



AROUND THE PALACE

Dear all,

At Old Palace, students across the school benefit from our diverse community and so the events over the past few weeks following the murder of George Floyd have had an impact across the whole school. Demi and Lisa, our Head Girl and Deputy Head Girl showed great student leadership last week by producing an emotionally intelligent video assembly with accompanying resources that allowed the whole school community to positively engage with the issues. The links to these

can be found in the box alongside this piece. Other students have also produced creative pieces that we will showcase in this Bulletin in the weeks ahead.

In the meantime, Old Palace will continue to work hard, and without complacency, to ensure that we continue to be an inclusive school that reflects the community we serve.

Jane Burton, Head



Below are links to the assembly plus resources for Seniors and Prep

<https://youtu.be/D1LA8uFfxWQ>

<https://www.oldpalace.croydon.sch.uk/black-lives-matters/>

Year 6 Returns to School



Year 6 Returns to School *continued*

We asked some Year 6 students to write about their experience of returning to school. Here is Theresa-Mae's account.



When I first heard I was going back to school, it was like life was back to normal (which it wasn't) but the thing is, I didn't want life to be normal. All the guilt-free lie-ins and eating whenever I felt like it, was all being stripped away from me in a matter of seconds. I even asked to be home-schooled so I could keep all the luxuries of staying at home, but that was just me being silly.

When I finally got to school, the gates wouldn't open as normal, as we have tight drop off times and you can't just buzz into School. In my heart, I was jumping and ready to run back home. I was fearful some children wouldn't be able to social distance but the 2m spots (on the floor) and separated tables were very helpful, meaning I could work stress-free.

Seeing my friends was the highlight of the day, although some were in the neighbouring class. We frequently washed our hands (although this was to be expected, considering Mrs Sinclair's lengthy Teams Assembly on the subject) and it was altogether a safe and refreshing day. Although I was unsure at first whether I would like the new system, Old Palace has once again made a nurturing and healthy learning environment. I can't wait to go back to school on Thursday.

Constanza Volunteers



During lockdown, I have been volunteering at a local charity called *Compliments of the House*. Normally, it collects surplus food from restaurants and gives it to people in need. Due to coronavirus it has had to change its method of operation to delivering boxes of staple foods to individuals and families in need. It has been really rewarding to get out of the house and do something. On a shift we can make up and deliver boxes to 20-30 families who are immunocompromised and isolating or are unable to afford sufficient food. We might also box up unused restaurant meals and take these to local hostels – last week we were able to give local hostels enough chicken and couscous meals and green salads to feed 50 people. These were donated by local companies – the salads were actually grown in deep tunnels underneath the Northern Line in Clapham and are normally supplied to expensive restaurants in the West End! We deliver the food in

some of the council's school minibuses as they are not in use at the moment and the drivers volunteer their time to come in and help with this.

I have been especially inspired by the lady who set up the charity after giving up her career as a lawyer to help those in need. She is really dynamic and it is amazing that she has been able to completely turnaround the way the charity works.

Working with Compliments of the House has allowed me to see the way in which many of the skills I have learnt at school are put into practice in the workplace. For example, I learnt about spreadsheets in school and how to use them. When volunteering I finally realised the purpose of them and it was great to see just how helpful they are to share information between people performing different roles at different times and how easy it was to do the admin work as all the information was all in the one document. I have also had the opportunity to meet and talk to people who work in many different fields including a logistics manager for Amazon, a TV producer, a thinktank "brain" and a civil servant working on the Brexit negotiations whom I would not have come across in my everyday life.

I would like to encourage everyone to look at how they can help at the moment – not only is it a good thing to do but you may also gain a lot of useful experience and meet a lot of interesting people.

<https://complimentsofthehouse.org/>

Constanza, Year 11

Physics Olympiad Success



Year 10 students achieved an unprecedented level of success in this year's Physics Olympiad Junior Challenge.

The Challenge is a national competition designed to engage and challenge Year 10 students of all abilities by offering them a range of problems to solve.

Although most of the questions were based around the current GCSE curriculum, students were able to gain more marks with a general knowledge in physics as well as a keen interest in practical work from their lessons. Some general knowledge and everyday interest in physics was also an advantage in tackling the two papers making up the task.

Over 100 schools and 5000 students took part in May, with our cohort shining brightly against the competition of their national peers. Two students, Suraiya and Aparnaa, achieved a Gold award, placing them in the top 13% of the country. Fifteen students secured the Silver award and a further 29 girls attained the Bronze. The remaining eight students were awarded a Commendation.

