



AROUND THE PALACE

Black History Month in Prep: Mary Seacole



In Reception, we learned about the British-Jamaican doctress, Mary Seacole and the important work that she did to help injured and sick soldiers in the Crimean War.

We used a pestle and mortar to grind different plants and vegetables, such as lemongrass, ginger, okra and aloe vera, just as Mary did to make her natural remedies.

Dear all,



Whenever I listen to the news or read the papers in the past few weeks there is always a narrative about what cannot be done because of the Covid-19 situation.

At Old Palace we have had to adjust things a little but one look at this week's bulletin really does show how much we have still been able to do across the whole school despite the challenges we face.

Well done Old Palace!

Jane Burton, Head

A letter from Mrs Nike



Dear all,

Black History Month is well under way and the girls have been learning about so many inspirational figures. Well done to Hiru and Ruby-Lee who went to find the statue of a local hero, Samuel Coleridge-Taylor. I haven't seen the statue before, but I will be sure to look out for it now!

We are looking forward to drumming and mask making workshops next week.

The Roman soldiers in Year 4 have written applications to join Claudius' Roman Army and they have made Roman shields in readiness to perform their formation next week. I am looking forward to seeing the girls perform!

Year 1 have been invited by Mr Fox to attend a tea party in the woods today as part of their Enchanted Woodland topic. Next week, they will be building their own fire and toasting marshmallows. I hope you have a lovely time!

Mrs Nike
Head of Nursery & Preparatory

Black History Month in Prep: Local Hero Alert!

Samuel Coleridge-Taylor

Year 3 and 4 learn about a very famous local musician as part of Black History Month

How many times have you seen this statue? Have you driven past it in a car or on the minibus? Walked past it? Cycled past it? (*Clue: it's very close to Seniors!*)



Above photos of Hiru (Year 3) and Ruby-Lee (Year 4) with the metal Samuel Coleridge-Taylor statue near Seniors.

Do you know who the man in the front is? It's Samuel Coleridge-Taylor, a very famous composer and conductor who lived in Croydon for nearly all of his short life (1875-1912). Year 3 have been learning some facts about him in their music lessons and Year 4 are focusing on him for Black History Month. They have been listening to Samuel's music, learning some thought provoking facts about his life and a few girls have even visited his metal statue for a photo!

Here's how some students in Year 4 responded to his most famous work, 'Hiawatha's Wedding Feast' (Cantata for Choir and Orchestra) 1898:

Adelise – *There are lots of dynamics and the music is repetitive with different words*

Chloe – *It sounds dramatic*

Amelia – *The rhythms flow through my body*

Fatima – *His music is heavy and jumpy at times*

Jessica – *He has his own modern style which takes the listeners out of London and into the country*

Caroline – *I find it peaceful but sad at times*

Avika – *It's very flowing, slow like a dream but still grand*

Tamalia – *It reminds me of dark, deep colours*

Mikaela K – *The music sounds like there is a heartbeat*

Prep Challenge: Can you bring some information about Samuel Coleridge-Taylor to your music lesson next week?



Anansi The Spider Re-spun for ages 3 - 8 Black History Month

The pupils in Year 2 have enjoyed listening to and acting out the Anansi the Spider story – Brother Anansi and Brother Snake!

Unicorn Theatre

www.unicorntheatre.com/anansi-respun

Black History Events - Years 1 to 5



Date & Time	Year Group	Activity
Friday 9th October 8.45 – 10.00	Year 3 and Year 4	African (online) Story Telling with Alim
Friday 9th October 10.45 – 11.45	Year 1 and Year 2	African (online) Story Telling with Alim
Monday 12th October 1.30 – 3.00	Year 1 and Year 2	Ancestral Mask Making (online) with Orode
Tuesday 13th October 9.00 – 10.00 10.30 – 11.30	Year 5	African Drumming with Kojo
Tuesday 13th October 1.30 – 2.45	Year 4	African Drumming with Kojo
Thursday 15th October	All	West African inspired lunch (including Jollof Rice and Plantain!)

