



AROUND THE PALACE

Dear all,

As the spring term draws to a close, this Bulletin reflects the positivity and achievements across the school this term. It showcases Old Palace students participating in so many different activities. Particular congratulations to the Year 13 chemists and the Year 5 Mighty Nose winners, who both excelled in national competitions.

Further congratulations to Abisha and Amanda who have been appointed as the next Head Girl team from a very strong field of applicants. They now enter into a period of handover with the current Head Girl Demi and the Deputy Head Girl Lisa. I would like to take this opportunity to thank them both for the impressive way they have carried out their duties during this

challenging year. They have inspired and motivated students (and staff!) throughout their tenure - thank you.

I hope that all Old Palace families enjoy some quality time over the Easter break.

Jane Burton, Head



Year 13 Success in the 2021 Chemistry Olympiad



We are very proud of eleven of our Year 13 Chemists who took part in this year's Olympiad. The competition takes the form of a two hour written exam, which extends students' thinking well beyond the requirements of the A level specification.

Students have to apply their knowledge and understanding to

problems set in real life contexts, dealing with unfamiliar material along the way.

Many congratulations to Nadia (Gold Award), Julieta (Silver) and Rajan, Zainab, Anushka P, Khushi and Demi (Bronze). Piriyanika, Lydia, Anushka T and Ally were given participation certificates.

The total number of entries nationally was 7160. Of these, 32.9% achieved Bronze, 23.2% Silver and only 8.9% achieved Gold.

Well done to all of you who tackled this very demanding competition.

Sakina Volunteers at Vaccination Centre



Thank you to Sakina in Year 10 who volunteered to help out at the COVID Vaccination Clinic at Croydon Mosque on Saturday 20th March – the first outreach COVID vaccination clinic in Croydon.

Head Girls 2021-22



Abisha and Amanda

I am overjoyed to announce that our Head Girls for 2021 – 2022 are Abisha and Amanda.

All the candidates were absolutely fantastic, and this has been a very difficult decision indeed. In fact – you might have noticed that we couldn't quite decide, and rather than having a Head Girl and Deputy, we have appointed two Head Girls.

Please do take the opportunity to congratulate them when you see them.

Thank you to all the candidates for applying, for you all for voting, and to Demi and Lisa for helping us make this important decision.

Ms Ford

John Whitgift Foundation's Virtual Founder's Day Service 2021

John Whitgift Foundation's Virtual Founder's Day Service now on line:

<https://www.youtube.com/watch?v=PoaT2dvWm90>



This year, the Most Revd and the Rt Hon Justin Welby, Archbishop of Canterbury, features in a Founder's Day Service to mark 425 years since Archbishop John Whitgift laid the first foundation stones of his Hospital of the Holy Trinity.

This moving celebration includes music from choristers at Old Palace, Trinity and Whitgift, together with care home residents, The Foundation's Chairman, Christopher Holding and the Revd Canon, Dr Andrew Bishop.

Father Andrew's Easter Message

In place of our usual Easter Service in Croydon Minster, Father Andrew has kindly recorded an Easter Message for the Old Palace community. See it here:

https://youtu.be/_bHUHdhKTcU



A letter from Mrs Nike



Dear all,

I am overjoyed to announce that Tamalia is the winner and Aanya is the runner up of the Marty Mighty Nose competition. I am sure you will agree that the winning poems are of an exceptionally high standard and are a real pleasure to read. Well done Tamalia and Aanya you have excelled yourselves!

It has been wonderful to have all our pupils back on site and I have thoroughly enjoyed hearing the sound of laughter and learning coming from the classrooms once again. The girls have bounced back into school with beaming smiles on their faces and it has been a delight to see.

Before lockdown the pupil council requested a fish tank to be purchased by the PTA, and I am pleased to say that it has arrived and will be set up for when the girls return to school at the start of the summer term. I know the girls are looking forward to feeding and looking after the fish. Photographs will follow in the next newsletter. All we need to do now is find a name.

I really wish you a very happy Easter break. I hope it is full of fun and laughter.

Have a peaceful Easter.

Mrs Nike

Head of Pre School & Preparatory



Tamalia and Aanya Scoop Mighty Nose Competition



Winner 2021 Tamalia 4J

Can You Guess?

I am the nauseating smell that stays in
your brain for ever and ever,
I bet you can't suss me out, or are you
too clever?

I am sweaty, I am malodorous,
I am the kind of smell that punches
you in the Belly,
I am so sickening that I can give
people headaches
From afar.

I am responsible for breaking down
the planet.

I am the smell of burning plastic
rubbish,
My stench does deserve to be
punished,
I am toxic fumes, my burning plastic
often goes BOOM!
I am pollution,
I am plastic
I am smouldering elastic,
I am revolting, I am utterly disgusting
sewage.
I am sad to say,
My games must end, NO more guess,
Time to tell
I am the busting sweaty smell of
Ghana's not so delightfully smelling
Capital City,
ACCRA!

Runner up 2021 Aanya 3J

Smell of New Book!

Lying in the corner,
Hot off the press,
I turn my head,
Lift my nose,
And my eyes close.
It must be a freshly printed book!

It's fresh, it's crisp,
I lift the front cover and sniff a whiff.
An earthen smell fills the air.
It draws me in,
I look for it everywhere.
It must be a freshly printed book!

