



Dear Parents

It's wonderful to be at the end of the first full week of term and feel that the new academic year is firmly underway. It was great to welcome more of you in for the Sixth Form A level Options evening on Tuesday and Year 12 Welcome Evening last night - I'm just sorry I wasn't there in person to talk to you myself. We also had our first ever Extracurricular Clubs fairs on Tuesday and Wednesday, which was a great chance for all our pupils to find out more about what is on offer to them at lunchtime and after school this year. I know they will be throwing themselves into their new activities next week! I'm also enjoying listening to the rehearsals for *Chicago*, which is this year's musical. It promises to be a treat.

All this activity reassures me that our pupils have taken to heart the advice and encouragement they were given in last week's first assembly of term. They've overcome their fear of change and are making the most of the opportunities available to them, just as Imani and Flora suggested they should. They're mixing in kindness, hard work, bravery, empathy, perseverance and laughter to ensure that the term ahead will be a showstopper, and they're putting into practice the three lessons we learned from watching the Lionesses compete in the FIFA World Cup this summer.

I'm sure it won't surprise you that I chose these inspirational women as the subject of my start of year talk. Their exploits were mesmerising and it was wonderful over those few short weeks to feel the excitement of their string of victories building. That was no accident, though, as I explained last week.



The first lesson they taught us was that **progress does not happen by chance**. Each individual in the team had practised and honed their own skills as footballers from a young age, and as a team they spent hours training together to build their confidence in one another, as well as devising and executing numerous set pieces and game tactics. Of course the same goes for us in school: whether it's getting better at chemical formulae, Spanish verbs or clarinet scales, none of the progress we make this year will be an accident. It will be the result of hard work, repetition, trial and error, occasional intense frustration and hours of practice, and it will be wonderful when it comes.

That leads us nicely to the second lesson, which is that **success is not always winning**. While it would have been wonderful to see the Lionesses lift that trophy in Australia, it's also true that getting to the final was, in itself, a huge achievement. Even more exciting is the impact they will have had on thousands of girls and women, who will have been inspired to take up (or restart) playing football. Progress in itself, then, is a form of success, and one that in school we prize very highly. We know that we're not always going to get 100% in that Chemistry or Spanish test, or full marks in

the clarinet exam, but we'll be delighted if we do better this time than last time, or better than we had expected.

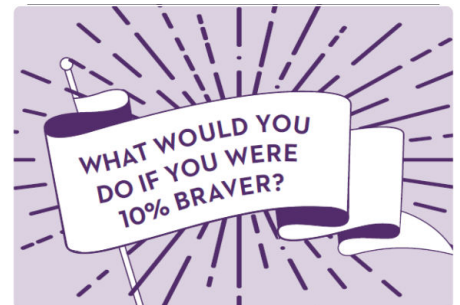
I digressed briefly at this point to share the way in which I had learned those two lessons in the summer holiday: (re)learning to play golf. As a teenager I played golf relatively regularly and enthusiastically; my son is now discovering that it's a fun way to spend time with friends too. So off we went for a couple of days away, for a coaching session with a pro, a few hours on a driving range and as many goes at the 3 hole par 3 golf course as we could manage.



This image illustrated perfectly where I spent most of my time - firmly in the bunker, making a terrible mess as I sprayed sand repeatedly all over the place and failed to move the ball at all. I loved it! It was enormous fun to rediscover some of the skills I last used over 30 years ago, and my son and I laughed like drains again and again as our shots disappeared variously into ponds, trees and other random destinations. We also had moments of that intense frustration that I mentioned earlier (putting - do I need to say more?).

But we also got better at it! My proudest moment was completing one of the par 3 holes with only a double bogey, and both of us are keen to have some more lessons and keep practising. It made me smile to chat to a fellow golfer (for that is definitely what I am now) with decades of playing behind him, who told me that he still gets the same buzz from it now as he did when he first picked up his clubs. I hope that will be true for me too - and, as I have said at various events this term already, it's what I want for our students. Above all they need to be open to progress, willing to try new things and, hopefully, will develop a lifelong love of learning which makes them curious about the world and the role they can play in it.

Conveniently (almost as if I planned it!) this takes us to the third lesson: **sometimes you need to make your voice heard**. I pointed to the example of Mary Earps, the England goalkeeper, whose campaign made Nike reverse their decision not to sell a replica goalie kit as part of their World Cup merchandising. She was fearless in her criticism of the company and exemplified what 10% braver can look like. It would have been easy not to make a fuss, to accept the status quo, to not take a stand - and that's what I urged for our students this year: ask questions, seek help, tell us what you want to change. I look forward to hearing from them!



