



# AROUND THE PALACE

## Black History Month: African Prints Workshop



Senior School students took part in an African Prints workshop where they looked at the heritage of symbolism within the African culture.

*Continued on page 10*

Dear all,

At the end of this half term, it is wonderful yet again to be able to read the bulletin and reflect on all that our students have learnt and achieved over the past six weeks. In particular, I hope you enjoy the many articles from both Prep and Seniors on Black History Month, with still more to follow after half term.

As we break for half term, I would like to wish everybody a relaxing and safe October break.

Jane Burton, Head

An Introduction to Old Palace is a new film featuring Mrs Burton. See it here:

<https://www.youtube.com/watch?v=irvIMaM4R4w>

Old Palace PTA

## Christmas Fair

Saturday, 4th December  
11am to 3pm

Preparatory  
School

All welcome







Class 6 had an awesome time at PGL Windmill Hill! It was a weekend rich in experience, which they will never forget. The girls had many opportunities to learn and grow: from the thrills and spills of the high activities, to problem solving and teamwork, to social interaction.

Advika said, "I loved spending 86 hours with my friends and teachers."

The weekend definitely gave us lots of opportunity to develop and grow in confidence, doing things which we may not usually have realised we could," Amanah added. And Chloe enjoyed, "being as loud as we wanted!"

Back at school, the phrase 'this is where' became the basis for a poem, which resulted in some wonderful, honest recollections, which captured the essence of their time at PGL.

Our week at PGL also provided a springboard for using and applying geography skills. Providing the children with a grid-lined A3 sheet, the children were challenged to draw a map of the site with a key. No two maps were identical but all included the areas visited by the girls.

Reflecting on our weekend, the girls discussed how they had seen the 3Cs demonstrated at PGL.

"I was confident when I jumped off the platform and grabbed hold of the trapeze" - Lola

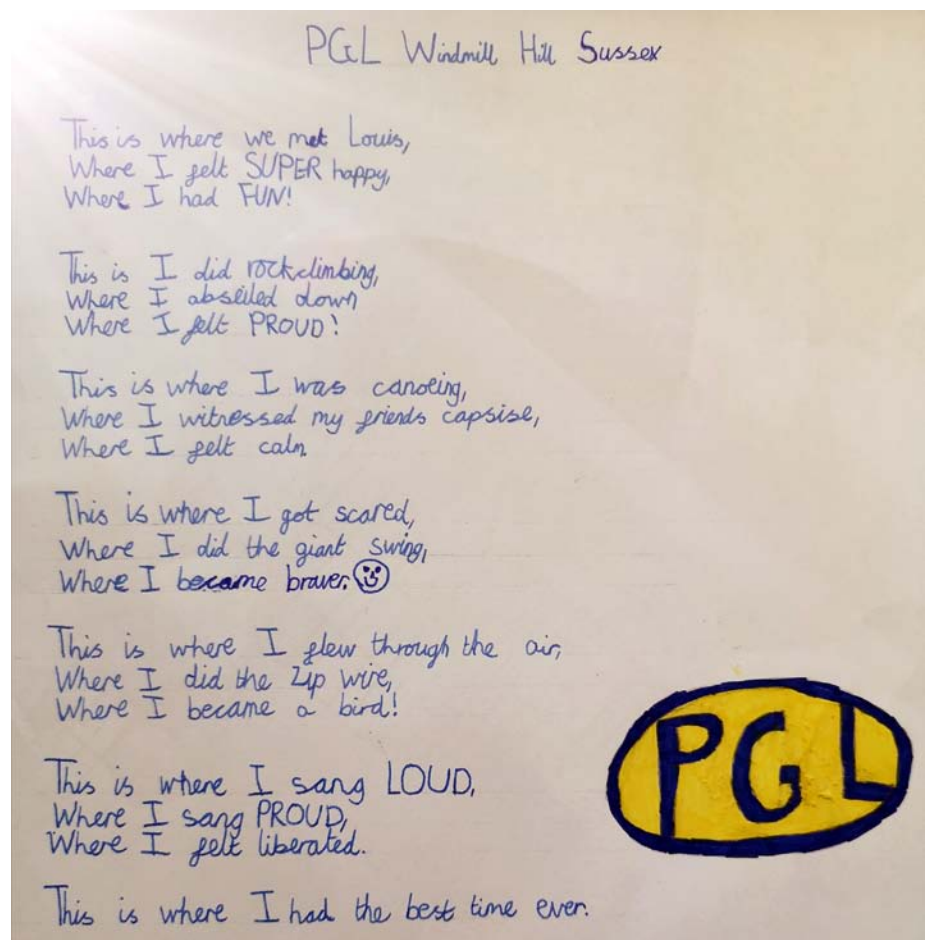
"I was confident when I did rock climbing. The first time I was petrified but the second time I set a target and got there and even went higher. I was really pleased" - Lola-Marie