Years 3 and 4

Will learn about the history of the Steel Pan... from Trinidad all the way back to Africa and create work for a display with Paul.

Years 1 and 2

Steel Pan experience (watching a performance by staff or Years 3 and 4)

Celebrating Women in Science

Two women have jointly won the Nobel Prize for chemistry for the first time in history. The award takes the number of women who have ever won the Nobel Prize in chemistry from five to seven.

Professor Emmanuelle Charpentier and **Professor Jennifer Doudna** have won the 2020 Nobel Prize in chemistry for their work developing a method for genome editing. They have developed "one of gene technology's sharpest tools" - the CRISPR/Cas9 genome editing technique, or 'genetic scissors'.

Using these 'scissors' researchers can change the DNA of animals, plants and microorganisms with extremely high precision. This effectively allows researchers to insert, repair or edit a gene in such a way that the DNA doesn't see the change as damage, but as a legitimate edit to be replicated by the cell.

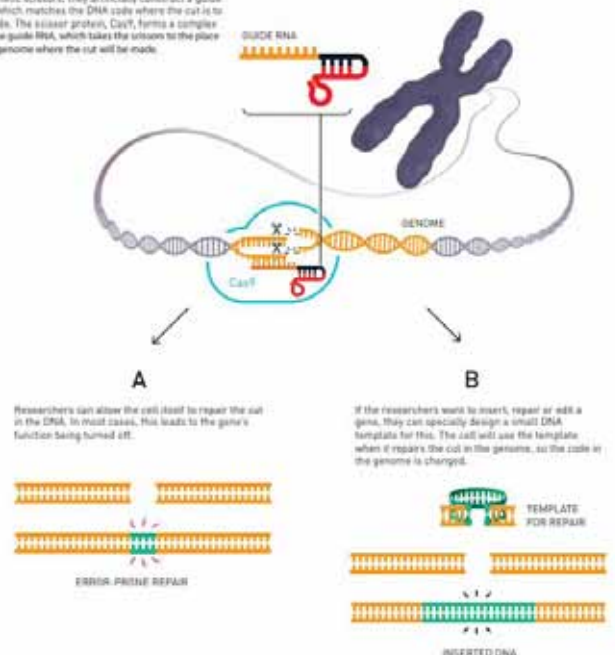
"There is enormous power in this genetic tool, which affects us all".

Want to read more about this? Then go to:

www.bbc.co.uk/news/science-environment-54432589

The CRISPR/Cas9 genetic scissors

When researchers are going to edit a genome using the genetic scissors, they artificially construct a guide RNA, which matches the DNA code where the cut is to be made. The scissors protein, Cas9, forms a complex with the guide RNA, which takes the scissors to the place in the genome where the cut will be made.



Professor Emmanuelle Charpentier

Professor Jennifer Doudna

ChemSoc - Back in the Lab!

On Tuesday 6th October, we were able to take part in the first in person Chemistry Society session of this academic year. It felt great to do a science experiment after seven months!

During this session we combined four different solutions and water and we recorded the time taken for a colour to appear. We then changed the concentration of one of the solutions and repeated the experiment four more times. Our reaction times are key in this experiment because in the next session, we will use our results to draw a graph and work out the required concentration needed for the colour to change at exactly 60 seconds. The group closest to the target time will win.

We really enjoyed the session and are excited for the competition to come!

Indrani and Rebecca, Year 11

Meanwhile, Years 10, 12 and 13 continued with online activities using resources from the Royal Society of Chemistry ...

Biosensors

I watched a video presented by Dr Salzitsa Anastasova-Ivanova and Dr Anna Spehar-Deleze from Queen Mary University of London. They explained what biosensors are, what we can learn from them and where you put them.

