

10 December 2021

Dear Parents

It's beginning to look a lot like Christmas! Let me start with my thanks to the fabulous members of the Channing Association who came in earlier this week to decorate the tree in Reception. It's extremely sparkly and lifts our spirits every time we pass through the hall - thank you for making the effort to come and do that for us all!

The real start to the Channing Christmas celebrations came last night with our stunning Carol Concert held, as always, at St Michael's in Highgate. As I mentioned in my letter to you all yesterday morning, this event has been much anticipated as the first one for me and all those students and staff who have joined the school since the Christmas of 2019. I love the fact that all students attend the Carol Concert, as our Unitarian foundation means that we welcome those of all faiths and none. While it takes place in a church the concert is specifically non-denominational and enjoyed by all our students, of whatever faith.



The singing of our various choirs was sublime and it was clear that the carol practice which Mr Boxall conducted in Assembly a couple of weeks ago had paid off as the school was in fine voice! This year we used the theme 'One World' for our readings, underlining our work on diversity in the last year as well as the Unitarian commitment to inclusivity. I was struck particularly by the opening reflection written and read by Unitarian minister and Channing Governor, Reverend Daniel Costley, part of which I share here:

...Here in Channing, we are part of that One World. Our school reflects the wider society in which we live; it is a meeting place of many faith traditions and none, and we celebrate the rich diversity that these beliefs bring us. At this time of the year, with Hanukkah just past, Solstice and Christmas around the corner, this is a time of festivals of light. As a school, our Unitarian ethos embraces these eternal truths to be found in all religions. We recognise the value of differing perspectives and remain open to the possibilities of new ideas, of new paths. We live the One World. And it is this open approach to hope that sustains us

now. As we celebrate and encourage the light we recognise and rejoice that, sometimes, the balance can turn in our favour; that good can prevail.

My thanks must go to Ms Evernden and Mrs Kanmwaa for selecting the readings and rehearsing the readers, and to the readers themselves who engaged us with their pieces so well. My thanks also to Mr Boxall, Mrs Bacon and the Music department team for their preparation of some stunning choral performances and for the logistical feat of getting everyone there and back for rehearsals and the event itself. Finally, my thanks to Mr Underwood and Mrs Bhamra-Burgess who masterminded the whole affair - no mean feat and one that contributes so much to our communal experience at Christmas.

Of course Christmas would not be complete without festive jumpers and Christmas lunch, which we have enjoyed both yesterday and today. Mrs Hibbert, our Catering Manager, and her team served up an absolute treat of a lunch on both days and I was very happy to be allowed to hand out the crackers! It has been wonderful to watch everyone eating together, pulling crackers and telling jokes, all with the accompaniment of Mr Grossman's Christmas mix tape in the background. Year 11 and Year 13 students, released from their GCSE mock exams and A level TAG assessments, spent this afternoon relaxing in the Arundel Centre with popcorn, a festive photo booth and an extraordinary rendition of sing-along *Frozen* - truly a sight to behold!

These acts go such a long way towards binding us as a school and a community, which despite our best efforts has of course been affected by the pandemic. When I think back to the end of the Christmas term last year, I am filled with gratitude that we are able to spend this time together and celebrate our return to something resembling normality. And of course next week we have the unique experience of Christmas Classroom on Monday afternoon, the Lower School House Quiz on Tuesday afternoon and Wednesday's end of term traditions. The Christmas Debate, Jazz Band and more are hotly anticipated by everyone in school, and we will end with our usual Mark Reading assembly to acknowledge and celebrate the huge range of activities undertaken in and out of the classroom this term. After that I think we will all be ready for a jolly good rest!

