



AROUND THE PALACE

Dear all,

It is always wonderful to see Old Palace students excelling at all the things that they do but it is especially pleasing when they are making their mark in national events.

So, huge congratulations to our U18 water polo team for reaching the national finals. We are very proud of you and excited about your trip to the finals in Northampton in March. Thanks to Mrs Tamplin for being such an inspirational coach.

Another well done to the three Prep students who were successful in the national Mighty Nose poetry competition. Their work can be read later on in this bulletin. It is fantastic that the judges deemed their work to be among the best in the country.

We were delighted to welcome our MP for Croydon, Sarah Jones, to the school this week. Our thanks to her for giving up her time to host an inspirational Q&A with some of our students.

As the half term draws to a close I would like to say thank you to all the students, staff and parents for their hard work since Christmas and their support of Old Palace.

Wishing everyone a good half term break

Jane Burton, Head

Croydon MP Visits Old Palace



Croydon MP Visits Old Palace

On Monday, we were fortunate enough to have Sarah Jones, a former Old Palace student, visit us to talk about her work as MP for Croydon Central.

Sarah first gave an overview of her working life, prior to and after becoming an MP. She was a member of the team responsible for delivering the London 2012 Olympics, which has helped to redevelop Stratford for the benefit of the deprived communities living in the area. Her biggest achievement to date was setting up and leading the national cross-party campaign against knife crime – a method that has helped to raise the issue of the growing rate of knife crime in areas such as Croydon to Parliament.

We then had an opportunity to ask questions and feedback suggestions relating to national issues and those affecting Croydon. For example, several people have asked whether there were plans to open more youth centres in the area, following the success of the Croydon Legacy Youth Zone. Sarah also expressed her wish for Parliament to represent a broader spectrum of people in today's society, particularly in terms of gender, ethnicity and age.

Overall, it was a worthwhile experience that provided a clearer insight into the work that Parliament was doing, compared to what we may observe through the media. I would like to thank Sarah Jones for giving up her time to speak with us, given the fact that being an MP is a busy job!

WORLD
BOOK
DAY
5 MARCH 2020

REMINDER

World Book Week is coming soon...

Monday 2nd to Friday 6th March

Sports Leaders at Open Day

We were delighted to welcome so many of our prospective families to Open Day on Saturday. Our Sports Leaders proved fantastic ambassadors for the School, encouraging visitors to take part in a number of sporting activities including cricket, netball and table tennis.



National Water Polo Finalists



On Monday, 10th February, nine students from Years 8 to 11, travelled to Alleen's School to compete in the English Schools U18 Water Polo Championships preliminary rounds. This was a tournament consisting of four games against the best schools in the South of England.

Our first match was against Alleyns. Unfortunately, we lost this match but our determination and perseverance inspired us to carefully watch the next game in order to play more strategically. Following a quick team talk, we held our heads high as we stepped into the pool for our second match against Trinity. It was a difficult

game but we didn't give up. To our delight, we won this match 3-2!

A surge of adrenaline ran through us all as it was one of the first games that we had won in this competition since we began participating several years ago. Then we were ready to take on our next team – Notting Hill. Notting Hill had only been narrowly beaten by our previous opponents, Alleyn's (5-4) so this was going to prove to be a very difficult game against some excellent players. Again we played a brilliant game with some spectacular shots at goal (of which several were successful!). As the whistle blew, marking the end of a gruelling 12-minute game, the final

score came in: 3-2... to us!

We were buzzing with anticipation as we realised that we had a chance of qualifying for the National Finals. Our last game was against Brighton College. We were determined to also win this match so we continued to play a strong attacking game, whilst our goalkeepers maintained excellent saves at the goal. Soon the results came in... we had won this match by a staggering 10-0, and were the only team that day to achieve a score in double-digits!

