

Dear Parents

In this morning's assembly I spoke to the girls about **Around the World Fortnight**. Since the beginning of last week, all of the girls have been learning about the culture, geography, language, currency, landmarks, traditional dances, art, music etc in one of the Commonwealth countries across their lessons.



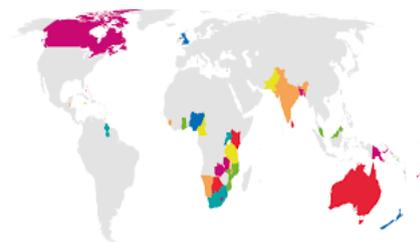
This morning, the girls in each year group shared which countries they are learning about and enthusiastically told us something they have learned so far. The Year 6 House Captains explained that they are learning about **South Africa** and announced the House Points in Afrikaans. Afrikaans is one of the eleven official languages in South Africa; the most popular is Zulu. South Africa is home to the infamous Table Mountain, one of the most iconic and oldest mountains in the world. It also hosts the Bloukrans Bridge, this is the highest commercial natural bungee jump in the world. The Year 5 girls are learning about **New Zealand**: they have learned about the indigenous people, the Māori, the female prime minister, Jacinda Ardern and that there has been a petition calling for the country to officially be named Aotearoa. The Year 4 girls are learning about **Sri Lanka**; they told us that the two most commonly spoken languages are Sinhala and Tamil, the national bird is a peacock and that people in Sri Lanka love cricket. The Year 3 girls are learning about



Malaysia and told us about the Malayan tigers and that most people in the country follow Islam. The Year 2 girls are learning about **Bangladesh**; they told us that the national fruit is the jackfruit and the national flower is the water lily. The Year 1 girls are learning about **Malawi**; they told us that Lake Malawi is the third largest and second deepest lake in Africa. It is the ninth largest lake in the world. The Reception girls are learning about **Australia**. They told us about colourful aboriginal art as well as animals: koalas, kangaroos and platypuses.

I explained to the girls that the reason we chose Commonwealth countries was to link their learning with celebrations for the Queen's Platinum Jubilee year. I did this by firstly showing the girls The Union Jack, the national flag of the United Kingdom and explaining how the flag is formed. The Union Jack combines the crosses of three of the four countries that make up the UK: England, Wales, Scotland and Northern Ireland. For 120 years from 1801, the whole of Ireland was part of the UK, but in 1921, the country was separated and only Northern Ireland remained in the UK. I then showed them the flags that represent: St George, the Patron Saint of England; St Andrew, the Patron Saint of Scotland; St Patrick, the Patron Saint of Ireland; and the Welsh Dragon. I explained that the Union Jack combines the flags of England, Scotland and Ireland. The Welsh flag doesn't feature on the Union Jack because Wales and England were united when the flag was originally created.

This led me to explain more about the Commonwealth. About a century ago, the British Empire covered a quarter of the Earth's total land area. It consisted of lands that were ruled or administered by the UK. The world has changed a lot since then, and many of these countries are independent now. They rule themselves and decide their own laws and how they want to elect someone to lead their country. However, many of these countries still wanted to work together and be united in some way. They chose to become part of what is now called the Commonwealth of Nations, a group of countries that have similar shared goals. They have all agreed to work towards a world where there is fairness and peace. We then watched a short video to learn more



about what the Commonwealth is and what it does: [The Commonwealth: Helping every voice be heard.](#)

We all agreed that the Commonwealth has some important common goals such as fairness, justice and peace. It also addresses important issues, including education, human rights, gender equality and climate change. Being a member of the Commonwealth is like being part of a big family in which everyone is looking out for each other. Commonwealth countries work together to bring communities closer for the common good. I showed the girls all of the flags from the different countries that are members of the voluntary association called the Commonwealth of Nations.

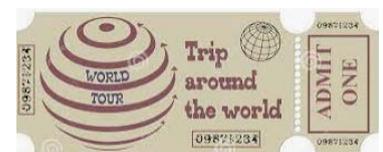


I also told the girls about the Commonwealth Games which is an important sporting event that takes place every four years. The 2022 Commonwealth Games will be happening in Birmingham this summer, running from Thursday 28 July to Monday 8 August. Here's the link to the website as you may like to take a trip up to Birmingham and attend some of the events: [Commonwealth Games](#)



Founders' Day: Saturday 2 July

The girls will be making their Around the World 'passports' this week in anticipation of **Founders' Day, this Saturday**, when you and your daughters will go on a once in a lifetime around-the-world-trip by visiting seven different Commonwealth countries across all of the classrooms around the school. You are invited anytime between **9 - 11am**. Please note that the doors will close promptly at 11am as the staff will join Senior School colleagues and guests across the road to continue the celebrations.



