery
WRL programme	25th, 26th and 29th June	Various times	Year 11

If you are able to offer any support to any of these or other careers or work-related activities, please email Mrs Williams directly on wwilliams@oldpalace.croydon.sch.uk



Meet the New Head of Nursery & Preparatory

SAVE THE DATE: We are delighted to invite parents to a **light breakfast** (tea, coffee, croissants and pastries) in the Small Hall, to meet Mrs Laura Nike, our new Head of Nursery & Preparatory on:

Tuesday, **3 March** 7.30am – 8.15am

Note: this occasion is for parents only; girls will be supervised in the Assembly Hall as usual.

Invitation to Bedtime Story Time



Following the success of our first ever Bedtime Story Time last year, we are inviting parents and their daughters in RJ, 1J and 2J to a Bedtime Story Time on:

Friday, 13th March
6.30 to 8.30pm

Come in your pyjamas or a onesie and bring a favourite book and cuddly night-time buddy. As well as sharing books with your daughter, there will also be the opportunity to listen to a storyteller/author, who was an Old Palace girl. Hot chocolate will be served.

Spaces will initially be limited to 30 pupils. Once we know numbers, we will confirm whether there is space for siblings to attend.

Deadline for confirmation slips to be returned is:

Friday, 28th February

Young Voices at the O2



Year 5 students at the O2 for Young Voices. Full article next week.

Mindapples (Mental Health Week)



We have been looking at how we can make a difference to our mental health. Mindapples is an activity where you think of five things that improve your mental health - making you happy and creating a sense of well-being.

4J came up with a wonderful set of ideas for their five-a-day; including reading, dancing, listening to music, giggling with friends and cuddling a pet.

Whitgift House Mural



From October until December we worked on redecorating the salon wall at Whitgift House. As Art A Level students, it was an enjoyable experience to contribute our talents to the community and bring some visual life to the Home's salon. We communicated with the supervisors of Whitgift House to organise what the design would be. We felt this was an act of service to the elderly of Whitgift House, as through this we could brighten up their daily lives.

On a weekly basis, we have visited the salon after school to work on our painted mural. We managed to complete the mural in time for the residents to enjoy a Christmas full of colour!

Holly and Alice, Year 13

Indian Dance Club

Sahi is currently running an Indian Dance Club during Tuesday lunchtimes as part of her Unit 1 Gold Arts Award as a Year 12 Dance student. Sahi is having fun teaching the girls and is working hard to deliver an Indian Dance performance piece which will be part of our annual Dance Showcase in the Banqueting Hall on the 25th and 26th of March. Well done Sahi!

My name is Sahi and I have been practicing the art of bharathanatyam for over 14 years now. I began learning this art at the age of 3, under guru Rahini Rajakopal. Over the years my passion for bharathanatyam has grown to bring me to where I am now.

Whilst learning the art form in London, I always wanted to learn the form at its origins in Southern India. So, that is exactly what I did. In the summer of 2014, I went to India and trained under a teacher, located in Tamilnadu, for three weeks. After three weeks of immense daily training, I came to realise that even though I have been practicing bharathanatyam in a 'foreign' country I have been learning it with authenticity.

I returned to India in the summer of 2015 to do some more training, but under the supervision of a different teacher. Through this teacher, I received the opportunity to perform at Kalakshetra. Kalakshetra is an arts and cultural academy dedicated to the preservation of traditional values in Indian art and crafts, especially in the field of Bharatanatyam dance and Gandharvaveda music. Since a very young age I have always wanted to visit the place, but to be able to perform there felt like a dream come true.

In 2017 I did my arangetram. To perform an arangetram is an old tradition, which marks the pathway for a dancer to then perform alone or be able to give training to other dancers. The training for this event was quite difficult as I only had four months to learn a three hour dance routine.

However, it was a great experience. Last year, I received my diploma in bharathanatyam, under the exam board of OFAAL. This was a very proud after my long years of training.

Currently, I am studying to do my post diploma in the art. I believe that the post diploma will not be the end of my bharathanatyam training.



Celebrating the Periodic Table

Last year was the international year of the Periodic Table - such a valuable tool for all chemists. Members of the Chemistry Society employed their artistic talents to produce their own illustrated version of the table which is now on display in Runcie. It shows the first twenty elements and a few of the transition elements which the students commonly encounter in their course.

The girls have illustrated each element to show something about its use or properties. Also on display is a brief timeline showing the work of the brilliant Russian chemist, Dmitri Mendeleev, to whom we owe credit for the modern Periodic Table. For more fun facts about the elements, visit www.rsc.org/periodic-table/ to explore the Royal Society of Chemistry's interactive Periodic Table.