"I felt more connected to people in my class and was able to speak to more people" - Grace

"My friends and I showed that we were capable of b-laying, showing our strength" - Alisha

The weekend provided them with memorable experiences, which provided a very real context for learning across the curriculum.

Miss Jenkins



















## Year 9: Aqua Aerobics

The Year 9 PE curriculum has changed slightly this year to make the most of our pool facility and to broaden the experiences of the year group.

Groups have participated in a session on water-based fitness and aqua aerobics – working hard to push up their heart rate and working on strengthening muscle groups.

It's been good fun and a good work out!





## How do our future career aspirations play a role in space exploration?

### Biomedical Engineering in Space



As part of Engineering Prep, we researched into how our future career aspirations play a role in space exploration in honour of World Space Week.

As a student hoping to study Biomedical Engineering, I was extremely interested to research this relatively unknown part of space exploration. Biomedical Engineering plays a vital role in space exploration and focuses on the wellbeing of astronauts on missions in space. The European Space agency is continually developing innovative technologies and devices to support the medical research capabilities of the ESA's human spaceflight programme. This provides the latest cutting edge technologies for the Agency's associated scientists and allows the enhancement of Europe's technological position in the world.

An example of a newly developed device is the Muscle Atrophy Research and Exercise System (also known as MARES), which is a three-in-one muscle measurement machine which is currently onboard the International Space Station and helps monitor the muscles of astronauts during their work out regimens. As muscle strength decreases during spaceflight, scientists are required to figure out the reason for the deterioration, so they can better prepare for long duration missions. MARES is an exercise bench which provides a solution, by offering detailed information about how the muscles behave during spaceflight by charting fine motor control and giving a precise overview of muscle torque and speed.

**Indrani**  
*Aspiring Biomedical Engineer*

### Mathematics in Space

Although one may not realise it at first, mathematicians form a large proportion of employees at a number of space agencies (as well as engineers and physicists, of course!). Their skills and knowledge in mathematics is crucial in most operations such as monitoring the operation of space shuttles' on-board data processing systems; teaching crews both data processing and navigation operations; mathematical modelling of aerospace vehicles and helping to develop telerobotics. However, the role of mathematics is not just limited to space exploration, as mathematics is pivotal to deepening our understanding of the universe. For example, most recently, theoretical astrophysicist Kevin Heng derived novel solutions to an old mathematical problem needed to calculate light reflections from planets and moons, so that data can now be interpreted in a simple way to better understand planetary atmospheres.

I would like to shine a spotlight on Katherine Johnson, who was portrayed in the 2016 film 'Hidden Figures', which highlighted the racial and gender discrimination Johnson faced as she became one of the first African-American women to work as a NASA scientist. After graduating with the highest honours in 1937, Johnson took on a job teaching at a black public school in Virginia, and she spent most of the next 15 years doing so, until in 1952, when a relative told her about open positions at the all-black West Area Computing section at NASA's Langley laboratory. Here, Johnson spent four years analysing data from flight tests and working on the investigation of a plane crash caused by wake turbulence. However, she began to stand out as she would ask questions of the engineers who would assign her mathematical problems to solve. Her impressive abilities garnered more notice, so she was tasked with helping to calculate the trajectory for America's first trip into space in 1961, and for the first moon landing in 1969. Her contribution to the space industry, as a mathematician, was essential in helping to make human spaceflight possible, and is more admirable when considering all the obstacles she would have had to face. Not only was she a woman working in such a heavily male-dominated industry, but she was also African American at a time of segregation and racial discrimination. Her commitment to her work, perseverance and mental strength in order to succeed professionally when faced with racism and the gender bias, is an inspiration to all. In 2015, President Obama awarded her the Presidential Medal of Freedom, America's highest civilian honour.