Within Queen Mary University, Dr Anastasova-Ivanova and Dr Spehar-Deleze work with Espirit and specialise in elite sports performance research. They develop technology to monitor and provide information on how the athlete performs in training and competitive environments. A biosensor is an analytical device that converts a biological response into an electrical signal. They are small and portable, meaning it is easier to use on track to monitor multiple body fluids such as saliva, blood, tissue and sweat in the lab.

The information collected by the sensors is often used by coaches to improve and create training programs for athletes and to monitor the athlete's progress. They record sweat composition and sweat loss as it provides important information about hydration levels. These can vary as a result of a person's fitness, age and gender, but it can also vary for different body parts such as arms, legs and back. Because of this, when measuring sweat composition and loss, they must measure from the same place every time. They have also developed implantable sensors for monitoring glucose in tissues; such sensors have been used for measuring the glucose in blood for diabetic patients.

Nissi, Year 10

Exploring Career Options

I went on the Royal Society of Chemistry website to research career options, using the page 'What jobs I can do and Do I need Chemistry to... study Medicine, Dentistry and become a Veterinary surgeon and a Pharmacist'. The answer is 'Yes, you do need to do it for A level to study the above at University'.

I found out what the difference is between a Pharmacist and a Pharmacologist. I researched many job profiles from an Analytical Chemist to a Director of Medicinal Chemistry. I also looked at what jobs I can do, which led to many different parts of the website, where there are lots of videos to watch. You can also hear experts' stories of what their job entails and what advice they would give to people wanting to enter their career. I recommend going on to the Royal Society of Chemistry website and doing some research on the variety of jobs that Chemistry can offer, as it is very interesting and opens up many opportunities at University.

Chloe-Marie, Year 12



Sixth Form Poetry

First Days

Starting a new school year can be hard.

New classes, new teachers, new students and friends.

Returning to DEAR time in registration helps us turn a new page in our lives. Opening a book that we should have read during the break brings back nostalgic stories of previous first days at school.

It reminds us of how we recited soliloquies to inform our teachers of the homework we "lost". It reminds us of the marathons we ran when we were late to lessons. It reminds us of the equations we tried to solve in our heads when attempting to find where the new classrooms were.

And before we feel like giving up, we remember that this school was carved by our sisters who also started a new school year once; who were also rascals, and smart girls, funny girls too. And maybe just like me and you. They managed fine – and so will we.

Maybe a new school year isn't that bad.

Olivia F, Year 13

Psychology Poem

Types of experiment: lab and natural, don't forget field and quasi – that's factual! And for sampling what do we see? Oh my gosh - look – it's ROSS V!

For observations, should we choose covert? no because ethical issues - choose overt!

Is it time to be dependent? Do we choose groups design of independent? Or maybe we want to be friends, Will we choose repeated measures in the end? But if you feel like you're twinning matched pairs will have you winning!

Features of science – it's the time to learn about the paradigm. Theories are in the making and hypotheses are baking.

If it isn't at all scientific, It's unfalsifiable - like the psychodynamic! Make sure you can do it again And that it is objective - not based on pain or not based on opinion - that'll give you a fright! Empirical methods - that's what's right. What is wrong is the errors: Type 1 and 2 will give you terrors.

Make it reliable and do not forget validity, and that's all you need to know about Psychology!

Olivia F, Year 13 and Maya, Year 13

Arts Award Success in Dance

Dance students worked hard during their dance lessons and virtually during lockdown to achieve their Arts Award. Year 6 students study at Explore level, Year 9 study at Bronze level and the Sixth Form students study the Gold Arts Award that equates to 16 UCAS points. Through these awards students develop a variety of transferable life skills including leadership, research and communication skills in Dance. This year 64 students showed great perseverance to achieve their Award. Well done girls!



Bronze Award and Badges for Guides



Dayna, Year 7, has been a Guide for two years and before that a Brownie for two years. She has received a number of badges which include a badge for VE Day (for playing her violin on VE Day), a thank you badge for playing each week during clap for front line workers, 4 year badge for commitment to guiding and the best of all her bronze guide badge.