I flip the pages, and feel a gust of wind
on my face.
Is it woody?
Does it smell of freshly ground
cinnamon?
The smell is definitely novel!
It must be a freshly printed book!

I take a deep breath.
It's enticing,
It's comforting,
Like the dust of spring time rain.
I fill my heart with its fragrance.
It must be a freshly printed book!

Red Nose Day at Prep

Old Palace has once again given so very generously to Comic Relief. Our non-uniform day on Friday, 19th March raised **£1,203**, far exceeding our expectations! Thank you to everyone who took part and shared their jokes.

The winning joke at Prep was from Hiru in 3J:

'Why did the girl bring a ladder to school?

Answer: Because she wanted to go to high school!'

The last word has to go to Mrs Burton's joke:

What did the inflatable teacher say in the inflatable school to the inflatable student with a pin?

Answer: 'You've let yourself down, you've let me down and you've let the school down'. Boom! Boom!



Our National Cipher Challenge Success!



During the Autumn term and part of the Christmas holidays, we took part in the National Cipher Challenge run by Southampton University.

This was a multi-level competition that consisted of two weekly decoding tasks that were to be completed and scored on accuracy and time taken. We learnt about the competition during our weekly computer science lesson and worked on it in class. Whilst many others stopped at the end of the lesson, we decided to carry on with the task once we got home; video calling each other and working out the code. As this was the last day for this part of the challenge to be completed, we worked extra hard and managed to finish it on time, achieving full marks for accuracy.

From then on we held a video call every Thursday after school to work on that week's new task. There were many ciphers in the challenge that neither Clodagh or I had ever encountered before, so we had to do research to find out how to crack it. Some examples of this are the Vigenere cipher and the Wheatstone cipher.

All of our hard work paid off and we got placed 51st on the national leader board out of over seven thousand entrants, most of which were much older than us and doing GCSE or A levels.

The challenge was great fun and I hope we can do it again next year.

Phoebe and Clodagh, Year 9

PE and Dance Departments Support Red Nose Day



PE and Dance department supported Red Nose Day by all wearing STRIPES on Friday!

Amnesty International Youth Group

At the beginning of this year, with help from Dr Furniss, I started an Amnesty International Youth Group as a co-curricular club at Old Palace.

Despite the disruption due to the Covid pandemic, the Amnesty Group had a successful start, holding sessions for most of this year. In fortnightly sessions, we discussed a range of human rights issues that we were most interested in. Some recent topics included discussions on the Hong Kong democracy protests, the voting age, and what the 2020 US presidential election would mean for human rights worldwide.

I particularly enjoyed hearing the wide range of contributions, which made it clear that OP students are very concerned about the state of global affairs right now. Unfortunately, this year we had to restrict membership to Year 13s only to respect the year group bubbles. Nonetheless, I know there are lots of engaged students lower down the school. As things return to normal next year, I hope they will keep the Amnesty Society running and be able to expand its ability to raise awareness and run campaigns around human rights within the Old Palace community.

Emma G, Year 13

Classics Department Word of the Week 29/03/21

REPUBLIC

A state in which supreme power rests in the people via elected representatives.

From Latin res publica "public interest, the state," from res "affair, matter, thing" + publica, fem. of publicus "public"

Year 8 Hockey Tournament

The Year 8 students played in a house hockey tournament after school today. The girls warmed up and got the chance to practice some of their skills, before going on to a game. They displayed great ball control whilst using the width of the court and they showed off some V-drags to get past other players. There was some fantastic defending showing some block stick tackles, making it almost impossible for other players to get past. It was competitive and the girls had lots of fun whilst gaining valuable points for their houses.



Year 3: Puja Trays

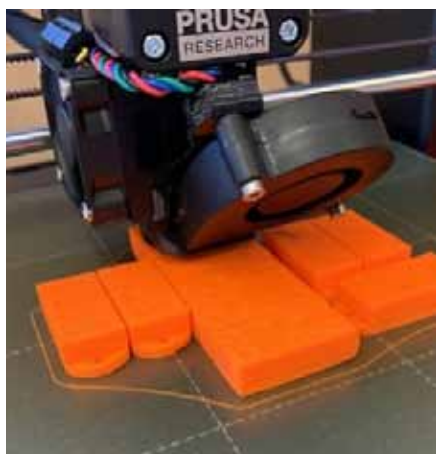
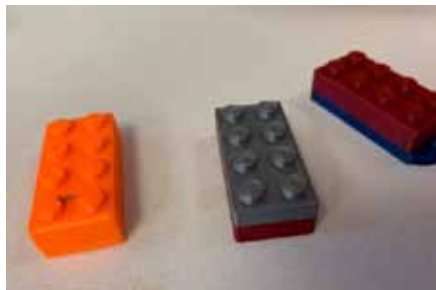
Girls in Year 3 RS have been looking at Puja Trays. They learnt how a Puja Tray is used. It holds: a bell which is rung to let the deity know the worshipper is ready to worship them, incense to carry the prayers to the deity and water, flowers and fruit to offer to the deity.



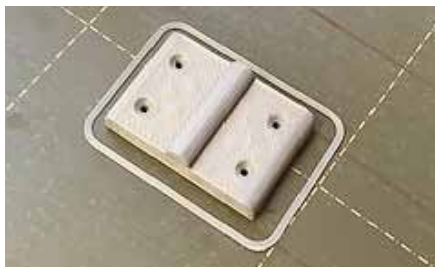
Design Technology News

Here are some photos of our new, eagerly awaited, 3D printer!