Head of Physics, Mr Taruwona said: *All these students deserve to be commended for their sterling effort and for their impressive individual and collective achievements.*

London Virtual Youth Games

8th June - 4th July

This event has already started and details have been circulated to students in Year 6 – 10

Please get involved and represent CROYDON in the first ever Virtual London Youth Games!



Year 4 Anglo-Saxon Illuminated Letters

These illuminated letters were made in History as part of the Anglo-Saxon project.

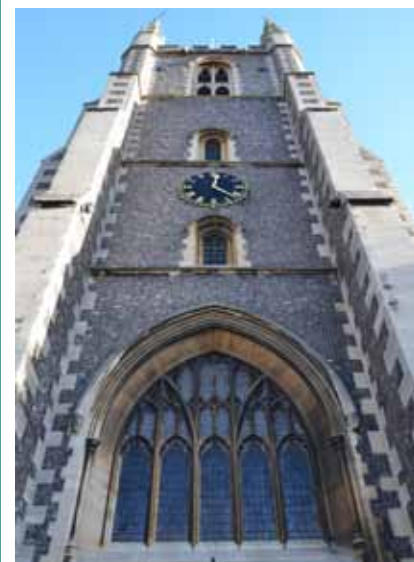


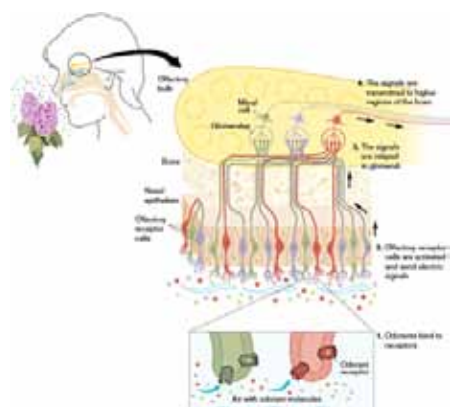
Illuminated letters by Lola and Imaan.

Save The Date

Virtual End of Term Service

Tuesday, 7th July
at 2pm

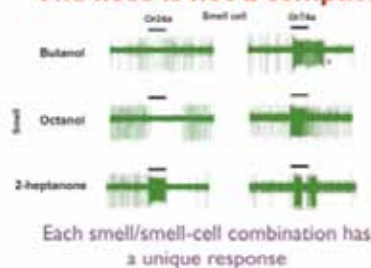




When watching the Cheltenham Science Festival on Tuesday 2nd June, I was particularly intrigued by the introduction into smell by Mathew Cobb.

Linda Buck and Richard Axel were awarded the Nobel Prize in Medicine in 2004 for their discovery of odorant receptor (OR) genes that encode the receptors that enable us to smell. We have about 400 types of "smell cell" and these go up through the bottom of your skull. Then they go to your brain where they join up together and all the receptors, or the neurons expressing the same kind of receptor molecule go to the same place. That's the initial stage of coding in our perception of smell. Each of these cells is responding in a particular way to the smell that attaches to it. Each of these receptor types can detect more than one kind of odor and

The nose is not a computer

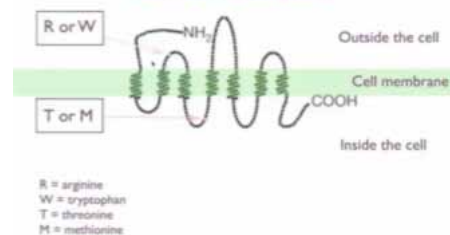


each odor can activate more than one kind of receptor type. Each smell/smell cell combination has a unique response. Hence, increasing the number of smells we can detect to an almost infinite number.

Maggots are one of the animals being used to investigate smell. Scientists used yeast to get jellyfish protein into the maggot and then looked at the smell cells under an electron microscope. Maggots have 2 noses and 21 smell cells in each nose. They have a simple system, are genetically manipulative and always hungry. All these factors help scientists to understand how the process takes place. Findings have shown that each neurone responds differently which provides a clear picture of a given odour.

Humans' response to the androstenone, a hormone found in male pig's saliva, can help to predict people's DNA. Our

We smell androstenone with our OR7D4 receptor



perception of the smell is entirely linked to the structure of the receptor molecule. They were able to show that there were just two single amino acid changes, you alter the response from thinking it's nice to thinking it's disgusting. Scientists then looked at DNA of our ancestors who originated in Africa and found that our original human response to the smell is to hate it.

Coronavirus (COVID-19) could be effecting/infecting olfactory receptor cells and therefore inflaming them, thus reducing the level of function of the olfactory epithelium and causing the common symptom of the loss or change to your sense of smell or taste.