Upon arrival through the main gates and into the Courtyard, please encourage your daughter to pick up her named passport before you start your adventure together to view the girls' showpieces being displayed in the classrooms. In each Form Room, you and your daughter are encouraged to stamp her 'passport' to keep a log of where you have travelled. We hope you will be able to keep up your adventurous spirit to visit all of the countries. If you need a refuelling, there will be refreshments in Fairseat Hall.



I look forward to seeing you on Founders' Day, this Saturday, and wish you an interesting trip!

Staff News

At the end of term we say goodbye to some of our teaching assistants. Miss Paterson is leaving us after two years to gain further experience in a different setting. I would like to thank her for her great rapport when supporting the girls. Miss Nelson is leaving us after six years to work at a school nearer to home. I thank her for her amazing artistic talent that she uses to support learning. We also say goodbye to Miss Galli who is leaving us after eight years to explore new adventures. I would like to thank her for her enthusiasm, especially in regards to teaching the girls different languages.

We are currently recruiting for new teaching assistants to support the new forms and year groups for the next academic year. I will share which forms and year groups all of the teaching assistants will be supporting in September. You will have the opportunity to meet the staff: Form Teachers, Specialist Teachers and Teaching Assistants in person during our 'Welcome Evening' in September.



Clean Air Day: Thursday 30 June

This Thursday is the postponed Clean Air Day at Channing! Our Sustainability officers in both the Junior School and Senior School are going to be encouraging their friends to try to come to school by walking, cycling or using public transport. There will be a prize for the class that is most environmentally friendly on Thursday.

Eco Tip

Our Sustainability Officers have some advice to share, to try to help with this:

- Keep using public transport whenever you can. If you walk to school, try to get a good night's sleep so you feel fresh for the walk! – *Amina, 4N.*
- Remember to be prepared for the weather. Sunhats, waterproof jackets and sunscreen all help make it enjoyable! – *Penelope, 4R.*
- Try to 'park and stride' or 'park and scoot' if you can. Even a short walk can help, if we all do it. – *Zuri, 5M.*

Reception Trip to Hampstead Heath: Thursday 30 June

Reception will be going to Hampstead Heath on Thursday to take part in an Eco-art Workshop and Teddy Bears' Picnic. They will be walking down to the Education Centre and returning by coach. If you have not done so already, please complete the electronic form by clicking on this [link](#) to request a packed lunch for your daughter and/or to express your interest in helping on the day. The girls may bring a small teddy bear to join them at the picnic.



Upcycling Project for the Alexandra Wylie Tower Foundation

Thank you to all pupils who took home outdated PE hoodies and rejuvenated them using fabulous embellishments. We are so impressed by the finished articles and it is clear that a lot of effort went into creating them. At the end of the week, they will be delivered to the [Alexandra Wylie Tower Foundation](#) alongside the food donations. We are sure children across London will enjoy sporting their new hoodies and wear them with pride. If your child is still working on this project at home, please return the finished hoodie by Thursday 30 June.

Class Photos

You should have received an email with a class specific code on to access the most recent class photographs which were taken by NiceSmile. Please communicate with Nice Smile directly if you have any questions about the photographs.

nice
smile



Lost Property

Any unclaimed and unnamed lost property (both uniform and non-uniform) will be out in the courtyard from 2.50pm - weather permitting - on the following days: *Monday 27 June, Tuesday*

28 June, Wednesday 6 July and Thursday 7 July. Any unclaimed items still remaining will be donated to charity (non-uniform) or the second-hand uniform sale (uniform).

Behind the Scenes



Year 6 Production: Matilda - Wednesday 29 & Thursday 30 June

The girls are very excited about their two performance evenings this week on Wednesday 29 June and Thursday 30 June at 7pm in the Arundel Centre. If you have not already, please use this [link](#) to book tickets. Each family can book 4 tickets for each performance, so 8 tickets in total.