Our determination to win as many games as we could meant that we had won three of our matches, and therefore had achieved our dream of reaching the National Finals. We hope that everything goes well at the Finals in Northampton in March, but regardless we are extremely proud of our progress as a team throughout the years of playing Water Polo. Special thanks must go to Mrs Tamplin whose passion for both swimming and Water Polo was crucial to our victory. Well played everyone!

Suraiya, Year 10



We are delighted to learn that three of our Prep School pupils are amongst the winners of the prestigious national poetry Mighty Nose Awards 2020.

Children aged 7-11 are invited to enter their poems – either as part of their class with their teacher's involvement, or individually. Each entry must be a poem (it doesn't have to rhyme), with a maximum length of thirty lines. The poem must have smell/s as a major feature. The following Mighty Nose 2020 Awards go to:

Enyinnaya, Year 5 - First place in the Years 5 & 6 category with her poem *Doughnuts* and received a £50 book token and a trophy!

Moriah, Year 3 - First place in the Years 3 & 4 category with her poem *Smell* and received a £50 book token and a trophy!

Tamalia, Year 3 - Highly commended in the Years 3 & 4 category for her poem *Smelly Food* and received a certificate and a book token for £25.

Doughnuts

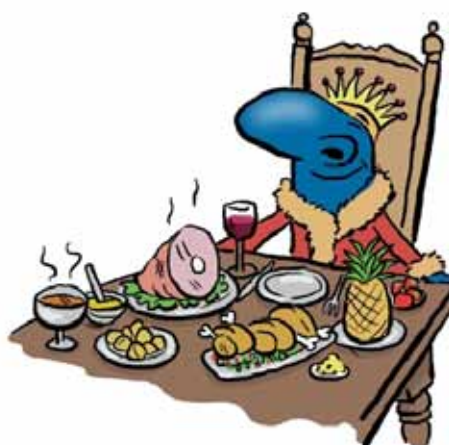
O, how much I love thee,
You always make me glad,
They say it's what's inside that counts,
Your heart's chocolate or jam.

Dad always brings you home on a Monday
To help us make it through,
I'm yet to meet a person
Who says they don't like you!

You live in many places, but you are
always round at Gregg's,
and I hate it when they tell me that
you've already left.

Sometimes I take you home with
mates
or sometimes by yourself.
And even when they sprinkle icing,
it's my heart that you melt.

Enyinnaya, Year 5



Smell

I am a smell, a pleasant smell, can you
guess what I am? They say I am a rose.
The Mister Lincoln Rose, perhaps the
most delightful red rose of them all.

My nose neither perked nor broad
lives on my face where it hoards. A
complementary feature that takes a hold
it proudly changes shape and takes a
hold. The peculiar smell from the acid
rain to the offensive smell of the rubbish
terrain.

I travel via plane to the sub Sahara Africa
where I step onto the plains. The smell
of the musty hot air leaves my soul out
there. Oh Smell!

The smell of herbs and spices sprinkled
over the different types of rice Rough
rice, Whala rice, sen sen rice and ground
rice all fragrant and rare. The herbal teas
and mint leaves tease me... Oh please!

Back at home in my room where I rest,
Mummy opened the window leaving the
smell of freshly cut grass to come in and
nest, Oh the smell!

Moriah, Year 3



Smelly Foods

Sausages: strong over powering
meaty smell I am a vegetarian and I
don't like sausages.

My daddy's Gahanna cow foot soup,
stinking all around the house....
yuck!

Eclairs: Sweet, rich, chocolatey smell.
The smell makes me feel like I am
floating on a sweet sugary cloud.

Lemons: fresh, juicy and herby lovely
sucked with sugar.

Latte: delicious, steamy coffee smell.

Yogurt: strong, wet and refreshing.

Falafel: The smell makes me feel like I
am busting in a BIG Israeli market.

Oranges: wherever I have one it makes
me feel like I am in a hot Italian day.

Octopus: not very smelly but very
wiggly.

Donuts: Yummy smell wafting up my
nostrils.

Tamalia, Year 3



Year 5 and 6 went to perform in Young Voices at the O2 Arena last Tuesday 4th February 2020 and all of us agreed it was an amazing experience!