This is the first for her unit, they are very proud!

Prep Athlete Focus



Name

Niamh

Age

9

Sport

Netball

Club

Roundwood

Round Up

I play netball for Roundwood netball club in Croydon. We train once a week on a Thursday for an hour and a half. I have been playing for over a year now, My favourite position is GS or GA. We get to play in tournaments at the weekends where we usually play 3 or 4 matches against other teams across the whole of South London. Playing team sports is really fun and I feel proud to represent my team.

Netball

We are delighted to be back playing netball – with the new Covid-19 modified rules! There are no fixtures this term against other schools but we hope to run house netball for each year group bubble. We are running netball trials for each your group at seniors to then work on developing the skills base in readiness for when fixtures resume.

Well done to all those who have attended trials and shown a real passion to be involved in sport.

Sports clubs for most year groups take place at lunchtimes and these are focussed on 'Turn up and Play' with a variety of sports on offer. Anyone is welcome to attend the lunchtime club for their year group.



Virtual Open Afternoon

Seniors

Wednesday, 14 October
1.00 pm start

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

Please Note

The Whitgift School Uniform Shop will be **closed** during October Half Term

**17th - 31st
October** inclusive

Musical Ensembles are Back

The girls are delighted that despite being under Covid regulations, musical ensembles have now been back rehearsing for two weeks. Here is a picture of the fabulous Year 8 choir rehearsing in Chapel – albeit more socially distanced than usual!

They are singing the soul classic, *Lean on Me* by the late Bill Withers who sadly passed away during March this year.



Choir and Orchestra News



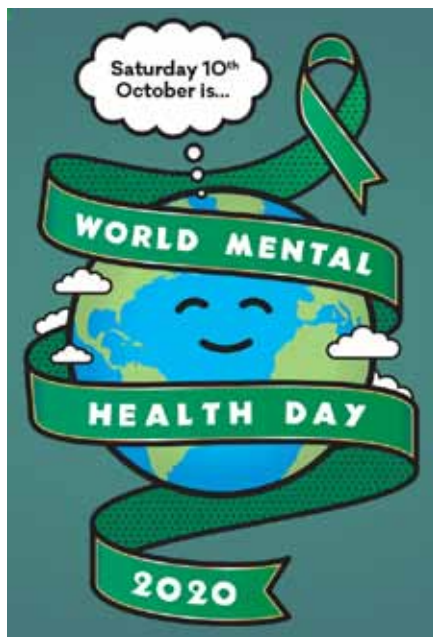
Starting back with Clubs at school was really exciting, since for over six months we had to stay inside with just our families for entertainment.

Working with other people is much more fun and interesting, especially for choir and orchestra because for orchestra we hadn't played our instruments with other people, so it was very different to what we used to do.

In the Year 8 choir we are learning the song *Lean on Me*. This is quite challenging since the melodies and harmonies are quite intricate, but over the last few weeks I would say that we have definitely got better.

On the other hand, in Year 8 Orchestra we are learning the theme tune from *The Muppet Show* which is really upbeat and convivial. Overall, I would say that joining choir and orchestra has been great since there is a plethora of different pieces and music to learn and practice each week, with lots of fun in between.

Tusara, Year 8



What is World Mental Health Day?

World Mental Health Day is observed on 10 October every year and aims to raise awareness of mental health issues around the world.

What is this year's theme?

The theme this year is 'mental health for all'. Particularly poignant as the world is experiencing the unprecedented impact of the COVID-19 global pandemic. Anxiety, fear, isolation, social distancing and restrictions, uncertainty and emotional distress have become widespread, and have also affected the mental health of millions of people.

What can I do to take part?

The international symbol for mental health awareness is a green ribbon, and the easiest thing to do is to wear one – you can also share it as a digital sticker through most social media platforms. You may wish to donate to a mental health charity of your choice.