And so to the weekend and a well deserved rest. Shanah Tovah to all our families celebrating Rosh Hashanah, and to all of you my very best wishes.

Mrs Lindsey Hughes
Headmistress

Notices

Channing Association

We hope everyone is enjoying the new school year. The Channing Association has lots of events and activities coming up this term. We will now be publicising all of our events via Classlist so please sign up to Classlist if you haven't already using the invitation you have received from the school office. You can use Classlist in exactly the same way you would have used your class WhatsApp groups in the past to keep in touch with other parents in your class and year group and follow all of the Channing Association news and events.

Coming up this term:

18 September, 6pm - Channing Association Senior School meeting, Sixth Form Centre
9 October, 7pm - Channing Association AGM, Sixth Form Centre
12 October, 7pm - Channing Association Senior School Parents' Quiz - Details to follow!
4 November, 5:30pm - Channing Fireworks, Stanhope Road PLaying Fields

We are also planning to run a second hand uniform sale in early October. If you have any good condition, gently used uniform your daughter has grown out of please leave it at the school office. Please only donate uniform items, we cannot accept donations of second hand casual clothing or shoes/coats.

2023 Fireworks Event

Tickets for our 2023 Fireworks Event, on Saturday 4 November, are now available to buy at bit.ly/channingfireworks2023. There is limited availability so please don't put off buying them as the event sold out in the first week of sales last year.

There will be Hot Dogs, Burgers, Sri Lankan Curry and Churros on sale (non meat options also available) as well as Beer, Wine, Mulled Wine, Sweets and Glo Accessories.

Gates will open at 5:30pm with the firework display starting at 6:45pm. The DJ and dancers are back this year to help get the fireworks party started and keep it going until we close at 8.30pm!



The Channing Association

Non-Uniform Day Dates

Please find below a list of all the non-uniform days for this academic year. To help with the collection of money for charity, the sum of £17 will be added to your end-of-term bill. This includes £2 for each non-uniform day, as usual. The 13 October day includes an additional £1 for International Just One Tree Day, to help reforest the planet. Please note that on all non-uniform days, the [Dress Code](#) applies.

Non-Uniform Day Date	Theme
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Friday 22 September 23	Jeans for Genes - wear blue denim
Friday 13 October 23	Sharpe House Charity Week & One Tree Day
Friday 24 November 23	Ali Wylie Day - wear something pink
Friday 8 December 23	Waterlow House Charity Week & Christmas Jumper Day
Friday 2 February 24	Spears House Charity Week
Friday 22 March 24	Goodwin House Charity Week
Friday 3 May 24	Rosie Peto Day - wear something red
Friday 28 June 24	Pride Month - wear bright/rainbow colours

Extra & Co Curricular Activities Autumn Term Timetable

Please find [here](#) the full timetable for this term's extra and co curricular activities. This week, students attended an Activities Fair to hear more about the variety of clubs on offer. We encourage all our students to sign up for at least one lunchtime club per half term. Students have signed up for activities via the Schoolbase Pupil Portal and once they attend their activity next week it will appear on their timetable.

Parent Webinar: Investin 'Making it into Medical School'

Parents of aspiring medics might find this webinar interesting. Please click on the poster [here](#) to read more details and sign up.



CHANNING

Girls Enjoying Success

Year 7 News

Stubbers Adventure Centre

Last Friday, Year 7 finished off their first week at Channing with an exciting day out at Stubbers Adventure Centre. After an early start at school, we headed out to Essex to be met by our enthusiastic instructors, ready to face the challenges of the day. In mixed teams from across the year group, the pupils gave it their all; adopting leadership roles, listening carefully to each other's instructions and working as a unit to succeed. Never has the raft-building activity been so

welcome. Despite skilfully building secure vessels that stayed afloat, almost all took advantage of a dip in the lake to cool down in the unseasonably hot weather! They scaled the heights of and abseiled down the many climbing walls, developed their archery skills and showed initiative and strategic thinking in Laser Tag. Most of all, they made new friends (including the ducks!) and got to know each other having great fun in beautiful surroundings. The tutors and teachers who accompanied them were genuinely impressed with their lively enthusiasm and support of each other as they were pushed beyond their comfort zone. They exemplified the school motto - conabor! Well done Year 7!