**Suraiya**  
*Aspiring to study Maths & Physics at University*



### Did you know?

Biomedical engineers at NASA are working towards finding more advanced life-support machines to help astronauts to breathe for longer in space.



Enamel/dentin slabs of human molars irradiated with focused microwave energy.

*Credits: NASA/BioMat Sciences*

## Nuclear Physics in Space

Six decades after the launch of the first nuclear-powered space mission, NASA has flown more than 25 missions carrying a nuclear power system and the organisation has plans to embark on a future of human exploration and scientific discovery. Nuclear power has opened the solar system to exploration, allowing scientists to observe and understand distant planetary bodies which would otherwise be unreachable. Scientists have predicted that the future of nuclear power will help revolutionise our understanding of the solar system and enable long-term human missions to the moon and Mars.

There are only two practical ways to provide long-term electrical power in space: the light of the Sun or heat from a nuclear source. As missions move further away from the Sun to dark environments such as Jupiter and Pluto, they become almost impossible without the use of nuclear power. Radioisotope Power Systems convert heat generated by the decay of plutonium-238 fuel into electricity. Scientists at NASA have deemed this power system to be reliable and efficient as it cooperates



Rockets powered by nuclear fission or fusion are now vying to become the preferred (and faster) means of traveling the solar system.

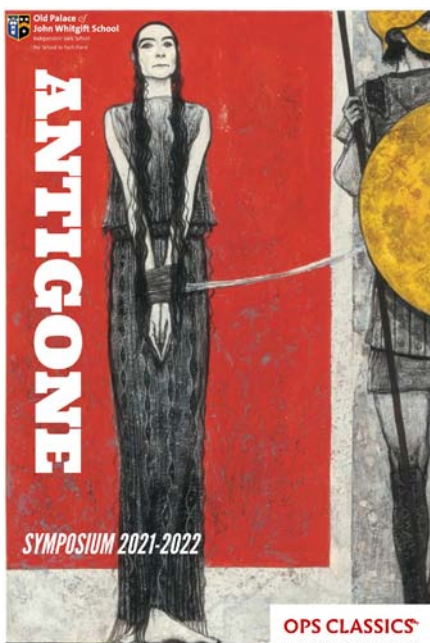
PHOTO-ILLUSTRATION: NASA

continuously over long-duration space missions regardless of sunlight, temperature, charged particle radiation or thick clouds of dust. Dragonfly, which is set to launch in 2027, is the next mission which plans to use a Radioisotope Thermoelectric Generator and is designed to explore and collect samples of Saturn's largest moon. NASA is also working with Department of Energy to develop fission-based power systems to enable

a human presence on the surface of the Moon and, eventually, human missions to Mars.

**Anna**  
*Aspiring Engineer*

## Classics Department News: Symposium



On Tuesday afternoon the Classics Department held its first Symposium of the academic year.

The students from Years 10-13 discussed Sophocles' *Antigone* over coffee and biscuits, focusing particularly on the 2012 National Theatre production starring Jodie Whittaker in the titular role.

Discussion covered whether *Antigone* was an appropriate title for the play, how effectively the chorus was used and whether any crimes can be considered unforgivable.

The students prepared well and made some excellent and thought-provoking contributions. Particularly insightful was Lizzie's belief that the translation's use of archaic language put a barrier between the action and the audience and Idara's diary entry (see below) from Antigone's perspective.

The society will meet again in December. Topic TBC.

