



# AROUND THE PALACE

## Year 6: Animal Paintings

Tia-Amelie, Year 6



Last term, Year 6 pupils made A2 elephant and lion paintings in their Creative Design lessons.

*More on page 5*

## Dear all,

This is the first weekly Bulletin of the new term under circumstances that we very much hoped would not happen again for schools.

Nevertheless, already during this second period of full lockdown at Old Palace, students and staff have risen to the challenges faced as evidenced by the range of remote learning and activities reported on this week.

I think the piece on page 3 about Adapting to Change, written by some of our Year 13 students, is well worth a read to remind us all of how we might adapt to the challenges we presently face.

Wishing you all a relaxing and safe weekend.

Jane Burton, Head

**Don't forget to join us  
at our Virtual Pre School  
and Prep Open Morning  
next Thursday: 9.30am**

Please send your bulletin photos/contributions to Mrs Berry: [nberry@oldpalace.croydon.sch.uk](mailto:nberry@oldpalace.croydon.sch.uk).

If we don't have room to include it in the current week's bulletin, please be assured it will be featured the following week.

## The Royal Institution Christmas Lectures - 2020 style!



Over the Christmas holidays, the Royal Institution Christmas Lectures were broadcast on BBC 4 and iPlayer. Started in 1825 by Michael Faraday, who contributed to our understanding of electricity, these lectures are an annual occurrence, but this year (2020) it was a bit different. Usually, the Royal Institution invites people ages 11-16 into one of the lecture halls in London (just behind

Oxford Street), but this year they had super-sized televisions in the seats and a massive Zoom call!

Founded in 1799, the Royal Institution is an independent charity dedicated to connecting people with the world of science. David Attenborough presented the 1973 lectures and famous crystallographer Sir Lawrence Bragg presented the 1961 Christmas lectures.

The theme this year was 'Planet Earth: A User's Guide'. Chris Jackson, Helen Czerski and Tara Shine each presented different aspects each. Professor Jackson, a geologist, explained about volcanoes and the earth. Dr Czerski, an oceanographer, talked about the importance of our oceans, which cover more than 70% of the planet, and finally, Dr Shine, a climate change expert, discussed the role of the atmosphere and how quickly it is changing.

The lectures were extremely interesting and there were explosions and models to explain their ideas. The final lecture gave a lot of really good tips about how to reduce our CO2 output. I would really recommend watching them.

[www.bbc.co.uk/iplayer/episodes/b00pmbqq/royal-institution-christmas-lectures](http://www.bbc.co.uk/iplayer/episodes/b00pmbqq/royal-institution-christmas-lectures)

Natalie, Year 8

## Virtual Sports Hall Athletics Results

Last half term most students in Years 7 and 8 had the chance to take part in the London Youth Games Virtual Sports Hall Athletics Competition.

This involved five activities:

- Sprint shuttles
- Standing Long/Broad Jump
- Standing Vertical Jump
- Speed Bounce Test
- Chest Push (*using a medicine type ball*)

Well done to all those who took part. Your results were submitted to the

Croydon School Sports Partnership along with all the other Croydon Schools and..... the results are in!!

Year 7 came a most commendable 4th out of all the Croydon Schools

Year 8 came an impressive 3rd out of all the Croydon Schools

Fantastic results!

Year 6 also took part and did really well – but while we had some really good results we didn't have any boys scores (for obvious reasons!) and so came lower down the table. But I know Year 6 really enjoyed taking part and individual scores were great!





## Year 13 Laud: Reflections on Adapting to Change

In Form Time on Wednesday, our tutor group had discussions in breakout rooms about the challenges we are facing at the moment and the skill of adapting to change. People respond to and cope with change in different ways. Anushka, Ellen, Nicole, Zainab and Alicia fed back to the whole group.

Here are their thoughts.

