

Dear Parents

I'm going to start this week somewhere that you might not have expected: in the Sports Hall on Tuesday morning with Mr Grossman. He was presenting a long-planned assembly on AI and his opening slide - of the Snapchat 'My AI' bot - had the room in stitches of laughter. That alone was a joy to hear, after a week when we have had serious matters on our minds, and Mr Grossman went on to give a fascinating presentation about the evolution of AI and how our students might make the most of it.

He demonstrated the pitfalls of poor prompts as he tried to get Chat GPT to write his assembly for him and explained that, as part of our mission to ensure that we foster intelligent, creative users of technology who are ready for what happens next, we will be explicitly training our students to really think about how they talk to AI when they are using it. The quality of the prompts really matters and two acronyms - PREP and EDIT - will help them get the most out of the technology. You can see more on the slides from the assembly here: [Whole School Artificial Intelligence Assembly - 7.11.23.pdf](#).

The problem, of course, is that what Chat GPT and other AI give us can't always be trusted. Mr Grossman demonstrated this with some great examples of AI applying mathematical algorithms to problems and, as a result, getting the answer wrong. He showed us hallucinations created by AI trying to do the same thing as us when we're creating mental images ourselves: when it doesn't know or have the correct answer, it sometimes makes up something imaginary that doesn't quite work in real life. He even showed a video clip where ChatGPT, in its attempts to avoid defeat in a chess game against a human, played illegal moves and then to avoid checkmate, changed colours so that it won the match.

This matters because we know that one of the things that is definitely going to happen next is AI and it's vital to ensure that your children have the skills and tools needed to be the most effective users of AI in their future studies and career. We want them to be able to use AI effectively to save time, but not be reliant on it. I was particularly struck by the last sentence of Mr Grossman's reflection: *"And if AI saves you time, use that time to do the things it can't - be creative, show empathy, be kind, do exercise, laugh."*

As I said to the school on Tuesday, Mr Grossman's assembly on the power and use of generative AI was a timely one. The technology is quite extraordinary, and as someone for whom email and the internet became a standard part of life only in my 20s (I got my first mobile phone at the age of 27), a genuinely awesome development. Our students take the use of mobile phones, and all the technology associated with them, for granted. However the last few weeks have shown us that despite all our PSHE lessons and assemblies, they still don't understand the power of what they hold in their hands.

It is a month since Hamas' murderous terrorist attacks on Israel and a conflict erupted which will continue for some time and, I'm afraid, is only likely to get worse. We are also still reeling

from the horror of our own antisemitic incident last week. In these circumstances I urged them to remember, both for conversations in real life and for conversations online, the three Quaker rules of speech: Is it helpful? Is it necessary? Is it kind? and to consider:

- When you like or share a post, the algorithm will deliberately send you more of the same
- Be sure you fully understand the content you are liking, sharing or posting
- Check that what you're liking, sharing or posting is genuine, factual and researched.

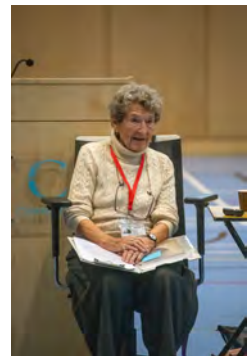
It is easy to hide behind a keyboard where you don't see the impact of your words first hand and it is certainly true that nuance and meaning is often lost when you squeeze ideas into 140 characters or a meme. I know that many of you are concerned about your children's use of social media at the moment so I went back to what I said in my first assembly about this before half term: personal attack, Islamophobia and antisemitism are not acceptable and when you are discussing or sharing your opinions, be mindful of what the other person or people hearing your views or seeing your posts might feel.

I reiterated that racism and discrimination of any sort have no place at Channing. Our focus now is to help them understand more about what antisemitism is, and the situation in the Middle East more widely, and we have posted a number of resources in their form Google Classrooms. These have been recommended by Jewish organisations with whom we are in touch so I realise that they will feel quite one-sided - please rest assured that we are adding to these all the time.