*You, Creon, I fear not. Nature itself yielded to your contorted wisdom. Your ironclad laws usurped over all of Thebes. Your venomous tongue inspired death. I do not fear you.*

*I do not fear me, even whilst incestuous blood runs through me, while your blood runs through me, I stand in the spirit of the Gods – who I serve, and who I fear.*

*Waves of exhalation wash your feet and blind you to your humble status as human like me, like Polyneices. I hope that you step down from your high horse, so that you might come to experience such goodness with me.*

*In your death, cold sheets of abysmal darkness await you. In my death came life, you too can have this. The decisions you make now govern what you will receive. Creon, a word of true wisdom; choose life.*

**Idara, Year 13**



## Evensong at The Minster

On Monday our chapel choir Polyphonic sang Evensong at Croydon Minster. Lead by Mr Griffith, the choir sang Archer's *Berkshire Service* as well as his *Preces and Responses*, with the cantor part sung fabulously by Year 13 student Pavithra.

The anthem, *A Prayer* by Lloyd, started with a beautiful solo by Ria in Year 12 and created a very peaceful atmosphere in the Minster.

This was the choir's first Evensong since March 2020, and the first service for several new members of the choir, so it felt particularly special.

The next Evensong will be on Monday 15th November at 5:30pm, and is open to all.

We hope to see you there!



## Black History Month: Prep

To celebrate Black History Month, Reception have learned about the British-Jamaican nurse, Mary Seacole.

We found out about the brave trip that she took to help soldiers in the Crimean War. We used the pestle and mortar to grind up ingredients like lemongrass, aloe vera and ginger to make our own versions of her herbal medicine.

We also listened to the story, *'Handa's Surprise'* by Eileen Browne. We enjoyed making our own animal masks and acting out the story using real exotic fruits!





## BHM: African Prints Workshop *continued*

Sumaiya and Mikaela ran an Art workshop focused on Ghanaian Adinkra symbols.

Sumaiya talked students through their origins and significance before Mikaela led students through the printing and collage techniques being used to develop their art work. Within an hour, students who attended had created striking collages of the symbols that will be brought together to create a display.



## BHM: Steelpans Workshop

On Monday, Lone and our Music assistant, Ms Kolpaktai ran a Steelpans workshop for enthusiastic students and staff.

They explained how the notes worked and in half an hour taught us how to play the theme tune to Desmond's. Although the pace was not as fast as the original, the group were able to produce a performance of the tune that captured the joy of the original.





## Cross Country

Thursday 7th October was the day for the Croydon Schools Cross Country Championships at Lloyd Park. Various age group events were held throughout the day.

Well done to all who took part and especially well done to those who were placed in the top 20!

Kara	Year 7
Olivia	Year 8
Alice	Year 13 (who came second in her race)





### Year 12 students take part in Croydon National Citizen Service

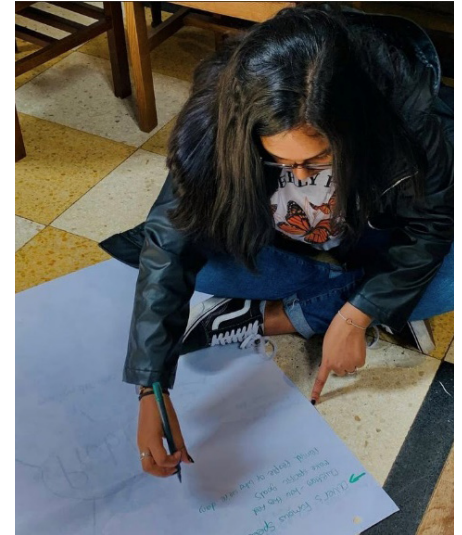


During the Summer, students at Old Palace took part in the NCS programme (National Citizen Service). NCS is a youth programme aimed at 16–17-year-olds that runs locally every summer. The programme aims to empower youth by giving them a taster of what adult life may involve. We took part in the two-week programme, packed with a variety of exciting activities.

To kick off the programme, we went paintballing at Go Ape. This was a great way to get to know our team leaders and other members of our group. We played three matches against other NCS teams, each in different locations around the course. Despite the rainy and muddy conditions, we really enjoyed the activity and developed skills, such as coordination and teamwork.