The Cheltenham Science Festival was a great way to engage with topics I may not have been able to look at normally, in a completely accessible and interesting way.

Lisa, Year 12



On Tuesday 2nd June I watched *The Quantum Mechanical Chocolate Factory* with Stefan Gates and his daughter Poppy Gates. There were 12 experiments on the science of chocolate, the chemical reaction between chocolate and chewing gum, green jelly worm science, glowing drinks, colour changing breath, the science of popping candy, edible chemical reactions, the science of honeycomb, the science of marshmallows, insects on food and exploding cereal.

On Wednesday, 3rd June I watched *Colourful Science* with Nate Adams, Katie Steckles and Jamie Gallagher. I learnt



how different colours are made with only red, blue and green, that structural colour is where size and shape changes the colour we see, how chlorophyll is fluorescent when you shine a UV light on it and red cabbage is a pH indicator of acids and alkalines (bases) and the science behind Coca Cola. At the start and end of this event they tested out knowledge on what we already knew and what we had just learnt which I found very useful.

I would recommend this to anyone who is passionate and fascinated about science like I am.

Chloe-Marie, Year 11



On Thursday 4th June 2020 I watched *A Very Short Introduction to Intelligence* with Ian J Deary. He talked about his book and some of the things that are in it. For example how many types of intelligence there are and talked about different studies and tests to prove this.



Then I watched *DNA testing: All in the Genes?* With Joanne Hackett, Munir Pirmohamed and Vivienne Parry. They had a discussion about panel testing, testing individual DNA in your genome or a scan for the whole of the genome and how much this used to cost compared to today; how we can see cancer, how some drugs work for some diseases but can fail for others; why you shouldn't eat grapefruit before an operation and how you can prevent some metabolic diseases by changing your lifestyle.



On Friday 5th June 2020 I watched the *Sound of Science* with Nate Adams. He talked about the first lamp invented which was made from lard, wick and a seashell compared to today as we now have light bulbs made by Thomas Edison, using a plasma ball you can light up a fluorescent light bulb. There

were also songs throughout about the speed of light, photosynthesis, gravity, atoms, global warming and sound which might help you learn these topics better. Then Professor Duncan Cameron talked about the Hill reaction when you put a leaf in water and put a rock on it then you will see bubbles rising from it which is the oxygen gas escaping into the atmosphere due to photosynthesis. Nate Adams then talked about cotton wool containing cellulose and that it is flammable but adding sulphuric and nitric oxide to it makes it even more flammable and he lit it in his hand going up in a flame.

Next I learnt how to calculate the force of gravity with a pendulum and the formula. Then measure the pendulum and the time it takes for a complete oscillation. Do ten swings and take an average. After, Mel Hannah had a Rubens tube filled with a flammable gas which can escape through tiny pinholes at the top which are lit and you can see the flames. When playing music it can use frequency so for higher pressure it gives bigger flames and smaller pressure gives little flames and sometimes they extinguish themselves. When hydrogen and oxygen are in a balloon and lit it creates a really big pressure wave making a large bang sound.



Then I watched *A Very Short Introduction to Superstition* with Stuart Vyse. He talked about superstition being a negative word which comes from the Latin word *superstitio* which means to stand over something in awe and giving it great respect. It meant that you feared the Gods but you should not be fearful of them. If people were known to be in a different religion. One religious superstition today is Holy water from the River Jordan and another one is Saint Joseph's statue as he helps you sell your house. The number 13 is one of the most popular superstitions. Ladders are also unlucky because it

is thought they are a triangle shape which is religious and they can be unstable. In the theatre, people at the back of the stage use to whistle to each other to communicate but if an actor whistled it meant something would or could fall on them. There was also a study to see if believing in luck had a better performance.



Also on Friday I watched *Microminute* with Marty Jopson. First he took some blood and smeared it on a slide and waited for it to dry. Then he put it in methanol to stain the nucleus blue and eosin which stains cytoplasm pink. Then the slide was washed and put under a microscope. I learnt about lymphocytes that could be a T cell which is a general organiser for the immune system, B cells produce antibodies and natural killer cells that are infected with viruses. A neutrophil is a white blood cell that has an irregular shape nucleus. They are the most common type of white blood cells as they get rid of bacteria.

Did you know the name Dandelion refers to the leaf and in French it means the lions teeth. First dissect a Dandelion with a scalpel and put it under a microscope. Each Dandelion has lots of florets. To get a model of pollen he collected some data and used a 3D printer. He used a special Scanning Electron Microscope to see pollen grains in a Dandelion and a Daisy. Then he put aspirin on a slide and observed using cross polar illumination/microscopy. Sucrose, which is a monoclinic crystal, and citric acid both dissolved in water. It took a long time to crystallise. I saw lots of crystals which were rainbow coloured.