Anushka highlighted some of the challenges:



*Not being able to have non classwork related conversations with your friends and not being able to see each other.*

*Trying to get used to remote learning and adapting to new teaching methods.*

Ellen's group talked mainly about making the most of time:



*We put up decorations earlier than usual to make the most of the Christmas season.*

*We discussed using the time we've gained to learn new skills we otherwise wouldn't have had time for. Khushi said she took up baking.*

*One thing I've done is to plan something to look forward to, even if it's just 'On Friday I will watch that movie I've been waiting to watch'*

Nicole gave feedback on how our attitudes to change can make a difference:



*Accepting the change, because it is something we cannot control and allowing yourself to accept this, will help you mould into different situations more easily.*

*As technology is growing, we could view this as a more positive aspect, which could help us gain more knowledge on how to develop the necessary skills for the future.*

Zainab reflected on appreciating what we can do:



*Becoming aware how much we take the small things for granted, for example, exercise and how we now need to try and implement it into our schedules.*

Alicia shared her thoughts about working from home:



*Adapting to being in the house all the time. While it can be repetitive, just finding new ways to entertain myself or try something new can help. When adapting to change, I think it is important to try and find some positives, for example; I find that I have more time to reflect and be by myself.*

## The Sixth Form Enrichment Programme Continues...Online!

Mr Talleux writes: *As most students know, being French I live to eat, I do not eat to live! My greatest frustration with my Food course this year has been that I have not been able to sample the delicious dishes my students have produced in the Carousel.*



Pavithra: *I have photographed my tomato and tuna pasta bake, made with tomatoes, carrots, yellow peppers, tuna, cheese and Italian herbs.*



Emily: *My original plan for this week's lesson was to cook Thai Curry, but because it's my Mum's birthday, we're having takeaway for dinner, so I made cheesy puff biscuits instead. I also started to bake bread rolls.*



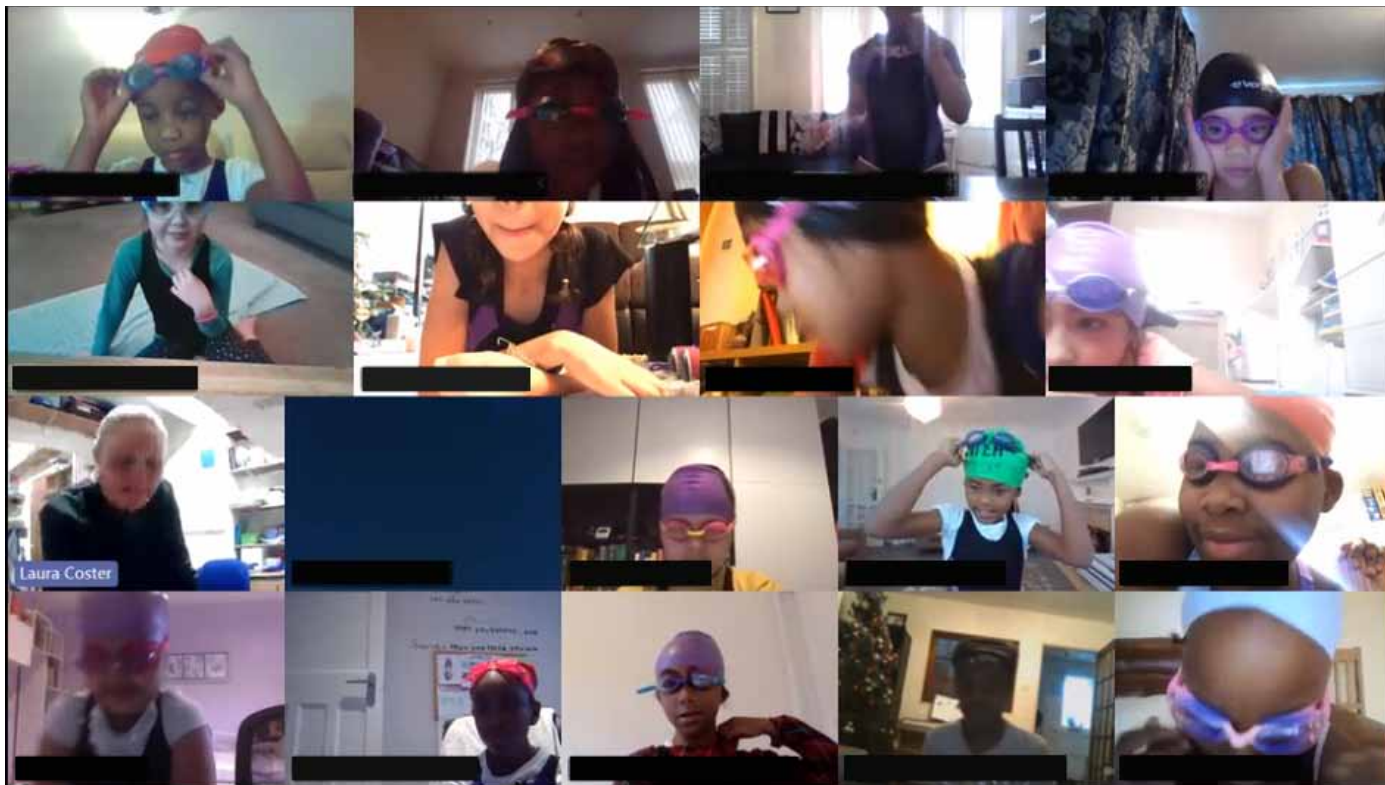
Sasha: *I've taken a photo of the Chicken Soup that I made following a Jamie Oliver recipe. It was great fun and I'm glad that we are continuing the enrichment sessions even in these strange times- it was nice to get a break from work.*



