



AROUND THE PALACE

Dear all,

This has certainly been a week where it is easy to be proud to be part of the Old Palace community. Our Founder's Day Service on Thursday, gave the School the opportunity to remember and give thanks for our founders, Mother Emily and her staff, who fought against the odds to set up a school for girls at a time when that was not always viewed as a good thing.

We would like to thank the OPA for their very generous gift of a muffin

for each pupil and member of staff at Old Palace, to commemorate Founder's Day.

Our guest speaker, Nicolina Andall (1982-1990), a former student herself, reminded us again of what it means to be part of the School and the impact that strong women can have on the world. Never more has our ambition for our students to leave us as capable, confident and connected women seemed more relevant.

Students from Year 3 through to Year 13 experienced some

exceptional music from the Choir in the atmospheric venue of Croydon Minster and we had the opportunity to sing the School Song, the words of which resonate today as much as in the past.

This weekend we open our doors to prospective families at our Open Day at the Senior School. It is always a pleasure to welcome people and share what a truly special place Old Palace is to both learn and work.

Jane Burton, Head

Founder's Day 2022





Mrs Burton with speaker, Nicolina Andall.



The OPA treated students and staff to muffins



Maureen Bunn and Jo Tuck, Old Palace Alumnae

Sumaiya is the only UK Winner of Rise for the World



About Rise

Rise is a program that finds brilliant people who need opportunity and supports them for life as they work to serve others.

The program starts at ages 15–17 and offers a lifetime of benefits including scholarships, mentorship, access to career development opportunities, funding, and more as Global Winners work toward solving humanity's most pressing problems.

We would like to offer Sumaiya, in Year 11, huge congratulations on being the only UK winner of the prestigious RISE project.

This is a tremendous achievement and one that we will follow with great interest.

Below is Sumaiya's profile from the RISE website:

Enthused by the history and politics of the world, Sumaiya is a seasoned public speaker from the UK. She is driven by building stronger communities through leading collaborative projects.

For her Rise project, Sumaiya focused on dismantling the menstrual taboo through producing an interactive workshop, a docu-film, and a period pain relief device.

At 14, she was selected as the Chair of the London Youth Assembly and created the first Young Londoner's Question Time. In 2021, she led the publishing of a report on 'The Impact of Covid-19 on Education & Opportunities for Young People in London.'

In the future, Sumaiya aspires to improve her fluency in languages, explore different cultures through travel, and scale her period pain relief device.



Prep: Palace Singers

Many Prep pupils have joined our largest choir, the Palace Singers.

The girls have been learning a special song called 'Remember me' by Bob Chilcott, which reflects the sombre mood of the nation following the passing of Her Majesty, Queen Elizabeth II.



A letter from Mrs Panteli



Dear all,

So much enjoyment and engagement in learning at the Prep School this week; every classroom I've visited and every door I have peeped through, I've seen engaged girls, immersed in purposeful and exciting learning.

From friendship recipes and self-portraits to dissection and musical scales, I've had the pleasure of seeing it all in action and the reactions of the girls as they experience something new or achieve something they didn't know they could.

Our assemblies have been about the gifts and talents we all have inside of us and how we discover them by trying new things without fear of mistakes, and I have seen this in action all around the Prep School this week.

Mrs Jodene Panteli
Head of Preparatory

PTA Uniform Sale

The PTA will be holding a uniform sale at the Prep School on:

Friday, 7 October
2.30 - 3.45pm



Year 3: Rock Investigations

On Wednesday 14th September Year 3 visited the Science laboratory at Prep to carry out an investigation as part of their topic of Rocks, Relics and Rumbles.

Dr. Knowles, a member of staff at the Senior school and a Doctor of Geology came to the lesson to assist the girls in their investigation.

The girls worked in small groups to identify 8 different rocks. The girls used magnifying glasses to study the appearance of each rock, looking closely to see if they could identify crystals, layers and fossils as well as recording the general appearance of each rock.

