

Word from the Head

13 October 2023

Dear Parents

This week has probably been the hardest I have encountered since I became Headmistress in September 2020. In those three years we have faced many unexpected and shocking situations as a school: a global pandemic, the sudden and untimely death of a much-loved colleague and the Russian invasion of Ukraine, to mention just three. Every time I have dug deep to find the words which will help the school navigate the difficulties we face and I have taken solace and guidance from the Unitarian values which lie at the heart of our school.

The events of this week have certainly been unexpected and shocking. We have all been appalled by the horrific acts of violence perpetrated by Hamas terrorists on the Israeli people and the tremendous suffering which has ensued. As you will know from my assembly on Tuesday morning, we are also very aware that these terrible events have left many members of our community traumatised and anxious, especially those with friends or family in the affected areas.

I am heartened to know that many members of our Jewish and wider school community - parents, staff and students - found what I had said to the school on Tuesday to be thoughtful and reassuring, and I am grateful to the many of you who took the time to write or to seek me out in person to say so. To hear from Jewish families that they take comfort from the compassion we are showing to their children, and from those not directly involved in the conflict that they found my words useful as a place to start conversations with their children, was encouraging.

However, I know that some parents feel that I did not hit the right note on Tuesday and for that I can only apologise. Please know that I abhor these terrorist acts and my thoughts are with you and your loved ones at this awful time. We are absolutely aware that many of our students are deeply worried about the situation in the Middle East, their own safety and that of their families. We remain vigilant in maintaining the security of the school site and I would reiterate to you, as we have to your children, that there are many ways in which we can support our students if they need a space to talk about what they are experiencing.

In particular we are aware of the threatened 'day of rage' planned by Hamas for today; at the time of writing it is not clear whether this will materialise but we know from talking to our Sixth Formers today that the anticipation alone is hard enough to bear, whatever form this might take.

It is also unclear how the situation will develop over the coming fortnight while we are away from the community and support structures of school and I am mindful that the onus of managing this anxiety will fall on you. To that end I wanted to offer a couple of suggestions for resources, <u>Hidden Strength</u> and

Best for You, which you may find useful for conversations about online content in particular. Another recommendation has been to try the Apple Family Sharing facility, which requires children to get permission from a parent to access image-sharing social media apps. Despite my exhortation to keep off devices and delete apps which are pushing graphic and harmful video content, we know that teenagers rarely want to heed adult advice about social media and, while I hope you won't need them, these may prove helpful.

We will, of course, be following developments during half term and we will be ready to respond with whatever support is needed when we return at the end of October. I will continue to keep in touch with you, as well as speaking with individuals and groups of girls, to let you know what we are doing.

Incongruously, life at school has continued as usual this week and we have enjoyed, among other things, an entertaining Channing Association quiz last night, a rip-roaring Sharpe Charity Week and a thought-provoking assembly this morning for Black History Month. Ms Hibbert, Leili, Liesel, Maja, Tabi and Amel inspired us with the theme of Saluting Our Sisters and I hope that many of your children will choose to create an artwork for the competition they announced.

This morning we also said goodbye to Timea Fulop, our Transylvanian Scholar, who has spent the first half of this term in Year 12 at Channing. She was overcome with emotion as she struggled to express what the experience of coming to London and attending Channing has meant for her, and I know she will take life-long memories back to Kolozsvar with her. My thanks to the Legg family for their generous hospitality for the last six weeks, and also to Amanda Davidson who reinstated and endowed the scholarship for future years of girls. This link is such an important part of the school's ethos and I am delighted that it is going from strength to strength.

Finally, my thanks in advance to Ms Yun, Mr Boxall, Mr Waring and their teams for giving up part of their half term holidays to lead three exciting trips. Our Gold Duke of Edinburgh's Award team are already off on their practice expedition, while the Music and Spanish trips are going to be in Seville and Granada respectively. I have no doubt that students and staff alike will find these trips educational, enriching and a lot of fun - we will look forward to hearing all about them on your return.

And to all of you, once again, my warmest wishes and thoughts are with you and your loved ones in these dark times.

Yours sincerely,

Lindsey Hughes Headmistress

Notices

2023 Fireworks Event

Tickets for our 2023 Fireworks Event, on **Saturday 4 November**, are nearly sold out at <u>bit.ly/channingfireworks2023</u> so don't delay!

