

17 September 2021

Dear Parents

Finally, at last, we have welcomed our first groups of parents back into school! It was a pleasure to meet so many of the Year 12 and Year 13 parents at the Welcome Evenings on Monday. I enjoyed having the chance to remind you all of my vision for the school, along with talks from Ms Kung about what to expect in the year ahead and from Mr Boardman on how you can support us in our development of Fearless Learners at Channing. What I had not quite anticipated was how valuable the evening would be as a chance for the year group's parents to reconnect with each other too! It is testament to the power of the Channing community that the parents were so delighted to be reunited over refreshments after the talks and I am looking forward to seeing Year 7, 10 and 11 next week, with Years 8 and 9 to follow in early October.

On Tuesday evening I experienced another first: my first in-person Open Evening for prospective parents. What an event! The school was buzzing with more than 250 visitors joining us for the occasion, and every department put on the most amazing display of the delights which await those girls considering joining us at 11+. I was joined on stage by Mrs Bhamra-Burgess, our Assistant Head Co-Curricular and Miss Lindsay, the Acting Head of Year 7, as well as Anna and Alia, the Head Girls, and an intrepid Year 8, Amara, who spoke about their experience of Channing so far. The three As were most impressive in their thoughtful and authentic summaries of what Channing means to them. Alongside the Year 9 tour guides, who did a wonderful job of taking our visitors around the school, it was proof (as if it were needed!) that Channing students are our best ambassadors.

Listening to the speeches on Tuesday I was struck by the number of times the word 'fun' appeared in each of their talks. I have always known that enjoyment should be at the heart of education and it is one of the things that drew me to Channing: we do stand for Girls Enjoying Success, after all! Learning should be fun, and our teachers work hard to plan inventive, engaging lessons which will make their subjects come alive. Seeing the new Extracurricular Activities Programme this week has demonstrated the variety of ways in which (educational) fun pervades all aspects of life at school and I encourage you to share this with your child and discuss with them what they might get involved in this year - the link is included below.

In particular we must encourage our older pupils, especially those in Years 10 and 11, to maintain their hobbies and interests alongside their schoolwork. This has vital mental health benefits and helps them to build resilience around pressures in their lives, such as exams. A straight diet of GCSE study and revision sessions is not the kind of broad, balanced lifestyle which supports strong mental health. I was fascinated to read some research this week about Brief Behavioural Activation therapy, which is sometimes used for teenagers suffering depression. Since one symptom of depression is the avoidance of or withdrawal from rewarding activities, this therapy focuses on helping young people to engage with the things that they enjoy and value in different areas of their life. It seeks to educate teens about the links

between their behaviour and mood, helps them to identify their values and the things that matter to them and can foster a sense of achievement, agency, confidence and motivation, thus reducing depressive symptoms.

By implication, then, maintaining these interests should enable our teens to have a clear sense of purpose and keep their school work in perspective, rather than letting exam preparation become all-consuming. We know how important it is for our students to discover their strengths and to enjoy activities that help them cultivate their self-knowledge. For our older students participation in these activities often also brings leadership opportunities and a chance to be role models for the younger girls, all of which is part of developing our Channing community.

In addition we all know the maxim, 'If you want something done, ask a busy person'. Evidence shows that students who learn to manage their time effectively by having a range of activities in their lives are more successful learners. It may seem counterintuitive but it is worth reinforcing to them that time away from their studies will be beneficial rather than harmful to their prospects. It's also worth remembering that if your children have interests they feel are not yet represented in our programme, we love enabling them to set up their own clubs - they just need to speak to Mrs Bhamra-Burgess. I cannot wait to see what they have in mind!

Of course it's not just our students who need fun activities beyond the daily routine - we adults do too. Here at Channing we can offer you a perfect solution if you're looking for something to do in your spare time: involvement in the Channing Association. The fabulous CA, chaired again this year in the Senior School by Year 8 parent Zena Watt, has sadly had its activities curtailed over the last 18 months but is back with a bang for the new academic year. Look out for news of the Fireworks Night on 6 November - tickets on sale soon - as well as the Year 7&8 Disco, Christmas pudding sales and more. It was great to see so many Year 7 parents at the CA Coffee Morning today but, as Zena sadly had to remind them, the CA's amazing activities will disappear if people do not volunteer to get involved. A good example is the need for Year 8 parents to help make the Y8 disco a success. We need 35-40 volunteers to ensure the evening is not too onerous on those involved: please see below for more information about how to help out.