Amanda: *I've made some traditional, West African meat pies.*

## Year 4: Swimming - Underwater Breathing

Mrs Coster has been continuing her Year 4 swimming lessons by teaching a remote session in underwater breathing techniques. Here they are treasure-hunting at home!



## Making Challah Bread

Well done to Harriet, in Year 2, for making this excellent Challah bread.



## House Challenge: Around the World from Old Palace School



We have set up a House Challenge which we hope will encourage everyone to get outside for a walk or run during lockdown. We've called it 'Around the World from Old Palace School' and it's open to staff and pupils at both Prep and Seniors.

All you have to do is track your steps when you exercise and record them on the correct Form.

We will track and map the progress of each House to see how far each of us can get before we all meet again. (Hopefully we can at least get out of Croydon virtually!)

We have also set up a 'Team' for each house (you can obviously select to leave the Houses you don't belong to!).

Best of luck. We will keep you posted on our progress.

Ms Richards

Classics Department Word of the Week 18/01/20

# Impeachment

*(Legal, US) Charging a public official with misconduct, especially if serious, often with the aim of having the official dismissed from office. From Latin "impedio" meaning trap or hinder, perhaps "trip up" - related to pes, pedis meaning "foot"*



## Year 6: Animal Paintings *continued*

*This was an amazing experience. I never knew I could paint a lion so well. First, we did a background then we painted the outlines. Then we painted the tones and textures. I loved making my lion's hair very fluffy. Then, we sponged our background to make it darker and that was our painting completed!*

*Thank you for your opportunity and encouragement  
Mrs Evangeli.*

**Maya, Year 6**







*I really enjoyed the overall process. I loved the image I was painting from because half of the lion was in shadow, while the other half was in the light, and I thought it would be really interesting to try and replicate that.*

*My favourite parts to paint were the eyes, the mane, and the whiskers. The bit I found hardest was blending the light areas and the shadowy areas together evenly.*

*If I could do it again, I would make my eyes a little darker and more golden, and make my whiskers a bit longer. It was great fun and I think everyone should be really proud of their work!*

**Avani, Year 6**



Elephant paintings in next week's Bulletin.





## Year 5 Space Poems

Mrs Coster writes: Year 5's English topic this term is Poetry. Pupils will cover different aspects of the subject, including analysing and writing their own poems along different themes.

Last week, our theme was Space. Here are some of the poems. I think you will agree they are pretty spectacular!