For the rest of the first week, we participated in group-based activities. We particularly enjoyed the treasure hunt in Croydon. For this activity, each group had a list of several challenges to complete. These challenges were all to do with Croydon. Once we had completed them, we solved a riddle that led us to the finishing point. This activity helped us build upon our knowledge of Croydon and it also enabled us to interact with people in the local community.

During the two weeks, we completed our Social Action Project (SAP). This project was all about tackling issues in the community. As a group we chose to focus on homelessness and period poverty. We allocated tasks to each individual member of the team based on their strengths. Rebecca and Abhirrha were part of the finance team, taking responsibility for all the costing and budgeting. Amy was a part of the marketing team, who created an Instagram page to help spread awareness by frequently posting uplifting quotes and any progress updates on our SAP. Aparnaa was one



of our project managers, who was tasked with engaging the entire team and helping coordinate everyone.

For our fundraiser we all took part in a 10k sponsored walk in Croydon. Despite facing some initial difficulties (getting lost due to map reading skills), we finally managed to get back on track and complete the walk. We raised a total of over £600 via our GoFundMe page, beating our original target of £500. Most of this was raised via networking over Instagram and through friends, family, and other well-wishers.

The money raised enabled us to put together about 12 care packages for the homeless. Each homeless person received two care packages, one consisting of food items and the other clothing depending on their circumstances and individual needs. Items in the packages included waterproof clothing, blankets, tinned food, bottled water, and sanitary products to name but a few. It brought

us so much pleasure to see the joy we brought to the recipients of the packages! Any leftover products were put in restrooms in Croydon shopping centres.

Taking part in NCS is a great way to make new friends and develop transferable skills. Participating in a project that makes an impact in the local community is something to be proud of. We thoroughly enjoyed taking part and gained so much as individuals. We highly recommend NCS to anyone who is 16-17 as it is a fantastic programme. To find out more visit: [NCS | National Citizen Service Programme by Action4Youth](#)

**Abhirrha, Amy, Aparnaa and Rebecca,**  
Year 12





## A letter from Mrs Nike



Dear all,

I am pleased to report that Year 6 are back from the PGL trip in East Sussex safe and sound! When I visited their class on Tuesday morning the girls were full of stories of their adventures. They had a great time sharing memories of the campfire and the ambush game in the dark. I would like to thank Mrs Coster and Miss Jenkins for accompanying them on the trip and helping them to make memories that will last a life time.

The Cross Country was a huge success this week. I had a wonderful time watching the Year 1 and 2 compete. I was so proud that all the girls ran the full distance and didn't give up. I am particularly thrilled that in Year 2 Lana came third and Eileen came fourth.

The girls in Year 1 competed for the first time in the Cross Country competition and they were amazing! A special mention must go to Sion and Catherine, who ran like the wind. What potential! Keep it up girls.

Have a great weekend

**Mrs Nike**  
*Head of Preparatory*

## Prep: Half Term Reading Activity

### Raising money for Read for Good Charity.

Prep students are taking part in Read For Good during this October's half term holidays.

<https://readforgood.org/>

## Harvest Festival

We would like to thank all the families at Pre School and Prep for their generous donations. This year we are supporting Night Watch. They are a Croydon based organisation that do such important work in our community. Find out more at: [croydonnightwatch.org.uk](http://croydonnightwatch.org.uk)



## Pre School Fire Engine Visit



Pre School have been learning about people who help us and enjoyed a very special visit from the London Fire Brigade. The fire engine parked up on the school field for both Reception and Pre school girls to see up close. The girls were shown all the equipment that the fire service use including a heat seeking camera, hoses an axe and cutting gear.

They even got to try on the helmets and have a go with the water hose. Before they left us with loud sirens and lights flashing the firefighters asked the girls to test their smoke alarms at home to make sure they are in good working order.



## Maths Puzzle Fun

Which of these numbers is the odd one out?

Hint: consider factors



Answer on page 20

## Tram Mascot Competition

As part of a celebration of trams, TfL would like to invite primary school students in the trams catchment area to send in a drawing that answers the question:

**“What does the Trams mascot look like?”**

The winner of this competition will have their mascot image displayed on tram stops and on Trams promotional materials.