We are also embarking on a programme of workshops and talks which will carry on this year and, in the longer term, be embedded in our school curriculum. More information will follow as



we develop for the programme but in the short term this started on Wednesday, with two talks facilitated by the Holocaust Educational Trust and the chance to hear the testimony of Holocaust survivors. John Hajdu (left) and Hedi Argent (right) held the school spellbound during their testimony - you could have heard a pin drop in the Sports Hall as they spoke about



their experiences - and both left the students with powerful messages. John's final words to years 10-13, "Above all, be a good human being", echoed those of Hedi, whose focus for Years 7-9 was on the importance of small acts of kindness alongside a reminder that we always have a choice how to behave towards others. Judging by the scores of children who queued to speak with John and Hedi in person, this was eagerly received. I am sure the experience of these visits will stay with all of us for a long time.

These messages were underscored further by this morning's annual Remembrance Service. The focus of this year's assembly was on fixing the world after war. Mr Raine, Head of History, conducted the service like a normal Remembrance Service with the Last Post, two minutes of silence, and the Reveille (for which my thanks to Anna R-B for superb trumpeting). Year 13 students Beth, Leili, Caitlin and Iyssa shared stories about three important peacemakers:

Fridtjof Nansen, who was the High Commissioner for Refugees at the League of Nations, dealing with displaced people in the aftermath of WWI; Desmond Tutu and his work as a campaigner and leading the Truth & Reconciliation Commission in post-Apartheid South Africa; and Betty Williams, co-founder of The Peace People, aiming to end sectarian violence in 1970s and 80s Northern Ireland. All three were awarded the Nobel Peace Prizes for their efforts. It was a moving service and I will be thinking about it on Sunday, when I lay a wreath on behalf of the school at the Remembrance Service at Highgate School.

As I said to you in my letter on Monday and again to the school on Tuesday, we are shocked and saddened by what has happened in school, and what is happening in the wider world - but we must also remember that life in school continues and there are listening ears whenever they need them. Please ensure that you, and your children, make use of us and the support we can offer.

The unity of the Channing community was evident everywhere we looked last Saturday night and my heartfelt thanks to Ms Watt for organising the Channing Association fireworks - for her last time in charge. It is a wonderful occasion, bringing parents and students from across the school together, and I am grateful to Ms Watt and the team including particularly Ms Bajard, Ms La, Mrs Kent, Mrs Cortes Silva, Mrs Menendez and Ms Bennington for their hard work in making this such a spectacular event for us all to enjoy.

Finally this week, I wish happy Diwali to all our Hindu families celebrating this weekend. A festival to commemorate the triumph of light over darkness seems particularly important at this time and I hope that it is a joyful time for you all. And to all our Channing families, however you are spending your weekend, my warmest wishes as always.

Yours sincerely,

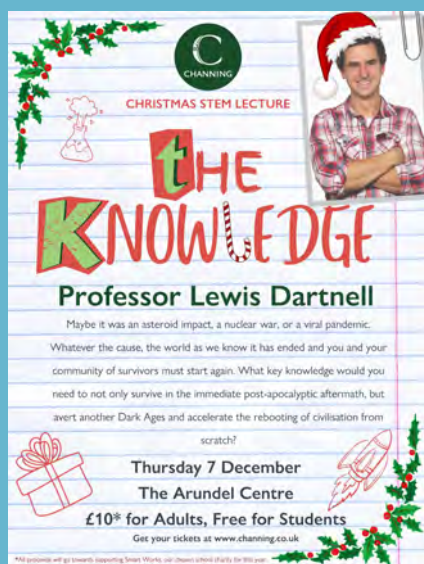
Mrs Lindsey Hughes
Headmistress

Notices

Diabetes Awareness

Every year around 700 children in the UK become seriously unwell because the signs of Diabetes have been missed. It is World Diabetes Day on 14 November and to mark this we have been asked by the Diabetic team at Whittington Hospital to share the attached poster with you to alert you to signs to look out for ([Diabetes Poster.pdf](#))

Ms Tas Franklin (Senior Nurse)
Ms Abi Levinson (School Nurse)



Christmas STEM Lecture

We are delighted to invite parents and students to the inaugural Channing Christmas STEM lecture on Thursday 7 December 2023. This year we will have the opportunity to hear from astrobiologist, research scientist, presenter and author Professor Lewis Dartnell who will discuss his Sunday Times 'New Thinking' Book of the Year and international bestseller, *The Knowledge: How to Rebuild our World from Scratch*.