Clubs: Wednesday 29 June and Thursday 30 June

The following clubs will be cancelled this week due to the Year 6 production and the Year 3 Camping at Channing experience:

- Wednesday 29 June: Prop Making
- Thursday 30 June: Drama, Windband, Knitting, Mini Games, Netball, Cricket

If your daughter has another club before or after these should be going ahead as normal. For finishing times of clubs please refer to your club selection on the Parent Portal.

Please contact jsreceptionist@channing.co.uk in advance if you require the Mini or Late Owls provision on either Wednesday or Thursday. As there are several clubs cancelled, it is imperative we have an understanding of numbers to ensure we have enough staff and facilities on hand.

Extracurricular Club Programme: Autumn Term 2022

Thank you to those parents who have already reached out to us about next year's Extracurricular Club Programme. The full timetable will be released in September, at the very start of term, with clubs commencing very soon after. More information will be provided in the first Bulletin of the new academic year.

Active Day Camps: Monday 18 - Friday 22 July

Why not sign up your daughter (and her sibling/s) to [Active Day Camps](#) this summer at Channing Junior School, during the week commencing Monday 18 July? This week will include: Arts & Crafts, Sports and Drama games with specialist activities every day such as yoga, skateboarding and laser tag.

Active Day Camps are really excited to be able to partner with Channing and use our fantastic facilities. The coaches can't wait to deliver a week of jam packed fun! Use code *channing10* for 10% off (Channing pupil discount only).

MULTI-ACTIVITY CAMP
Summer Camp
18th - 22nd July 2022

Multi-activity camps:
Nerf Games
Drama and Arts Workshops
Capoeira
Skateboarding, Tennis and Taekwondo

All activity leaders are DBS checked
Choice of activities in every session
Sports sessions
Crafts sessions
Weekly Specialists

LOCATION - DATES
CHANNING PRIMARY SCHOOL | 1 Highgate High St, London, N6 5PR (Ages 4-11)
Monday 18th July 2022 - Friday 22nd July 2022

BRAND NEW CAMP AT CHANNING JUNIOR SCHOOL
We can't wait to see you all there!

TIMES
Normal Day 09:00 - 15:30 | Extended Day 08:30 - 17:30

PRICES
One Day | £40 | One Week | £200 | Extended Day | £8 extra per day
*Childcare vouchers accepted

BOOKINGS
07739 388553 | 02078460253
ActiveDayCamps.com | Enquiries@activedaycamps.com



Music Matters

Summer Holiday Music Activities

There are many exciting opportunities for musical experiences to share with your girls over the holidays. Mrs Munro has collated the pick of the bunch in the leaflet [here](#).

Spotlight on Sport

Sports Day

Congratulations to all of the girls for showcasing their excellent sporting prowess on Friday. We were very impressed with how they competed with determination and dignity, and are thankful for the many families who turned up to show their support. We would also like to extend thanks to the Channing Association for treating all of the girls to a delicious ice cream treat. A fantastic day was had by all, but there can only be one winner...it was a close one this year! Login into Firefly [here](#) using your daughter's details to see the photos.

| FINAL TOTAL | BLUE | GREEN | RED | YELLOW |
|-----------------------|-------------|-------------|-------------|-------------|
| KSI | 970 | 1030 | 870 | 1020 |
| KS2 | 1410 | 1710 | 1730 | 1750 |
| Overall Points | 2380 | 2740 | 2600 | 2770 |



Teaching & Learning News

As we approach the end of the Summer term, thoughts will start turning to the long holidays and the inevitable increase in screen time - for children and adults! Here, we will have a look at some of the recommendations for how much time our young people should be spending online, some signs to look out for that your child is spending too much time online, and some tips for how to avoid screen addiction.

What do the experts say?

The first thing to say is that all experts agree banning technology completely is neither realistic nor effective. In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. The American Academy of Child and Adolescent Psychiatry has conducted extensive research and suggests the following guidelines:

- *For children 2-5:* limit non-educational screen time to less than 1 hour per weekday and 3 hours maximum across the weekend.
- *For ages 6-11:* encourage healthy habits and limit activities that include screens, to a maximum of 1-2 hours per weekday (not including school work) and 2-3 hours per day maximum on the weekend.
- *For ages 11 and older:* encourage healthy habits and limit activities that include screens, to a maximum of 2 hours per weekday (not including school work) and 3 hours per day maximum on the weekend.
- Turn off all screens during family meals and outings - including the grown-ups!
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.