We enjoyed singing 'Frightfest' the most as it was full of spooky songs with some dance moves as well. We also liked singing the 'Pop Medley' and the 'Queen Medley' as they were both made up of well-known songs. We loved the lighting effects, especially when they used pink with white flowers and we enjoyed doing a mexican wave with the other 8460 children!

The three hour rehearsal really tired us out and we were absolutely exhausted afterwards. Meeting Andy Instone (creative director) and the 'Urban Strides' dance group helped to keep us entertained though. Our conductor David Lawrence also kept us interested in what we were doing. The three special guest artists were Ruti (winner of 'The Voice'), The Shires (a country music duo) and Tony Hadley (from Spandau Ballet). They sang various solos during the concert and the best part was we got to sing with them as well. They were accompanied

by keyboards, percussion and other instruments that we had never heard before.

When we had our packed teas we were chatting about the concert and whether our parents were coming to watch or not. Whilst we were waiting for the concert to start every time our school name came on the screen going round the arena we screamed and cheered, waving our two Old Palace banners. When it started all the lights went off and it felt really exciting but also a bit nerve-wracking as well. We loved singing with our friends and waving our torches. We sang very loudly!

When the concert ended we were the last ones to be let out of the arena and then we had to wait in a long line to finally meet our parents at Tescos.

We will never forget this phenomenal memory that Miss Orr, Mrs Coster, Mrs Jordan and most importantly Miss Fitzgerald gave us.

Anaaya, Selina, Tia-Amelie and Kara,
Year 5



Old Palace PTA Quiz & Supper Event



WINNING TEAM: 'Down to a Tea': Justin, Alex, Jovan, Jane, Jane, Nicola, Sharon and Inga

Last Friday evening, the PTA hosted its annual Quiz Night with a fish and chip supper at the Prep School.

We had an extremely good turnout with seven teams competing for the coveted title of OP PTA Quiz Champions and the rather stylish medals that went with it. Congratulations to the winning team, 'Down to a Tea', and to 'Much Better Reception' who came second.

A team of Reception parents turned up in T-Shirts especially designed for this quiz. We applaud their enthusiasm and we look forward to hosting the teams next year along with new participants who may wish to join us. The next Quiz will be a Quiz and Curry night at the Senior School.

We would like to thank Mr John Russell for kindly acting as Quiz Master again this year. Our thanks also to the PTA volunteers, school caretakers and Mr Paul Bardens who helped at this event.

As ever, the PTA would not be able to host any of these events within the OP community if not for the constant support of Mrs S Jordan (the PTA Coordinator) and the OP Marketing team that help us to get the message out to the community.

Our next event will be the 'Prep Afternoon Tea with Your Favourite Adult' session which will take place on Saturday, 7th March 2020. A letter will be going out to the Prep community next week and we look forward to hosting the Prep students and their guests next month.

Old Palace PTA



RUNNERS UP: 'Much Better Reception': Simon, David, Shiv, Tom, Robin, Maria, Toby and Mari.



Mini Puzzle

A pregnant lady named her children: Dominique, Regis, Michelle, Fawn, Sophie and Lara. What will she name her next child? Jessica, Katie, Abby or Tilly?

Answer:

Tilly. She seems to follow the scale Do, Re, Me, Fa, So, La, and then Ti.



Students from the Nursery to the Sixth Form will participate in activities and projects looking at creative solutions to climate change.

The aim is for students to develop their creativity and creative problem solving skills. As a whole school, students will also be working on a fast fashion project to educate students on the importance of upcycling and experiment with repurposing clothing for creative projects.

Students have collected used clothes that will be used for a creative textile project, with the remaining clothes to be donated to charity.

This term, Old Palace is focusing on developing pupils' creativity by tackling the climate change crisis.