They tested each rock sample to determine if it was permeable or impermeable. They used a pipette to drop a small amount of water onto the rock and watched to see if the water was absorbed and disappeared into the rock or if it lay on the surface.

Lastly, the girls used a steel pin to carefully see if they could scratch the rock to determine if it was hard or soft.

Using all of the information they had gathered, they then decided if each rock was igneous, sedimentary or metamorphic.

The girls thoroughly enjoyed using the laboratory for the investigation and having an expert in rocks to help them and discuss their decisions with.



CREST Awards



Well done to all the students who were awarded their Bronze CREST Certificate. CREST is a scheme run by the British Science Association (BSA) that inspires young people to think and behave like scientists and engineers. It is a nationally recognised scheme for student-led project work in the STEM subjects.

To achieve the Bronze CREST Award students had to work in a team to plan and run a project addressing

a real world STEM problem. Some of the projects chosen included; investigating insulation in order to reduce energy consumption, finding out about the causes of dehydration in order to investigate the constituents

of commercially available oral rehydration salts (ORS), how to most effectively produce bread dough and investigating the best way to reveal fingerprints.

Christiana	Zainab	Isobel	Safiya
Jahnavi	Ainesis	Theresa-Mae	Ploy
Hannah	Maryam	Jessie	Adaeze
Riya	Sapphy	Zainab	Emilia
Sophie	Cheryl	Ines	Fatimah Binta
Suruthi	Safa	Mariam	Anita
Aarna	India	Lauryn	Harini
Mahima	Jana	Olive	Rosie
Avani	Ayesha	Leela	Tejaska
Maysa	Feyi	Ishika	Hephzibah



Year 5 & 6 Football v CHS

The sun was shining on Friday for the first football match of the season against Croydon High School. The girls had a great time in their first match and improved so much as the game progressed.

Well played girls!



Art: Sophie Labelle Artist Visit and LGBTQIA+ Voice

Old Palace Art Department was delighted to welcome comic artist and voice within the LGBTQIA+ community, Sophie Labelle on Friday 9 September. We ran a Q&A, plus two Art session for Year 13 and Year 11 students whilst she was over in England for her latest book tour.

“Comic artist Sophie Labelle came in to talk about her comics. From a young age Sophie always wanted to write comics of her own. Before perusing her career in comics, Sophie was an elementary school teacher.”

Sophie is a real inspiration for me as she has shown that wherever you start in life you can always follow your dreams.

After the visit, I was inspired to write my own comic which is something I never thought I would ever do. So, thank you Sophie for inspiring me to write my own comics and that everyone can follow their dreams however big.”

Dayna, Year 9



Year 6: Blood Heart

Year 6 got stuck into their new topic 'Blood Heart', visiting the Science Lab at the Senior School to dissect a real heart as part of their science lead topic. It was certainly a memorable experience; handling a lamb's heart and making careful incisions to reveal the internal features.

Keyala was surprised by how involved her group got: spotting the major blood vessels, feeling the smooth walls of the four chambers and even pulling at the heart strings.

They really appreciated Dr Edward's knowledge of the heart and the Year 13 students who supported. Lots of fun was had and Year 6 are now working on writing their non-chronological reports all about this vital organ.



Year 3: Urban Art Workshop



Just before the end of the summer term, Year 3 had the opportunity to visit the Art department at the Senior school to explore and create some Urban Art, as part of their Urban Pioneers topic.

Mrs Broad and some senior students had prepared some brick wall backgrounds and 'Banksy' style rats.

The girls made their own additions to the rats, giving them gardening

equipment, a cup cake, spray can and more. They then cut them out and fixed them in positions on the walls. Finally, they added their own creative designs to the wall backgrounds, using crayon and paint.

Year 3 thoroughly enjoyed the workshop and their Urban Art can now be seen as part of a display outside the Year 3 classroom!