Spotlight on Careers



All students and staff at Senior School, and those at Prep, who use the minibus to travel to Seniors each day, know Michael, who helps students cross safely between the main building and Shah. Although he has worked at Old Palace School for over 19 years, not many know about his hidden talent....

On a recent visit to the Sixth Form for a career's talk, an alumna who had left in 2004, was surprisingly pleased when Michael recognised her and remembered her name. In fact, within two weeks of Year 6 and all new students in Year 7 and Year 12 starting

in September, he can easily recall their names, making all feel welcome. His friendly nature and genuine interest in how your day is going, makes him a real asset to Old Palace School.

As part of Old Palace's Career Education programme, we encourage students across the school to ask questions of their network of family and friends, about the skills that person uses in their daily job, what they like and why they chose that profession.

Here are Michael's answers:

What is your favourite part about your job?

Meeting new people and parents all the time.

What were you like at school, what were your favourite subjects?

Well, I was very jovial and friendly. If I wasn't talking for five minutes and sitting down on my own, my friends would ask if I was ok because they knew I couldn't do without talking for one second. My favourite subject was English language, I also enjoyed Biology.

What did you want to be when you were a teenager?

I wished to be an aircraft mechanic, but I didn't have a sense of direction or a motivator, until I changed from

a Business Studies degree to giving computers a try. I did it and I loved it and am still doing it now.

What do you like to do outside of work?

I like to listen to the world news, work on computers and fix them in my spare time.

From your 19 years at Old Palace, what has been the most interesting experience so far?

The most interesting experience is learning different names from different ethnicities.

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

Ha-ha, well, if I happen to possess a super power, I will use it for the government to fish out the criminals because many criminals do escape justice.

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

Wow, an interesting question... yes, Australia.

Year 9 High Jump

Year 9 have been practicing the High Jump in preparation for the Athletics season. They have really enjoyed learning a new skill and a real competitive spirit has been shown. There have been some impressive heights achieved with some students jumping over 130cm.

We look forward to seeing the skills in action at Sports Day and Croydon Schools Athletics.

GCSE Cricket

Year 10 GCSE PE were fortunate enough to have a coaching session with Gabby from Surrey Cricket on Wednesday. They learnt different batting techniques and the most effective way to field the ball.



AS Biology

In AS Biology, we dissected a fish head to observe the various features of fish that play an important role in gas exchange.

This was one of the many PAGs we complete throughout the Biology course. I found it extremely useful to see the gills and the primary lamellae up close and appreciate how complex the gas exchange process is.

Anushka T, Year 12



London Mozart Players Free Community Concert

A number of the Old Palace's musicians attended a wonderful concert with the London Mozart Players on Saturday. Anna in Year 10 has written a review below:

Last Saturday, The Chopin Unpacked (with Howard Shelly) concert, was a phenomenal interpretation of Chopin's work. The program started with Rossini's Overture to L'italina, a magnificent opera overture, which he experimented with trying new techniques such as Sul ponticello (when the bow is played very near to the bridge, producing a sharper tone). Chopin would have listened to Rossini's operas and been inspired as a child growing up in Warsaw.

Chopin's Allegro maestro and Rondo: Vivace (written in his late teens), really embodied the spirit of youth, freedom and generally happiness, through the lively syncopation, and call and response between the piano and orchestra.

However, the real star of the show was his Romance: Larghetto. Chopin really poured his soul and strongest feelings into this piece. He had recently, had unrequited love for an attractive opera singer, and was struggling with heartbreak. His heart literally hangs on the hauntingly beautiful yet desperately sorrowful melody in the right hand on the piano. In the audience, I could literally feel the pain and sadness he went through, those tender notes that Shelly so masterfully played. The orchestra harmonises with the piano very softly, creating this unearthly tone that makes the audience feel like the whole world (the orchestra) is sympathising with Chopin (the piano) in his grief.

Surprisingly, the movement finishes in the relative major key and then gradually fades away. I found that this almost produced tears, as I think he is indicating that although he did suffer terrible pain, he still found beauty and hope in his bittersweet romance.

Overall, it was a very special experience, which I am grateful to the London Mozart Players for giving us the complimentary invitations, to be inspired by their work.



Science Year 7 CREST Bronze Award

This week, some of Year 7 have been working on their BSA, CREST Bronze award projects. The project process develops enquiry, problem-solving and communication skills.

CREST Bronze can be used by students to enhance their UCAS personal statements. After completing the project, each student receives a personalised certificate.

Students' chosen projects include looking at treatments for dehydration, how do rockets work? why do we use shampoo?, which crisps are the crispiest? making your own toothpaste, what makes bread rise, monitoring acid rain, making fizzy drinks and revealing fingerprints.

WisePay is open until the end of February should further Year 7 parents wish their girls to receive a certificate.



