



AROUND THE PALACE



Dear all,

Last weekend, I was missing Old Palace, so I cycled to the Senior school so I could see it through the gates. The postcard on the left is from me to you all from the Senior site!

It was wonderful to be able to recognise the hard work of our staff on 'National Thank a Teacher Day' on Wednesday. Students across Prep and Seniors signed an e-card that was then sent to all staff. The messages from the students were uplifting and heartfelt and were very much appreciated by staff.

As this half term draws to a close, I would also like to thank all the students for their continued enthusiasm and engagement shown during this period of remote learning and thank parents for their continued support of the school and for the positive and encouraging message they have sent to the school. As with the student messages, this has had a significant impact on us all at Old Palace.

We very much hope to be opening our doors to some Nursery children, Reception and Years 1 and 6 on Monday 1 June as long as the Government advises that it is safe to do so. In the meantime, I wish everyone a relaxing Bank Holiday weekend and hope everyone has a good half term break.

Jane Burton, Head

Year 13 Farewell Message

We officially said a fond farewell to our Year 13 students last Friday, with a beautiful Leavers' Service organised by Mr Talleux and Father Andrew.

Mr Talleux says: *"The Year 13 Student Leadership Team has had a fantastic year and worked very hard organising a range of initiatives and House activities – including the fantastic talent show in February. They will be greatly missed, but the universities they are going to will be delighted to have such talented and resourceful young members of our society. We wish them all the very best for the future."*

The team has created this message of farewell for the school:

https://youtu.be/On8ri9VP_1Y



Old Palace Launches Introduction to Sixth Form Programme

This week, we are delighted to introduce our innovative Introduction to Sixth Form Programme.

The aim is to introduce our current Year 11 students to the subject content for their chosen A Level subjects in the Old Palace Sixth Form. This will include a number of induction activities and provide opportunities for the exploration of the workplace. We hope that this will prepare our students for their A Level subjects in September.

Introduction to A Level work

Each A Level subject will be set approximately eight hours work per subject for students. By mid-June, a further four hours of work will be added meaning the total work set will equate to 12 hours. Students need to have completed this work by the end of August, so they should plan their own independent study time over the summer months to allow this to be done.

During June, teachers will arrange contact with students to check that they have understood the work set and what is required of them and to answer any queries they may have. Teachers will also be available by e mail if further support is needed.

Virtual Sixth Form Preparation: 22nd June - 3rd July 2020

These sessions will be run by Mr Talleux, Head of Sixth Form, along with other relevant staff and will cover how to:

- Achieve success in the Sixth Form
- Make the most of the opportunities available at Old Palace
- Keep a healthy work/life balance alongside A Level study
- Participate in the Extended Project Qualification
- Understand individual strengths and development needs through some work on personality profiles and emotional intelligence

Virtual Work-related Learning programme

This programme will consist of a number of online sessions for Year 11 students to access with some at specific time slots. For example, employers who had offered to be part of our programme had the school not been closed have adapted their resources to give a virtual experience of their industry.

Students will be tasked with activities to broaden their knowledge through podcasts, webinars, guest speakers, interactive videos and virtual careers discussions. All of these will develop their understanding of the workplace and their future.

National 'Thank a Teacher' Day

Wednesday was National 'Thank A Teacher' Day. Mrs Burton sent students an e card and invited them to post their own message. Here are just a few of the many wonderful replies. All 25 pages can be viewed on this link: www.oldpalace.croydon.sch.uk/national-thank-you-to-our-teachers-day/

Thanks for everything you're doing, having a teams lesson is the highlight of my day!
Thanks for continuing to support us and help us, this situation is unprecedented. You're all amazing, especially considering that some teachers are juggling young families too, I honestly don't know how you're doing it! Don't underestimate how much you're helping us. I hope you're all coping well -
Olivia L

Dear teachers,
Thank you for being
FABULOUS. We
appreciate you
more than words
can say!
~Amy 10S

Dear Teachers,
Thank you for all the hard work you do for us especially during this difficult time. We really appreciate it and thank you for doing the best you can to keep us happy and motivated!
Akchanah (9H)

Thank you all so much for your dedication to the school during these unprecedented times. Despite how difficult it has been, you have managed to help us stay positive, and continued to offer your support, and for that we couldn't be more grateful! Sorry to my teachers who've had to put up with me and my annoying e-mails! We hope to see you soon. Thank you all! - Mathumitha B