I found the entire week extremely interesting and thought provoking.

Chloe-Marie, Year 11



Thank you

to the
Duke of Edinburgh's Award participants
from

Old Palace of John Whitgift School

who donated
819 hours
of voluntary service to the local community*
The social value of these hours is

£3,563

* Number of hours of volunteer service
is based on participants who have achieved their
Volunteering section between 1 April 2019 and 31 March 2020

May 2020

CLARE ARGAR, DIRECTOR – LONDON

Tia Completes 26 Mile NHS Challenge



When Mrs Coster suggested we chose a challenge from 'Race the Distance' I decided to do the 'NHS Do What You Can' and challenged myself to do 26 miles of running and cycling. It also helped the NHS, and I felt extremely proud to help something so important.

It also made me feel happy. It was really fun, as when you cycle to places you find lots of interesting things, like a log that looked like an upside down chicken head.

I wasn't sure I could do it at first, but that pushed me more. It was difficult sometimes but I didn't want to give up, and as I ran my last mile on Monday I felt super proud of what I had achieved. And the medal was really cool!

Tia-Amelie, Year 5

Year 9 Duke of Edinburgh's Award

I'm very excited to be doing the bronze DofE award this year and I'm really glad that the school has given me this opportunity to be able to expand my knowledge of many different things. For our DofE award we have to complete three sections as well as the practical expedition. These three sections include skills, physical and volunteering.

For my skills, I am doing guitar: for physical, I'm doing hockey and for volunteering I am helping at Night Watch in Croydon. Night Watch is a charity/organisation in which a group of people, including myself, sort out donations such as clothes and food. We even make sandwiches/pre packed bags for homeless people.

We would usually take the hot soup, tea, coffee, sandwiches etc to the Queen's Garden in Croydon. However, due to the current situation of Covid-19 it has become difficult. We have adjusted to this by buttering and filling



4/5 loaves of bread every Sunday and making them with different fillings. This allows me to help the homeless people during this very scary time and also complete my volunteering section.

I think in general it is really important and gives you a sense of achievement

when you know you are helping out people that are less fortunate than you. I will continue to do charity work for Night Watch even after my DofE section has been completed, as I love being able to help others in need.

Sofia, Year 9

Preparing for Sixth Form

The end of the month of June always marks the time of year when we welcome back our current Year 11 students to prepare them for the entry to the Old Palace Sixth Form. Our community is always enhanced by the arrival of new members and we are delighted to welcome "new arrivals" who have chosen to come to Old Palace for their Sixth Form experience. I know that they will be made feel welcome by our current students.

At Old Palace, we are not allowing the lockdown to prevent us from ensuring that our students are ready for the next important stage of their education. Instead, in true Old Palace spirit, we have designed a creative, engaging and innovative **Introduction to Sixth Form programme**, which consists of three distinctive parts:

- 1 Individual subject sessions to bridge the gap between Year 11 and Year 12. Students will participate in a series of practical on-line sessions looking at the life in the Sixth Form. They will explore opportunities for Leadership, get introduced to different study skills, understand the importance of emotional intelligence, learn how to balance life and work and examine ways in which the library and digital resources can enhance learning in the Sixth Form
- 2 Sessions on EPQ, Engineering Prep, Medical Prep, Law Prep and the Finance certificate.
- 3 Session on the work-related aspect of the Sixth Form.

I launched the programme with my French session on *Au Revoir les Enfants* by Louis Malle, the film Year 12 students study in order to explore themes, culture and language. It was an absolute pleasure to meet my future French students on Microsoft Teams and to present them with the various resources they will be able to use on that topic. I look forward to my next session with them to present additional supplementary material to complement the study of this remarkable film.

Mr S Talleux

Head of Sixth Form

5K Challenge

As part of the Homeletics competition I ran 5k with my dad on the common, whilst I was fasting. This is the first time I fasted and because it was lockdown it was the perfect opportunity to give it a try. I am really pleased that I was able to do my run with good timing, I'm fitter than I thought! It was a fun experience, however, it was quite challenging and tiring at times. But I kept on persisting and didn't give up because I like a good challenge. It was a Thursday and as I was returning home it was 8pm,

everyone was clapping and I felt like I should take a bow. Straight after the run it was time to break fast so I enjoyed a big glass of cold milk!