### A Galaxy in Space

Solar System

Mysterious Mars uncovering

Loud spaceships exploring

Ugly aliens invading

Spherical moons babysitting

Small Mercury boiling

Murky Venus concealing

Perfect Earth living

Red Mars knowledge opening

King Jupiter controlling

Sharing Saturn caring

Weathering Uranus showering

Frosty Neptune freezing

Small Pluto drifting

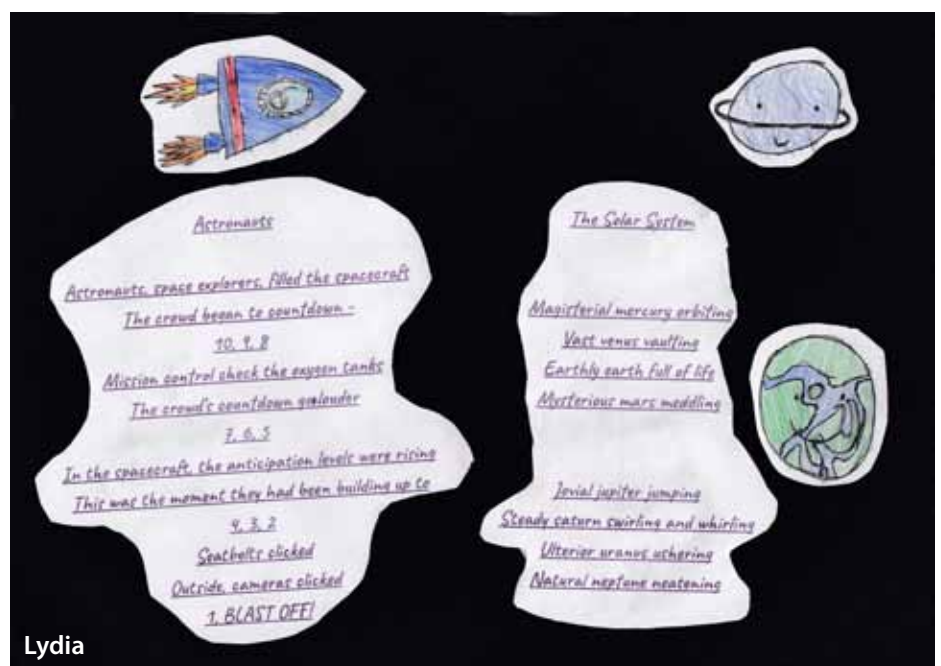
National NASA navigates around  
space

Weird saucers circulating ships

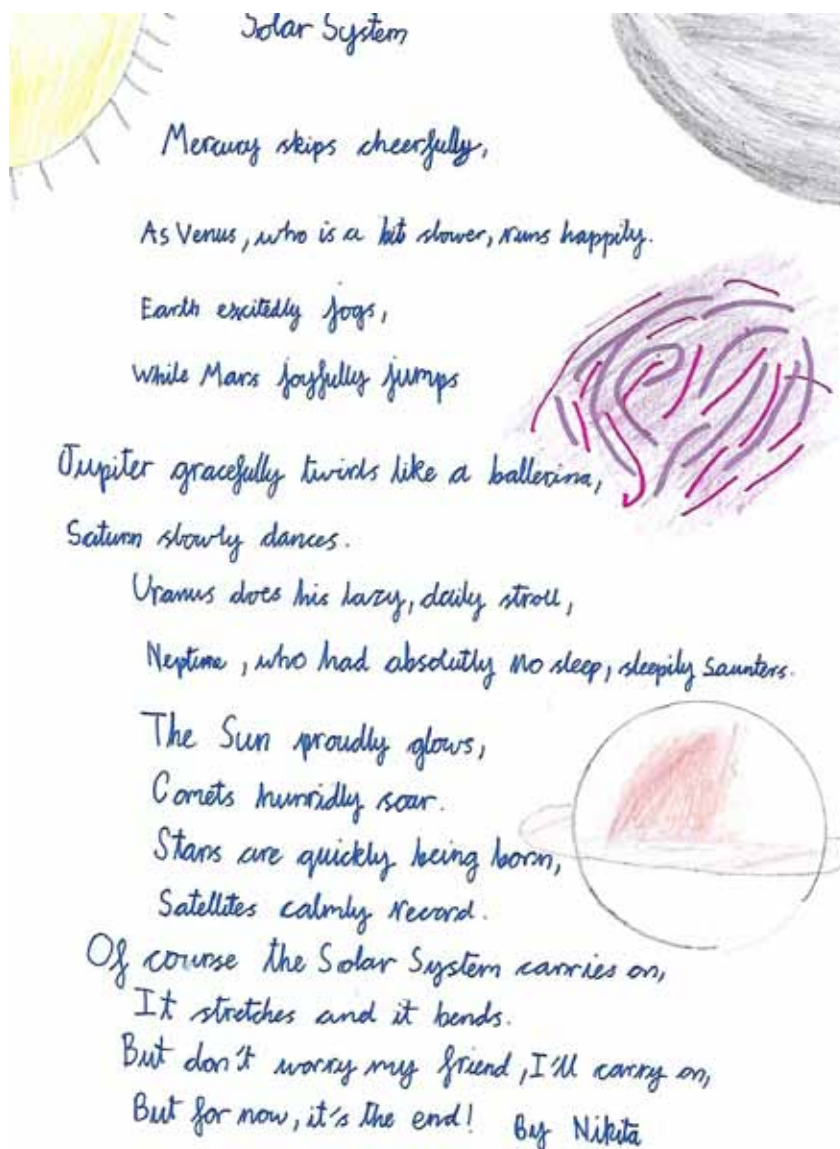
By Erin



Lola



Lydia



We ran out of room this week so we will feature more photos in next week's bulletin.