Sports News

Netball - U15 Independent School Cup Match

The Under 15s netball team had their first Independent School Cup Match on Monday afternoon where they faced Forest School. After a slow start and taking a while to adjust to their competitors the girls were able to stay level with Forest for the first three quarters. They kept their focus and managed to pull away in the last quarter, winning the game 31 - 26, which means they are through to Round 2. Well done to all the girls for a victory in their first game!

Miss Nelson (Teacher i/c Netball)

Sixth Form Games Afternoon

We have officially launched our **brand new** Sixth Form Games afternoon where everyone in Year 12 and 13 comes together with *every member* of the PE team on Wednesday afternoons and participates in a competitive or non-competitive sport of their choosing! We have the fitness group off-site at our new F45 class breaking a sweat in Hampstead, some girls opting for Vinyasa/Hatha Yoga at State Yoga facility on Highgate Hill, whilst others get creative and push themselves to the limit in our dance programme, also at State Yoga. Gary, our specialist sports coach, is offering social and competitive volleyball on-site.

For our more competitive sports enthusiasts, Wednesday afternoons are used to develop football skills at St Aloysius playing fields with our specialist football teacher, while our netballers are training with our new Teacher in charge of Netball, Miss Nelson, together with Ms Smith at Waterlow Park.

Miss Weston (Director of Sport)

English News

Sixth Form

Congratulations to Sixth Form students Mia A and Imani MR who, over the summer, entered two Cambridge University essay competitions. We are thrilled for Mia, who has won the Queens' College Estelle Prize for English, and delighted for Imani, who was commended for her entry into the Trinity College Gould Prize. Well done to you both!

Year 7

In their English lesson on Thursday, 7CWi enjoyed a session discovering what is in store when you step through the door of Channing's wonderful library. As well as showing them how to select books from the abundant stocks of fiction and non-fiction titles, Ms Ramsden also introduced them to the wealth of other resources available to them, including a demonstration of the digital Library e-Platform and the Britannica School online encyclopaedia. We hope they all take hold of the opportunity to extend and enrich their knowledge, as well as enjoy an endless supply of splendid stories!

Sustainability News



This week we had the first meeting of our new Eco Reps, during which we opened up the new Eco Schools Green Flag which we were awarded in July for the school's work on sustainability. Each form has one or two elected representatives but anyone else who is interested in sustainability and environmental issues is also welcome to join the weekly meetings. This time we discussed recycling in the school and made plans for this term's new initiative of battery and plastic wrap recycling.

Science News

Science clubs will begin from Monday 18 September - there are lots to choose from this year. Information about each of the clubs on offer can be found below. Students should sign up for most of these clubs via Schoolbase, but there is a specific Google Form for the Anatomy club.

Anatomy Club (Y7 and Y8)

The Anatomy Club, for Year 7 and 8 students, is starting on Tuesday 19th September and will run for 6 sessions this term. The club involves the dissection of a range of organisms. This year we will have a **new** program of dissections, including the examination of a mouse, lizard, starfish and a small mammal brain! After each dissection, the students will carefully prepare tissue sections to view under a microscope during the session.

If you would like your child to take part in the Anatomy Club this term, please complete the Google Form using this [link](#). This will also be posted in the students' Science Google Classrooms. The club is limited to a maximum number of 16 students and pupils will be accepted on a first-come-first-served basis. Please only apply if you believe that your child can attend all of the sessions. The club will run again next term so students should be able to join then if they are unable to take part this term.

Science Club (Y7 and Y8)

The Year 7 & 8 Science Club runs in four 6-week blocks during the Autumn and Winter terms and during the first half of the Spring term. There are 6-weeks each of Biology, Chemistry, Physics and general STEM-based activities. Each block is led by a different member of staff and they are supported by 6th Form helpers. Last year's activities included making rockets, building bridges and towers, rainbow fizz, fire writing, using microscopes and investigating breathing. However, if there is a particular experiment that you are keen to try out then you could suggest it to your teacher and they might be able to make it happen! All students in Years 7 & 8 are welcome. The club takes place on Mondays at 1pm in LG3 Lab.



CREST Awards (Y9)

CREST is a scheme that inspires young people to think and behave like scientists and engineers. Bronze Awards introduce students to project work empowering them to work like real scientists, technologists, engineers or mathematicians. Students choose their own topic and methodologies, giving them complete freedom over their work. Students will need to commit to 10 one-hour long after-school sessions in order to allow them to have more time to complete their experiments. Previous projects have looked at which crisps are the crispiest; what are the best conditions for plant growth; how we detect latent fingerprints; investigating dirty hair and making moving pictures using a zoetrope. Sessions take place on Thursdays after school from 4-5pm in B9 Lab.