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!



Camden Eco Champion Awards

The Camden Eco Champion Awards were created to recognise and celebrate those who go above and beyond to protect our environment. The competition aims to highlight those that are committed to creating positive change, and show that any initiative, however small or large, should be rewarded and celebrated.

Nominations close on 17 October 2023. Click <u>here</u> for more information.

CAMDEN ECO CHAMPION here! PRIZE-GIVING CEREMONY HELD AT THE ROUNDHOUSE OF ALL AGES MINI JUNIOR LOCAL (NEW!) WARRIORS HEROES LEADERS SCHOOLS

School Magazine

Following our declaration of a climate emergency and in line with our commitment to improve the School's environmental sustainability, editions of the Channing School Magazine are

now produced and distributed digitally. I am therefore delighted to share with you the digital version of this year's magazine which you can read <u>here</u>.

We are aware, however, that a number of families enjoy receiving physical copies of the magazine and some have kept every edition since their daughter(s) joined the School! To avoid printing copies that will ultimately go to waste, we are asking that families request a hard copy by midday on Monday 30 October 2023.

To order a printed copy of the school magazine 2022-23, please click here.

Term Dates

2024/25 Term Dates are now on the school website. Please click the link here to access them.

Chatting with Channing - Talking to Lead Counsellor at the Senior School, Jennifer Barnaby

Listen on Spotify, Apple Podcasts or the Channing Website.

This episode features an insightful conversation with Jennifer Barnaby, the Lead Counsellor at the Senior School. We'll delve into understanding her role, the range of services available to the students, and the significance of her position.



Furthermore, Jennifer graciously shares her top recommendations for enhancing mental well-being, offering valuable insights for everyone. Stay tuned as Arabella engages in an enriching discussion with Jennifer Barnaby, the Lead Counsellor at the Senior School.

Chicago - Tickets now available!



Channing School invites you to Charleston back in time to Prohibition era Chicago.

Get dolled up in your flapper dresses or don your fedoras and join us in the immersive Jazz bar from 6:45pm for cocktails and cabaret performances before the main event, 'Chicago', at 7:30pm, tarring Miss Roxie Hart and Miss Velma Kelly!

Click here to book your tickets.

As part of this immersive experience we invite you to dress in period costume for the evening. The images below will support your outfit planning, ensuring you look suitably splendid for the speakeasy!



Tooled Up Webinar

Please see the invitation to the Tooled Up webinar on 31 October 2023. Webinar invitation.pdf



Girls Enjoying Success

Pupil Success



Congratulations to Regina G (Year 9) who won a Silver medal at the Judo Club Osaka Red Belt Rumble, Hampshire, competition on Sunday 8 October. Well done, Regina, on a fantastic result!

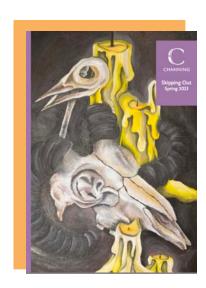
Congratulations to Kira K (Year 9) on her success at the British Advanced Novice Qualifier in Sheffield where she was awarded first place. Kira is currently ranked number one in the UK in her level (Advanced Novice ladies) in the list of qualified skaters for the British Championship. Well done, Kira!



English News

Skipping Out

Sixth formers attended a workshop given by Ms Beenstock on how to turn great ideas into compelling copy. 'Skipping Out' is the magazine written by and for the Sixth Form, but it's not that easy writing a piece about, say, the Roman Empire, that is readable and engaging. Students spent a productive lunchtime coming up with ideas, thinking about how the audience changes what writers emphasise in a story, and what makes a brilliant introduction. The next issue of 'Skipping Out' will be published next term.



Sports News

UI5 Netball vs CLSG

Congratulations to the U15 netballers who played City of London School for Girls last Tuesday. Both the A and the B team played with great energy and enthusiasm and established early leads. The A team fought off a comeback and won their match 15-9. The B team played with great accuracy and won their match 14-7. Well done to all the girls involved.