Our Year 9 students have already embarked on a project to produce some Lego brick key rings. They have been designed and printed in a biodegradable natural plastic called PLA, using a free online CAD (computer aided design) modelling program called Onshape.



Below is a photo of a component part of Indrani's Year 11 3D GCSE coursework project. We are delighted that **Indrani has been shortlisted for a prestigious Arkwright Engineering Scholarship** and wish her luck as she goes through to her final stage interview next month.



PPE+ Oxbridge Preparation Program



On Monday, this year's Old Palace PPE+ Oxbridge preparation program launched.

In addition to the wide range of existing support for Oxbridge applications at Old Palace, this program helps prepare Year 12 girls with particular ambitions to read degrees relating to:

- Politics
- Philosophy
- Economics
- History

Interested students attended an initial meeting in which they were given the outline of the programme that will guide and support them through their application.

One of last year's successful applicants, Emma, who holds an offer to read Human, Social, and Political Sciences at Newnham College, Cambridge, was on hand to answer questions about her experience.

For any interested students who missed this initial meeting, there will be another after the Easter break.

If they want to attend, they are more than welcome, and just need to make contact with Dr Nettel, Dr Furniss, or Ms April.

Love Maths, Love Puzzles?

Search for **The Turing Challenge** for GCHQ's toughest puzzle to celebrate Alan Turing featuring on the £50 banknote.

www.gchq.gov.uk/information/turing-challenge



Science: In the Laboratory

Experimentation is the essence of learning Science, which is why it has been so great to see Old Palace students back in the Science laboratories this month.

Here are a few of the practical activities our students have carried out over the past week...

Year 7: Cells

Year 7 have been studying the structure of cells. They made their own slides of Elodea and observed these cells under the microscope. They were able to identify some of the subcellular organelles that you find in plant cells, such as the nucleus, chloroplasts and cell wall.



Year 10: Static

In Physics, Year 10 were investigating the effects of static electricity. They were able to observe and explain when charging by induction, a transfer of electrons results in attraction and deflection.



Year 9: Osmosis

In Biology, Year 9 students have been studying transport of substances by diffusion, osmosis and active transport. In this practical students were investigating how solution concentration affects percentage change in mass of potato strips due to osmosis.



Year 10: Transition Metals

In Chemistry Year 10 were investigating the use of transition metal ions as catalysts. In this experiment they were measuring the rate of a catalysed reaction by observing a change in colour.

Iron(III) nitrate solution reacted with sodium thiosulfate solution to form a purple solution which gradually became colourless. The relative rate of reaction was determined from the time taken for this colour change



Year 11: Insoluble Salts

Year 11 Chemists have been looking at the different methods used to prepare salts. Here they were having to use solubility rules to determine which solutions they needed to prepare an insoluble salt by precipitation. The blue precipitate you can see in the photograph is copper carbonate, produced from the reaction between solutions of copper sulphate and sodium carbonate.



Year 12: Making Standard Solutions

As part of the A level Chemistry course, Year 12 must demonstrate a number of practical skills. One of these is making a standard solution and then using it to carry out a titration to find the concentration of an unknown solution. In this task they are making a standard solution of sodium hydroxide.



Year 13: Organic Synthesis



Year 13 Chemists have studied many different organic reactions and are able to devise synthetic pathways to synthesise a wide range of organic compounds.

They demonstrated their well-developed practical skills by synthesising a haloalkane from an alcohol.

Year 12: Oxidation States

Transition metals are well known for having more than one stable oxidation state. Manganese has more than any other. Each state can be identified by its characteristic colour.

Here, the Year 12 Chemists were attempting to observe the colours of six oxidation states.

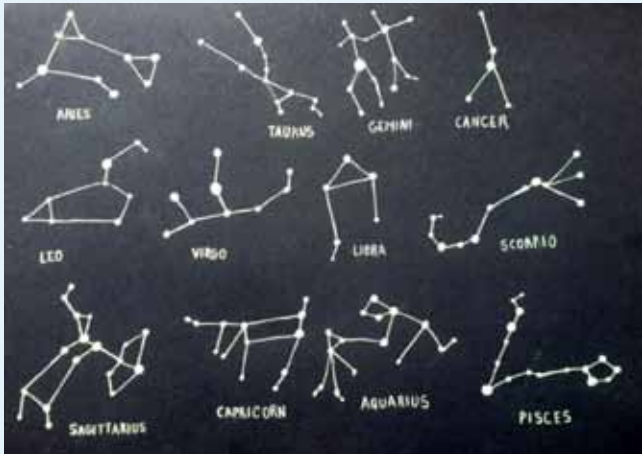


Year 13: Titration



Iron tablets contain iron (II) sulfate which is a soluble inexpensive form of 'iron supplement'. The Year 13 Chemists carried out this titration to determine the percentage by mass of iron (II) sulfate in each tablet. They were using the marked difference in colour between two oxidation states of manganese, purple to colourless, as an end-point for this redox reaction.

A View From Year 6... Space



I've always been really interested in the constellations and finding patterns in stars, and that's why I decided to draw the zodiac constellations. I have drawn all 12 zodiac constellations there, from Aries to Pisces.