Dear All teachers, Thank you for always supporting us especially in tough times like now, I really appreciate everything you have done for us and keep smiling! Thank you for continually inspiring me to do my best. You help me strive for goals, I found guidance, friendship, discipline and love, everything, in all of you! Thank you! xx Zayna 8S

A letter from Mrs Nike



This week has been filled with so much fun learning! A lot of home cooking and exercise has taken place. Reception have been busy making space themed biscuits and I was very intrigued by Alexandra's Space Meteor Biscuits. I have never tasted one before but they look delicious. I was also very impressed with the Reception French Breakfast. Isabelle will now be able to order bacon and eggs at a French café which is extremely exciting and very sophisticated. Both Year 1 and Year 5 have made pizza, which just happens to be my favourite food, so I am sad to have missed out. If I had been around I would have eaten at least half. How much would that have left for you?

The PE activities carried out by Year 4 looked very demanding, but you rose to the challenge and demonstrated real strength and determination. Well done! It also looks like Year 5 have had a great time wearing their costumes, hats and goggles whilst talking about the different swimming strokes.

It is very important to eat well and exercise regularly. It has a huge impact on your health throughout your childhood and into adult life. Eating food containing important nutrients will help you to grow and is essential for your physical and mental development. Taking part in regular exercise and being active in different ways is good for your heart, bones and muscles and helps us to raise our self-confidence. So, keep up the home cooking and exercise. You are learning skills that will help you for the rest of your life!

Mrs Nike

Head of Nursery & Preparatory

Reception's Kandinsky Artwork



Reception combined Art and Maths to create their own concentric circles.

Rhiannon, 'I looked around the house for cups, plates anything I could make circles with'.

The girls were very resourceful and creative: sandpaper, tin foil and wrapping paper were just a few of the materials used to create their masterpieces! *More to follow next week.*



Year 13 Leavers' Dress Up Week

It was great to see our Year 13 students carrying on the Old Palace tradition of Dress Up Week.



Year 13 Leavers' Dress Up Week *continued*



Cibus!

You've probably heard of New York cheesecake but have you heard of Roman cheesecake?

Well, if you lived in Rome in the 5th Century it's just possible that you might have eaten this - just not for dessert!

Ms McCabe writes: "A few of you have asked for the recipe for the savoury Roman cake. Here is the recipe along with my own effort. It is very quick and you don't need a blender or a cover. Just beat the feta till it is smooth by mixing it quickly with a spoon".

SAVOURY CHEESECAKE

Serves 4



- 1lb (450 g) feta cheese
- 4 oz (1 cup/120 g) plain flour
- 1 egg
- 2-3 bay leaves

This is ideally made in a food processor. Break up the feta and place in the bowl. Process for 30 seconds until the mixture is smooth. Add the sifted flour and the egg and process for a few seconds until you have a soft dough. Mould into a loaf and shape into a slightly flattened circle. Score the top with 3 lines that divide the loaf into 6. Heat the oven to 425°F (220°C/gas mark 7). Place 2-3 fresh bay leaves under the loaf, cover with your alternative cover if you choose to use one and bake for 25 to 30 minutes. Serve while still warm as an accompaniment to a first course or to a savoury course.

We are sorry to announce that, due to Covid-19, the OPA Summer Reunion 2020 has been cancelled.

Do try and join us at the OPA and Friends Carol Service on Monday, 7th December at 7.00pm in Chapel.



Old Palace Alumnae

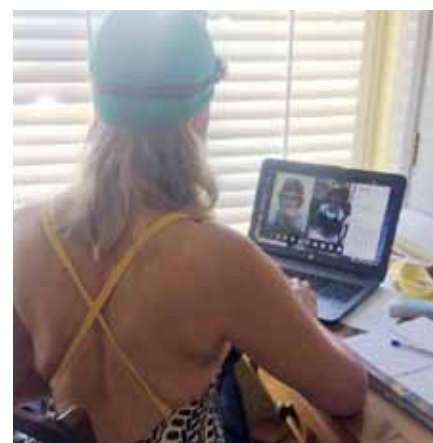
Year 5 Teams Swimming and Cricket

Last week, Miss Rodwell joined Year 5 for their PE lessons. They had been instructed to wear their swimming costume, hats and goggles for their swimming lesson and for cricket, they needed a ball and 6-7 recyclable containers.