I will return to that theme in my bonus end-of-term Word from the Head on Wednesday next week. I shall also round off the term with some of the highlights of the last few days, and a farewell to our leaving members of staff. I also need to remind you that our start of term arrangements in January will look somewhat different than originally planned. With the Government's requirement that we test all students in school on their return from holiday, please remember that Years 7-9 will **NOT** return to school on Thursday 6 January but rather will come in on Friday 7 January for their testing and then usual lessons for the day. Years 10-13 will come to school as expected on Thursday 6 January but with a staggered start to allow for testing before carrying on with lessons as normal. Full details of this timetable will be sent in next Wednesday's Word from the Head, and again in January.

Just in case - and keeping everything firmly crossed for the next few weeks - we are also asking all students to take home the entire contents of their lockers at the end of term. There is time allocated for this on Monday afternoon so please do ensure your child has a couple of sturdy

bags with them to bring home folders and textbooks. While we have no reason (yet) to think that we won't start term normally, I would like us to be prepared for all eventualities. Rest assured we will keep you posted during the holiday with any changes to our planned start of term, should that become necessary.

For now, our festivities continue and I am sure that the weekend will include planning for the Christmas Classrooms on Monday. We've reminded everyone that their decorations need to be sustainable, whether that is recycled, recyclable or both. Whatever it involves, wrap up warm and stay safe - we look forward to the last few days of term!

With warmest wishes,

Lindsey Hughes
Headmistress

The Week Ahead

Monday 13 December 2021

08:50 - 12:00 Psychology Brain Day Workshop with Dr Guy Sutton (Year 12 Psychology & Biology Students), SFS

13:40 - 15:55 Psychology Brain Day Workshop with Dr Guy Sutton (Year 13 Psychology & Biology Students), SFS

15:30 Second Hand Uniform Sale in the Senior School Dining Hall

16:00 Drama Musical Rehearsal in AC

17:00 Neuroscience Lecture by Dr Guy Sutton

Tuesday 14 December 2021

15:20 Drama Musical Rehearsal in AC

15:30 Year 12 Volunteers - Reading Session at Brookfield Primary School

15:30 Minimus Latin Club at Brookfield School

Wednesday 15 December 2021

11:00 Whole School Mark Reading

12.30 End of Term

Forthcoming Events

Second Hand Uniform Sale - Monday 13 December at 3.30pm

The second hand uniform sale will be on Monday 13 December between 3:30 and 4:30pm in the Senior School Dining Room. Card payments can be accepted. If anyone has any uniform they would like to donate which is clean and in good condition, please leave this with Elaine Ingram in Reception.

A Neuroscience Lecture by Dr Guy Sutton - Monday 13 December at 5pm

Dr Guy Sutton, Professor of Neuroscience at the University of Nottingham Medical School Psychiatry division, will be conducting a workshop at school about the history and assessment of mental illnesses, differing aspects of the brain and a live brain dissection for Year 12 and 13 Psychology students.

Dr Sutton will stay on to deliver a special lecture to parents and students at 5pm on 13 December entitled 'The Present and Future of the Brain' and you are warmly invited to attend.

"The talk will explore some recent developments in neuroscience, together with emerging technologies such as the 'cerebral organoid' - growing human brain in a Petri dish - and the brain computer interface. We will deal with big themes - the nature of consciousness, the possibilities of telepathy and mind reading, control of electronic devices with the mind - and possible timelines. Brain-nerd heaven!"

DECEMBER 13TH 2021 5-6PM AT CHANNING

'THE PRESENT AND FUTURE OF THE BRAIN'

An interactive talk by Dr Guy Sutton



Dr Guy Sutton, director of Medical Biology Interactive and honorary consultant assistant professor at the University of Nottingham Medical School

Want to learn more about this talk?

Contact Ms Rehmat
nrehmat@channing.co.uk

Sign up form
<https://forms.gle/7WuzVomV5QUcYQrD6>

The talk will begin at 5.00pm and last approximately one hour. We encourage you to arrive at the school a little earlier to enjoy some refreshments. Please sign up using the Google form here: <https://forms.gle/LWfSDaovn9AeG8Nm9>.