52% of children aged **3-4**
go online for nearly **9hrs** a week

82% of children aged **5-7**
go online for nearly **9.5hrs** a week

93% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018



Obviously each family and home are unique, and we encourage you to discuss these guidelines with your child where appropriate, and agree on set limits.

How do I know if my child is addicted?

Here are some of the signs to look out for that could mean your child is spending too much time on their devices:

- *Unsuccessful Control* - is it hard for your child to stop using a screen?
- *Loss of Interest* - is screen media the only thing that seems to motivate your child?
- *Preoccupation* - are screen-based activities all your child seems to think / talk about?
- *Social Consequences* - does your child's screen use interfere with family activities?
- *Withdrawal* - does your child become frustrated when they cannot use screen media?
- *Tolerance* - does your child keep wanting more screen time?
- *Deception* - does your child sneak or lie about their screen time?
- *Mood Boost* - does your child use a screen to improve their happiness when they are sad or have had a bad day?

This list isn't exhaustive and there may be other causes for some or all of these, but it doesn't hurt to keep an eye out for these indicators.

How can I help my child avoid addiction?

To help your child avoid becoming addicted to screens:

- ✓ Agree a limit on screen time - and stick to it, even if they get upset
- ✓ Lead by example - model good behaviour for your child with your own use
- ✓ Insist on screen-free meal times - for adults and children
- ✓ Remove devices from the bedroom - have a family hub for all devices at night
- ✓ Suggest alternative activities - don't leave them with nothing to do, and join in!

Girls Enjoying Success

Matilda Sharpe: 'Never forget, life expects much of you and me'.

- Well done to **Anlin L (1P)** who planted a cherry tree 3 years ago and watering and caring for it, she finally got the first cherry.
- Well done to **Tabby R (1P)** who completed her Bronze Challenge for her performing arts school and received a merit. She had to introduce herself, tell a joke and sing a song.
- Well done to **Keearah S (1P)** who took part in the Crescendo School of Music and Art Summer Concert.
- Well done to **Tabby R (1P)** who was awarded her Level 8 Gymnastics Proficiency Award.
- Well done to **Daniella G (3F)** and **Hannah G (2M)** who performed at a Charity Piano Concert in front of a live audience in aid of charity, [Hospitallers Ukraine](#) who provide emergency aid. Daniella performed the Grade 3 Piece "Andante" and Hannah performed the Grade 2 piece "The Angelfish".
- Well done to **Saisha D (5M)** who passed her Grade 4 Piano exam and also had her final Stagecoach performance, 'Matilda' in front of 400 parents at the Arts Depot.
- Well done to **Leila B (2E)** and **Yasmin B (RM)** who were both awarded with swimming certificates. Leila has continued to swim since she took part in Swimming Week and is making fantastic progress.
- Well done to **Harriet R (RS), Ariella T (1A), Alia C (RM), Anaya G (2E), Amber H (RM), Kristina I (RM), Lily G (RM), Adi D (1P), Emilia C (RM), Anneliese K (RM), Iris W (RS), Katrina T (RS), Luna S (RM), Georgia S (RS)** for taking part in Regal Ballet's performance on Saturday 12 June. These girls form part of the Reception and KS1 Ballet extracurricular Club and performed to an audience at the Finchley Arts Depot. A fabulous achievement!