Kara takes up the story: "When Miss Rodwell arrived (virtually, of course!), she asked how we were and what types of sports we had been doing during lockdown. In our swimming lesson, we reminded ourselves of what muscles we use for swimming and what the warm up exercises are for the different body parts and swimming strokes. Miss Rodwell then told us to go under water and blow bubbles for a few seconds. When we came up, we had to tell her what we had found under the water.

After swimming came cricket. We had to set up our recyclable items as stumps and with our ball we had to try to knock them down. Our next challenge was to find a spear shaped object which we could use as a bat. This time we had to hit the ball with the bat. Lastly, we did some activities using just the ball. We spun the ball round our body and threw it in the air while clapping our hands.'

Thank you, Miss Rodwell, for our lesson. We all thoroughly enjoyed it and can't wait to see you next week".



Marley's Sunflower Seeds



Marley is one of the children attending our Critical Care Workers provision. Earlier this month she planted some sunflower seeds. Marley's mother has sent us the following update:

I have sent you a picture of the plant you sowed with Marley. I must say your timing was perfect - shortly before you sent it home with her, we had recently decided to eat the cress she had grown. Consequently, she had no plant of her own to tend to; but not for long. I must say she is doing an excellent job and it is doing very well.

It dawned on me that I have no idea what it will be. I've thought about leaving it as a surprise but curiosity has got the better of me! Please indulge me! What on earth is it?

Answer: a sunflower!

Year 9 PE

Year 9 students were asked to watch a series of very short clips listening to Katerina Johnson-Thompson (current GB Heptathlete) interviewing Mary Peters (former NI Pentathlete) and write a short paragraph based on Mary Peters.



Mary took part in the Munich 1972 Summer Olympic Games and won gold at the pentathlon, sprint hurdling, high jump, shot put, long jump, and a flat race.

When she was 16, her father bought her sand for a high jump pit and on her 17th birthday she got a shot put circle.

At school, the headmaster recognised her talent for athletics and then she was introduced to a coach and then went and tried a pentathlon, because she was too young for a heptathlon. Her parents were very supportive of her achievements. The pentathlon, which she competed in, was a relatively new sport and there were not many people to look up to, but Mary was an inspiration to many heptathletes, who believe that they can do the event because of her. She took part in 42 pentathlons.

Sarah B, Year 9

Mary Peters is now 80 years old and is a former athlete who competed in heptathlon and shot put. The most defining moment in her career is when she went to the Olympics in Munich, 1972. On the 2nd September 1972, she went to Crystal Palace to watch people do different activities and then her coach said to have a go afterwards and she jumped higher than she had ever jumped before.

She said this was important to her because it 'made the difference in winning and losing'. Her parents helped her a lot in supporting her aspirations to be an athlete.

When Peters turned 16, her dad brought a lot of sand home so she could practice her long jump in the garden and when she turned 17 her parents got her a shot put circuit. Also, her athletic talent was later acknowledged by her headmaster who then introduced Peters to a professional coach and she said that her parents 'gave me every opportunity to follow that through'.

She also had a brother and since they were both very competitive, Peters commonly acknowledges her brother to be the person that pushed her to do what she did. She has inspired many younger athletes, one of them being 27 year old heptathlete Katrina Johnson Thompson and many others.

Anika K, Year 9



Mary Peters at the 1972 Olympics in Munich where she said "She was ready to win" when in fact she did win a gold medal.

Katrina Johnson Thompson interviews Mary Peters

During the interview we got to find out about Mary Peters. I found out things like when she was 16 her father bought her some sand so she can practise high jumping and also when she was 17 she got a shot put circle.

When she was at school she got recognised for her hard work and talent by her Headmaster, and she got recommended a coach who lead her on to the opportunity of doing a Pentathlon.

Shelise, Year 9

Year 7 Science

Some of our Year 7 students have been carrying out fun Science experiments at home.

Lava Lamp in a Glass



I did this experiment so that I could take a break for the day and have something fun to do, so I did this and found it incredibly fun and actually quite relaxing watching the bubbles going up and down!

Thank you Mrs Mills for putting them on the VLE. They are so much fun!