Teaching & Learning at Channing: Growth Mindset Webinar - 5 January 2022

On 5 January 2022 we are hosting a Growth Mindset Webinar for parents and guardians, in partnership with [Inner Drive](#). The theme of the webinar is *"Fearless Learners & Growth Mindset: Supporting your child through the Science of Learning."*

We are providing 3 sessions aimed at different Key Stages:

Session 1 (5 - 6pm) Key Stage 1 - 2 (Years 1 - 6)

Session 2 (6 - 7pm) Key Stage 3 (Years 7 - 9)

Session 3 (7 - 8pm) Key Stage 4 - 5 (Years 10 - 13)

The areas covered will be age specific and will include:

- What is a growth mindset
- How it helps children to learn better
- The role of effort
- The use of feedback
- A different view of setbacks
- Risk and learning
- Practical tips to encourage a growth mindset in children.

These webinars are free and will be invaluable in helping you support your child. [Please sign up via this link](#). We will send you the details of how to access the webinar after the holidays.

If you have any questions about the webinar, please direct them to Mr Boardman, Assistant Head - Teaching and Learning) at the Senior School (aboardman@channing.co.uk), or Miss McGinney, Director of Studies at the Junior School (rmcginney@channing.co.uk).

Reminders

Chatting with Channing

In the second episode of our new podcast we're speaking to the Head of the Junior School, Miss Dina Hamalis, as well as some Junior School pupils.

Miss Hamalis explores what makes Channing School special, what it's like seeing the girls at Channing learn and grow and tell us all about the Channing promise. We also hear from some of our pupils, what they love about the school and some of the questions they have for Miss Hamalis too.



Listen and subscribe here: <https://channing.buzzsprout.com/>.

Channing Puddings

Thank you to everyone who supported the Channing Puddings Sale this year. We raised a whopping £2,221.93 which will be donated to the charity YoungMinds (<https://www.youngminds.org.uk>). By now the puddings should have made their way home to you via your child.

We had some great designs submitted by Y7 pupils for the Design a Label Competition. We could only choose eight winners, well done to:

Isabella N
Emily G
Nuha I
Georgia C
Indy D
Marianna B
Taryn S
Olivia W

Here are the winning designs.
Channing Association



Girls Enjoying Success

Sophie T, Year 10 has achieved a high pass in her recent Grade 5 Piano Exam. Well done, Sophie!

Ella C, Year 7 has passed her grade 4 French horn exam with high merits. Well done Ella!

Sports News

Well done to Alice M, Year 12 who attended the Hampton Head rowing event- she won the single scull event (out of 40 competitors) and also the quadruple sculls with her crew. Congratulations, Alice!

Football

The U12 English Schools Football team took part in a tough 3rd round fixture vs Bishop Thomas Grant School. Despite going down a goal early, the team rallied and were unlucky not to convert the chances they had to score. The team played with great tenacity and



enthusiasm, even though they eventually lost the match 3-0. Congratulations to the whole squad, they should be very proud.



Computing News

Pupils from Years 7, 8 and 9 were entered for the Bebras computational thinking challenge this term. This is an international competition involving students in over 50 countries. I am delighted to announce some splendid results and achievements.

Years 8 and 9 participated in the Intermediate Challenge with some 155,818 students taking part nationwide, and a national average score of 75 points. Congratulations to all Channing pupils who averaged 95 points - well above the national average. 54 Channing students were awarded certificates of merit and 50 were awarded certificates of distinction. Well done to the following students who were awarded distinction and gold certificates and have qualified for the Oxford University Computing Challenge, which is an invitational challenge for talented UK students to produce programmed solutions to computational thinking problems.

