



# AROUND THE PALACE



Dear all,

I hope that all Old Palace families had a good half term despite the best efforts of the storms named Dudley and Eunice to disrupt everything; thanks to Eunice I had the joy of spending over 10 hours on a train back from Edinburgh last Friday - at least I had a book to read!

There are some very uplifting entries in this week's bulletin showcasing all that has been going on across the whole school with some really interesting things happening at Prep.

Enjoy this edition and have a great weekend.

**Jane Burton, Head**

Pre Prep & Prep Celebrate Children's Mental Health Week - *continued on page 3*



## A letter from Mrs Nike



### Dear all,

The girls had a really positive experience during Mental Health Week. I would like to thank the PTA for funding the Laughology workshop. It was enjoyed by all and after the complexities of the last few years, it was very well received.

Through the various mental health activities, the girls have been given the opportunity to grow emotionally and have been provided with ways to help each other along the way too.

Challenges and setbacks can help us to adapt and trying new things can enable us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. So, keep using the strategies you have been taught this week - you might find they help!

**Mrs Nike**

*Head of Pre School & Preparatory*

## Prep: Year 5 French



Finishing their topic on Stargazers, the girls in Year 5 all presented a unique piece of work on different planets and moons in French. Madame McMullen was really impressed with the quality of their presentations and the confidence it took to speak in French in front of everyone.

During lessons, we played "Quelle planete" where girls drew out from a hat the name of a planet and the others had to ask relevant questions (which could only answer with a "oui" or a "non") before being able to guess the planet. We learnt lots of facts whilst having fun.

Savez-vous que Saturne a 82 lunes?

## Prep: Reception PE

On Monday, the girls in Reception enjoyed a fun PE session with Mrs Coster. It's amazing how chasing balloons can make running around the field fun!



# Open Morning

## Pre School & Reception (4+)

Thursday, 10 March 9.00am-10.30am  
Meet the Head + tour of the school

To book, go to:  
[www.oldpalace.croydon.sch.uk/admissions/open-days](http://www.oldpalace.croydon.sch.uk/admissions/open-days)

## Pre Prep & Prep Celebrate Children's Mental Health Week - *continued*

The week beginning 7th February was Children's Mental Health Week. At Prep, we marked it in a number of ways.

Each morning, the girls 'checked in' by placing their name on a mood board, according to how they were feeling. They 'checked out' again at the end of the day. It led to some helpful discussions and friends looking out for each other.

During form times, each class enjoyed exercising, mindful colouring and breathing exercises, helping us to develop useful techniques going forward. In classes, we also completed our weekly run/walk outside.

Each class also chose and completed an art project from the Place2Be's art room which focused on different aspects of our mental health and well-being.

We finished the week with 'Dress to Express', wearing our own clothes to school and bought homemade healthy dips and stress balls from Year 4's Enterprise stall.

For Mental Health Week, Pre School had a visit from Gloomy Baboony. He was pretty fed up when he arrived, but the Pre School children listened to his story and realised that he only needed someone who could listen to him! They tried cheering him up with some kind words but that didn't work, so they just listened some more and gave him a hug which helped a lot. After the story the girls chose emoji's from the board to show how they were feeling, learning some new words to describe their emotions.

This week, Reception to Year 6 are looking forward to workshops run by the company Laughology and generously funded by the PTA. These will teach us strategies to turn negative thoughts into more positive ones.



*Reception pupils taking part in a 'zen den' mindfulness session from Cosmic Yoga.*



*Pre School choosing emoji's from a board to show how they are feeling.*



*Year 3 Place2Be artwork*



*Buying healthy dips and stress balls*



*Year 5 Place2Be artwork*

## Children's Mental Health Week at Prep *continued*

Year 4 pupils enjoyed taking part in some Mental Health Week exercises.



## Year 2: DT - Making a Healthy Meal

During Mental Health Awareness Week, 2J learnt all about keeping a healthy mind and body. Everyone brought in something healthy to share and helped to wash chop, grate and tear!

After designing their salad, they enjoyed preparing and eating individual salads. We also discussed food hygiene and where our food comes from.



## Year 4: Enterprise

As part of our continuing enterprise education at Prep, Year 4 made and sold healthy snacks and stress balls on the last day of half term, which fitted in well with our theme of physical and mental health.