U12 Football vs Beaumont High

Well done to the Year 7s and Year 6s that stepped up to represent Channing in the first round of the ESFA competition. It was great to see Channing compete with a larger Beaumont team with tenacity and



courage. Channing did not ever back down and fought until the final whistle. There were many highlights throughout the game and it was great to see Year 6's and Year 7's playing together

and creating some new friendships. Thank you to Ms Bolton who joined us from the Junior school!



U14 ESFA Football Fixture vs Riverside

A very exciting game was played with our Year 9 Channing team for our first knockout game in the ESFA competition. We played against a big, strong Riverside squad, putting up an impressive battle for the full duration of the game. Each player put in all they could give on a full sized pitch displaying courage, skill, determination and great Channing spirit. Well done to all players that participated, including two Year 8 students that were selected for the fixture. Our woman of the match was Grace G,



who was a very reliable defender and always there to nullify the rapid attacks from the opposing side. Kudos also to Darcy D for scoring a brilliant goal.



Sixth Form Yogis

This term we have introduced Yoga at a local Yoga facility - State Yoga. It has been delightful to have over 20 Sixth formers join in for a 90 minute Hatha yoga session focused on pranayama breathwork, Hatha flow and Meditation. The girls have found it useful to de-stress around examinations and have reported sleeping better!

Year 13 Football

Congratulations to the UI3 A team who finished 2nd overall in the tournament at South Hampstead (huge success) and to the UI3 B team who finished third overall.

Special mention to Bayla and Scarlett who were nominated players of the tournament! Well done everyone!



Drama News

Drama students in Years 11,12 and 13 attended a performance of 'The Effect' at the National

Theatre. The performance has enjoyed a sell out run and delighted audiences over the past 2 months. The story focuses on two young volunteers in a clinical drug trial for depression and the startling dilemmas their illicit romance poses for the supervising doctors. Lucy Prebble's (Succession) critically acclaimed 2012 play was a hit with our pupils in this bold new production directed by Jamie Lloyd (Cyrano de Bergerac). They were wowed by the acting skills of Paapa Essiedu (I May Destroy You) and Taylor Russell (Bones and All) in this funny and intimate examination of love and ethics.



History News

Black History Month Assembly

This year the theme of Black History Month was 'Saluting our Sisters', which highlights the key roles that black women have played in shaping our communities in Britain today. The aim is to showcase pioneering Black women in a diverse range of subjects, such as fashion, academia and the arts. DEI officers, Leili and Liesel, delivered an assembly along with Amel, Tabi and Maja. Each chose a Black woman who was inspirational to them. Examples included Dame Linda Dobbs, Lashana Lynch and Naomi Campbell. The DEI officers wanted the Black History Month Assembly this year to be positive, optimistic and informative with the goal of educating pupils on significant Black women in modern British history. With the assistance of Judith Hibbert, the students delivered an enthusiastic and informative assembly. Judith, as well as being Catering Manager, contributes to the Museum of Slavery and Freedom in Deptford. Her contributions to Black History both in Channing and in the community are incredibly beneficial and enriching.

Music News

Music at Lunchtime

This Friday's lunchtime recital was short but extremely sweet! Although there were only three performers, each student took us on a musical journey through their excellent playing and talented variety. Zara A started off the show with a confident and strong performance of Easy

Tiger on the trumpet. This was followed by a fabulous and emotive performance by Georgie M. She played To A Wild Rose Edward by MacDowell on the clarinet. Finally, Martha R finished the concert with an amazing performance of Logical by Olivia Rodrigo. Her lovely voice and excellent guitar playing complemented each other and left us and her many fans in the audience in awe. You can listen to this Friday's recital HERE.



Year II Concert



The first formal concert of the year is always special and this year's GCSE music group did not disappoint. Amy P opened the concert with a serenely beautiful performance of two movements from Bach's first Partita for unaccompanied cello. Mei-Xing Le-C followed with one of Mendelsspohn's 'Song without Words' - the Venetian Gondola's Song. Mei-Xing really captured the lyrical nature of this piece on the piano. Serenity continued with the soothing sound of Beethoven's Sonatina for double bass, superbly captured by Eve C. Hana D then upped the tempo with a sparkling rendition of Seitz's Concerto for Viola. Mabel H then gave a musical performance of Guabert's playful flute piece - 'Madrigal'.