For more information visit:

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

Sport Clubs and Squad Training

Sports Clubs and Squad training are well under way! Lunchtime sports clubs are open to ANYONE in that Year group.

Monday	Year 7
Tuesday	Year 10
Wednesday	Year 8
Friday	Year 9

After school practices and training for sport and swimming are also running.

The weekly sheet is published for students to see what is happening when and where.



Classics Department Word of the Week 05/10/20

MUSCLE



A tissue in the body that can tighten and relax to produce movement from Latin “musculus” (little mouse), as they were thought to look like mice under the skin.



As part of our Mighty Metals topic we investigated how levers can help us to lift very heavy loads. Mrs Wallis set up an enormous lever using a 2m long wooden ruler (the beam), a cylinder with heavy weights inside (the fulcrum) and a rock (the load).

When the fulcrum (pivot point) was furthest away from the rock (the load) Mrs Wallis had to push down on the beam with both hands before she could lift the rock. It took a lot of effort to make the rock lift up.

We then watched what would happen when the fulcrum was moved much closer to the load.

Mrs Wallis was able to lift the rock using just one little finger!

'Mrs Wallis made the rock look light because she could lift it with one finger.'
Aanya

'I thought it was going to be harder when the fulcrum was nearer the load, so I was surprised!'
Alynna

Mrs Wallis then replaced the rock with a much heavier brick!

When the fulcrum was far away from the brick Mrs Wallis had to push down

on the beam with both hands really hard and the long ruler started to bend before she could lift the brick. It took a huge amount of effort to make the brick lift up.

Mrs Wallis then said that she was going to lift the brick using just her little finger! She moved the fulcrum much closer to the load and pressed down on the beam with just her little finger and the brick went up in the air!

'I didn't think Mrs Wallis could lift the brick with her pinky finger as it is the weakest finger and the brick is very heavy.'
Lottie

'I thought that Mrs Wallis was like Mr Majeika the magician or she had power in her finger.'
Arya

We then made our own smaller levers using a small (30cm) wooden ruler for the beam, 4 unifix cubes joined together for our fulcrum and a small rock for our load.

We moved our fulcrum away from the load and tried to lift the rock and then nearer to the load and tried to lift the load. It was great fun testing out our levers.



LAMDA Results Are In!

During the summer, it was a pleasure and an experience to continue teaching so many students on Zoom. They were very dedicated and our sessions were fun and fruitful!

We were one of the first schools to have a "Live" examiner on 25th September. All the hard work the girls put in for their Verse and Prose was rewarded with some very impressive results. Sadly, two very able students were ill on the day, but those who did take part were:

Nuwaylah; Sumaiya; Eden; Mariam; Grace; Isobel; Belen; Tahlya; Sapphy; Theres-Mae; Ava; Shreya; Simone; Grace P; Maryam; Neeha; Lakshmi; Shelise; Suraiya and Sophia.

All the students passed with Merits (65-79/100) and Distinctions (80-100/100), whilst three girls achieved almost full marks.

The mastering of the interpretation of poetry and prose will stand them in good stead for every subject they study. All the girls have gained in confidence, and their progress is palpable.

For my part, it has been a pleasure to teach them, and we are all looking forward to the next grades and the challenges!

Sixth Form PE

The Sixth Form have been working hard in the Healthy Active Lifestyle Lessons covering different ways of exercising as a break from academic studies. This week's focus was a fitness session



Poster Competition

Piri is the School's MedPrep Prefect in Year 13. She read four autobiographies about doctors and ran a competition over the summer for Years 10-12 to read and design a poster based on one of the books.

Wider reading is really important at A Level; particularly when looking to gain an insight into potential careers.