Here are some fascinating facts about the zodiac:

- 1 Astrology was developed before the Copernican Revolution, therefore it is based on the erroneous assumption that the sun orbits the earth, travelling through the different star constellations.
- 2 The word 'zodiac' comes from a Greek term meaning sculpted animal figures.
- 3 The Chinese people traditionally recognize the sign Taurus as a white tiger instead of a bull.
- 4 The Roman Emperor Augustus had his zodiac sign (Capricorn) printed on his coins.

Avani, Year 6



Facts about Space

Did you know Space isn't completely silent.

The hottest planet in our solar system is 450° C.

One million earths can fit inside the sun.

The sunset on Mars appears blue.

One day on Venus is longer than one year.

There is a planet made of diamonds.

There are more trees on earth than stars in the milky way.

by Ava, Year 6



Maya's Space Galaxy painting



Space has millions of stars in it. But there is one that you can always see. Star Sirius. Today, I didn't want to tell you millions of facts about stars, but something that you can think about, or maybe you know, but you haven't realised yet.

The question I want to ask you is: Who is the star in your galaxy?

Is it your mother? Your sister? Or is it a celebrity, a female activist? Whoever it is, you look up to them for a reason. They are your star for a reason. When you think about it, stars, both in the sky, and your role models, can be thought about in this way:

Who is your star? Why? Why do you always look up to her/him? You always look up to the stars, and the star you can always see, as I mentioned before, is Star Sirius. You look up to them, because they are beautiful, and they have been around for hundreds and thousands of years. I'm not saying your role model is old, but they might be wise, and that is what years of experience has taught them.

After reading this article, you might want to think more about who your star is, and how that can be connected to the stars in the sky.

Catherine, Year 6

This term, Year 10 students have been studying the topic of 'Health'.

Deborah explained that they have learned that "health is your physical, mental and social state. It isn't only about being ill".

Students have really enjoyed this topic.

Faith says: *'It's all very interesting; there are many subjects like cardiovascular disease and the effects of smoking that I wasn't aware of before.'*

Meanwhile, Maria has enjoyed looking at trends from different countries. The current pandemic has prompted more questions and discussion.

Akchanah thinks that *"viruses have interested me the most because due to the current situation with Covid-19, it was interesting to learn about these pathogens"*.

Because it was World Poetry Day on 21 March, Kayla, Aathirai, Abigail and Harnitha summed up the risks and treatment options for heart and circulatory diseases. They used the short poems forms, haikus and cinquains.

They have looked at cardiovascular disease (CVD) as an example of a non-communicable disease. Diseases of the heart and circulation cause more than a quarter of all deaths in the UK; that's more than 160,000 deaths each year according to the British Heart Foundation and an average of 450 deaths each day or one every three minutes in the UK.

Eat well
Give up the smokes
Your heart will benefit
No plaques, no clots,
free flow
Healthy

Don't smoke
Your lungs will be lined
with tar
Carbon monoxide is what
comes out of cars
And you're putting it in your
body
PLEASE find a new hobby!

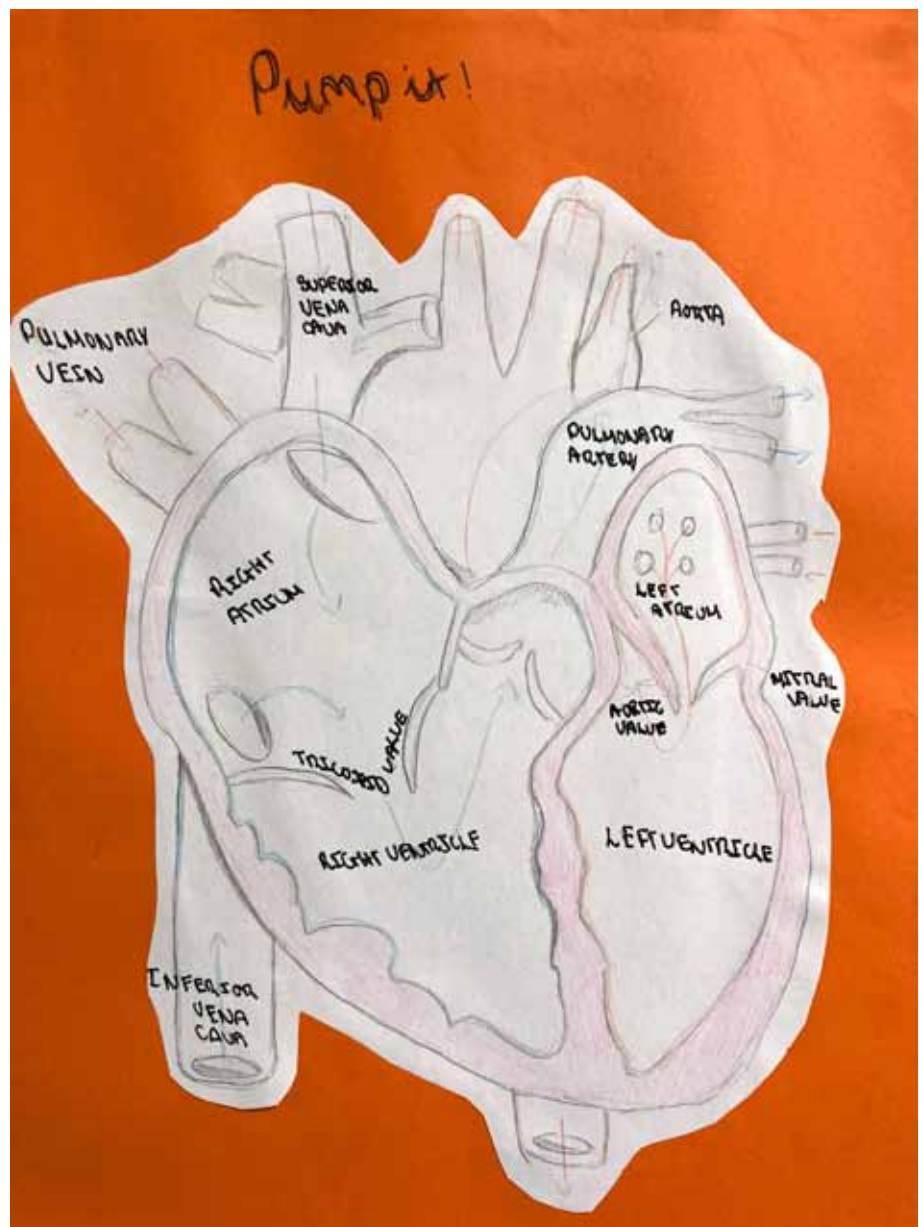
Soot, tar, nicotine
All get caught up in your
lungs
Damaging your heart