Croydon Schools Swimming Championships



As always, the atmosphere was electric at the 4th and final preliminary round of The Croydon Schools Swimming Championships on Thursday morning.

Old Palace girls, ranging from Year 3 to Year 6, took part in events of all four competitive strokes and also Medley and Freestyle relays.

Ellie swam a super race in the combined Year 3 & 4 Freestyle with Amber following minutes later with

another fantastic swim in the Year 6 Freestyle. Nia had the job of doubling up events. Both girls swam in the Year 6 Breaststroke and also the Open Butterfly event.

For Year 3 girls, Avika, Moriah and Tamalia it was their first competition outside of school. All Old Palace swimmers were cheered on enthusiastically and extremely loudly by their team mates.

Mrs Tamplin and Mrs Fowler would also like to say well done to Isobel and Nikita, Year 6 and Daisy, Marly, Lina, Andrea, Kara and Shankavi, Year 5.

We are hoping that some of the girls qualify for the Championship finals, which will be held at Trinity School in March.

French Debate



On a chilly Tuesday evening in February, 16-18 year olds from South London schools gathered at Whitgift School for the annual *Joutes Oraatoires* French debating competition.

The debate was to help students studying French in Key Stage 5 further develop their skills in the language such as speaking and debating. Three topics were given to all the school participating and all the students were allowed to prepare beforehand and have some notes with them. Not only did the girls have the opportunity to put their French into practice, they presented strong arguments both in favour and against motions such as:

- On a eu le Brexit, il faut maintenant un 'Frexit'. (We have had Brexit, it is now necessary to have a Frexit.)

- On devrait abolir les écoles privées pour réduire l'inégalité sociale. (Private school must be abolished to reduce inequality in society.)
- Pour sauver la planète, nous devrions tous devenir végétariens. (In order to save the planet, we must all become vegetarians.)

Although the actual competition was a series of 10 minute debates throughout the evening, it was clear that hours of tenacious research and practice that had been put in beforehand and it certainly shone through. Julieta, Shreya, Aishah and Yasmin showed what Old Palace was made of in a fierce performance, winning against two schools and accumulating a total of 32 points.

Our students were extremely well-prepared and debated brilliantly well. The rest of the AS French class went along with the teams to support them and cheer them on, and it was a great experience for everyone overall. We were able to learn from the other teams and it was a fabulous and great experience.

The students should be very proud of themselves as they have done something truly incredible.

Lydia and Yasmin, Sixth Form

STEM at Old Palace

For the past few years, Old Palace of John Whitgift has entered the Secondary Engineer London Leaders Award. This is a prestigious engineering competition that runs annually across Britain. It gives Year 8 students the opportunity to experience engineering beyond the normal curriculum. Students have to answer the question "If I was an Engineer, what would I do?"

They then have the opportunity to research engineering as well as interview an engineer. This gives students an understanding of the different types of engineering that could be open to them in the future and an awareness of the career paths they could take.

In order to answer the question, students need to identify an issue that they see as a problem, (local or global) and invent a solution. They need to draw a diagram of their solution and annotate it and write a pitch letter to convince the engineers to build their design. The Preparatory School also takes part with students in Years 3 to 5 all entering with their ideas and inventions.

Jenny Powell, an Engineer from Atkins Global, visited Seniors and Preparatory this week to give an informative talk on engineering and answer questions. She explained all about her career to date and the projects she has worked on.

The pictures that accompanied the talk, really brought it to life. The students were very enthusiastic and asked a wide range of questions, fully engaging in the opportunity provided. They are now working hard on their designs and we are waiting with anticipation to see what they come up with.

In previous years, we have been very successful in this competition. In the London area, two Year 8 students are chosen each year as Year 8 winners from all the entries received. Three years ago we had one Year 8 winner, Vishali, who designed a watch for diabetics to measure glucose levels in the blood. Last year, both Year 8 winners were Old Palace students. Patricia designed an Adrenaline Anklet and Zaynah designed a Motor Turbine. The Motor Turbine has recently been chosen to be made into a Prototype by the Proto team at Kingston University!!

As you can imagine, we have high hopes for this year's competition. We will let you know the results towards the end of the summer term.

Mrs Aldred



Sport for all!

It was incredible to see so many girls taking part in physical activity on Wednesday lunchtime. We had over 32 girls taking part in netball, hockey and cricket.



The Robot Diaries: Programming our mBots



During our technology lessons we have been learning about robotics and how robots work.

After constructing our robots we are now at the coding stage. We have been learning how to programme our mBot using the Makeblock software. Firstly, we had to connect our mBot to the port com3 and connect the mBot to the PC with a black USB cable. We then programmed it to play different notes for a certain number of beats by using the 'when the mBot starts up' block and connecting it to the 'play note for 2 beats' block.