Sarah, Year 7



Year 11

Virtual Work-related Learning Programme

Monday 22nd June to Friday 3rd July

This week, we are delighted to update you on some of the work-related learning sessions booked for the Year 11 Introduction to Sixth Form Summer 2020 Programme.

These will be interspersed between Sixth Form Preparation activities and meetings with A Level Subject Leaders.

Inspiring the Future are providing virtual Career Networking for Year 11 to meet and hear from different employers. These sessions, will include ice-breakers, polls, and quizzes, as well as a personal insight into their world of work.

With employer-inspired projects, students will be able to contribute to and gain a taster of what is important in these industries. Students can widen their career subject knowledge through an extensive provision of online courses (MOOCs), identifying and developing their employability skills and preparing for future employment. These are just a few of the activities being arranged, and all are good preparation for Sixth Form studying and useful for future university or employment applications."

Mrs Williams

Higher Education and Careers Coordinator

A letter from Mrs Nike

Yesterday was our first Virtual Open Morning event and it was great to see a good number of parents join us on Zoom. It was an unusual open morning as the parents could not walk around the school and feel our welcoming atmosphere, experience our engaging learning environment, take in our fantastic grounds and facilities or meet our inspirational girls. However, we did our best to give the prospective parents a taste of our school and what makes us special and distinct.

The Reception girls have managed to do it again. They have created fabulous sea scenes that are vibrant, colourful and realistic. Your creative talents are endless. Well done!

It has been lovely to see the Pre School and Transition class out and about around the school this week. Alongside their maths, phonics and reading sessions the children have been developing their observational drawing skills using water colour paints. Your attention to detail is outstanding.

Lottie has been busy this week creating a shop - including the much needed social distancing signs. It is great to see a gluten free option on offer! I think we have a business person in the making. Keep up your entrepreneurial spirit Lottie!

To develop an entrepreneurial spirit it is important to challenge yourself to develop new ideas and to use your problem solving skills in order for your idea to work. However, when you take risks it doesn't always work out. But don't forget, if something doesn't work the first time, keep trying!

Mrs Nike
Head of Nursery & Preparatory

Link to the lockdown tour of the Prep School:

<https://youtu.be/173BwlfOX1Q>

A big thank you to Kara in Year 5 for helping us with our lockdown video of the Prep School.

Hiru's Music Badge



Hiru has now received her Blue Peter Music Badge for playing her violin. She is now even more excited. She started wearing her badges on her cap. In the Summer she is hoping to apply for the Sports Badge.

Advika Year 4 Artwork



Advika in Year 4 made this beautiful, art work independently at home.

She then brought it to a Teams Show and Tell session. Well done.

Lotte's Cafe



Charlotte has worked very hard in the Maths and English tasks set by Miss Wilks this term, which included setting up her own café. She had to price the items, design a shop name (Lotte's Cafe), write a list of the items and make a list of ingredients to put in her homemade scones. She also had to ensure that her customers kept the regulation 2m distance. One in... one out!

Reception: Dioramas of the Sea

Our exciting topic this term in Reception is 'The Sea'. The girls were challenged to create their own ocean scene using recycled materials where possible. The children have also been finding out about the different types of sea creatures and how plastic endangers ocean life. *More to follow next week.*



Alexandra



Saanvi



Sophia



Kezia



Summer



Elena



Isabella



Grace

Year 12 Aspiring Doctors and Dentists

With the COVID-19 situation of lockdown and restrictions, a lot of work experience and volunteer work has been cancelled. Undeterred, Old Palace's aspiring doctors and dentists have taken advantage of some virtual initiatives. They have enjoyed different learning styles and introductions to diverse healthcare teams. The courses also led them to undertake further research into topics that they found particularly interesting.



As an aspiring medic, before lockdown I did work experience at a care home and this led me to join a FutureLearn course run by UCL called *The Many Faces of Dementia*. This course attracted me because I had a general idea of what dementia is but I wanted to do more research into it. So far I have been introduced to familial Alzheimer's disease, where a faulty single gene is passed down through a family and causes dementia.

The course tells the story of Carol and husband Stuart, who play an important role in the discovery of a gene that causes the disease. I now understand how the Alzheimer's disease affects the brain. It is neurodegenerative which means that your brain cells die more and more as the disease progresses. If the back of the brain is affected it could damage your vision and if the front of the brain is affected, behaviour and social skills will decline.

I have enjoyed learning many new things about dementia which I would have not been able to if I had not enrolled in this course and I am glad I did. One thing which stuck with me was when Stuart said "You can't really think about the future because if you did then you would miss the present". This got me thinking about how someone with dementia may feel and how difficult it could be for the family members, because it doesn't just affect one person, but also the people surrounding them.