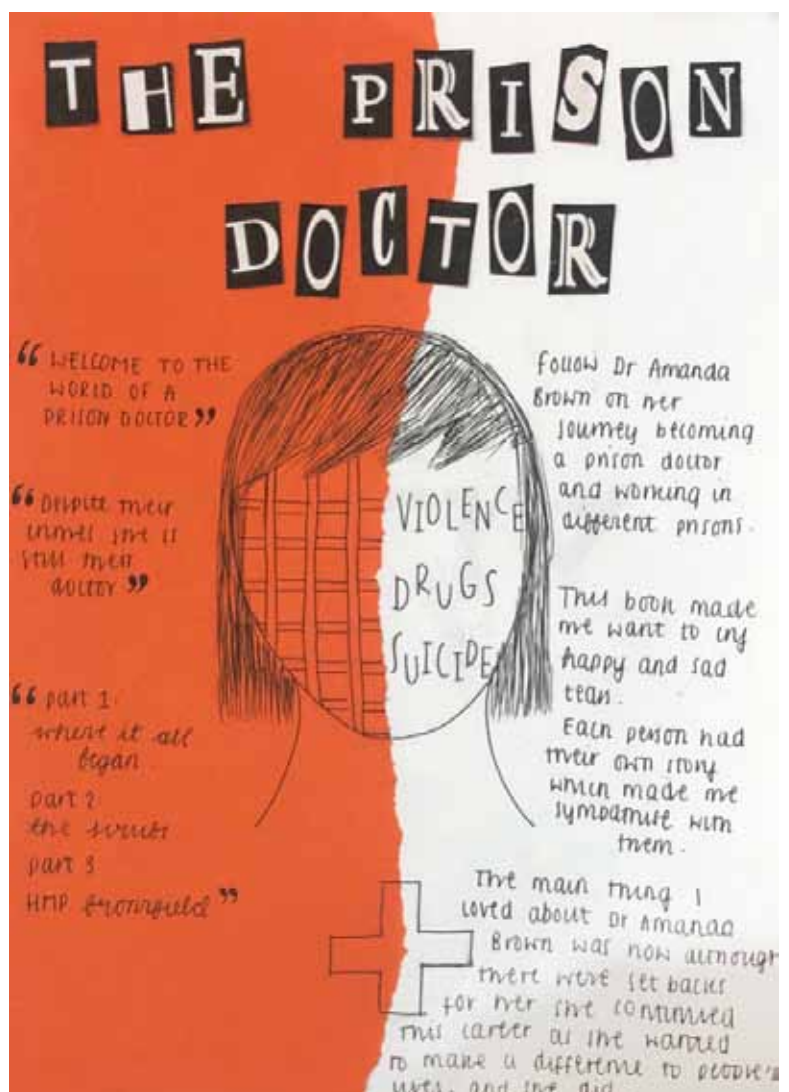
The titles that Piri chose were challenging emotionally as they dealt with the reality of medical training, working with a terminal diagnosis and the intricacies of operating on the brain.

However, the book that really captured the imagination of students was *The Prison Doctor*.

'I really enjoyed following Dr Brown in her journey to find her place in the prison, from her anxious expectations to the tough reality.'

This book does deal with very serious matters, but I found it especially heart-warming, eye-opening and there were even funny moments at times, which facilitated the read. I would say that this book is a real page-turner and one that you cannot put down.'

Gina, Year 11



Poster by Alishba, Year 11

Year 11 Sixth Form Taster Day

On Friday 25 September, our Year 11 students enjoyed a Sixth Form Taster Day where they experienced what life is like in the Sixth Form.

Dressed in accordance with the Sixth Form dress code and following an Assembly where I outlined the procedures and practicalities for the day, the students had a taste of 10 different A level subjects which they had selected in advance. In addition to the engaging and challenging lessons, the students spent some time in one of the Sixth Form Common Rooms and they were also able to take part in a virtual Q&A session with our current Year 13 students, who answered questions with candour and humour.

I would like to thank all of the students involved for the way they engaged with the process and I wish to thank the staff for preparing additional lessons for this purpose.