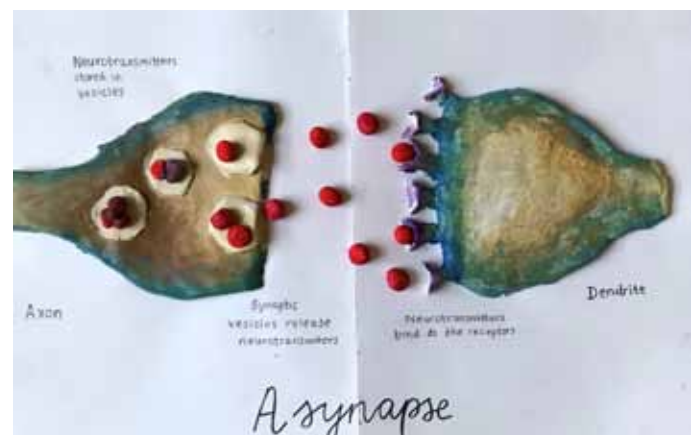
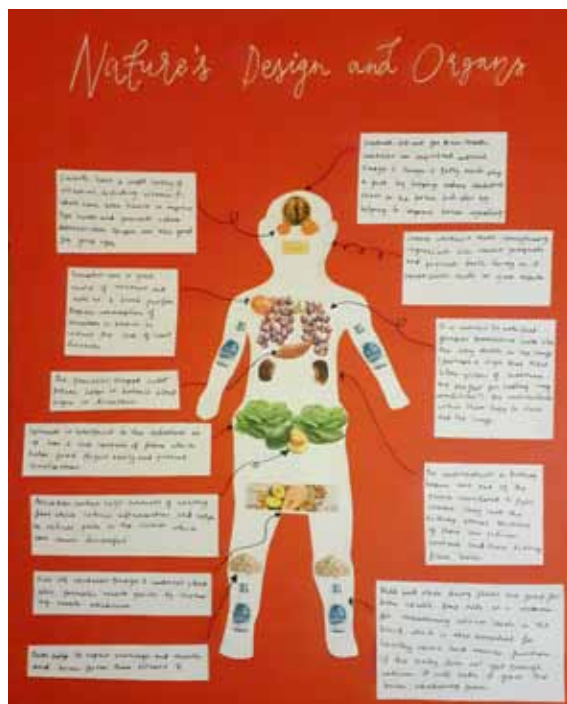


## Years 9, 10 and 12: Biology in Art

Last term, to celebrate Biology Week 2020, students from Years 9, 10 and 12 created sculptures, collages and models, taking inspiration from equipment, cells, organs and processes that they have covered in their lessons.

These were entered in the BioArtAttack competition organised by the Royal Society of Biology. These, and other great poster creations, have brightened the corridors and provided a talking point in the Science Department.

Well done girls!





## A letter from Mrs Nike



Dear all,

Well done girls for settling back into remote learning so well this week. Learning at home can sometimes feel more challenging, but you are doing a fantastic job of working hard and producing some great work. Keep it up!

This week, I would encourage you to watch our new Pre School video. It is great to watch what the children in Pre School are getting up to in their new Nursery garden!

<https://youtu.be/NqBMDQbZLM4>

Meanwhile, Joe Wicks is back on YouTube. Why not catch up with his fun workouts.

<https://youtube.com/c/TheBodyCoachTV>

**Mrs Nike**  
Head of Nursery & Preparatory

## New Film Alert: Introduction to the Pre School



We are delighted to present a new film about our Pre School, introduced by Nancy Anderson. See it here: <https://youtu.be/NqBMDQbZLM4>

## Year 2: Beat, Band Boogie!

Our topic this term is all about music. We've been listening to traditional music from around the world and learning to identify pulse, rhythm and pitch. In our DT task this week, we followed instructions and designed our own fantastic percussion instruments. *(More photos to follow next week).*



Nia



Harriet



Marina



Safah

Virtual Open Morning

**Pre School & Preparatory**

Thursday, 21 January  
9.30am Live Q&A

[www.oldpalace.croydon.sch.uk/admissions/open-days](http://www.oldpalace.croydon.sch.uk/admissions/open-days)