Year 4 took inspiration from Omari McQueen, the UK's youngest award-winning chef. Omari started cooking when he was eight years old and began making vegan dips in his own kitchen. He then started his own business selling his dips at fairs and events and in 2019, he opened his first pop-up restaurant. He believes in bringing people together through food, without harming animals.

A lot of hard work and preparation went into both the healthy snacks and the stress balls and the end result was a profit of £45 which we will invest into our next project!

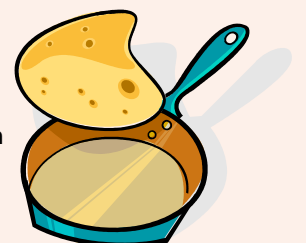


Prep: Looking ahead to next week...

The 1st March is **Shrove Tuesday**, so we will be serving some delicious pancakes for dessert..

There will also be the opportunity for girls to participate in a pancake race on the playground at lunchtime.

The winners will receive the golden pan!



## Year 11: Art Trip to V&A

At the end of the last half term, Year 11 went on an Art trip to the V&A Museum to collect visual references for their GCSE Art coursework. We began with a very wet walk to East Croydon Station and made our way to South Kensington where we arrived at the V&A. The students divided in to groups to look around relevant areas of the museum to help inform their thematic work on the title 'Past, Present and of Future'.

The V&A has a wide variety of collections such as fashion, ceramics, architecture and photography - so there was something for everyone. Students took time walking around the exhibits, taking photographs and notes on what they saw also making sketches of various exhibits .

It was a really interesting and enjoyable trip, which has helped inspire the students' final project.



## Seniors PE: London Schools Table Tennis Tournament

On the 11th February myself, Rebecca, Aparnaa, Suruthi, Mahnoor, Zainab and Anniyah competed at Whitgift in the Jack Petchey Schools Individuals Qualifiers for South London.

The Competition is split into boys and girls each with three age categories: U13, U16 and U19. In each age category the players are put into groups where they play in a round robin consisting of five set games. The winners from each of these groups then progress onto the quarter, semi-finals, and final.

**U13 Zainab** – *This was a fun but challenging experience. I reached the quarter finals and won two matches. Overall, I got to play a lot of people from other schools and although it was tough, I am grateful for taking part.*

**U16 Mahnoor** – *I found it a little daunting at first. However, as the games progressed, I started to feel more comfortable. I won two out of four games which was a huge achievement as some of my opponents were nationally ranked. Overall, it was an enjoyable experience and the opportunity to play with many great players made it worth while.*

**U16 Anniyah** – *I won two of my matches so got through to the second round where one of my games was really close. Like Mahnoor, I was competing against nationally ranked players. I really enjoyed taking part.*

**U19:** Rebecca, Aparnaa and I competed in the U19 team. However, as there are not many players in this age group we only had to play through the round robin stage. Aparnaa came 5th, Rebecca came 3rd and I came 2nd. This meant that both Rebecca and I qualified for the finals of the Jack Petchey Schools Individuals as the top four went through. As I was in the top two I also qualified for the Schools' Individual Table Tennis National Finals.

This was the first competition for the U13s and U16s. They handled it really well and played some great matches. It was a good experience for us all and we learnt a lot from playing in the competition.

**lone, Year 12**



I got the chance to participate in the recent London Schools Individual Table Tennis Competition which was held at Whitgift School on 11th February.

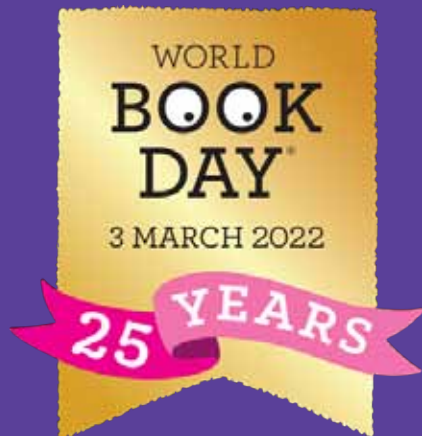
Many other players from different schools also participated and this made the whole experience more challenging. I competed in the under U16 Girls Tournament with players of all different levels of playing experience.

I did find it a little daunting at first; however, as the games progressed, I did start to feel more comfortable. In total I played five rounds each against four players and won two of those matches.

This was a huge achievement considering that some of them were nationally ranked. Overall, it was an enjoyable experience and the opportunity to play with many great players made it worthwhile.

**Mahnoor, Year 9**





# World Book Day

Changing lives through a love of books and shared reading.