How it works Of course, it's not real lava but it does look a bit like a lava lamp. First of all, the oil floats on top of the water because it is less dense than the water. When salt is sprinkled on top, the salt is heavier than the oil, so it sinks down into the water and takes some oil with it, but then the salt dissolves and back up goes the oil.

Beatrice, Year 7

Your Dominant Side



As a fun science experiment, I decided to find out what my dominant side is. I completed a series of 'tests' to find out which is my dominant eye, foot and hand. I was interested to find that I am left dominant in my feet and hands, but right dominant in my eyes!

Around 90% of the world's population is right handed.

Some think that the reason is related to which side of your brain you use for language. The right side of your body is controlled by the left side of your brain, and in around 90% of people the left side of the brain also controls language.

Around 80% of people are right footed and 70% favour their right eye. These percentages are lower than those who are right handed and this could be because your body has more freedom of choice. In other words you are more likely to be trained to use your right hand than your right foot and even more so than your right eye.

It's not strange to find people who favour the opposite hand and foot (e.g. left hand and right foot), and some people are lucky enough to be ambidextrous, meaning they can use their left and right sides with equal skill.

Natalie, Year 7

Floating eggs



How it works Salt water is denser than ordinary tap water, the denser the liquid the easier it is for an object to float in it. When you lower the egg it drops through normal tap it reaches the salty water, at this point the water is dense enough for the egg to float. If you were careful when you added the tap water to the salt water, they will not have mixed, enabling the egg to amazingly float in the middle of the glass.

Rakshana, Year 7

Years 3-5 Drama

Years 3, 4 and 5 have been working on Monologues in their drama lessons. This week their task was to find their own costume and perform to their families. Here are Lydia, Jasmin-Lee and Annabelle enjoying 'Flour Power' by Tom Kirkham.



Keeping Active



Amy in Year 10 has been out cycling with her sister, **Hannah**, who we are looking forward to welcoming into Year 7 in September.



Anoushka in Year 7 completing her PE Cricket lesson.



Sarah in Year 6 has been practising her skipping

Year 9 25K Charity Run



Sakina in Year 9 recently did a 25km run for charity.

The run took place on different days and the score was accumulated over that time. The aim was to raise money for the World Health Organisation (WHO).

Sakina received a medal, a t-shirt and a certificate.

Competition Time

Recognise this?

She sells sea shells on the sea shore
or

Around the rugged rocks the
ragged rascal ran.

Yes - good old Tongue Twisters!

Mrs Redgrove uses these in Speech and Drama to help with improving diction - tongue twisters can be very hard to say!

Anyhow - over half term she would like you to make up some more for her or other Drama teachers to use in the future.

So, get thinking of some smart, tongue defying phrases or sentences and you could win a prize! Mrs Burton has kindly said she will judge the entries, and choose the winner.

Please send entries to:

NBerry@oldpalace.croydon.sch.uk by **6th June**

Go on - Have a Try!

Praise Certificates Awarded This Week



Paavana, Year 2 with her Silver Award certificate.



Lottie, Year 2 with her Silver Award



Sophie, Year 2 with her certificate for her French picture dictionary for clothes, awarded by Mme McMullen.



Congratulations to **Tamalia** who has been awarded her 500,000 words certificate for the accelerated reader programme by Mrs Bhatt. Mrs Wallis also awarded her a certificate for her work in Mathematics. Well done!

Lana in Reception holding a French Picnic with her toys



UPDATE: The Photography Competition Runners Up

Entries will appear in the next issue of the Bulletin after half term on 5th June

Foxes in my Garden: Update

Recently, Ava wrote a story about the excitement of finding fox cubs at the bottom of her garden. We hope she has a large garden as it turns out there are even more!

The foxes have grown quite big now and a couple have come right up to the patio door. One baby fox stole my dad's glove and he now knows not to leave them out! We have also noticed that the five babies and the mother are now sharing their home with another fox and it's two babies.

This would explain the difference in size and why we only saw five babies at the start. It is becoming harder to get up to their home without them seeing us as they are now becoming more aware of people and things around them.

Here is a picture I managed to get of them sunbathing and playing.

Ava, Year 8



Reception Pupils Makes Space Biscuits

To celebrate the end of the Space topic, Reception pupils had fun making Space biscuits!