Fashion Forward: A Clothes Campaign

Climate change- the dire topic springing from everyone's lips; rising our seas, rendering species vulnerable, torturing our planet. If the whole dilemma was condensed into one picture, the immediately conjured image would most likely be car-vehicles rendered infamous for their release of CO₂ emissions. However, in this article, I would like to steer your thoughts away from steel and aluminium to explore another major threat to the planet... living inside your wardrobe.

Clothes and garments may seem irrelevant to climate change but the fashion industry is doing its part to put the planet under duress. Natural fibres consume colossal amounts of water and pesticides are often scattered on the land it grows on. Secondly, in the process of turning raw fibres to fabrics, the fabric has to be exposed to scorching temperatures, releasing CO₂ into our atmosphere. As well as this,

chemicals from substances such as dyes are released into seas and on to land, resulting in soil contamination. And finally, the delivery of clothes to fashion companies releases even more carbon emissions. Even when these clothes make it to your home, 85% ends up in landfill. With current technologies, it would take 12 years to recycle what the fast fashion industry creates in 48 hours.

To highlight - and indeed, play our small part in reversing this epidemic - The Old Palace Creative Solutions to Climate Change Club will be hosting a series of events across the Senior and Prep. These will consist of: activities over the term, assemblies, discussions and the creation of a hanging textile to be displayed on both school sites. The purpose of which to give old garments a new lease on life.

Lila M, Year 7

Planning A Prom - Year 13 Event Management

To enable students to use their knowledge and skills to successfully ask and answer the basic questions required, prior to planning an event or party, we organised a Learning for Life session on 'Event Management'. This was an opportunity for students to understand how to take into account the suggestions of others, manage their expectations and agree a plan of action.

In order to promote students' creativity, originality and imagination throughout the learning process, each Form group was given an information sheet entitled 'Tips for event planning' and a worksheet to record their ideas. From this they then had to agree on their top three, which their House Leader presented to the rest of the year group later in the session.

Although a little sceptical at the beginning, students were able to be clear and concise about what they wanted from the location, dress code, theme and decorations to the rules for the Prom and how they were going to arrange the set up and clean up afterwards.

Most of the ideas they had were fairly similar, with a few differences on dress code and theme. Taking into account all aspects of the event, students also considered their individual part in the process and came up with decisions on

how to plan the event and not rely solely on a few members of the Student Leadership Team.

Mrs Williams and Mr Talleux noted down the key points of each presentation, for the Student Leadership Team to use to plan the prom, and were able to clarify a few points. Mr Talleux did highlight that they wouldn't be allowed to climb in the trees to put up fairy lights and that hiring a professional DJ or photographer would eat into their budget. Overall the students worked well together and listened to each other. It was a very enjoyable session.



Water Polo v Bromley High School

Our younger Water Polo players are following in the waves created by their older counterparts. At the home friendly fixture this week against Bromley High School, Old Palace girls worked extremely hard and with great determination.

We conceded one goal in the second quarter which spurred the girls into another gear. In a closely fought third quarter, Old Palace scored a spectacular goal to even the score.

Moving into the exciting final quarter of the game, Old Palace pushed forward hard in attack and were rewarded with a winning goal.

Final score Old Palace 2, Bromley High 1. Well done to all players and thank you to Sarah, Year 11, for refereeing.



Chemistry Society – The Escape Room Challenge!

This week, the students got into competitive mode as they competed against each other and the clock to 'unlock' the Chemistry Escape Room. Teams had to solve a series of eight chemical puzzles to find the code to unlock the prize. Congratulations to Anushka and Zainab, Year 12, who were the first to complete the puzzles and find the code. From Year 10, Aparnaa, Evancika, Dimanthi and Temi beat their peers to claim the prize. All the students managed to complete the eight puzzles and were presented with certificates. Well done to all!

Some comments from students:

Anushka "This week we tried to complete the RSC Escape Room Challenge in ChemSoc. Zainab and I worked together in eight tough puzzles to find the password for the computer so that we could escape. Zainab and I successfully escaped (after attempt number 2). We had so much fun answering the puzzles and we also won an organisation kit, which will come in handy when revising for my AS exams."