8ARe: Daisy A, Eleanor M, Darcy G

8ARW: Anna R-B, Christina C

8GHe: Anya J

8RJ: Bella K

8RMc: Yutao W

9G: Eve C, Ashani P, Hana D, Thea F, Eva T, Ava M, Amelie R, Zoe J, Thandie H, Opal H, Hannah R, Alanna F, Lila S, Tate H

9SH: Natasha H, Ella-Marie D, Liv B, Liv C, Maila P-Y, Saskia C, Kezia C

9SP: Alice R, Cara G, Megan K, Paloma L, Annie E

9W: Ariella B, Haruka M, Bea C, Aoife F, Natasha B, Eibhlin F

Year 7 participated in the Junior Bebras Challenge with 87,115 students taking part nationwide, and a national average score of 84 points. Congratulations to all Channing pupils who averaged 105 points - again, significantly above the national average. 29 Channing students were awarded

certificates of merit and 31 were awarded certificates of distinction. The following pupils were awarded distinction and gold certificates:

7AC: Ella C, Isabella L, Elfie W, Rosie N, Anna G

7EM: Isabella M, Georgie M, Freya L, Taryn S, Sabrina K, Ayla J, Issy P

7ME: Chileshe G, Imogen B

7CW: Charlotte F

Congratulations to all students who took part!

Careers News

Michele Frolla is an esteemed entrepreneur and someone who has taken a passion to travelling the world. She has learned multiple languages, her main one being Italian, her heritage language. Last week, Year 9 received a very informative and inspiring talk from Ms Frolla.

We learnt about her initial interest in computer science and graphic design. She studied both subjects in University in her home town in Australia, before leaving to pursue a tech career in Rome, Italy. Ms Frolla talked about how she loved speaking Italian on a daily basis and using it in the workplace. We loved her passion for the language and her love for it.

We found out about Michele's website, called The Intrepid Guide, where she shares her travels. With this, she provides online courses to learn the basics of languages from all across the world, using her strong background in IT and graphic design. She discussed how this job was not only good for making money, it was the thing she is most passionate about.



Bella, Year 9



On Thursday 9 December in PSHE, Year 10 had the opportunity to attend a talk given by Dr Michele Orini, a current research scientist at UCL. Dr Orini talked about his journey to his position as an electrophysiology researcher, and how his work has taken him across the world, including Paris, Milan and Boston. The talk proved valuable for students, and a question and answer session took place to gain more insight into Dr Orini's field. It was a lively and engaging discussion, which broadened our knowledge of new medical technology, and the various places a Biomedical Engineering degree can take you. Thank you to Dr Orini for his time and Mr Grossman for helping ensure the talk ran smoothly.

Lauren and Isabella, Year 10

Year 10 students had the pleasure of listening to a talk by Casper Lawson, on Thursday 9 December. Mr Lawson is a former partner of Linklaters who worked in the Tokyo, New York and London offices. It was a brilliant and interesting talk about all the sectors of law, as well as the perks of becoming a solicitor. He also highlighted the different opportunities law can offer, such as travelling the world, learning about new cultures and learning languages. Thank you very much Mr Lawson - we had a great time and learnt a lot.

Poppy and Maddie, Year 10



Science News

Science Club

In Science Club this term, Year 7 and 8 students have worked with our excellent team of Year 12 helpers to complete a range of fun activities relating to the three sciences, with these taking place on a rota. Physics experiments that they have completed have included making balloon rockets, parachutes to carry eggs and investigating how rainbows are made using prisms. In Chemistry sessions, students have performed flame tests, written their initials using fire and made colour wheels using M&M sweets. Biology experiments have included testing Christmas foods for starch and protein, extracting DNA from kiwi fruit and investigating osmosis using gummy bears. Many thanks to all the Year 7 and 8 students who have attended these sessions and shared their passion for science with us, and to the Year 12 A level Biology, Chemistry and Physics students who have helped to organise and run the practical sessions. We will be continuing with the club in the New Year and it is never too late to join!



Anatomy Workshop

This week saw the final session of this term's Year 8 Anatomy Workshop under the supervision of our Year 12 Biologists. Earlier in the term, students learnt about and dissected a sheep's eyeball, played surgical games and quizzes, and studied and dissected a frog. This week, as a culmination of their hard work, students had the opportunity to dissect a rat in order to

identify and study the major organ systems and compare them with their own anatomy. Next term will be the turn of Year 7 students to participate, and then those Year 8 students on the waiting list will be given the chance to take part thereafter.