We also learned to how to make the mBot glow in different colours and how to make it move. We did this by selecting the 'LED light' block and choosing the colour we wanted it to glow. To make it move, we attached the 'move forward, backward, left or right' block to the other blocks and put

a forever loop around that so it would continuously do that. After we had done that, we had to upload it in order to make the mBot do it on its own.

We were shown how to make the mBot follow a line using its sensors and move in a figure of eight. Whilst we were doing this, we came up with the idea to join all of the figure of eight line tracks to make one giant racing track for the mBots. To do this we had to fold back the white paper, so all the black lines connected and then we put the mBots on one after the other and they followed the lines around.

Overall it was great fun and we all really enjoyed programming them.

Zara, Year 7



Year 6 Science SuperStars



When Australian Aboriginals went on long journeys they tied objects to a stick. They would start at one end of the stick and work along it as they travelled. The objects would help them to remember events and experiences on their journey and to tell others of their adventures.

Over the last couple of weeks the Year 6 SuperStars have been making their own journey sticks. They have had to think about which objects would enable others to trace their journey around school. The Superstars have been very creative with ideas that link to various locations in the school.



Can you guess where some of these objects will take you?

Object	
Mouse	
Shoe lace	
Drumsticks	
Paper sandwich bag	
Hymn book	
Filter funnel	

Next week the students will be testing out their journey sticks, completing another successful project towards their CREST Science Superstars Award.

Good Luck SuperStars!

Psychology Club

In Psychology club we have been learning about the brain and how different parts of the brain are responsible for different functions. Some facts about the brain include:

- The brain grows three times its size in the first year of life. It continues to grow up to 18 years. However, after middle age the brain starts to get smaller.
- Information travels through neurones and there are about 100 billion of these in the brain. The fastest speed information can travel between neurones is 250mph.
- About 75% of the brain is made of water. This means dehydration, even by a small amount, can have a negative effect on brain function.

During the club we made brain hats (*see picture*), made a model brain using salt dough and have made neurones using pipe cleaners.





Year 10 participants in the ESU Public Speaking Competition (Gina, Fizza, Madinah, Sarra, Sophia, Tianna)

On Tuesday 28th January, six Year 10 students, including myself, participated in the English Speaking Union's prestigious public speaking competition which was kindly hosted by Sutton Grammar School.

We formed two teams with each of us fulfilling the role of either Speaker, Questioner or Chairperson. During our practice meetings we quickly realised that each role required the mastering of very different skills!

A month before the competition, the teams were given the opportunity to choose their topics which they would research and discuss on the evening. Madinah selected the topic, 'Gun use in the US undermines liberty' and Sarra

opted for, 'We cannot save the world if we continue to eat meat' – both topical and important issues to raise with our audience. It was time to put our IGCSE English skills to good use!

The unique format of the ESU's public speaking competition meant that we had to work alongside teams from other schools (the speaker from each team was paired with the chair and questioner of another team), with only thirty minutes on the night to collaborate and prepare our final presentations.

Nerves certainly made their presence felt as we were called to speak, but on reflection we can all say that we gained much from the experience.

While we did not progress to the next stage of the competition, we were much encouraged by our final marks and comments from the judges. We certainly do not regret pushing ourselves beyond our comfort zone - public speaking is an important and valuable life-skill and best of all, it is great fun!

We would also like to express our gratitude to Mrs Parker for her time, effort and encouragement in availing of this fantastic opportunity.

Fizza, Year 10



Last Tuesday, Sri and I took part in the second round of the ESU Schools' Mace debate competition.

We were opposing Farrington School on the motion that "Secondary education should give equal

prominence to arts subjects and science subjects in the curriculum". Our debate was focused on the benefits of specialised schools like the Brit school and the opportunities they create for students with a particular interest in the arts. We also recognised that our current national curriculum puts more emphasis on the sciences due to the changing employment sector.

Originally, these points in the first draft of our speeches were not that clear or well structured. However, after receiving advice and support from Miss McCabe and Shiraz Engineer (one of our governors) our ideas were a lot more organised. We also had to think about the different ways the motion could be interpreted to best anticipate what the proposition would say. Overall, our debating skills definitely

improved from our practice with Miss McCabe at lunch time and after school.

Despite not getting through to the next round, it was still a valuable experience, as we were able to listen to other topics like "this house regrets the commercialisation of Pride" and "this house would make vaccinations mandatory". By watching the other debates, we were able to pick up some of the other teams' techniques. The judge even remarked on the high standard of the debates that evening.

We would both like to thank Miss McCabe for organising our trip and making our practice meetings so enjoyable.