## Share Stories...



An enthralling black comedy written by two sisters about sibling rivalry, passion, ancient magic and what lives on after we die.



### with authors, Uzma and Ambreen Hameed

Sharing stories of reading and writing together, their time as students at Old Palace and of their careers since leaving OP

Copies of their book series **The Undying** can be purchased for a book signing at this lunch time event through WisePay (£8.99 each or both books for £13.50)

When: **Thursday 3rd March - World Book Day**

Where: **The Guard Room**

When: **Lunch time from 13:00-13:30**

## World Book Day 2022 is in 8 days' time!

This year, we will be welcoming collaborative authors and Old Palace Alumni, Uzma and Ambreen Hameed!

Complete the form in the hyperlink if you would like to ask the authors a question and/or to sign up to attend their lunch time 'Sharing Stories' event on Thursday 3rd March 13:00 – 13:30 in The Guard Room.

Ambreen and Uzma will be signing copies of their books, *The Undying* at this event:

<https://forms.office.com/Pages/ResponsePage.aspx?id=IEPCiFx-EUiUssKSjqGU5HbfXdluSN9Ok5FAyR GaTCpURjA2QkxNRVBTMTExUVpHNvY4T1NPQjYxSy4u>

You can purchase copies of *The Undying* for £8.99 per book or £13.50 for both via WisePay until Friday 25th February 5pm.

**All questions to the authors need to be submitted by Monday 28th February 5pm.**



## Year 10: Netball v Wallington

The Year 10 A+B teams travelled to Wallington on Wednesday to play netball.

Both teams made a really confident start to their matches with particularly strong defending and good decision making to get the ball into the attacking circle. This was then supported by accurate shooting.

The score line also allowed teams to try slightly different combinations to work out what worked best; this is particularly useful as we get nearer the Croydon Schools Tournaments.

Well done to Krystal and Lone who were named Player of the Match. We did have three players from different year groups playing (thank you to those in Year 9 who played and did very well).

A great win!



A Team:

Tahalia, Krystal, Lily, Skye, Grace, Bethany, Rebecca

B Team:

Zara, Lone, Mia, Arabella, Maryam, Chisom, Stephanie

## Swim Squad

On the 11th February, I auditioned for Streatham Swim Squad. Their head coach, Georgette, tested me on my strokes. This consisted of two lengths of Frontcrawl, Backstroke, and Breaststroke, and one length of Butterfly. I was confident in my performance, and she then asked me a few questions about my experience in swimming.

Two days later, I received an email stating that I could start in their competitive Swim Squad immediately, which I am excited to begin from this week.

**Ella, Year 8**



It is great news that Ella has been selected to train with Streatham Swimming Club Competitive Squad.

With dedication, hard work, combined with school studies, I am sure Ella will flourish and have her sights set on international swimming star Simone Manuel! (pictured).

Congratulations Ella!

**Mrs Tamplin**

## Prep: Valentine's Day Cakes

On the last day before half term, the catering team from Holroyd Howe surprised the girls with some beautifully decorated, Valentine's Day-themed cupcakes.



## Clubs: Spotlight on... ACS (African Caribbean Society)

Islamic Society (ISOC) is a new club that was set up by a group of Year 11 students.

So far in we have organised several fun activities exploring how Islam is a religion to be appreciated.



For instance, this is an image of one of our activities: we wrote our names in Arabic calligraphy on a magnet and discussed how and why they are special to us.

This was a creative experience to welcome all the students ideas.

In addition, we explored a quote from Prophet Muhammad and reflected on how precious names are, creating a fun experience for us all

Kulsoom, Year 11

Islamic Society 



Where: **Norwich**

When: **Week 1 at 1:00 on Wednesday**

*Come join our discussions and activities!  
Open to all*



## ACS (African Caribbean Society)

This first half of the year has been great for ACS with the opening up of the Club to all years and a positive response in attendance especially from Year 7 and 8.

On top of our regular bi-weekly sessions looking at a variety of topics such as legacy, diasporas and Black History; Old Palace hosted the first three school ACS event with Whitgift

and Trinity, looking at the theme of *The Black British Experience* which was a great success.

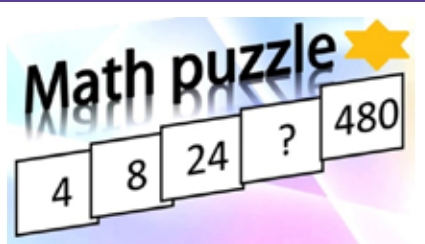
We have a lot planned for the second half of the year so watch out to get involved and participate in all future ACS events.