Year 4: Celtic Art



Year 4 have made a wonderful start to their Invasion topic. Whilst grappling with the consequences of the arrival of the Angles, Saxons and Jutes, the girls have been experimenting with Celtic knots having spotted some of the artistic styles of the time. The designs involved

weaving circles into a four piece construction. It was extremely tricky but perseverance won the day.



Don't Let Dyslexia Define You!



I am Chloe-Marie Randall in Year 13 and I am dyslexic. It is demoralising when you spend hours studying and do not get the grades you hoped to achieve. I found out I was dyslexic one year ago and felt relieved I had a reason for why I felt different but then devastated and wondered how I could possibly overcome this.

I am writing this article to provide awareness for students, parents and teachers that children with dyslexia just need help to find an effective way of learning.

On Saturday 10th September, I went to a Dyslexia Fair at Bell House in Dulwich. I had the chance to meet dyslexia specialists, suppliers, technological innovators and educators. They gave us access to support, resources and workshops.

A few of the talks included: Thriving or Surviving Secondary School, Dyslexia: Your Questions Answered; STOP Dyslexic Learners Underperforming in Exams; Thriving with Dyslexia; Creating Dekko comics; and STEP up to University. There were many other talks for all ages! They also offered one-to-one advice surgeries to ask specialists about any challenges or worries you have which was very helpful and useful.

I felt like I was part of a community with everyone being friendly, kind and supportive. It was a lovely experience and I was able to open my eyes wide with excitement! It gave me hope that there was help available. Dyslexia should be thought of as a positive not a negative.

Constantly, I have felt like doors of opportunities have been slammed in my face. However, after finding out I had

If you have to choose between being kind and being right, choose being kind and you always will be right.



dyslexia, doors were gradually opening for me one by one. This is what it can be like for dyslexics or other people with special educational needs.

Did you know that Albert Einstein was dyslexic? He is only one of many famous people who are dyslexic! Other modern famous people include presenter Holly Willoughby and MP Matt Hancock.

Einstein said, "Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid." And this sums up some people's experience.

I would definitely recommend going to a Dyslexia Fair to improve self-esteem. It is hard to build up self-confidence when all your hard work goes to waste and you do not get the grades you deserve. When help comes along, it feels uplifting and it gave me confidence to know that I can actually succeed.

I hope this article has inspired you. Perhaps you will also be able to share your own experiences in the future.

Whenever dyslexia or any other special educational need gets you down, just think, don't let it define you. You can achieve, and with determination you will. I want to make a difference to at least someone else who might be thinking, "That sounds just like me."

Talk to someone, such as a teacher, a parent or even me, as I am sure you will feel much better getting things off your chest and asking for advice. Don't suffer in silence!

Chloe-Marie, Year 13



Quiz & Curry Night

Friday, 14th October

6.30 - 9.30pm in the Banqueting Hall at Seniors

Tickets £10 - Booking via WisePay



PTA Forthcoming Events

PTA AGM: Friday, 7 Oct 2022 at Prep in the Main Hall. 6.00-7.00pm

Quiz & Curry Night: Friday, 14 Oct 2022 at Seniors in the Banqueting Hall. 6.30pm or 7.00pm

Christmas Fair: Saturday, 3 Dec 2022 at Prep. 11.00am-3.00pm

Summer Fair: 1st July 2023 at Prep 11.00am-3.00pm



Prep ABRSM Music Certificates

Last week, Mrs Panteli awarded ABRSM Music Certificates to girls from Years 2-6 for their examinations taken in the Summer term. Students passed a range of grades from Grade 1 to Grade 5 with many achieving a pass with either a merit or distinction. A lot of hard work goes into taking an ABRSM exam of any kind, so well done everyone!



Prep are 'back'

In Hymn Practice, Prep students have been enjoying practising a song called 'We are back' by Jeanette Healey, with memorable actions for the chorus.