Ah yes! Nicotine
It's one addictive drug
One that can cause harm

Exercise, eat well
Statins, stents, bypass,
transplant ops
Be CVD free

Smoking
sadly leads to
cardiovascular
disease. Nicotine is a drug
it's bad.

The picture below is from a poster 'Show me What you are Made of' by Stephanie in Year 9.



Years 7-9: Athletics

This week in lessons students in Years 7-9 have taken part in some athletic activities including:

Sprint

Middle Distance

Adapted Javelin

Standing Long Jump

It has been good to see students getting ready for the athletics season which starts after Easter!



Year 8 Javelin



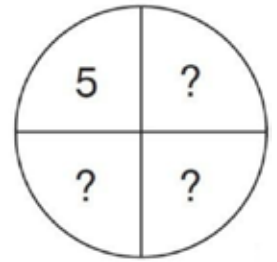
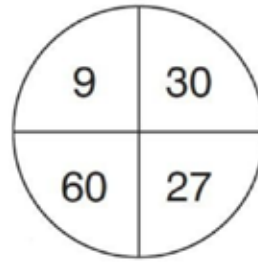
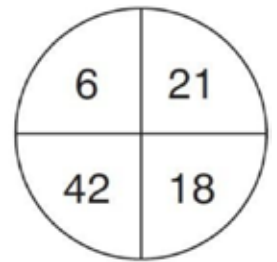
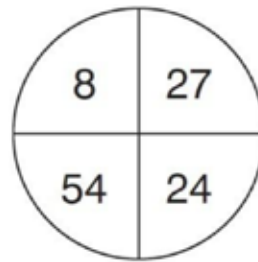
Year 7 Long Jump



Year 7 Distance

Maths Puzzle Fun

The numbers in these circles follow some rules. Work out the rules and fill in the ?'s.



Answer on page 23

Year 7: History

Tudor Rebellions of 1549

This is the time when we rebel
To get back the rights that we once held.
There are so many reasons why we want to rebel,
But here are the main ones so listen well!

We want the common land to be public property,
So that we won't have to live in poverty.
Remember the rents for land in 1509?
They should now be the same or there will be crimes.

Now for the man that we truly blame,
Lord Somerset who made the King's policies reign.
We want him to be removed from power
Or else there will be trouble within the hour.

Great landowners are using the common land,
We want the Mass back and our religion to stand!

Zara, Year 7



What's Happening in Drama?

As always, it has been a busy few weeks in the Drama department as we returned to face-to-face teaching. We have started our lunchtime clubs again and have enjoyed working with students 'live' to develop their performance skills.

Year 7

Year 7 has been doing a storytelling scheme of work. It began with lessons exploring West African and Irish storytelling themes and techniques. Students are now looking at re-telling stories from their own lives using dramatic technique.



Amira B, Maysa H, Zainab K, Abinesha J and Cheryl S

It is a great opportunity for students to develop their theatre-making skills, but also to get to know each other better. We have heard some thrilling stories, including catching a thief and winning an international Mandarin essay contest.



Suruthi T, Azriella K, Amber N, Laura E

Year 8

This week, Year 8 performed their radio drama - 'The Mystery of Spooky Hall'. Students developed their vocal skills, but also used their phones and household objects to create sound effects and source atmospheric music for their performances. The radio dramas were engaging and it was impressive to see students work within this difficult style.



Elsie J, Amelia C, Rakshana R, Safa A, Aayushi S



Imaan I and Isabella S

Year 11 and 13

We were very proud of Year 11 and 13 students who sat their devising exams this week. Some Year 11 students and all of Year 13 were not able to sit their exams in December due to the lockdown.

It was very impressive as students had to rehearse their pieces after having a long break from rehearsals, alongside working on their component two monologues. Akshitha B, Varsha S and Mya A performed a piece focusing on the Stephen Lawrence Inquiry and the impact of institutional racism.

The Year 13s' piece focused on performative activism and the potential problems it can cause in society. The piece was performed with great skill in the style of Joan Littlewood. Well done to these students for creating thought-provoking pieces of theatre and sitting their exams in such challenging conditions.