Charlotte B, Year 12 and Sri, Year 13

Sports Leaders Level 2 Award

As part of the Sports Leaders Level 2 Award, Hazima led a fantastic yoga session to Year 11. Students learnt new poses and looked at different breathing patterns. It was a lovely to see them all leave very calm and relaxed with the worries of examinations far from their minds!



Our BAFTA Young Game Designer Entries!

In our recent Computer Science lessons, we have been working on making games for the BAFTA Young Fame Designer's competition 2020. Thousands of students from all over the country enter this prestigious competition, and in the past four years alone Old Palace has had eight finalists which is the national record!

To make our games we use many programmes and coding languages, such as Python. We have also been learning how to use Python over the autumn term so those skills really come in handy. We also use an app called Scratch. Scratch allows us to programme using blocks. It also allows us to design our own characters and backgrounds. We also have to write a description on our game and print screenshots of our work.

Some of us are working in groups and are working on different genres of games. My partner Manasi and I are working on a game where you have to find the ghost of Harry Price, who was a famous ghost hunter. You explore the haunted house and solve puzzles and traps. Our game is aimed at age 10+. Another group in our class is working on a game called Sun, Moon and Mouse. The aim of their game is

to eat the moon which is made from cheese without the sun cat burning you. Rebecca's role in this was to make the game whereas Lily worked on the design. Rhian also did some design but mainly worked on the logo. It is good to take on different roles as you find out what you enjoy and if you are going to apply for a job involving technology and making games you would know what your strengths are.

Zoe, Year 8 Digital Leader



Chapel Recitals

The programme of Chapel recitals continues to run in full force, and this week it was the turn of Year 11, who had the chance to play some of their GCSE repertoire ahead of coursework submission.

Pictured are Emily and Sasha, who both played some beautifully expressive piano pieces.



Evensong Service at Croydon Minster

On Monday Polyphonic took part in another Evensong service at Croydon Minster. The service was a lovely moment of calm in the midst of another busy academic term, and a reflective way to end the day.

The choir sang Stuart Beer's canticles for upper voices which were set with a number of serene plainsong passages contrasting with some flowing canonic music, Harold Darke's responses and John Dankworth's *Light of the World* which was a fitting anthem before Candlemas on Sunday.



Code Combat in Year 9

The Computer Science department has given all of the Year 9 students a fully licensed account of the revolutionary new online learning environment for programming called "Code Combat". This highly challenging and advanced software enables students to learn multiple different coding languages, such as Python, Javascript, HTML, CSS and JQuery in a RPG (Role Play Game) simulation, similar to the turn-based Dungeons and Dragons type fantasy games.

Students so far have been engrossed and stimulated with this extremely exciting new way of learning. Students can

choose a variety of characters to play with, and progress through different programming challenges, each one harder than the previous one. Students are tasked to use their coding knowledge to overcome problems to keep their character alive against various obstacles, including orcs, trolls, skeleton warriors and fireballs! Students receive an official certificate of achievement in programming for every learning stage they complete.

The Computer Science Dept.



Artistic Director of James Cousins Dance Company Leads Workshop at Old Palace

© Camilla Greenwell



James Cousins has a passion for teaching and has assisted on the CAT scheme at The Place as well as leading workshops as part of LC3 and independently.

He is excited and thrilled to be coming to Old Palace to lead a workshop for the Year 8, 10 and 12 pupils and to provide

them with a tool kit to help them develop their contact and release-based technical skills.

In next week's bulletin, the dance pupils will report back on the highlights of the workshop and the skills they have gained!

GCSE Dance Course

'Since the start of our GCSE Dance course, we have focused on the meaning of fitness for a dancer. We have become increasingly knowledgeable about how to use our bodies and how to develop stronger core muscles and greater extension by performing a variety of stretches. We have looked closely at diet and nutrition and how to adapt an eating plan to become healthier and to be the best dancers we can be.'

Ingrid, Year 10 GCSE Dance

'I enjoy the choreographic aspects of the GCSE Dance course because they allow you to express yourself and your views and to be open with the audience. I have explored my creativity by working with others in my group and look forward to Year 11, when I will choreograph my own group dance.'

Temi, Year 10 GCSE Dance

'In GCSE Dance, our first performance piece was adapted from the work, 'Shadows' by Christopher Bruce. I thoroughly enjoyed understanding and re-enacting the powerful message from the piece and our final performance made me feel exhilarated and excited for future performances.'

Sarra, Year 10 GCSE Dance

'I have really enjoyed studying GCSE Dance this year. I have learnt a range of physical and expressive skills and my favourite part of learning the set phrases was working on the artistry of the pieces. Whilst working on last term's performance piece, I have grown closer to the other girls as we each contributed our own interpretations to the dance. The costumes we were given, helped to reflect the mood of the piece and our use of a chair as a prop, provided lots of creative opportunities. Whilst performing in front of an audience, we worked hard whilst supporting one another.'