Finally (and with apologies to the lovely parent who writes to congratulate me every time the Word from the Head does not include mention of Covid) you will have seen my letter earlier today which we were asked to forward to all Senior School parents by Public Health England following a small number of cases in school. Please be reassured that we are continually monitoring cases in school and we are taking advice on next steps from both the national and local Health Protection Teams. We will let you know of any additional measures which we take, where they will impact directly on your child. I also have included some bullet points in the Reminders section below to remind you of the current measures we are taking and what you should do if your child is unwell. Thank you for doing what you can to help keep the school community safe.

With warmest wishes for the weekend,

Lindsey Hughes
Headmistress

The Week Ahead

Great Big Green Week (Sustainability Officers)

Monday 20 September 2021

Year 8 HPV vaccinations - Dose 1

08:00 Year 11 Geography trip to Flatford Mill

16:00 The Sound of Music Rehearsal, AC

17:00 Year 10 Welcome Evening, AC

18:00 Year 7 Welcome Evening, Sports Hall

Tuesday 21 September 2021

No Events

Wednesday 22 September 2021

08:45 Year 8 Latin Trip to Verulamium Museum, St Albans

16:00 U15 Independent Schools Netball Tournament vs Croydon High School @ Croydon High School

18:00 Senior School CA Meeting

Thursday 23 September 2021

11:30 Careers Talk for Year 12 and Year 13 with Dame Judith Mayhew Jonas DBE, AC

17:30 Year 11 Sixth Form Open Evening

Friday 24 September 2021

08:30 Year 12 Biology trip to Epping Forest

Friday 24 - Sunday 26 September

Under 14 GSA Netball tournament at Condover Hall, Shrewsbury

Covid Protocols

- All Senior School pupils are asked to continue to undertake LFD home testing on Wednesday and Sunday evenings. If you need more test kits, your child can collect these from Resources or the School Office.
- All test results, both positive and negative, should be reported to NHS Test and Trace using this link: [Report a COVID-19 rapid lateral flow test result](#)
- However results should **now only be reported to the school if your result is positive**. Please send any positive results to testingupper@channing.co.uk if your child is in Years 10-13. Please email to testinglower@channing.co.uk if your child is in Years 7-9. Please copy info@channing.co.uk on your email to notify us that your child will be absent from school.
- If your child tests positive with an LFD test, please arrange for a PCR test within 2 days of their test: [Get a free PCR test to check if you have coronavirus \(COVID-19\)](#)
- Your child should not come to school if they have a positive LFD until they have undertaken a confirmatory PCR and received the result. If the PCR is negative they may return to school, provided the test was taken within 2 days of the original LFD test.
- If your child has any of the major COVID symptoms, even mild, they should self isolate and we request that you arrange a PCR test for them. They must not come to school

until the result of the PCR is known. If the test result is positive, you should follow NHS guidance. If it is negative they should return to school unless they are unwell.

- Contact Tracing is now undertaken by NHS Test and Trace and the school no longer plays a role in this. This may change if the school has an outbreak.
- Your child may be advised by NHS Test and Trace to self isolate if you are a close contact of someone who tests positive.
- There is no requirement for someone who is a household or close contact of a positive case to self isolate if they are under 18 or are 'double jabbed' unless told to do so by NHS Test and Trace.
- Pupils who show symptoms, have a positive test or are told to self isolate by NHS Test and Trace will be able to access Virtual School from home. If parents decide to keep pupils at home for reasons other than this the school will not be able to provide links to virtual learning.

Reminders

Co-Curricular & Extracurricular Timetable

Please find below the Co-curricular & extracurricular timetable for the Autumn Term. All activities (unless stated) will commence on Monday. This timetable is also available on the website. We recommend that all pupils and students participate in at least two lunchtime activities.

■ CO-CURRICULAR & EXTRACURRICULAR AUTUMN TERM 2021 TIMETABLE - Full Ti...