I am thoroughly enjoying this course and eager to learn more about other diseases in depth.

Shaaruka, Year 12



I undertook the Brighton and Sussex Medical School course. I learnt about the role of a GP and how they go from seeing patients, doing referrals and tests to teaching and undertaking research. Moreover, I learnt the importance of taking a patient history in the medical field. One aspect of taking a patient history involves asking the patient the history of their presenting complaint, and the mnemonic 'SOCRATES' is used to help ensure the key pieces of information are gathered. S stands for site, O – onset, C – character, R – radiation, A – associated symptoms, T – timing, E – exacerbating and relieving factors and S – severity.

I thoroughly enjoyed the module on emergency medicine where I learnt about the ABCDE technique, with A standing for airway, B – breathing, C – circulation, D – disability and E – exposure. Each part of this assessment is ranked according to how quickly a problem with that part will kill a patient. For example, an obstructed airway will kill a patient more quickly than most bleeding.

Usually, several doctors are involved in a diagnosis and treatment as multiple concerns may need to be reviewed to ensure that the right diagnosis has been made and the correct treatment is given. Teamwork is therefore essential as it will prevent misdiagnosis and adverse events from occurring, which could be caused by miscommunication between doctors and nurses. Teamwork is very important in elderly medicine as doctors work as part of a multidisciplinary team to give the best healthcare. In emergency medicine, teamwork is essential to handle stressful situations and to work well under pressure. In the NHS today, a very high number of patients are creating demand for beds that exceeds supply, and so doctors need to work efficiently to diagnose patients and help them recover.

Khushi, Year 12

During lockdown I completed the Brighton and Sussex Medical school's virtual work experience, where I worked through six modules covering the key components of medicine. I particularly enjoyed the activities delivered as practice based-learning (PBL), which is how many undergraduate medical school courses are taught. I also liked the more traditional videos, presentations and quizzes.

This experience led me to do some deeper reading about blood transfusions, diabetes and euthanasia. I completed a reflective task at the end where I designed a poster about the vital skills of a doctor.

Overall, I found this work experience useful in giving me an insight into my future career and aspirations.

Anushka T, Year 12



Despite lockdown taking some time to adjust to initially, it has provided me with the time to learn more and explore further various topics that I have been interested in. One of the topics being cancer. Many people understand the basic concept of cancer, the uncontrollable growth of cells. However, I was interested in understanding which factors contribute to this uncontrollable growth.

The World Health Organisation (WHO) reported that globally 1 in 6 people died from cancer in 2018. I felt that a deeper understanding of this topic would be valuable. I watched

Cancer Metabolism: From molecules to medicine: an online lecture by Harvard University <https://www.youtube.com/watch?v=jwZpVpV71Fg&t=864s> (accessed June 2020). This lecture focused on the various different pathways that the cancer cells need to go through in order to obtain the sufficient 'fuels' (sugars, fats and amino acids) needed to make more cancer cells, resulting in an increase in growth and hence resulting in higher metabolic areas in the body. What particularly interested me is how the 'fuels' have been used to find tumours in the body; the method of labelling a sugar molecule, giving it to patients, and through positron emission

tomography (PET imaging) being able to see the increase of glucose uptake, consequently being able to identify the tumour as a result of the presence of the higher metabolic tissues in the body fascinated me. PET imaging is on the new Biology GCSE at Old Palace!

The lecture also discussed how further research into immunology and stem cell biology has been brought about as a result of the research into cancer metabolism; demonstrating the necessity of medical research, as it can directly benefit other areas of the medical field.

Zainab, Year 12



Open Day

Virtual Senior School
Open Afternoon
Thursday, 18 June @ 12.30pm

www.oldpalace.croydon.sch.uk/admissions/open-days



Open Day

Virtual Senior School
Open Afternoon
Thursday, 25 June @ 2.00pm

www.oldpalace.croydon.sch.uk/admissions/open-days

Year 7 Athletic Profiles

As well as doing practical work, Year 7 students have researched information about elite or aspiring athletes and produced some informative profiles.

We can't show them all, here are just a few...

My Athlete Profile

In my Athlete profile I am going to be talking about my cousin, Isabella Rose Berlin.

<https://www.youtube.com/watch?v=EUb-Ni63ICU>

That is her race, please skip to 1:29:50

My cousin won the summer national championships in 2017 for swimming. She was the only one to get under 34 seconds in the 50m Breaststroke. She was national champion for that year. Isabella was 16 years old when she won; she is now 18 years old.