Varsha, Year 10 GCSE Dance



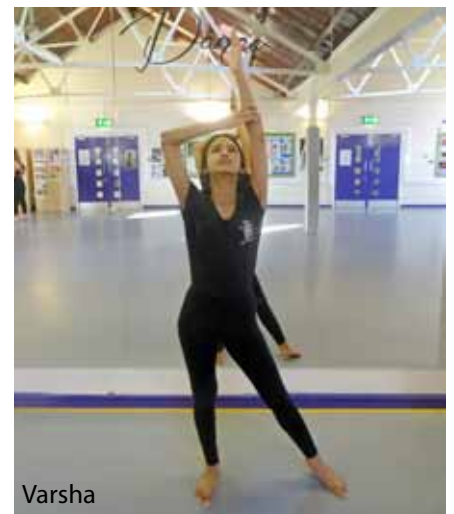
Temi



Sarra



Ingrid



Varsha



Photography Workshop

The recent workshop focused on the art of photography using the darkroom. The workshop was open to Years 9-11 and was run by Ms Clauser and the AS/A-level Photography students.

The workshop allowed students who wouldn't usually be allowed access into the darkroom to create beautiful monochrome photographs.

We used the enlarger to create different types of prints called photograms. We also learnt how to create photograph images using a scanner. These are called scanograms. The workshop was extremely fun and informative, and has most likely helped some students develop a passion for photography.

Nicola, Year 9



Hockey v Woldingham



Some of the older students had the opportunity to play in a Hockey match against Woldingham.

They did extremely well and worked really hard to push up the pitch but also get back and defend. The players showed their ability to tackle using block stick and jab tackles. Their V-drags proved that hockey skills and drills clubs and work in lesson time has helped to improve their skills.

They worked really hard as team. Well done!

This Girl Can...Play Football

We have continued to make use of the sports facilities at Trinity and Year 7 have moved on to a Unit of work on Football. Despite a chilly morning the Year 7 students worked hard demonstrating their ability to control the ball and pass into space. Women's Football is one of the fastest growing sports and in PE we aim to allow students access to a wide range of sports in the curriculum and in the extra-curricular programme. Look out for Women in Sport Week at Old Palace which will be held in June.



Classics – Sixth Form Symposium

On Monday 10th February, classicists in the Sixth Form will take part in a symposium. This is a society that meets twice a term in a seminar format. Students read a selection of articles on a theme and gather together after school to discuss findings, argue, and talk Classics!

The society has members in Years 12 and 13 and last term's themes were Helen by *Euripides* and a study of Roman coins. On Monday, the society will meet to discuss Patronius' *Cena Trimalchionis*, how satire can be subtly hidden and links between this text and *The Great Gatsby*.

The students have greatly expanded their general knowledge and have enjoyed developing key skills that will help with their further education.

Mr Nolan

Oedipus Rex at Warwick University



On the 31st of January, a group of Sixth Form students visited Warwick University to attend the annual Theatre Festival, a day centred around Sophocles' *Oedipus Rex*. We attended lectures in the morning; a general background to Ancient Theatre by Dr Emanuela Bakola, who also delivered a lecture on 'The house, the mountain, the hero; fate and responsibility', discussing the way Sophocles uses location in his plays, and a lecture on the historical context of the play by Professor Michael Scott, who we were all honoured to hear.

We then took a break for lunch, allowing us to explore the university campus with the time we had, finding the community areas, shops, student union and a group

of university students protesting, giving us a glimpse into life on campus. We then listened to Eric Csapo on The Myth of Oedipus, providing us with a wider context of the myth outside of Sophocles' play, and varying textual, visual, and material representations across the ancient world. This provided extremely useful information and background to the play that an ancient audience would have had, allowing us to have a greater understanding of the original interpretation.

Finally, we saw *Oedipus Rex* as performed and directed by Warwick's students, and their new take on this classic tragedy. Many of the characters were portrayed with a new twist, and the choral odes were transformed with modern melodies, mimicking the spectacle of the original performance. Overall, the play was very enjoyable and led to much discussion on the way home.

Ellen, Year 12

Classics Department Word of the Week 03/02/2020



Exclude from a society or group. From the Greek *ὄστρακον* (*ostrakon*) 'shard of a pot'. If you wanted to expel someone from the city you would write their name on a shard of pot.

Year 11 Art Trip to the Royal Academy to see Picasso and Paper Exhibition



Our Trip to the RA to visit this highly anticipated exhibition was the highlight of our time at school so far. Visiting the world- renowned artist Picasso's pieces to review and appreciate his delicate hand painted works of art was inspirational.