Girls Enjoying Success Awards

- **Connie G (3C)** for upcycling an unwanted hoodie so another child can enjoy wearing it.
- **Alice B P (3F)** for moving up to the next reading level and entertaining her teacher with her entertaining reading.
- **Tate B (3F)** for measuring perpendicular lines accurately.
- **Alexandra T (3F)** for measuring perpendicular lines accurately.
- **Gali J (3F)** for upcycling an unwanted hoodie so another child can enjoy wearing it.
- **Mimi C (3F)** for upcycling an unwanted hoodie so another child can enjoy wearing it.
- **Arabella G (5M)** for writing an emotive poem about war, using rhyming couplets, abstract nouns and a wide range of figurative language.
- **Lola H (5M)** for her effort and perseverance in Mathematics when multiplying and dividing decimal fractions by 10, 100 and 1000.
- **Lilah R (5M)** for her effort and perseverance in Mathematics when multiplying and dividing decimal fractions by 10, 100 and 1000.
- **Alice O (5M)** for her effort and perseverance in Mathematics when multiplying and dividing decimal fractions by 10, 100 and 1000.
- **Maheen H (5M)** for creating a mature and creative blackout poem, inspired by author, cartoonist and web designer Austin Kleon.
- **Isabel M (5M)** for writing a very emotive poem about war, using rhyming couplets, abstract nouns and a wide range of vocabulary.
- **Florence J (5M)** for writing an emotive poem about war, using rhyming couplets, abstract nouns and a wide range of vocabulary.
- **Greta P (5M)** for writing an emotive and mature poem about war, using rhyming couplets, abstract nouns and a wide range of vocabulary.
- **Arya P (5M)** for her focus, effort and perseverance in Mathematics throughout the unit of study about decimal fractions.
- **Radhika S (5M)** for her focus, perseverance and resilience when using a protractor to measure angles in Mathematics.



I look forward to seeing you at Founders' Day on Saturday if not before!

Warm regards

Miss Dina Hamalis
Head of Junior School

NOTICES

Kitchen Roll Tubes for Reception

The girls are making didgeridoos as they are learning about Australia for 'Around the World' Fortnight. Please could you donate any kitchen roll tubes. Thank you!



DATES

June

| | | |
|-----------|--------|---|
| Mon - Fri | 27 - 1 | LAST WEEK OF CLUBS Y4 FOOD BANK DONATIONS AROUND THE WORLD FORTNIGHT |
| Monday | 27 | Y6 Production Rehearsal (am) Y6:Y7 transition at Senior School - <i>collection from Junior School main gates at 1:45pm</i> Lost property reclaim, Courtyard 2.30pm |
| Tuesday | 28 | Open Morning: 8.30am - 10.30am Y6 Production Rehearsal (am) Y6 JEP talk: 2.15pm - 2.45pm Y6 Sports Leaders' trip 8.00am-5.00pm Lost property reclaim, Courtyard 2.30pm |
| Wednesday | 29 | Y6 Production Rehearsal (am) Y6W Production, Arundel Centre 7pm |
| Thursday | 30 | Postponed Clean Air Day - <i>see details above</i> Reception trip to Hampstead Heath (8.45am - 2.30pm) Children's Book Drive Collection Y6E Production, Arundel Centre 7pm Y3 overnight stay: Camping at Channing |

July

| | | |
|-----------|---|---|
| Friday | 1 | Early finish in preparation for Founders' Day: <ul style="list-style-type: none"> ● 11.45am: Reception (main gate) ● 11.55am: Y1 (side gate) ● 11.55am: Y2 (main gate) ● 12.05pm: Y3 (side gate) ● 12.05pm: Y4 (main gate) ● 12.15pm: Y5 (side gate) ● 12.15pm: Y6 (main gate) |
| Saturday | 2 | Founders' Day (9.00am-11.00am) <i>all girls (wearing uniform) to attend with their families</i> |
| Monday | 4 | FOUNDERS' DAY HOLIDAY - SCHOOL CLOSED CA trip to Chessington |
| Tuesday | 5 | Y6 pupils & parents Leavers' Tea and Match, MUGA/school grounds 1.30pm-3.30pm |
| Wednesday | 6 | Final lost property reclaim, Courtyard 2.30pm |
| Thursday | 7 | Y6 Leavers' Tea Party with Miss Hamalis 1.30pm - 3.20pm Final lost property reclaim, Courtyard 2.30pm |
| Friday | 8 | Y6 Leavers' Assembly (8.30am) (Pupils only) END OF TERM/YEAR <ul style="list-style-type: none"> ● 11.45am: Reception (main gate) ● 11.55am: Y1 (side gate) |

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|--|--|--|
| | | <ul style="list-style-type: none">● 11.55am:Y2 (main gate)● 12.05pm:Y3 (side gate)● 12.05pm:Y4 (main gate)● 12.15pm:Y5 (side gate)● 12.15pm:Y6 (main gate) |
|--|--|--|