## Year 2: French Body Parts

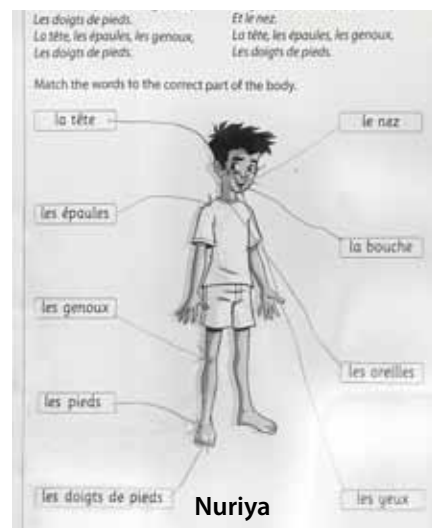
French lessons are carrying on remotely and Year 2 have had some fun playing games to learn parts of the body.

Aanya said: "Mummy and I played the body parts game; look how funny the face is!. I won the game against Mummy. I also remembered to use the correct vocabulary, but I do need some more practise as it was a bit tricky."

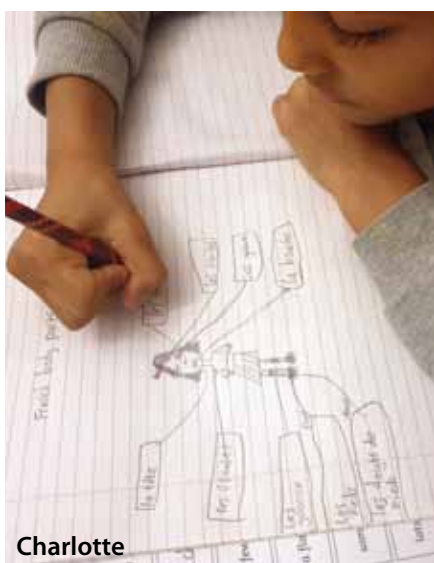
We ran out of room this week so we will feature more illustrations in next week's bulletin.



Nuriya



Nuriya



Charlotte



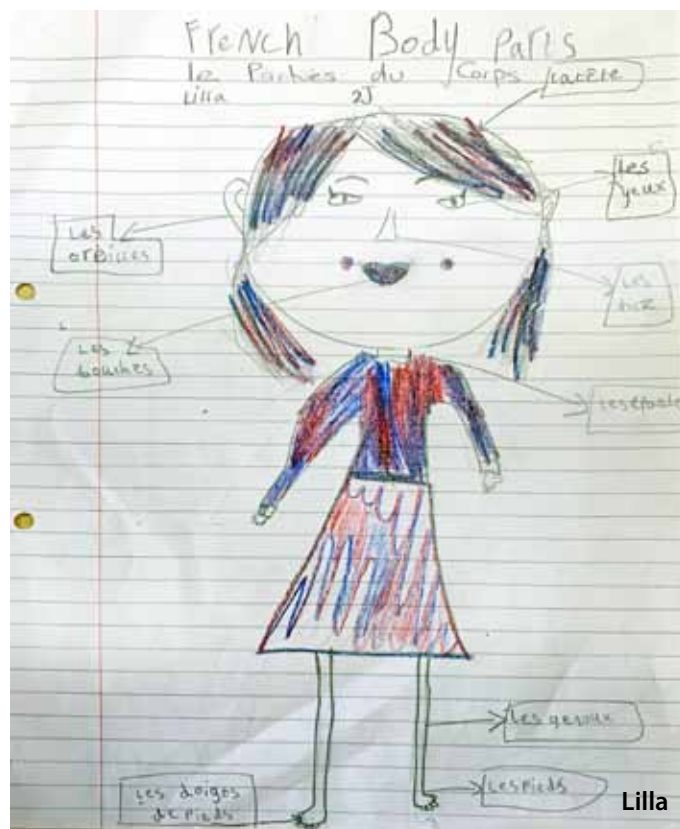
Marina



Maya



Nia



Lilla

## Puzzle Fun Competition

### Spooky's Favourite Number

Spooky has a favourite number.



It is a 2 digit number.

The total of the digits is 10.

It is a square number.

What is Spooky's favourite number?

**Answer on page 13**

## Sixth Form: First Aid Course

Despite the latest restrictions, some of our Sixth Form students have been busy completing on-line courses.

A short session introducing First Aid at school led me to choose this online course on further learning. Many statistics shocked me, such as that only 59% of the UK feel confident to use First Aid. This led me to acknowledge the importance of learning basic First Aid.