We thought this would be a fun optional activity during the half term break. A brief, entry form and full instructions have already been sent home.

If your daughter would like to take part, please email her entry directly to:

[loveyourtram@tfl.gov.uk](mailto:loveyourtram@tfl.gov.uk) by noon on **Friday 5 November**

## Prep School: People Who Help Us

This term, Pre School pupils have been learning about people who help us. They have had a very busy week with some special visitors.

The Metropolitan Police came to visit last Wednesday. Then, on Thursday there was much excitement when the London fire brigade came and parked their fire engine on the school field. We had a go with the hose and the fire brigade helped us by ‘pushing out the water from the fire engine. To shoo the fire away’. We also tried on the ‘very heavy’ helmet.

On Friday, Dr Shah visited the school. She brought with her a doctor’s bag full of medical instruments. We listened to our hearts and had our temperature taken. We said: ‘She was really nice, she helps people’. The role play Doctor’s Surgery has been very busy this week!





## Bronze Arts Award



A huge well done to all Year 10 students for achieving their Bronze Arts Award in Dance last year. We hope that many continue on to achieve their Gold Arts Award in Years 12 and 13!

## U14 Netball A+B v Caterham



On Monday 11th October U14 A+B teams both had a match at home against Caterham School.

U14 A's match got off to a strong start. The pace was fast and spirits were high and Old Palace went into the match with a positive attitude. As the match progressed they worked well as a team and by the end of the first half the score was 3-2 to Old Palace. In the second half, Old Palace worked on their passes and communication and managed to stretch their lead, with the final score ending with a 7-4 win against Caterham. Their hard work and determination as a team shows promising signs for the season ahead.

U14 B's worked hard to intercept as many balls as they could, but Caterham had a particularly strong attack, making it difficult to delay their play and stop the ball going into the shooting circle. The final score was 7-1 to Caterham. Despite this loss the U14 B's as a team have identified the areas in which they need to improve and are determined to work hard ready for their next match.

## BHM: Kelly Foster Assembly on the Depictions of Africans in Heraldry



We were delighted to welcome Kelly Foster, a public historian and London Blue Badge Guide specialising in Black histories, social and women's history of London to our school to speak to our students about the depictions of Africans in the heraldry of the British and Irish Isles.

She has a particular interest in the history of Old Palace and is working with the University of Kent on a project exploring the history of Archbishop Juxon who renovated the Chapel in the Old Palace.

She was given a tour of the school by our African Caribbean Coordinators Sumaiya and Amanda.



## Year 7: The Nutcracker

In our Dance lessons this half term we have been learning about Matthew Bourne's *Nutcracker*. Matthew Bourne is a British choreographer and dancer who is known for his modern versions of traditional productions like *Nutcracker*. He has mainly choreographed Ballet and contemporary pieces and focuses on using the body instead of words to tell a story. This is called interpretive dance.

We have been learning about the character Clara, who is an orphan. We watched the beginning of the work and analysed how Clara and the other orphans effectively showed the narrative of tidying up and getting the

orphanage ready for the inspectors who are due to visit. We observed that Clara is a childish, bubbly, energetic girl who is determined to get the best Christmas present from the inspectors.

We had a little discussion about what techniques, gestures and actions were used in this dance. Mrs Khan and Mrs Barber then showed us how to perform the Clara motif and how to use facial expressions and characterisation to narrate the story.

As part of our performance skills we developed our accuracy of actions, space and dynamics, whilst focusing on physical skills such as strength,

stamina and extension. Through our expressive skills we developed our musicality and projection. This was formed through narrative gestures and true feel of character: we had to really put ourselves into Clara's shoes and perform with true confidence.

Overall, we thoroughly enjoyed this half term in Dance and look forward to learning about the new set of characters, the Gobstoppers!

**Evangeline, Summer, Minal and Sofia,**  
Year 7





## Prep Cross Country

It was a perfect day for Cross Country on Tuesday. The Year 1 and 2 race was first to go. Huge congratulations to all of Year 1 and 2 for completing the course.