Mya A, Akshitha B and Varsha S

Year 12

Year 12 A Level students began their introduction to devising unit. They explored advanced theatre practitioners, including Kneehigh and Alecky Blythe.

They experimented with Artaud techniques to explore the themes and experiences of people in the 2011 London Riots. Since returning to school, they have built upon their existing practitioner knowledge and developed their devising technique.

Idara J and Bethany E



It's been a tough time, with many having been stuck inside and alone for far too long. So as the sun has begun to creep back into our lives, we couldn't think of a better way to celebrate our 425th anniversary than to get Croydon growing – and remind people how important our community and green spaces are to our mental health and wellbeing. That's why today, we are launching one of our biggest community projects - Grow with John.

Inspired by our Founder, the project seeks to inspire all corners of the borough to live a little greener in 2021 from growing your own herbs and vegetables through to injecting colour into window boxes and beyond. No space is too small for John to help transform!

Our campaign has also received support from Alan Titchmarsh MBE who said, *"Gardening is such a life-saver, both for individuals and in communities: it fosters our understanding of the natural world, feeds us and lifts our spirits. Congratulations to the wise people of Croydon on the 'Grow with John' project which is a brilliant idea and one which I hope other schools and communities will learn from. Grow well!"* Thanks Alan!

Our new microsite is packed with videos and blogs shared by Croydon locals as we follow their growing journey to inspire first time and more experienced gardeners of all ages to get out and grow.

We want everyone to get growing. You don't even need a garden, a windowsill or desk will do! To help you on your gardening journey we are giving away mixed herbs and tomato seeds to everyone in Croydon from local businesses, schools, care homes and residents.

So, come join us and grow with John:

www.GrowWithJohn.org



**john
whitgift
foundation**

Book Award Shadowing at Seniors

Throughout the academic year, Seniors have the opportunity to 'think like a judge' by shadowing shortlisted books nominated for national book awards.

Shadowing offers students the opportunity to read, review, understand and reflect on the skills and different writing styles that go into making a good book. Like judges, they are looking for certain criteria points that go beyond simply 'loving a book' but makes it an outstanding read. This allows for discussion and debate in teasing out what makes a good book an outstanding award winner.

From October to March, students shadowed the Trinity Schools Book Award (TSBA). Now in its seventh year, the TSBA was launched by librarians from the 22 independent Senior schools in the Trinity Schools Group, and is open to any interested secondary school. Old Palace students shadow this award along with Whitgift and Trinity. This award allows shadowing from Years 6-13 through three aged appropriate shortlists, all united by the 2021 theme, Only Human.

Students had the opportunity to enter competitions for best book reviews and best creative response, which could include different mediums such as poetry, models, art and baking. Our shadowing group also voted for the book that we think should win the TSBA2021.

As one shadowing ends, another begins...

The Carnegie Awards 2021: The Carnegie Medal & The Shadower's Choice Award

The CILIP Carnegie Children's book Award is the oldest and most prestigious children's book award in the world. From the end of March until the awards ceremony on the 18th June, Old Palace Carnegie Shadowing group will be reading and reviewing the eight shortlisted books to decide which book should win the coveted Carnegie Medal as well as The Shadower's Choice Award. This year students from Years 7-12 will be getting more of an insight into the criteria for what makes an outstanding children's book as Mrs Chevalier, Old Palace Senior's Librarian is one of the 15 judges making up this national award.

Our reviews and creative responses have been submitted and we will discover if we have won at the virtual awards ceremony in May, when we will be able to join the other schools as well as shortlisted authors to discover which book will be announced as the TSBA 2021 winner.



Year 7, Ploy, Olive and Dayna's *Island at the end of Everything*



Alison, Year 12 *Grief Angel*



Week 10: House Challenge to Walk Around the World



We are now following the old Silk Road through Turkey.

Hatton have regained the lead this week, but Stafford are hot on their heels. Anselm are now not far behind, walking a huge 496km this week! Laud have also made good progress this week – keep it up!

Click on this link to follow our progress and to find out more!:

<https://arcg.is/1W4m1T>

Keep walking during the Easter break – our final total will be calculated on our return next term.



House	Total steps walked this week	Total km walked this week
Anselm	769,180	496
Hatton	398,095	257
Laud	296,936	192
Stafford	171,596	111

Geography Competition Week 10: Where in the World?



Where in the World?

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



1. This country has more than 3,000 McDonald's restaurants, the largest number in any country outside the U.S.
2. In this country it is considered rude to tear the wrapping paper off of a gift
3. Twenty-one percent of this country's population is elderly (over the age of 65), the highest proportion in the world.
4. Ninety percent of all mobile phones sold in this country are waterproof because youth like to use them even while showering
5. This country and Russia still haven't signed a peace treaty to end World War II



Submit your answer on Forms

Deadline:

Thursday 22nd April

The answer to last week's Where in the World was **Canada** (Banff National Park)

Pre School French Lessons

In our weekly French lesson, children have been learning their numbers and colours with Madame McMullen.

We learnt numbers 1-10 and practised by reciting a French counting rhyme 'Les Poissons', where we were challenged to listen for the sound 'oi' as in *croissants* and *trois*.

We also learnt the rhyme 'Five Little Ducks' in French and had fun using fishing rods to catch numbered fish. Then we made rainbow fish using all the French colours we had learnt for our display board.