By learning about skills such as how to manage acute bleeding and unconscious patients, I now feel more confident to help someone in a life-threatening situation. I particularly enjoyed the interactive exercises as well as the quiz format of the course, as I find this is an effective way for me to recall key points.

The interactive section consisted of multiple situations where you had to make decisions under timed conditions (a matter of seconds) to help a patient; for example, for one who was choking. The timed conditions made it more realistic and pressurised; however, highly rewarding when done correctly.

This is quite common in the medical field and learning how to work under pressure, but with accuracy, is a key skill.

**Anushka, Sixth Form**

## John Whitgift Foundation Commemorates 425th Anniversary with Daily Posts

To commemorate John Whitgift Foundation's 425th anniversary, we will be releasing an historical image each day during 2021 to look back at our charity's incredible past. From Queen Elizabeth I's reign to the industrial revolution and two World Wars, John Whitgift Foundation has seen more than four centuries of history since it was founded in 1596 by Archbishop John Whitgift. Follow our social channels and #425in365 to discover more about our history. **#ServeCareExcel #Croydon #History #425in365**



### #425in365 Day 1:

John Whitgift, was the eldest son of Henry Whitgift, a merchant, from Great Grimsby, Lincolnshire. He was born, probably between 1530 and 1533. The Whitgift family is thought to have originated in the relatively close Yorkshire village of Whitgift, adjoining the River Ouse.

**john  
whitgift  
foundation**

## Senior Mathematics Challenge

The Senior Mathematics Challenge is organised by the United Kingdom Mathematics Trust (UKMT). The UKMT's aim is to advance the education of young people in mathematics. One of the ways this is achieved is by organising competitions promoting problem solving and other mathematical enrichment activities.

The Senior Mathematics Challenge (SMC) is a 90-minute, multiple-choice competition aimed at students across the UK in Years 12 and 13 who are studying Mathematics A level. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The problems on the Senior Mathematical Challenge are designed to make students think. Most are accessible, yet still challenge those with more experience. Students are not allowed to have square paper, a ruler or a calculator for the competitions.

Congratulations to all of those, listed below, who were awarded a Bronze, Silver or Gold certificate.

Well done to Nadia who qualified for the Senior Kangaroo which is a follow-on round.

### Gold Certificate and Best in School

Nadia	Year 13
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### Silver Certificate and Best in Year

Abisha	Year 12
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### Certificate – Silver

Piriyanka	Year 13
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### Certificate – Bronze

Charlotte, Anushka, Mathumitha,	Year 13
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Julieta, Khushi, Lydia, Demi and Sahi	
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Alice and Emily	Year 12
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## A Mathematical Puzzle



This is the puzzle from the first day of the Mathematics festive calendar. Links to further puzzles can be found on the UKMT website [www.ukmt.org.uk](http://www.ukmt.org.uk)

Sally and Gary have made a snowman out of three spherical balls of snow, with the top sphere making up the head.

Sally measures the snowman's height as 126cm.

Gary measures the widths of each sphere. He finds that the middle sphere is one and a half times as wide as the head, and the bottom sphere is twice as wide as the head.

**What is the width of the snowman's head?**

## Geography: Where in the World?

Do you want to stretch yourself? The Geography Department has put together some extension activities which are on the Geog VLE pages. <https://oldpalace.sharepoint.com/sites/Geography/SitePages/Home.aspx>

Submit your answer on Forms using the link below. Please note this an internal link.

<https://forms.office.com/Pages/ResponsePage.aspx?id=IEPCiFx-EUiUssKSjqGU5CJ4-zx23UVKvh1xAsZm93FUMzY2NK1DSVc2TEFLS1E1U0IZUFJKOTHLVY4u>

**Deadline: Thursday 21st January 2021**



# Where in the world?

Discover The world: use the clues to guess what country this image is from!



1. This country has around 300 distinctive native ethnic groups.

2. Over 740 different languages and dialects spoken in the country

3. This country has the same flag as Monaco, but this country's is slightly wider.

4. This country has the second longest coastline in the world (over 54,000km), after Canada.

5. This country is the largest archipelago in the world. It consists of five major islands and about 30 smaller groups. There are 17,508 islands in total, of which about 6000 are inhabited.

**Answer Fun Puzzle**  
Competition on page 12

The answer is 64

## We want to hear from you

Send your contributions/photographs for the bulletin to Mrs Berry:  
[nberry@oldpalace.croydon.sch.uk](mailto:nberry@oldpalace.croydon.sch.uk)