Catering News

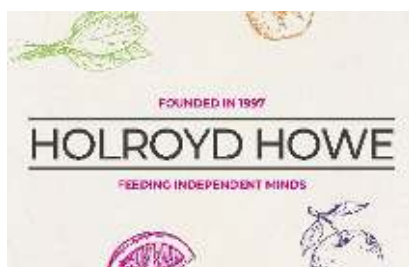
Our catering team from Holroyd Howe works on a three-week cycle for the term, changing the menus termly. Menus are distributed to all class teachers and are on display in the classrooms and next to the service counter in the assembly hall.

We follow a traditional menu with one 'Traditional Roast' and 'Fish Friday' each week and offer a daily selection of jacket potatoes and sandwiches. We have a salad bar, fresh fruit and natural yoghurt. Last year we also introduced a 'Meat-Free day'

Pre School to Year 3 eat from flight trays whilst Years 4-6 now take trays, cutlery and napkins. We positively encourage 'seconds' once everyone has eaten.

We also include tasting tables, theme days and innovations like waste not! want not!, sustainability and our Healthy Eating Tree where we challenge pupils to 'try something new' 'eat the rainbow' and 'keep hydrated'

Last year, Year 3 celebrated European Day and we had a European tasting table. Year 2 learnt about 'World Ocean day' and the importance of sustainable fish which we serve every Friday.



European Day of Languages

Earlier this week we celebrated European Day of Languages with a number of events. On Monday, Catering put together an amazing display showcasing European food.

On Tuesday 27 we held a Latin American Dance Workshop in the Dance studio organised by the MFL Department and some of our A level students.



European Day of Languages: Latin American Dance Workshop

On Tuesday lunchtime, the Dance department collaborated with the Spanish Department to celebrate European Day of Languages. Jaéda and Mary-Rose in Year 12 came up with a Salsa dance choreography. At first it was a little challenging to get the hang of but, in no time, we had perfected the dance.

Students from a range of year groups took part. You could see many of them smiling and giggling as they attempted to perfect the routine. I enjoyed dancing and it was very entertaining to watch everyone perform at the end.

This was the perfect opportunity to gain some insight into some Latin American/Hispanic culture. Salsa is a very popular dance enjoyed by many across the globe and it was lovely to see some Old Palace students and staff to enjoy it too! Thank you to everyone involved who helped organise this dance session - it was great fun and we look forward to it again next year!

Fizza, Year 13 Spanish.



Extended Project Qualification

We had our biggest entry yet for the EPQ last year, with ten students submitting Projects.

Topics were very diverse: one student made a corset, having studied the various styles and materials used. Another investigated sugar and whether it should be classified as a drug.

Other subjects included the very topical issue of whether vaccination should be mandatory.

The EPQ requires a vast quantity of research, with students producing a 5000 word essay at the end; the presentations demonstrated that the students had an impressive understanding of their subjects.

Twenty-four of the current Year 13 are working on Projects this year; we are looking forward to an equally diverse range of subject matter.



Netball: U13A & B v Riddlesdown



The netball season started this week with two U13 matches against Riddlesdown.

U13A v Riddlesdown

This was a really close match right up until the end of the third quarter but in the last quarter, Riddlesdown swept to a 7-2 victory. The U13A team did play some excellent netball!

Kara B was named Player of the Match for the A Team

U13B v Riddlesdown

Another very close game resulting in an exciting 4-4 draw!

Reya S was named Player of the Match for the B Team

Sports Leaders

Sports Leaders Level 1, 2 and 3 are now up and running in Years 10-13.

All groups are busy working out when they can help with clubs and practices and starting to work on their LERs. The focus in most groups has been Skills and Behaviours as well as trying out some team building and cooperation tasks to show the importance of working together.

The photo below shows Year 12 Sports Leaders trying to crack a code!



Year 4: Visit Chemistry Department at Seniors

At the end of the summer term, we were delighted to welcome Year 4 students to one of our Chemistry labs, where they had the opportunity to investigate some magical colour changing potions.