The trip was organised by our teachers as a way of opening our minds to creative possibilities, helping us to be more imaginative with our ideas as we enter our examination unit. It showed us how Picasso used paper as a tool for his creativity, manipulating it and forming it into abstract, stunning

pieces of art and exploring limitless possibilities. It influenced us to explore different ways of experimenting, just as Picasso did using newsprint, and napkins to decorative wallpaper.

Picasso's work with paper spans his entire lifetime and showcases his constant drive to invent and innovate; inspiring us to do the same and exploring all new and ambitious ways to create and design our outcome. This trip was a fantastic way of encouraging us to be inspired by his works and explore our creative potential.



'I found this exhibition particularly impressive because it was useful to see the different media Picasso used. This has been extremely inspiring and I hope to reflect what I have learnt in my artwork.'

Mariyah, Year 11

'We spent two hours at the exhibition, which flew by, observing and studying his early abstract work. I was especially interested in how Picasso managed to continue creating art during the war when resources were low.'

In this exhibition we saw how he used fire to burn pieces of tissue to create images of skulls and faces. This gave me inspiration for how to do some experimentation in my work.'

Lastly, I found it fascinating to see the step-by-step process of how Picasso created some of his paintings; he would go from a random shape in the middle of the paper to creating a colourful, innovative piece of art work.'

Alice, Year 11



'We had the pleasure of viewing the Picasso and Paper exhibition which was useful and inspirational, for the title of our exam unit, 'Event'. There were many examples of Picasso's artwork that were adaptable to our theme, such as his works from the period of World War II and his highly subjective painting of Guernica. Picasso's abstract style of art has inspired many of us to experiment with different techniques.'

Emilia, Year 11

Synchronised Swimming



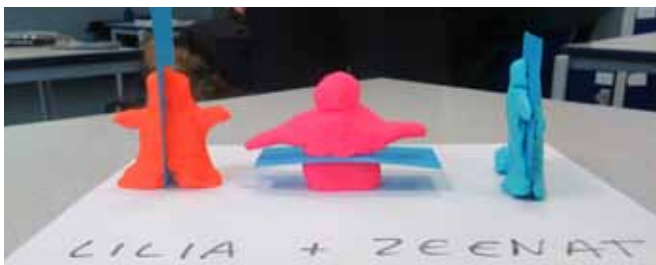
During recent Year 7 Swimming lessons, girls have had fun choreographing short, improvised Synchronised Swimming routines that they have then performed in groups to one another.

So that all-ability swimmers could work together, their routines were performed in water depth of 1 to 1.5metres. Competitive Synchronised Swimming routines are performed in Diving pit with a water depth of around 5 metres. Agility, swimming ability, artistic flair and a sense of achievement were all evident in their finished routines. It was a great opportunity for all girls to blossom in their particular areas of strength.

Synchronised Swimming is an exceptionally tough sport. Athletes perform swimming, acrobatic, gymnastic and dance type routines all in deep water, whilst holding their breath and looking elegant at the same time! It is an incredibly strenuous and skilful sport with Synchro athletes holding their breath for up to a minute at a time, being ranked second only to long distance runners in aerobic capacity! They also need rhythm and flair to synchronise and interpret the music, which they listen to through underwater speakers. One of the things which makes the lifts and balances all the more impressive is that Synchronised Swimmers use eggbeater style leg actions as they are not allowed to touch the bottom of the pool at any point during their routines.

GCSE PE

The Year 10 GCSE PE students have been studying planes and axes of movement for the Movement Analysis unit of work. In order to help them get to grips with this tricky topic we have worked with Play-Doh as well as imagining ourselves being sliced in half through various planes and rotating around different axes in the body.



Early Morning Swim?

Join us for an early morning swim...

Early morning swim happens every **Wednesday at 7.25am.**

All standards and abilities are welcome to come along. You can enjoy some teaching or swim at your leisure.

We look forward to seeing you there!



Year 10 Sports Leaders Award

On Monday, Zeenat and Emily, currently completing the Year 10 Sports Leaders Award, had to adapt their sessions at the last minute due to an increase in numbers and a different space. They did this seamlessly - demonstrating excellent leadership qualities!

Zeenat led a fun introduction to Taekwondo and Emily organised an indoor Rounders activity. The students taking part thoroughly enjoyed each session. Well done girls!



Intermediate Mathematical Challenge



United Kingdom
Mathematics Trust

On Thursday 6th February, all students in Years 10 and 11, and some keen volunteers in Year 9, sat the Intermediate Mathematical Challenge. This is a 60 minute multiple choice competition run by the UKMT (United Kingdom Mathematics Trust).