She inspires me because she worked very hard and during that time she struggled for many years from auto-immune illness which did not stop her from accomplishing her dream.

She was also offered a scholarship in America for her swimming skills.

Eavie, Year 7



Katarina Johnson-Thomson



Katarina Johnson-Thomson is an Olympic athlete, widely known for competing in the Olympics three times. Johnson-Thomson came 14th in the 2012 London Olympics, 5th in the 2013 World Championships, 6th in the 2016 Rio Olympics, 5th in the 2017 World Championships as well as many more extraordinary achievements. With these excellent results, I believe that Johnson-Thomson is a fantastic inspiration because she is truly amazing at what she does. She is passionate about winning and being a fabulous role model for her country, England.

Katarina Johnson-Thomson is 27 years old, which means that she was 19 years old when she completed her first Olympics championships.

Anoushka, Year 7

Beth Cobden

Name: Beth Cobden

Age: 27

Sport: Netball

Country she represents: England

Club: Adelaide Thunderbirds



Achievements:

- Competed as part of the England netball team in the Gold Coast 2018 Commonwealth games debut where the team made history by winning gold.
- Beth was also part of the team representing Great Britain in the FISU World University Netball Championships held in South Africa.
- She competed in the 2013 World Youth Championships where the team came 4th

Why is she an inspiration:

Beth Cobden is an inspiration to me because she is an amazing netball player and plays for the England team. When I am older I want to become a professional netball player and represent my country.

She also plays the same position that I play in club outside of school (WD) she has over come a big knee injury after having to pull out from the World Cup, which is a massive sacrifice she has had to make.

Zara, Year 7

Waiting for the Sunny Days to Return by Gina Year 10

Talented Year 10 student, Gina, has written a poem about the Virus in French. She has then translated it into Spanish and English.

French Poem

En attendant que les beaux jours
reviennent
Le virus a commencé en Chine,
Nous pensions que c'était loin d'ici,
Nous ne savions pas que nous allions
bientôt observer le monde à travers
notre fenêtre divine,
Cela allait causer beaucoup de soucis,

Le virus s'est propagé à travers le
monde,
Il a fermé nos écoles et arrêté les
travailleurs,
Le virus est comme une onde,
Il balaie sa matière invisible, tuant des
âmes innocentes, brisant nos coeurs,

Le virus est en train de disparaître,
Nous pouvons commencer à aller à
l'école et retrouver nos amis et notre
famille,
Nous commençons maintenant à
reconnaître,
Le monde que nous avons laissé
derrière nous, le monde est tranquille,

Le virus est parti,
Pour nous laisser vivre notre vie
normale,
Nous respirons l'air frais, nous
entendons les oiseaux chanter, nous
rions et nous nous réjouissons que la
vie ne soit plus desassortie,
Nous avons appris qu'il est primordial,
De s'entraider comme tous les
travailleurs du NHS le font à l'hôpital,
Et d'apprécier ces précieux moments
en famille et entre amis,

Tout ce qui se passe dans la vie arrive
pour une raison,
Peut-être que le virus était censé nous
apprendre:
À vivre un peu mieux,
À aider un peu plus,
Et à être un peu plus heureux.

Spanish Translation

Esperando que regresen los días
soleados
El virus comenzó en China,
Pensamos que estaba lejos de aquí,
No sabíamos que pronto íbamos a
observar al mundo a través de nuestra
ventana divina,
Y que también causaría mucha
preocupación,

El virus se ha extendido por todo el
mundo,
Cerró nuestras escuelas y detuvo a los
trabajadores,
El virus es como una ola,
Barre su materia invisible, mata almas
inocentes y rompe nuestros corazones,

El virus desaparece,
Podemos comenzar a ir a la escuela
y encontrar a nuestros amigos y
familiares,
Ahora estamos empezando a
reconocer,
Al mundo que dejamos atrás, el mundo
está tranquilo,

El virus se fue,
Para dejarnos vivir nuestra vida normal,
Respiramos el aire fresco, escuchamos
el canto de los pájaros, nos reímos y
nos alegramos de que la vida ya no es
incompatible,
Hemos aprendido que es esencial,
Para ayudarse mutuamente como lo
hacen todos los trabajadores del NHS
en el hospital,
Y para disfrutar estos preciosos
momentos con familiares y amigos,

Todo lo que sucede en la vida ocurre
por una razón,
Tal vez se pueda suponer entonces que
el virus nos ha querido enseñar:
A vivir un poco más
A ayudar un poco más,
Y a ser un poco más feliz.