Megan K gave us shades of Japan with her beautifully poised performance on the piano of Lavender Field by Karen Tanaka. Then from Japan to Russia for Lottie S's lively and stylistic playing on the violin of the traditional Russian folk song, 'Black eyes'. Whilst the weather outside was distinctly summery, Ava M reminded us that it was October with her musical interpretation of Rebikov's 'Autumn Leaves' delicately played on the piano. Tanvee S's violin playing sparkled with her exciting rendition of Perlman's 'Israeli Concerto'. Richard Rodney Bennett's gorgeous piano piece 'Rosemary's Waltz' displayed Maika P-Y's excellent pianistic skills in this stylish performance. Anouska O'N's performance of the main theme from 'Star Wars' by John Willliams was an arresting and polished performance on the trumpet.



Kezia C's communication of Milhaud's 'Modéré' from Scaramouche was sublime, the silky tone of her saxophone playing was simply stunning. Elizabeth S also stunned with her Mazurka from 3

Characteristic Pieces by Elgar. This playful piece was played with extraordinary virtuosity on the violin. Maya H-B was our final soloist, singing 'On my own' from Schönberg's 'Les Miserables'. This was a really stylistic performance and full of pathos. The evening rounded off with the whole group singing 'Breaking Free' from High School Musical ably accompanied on the piano by Elizabeth S. This was a rousing and exciting finale to a wonderful showcase of this talented group of musicians. Do listen HERE

Careers and Higher Education News

Ms Wilberforce, the new Head of Careers and temporary coordinator of HE, is settling in at Channing. She met recently with her keen group of student careers leaders who will be helping with the smooth running of talks and events throughout the year. We love to hear from alumnae and parents with interesting career journeys to share, so do let Ms Wilberforce know if you could contribute to this part of the careers education programme.

Year 11 have started using the destinations platform Unifrog, already in use by Year 13. Year 12s will be able to access this extremely useful resource shortly after half term and then it will be the turn of Channing parents to create an account and explore the resources for

themselves. It's never too late for a career change! In the latter part of the academic year we will consider how and when the younger year groups are introduced to Unifrog.

"I think Unifrog is really good. Even my dad was impressed by the CV writing tool." Natasha B, Year I I

After half term all Year II students will make an appointment with Ms Wilberforce to discuss the outcomes of their Morrisby Profile assessments



taken at the end of last year. These discussions can help clarify thoughts about choices of A levels to study. Year 12 will be invited to their formal careers discussion with a qualified careers adviser in February.

Year 13s had a talk during their Monday afternoon enrichment session on ways to develop their careers in quickly changing times. They learned that a career is the combination of living, learning and working and is not just 'a job'. Jobs change incredibly rapidly, so developing skills prized by employers like teamwork, communication and resilience is very important. The Autumn term edition of Careers Opportunities has been shared with students in Years 11-13, and is included here for parents to access: Careers Opportunities - Autumn Term 2023-2024.pdf

On that note, students in Year 13 really should be aiming to submit their UCAS forms by the end of October, if possible. This means they can then focus on their A level studies while we complete their reference and administration checks. All students then make an appointment to meet with Mrs Hughes and discuss their reference before their form is sent to UCAS by the school.

Finally, please save the date of Tuesday 16 January 2024 from 4.30 - 6.30pm for our **Sixth Form career selection and interview skills** event. We hope to have many parent

volunteers from all year groups carrying out short practice interviews with sixth formers, giving them opportunities for networking and helping develop their employability skills. Further details about this event will come out after half term.

Computer Science News

Year 10 Computer Science pupils attended the New Scientist Live Festival where the pupils had the opportunity to speak with scientists, attend lectures and experience the wonders of science. From learning about wildlife, understanding how robots could make farms more biodiverse, hospitals of the future, supercomputers, focussing the human brain, riding the virtual roller coaster to visiting the pop-up planetarium, there was so much to do...Here's what the pupils had to say after the event:

"New Scientist Live was bustling with curiosity, energy and excitement. There was a race to see who could recreate a 'Gabba' molecule the fastest. There was also a thermal camera, where I saw heat travelling from my hands to my t-shirt through a myriad of colours. The trip as a whole provided me an insight into the future of science and the prospects and opportunities that I have access to. It inspired me to use my imagination and not be afraid to create."