Biology Club

The Year 12 students devised and led an inspirational Biology Club for Years 7 to 11 during the Autumn Term. Based on the medically-themed TV drama 'Grey's Anatomy', students have practised their dexterity skills, sutured like a surgeon (albeit on banana skins!), dissected hearts and lungs and diagnosed medical conditions based on symptoms. We look forward to more exciting opportunities next term.



Brookfield Primary School Science Club

This week was the finale of Brookfield Science Club which was supervised by our exceptional Year 12 helpers. Year 5 students were assigned the mission to find the thief of their teachers' teddy bears and had 5 weeks to find the culprit using forensic science techniques, which they all managed skillfully. The activities they undertook included performing flame tests, using indicators, building electrical circuits and using microscopes. We look forward to introducing the next group from Brookfield Primary School next to term to see if they too can solve the mystery!



Physics Olympiad

Four of our Year 13 Physics students are taking part in this year's British Physics Olympiad. This involves taking a very challenging paper, with the chance to move through to the next round. We congratulate Isabel G, Lidia L, Jasmine P and Hattie S and look forward to hearing how they have done so far.

Rutherford Appleton Laboratory School Science Essay Competition for Year 8 students

After last year's success, when one of our students got through to the final round of the 'Why I love Science' Essay Competition, we look forward to finding out how students have done this year and we thank those Year 8 students who have taken part in this competition.

Music at Teatime

What a delight to end our 'Music at' series this term with a complete smorgasbord of a programme. The middle school fielded a Mozart Piano Trio - we haven't heard one of those in a while - and what a fizzy, bubbly movement this Divertimento in Bb, Allegro Assai proved to be. Elizabeth S, Maika P-Y and Flora G complimented each other beautifully with some very sparkly playing and maturity.



Bella K sang 'Far from the home I love' so emotionally, we really thought she was. Lucia K was certainly 'Naughty' but oh, so nice. Miss Bradbury-Rance's Musical Theatre group comprising Flora F, Catrin C, Scarlett D and Georgie G once again displayed a marvellous awareness of this genre with two songs from Waitress 'She used to be mine' and 'What baking can do'. All that was missing was some tea and cake for the audience! Spectacular and not a piece of tinsel or bauble in sight!

Thank you for listening this term, we do hope you have enjoyed what's been offered. We look forward to welcoming you back in the new year. Watch this space and don't forget to listen to the recording [here](#).

Author Talk - Eric Lindstrom

The author Eric Lindstrom did a Q&A with pupils in Years 7-9 via video call. Eric is the author of 'Not If I See You First', which is on the Channing Reading Challenge list. Pupils asked excellent questions about Eric's writing process, hobbies, writer's block, other jobs (Eric also writes video games) and the inspiration for his books. Saskia C in Year 9 has written up the Q&A in an article for the library website, which you can read in full [here](#). Here is an extract:

Many writers have a particular inspiration for their novel. This led us to wonder if there is a blind person who inspired Lindstrom's debut novel about a blind girl ('Not If I See You First'). To this he answered, 'No actually, not really ... I originally was going to write a book about a girl who had difficulties connecting with other people, and I was trying to figure out what would make that hard. I thought it would be really hard if I couldn't see people's faces and expressions. I did a lot of research so it wasn't so much that I had experience in life that turned into a book, it was more I had goals that I wanted to turn into a book and then I filled it out in the right direction.' This gave us insight into an author's job - it isn't always about writing and writing and writing but about research too.

