

8 October 2021

Dear Parents

Regular readers of Word from the Head may remember Gyles Brandreth's [7 Secrets of Happiness](#), which I shared for the first time back in January. The first of the secrets is 'Be a leaf on a tree: belong to something bigger than yourself', highlighting the importance of being part of a community to develop our sense of belonging and purpose. At Channing we are doubly fortunate in this respect: not only are we part of a tightly knit school community but we are also very aware of the wider world around us and engaged in it through our Unitarian ideals.

This week these elements of life at Channing have been at the forefront of our minds as Hannah, one of the Charity Officers, and I had the pleasure of sharing news of this year's charitable endeavours with the school at Assembly on Monday. She announced the result of the school's vote for our chosen charity, the Campaign for Female Education or CAMFED.



She reminded the school that CAMFED's main areas of work are in social justice, economic development, climate action and women's leadership. By supporting CAMFED we will be able to provide girls in Sub-Saharan Africa with access to education, including by providing school uniforms and books, transport such as bikes to get to and from school and sanitary products, as well as other opportunities to improve girls' futures.

There will be immediate opportunities for the school to start raising money for CAMFED through the Goodwin House Charity Week next week. Lots of activities through the week, including bake sales (Goodwin members need to get baking over the weekend!), lunchtime movie screenings and a quiz will culminate in a Halloween themed mufti day and lunchtime fair on Friday. Please note that your child will need some small change for the activities each day, and that the school's usual dress guidance for mufti days (the [Sixth Form Dress Code.pdf](#)) will apply along with the fancy dress element. Coming to school wrapped in loo roll to be a mummy will look great but won't be very practical for a day of lessons!

I also shared news on Monday of my own charitable endeavour for the year. I have volunteered to become a member of the newly-formed London Heads' Dance Society, at which 20 London

heads and deputies will train with professional dancers to put on a Strictly-style dance event next June. It's all in aid of the charity [icandance](#) which nurtures creativity, learning and wellbeing in children and young people with disabilities through dance and movement. I have absolutely no background in dance (indeed, my mother tells me it was suggested I might stop going to ballet class aged 5) so this is a Strictly 10% Braver endeavour for me!

One of the reasons I was so pleased to take part in this is that there are opportunities for others in the school community to get involved too. The hope is that pupils from each school will join together as a Committee to help plan and organise the main event in June, as well as running our own dance-themed charitable endeavours and helping me raise sponsorship funds during the course of the year in school. I even have ways in which you, our parents, can support us too. We are still looking for a venue for the event on Thursday 30 June 2022: if you happen to have access to a 500-seat venue with stage, lighting and sound in (relatively) central London, I'd love to hear from you! For more information about this and other ways you or your company could support us, I attach the sponsorship proposal [here](#).

Closer to home I also want to mention our Careers Programme, which is an excellent opportunity for parental involvement in the school community. You may not be aware that many parents actively support our students' careers education. This week alone we have run five Sixth Form careers talks with Channing parents, staff and Governors! In order to offer the widest possible range of information and opportunities to our students, I would like to invite anyone who is not yet in touch with our Careers Department to get involved. Whether you can offer a micro-internship, a workplace visit or a talk for Channing students, we would love to hear from you. We are also plotting the creation of a Careers Development Group as a discussion forum for the Channing community to guide and hone our provision.

Our latest initiative is our most ambitious yet: an Interview Skills Event for our Sixth Formers on Monday 15 November from 4.30pm. Real world preparation for job interviews is invaluable and to make this possible we need 80 interviewers! No particular area of business or career expertise is needed: Ms Pavlopoulos, our Head of Careers, will provide a full briefing and the questions you will ask. Please do get in touch at careers@channing.co.uk if you are able to help us with any of these endeavours: your support makes it all possible. My sincere thanks to the Channing parents, alumnae and friends who already participate in our flourishing Careers Programme. I will be hosting a drinks evening to thank you in person in January and look forward to meeting you all (again) then.