Ayla decorated hers with chocolate.
Lana took her biscuits out in the sunshine so that we could see the space dust shimmer!



Space Meteor Biscuits

Alexandra in Reception made these meteor biscuits.



Year 8 DT



Phoebe in 8H made these face masks for herself and her dad following a pattern on the BBC.

Instrumental Lessons Continue Through the Power of the Internet!



Many Old Palace girls have been able to continue their musical instrument studies online. Something no-one would have even considered back in February. The girls have adapted brilliantly to taking lessons this way.

Girls from all years are enjoying weekly lessons. Here is a Sophia (Year 2) with violin teacher Mrs Parry-Dickinson and friends Mrs Rabbit and Mr Dog who often say 'hello' and 'hurray' to Sophia during her lesson!

In a quick question and answer session:

Were you anxious about lessons switched to being online?

Mrs P-D: *Yes I was really worried at first! Would the internet connections be good enough and how on earth was I going to help tune the violins!*

What has been your favourite things about violin lessons online?

Sophia: *Mrs P-D uses her puppet. I do not need to carry anything to the classroom - easy!*

Mrs P-D: *I have been so impressed by how the girls have listened and concentrated during lessons- it is quite a different way of learning and you really have to take time to listen to each other. It's also been amazing at how resourceful everyone has been. The girls have been brilliant at tuning violins and parents have been so careful to sort out a multitude of problems from very out of tune strings to broken strings and bridges coming off!*

What are you looking forward to when we might be allowed to get back to having lessons in person?

Sophia: *See Mrs P-D and my friends for real. Show Mrs P-D my new skills in front of her in person.*

Mrs P-D: *I'm really looking forward to seeing everyone but also being able to play music at the same time! Even the best internet connection has a time-lag and I've missed not being able to play a piano part along for a student or play a duet with a student.*



Year 12 French Poem

Year 12 students have expressed the need to write a poem in French to describe their feelings during this unusual time.

Réflexions, le temps d'un confinement...

Au fur et à mesure que les semaines défilent,
Nous voguons à nos nouvelles occupations en mode immobile.
Plongés dans un océan d'incertitudes et de désorientations
Nous évitons à tout prix de surfer sur la vague de la lamentation.
Il est vrai que chaque jour est le même que la veille,
mars, avril et mai ont été pareil.
Même si ça fait très mal maintenant,
nous apprenons à chérir notre vie et l'instant présent.
L'extérieur de la maison est juste le fruit de notre imagination.
Mais nous nous réunissons en tant que Nation,
Et nous applaudissons avec une immense fierté dans nos cœurs,
Afin de célébrer nos médecins et infirmiers qui seront les vainqueurs !
Bien sûr cette pandémie nous pose une multitude de problèmes,
Mais n'oublions pas d'être gentils envers nous-mêmes.
Ô temps, ne suspend plus ton vol,
Le moment est venu de s'envoler vers le chemin de l'école...

Shreya, Ellie, Julieta, Anushka et Lydia, Year 12

Translation – Reflections during the quarantine

As the weeks go by,
We sail to new activities in an immobile way.
Immersed into an ocean of uncertainty and disorientation,
We avoid at all costs surfing the wave of lamentation.
It is true that each day is identical to the next,
March, April and May were the same.
Even though it hurts now,
We learn to cherish our life and the present moment.
The outside of the house is just the fruit of our imagination.
But we gather as a nation,
And we applaud with immense pride in our hearts,
In order to celebrate our doctors and nurses who will be victors!
Of course, this pandemic poses a multitude of problems,
But let's not forget to be kind to ourselves.
Ô time, do not suspend you flight any longer,
The moment has come to fly towards school...

Translated by Shreya

Cooking with Demi

One of the things I decided to use this lockdown period to do is to experiment with new healthier meals that I can make for myself and practice for life at university next year. Ensuring you eat healthy foods is very important especially when your movement is quite restricted.



I have made and a recipe below for the new 'mini pancake' craze that's happening on Tik Tok that you could try to make yourself. I had this as a dinner as it was surprisingly filling. I have made the recipe below...