Year 1: Life Skills Challenge



Here is Alexandra in 1J continuing with her Life Skills challenge. She has been cooking using Rachel Khoo's *Paris Kitchen Recipe Book*!

Prep: Royal Academy Young Artists Summer Show

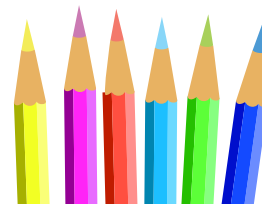
Young Artists' Summer Show

This year we are encouraging our girls to enter the Royal Academy Young Artists Summer show.

The show is open to young artists aged 5-19 studying in the UK. The school is registered to take part and students can submit artwork to their class teacher.

See all the details here:

<https://youngartists.royalacademy.org.uk/>



Year 8: Lifesaving lessons

Year 8 have been continuing their Lifesaving and Personal Survival lessons during Swimming last week.

The main theme of the lessons was throwing rescues. For these rescues the girls learned how to coil and throw a rope to a casualty, then pull them safely to the side. There is a lot of shouting of instructions to communicate to the casualty what the rescuers are going to do. For instance 'I'm going to throw you this rope to pull you to safety', 'hold onto it with both hands and keep your head out of the water', 'kick your legs to help me if you can'.

The coiling is quite difficult to get right first time. You have to coil the rope onto your throwing hand with all loops approximately the same length. Then, as mentioned before, tell the person what you are about to do. You have to aim the rope over the head of the person in difficulty and throw, making sure you keep hold of the other end!

Hopefully they can reach and hold on tightly. Before they are pulled in the rescuer must lower themselves down and move away from the edge.

Year 8 have also really enjoyed making floating aids out of their pyjama bottoms. This is something that people of a certain age...older people like me, Mrs Tamplin...were

taught to do when they were at school. The ankles of the pyjama bottoms are knotted and the waist band is gathered in to make a rosette. Air is then blown through the gathered waistband to inflate each leg. Although these floats could save your life by keeping your head out of the water for longer, they are extremely tiring to do, especially whilst treading water out of your depth. The girls found out that silky, wide legged pyjama bottoms inflated the best. Jogging bottoms were defiantly too hard to tie and inflate!



Amelia blowing up pyjama bottoms to make a floating aid



Mia, Amelia and Anjola inflating pyjama bottoms



Anjola towing Mariya, and Mia coiling the rope



Kisa coiling the rope



Kisa towing Amelia



Shennen realising she could blow them up!

How Many Colours in a Rainbow (Pre School)

This half term, our Transition children have been exploring the topic: How many colours in a rainbow?

The topic began with a very memorable experience which created great excitement with them all taking off their socks and stomping through the colours of the rainbow, mixing the paint with their feet!

The topic has developed with a wide range of activities investigating colour, including making rainbow rice, coloured water trays, matching, sorting, singing, and even tasting the rainbow with fruit and vegetables.

Children are thoroughly enjoying this project, especially the messy bits! Fortunately, there is plenty more for them to explore in the coming weeks.



Save the Date

For anyone wanting to have a look around Old Palace Pre School, Prep and Seniors, we are delighted to say that, for the first time in over a year, we are planning to hold an **Open Afternoon** on:

**Saturday
26 June**
from 2pm - 4pm

Places must be pre-booked and numbers may have to be restricted but registration is now open.

Go to:

www/oldpalace.croydon.sch.uk/opensdays



Our Little Stars...

will be having a Trolls adventure with Poppy, Branch and all their friends. Your own Little Star can join the fun at our classes for 4-6 year olds at Old Palace Prep on Saturdays.

Each week our creative classes will introduce your child to special songs and dances based on this magical musical story.

Free trial for new faces!

We're Covid-19 Safe



Where and when...

Old Palace Prep School
2 Melville Avenue, South Croydon CR2 7YN

Classes starting this April on Saturdays from 9am to 10am

If your child would like to take part in our production of Trolls, book a free trial now by email to info@spotlightstheatre.co.uk or call us on 020 8460 5711

SPOTLIGHTS

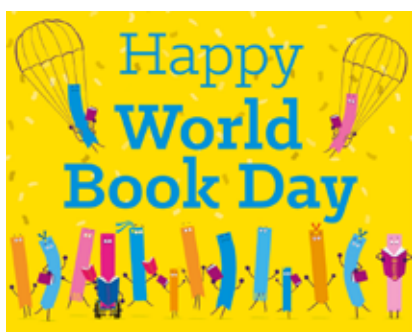


Virtual OP World Book Day Film

Earlier this month, Old Palace held its first, virtual World Book Day.

See the film here:

<https://youtu.be/y6oniVVj9Ag>



John Whitgift Foundation Commemorates 425th Anniversary with Daily Posts

#425in365 Day 87:



On 1st September 1993 the Old Palace School for Girls became part of the Whitgift Foundation, with about 790 girls on the roll.

john
whitgift
foundation

Year 8: Athletics & Sports Club

Last week, our Year 8 students completed a distance run in their PE lesson to improve their cardiovascular fitness. They also did the standing broad jump to improve their technique. Lots of fun was had by all and it was wonderful to see the girls outside exercising with the sun shining.

The Year 8's also enjoyed lunchtime Sports Club. Last week, the sport was Cricket and the girls enjoyed a game of continuous cricket. It was competitive and exciting to see the two teams gain lots of runs and enjoy being outside once more.