It was great to see parents at our Year 9 Welcome Evening and at the Year 11 Concert last night, and I look forward to meeting Year 8 parents on Monday evening. Year 11 get a second conversation with our online webinar on Tuesday evening - there's another busy week coming up! With that in mind, do read our School Counsellor Abisola's section on World Mental Health Day and the practice of self-care below - it is just as important for us as it is for our students.

With warmest wishes for the weekend,

Lindsey Hughes
Headmistress

The Week Ahead

Monday 11 October 2021

16:00 Musical Rehearsal, AC

17:45 Y12 & 13 Virtual Gold DofE Practice Expedition to Exmoor Parent Briefing

18:00 Year 8 Welcome Evening, New Sports Hall

18:30 Virtual Croatia Music Tour Parent Briefing

Tuesday 12 October 2021

10:45 Cecilia Knapp poetry workshops with Year 8 - 11 English students

17:30 Year 11 Parents 'The Year Ahead' Webinar

Wednesday 13 October 2021

16:30 Year 13 Academic Forum

18:30 Year 10 Drama Devised Performance

Thursday 14 October 2021

13:30 Netball U14 @ Middx Tournament

Friday 15 October 2021

Year 11 Grades live for Parents

Senior School Mufti Day

06:00 Year 13 DofE Gold Assessed expedition departs

11:35 Year 12 DofE Gold Practice expeditions departs

13:00 Music at Lunchtime, AC

15:10 Half term begins

Forthcoming Events

A reminder that Year 8 Welcome Evening is on Monday 11 October at 6pm in the Sports Hall at the Senior School. We look forward to seeing you then.

World Mental Health Day - Sunday 10 October



Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time these feelings pass. But sometimes they can develop into a more serious problem. This can happen to any one of us. This mental health day I encourage you to sit with the question:

'Am I making time for my own self-care?'

When life gets ahead of us we can come up with 1001 reasons for why we can't possibly use 10 minutes of our time to meditate or 30 minutes for yoga or 20 minutes to get out for a walk or an hour for therapy.

I recently spoke with a client in my private practice who had said she had started to fall back into old patterns and was losing her way. When I asked what she was doing for herself she said 'Well, there was that one line a day book that I found really helpful, but there just isn't any time these days'. When I joked 'Oh no! Well, let's have a look at your schedule to see why there is no space for you to write one line a day', she laughed and said 'Okay okay, I probably could make time, it just hasn't been the priority'.

This is a common occurrence. Self-care is typically the first thing to be cast aside the moment we get busy. But as we see with my client, when this happens life begins to feel unmanageable again. **Self-care isn't negotiable.** It isn't a reward to be gained when other tasks have been completed. It needs to be an integral part of your daily life as it is an essential component of prevention from distress, burnout and poor mental health.

In taking care of your emotional, physical and spiritual needs you are telling yourself 'There is more to me than my job', 'I deserve to relax', 'It is okay for me to switch off'. When we honour all of the other components that make us who we are, life feels a lot more balanced and enjoyable.

I challenge you to actively make time for yourself this weekend and do something that you really enjoy. If you enjoy sitting down and watching a film, I really recommend the Pixar movie 'Soul' (if you haven't watched it already). It has a beautiful message that both adults and young people can benefit from hearing!

I hope you have a lovely relaxing weekend,
Abisola
School Counsellor

Everyone's Invited & How to Promote Change - GSA Parent Webinar

We have subscribed to this webinar on behalf of any Channing parents who may be interested in attending. It takes place on Thursday 14 October from 6.00 - 7.00pm and is led by former Channing parent Deana Puccio, co-founder of The RAP Project and a leading educator in these issues. You can find out more and register to attend [here](#).

Channing Association Fireworks - Saturday 6 November

After being forced to take a COVID break in 2020, the much anticipated Channing Fireworks will return bigger and better this year, on Saturday 6 November. Various street food vans will serve up amazing food alongside our beer tent, sweets & accessories, DJ and dancers. Gates will open at 5:30pm when the food will be open for business. The amazing firework display, lasting for 20 minutes, will begin at 6:45pm, followed by dancing 'til 8:30pm.