The students thoroughly enjoyed using their senses to explore the sights, sounds and smells as they mixed together various household substances to make their potions.

It was a pleasure to meet them and we look forward to similar events in the future.





Sewing Club is very popular at Old Palace Prep.

Last autumn term, the girls made some very cute looking monsters. In the Spring term, two pupils created their own little dogs and in the Summer term, ten girls created a variety of Owls.

All of the projects were created from socks! Clean ones of course! They have been great fun to do and each of the girls learnt how to sew on buttons and use a variety of hand sewing stitches in the process.



Reception: Self Portraits

The girls in Reception have had a wonderful start to the year! They have been busy exploring their new classroom, painting self-portraits, creating wonderful photo-frames for their family photographs and discussing why family is important.

We have also been learning about friendship. The girls made a special friendship potion where they thought about particular qualities they would like in a friend. Some of the qualities we put in our potion were: 'kindness', 'helpfulness', 'good sharing', and 'including'. The girls also wrote fantastic friendship recipes using their sounds. What a fun and busy start to the year!



Year 7 & 8: Swimming Gala

Our Year 7 and 8 swimmers competed in an exciting friendly swimming gala against Croydon High School last week.

The gala comprised of several events of all strokes, in both age groups. There was also an Individual Medley for each year group where one swimmer swam all four strokes in a particular order, Butterfly, Backstroke, Breaststroke and Front crawl.

Competitive Club swimmers Harmony and Bella swam that event for Year 7 and Year 8 respectively. Included in the Gala were two relays for each age group; a Medley relay and a Freestyle relay, all concluding in a Squadron event, comprising of eight swimmers, four from both age groups.

All students swam extremely well and had great fun competing and shouting on their fellow team mates. Also on show were our lovely new purple, green and white Old Palace logo Backstroke flags - making the swimming pool look very smart!



Year 12: Inclusivity and Diversity Poster Competition

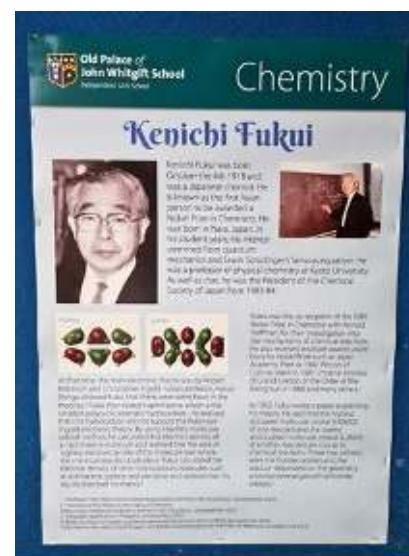
Three of last year's Year 12 Chemistry students, Abhirra, Aparnaa and Rebecca submitted a poster about the work of Kenichi Fukui (East Asia) for this competition.

The following message was received from Queen Mary's:

"The 12 short-listed posters were of a very high standard and commended by the Chair of the RSC I&D Committee, Professor Marina Resmini., and she asked me to pass on her appreciation of the work done by your students. I am pleased to say that your students were awarded a runners-up prize."

Congratulations to Abhirra, Aparnaa and Rebecca for their achievement in this national competition!

(The poster can be seen on the notice board outside Runcie.)



Cambridge Chemistry Challenge for Lower Sixth

Last summer, our Year 12 Chemistry students sat the very challenging C3L6 paper, requiring them to analyse unfamiliar information and demonstrate their problem-solving skills. Many congratulations to the following students for their impressive achievements in this competition:

Suraiya and Rohaan – Silver Awards

Rebecca, Aparnaa, Lilia, Amélie, Shahd and Gina – Bronze Awards

Well done to all who took part.



Why do we get Brain Freeze?

On a hot summers day, a triple chocolate ice cream sundae is the answer to everyone's questions. But after gobbling it all up as if there

was no tomorrow, you may get a sudden sharp pain in the back of your head or the temples. This is what we call a brain freeze. But why does it happen?