Another question answered by Lindstrom was: where did you get the rules for Chapter 3 from. If you have not read the book then reading about why the rules were created may make you want to... 'The way the rules came about was, I came up with Parker's character first, she had this notion that people didn't behave properly around blind people and what she really felt was that it wasn't that hard to do it right, people just didn't think about it and if they just thought about it for a second a lot of it would just be logical. So I actually wrote down a lot of rules I thought made logical sense. After that I went out and did a bunch of research. I went onto bulletin boards for blind people to get their ideas.' This goes to show that if you're a budding writer always do research as it may come in handy, and be logical.

Lindstrom was asked what one should do if one wants to write but has trouble sticking with it. He gave an answer that works in almost any situation when you want to do something but can't stay with it: 'When people ask me how to become an author I say that it was never really my goal to become an author because the reason I write is because I really enjoy it, and it's fun ... Generally if you are having trouble sticking with [something] maybe it's because it's not your passion. And that's fine, you find the thing that is.'

LAMDA News

Over the Summer the Founders' Hall had an exciting new makeover. Add a foldaway dividing wall, theatrical curtaining and a top notch lighting rig... and hey presto, Mr Hill and Mr Gray have made the space transformable into 2 drama studios. This is where the LAMDA students now have their lessons. This year's 68 Year 8 and Year 9 students have worked hard this term developing interpretations of their selected duologue scenes. They have been dynamic and thoughtful in their experiments and made powerful physical and vocal choices, as well boldly grappling with the theory required.

Here you can see:

- Two intense confrontations: Amelia C, as Chutney, and Thea F, as Elle, in an exciting courtroom showdown from 'Legally Blonde' by Amanda Brown; while Maika P-Y, as Watson, and Cerys T, as Rosalind Franklin, vie over their rival work uncovering the mystery of DNA's double helix, in 'Photograph 51' by Anna Zeilger.



- Two pairs of sisters: from 'Little Women' with Opal H as Jo being frustrated by Aurora H's Amy; while Malorie B's Minnie, Haruka M, offers comfort to Georgie B's Sephy in 'Noughts and Crosses'.



- Comedy and Injustice: In Emma Gordon's 'Out on a Limb' Bea C as Toni and Teresa L as Dr Greene talk at cross purposes; while Pia M, as Helen, tries to rouse Ann, Eva T, to understand women's financial inequality as not an inevitability, in the suffragette play 'The Apple' by Inez Bensusan.



- Two interrogations: Natasha B as Mr Birling is challenged by Elise C's Inspector Goole in 'An Inspector Calls' by J B Priesley; while in '#Matter' Tate H, as Cole, and Ashani P, as Kim, argue about how the Black Lives Matter campaign can persuade a wider audience.



- Classic and Modern: Emily H, as Cecily, and Leila L, as Gwendolen, argue over their engagements in 'The Importance of Being Earnest' by Oscar Wilde; while Yuli O, as Silas, is persuading Chloe, Martha R, not to have plastic surgery in 'The Beauty Manifesto' by Nell Leyshon - a play set in a future world where that's how the culture celebrates 16th birthdays!



- Finally, Ella C plays Gingerbread and Alex M Old Teabag in the whimsical scene 'The Gingerbread Man' by David Wood



All the students can all be proud of a wonderful term's discoveries, which will continue with work on their chosen monologues next term. We look forward to inviting you to the LAMDA Showcases in May.

News from the Junior School

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

Channing Archives

One of our alumnae wanted us to share with you all her experience as a boarder post WWII.

Winter 1947 was the coldest on record in the UK. I was nine years old and had been a boarder since I was five. Our dormitory was on the upper floor of Haigh House with very little heating, so we all wore wool mittens, but even so nearly all of us suffered from painful chilblains and bed socks were a must. When we quickly undressed at night we put our clothes under our bed clothes so as to be warm to put on in the morning.

At normal times we were allowed two baths a week and a change of underwear twice a week. The baths were marked with the depth enforced by the government since the end of the war and ration books for food and clothes were still in use. Hair washing, the school allowed only once every 2 weeks!

Highgate Hill was the main trunk road to the north of England then, and all night long lorries could be heard on this road, lulling us to sleep.