A few of the events planned for this term:

- ACS Movie Night
- ACS Alumni Event
- Sixth Form Mixer at Trinity School
- Natural Hair Appreciation Day



## Maths Puzzle Fun



What number should replace the ?

Answer on page 15

## Join us at the OPA Reunion Dinner

Saturday, 19 March 2022  
at 7.00pm

Cocktails & Dinner  
£49.50 per head

Tickets/further information email: [oldpalacereunion@gmail.com](mailto:oldpalacereunion@gmail.com)



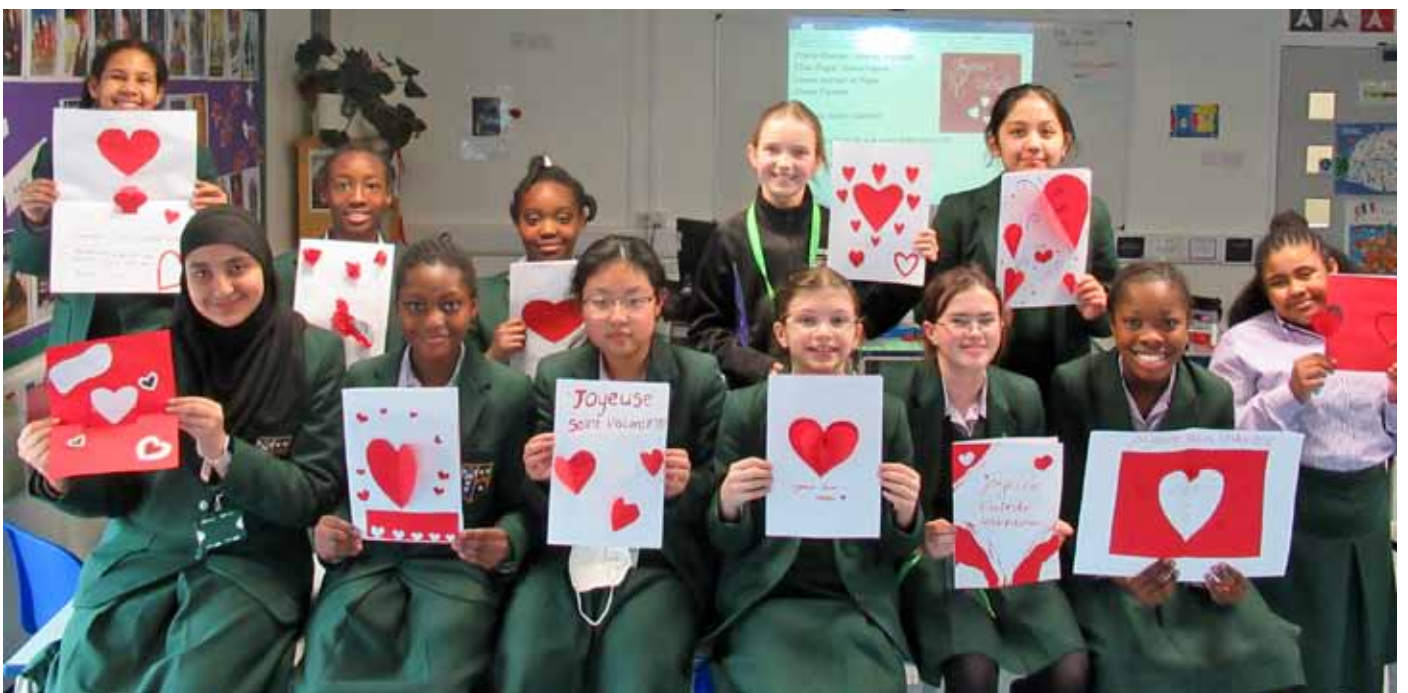
## Year 10: Table Tennis



Following lone's success at the London Schools Table Tennis Tournament, the GCSE PE Group in Year 10 learned a little more about back spin and table tennis strategies when lone led a lesson for them.

It is always good to tap into the skills of other students! Thank you to lone for your time.

## Year 7: French Valentine's Cards



In French, we have studied festivals in French-speaking countries. This week we have been learning about La Saint Valentin. We have been making Valentine's cards in French for our family to show our gratitude to them: "Merci pour tout ce que vous faites pour moi!". It has truly been a wonderful and rewarding experience!