Tickets are selling fast (75% already gone) so get yours now at [bit.ly/channingfireworks2021!](https://bit.ly/channingfireworks2021)



Channing Association Pudding Shop - Now Open

Channing Puddings are now on sale. Due to supply and delivery issues the shop will close on 15 October in order to guarantee delivery before school closes for the holidays. The shop can be found at bit.ly/channingpuds.

This year ALL profits will go to YoungMinds, a charity whose mission is to make sure all young people can get the mental health support they need, when they need it, no matter what. Whether they need a reassuring conversation, specialist mental health support, or simply the knowledge that they are not alone in how they are feeling, YoungMinds ensures that all young people get support that meets them where they're at as quickly as possible. Please do help us to support this very worthwhile charity at a time when so many young people are feeling vulnerable due to COVID lockdowns and restrictions.



Once again we will be running the “design a label” competition for pupils in Y7, KS2 and KS1. The winning labels will be used on the eight pudding varieties on offer.

ABRSM Examinations w/c 6th December - APPLICATIONS CLOSE NEXT WEEK



ABRSM Examinations

Examinations are scheduled to take place during **w/c 6th December 2021**



Please scan the QR code and ask your parents to complete the electronic consent form.

*Consent forms must be submitted by **4pm Friday 15th October**.
Regrettably, late entries cannot be accepted.*

We will be holding practical music examinations during w/c 6th December 2021 for pupils in both the Junior and Senior Schools. These examinations are also open to students who have practical music tuition outside of school, providing the student's teacher has stated that they are ready to take an ABRSM practical examination this term.

We do need parental consent before we enter candidates. Therefore, if you have not done so already, please scan the QR code shown and complete the online form by 4pm next Friday 15th October at the latest. Regrettably, we will be unable to process late applications.

Girls Enjoying Success

A big congratulations to Stevie B and Flora G in Year 8 who took part in the Finsbury Park Race for Life 5k Mud Run. Both girls have raised an amazing £685 plus £150 in gift aid. Do check out their fundraising page: <https://fundraise.cancerresearchuk.org/team/stevie-flora>.



Sports News

U16 Middlesex Netball

Congratulations to the students who took part in the U16 Middlesex Netball competition at St Paul's School. The students secured tough wins over Highgate and Frances Holland NWI and have qualified for the Middlesex Finals in March.

U15 ISNC Netball

The U15 Netball team travelled to Emanuel School on Tuesday to play in the second round. The team were level throughout the match and Emanuel eventually won a tough contest 40 - 38. The students fought to the end and should be proud of their performance.

London Pulse Netball

Congratulations to Grace N and Alice W in Year 11 who have both been selected to be part of the U17 London Pulse Netball Development Squad.

Swimming

Well done to Lily W and Ayushi K, Year 10 who competed in the Regional Qualifiers Swimming Gala on the weekend. Ayushi won a silver medal for 50m Butterfly and Lily won a gold medal for 100m Freestyle. They will now go on to swim at the Regionals.

Football

The U 15 A & B teams travelled to South Hampstead High School for their fixture for the year. Despite the torrential rain there were some impressive football skills on display. Despite going down by one goal at half time the A team scored twice in the second half to win 2-1. The B team worked hard against a talented South Hampstead B team. Despite going down early the team showed great resilience and improved greatly in the second half.

The Year 7 teams also played against South Hampstead. The Year 7 A team showed lots of promise and won the match 1-0. The B team put in a huge defensive effort and they drew 0-0. The Year 8 team also played against South Hampstead where they faced some strong opposition. Even though the students lost 5-1 they displayed excellent skills and tenacity.