Mr Talleux, Head of Sixth Form



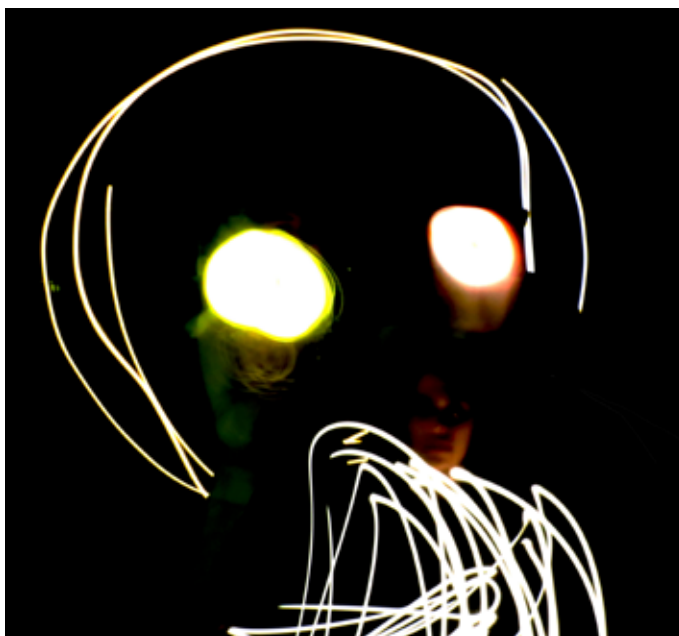
Students who opted for a taste of Art and Photography had quite a bit of fun, whilst also learning about the A Level courses we run.

Photography students explored light painting and how they could capture an image using a slow shutter speed and their mobile phone light. Balancing the brightness of the light you can see that they produced some great drawings. Perhaps not quite a Picasso light painting but not bad for twenty minutes.

Art students got to be the real Van Gogh with some sunflowers and copious amounts of paint applied over textured plaster and sand, using a pallet knife.

Ria "I found it fun working in the darkroom and experimenting with different shapes and colours"

Dora "It was quite new to me to use the pallet knife to paint instead of the brushes"



CATERING SERVICES UPDATE

At Holroyd Howe our number one priority is the safety of our team, our pupils and the wider school community. There have been some changes to the kitchen and service that will ensure everyone can eat safely with us every day.

We will be relaunching a reduced Hot Food offer at the Senior School from Monday 12th October. This will include a Hot Main Meal, Halal or Vegetarian, Hot Dessert, and a reduced Grab & Go section for sandwiches, Salad Boxes, Drinks, Cakes, Yogurt and Fresh Fruit.

Covid Guidance

We have taken every precaution in line with Government guidelines for social distancing in the servery and dining facilities. On entrance to the facility there are sanitizing stations. All our staff will be wearing face masks and gloves. In addition, between each allocated sitting all touch points and servery counter will be sanitized including the tables and chairs in the dining room. All our team have been trained in line with the new guidelines and cleaning requirements.

ALLERGENS

For those families with children that have specific food allergies or intolerances our teams can provide the appropriate and necessary assistance. Our Allergen Champions can be recognised by their pink 'Ask about allergens' badge in the case a pupil might have any queries regarding the food

ASK ME ABOUT ALLERGENS

COMMUNICATION

Our menus are published on the school website which we hope you will find useful. We operate a two weeks menu cycle, this means your child will potentially eat the same dish three times over a term. Once the first cycle is completed any dish which were not popular will be swapped for a different dish.

The menus and choice options are widely publicised in the school, in the dining area and TV screens throughout the school. We ask your child to familiarise themselves with these to help them best select what they want as well as assist us in the speed of service.

Our Role

Our role is to demonstrate we are able to achieve this whilst delivering on our nutritional, wellbeing responsibilities and ensure it is fit for our audience. We will always make sure there is a great meal available to every pupil every day.

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