Forthcoming Events

Dear Year 8 parents

With nearly 400 tickets sold for the Year 8 disco (there are just a few left to snap up at bit.ly/channingdisco2021) there is much excitement building for the big event.

In order to run it and keep everyone safe, we do need the help and support of parents to supervise the kids. Naturally, they do not want their parents to be too prominent on the evening so your roles will be fairly discreet. We would need you to arrive at 7pm for a briefing, and when you are not "on shift" there will be tea and coffee available in the Sixth Form Centre from where there is also a chance to spy on the proceedings from the windows overlooking the Hall. We welcome support from Dads who will be particularly useful in helping around the exits and



boys' toilets. We have arranged additional external professional security both inside and outside the Sports Hall.

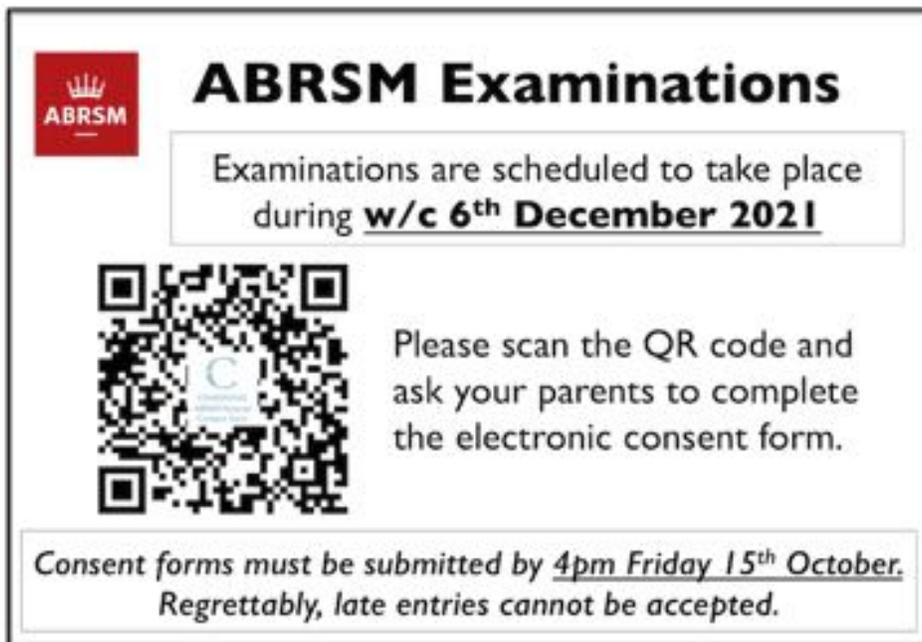
If you are able to help please email zenawatt@me.com. The disco starts at 7:30pm so you are able to bring your daughter with you at 7pm for the briefing.

Thank you for your support.

Best wishes

Zena Watt
Channing Association

ABRSM Examinations



The poster features the ABRSM logo (a red square with a white crown and the text 'ABRSM') in the top left corner. The main title 'ABRSM Examinations' is in a large, bold, black font. Below the title, a white box contains the text: 'Examinations are scheduled to take place during **w/c 6th December 2021**'. To the left of the text is a large QR code. To the right of the QR code, the text reads: 'Please scan the QR code and ask your parents to complete the electronic consent form.' At the bottom of the poster, a white box contains the text: 'Consent forms must be submitted by **4pm Friday 15th October.** Regrettably, late entries cannot be accepted.'

Sustainability News: Great Big Green Week, 18-26 September

Hello everyone,

We are excited to announce that the week 18 - 26 September is a national Great Big Green Week. This time has been dedicated to celebrating sustainability and the work of activists against climate change in anticipation of the COP26 international climate change conference coming up in November. Hosted by the United Nations, COP26 promises to be 'the world's best last chance to get runaway climate change under control'. The international aspect of the COP conferences has been labeled 'monumental' due to the crucial role this plays in global issues such as climate change. We have reason to be hopeful that the negotiations will produce significant improvement in many areas from finance to international cooperation concerning the climate. However, despite these optimistic goals, some activists remain unimpressed by the

ability of many world powers to deliver on their agreements as seen when their previous promise to lower the Earth's temperature by 1.5 degrees was left unfulfilled.