Politics News

On Tuesday 5th October, Ms Devine and Ms Garrill accompanied our Year 12 Politics students on a tour of Parliament. The guided tour took us through all the main buildings, including the House of Lords and the House of Commons, seeing where all the MPs work and properly viewing how our government functions on a day to day basis. We also walked through the Royal robing room and the Victoria tower, where the Queen would enter Parliament on important occasions, finishing at Westminster Hall where King Charles I was beheaded and King Henry VIII held royal banquets. Afterwards, we were quizzed on our knowledge of the government and participated in a debate over euthanasia, earning points and competing in teams. The tour guide was incredibly informative, and we learnt that members of the public can view debates in either the House of Commons or Lords, which I hope to attend one day. We were also encouraged to contact our school's local MP, Catherine West, to help make change in our community. The tour was incredibly impressive and we all gained a better understanding of how our country is run.



Anna W, Year 12



Geography News

This week at the Senior Geography Society, Lara S and Tori and Mali A gave a stimulating presentation based on a lecture by Tim Marshall. The theme was the ' *Power of Geography*'. They covered broad areas of geopolitics. They argued; *'if you want to understand what's happening in the world, look at a map'*. They used the examples of Australia, The Sahel and space to illustrate the global future of power and politics and the essential impact of Geography.

Duke of Edinburgh News

Last Saturday 2nd October, Year 11 students began their three day, two night Silver Duke of Edinburgh Assessed expedition to Brighton, South Downs. Following their practice trip three weeks ago, the students were able to use this trip to demonstrate their newly developed expedition skills. The girls walked well and demonstrated excellent teamwork, navigation and camping skills. The trip was challenging, due to the inclement weather. However, the students showed excellent determination and resilience. 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. All groups passed their assessed expedition section of their award - well done!



Music News

Many congratulations to Kimi C who achieved a very high distinction in her grade VII flute performance examination recently!

Music at Lunchtime

Friday's Music at Lunchtime provided a little calm and light relief at the end of a busy week. 'Wouldn't it be Lovely' if every day could be like this - it certainly would if *Alice M's* enjoyable performance was anything to go by! *Stephanie B* also had us dreaming of a 'Blue Moon' - how lovely to hear it in its entirety instead of just the chorus. It was left to *Zoe Q* (Piano) to delight us with a heartfelt and perfectly paced 'Nocturne in E flat' Opus 9 no 2 by Chopin. Gorgeous. Do listen again [here](#).



Careers News

Sixth Formers considering career options had a wealth of choice this week with two STEM speakers, a corporate lawyer, This Morning Britain presenter, Sally Biddulph and Rachell Fox, Channing's new Director of Marketing, Communications and Development. All were very informative and interesting.

The two STEM professionals were Dr Nina Kotsopoulou, research scientist and Dr Amanda Sutton, a Senior GP Partner, but also a Governor of Channing. Sally Biddulph, TV Presenter, swapped seamlessly from the TV studio to the Arundel Centre to speak to our students about her stellar career in Journalism. Rachell Fox spoke of her career to date, marketing it skilfully to a very interested group of students and William Buckley gave a well crafted introduction to Law. All provided excellent examples of different careers to help students make their choices. Thanks to everyone who came to speak at Channing.



Teaching & Learning News - Stress Mindsets

Regular readers of this section will know that we have teamed up with [Inner Drive](#) to look at the most up to date educational research that will help students, teachers and parents understand the attitudes and behaviours of Fearless Learners.

This week we look at stress. It is a myth that stress is always bad ~ the 'Goldilocks Effect' is a better way to view stress - Too much stress is bad, but so is too little. You can read a simple summary of the research [here](#) (it is a 3 minute read)

Tip: Parents (and teachers) have the capability to shape students' stress mindsets and therefore how they respond to stressful situations. Have conversations that reframe 'stress' as enhancing performance and encourage the view that some stress is helpful. [#fearlesslearners](#)

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

Yesterday we celebrated the musical prowess and talents of Channing's staff and pupils at the Y11 Concert. It is unsurprising that such aptitude and expertise have been a strong element of school life since its founding in 1885.



Year 11 Concert



A music lesson from the late 1880s-90s