It promotes problem solving skills and encourages mathematical reasoning. The problems mostly involve using basic mathematical techniques, but they are applied in challenging and interesting ways.

Year 10 have shared their thoughts on the challenge:

Indrani "It really makes me think."

Suraiya "It is a brilliant opportunity to apply Maths in a different environment and explore the subject outside the curriculum."

Evancika "I enjoy getting the certificates, as it rewards me for good problem solving."

Here are some examples of questions from 2019 (taken from the UKMT website www.ukmt.org.uk):

There are four people, some of whom always tell the truth. The others always lie.

The first person said, "An odd number of us always tell the truth".

The second person said, "An even number of us always tell the truth".

The third person said, "A prime number of us always tell the truth".

The fourth person said, "A square number of us always tell the truth".

How many of these four people were telling the truth?

A 0

B 1

C 2

D 3

E 4

The diagram shows three touching semicircles with radius 1 inside an equilateral triangle, which each semicircle also touches. The diameter of each semicircle lies along a side of the triangle.

What is the length of each side of the equilateral triangle?

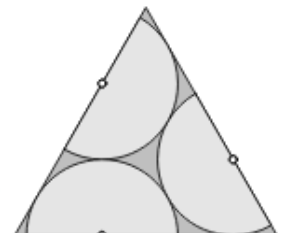
A 3

B $\frac{13}{4}$

C $\frac{3}{2}\sqrt{3}$

D $2\sqrt{3}$

E 4



OLD
PALACE

Friday

14th February

4 – 5.30pm

Banqueting Hall

Talent

A house point for every audience member
Refreshments will be provided

To raise money for the Croydon Refugee Day Centre

Charity No.1064465

Show

£2 entry

Pay on WisePay
or £2.50 at the
door

Year 6-9 students must pay in advance on WisePay as this also acts as parent permission.

DofE Update



Well done to the following girls who have completed a section of their award:

Physical at Silver Level

Sophia
Amy
Dimanthi

Skills at Bronze Level

Nishita
Albertina

A reminder that one section needs to be completed before the 6th March.

Water Polo v Bromley High School



Exhausting...physically demanding... tactical...draining... all words I would use to describe the friendly Water Polo fixture at Bromley High School last week.

Catherine, Zino, Cecilia, Nia, Amber, Beatrice, Abril, Vedika and Rosemary all played with great passion, enthusiasm and determination. The game was very even with no goals being scored in the first quarter. Cecilia, playing in her first Water Polo game, made some spectacular saves as goalkeeper. Year 6 students Nia and Amber, also playing in their first ever games, were little pocket rockets! They both played exceptionally well. Treading water is physically demanding at the best of times and both girls had to do so for the duration of their time in the water, plus of course challenging for and defending possession of the ball.

Abril and Beatrice both played on the wing, covering the whole 25 metre length of the pool; again Abril was playing in her first game. Rosemary, a competitive swimmer, used her speed to get to the dropdown ball first at the start of each quarter, whilst old timers Catherine and Zino held the whole team together, with their game play knowledge and experience shining through.

Unfortunately, after all that, the score was 3 – 2 to Bromley High. I would like to thank Sarah EK who did a fantastic job as referee. Also to all of the parents who came to spectate and Miss Rodwell for keeping me under control! Well done to all involved.

Mrs Tamplin

U12 Netball v Sydenham High School

Year 7 showed excellent team work when they played Sydenham on Tuesday. There was some accurate long distance shooting and some good movement to clear the ball from the defence.



Cyrano de Bergerac

This week, a group of Sixth Form Students went to the Playhouse Theatre in London to see a very modern version of *Cyrano de Bergerac* with James McAvooy. In Paris, in the year 1640, a brilliant poet and swordsman named Cyrano de Bergerac finds himself deeply in love with the beautiful and intellectual Roxane... The play centers on the pitfalls of idealism and the impasse between one's self-consciousness and how one is actually perceived.

Everyone enjoyed hearing the famous "tirade du nez":

« c'est un roc ! ... c'est un pic... c'est un cap !

Que dis-je, c'est un cap ? ... c'est une péninsule ! ».



Netball Development Squad

The Netball Development Squad trains every Monday lunchtime and have worked hard to progress their skills.

They have improved so much over the last year that this week they played in a match with the Year 9 Squad – a real achievement. Well done girls!



U13 Netball v Sydenham

The U13's played an intense match against Sydenham High School on Tuesday evening.

It took a while to get into a rhythm but in the second half we took control of the match. Unfortunately we ran out of time to claw back all the goals but finished a respectable 5-10 to Sydenham; the score line definitely not reflecting the game!



Year 12 Out and about in the Lake District

Year 12 Geographers have been developing their fieldwork skills in the beautiful Lake District this week.