Aparnaa "It was so much fun and I learnt lots of new things."

Dimanthi "I loved how we were working in groups. I learnt a lot of new things."

Evancika "I enjoyed cracking the puzzles. Some were very challenging!"

Amelie "I liked the fact that if we won, we got a prize as well."



Year 10 Learning 4 Life: The Daniel Spargo-Mabbs Foundation



On Thursday, the whole of Year 10 experienced the most heart-breaking Learning for Life lesson. It was based on the real life story of a 16 year old boy (Daniel Spargo-Mabbs), who had everything to live for, but who took an MDMA overdose and sadly passed away. The play was called *"Mum, I promise. I won't die"* which were the last words he said to his mother before he passed away.

The words in the script were taken exactly from his family and friends. The play was created to remember him and to spread the message to young people that drugs are dangerous and the consequences of addiction. It was devastating to hear about his story and see the grief of his family and friends. From this play and workshop I learnt that I need to look after myself and stay away from those situations.

Rachel, Year 10

Year 12 Learning 4 Life: S.A.M.E Academy



During Learning 4 Life, the Year 12s welcomed Wale Yusuff from the S.A.M.E Academy (Safety, Awareness, Mentoring, Education) who enlightened our new/next generation of motorists about the importance of driving awareness, road safety and the surrounding issues in relation to positive road usage.

His session covered a range of topics including peer pressure, speeding and drink driving; equipping our Year 12 students with the information to make informed decisions either as drivers or passengers.

Comment from Year 12

"We thought he was a very good presenter and that the material was relevant".

SATRO Problem Solving Club

At SATRO Problem Solving Club, students have been attempting previous year's problems in preparation for the regional heat at St. Philomena's School, Carshalton on 26th February. A KS3 group and KS4 group have been selected to represent the school, so wish them luck! In these photographs they are designing a lighting gantry.



Problem as follows

A Lighting Gantry.

Design and build a lighting gantry/structure onto the corriflute sheet, which can be orientated in any direction. It will support a light bulb as high as possible (Y) above the surface of the table, and as far as possible beyond the base on which the structure is built (X). The bulb may not be more than 100cm above the table top. The structure's base **MUST** be the A4 sheet of corriflute which may not be altered in any way.

The aim is to score maximum points. Two points will be awarded for every horizontal centimetre that the bulb extends beyond the base edge and one point for every vertical centimetre above the surface.

If the light bulb is switched on for the judging, then all points awarded above will be quadrupled (i.e. x4). No part of your structure must touch the table surface. The base and the structure must be free standing and stable. **You will not be allowed to aid the stability e.g. by pressing down on the base etc.** The light bulb must be pointing downwards.

Mathematics Climate Change Creativity Project

The Year 9 were excited to explore the data from NASA showing how Climate Change has affected the temperature, the extent of the Polar Ice Sheet, Carbon Dioxide and Sea Level around the world. They had the opportunity to interpret the data, using it to draw graphs and come to conclusions about how the effects have accelerated in recent years. Each class was given one aspect of the data to illustrate for the display.

On Tuesday 11th February, the displays formed an exhibition on climate change. Students used their creative skills to bring the data to life and make their peers think about the impacts climate change is having on our world. Staff and students at seniors viewed the displays and voted on their

favourite one. The winning display was "A" and that was created by Ms Ford's class. Well done!

"Throughout this project we have been able to improve our data handling, data analysis and geographical skills while learning about the many aspects of climate change."

Lizzie, Year 9

"As we all know; climate change is a huge problem. Our class created posters to make the school aware of the massive problem, which is increasing every second. This major issue is ruining our world and we hope that we have helped to spread awareness."

Kulsoom and Zahra, Year 9



Year 6, Year 7 and Year 8 Careers Competition



This week sees the launch of the Imaginary jobs of the future competition for Year 6, Year 7 and Year 8 (see information to the right).