In light of this, we have decided to host a week of events at Channing next week. We are holding a sustainability themed photography competition with entries, by email to Ms Devine, opening on Monday. We would also be very grateful for any clothing donations in the collection bins, which will be in the Sixth Form Centre foyer throughout the week, in preparation for the second hand clothing sale starting at 1pm on Friday. In form time there will be informational presentations delivered by the Year 13 Officers as well as an opportunity to wear a green accessory to school on Friday in order to spread awareness.

Thanks for getting involved!

Phoebe & Charlotte
Year 13 Sustainability Officers

Girls Enjoying Success

A big congratulations to **Emily**, Year 11, who took her ATCL Diploma (flute) and has passed with Distinction. Well done Emily!

Sports News

Netball Fixture vs CLSG

Congratulations to the Year 9 students who took part in our first netball fixture of the year against City of London School for Girls. There were two matches, which were of a very high standard and they showcased the students' improving skills. The B team lost a very close match 5-7 whilst the A team worked hard to secure a 15-7 win. Congratulations to all of the students who took part.

London Youth Games Year 9 & Under Tournament

Congratulations to **Kiki**, **Amelia** and **Natasha** who were part of the Haringey Team that won the London Youth Games Year 9 & Under Netball East Hub Tournament.

Haringey Cross Country Championships

Congratulations to **Mia**, Year 8, who placed third in the Year 7 & 8 Girls event that was held at New River Stadium. Mia has been selected to be part of the Haringey team for the London Youth Games. Congratulations!

Maths News

Maria in Year 11 joined with the best Mathematicians in the country at the UKMT Summer School 2021 and here is a short account of her experiences:



Following the Intermediate Maths Challenge, I had the opportunity to take part in the virtual UKMT Summer school, alongside 60 other students from all over the UK in Years 10-11. We had the opportunity to explore more complex and interesting topics in maths, which expanded beyond the school curriculum, such as Ancient Greek Proto-algebra, lots of codebreaking and some harder geometry questions. It was an amazing experience, which enabled me to both challenge myself and work with others to solve harder problems.

Drama News

Year 10 GCSE Drama students participated in a high energy workshop this week, where they explored the devising methods of Complicite Theatre Company. Games and improvisations were the basis of developing their understanding of key Complicite concepts, such as 'contrast in movement' and 'the body in attitude'. All students threw themselves into the activities and made some imaginative and exciting work.



Music at Lunchtime

What a stunning way to end the first week of a new year - to be able to have a fully fledged recital in the Arundel Centre. **Talia**, Year 13, achieved a truly marvellous Distinction for her ARSM Singing Diploma at the end of last term. This followed an impressive Distinction for grade 8 Violin. Having begun singing lessons in Year 5 (Talia had 'always loved to sing - it always made me happy and I wanted to get better at something I really liked doing') the inspiration behind her programme was musical diversity.

With genres from Baroque to musical theatre represented, each piece presented various technical and musical challenges. We began with Purcell 'Hark the echoing air' a challenge due to the wide vocal range required and the need to add in her own ornamentation for the final verse. This was a fabulous opener which contrasted beautifully with the sad lament by Handel 'As when the dove laments her love' which followed. The Vivaldi 'Domine Deus' needs little explanation. We then jumped a couple of centuries and continents to France, where a pairing of two Faure songs, one of which, his infamous 'Pie Jesu' from the Requiem left many in the audience rummaging for a tissue. Gurney's sad 'Sleep', Grieg's folksy 'Solveig's Song' and Barber's 'The Monk and His Cat' in which the musical collaboration between voice and accompaniment paints a sound portrait of what is actually happening in the story provided further evidence, if any was needed, as to the sublime quality and musicianship that Talia has developed.

It was the final two numbers, however, that supplied the X factor quality and showed just what a consummate performer Talia is. With Simon's 'A bit of Earth' from The Secret Garden allowing her to exhibit a full range of technical mastery we ended with something so apt it could have been specifically written just for her! Stiles' 'Practically Perfect' left us grinning from ear to ear, given that she had earned a practically perfect score of 49/50 in the exam!! Even more so when our visiting examiner asked Talia, at the end of her recital if she intended to be a professional - what a compliment! This achievement is even more amazing when you discover that Talia learnt all of her recital with online lessons during lockdown. Remember - you heard her here first!