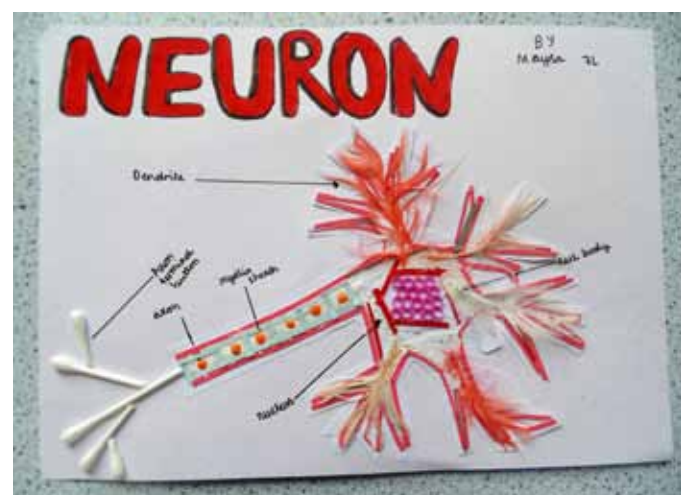
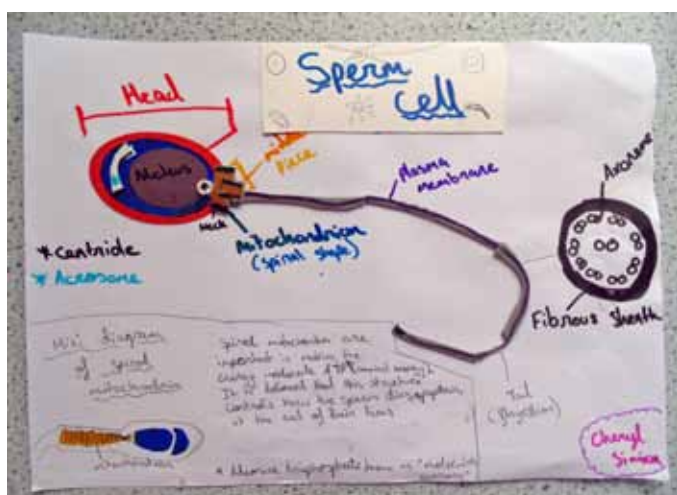
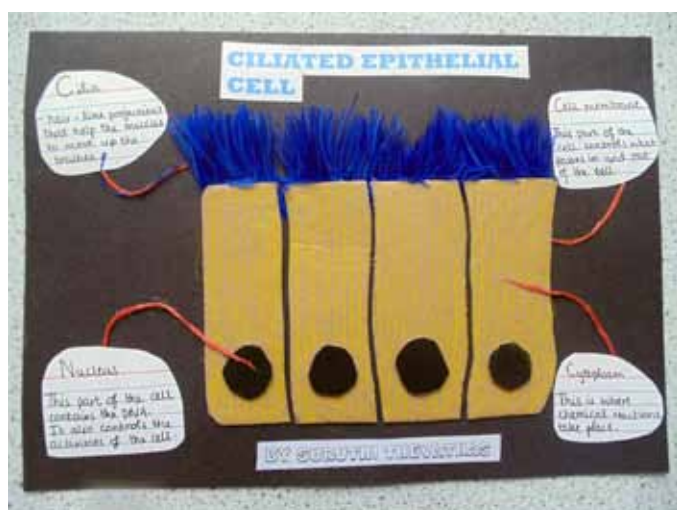
Year 7 Get Creative with Cells

Year 7 have been learning about cells as the building blocks of all living organisms. They have seen how the structures of specialised cells enable them to carry out specific functions.

They were tasked with producing collages to show the structure and function of a cell of their choice and they

certainly came up with some imaginative uses of a wide variety of everyday materials.

Here is a small sample of their work. More can be seen on the display board between Runcie and Temple. Do take a look next time you're in the Science block.



Farewell to Avner Daniels

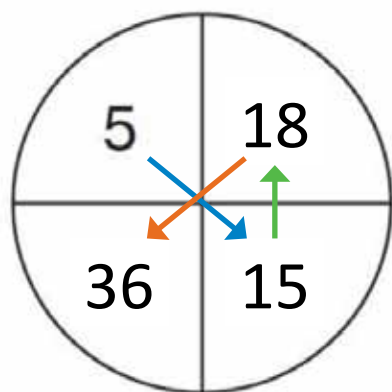
On the 16th April, we will be saying a fond farewell to Avner, one of our mini bus drivers.

Avner has worked for Old Palace since 2012, so is a familiar face to the many families who use our mini bus service.

We wish him well in his retirement.

Maths Puzzle page 6

Solution to the puzzle...



↑ + 3 ↑ × 2 ↑ × 3

Last Weeks Winner

Last week's winner was **Ayesha** in Year 7.

Calling all 7-18 year olds!

Our production of Grease will be performed in a local theatre space.

Every member of the cast will be assigned a specific part with their own dialogue.

We create a professional theatre production with authentic costumes, scenery, radio mics and lighting.



Free trial for new faces

Where and when...

Old Palace Prep School
2 Melville Avenue, South Croydon CR2 7YN

Classes starting this April on Saturdays from 10am to 12pm

We're
Covid-19
Safe

If your child would like to take part in our production of Grease, book a free trial now by email to info@spotlightstheatre.co.uk or call us on 020 8460 5711

SPOTLIGHTS