When eating, food normally comes into contact with the palate, which is the roof of your mouth. If you eat ice cream or anything cold too quickly, the palate cannot withstand the sudden extreme cold and tries to warm itself up. The palate does this by expanding blood vessels in the head, to let extra blood in and warm the palate. The rapid change in the blood vessel size causes this sudden pain we all call brain freeze.

So the next time you're eating a little piece of heaven, be kind to the palate in your mouth and take your time while eating.

Rinii, Year 11



BioSoc: Diversity of Flowers

BioSoc started the academic year looking at the diversity of flowers around us in the school grounds and how they are anatomically so different.

We looked at them under the UV light to see if we could see them as the bees and other pollinators do and then carefully dissected them to identify the different organs.

We used a binocular microscope and prepared slides of the petals and pollen, to view at x400 magnification.



Pre School: Me & My Community

As part of our Me & My Community topic we are looking at People Who Help Us and are making cards for people in our school community to say thank you: Caretakers, Cleaners, Kitchen staff, our Librarian, which we will deliver at the end of the week.

We have also been talking about the importance of oral hygiene and why we need to brush our teeth.



Year 8: Gymnastics

In Year 8 PE, some students have started work on Gymnastics with the theme of Flight! They will be experimenting using the springboards and larger equipment.

In these photos students are exploring flight and body shapes whilst in flight



Senior School

Working Open Morning

Thursday 13 October:
9.00am-11.00am

Old Palace of John Whitgift Senior School Old, Palace Road, Croydon CR0 1AX



Further information on our Admissions process can be found on our website:
www.oldpalace.croydon.sch.uk/admissions
Alternatively, contact: admissions@oldpalace.croydon.sch.uk | 020 8688 3863

Follow us on:



Dance Trip to see *Nobody* by Motionhouse

Nobody, the dance production from the company Motionhouse, was performed on the 23rd September in Horsham. Fortunately, the Dance Department gave students at Old Palace an opportunity to watch this thrilling piece live.

Motionhouse's Dance show combines extraordinary strength and elegance, which contrasts within the two sections of this narrative. It explores the tension between our inner lives and how we make sense of the world around us. This is quite relevant as it resonates with the time we live in (post Covid). The narrative follows a group of friends who are watched over by a murder of crows and the birds represent an inner part of

themselves that they must escape. However, the second section of the dance drifts off from the plot to focus on how the dancers glide off and climb on each other's bodies, with incredible projections to support the movements performed. The end was lively and vibrant and there was so much to see it was difficult to take it all in.

As a GCSE dancer, watching *Nobody* allowed me to see all the different and creative ways a stimulus can be portrayed. The abstract movements and spectacular lifts of the dancers left me in shock, as the quality was such a high standard at all times.

Aswini, Year 11



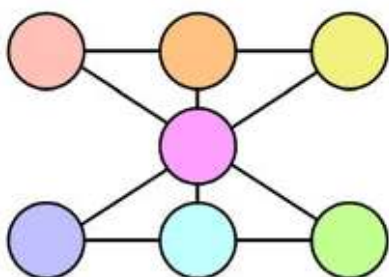
Sixth Form PE

Our Sixth Form students take part in a programme of activities run by the PE department called Healthy Active Lifestyle. This week (and some subsequent weeks) we have secured some time in the Fitness Suite at Whitgift School. Year 12 students had a brief introduction to the use of the cardio machines and set off on having a go on the treadmills, spin bikes, rowing machines and cross trainers. This is a great opportunity that we will continue throughout this term.



Maths Puzzle Fun

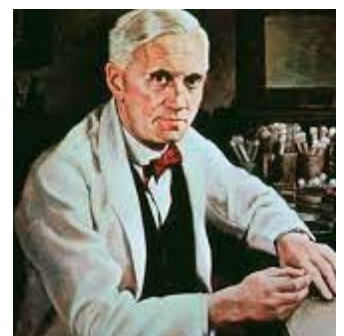
Can you put the numbers 1 to 7 in each circle so that the total of every line is 12?