This recipe makes 2- 3 servings of mini pancakes. You will need:

125g plain flour
1/2 teaspoon baking powder or bicarbonate of soda
150 buttermilk (or use 150ml of any milk you have an add 4 or 5 drops of lemon juice)
1 egg
30g of sugar (I used 15g as it really didn't need that much)
A pinch of salt
25g melted butter

Method:

- 1 Weigh out all ingredients.
- 2 Mix the flour, baking powder, sugar and salt in a bowl.
- 3 Put the butter in the microwave for 10 seconds and mix it. If it still not melted put it in for another 5 to 10 seconds and mix again.
- 4 In a separate bowl mix the egg, melted butter and milk. Make sure that the melted butter is at room temperature.
- 5 Add the wet ingredients to the dry ingredients and mix until combined. Over mixing can lead to chewy pancakes (just trust me).
- 6 Set your hob to the lowest heat. (If you don't have a non-stick frying pan then add a teaspoon of oil) and allow your pan to heat up slightly.
- 7 Carefully pour mixture into a piping bag.
- 8 With a pair of scissors cut a tiny *tiny* hole at the end of the piping bag.
- 9 Start to make the pancakes by piping the mixture onto the pan and flipping them when small air bubbles start to form on the top.

The fruit I used as a side include:

1 banana, a handful of blueberries and raspberries, quite a lot of strawberries and a tablespoon of flaxseed.

But you can use whatever fruit you like. Enjoy!

Reception French Breakfast



Here is a picture by Alice in Reception of her breakfast with labels. It was a fun task learning about English and French breakfasts.

Isabella (Reception class) completed the challenge assigned for modern foreign language and made her English breakfast with her daddy. Then she labelled everything up in French.



Year 1 Creative Maths

In Year 1, we have been learning about fractions in Maths. We learned how to split shapes and amounts into halves, quarters and thirds.

Misha made this delicious pizza at home to show her understanding of quarters.



Elena's Bike Ride



Elena has cycled 4.17 miles (without stabilisers), passing through Addiscombe Railway Park, Ashburton Park and Addiscombe Recreation Ground this week. Well done.

Advika's Rainbow Cake



Advika has been enjoying baking during lockdown. This week she baked this amazing six tier, rainbow cake which she decorated with icing.



Whilst the school is closed, we will be wishing happy birthday each week to students whose birthday falls during this time.

May

Mayowa	Year 7	19th
Sonia	Reception	20th
Vishali	Year 11	20th
Ava-Blu	Year 3	21st
Alyssa	Year 7	22nd
Dilkushi	Year 8	22nd
Eugenie	Year 12	22nd
Grace	Year 3	22nd
Nicole	Year 7	22nd
Ava	Year 7	23rd
Sarah	Year 11	23rd
Huda	Year 7	24th
Imaan	Year 7	25th
Kiran	Year 7	25th
Mariya	Year 7	25th
Rajan	Year 12	25th
Charlotte	Year 12	28th
Michaela	Year 3	28th
Safiya	Year 9	28th
Aashna	Year 2	29th
Omolara	Year 8	29th
Zainab	Year 12	29th
Zara	Year 8	29th
Ayesha Sidhiqa	Year 7	30th
Bethany	Year 7	30th
Oyinkansola Alexandra	Year 7	30th

Reception Make Space Ice Cream

Libby in Reception has been making Space ice cream. She has cleverly made it to look like the Galaxy with swirling colours, planets, stars, little asteroids and space dust (which happens to sparkle).

Libby has thought about the packaging she would like for her ice cream if it were to go on sale in the shop. She would call it Obi Wan Kenobi ice cream (she's been watching Star Wars) and would put it in a big pink box. She would plan to design a maze game on the back where Obi Wan had to walk through a maze to get away from Darth Vader and R2D2 would be at the end. She thinks everyone on Earth would love it.



PE Challenge



Ellie, Year 4 hard at work completing this week's challenge.



Harriet in Year 1 has learnt to ride her bike without stabilisers during the lockdown; now the sisters are both able to enjoy cycling together. For their PE challenge, Harriet and Lydia (Year 4) decided to cycle 26 km. They've only just started keeping track of the distance, but they've already cycled a very impressive 9km each.

Year 5 Pizza Making

Last week, in their online cookery lesson, Year 5 learnt how to make easy pizzas. Daisy led the session and when she came on screen she looked very ready and professional. All the ingredients were laid out in front of her and she very competently demonstrated how to make the pizzas.

The girls thoroughly enjoyed making their pizzas but eating them hot out of the oven was even better'.



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