"We watched as someone put a piece of equipment on his head, which lit up when he would think of certain things. We also stood in front of a thermal camera and saw how heat could transfer. Lastly, we saw robot dogs that were controlled by somebody sitting on the side. It was very impressive and I can't begin to imagine how they were put together. Overall, I enjoyed my time there, and found it valuable to see the many different possibilities for jobs in the future that can stem from science. Before going, I didn't see myself doing a job that really related to science, however, now I have seen that jobs can mix the creativity that I would look for in a job, with science, that might be a career I'd want to pursue."

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"I learnt about a robot that was programmed to pick strawberries

only when they're ripe and without



squishing them, the types and odours of plants that cause cows to burp methane, the nuclear reactions that take place in stars, the chemical stimulant found in coffee and tea. We also attended a lecture on the future of emerging technologies, and ideas for careers in the future in computer science and STEM."

"The new science event computing trip was inspiring. There were many different stalls with many different topics with many different experiences. Nothing was the same. I smelt the moon, space and the milky way. I held a stick insect. I att toffee flavoured cricket. I studied the movements of my brain waves trying to meditate to make a ball float and concentrate to make a barrel explode. I was given many flyers for opportunities to explore my interest closer to the future. This was all a good insight on

what possibilities my future had."

"Amongst other things, I learned about a new system of collecting broken satellites from space via a magnet or a giant claw. I saw how my brain affected my taste. All in all, I had a great time learning about new technology and how big a part STEM actually plays in my day to day life."

STEM News

Science Club

In Science Club this week we made crystal gardens. Students added crystals of various metal salts to a mixture of sodium silicate and water in a beaker. The crystals produced coloured silicates in a precipitation reaction. Students used



calcium chloride to produce a white effect in their garden, copper (II) sulfate to produce a light blue colour, cobalt (II) chloride a light

purple and iron (III) chloride for a brown colour.

Next week, we will be making rainbows in test tubes.

Trying Out Teaching!

Year 9 Biologists had great fun in last week's lessons trying their hand at teaching. Each student was given time to become an expert in a particular type of specialised cell, and they then had to teach one of their peers - but without any notes, and with only a mini-whiteboard at hand to help them with their explanations! The students then swapped roles so that each got a chance to be a teacher and a student. The students got stuck in enthusiastically and classrooms were abuzz with knowledge and energy as they found out just what it's like to be on the other side of the



whiteboard - we definitely have some budding Science teachers in Year 9!

Anatomy Club



This week the students dissected a starfish! They first examined the external anatomy, finding the central mouth and hundreds of legs along each ray. Carefully cutting along one ray, they found the starfish's stomach, which is attached to the mouth. The stomach is very large and is composed of thin walls, because the starfish pushes the stomach out through its mouth in order to consume its prey. Next, the students removed the top part of

one ray to reveal the digestive glands and the long tubes underneath, which transport water around the animal.

In the final two sessions of this club, we will be dissecting a lamb's brain!

Year 10 and 11 STEM Careers Club

We have been focusing on careers in Medicine, Dentistry and

Veterinary Medicine. This week students delivered their presentation on the pillars of medical ethics, justice, autonomy, beneficence and non-maleficence. It was a great opportunity for them to work collaboratively to discover what guides our doctors in making decisions for their patients. Thank you to the group who prepared so thoroughly and illustrated their points with lots of examples. If students are yet to join the club, but are still interested in these three careers, we will be continuing their further exploration during the first two weeks of the next half term.





Science Journal Club

This week, Tessie chose an article about the use of MDMA as a treatment for PTSD. Results of trials have suggested that the drug, which puts people into a more relaxed and trusting state and dampens fearful responses when they recall past trauma, can help patients to engage more openly with their therapists. We discussed the possible opposition to the use of a class A drug for medical use; what would parents of children who have died taking ecstasy think about the drug being used more widely? We also discussed the potential for using other recreational drugs for medical purposes, mainly thinking about how cannabis has been in the press for its benefits to patients with rare, severe forms of epilepsy, vomiting or nausea caused by chemotherapy or muscle stiffness and spasms caused by multiple sclerosis (MS). Could it be that there are more medical benefits of recreational drugs that are waiting to be discovered? Catherine will be choosing our next article after half term. Any students in Years 10 and above are welcome to join us in LG2 on Thursdays at 12:30.