Answer on page 20

THIS WEEK IN HISTORY... ALEXANDER FLEMING DISCOVERS PENICILLIN

On September 28, 1928, Alexander Fleming discovered penicillin, the world's first antibiotic. Although the discovery had been an accident, it would go on to save millions of lives, including an estimated 1 in 7 wounded soldiers during WWII.



Year 3: Ring of Fire

During the summer holiday the girls in Year 3 carried out their own research on Volcanoes in preparation for their topic of Rocks, Relics and Rumbles! Some of the girls made a poster to present their information and others made their own models using a variety of materials.

Mrs Wallis was really impressed with the standard of the girls' projects. Some were small, some enormous and some

showed a cross section of a volcano.

Libby made an edible cake volcano! She used a sponge mixture and before decorating it, she removed a section in the middle to hide tiny orange, red and yellow sweets inside! The girls thoroughly enjoyed eating it!

We took the other volcanoes and posters outside to make our own Ring of fire and we are looking forward to making some of our volcanoes erupt!



Form Time in the Sixth Form: Exploring "Oppression and Everyday Activism"

One thing I have enjoyed about Sixth Form so far is the freedom to explore my own academic and personal interests both inside and outside of the classroom.

Last Friday, I decided to run a form presentation on "Oppression and Everyday Activism", inspired by what I felt were the two most important and accessible sessions on my summer residential, the first stage of six-month social justice programme I am doing with the Advocacy Academy.

I decided to focus first on the system behind oppression by talking about the Four I's (Ideological, Institutional, Interpersonal and Internalised) as I believe the key to tackling oppression and injustice involves understanding the root cause of these issues and how we can collectively stop the cycle before it impacts on our everyday relationships and self-esteem.

I then focused on everyday activism by presenting the class with a couple of scenarios and seeing how they would react and what would make them inclined to act in certain situations.

The presentation sparked many interesting and insightful comments and discussions from the class (far too many to list in one article!), however I was particularly intrigued by Zino's comments on how early oppressive ideologies can become fermented in people's mindsets and how as a result the way we approach issues of social justice and identity with children is of high importance.

We also discussed how while recognising harmful behaviours and actions can be beneficial it is not enough to help prevent these situations from occurring.

I thoroughly enjoyed running this presentation and would like to thank my class for being such an engaging and perceptive audience. I look forward to more insightful presentations by my peers in form time.

Below are some situations which you may come across in your everyday life. Think about how you should handle such oppressive situations.

Scenario 1: You are on a bus. A black person is speaking in Yoruba on the phone. A fellow white passenger goes up to him and says, "You must speak in English. You are in the UK."

Scenario 2: You are in a mixed school. A boy comes up to you and say "Girls cannot do Physics. When you ask him why, he says, "they just can't."

Scenario 3: You are a young black girl with pink braids. You are volunteering at a summer camp and a young 6 year old white girl comes up to you and says, "Your hair is ugly."

Lizzie, 12 Laud

WHITGIFT

HOCKEY CAMPS 2022/23

Monday 17 and Tuesday 18 October 2022 | 10am-3pm

Monday 3 and Tuesday 4 April 2023 | 10am-3pm

Monday 10 and Tuesday 11 July 2023 | 10am-3pm

Venue: Whitgift School Hockey Astro Pitch

£50 for one day | £90 for two days

Sign up via [WisePAY](#)

Available to all genders and ability levels aged 8-14 years

For further details please contact Hockey Development Officer Mr Davenport:

t.davenport@whitgift.co.uk



Whitgift School | Halling Park | South Croydon | CR2 6YT | www.whitgift.co.uk

WATERPOLO CAMP

17-19 OCTOBER 2022



WHITGIFT

Maths Puzzle Fun Page 18 Answer