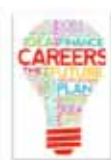
They have been asked to create an imaginary job, which does not already exist, and is not necessarily real. Feran in Year 8, the originator of the competition and Digital Leader for Careers, suggested a 'tree hugger' as one idea.

Over 85% of jobs in 2030, when Years 6 to 8 join the job market, are not yet invented, with job titles changing as they move into the next decade. Their imaginary job does not have to be a real job, though some jobs. Such as Professional Gym Goer, Movie Enthusiast or Time Traveller would be quite useful.

All entries will be displayed in the school in March, the same week as our Biannual Careers Fair when winners of the most imaginative job title and description will be announced. Although the Fair is only open to Years 9-12, it is generously supported by parents from the whole school, volunteering their time to provide an insight into their career journey. Hopefully we will get some interesting ideas from Years 6, 7 and 8 to inspire the future job creators.

Mrs W Williams Higher Education and Careers Coordinator

Imaginary Careers Competition



Imaginary jobs of the future competition



Open to:

Year 6
Year 7 + Year 8



Top 10 imaginary jobs that could be real...

Supernatural Hunter



Time Traveller



Dog Lover



Professional Gym Goer



Professional Eater



Problem Solver



Disney Princess

Movie Enthusiast



Professional Holidaymaker



Spa and Massage Consultant



Jobs of the future

- ☐ Create an imaginary job.....
- ☐ On A4 paper portrait or landscape
- ☐ Computer generated or hand drawn
- ☐ Must include a job title
- ☐ Include a sentence describing the job

☐ Doesn't have to be real....
E.g. 'Tree hugger'



Competition rules:

- ☐ Job shouldn't already exist
- ☐ Name and Form group on the back
- ☐ Entry given to Form Tutor by deadline
- ☐ Participation certificate for all entrants
- ☐ All work will be displayed in school
- ☐ Most imaginative job will win

Deadline: 28th February

GCSE PE

Year 10 GCSE PE students thoroughly enjoyed experiencing a gym atmosphere and having a go on a variety of different machines at Pure Gym last week. The girls were a pleasure to take and it is great to see them learning outside the classroom.



Year 3 Netball v St Christopher's

It was a pleasure to see the Year 3 pupils out on the netball courts yesterday, enjoying a competitive fixture against St Christopher's.



Year 9 Fitness

Frozen pitches and courts meant that Year 9 PE had to get creative on Friday morning so turned the Banqueting Hall into a 'fitness centre'!



LAMDA Public Speaking Exams

February comes round so quickly and that means public speaking exams.

We have some fabulous speeches being presented to the Examiner this Thursday and Friday - ranging from views on 'Plastic and the Environment' to 'Astrophysics' and 'Women in the French Resistance'.

The girls will be marked on content, delivery and the use of Visual Aids - so very challenging! There are quite a few top Grade 8s being taken, which marks the girls' journey through the Public Speaking syllabus.

I am very proud of them all and the three students who are taking the Grade 7 Verse and Prose exam; again, a wonderful achievement to be at this level of competency.

Let us wish them all well. We look forward to the results in six weeks time!

Idara	Sophia
Chloe-Marie	Emily
Kate	Adebolarinwa
Kyla	Amanda
Sumaiya	Amelia
Tiffany	Varsha
Saambavee	Shreya
Suraiya	

Mrs Redgrove

Year 6 Hockey v Seaton House



It was great to see so many of Year 6 playing in the hockey fixture on Wednesday against Seaton house School.

Year 6 have had a busy time lately but they worked really hard and showed some excellent developing hockey skills – there is great potential ahead!

The match was filled with drama and lots of goals and the finals scores were:

A Team won 5-2

B Team won 3-0

Well done!

The Robot Diaries: The Obstacle Course Challenge!

Today, we were programming our robots to be able to defeat a maze-like obstacle course. Out of all the programming we have had to do, this is probably the most difficult.

You have to be very precise and you have to get your maths right! It was essential for us to calculate the right number of seconds for it to move for and the amount of power we use. It was also important for us to figure out the right amount of degrees it has to turn. All of these three things made it quite difficult for us to programme it correctly; without bumping into anything or from going astray from its correct path.