English Translation

Waiting for the sunny days to return
The virus started in China,
We thought it was far from here,
We didn't know that we were soon
going to observe the world through
our divine window,
It would cause a lot of worry,

The virus has spread around the world,
It closed our schools and stopped the
workers,
The virus is like a wave,
It sweeps its invisible matter, killing
innocent souls, breaking our hearts,

The virus is disappearing,
We can start going to school and meet
up with our friends and family,
We are now starting to recognize,
The world we left behind, the world is
quiet,

The virus is gone,
To let us live our normal life,
We breathe the fresh air, we hear the
birds singing, we laugh and rejoice that
life is no longer mismatched,
We have learned that it is essential,
To help each other like all NHS workers
do in the hospital,
And to enjoy these precious moments
with family and friends,

Everything that happens in life is for a
reason,
Maybe the virus was supposed to teach
us:
To live a little better,
To help a little more,
And to be a little happier.

Gina, Year 10

Year 5 Bakes Scones with Shankavi

Today, I had a fantastic time baking on Teams with Shankavi and all the other girls in Year 5. We made appetising scones, perfect for afternoon tea.

I loved making them especially when we started to stir the scone mix with our hands, and I got my hands so messy that it took a while to get it all off. The scones were fun to make, and the social side of making these together, that just made it even more enjoyable.

The recipe was simple and easy to follow, and Shankavi was very good at leading the session. The other girls and I definitely are still keen on making more scones, as they were so tasty, particularly with jam and butter. I made 14 scones in total, 8 of which were plain and 6 with sultanas. My mum loves sultanas so I decided to make a few scones with sultanas for her. She absolutely loved them.

I think that Shankavi should lead again, as she was so capable of guiding us. I hope I get a chance to make these scones again, and maybe next time we will have clotted cream.

Sophie, Year 5



Year 5 PE

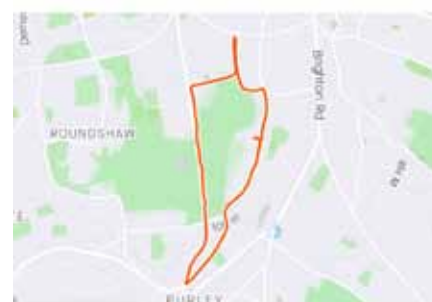


Here's a photo of Daisy doing PE with Ms Rodwell on Teams. Year 2 and 4 also enjoyed a Teams PE lesson with Mrs Coster this week.

Misha's PE Challenge



Misha's charity 6k run



Distance 6.06 km	Avg Pace 6:53 /km
Moving Time 41:46	Elevation Gain 86 m
Avg Heart Rate 122 bpm	Max Elevation 102 m

Many congratulations to Misha in Prep. She challenged herself to do a 6k charity run (under 42 minutes) to raise money for the NHS.

She trained for a month and raised a very impressive £400 on her Just Giving page for the cause. She finished her run last Sunday in just under 42 minutes.



Pre School and Transition children were very happy this week seeing their friends and getting back into a new routine. They settled in very quickly with lots of stories of how they had been keeping busy at home. We found that many have had new experiences; finding new friends next door, cooking, using a trampoline, keeping butterflies and hunting for ladybirds.

The weather has been lovely and much of this week has been spent outdoors where the children tried racing on the running track, and collected natural materials for printing. They cut the printed paper into triangles to create 1-20 number line bunting; matching numbers, writing numerals and finding one more and one less.

After finding a wild patch of sweet peas on the far side of the field, they used watercolours to paint their response to the wild garden.





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

June

Mariam	Year 13	9th
Anika	Year 9	10th
Celeste	Year 8	10th
Nailah-Belle	Year 5	10th
Aadya	Year 1	11th
Aimie	Year 12	11th
Ava	Year 8	11th
Zoë	Year 8	11th
Dora	Year 10	12th
Kiyah	Year 8	12th

Puzzle Fun

What is the four-digit number in which the first digit is one-third the second, the third is the sum of the first and second, and the last is three times the second?

Answer on page 17

Praise Certificates Awarded This Week



Moriah for accurate work with multiplying using the grid method for her maths.



Keyala, Year 3 was awarded a certificate for her garden in a box project.



Keyala, Year 3 was awarded a certificate for her excellent writing.



Moriah for a piece of writing on 'An Exciting Journey'.



Congratulations to sisters **Amelie** and **Eliza**. They sang the *Space Song* on the video for Mrs Wellington and Miss Fitzgerald.

Year 3 Design a Mini Garden continued



Keyala



Imani



Sophie

Answer to Puzzle Fun on page 11 is 1349

Year 5 DT Make a Garden



Catherine's fairy box



Selina's garden