STEM Careers Club (Y10 and Y11)

STEM Careers Club is a new club open to Year 10 and 11 students on Tuesday lunchtime in LG3 at 12:25pm starting from 19 September. The first sessions will be for those thinking about a career in Medicine, Dentistry, Veterinary Medicine and Nursing. If students are interested in any of those careers, or any medically related career, you are warmly invited to attend. Students need to be prepared to discuss and participate in a range of activities in each session. Related to both a career in Medicine and to support the school's Monday morning reading initiative, a recommended book is *'When breath becomes air'* by Paul Kalanithi.

Science Journal Club (Y10-13)

Science Journal Club will resume on Thursday lunchtimes at 12:25pm in LG2 starting from Thursday 14 September. Each week we will discuss a short article chosen from a recent issue of New Scientist. Students will be given online access to the magazine and the articles are all relatively short - normally only one or two sides of A4. In previous years we have chosen articles on a wide range of topics including the use of sustainable materials, recycling, engineering, chemistry, nutrition, astronomy and biological sciences. Students can help to choose the articles that we read and so a broad range of interests can be explored. Students can also opt into reading books from the Guardian's list of "[Best science books of 2022](#)". We will aim to read one book each half term for those students who wish to explore subjects in greater depth than the shorter, weekly articles. We will begin with 'How to prevent the next pandemic' by Bill Gates.



Music News

Flute Diploma Success

Many congratulations to Emily B in Year 13 who took Trinity College's professional diploma LTCL in flute during the summer holidays and achieved a high Distinction. This is a huge achievement as these qualifications are designed for second year university students. Emily was also performing with the London Schools Symphony Orchestra at the Barbican on Wednesday. Well done, Emily!

T&L News: Using research-based evidence to help you support your child

If you have attended any of the Welcome Evenings recently you will have heard us talk about homework. We know that homework can be one of the biggest sources of friction at home, especially for students preparing for exams.

The research shows that when completed regularly, homework can play a significant role in your child's progress and learning.

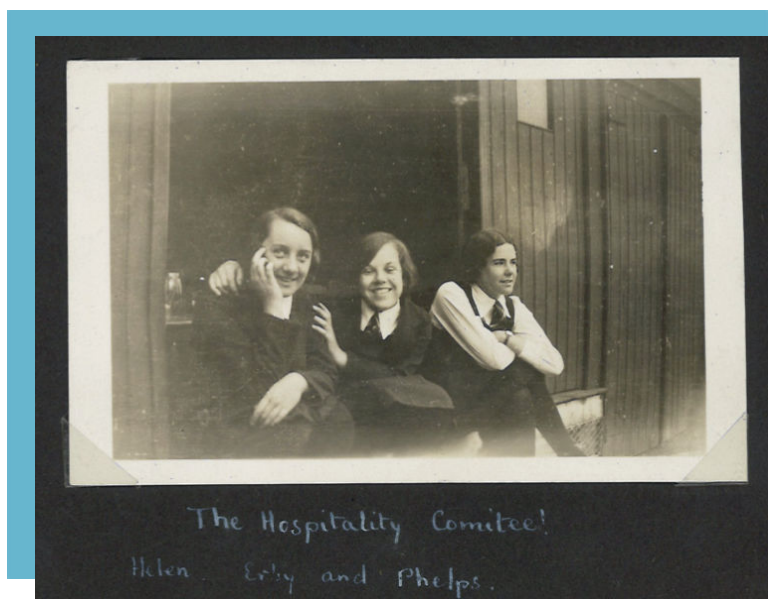
You will also have heard us talk about a company called **Tooled Up**. They are working with us to deliver the best evidence-based resources to help you support your child to become an effective, fearless learner. Later this term you will be sent a login to access a wealth of material.

The team at Tooled Up say that *"talking positively to your children about their homework can really help with the task at hand. Praising them for being motivated or showing a great attitude, offering guidance when they find something tricky and talking to them about what they are doing, will all help to create a calm and positive environment for learning."*

Tooled Up have also provided a list of really helpful phrases you can use if you are stuck for something to say to your child. It is linked here: [45 Positive Phrases to Say to Your Child at Homework Time. By Dr Kathy Weston](#)

Alumnae News

We would like to introduce you to *The Hospitality Committee!* (photo from circa 1927-32): Channing girls have always possessed that certain 'je ne sais quoi', wouldn't you agree? Have fun if you are hosting this weekend (and even if you're not)!



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channing_school



@channingschool



ChanningSchool



020 8340 2328



info@channing.co.uk



The Bank, Highgate, N6 5HF