Firstly, we had to draw out the obstacle course and we had to first give a sensible estimate for how the mBot will get around it. We also had to write how many seconds it took for us, acting like robots, to move from the beginning to the end. We had to also write how many degrees it turned. Whoever who was at the computer, actually programming it, must have found it quite hard because it was all up to them to get the numbers correct.

We used mBlock v.5 to program our robots. This is a programming software, like scratch, which is used to program mBots and other Makeblock robots.

We tried out different ways of programming our mBots. We tested different coding, however not all of them worked that well first time. We found several faults in our coding and changed it, receiving more successful results each time.

This was a fun, yet surprisingly difficult task to accomplish.

Torie-Marie and Sayyida, Year 7



Year 8 James Cousins Dance Workshop



This term, the Year 8s have been developing their skills in dance contact improvisation. Last Friday, we had the amazing opportunity to take part in a dance workshop led by Artistic Director, James Cousins, to complement the work we have been studying in class.

James' 2016 work, 'Within Her Eyes', has been a focus area, which also features on the AQA GCSE Dance Anthology of works. In class, we have explored different ways that we can maintain contact in dance and how we can develop trust when working with a partner. Key physical skills developed through this work have been strength, extension and control alongside various types of counter balance. In order to work safely, we have been using mental skills including movement memory, confidence, commitment and concentration as a means to work with a partner in a connected way.

It was really fun working with James Cousins and my favourite part was when we got to lift our partner in a quite complex way, which I have never achieved before. From this experience, I hope to improve my contact skills in Contemporary Dance and build upon the skills I've developed in the future.

Aswini, Year 8

'It was such a pleasure meeting the students for a dance workshop based on Within Her Eyes. The students really threw themselves into the workshop and were eager to learn new lifts and contact work. Their creativity and commitment was a joy to work with; it is so exciting to see the next generation of dancers!'

James Cousins

Artistic Director of James Cousins Company and choreographer of Within Her Eyes

'Cousins is a talented, resourceful choreographer, his cast are superb... duets are especially satisfying, ranging inventively from reckless flights of passion to beautifully observed intimacies of glance and touch.'

The Guardian

James grew up in Newbury, Berkshire and trained at London Contemporary Dance School. During his time at LCDS he co-ordinated the third year touring company LC3 and later joined Matthew Bourne's Swan Lake for an International tour and a four week run at New York City Ballet.

In 2011, James re-joined the cast of Matthew Bourne's Swan Lake for the new 3D film version of the show, filmed at Sadlers Wells Theatre London and was announced as the first winner of the inaugural New Adventures Choreographer Award.

James Cousins is one of six high profile choreographers to have been selected to feature his cinematic and hauntingly engaging work 'Within Her Eyes' as part of the AQA GCSE Dance Anthology. Within Her Eyes is based on his 2012 work, 'There we have been' and is a key professional dance work studied within the Dance Curriculum at Old Palace in Year 9 as well as at GCSE. Cousins describes it as 'a love story with a twist.'

He explains that rather than a conventional love story where, despite the bumpy road, the characters end up together; he wanted to flip it around to portray a story where, no matter what happened, ultimately they could never be together. It is therefore a narrative combining the themes of love and loss, dependency and loyalty, longing and memory inspired by both Cousins' personal experiences and well known narratives.

'Simply one of the most stunning contemporary dance pieces I have ever seen.'

London Dance.Com



Year 8 James Cousins Dance Workshop *continued*



Last Friday, we were fortunate enough to be visited by James Cousins. He taught us countless counter balances, complex lifts and extremely useful techniques to assist with our GCSE choreographic ideas. We learnt how to develop contact work and create innovative movements using our sense of touch. Ingrid and I performed many lifts with James Cousins (including Ingrid defying gravity and lifting James herself), whilst I experimented with counter balances with him. We found this experience extremely helpful in progressing our ideas for the creative aspect of the GCSE Dance course, whilst learning new skills and meeting James Cousins himself!