Lana bought home the team for Year 2 and finished with a medal for 3rd place, closely followed by Eileen in 4th place.

In the Year 1 race Sion bought the team home and finished in 14th place.

Later in the afternoon Years 3 and 4 had their chance. Again congratulations to all the girls for participating.

Well done to Ellie in Year 3, who also finished in 14th place.





## BHM: Baking Corn Muffins

Year 4 girls had fun cooking Corn Muffins last week. Cornmeal is also made into cornmeal porridge which is a staple breakfast food in Jamaica and the Caribbean islands. Typically it is made with fine cornmeal, cows milk, spiced with cinnamon and nutmeg and sweetened with condensed milk. Delicious! In England, cornmeal is often referred to as polenta.



## Prep Photography Club

Here are some images from the Prep Photography Club printing cyanotypes as part of their Leaf Project.

The girls have also experimented with light sensitive paint and different angles, viewpoints and backgrounds during the project. They have also left layers of leaves in the sun to produce chlorophyll prints.





### Students in Years 7-10 Explore the Theme 'Proud to Be...'

This week, students in Years 7-10 explored different contexts and scripts celebrating the achievements and contributions of black British people to society and history. In Years 9 and 10, students explored the play 'Princess & the Hustler' by Chinonyerem Odimba. The play takes place in 1963 in Bristol, where amidst the black British civil rights movement, main character Princess finds out what it is to be black and beautiful. Students used monologues from the play as stimuli to create devised pieces about the Bristol Bus Boycott.

The Year 7 and 8 classes created still images from the poem 'You Called and We Came', where students were learning more widely about the positive contributions of the Windrush generation.

All of the students also received a list of Black History Month Drama resources, which included lists of black actors, playwrights, directors, designers, black-owned theatre

companies, opportunities and more. If you are interested in viewing this resource list, it can be found on the Drama VLE page.



### GCSE Drama trip to see 'The Woman in Black'

Last week, both Year 10 and Year 11 GCSE Drama classes went to the Fortune Theatre to watch the stage adaptation of Dame Susan Hill's 'The Woman in Black'. The chilling ghost story had the Old Palace students on

the edges of their seats, and even got a couple of screams out of them!

As part of their written examination the students will assess various elements of the play including the

lighting, costuming, sound design, staging and acting. Students enjoyed watching the production and are looking forward to more opportunities to visit the theatre.





## Croydon Schools Table Tennis Championships

A team of Year 9 students participated in the Croydon Schools U16 (Years 9-11) Table Tennis Competition on Monday, held at Harris City Academy Crystal Palace.

It was a well organised competition with a whole range of abilities taking part. Players were responsible for scoring and umpiring matches, so it was a really good learning experience as well. The players from Old Palace were Mahnoor, Sanjana, Anniyah and Prisha.

Harris City had a nationally ranked player which made our first match tough! We lost 4 – 5 as our 3rd and 4th players won their matches.

Then against Archbishop Tenison all players won their matches, putting Old Palace second overall. Well done!

*"I really enjoyed the great opportunity to play against other schools and play to the best of my ability. Although it was a competition, everyone had fun and it was a great chance to play with people of different levels."* - Mahnoor



Classics Department Word of the Week 11/10/21

# LEGAL



RELATING TO THE LAW OR PERMITTED BY THE LAW  
FROM LATIN LEX, LEGIS, MEANING 'LAW'



# Half Term Holiday Club

The Holiday Club is running for both weeks of Half Term.

The theme will be  
**'Can you imagine'**

Craft, indoor and outdoor activities

£42 per day to include breakfast,  
mid-morning snack and light tea

Girls need to bring a healthy packed  
lunch

7.30am- 6pm

Open to Old Palace girls from Pre School  
to Year 6

If parents would like to book a place please  
email: [kbardens@oldpalace.croydon.sch.uk](mailto:kbardens@oldpalace.croydon.sch.uk)



## Maths Puzzle Fun page 14 Answer

142 is the odd one out as all the other numbers  
are multiples of 7.

The randomly selected winner for last week was  
**Salma** in Year 7