<https://soundcloud.com/channing-school/music-at-lunchtime-friday-10th-september>



Careers News

Madeleine, Year 13 writes about her fascinating placement at King's College London's Research Laboratories - sincere thanks to former parent Professor Corinne Houart who facilitated this.

During July this year, I completed two weeks of laboratory work experience in the prestigious King's College London - dedicated to researching aspects of Developmental Neurobiology. The goal of the lab is to study neuronal growth and cell differentiation in the early stages of Zebrafish brain development. This research has been used to find treatments for various neurodegenerative diseases, such as FOXG1 syndrome. I learned about many concepts, laboratory methods and techniques which are covered in a Master's degree (or even PhD) in Biology or Biomedical Sciences. At university, I am hoping to study Biomedical Sciences and later to research different fields of neuroscience or developmental biology. I anticipate my research would then either contribute to human knowledge or help synthesise new treatments for neurological diseases. Therefore, the work experience gave me insight into what my day-to-day routine would look like as a researcher. The highlight was definitely studying and performing practicals on real Zebrafish embryos (or getting lunch at Borough Market every day - it's a close second!)

In the Zebrafish embryos, a GFP marker (a neon green fluorescent marker) was injected into motor neurons present in the spinal cord, so the outline of it could be viewed underneath a UV microscope with ease. During the second week of my placement, I analysed mouse embryos underneath a UV microscope, looking at neuron and eye cell formation. Adding fluorescent

markers to the specimen is a lengthy process and took many days - many antibody washes had to be done, as well as antibody retrieval procedures, to make sure the markers bind to their specific cells in the mouse forebrain. However, all the hard work paid off when we saw results at the end of the week!

The experience provided me with excellent insights into the life of a researcher in a biological field. The staff and students were especially kind as well, and always willing to talk about their various projects in the lab.

Duke of Edinburgh's Award News

Last Saturday 11 September, our Year 11 Silver Duke of Edinburgh's Award students turned up bright and early at Channing to start their long awaited silver practice trip. They were taken to Box Hill in Surrey to complete their three day, two night expedition. In addition to walking their independently planned routes, they had to be self-sufficient in all aspects of their trip. This included preparation of their equipment, outdoor cooking and navigation.

The trip was challenging, after students were not able to take part in the Bronze expeditions due to the pandemic. However, the girls showed excellent determination and resilience. They walked well and showed teamwork and leadership skills. The views from Leith Hill Tower and Box Hill were made that bit more picturesque with the perfect weather. Students were relieved to make it to the train station on day three, where they received celebratory sweets with their expedition debrief and quickly made their way back to London where they could take a well deserved rest. The students learnt a great deal from the trip and we look forward to taking them out on their assessed trip in three weeks time. Well done!



Teaching & Learning News

This week in the Senior School Mr Boardman (Assistant Head Teaching and Learning) spoke to Year 12 and 13 parents at their Welcome Evenings. The key themes covered were:

- What we know about the habits of our most successful Sixth Form learners;

- Some stress is good ~ The 'Goldilocks Effect' ~ not too much, but not too little;
- Fearless Learners have a positive attitude to tests and mock examinations;
- Failure is a fundamental part of the learning process (and parents have a responsibility to 're-conceptualise' failure as a learning opportunity).

All parents might be interested in the presentation slides and the student handout for Year 12 [Year 12 slides](#) and [student handout](#).

Watch out for the Welcome Evening for your daughter's Year Group in the coming weeks, where Mr Boardman will discuss how parents can develop Fearless Learners by fostering success and enjoyment of the learning process.

News from the Junior School

Please see our social media accounts to keep up to date with what's going on at Fairseat. Follow us on: [Channing Instagram Account](#), [Channing Twitter Account](#), [Channing Facebook Account](#) and [Miss Dina Hamalis Instagram Account](#).

Channing Archives

The Channing Archives are filled with so many interesting pieces of history and memories of those who were here in the past. This week I am delighted to share this poem from an alumna who attended Channing in the nineteen twenties & thirties - reading this would definitely put a spring in one's step every morning!