Leen and Reya, Year 7

## Year 7 & 8: Chapel Recital

Recently, we enjoyed a very high quality Chapel Recital for Years 7-9. From Year 7 we had Anja singing 'A whole new world' and Lily playing Debussy's *Arabesque no. 1*. Ella in Year 8 performed Bridge's 'Valse Russe' and Ines, Tahlyah, Mayowa, Aarna, Grace and Sanjana sang 'Faire is the Heaven' by Harris, one of their favourite pieces from singing in the Croydon Minster Girls' Choir.

All the performances were excellent and it was lovely to have a large enthusiastic audience supporting their friends.



## Prep: Cookery Club

This week in Cookery Club the girls melted and mixed the most amazing 'fully loaded Rocky Road'.



## GCSE PE Taster Session

In preparation for choosing their options for GCSE, the PE department offered a taster session for a glimpse of some of the things covered.

This included an activity to locate the major bones in the body used for movement – (you can see from the photo that some of the bone names were put in interesting places!); an activity based on different types of feedback with students giving feedback to a blindfolded partner,

and an activity looking at the amount of coverage given to certain sports in newspapers.

It was startling to discover there were no articles covering women's sport in any of the national newspapers! GCSE PE has aspects of anatomy and physiology, social sciences, and socio-cultural factors of sport as well as the practical activities themselves.



## Prep: Let The Girls Play



We are looking forward to **Wednesday, 9th March**, when all pupils at Prep will be participating in some form of football activity.

Learn more here:

[https://www.youtube.com/watch?v=p-opraxMzIU&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=p-opraxMzIU&feature=emb_imp_woyt)

## U12 Netball v Caterham

On Tuesday Old Palace hosted a netball match with Caterham School. The U12 A+B team played really well and are starting to understand how positions work and how to link play and pass the ball down to the attacking end with a little more consistency. There were whoops of excitement as goals were scored because we have found it difficult to convert our hard work into goals!

Scores:

A Team won 6 – 0 and Kara was awarded Player of the Match

B Team won 3 – 0

This was really good practice for the teams in preparation for their upcoming tournament.



## Reception: Are Carrots Orange?

This week, Reception started their new topic 'Are Carrots Orange?'

We decided to plant some carrot seeds in our outdoor area so that we can find out whether all carrots really are orange!

The girls had a great discussion about what is needed for plants to grow – sunlight, soil, seeds and water were some of their responses. We also examined the carrot seeds and talked about their shape and size.



## Seniors: Valentine's Day Cup Cakes

Here are some photographs of the gorgeous Valentine's Day cupcakes that the Senior School students enjoyed before half term. Thank you Holroyd Howe.



## Seniors: Street Food Day

On Thursday, Senior School students enjoyed Bao Buns and noodles as part of a Street Food inspired lunch based on the cuisine of Asia.



## Year 10 Sports Leaders



Year 10 Sports Leaders receiving their certificates for leading the hockey competition.

## This Week in History... Malcolm X Killed

On February 21, 1965, the religious and civil rights leader, Malcolm X, was shot and killed at age 39 while delivering a speech in New York to the Organization of Afro-American Unity.



## Strictly Come Dancing Live Tour 2022

During half term I was fortunate enough to go to the Strictly Come Dancing Live tour at the O2 arena. It was an amazing and unforgettable experience. I saw one of my favourite contestants from the Strictly 2021 series. I have another favourite, but he did not take part in the tour.

My favourite couple that I saw was Rhys Stephenson and Nancy Xu. He was amazing; he performed a Charleston and Argentine Tango which was fantastic. I even made a poster to show them my support and what was cool was that he even waved at me.

Although, it was sad he did not win the tour, he is my winner. He did such a fantastic job, and I was so lucky to see his dances in person. I was lucky enough to post my poster to him at his CBBC studio in Manchester. We never know - he could reply!



**Narcissism**

A self-centered personality style characterized as having an excessive interest in one's physical appearance and an excessive pre-occupation with one's own needs, often at the expense of others. From Narcissus, who fell in love with his own reflection, died and became a daffodil.

Classics Department Word of the Week 21/02/22

## Maths Puzzle Fun page 11 Answer

Answer: 96

$$4 \times 2 = 8$$

$$8 \times 3 = 24$$

$$24 \times 4 = 96$$

$$96 \times 5 = 480$$

Multiply by 1 more each time.

The winner before half term was Inaaya in Year 7