Sarra and Ingrid, Year 10

DT: The Diplodocus Who Came To Tea!

In Reception we made sandwiches fit for a Diplodocus. As part of our learning on herbivores and carnivores, each girl was tasked with designing and creating a sandwich.

They selected three ingredients a Diplodocus might enjoy. The children also had to think about food hygiene, how to use a knife safely and how to follow and write instructions. The best part of the lesson was of course the tasting!



Year 9 House Football

9E/F competed in House Football with some very close matches and some excellent goals scored. The final results were:

1st	Anselm
2nd	Laud
3rd	Stafford
4th	Hatton



Year 6 Quicksticks Hockey Tournament

On Friday, I had the pleasure of escorting four Year 6 girls to two Hockey events. The first being the finals of the Quicksticks Hockey tournament at Trinity School and then on to an invitational tournament hosted by Rosemead School at Crystal Palace National Sports Centre. Tahlyah, Theresa-Mae, Emma and Amber were in a mixed team with boys from Elmhurst. The Quickstick event lived up to its name with lightning speed Hockey being played by all participants. Our girls all played

extremely well, with Amber scoring some super goals, finishing in a creditable fourth placed school over all.

We then travelled to Crystal Palace where the girls were able to squeeze in eating their packed lunches before the second tournament began. We were all wrapped up warm as the day had started off very frosty and although there were beautiful blue skies the temperature remained low throughout the day. All four astroturf pitches were in constant use for the whole afternoon, with several teams playing

in pools on each pitch. Old Palace and Elmhurst were drawn against some very tough opposition in their pool. They had hard and exhausting games against St.Christopher's, Westward, Oakfield, Rosemead and Weston Green. Old Palace and Elmhurst won a sensationally close game against the hosts of the competition Rosemead 1-0. It was wonderful to be able to watch the girls in an environment other than my usual location at the Swimming Pool!

Mrs Tamplin



Mental Well-being Year 13

According to the Mental Health Foundation, mental health problems affect about 1 in 10 young children and young people, including depression, anxiety and conduct disorder, often as a direct response to what is happening in their lives. Some studies show that almost 1 in 4 people will experience depression before the age of 19 and often the stress and pressure of school and exams has a great influence on this. To help improve overall mental health and well-being, The NHS suggested five steps that include:

1. Connecting with other people and establishing good relationships with others
2. Being physically active, which is proven to have a good effect on both one's mental and physical health
3. Learning new skills
4. Giving to others and showing acts of kindness
5. Mindfulness - paying attention to the present moment.

As the Sixth Formers work towards final AS and A-Level exams, there is increasing stress placed on us which makes it more and more important for us as students to take care of our well-being, both mentally and physically.

Safiya, Year 13

Years 9 & 10 Learning 4 Life: First Aid



In L4L, we learnt the importance and methods behind using an EpiPen, giving CPR and the recovery position; all of which were followed by a fun quiz to test how much we had learnt. We were given thorough explanations and demonstrations before we tried each activity by ourselves.

A member of the Ambulance Service explained about the importance of CPR and an acronym "DR ABC" to go with it, so we wouldn't forget! I left the session feeling prepared for any emergency situation.

KC, Year 10

Hockey v Croydon High School

14 students from Old Palace made their way to Croydon High for a training A and B team match. The A team did extremely well defending the ball at the back. They were quick on the ball and did some quick pre-scanning to see where other players were on the pitch. The girls distributed the ball well and did some impressive stick skills getting passed defenders.

The B team got really stuck into tackles and also using a

press to attack. They were also very good at pressing the ball on a 16 yard hit out, making sure that they were all on a player and posting up. There was a great ball into the D and Mayowa scored a fantastic goal into the corner.

They did extremely well despite losing 2-1. Going forward we need to make sure we start to pass quickly off our strong foot and use the width of the pitch more to distribute the ball.