Maths News

Puzzle Club



Isabel and Ava finally solved the Maths puzzle and have a video to prove it. After half term they will be designing and creating their curve stitching picture for display.

Chess Club

St Aloysius school came to Channing for a joint partnership chess game. Here is Mr Bowman playing against some students from St Aloysius.



Hans Woyda Match 2

Second match of the season against Harrow School.

Our team was: Saira (Year 9), Haruka (Year 11), Zoe (Year 12), Tessie (Year 13). They learnt how to concatenate numbers in the team round and in the individual round they worked out persistence of different numbers. Here is the team, hard at work. Mrs Williams was Master of Games as she hosted Harrow school. We are so impressed with our team of Year 9 to 13



students who have to solve very difficult problems at a super quick pace. We especially liked the round which involved calculations about filling up different shaped swimming pools! Haruka was super quick on the Race round with symmetry in a hexagon!

Year 12: Graphics Calculator Lesson

Now Year 12 have completed their Basic Skills tests without a calculator it is time for them to finally get their graphics calculators. Here is Mr Bowman and Mrs Wootton's class learning how to draw graphs with their new calculators. They drew cubic, reciprocal and trigonometry graphs and were transforming them.



Partnership News

Communitea

This week, we welcomed visitors from the local community who came to Channing to enjoy afternoon tea and some digital advice from our Year 10 and 11 pupils. The group also enjoyed a musical interlude with Elizabeth S delighting us all with a wonderful violin performance. Thank you to all our volunteers!



Baking at La Sainte Union

Year 7 pupils enjoyed an outing to La Sainte Union School on Tuesday. Here, they baked apple crumble and custard together with pupils from LSU. New friendships we formed and much fun was had by all involved!



Sustainability News

Isabella N in Year 9 won the Eco Reps competition to design a poster to explain about the new plastic wrap recycling bins now located in the Sixth Form Centre and Founders Hall. These new



bins supplement the other recycling already in place around the school. There is a battery recycling bin by reception; cans, glass and plastic bottle recycling in the playground; paper and cardboard in every classroom, and food waste in the kitchens. It is really important that the correct recycling goes in the right bin or else the recycling becomes contaminated and useless. Well done on an informative poster Isabella.

Year 8 News

This half term has flown by but Year 8 have been busy bees!

Here are eight highlights to celebrate our Year 8 forms this term.

- 8LV Winning the best notice board competition with their amazing undersea adventure. Excellent teamwork and collaboration!
- 8AK Growing a 'vegetable patch' display board in their form room.
- 8EHi Earning the most weekly merits this half term!
- 8MH Showing brilliant examples of following the Channing promise.
- 8LW for all being superstars during their PSHE lessons.
- Year 8 assembly Musical showcases this term came from Hero K, 8EHi and Edyln B, 8MH. Bravo!
- Form captains for leading their forms during form time takeover.
- All forms for embracing our whole school reading initiative and maintaining their very own locker libraries. Keep reading!

Balancing work and extracurricular clubs calls for a period of rest and rejuvenation. Watch this space for more from Year 8 next term.



Ms Mohabeer and the Year 8 team.

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

In the Senior School, every two weeks we have a T&L Briefing where staff join together to discuss evidence-based practice, identifying tweaks to our pedagogy and things we might consider adopting as part of our T&L repertoire. The focus is always on the progress of our learners. This week, amongst other items we have been looking at the importance of silence.

In conditions of total silence, students can be incredibly productive. The silence we are talking about feels special; a kind of golden, luxurious silence that allows full concentration without distraction.

As parents it is important to encourage this type of silence at home when your child is trying to work.

The brain has a huge storage space, but the amount of noise that it can process is relatively limited. When we are bombarded by noises, it can impact our ability to focus and think clearly.

You might find some of the advice outlined below useful in supporting your child, and in initiating discussions about the importance of silence..

The Power of Silence and How to Help Kids Find More of It

The Hidden Benefits of Silence

Shh ... How a little silence can go a long way for kids' mental health

Alumnae News

As we near the half term and the season (well and truly) changes we would like to share these pictures from an album entitled, A Souvenir of Old Friends & Old Scenes, from 1894 - we hope you enjoy them as much as we do!









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