To book tickets, please visit <https://www.trybooking.com/uk/events/landing/49571>

Upcoming TooledUp Events

[Understanding Girls with Dr Tara Porter: November 21, 19:30 GMT](#)

Dr Tara Porter is a Clinical Psychologist and Writer. She worked in the NHS for over 25 years in child and adolescent mental health and has her own successful private practice. In this webinar, clinician and author, Dr Porter will be exploring why some girls are struggling so much at present, and will provide parents with ideas for bolstering their relationship with their daughters whilst supporting their mental health.

[Webinar on Self-Harm with Dr Dennis Ougrin: November 29th, 17:30 GMT](#)

Following his successful and fascinating webinar on discussing real-world trauma with children, psychiatrist Dr Dennis Ougrin returns to help parents and educators with an equally sensitive topic: self-harm. Please note this is a live Q&A rather than a 'talk'.

[Expert online conference: Reaching Girls Early: Proactive Approaches for Mental Health, Appearance Anxiety and Body Dissatisfaction: 26th April 2024, 9.30am BST](#)

Guest speakers include Dr Sophie Nesbitt, Dr Lucia Giombini, Dr Amita Jassi, Dr Helen Ringrow, Dr Karri Gillespie-Smith,

Harington Christmas Fair

You are warmly invited to the Harington Christmas Fair and Open Day this year.

The Christmas Fair will take place on Saturday 9 December from 10.00am to 2.00pm and entry is free to Harington at 54 Cholmeley Park, Highgate, London N6 5AD.

The Harington Students and Staff have been busy planting a wonderful selection of seasonal bulbs and plants for sale at the Christmas Fair. Their Students will be looking forward to visitors coming along to the Christmas Fair and Open Day to view their work at the Harington Horticultural site.

You will also be able to enjoy:

Christmas decorations, art and crafts, gifts and cards.

Beautiful Christmas wreaths.

Seasonal bulbs and plants.

Live music and Christmas carols by our good friends the London Metropolitan Brass.

Delicious refreshments, cakes, chutneys and jams - Homemade by the Friends of Harington.

Fantastic Raffle Prizes organised by the Friends of Harington.



Autumn Concert: Thursday 16 November 2023, 7.30pm St Joseph's Church, Highgate Hill

Everyone is invited to the Autumn Concert, which will be held in the splendid setting of St Joseph's Church next Thursday 16th November at 7.30pm.

The *Autumn Concert* is an amazing showcase of the students' talents and is the first opportunity this year to hear our larger ensembles perform with this being the first live concert for many! The exciting programme includes a Queen medley, a movement from Rimsky-Korsakov's 'Scheherezade' and some jazz standards sung by the Cantemus Chorus as well as a little taste of the music learned on our recent music tour to Seville.

The ensembles performing are: *The Symphony and Concert Orchestras, Brunner Show Choir, Conabor Choir, Cantemus Chorus, Senior and Cremona Strings and the Brass Ensemble.*

FINAL REHEARSAL

There is a final full rehearsal for ALL performers on the afternoon of the concert, which should finish by **4.45pm**. It is vital that all students attend this rehearsal. A rehearsal schedule will be published after half term; once students have rehearsed all the items they are involved in, they will be free to go home from the church. *The following ensembles are likely to be required beyond 4pm - Symphony Orchestra, Senior Strings, Cantemus Chorus.*

Would you please note that if your child is a member of any of the ensembles mentioned above they will be required for the final rehearsal and concert. Following the rehearsal, students will not be able to return to school.

All performers will be required to return to St Joseph's Church by **7.10pm** on the evening of the concert, which should finish by 9pm. Students will be expected to wear Concert Dress unless they are in Year 7, who should wear smart school uniform.

Tickets are priced at **£8 for adults** (children under the age of 18 are FREE) and are available now by clicking on the link below.

[Book tickets](#)

Channing Fireworks - Lost Property

We had a few items of lost property at the Fireworks; please see photos on Classlist Announcements and message Alex Bennington directly on Classlist to claim an item.

Junior School Winter Fair Raffle Tickets Now On Sale!

Come one, come all and allow yourself an opportunity to win one of our epic Winter Raffle prizes including dinner at Claridges, football and tennis coaching sessions, a hamper from Harvey Nichols, gym and personal training vouchers, a case of Neckstamper beer, vouchers to local pubs and many more!

All proceeds will be donated to the Gastroenterology Department at Great Ormond St Hospital.

Raffle draw will be held on 1 December.

Tickets available on Classlist under "Events & Parties" at:

<https://app.classlist.com/parent/#/raffle/1069000682>

Many thanks for your support

The CA

Music News

Pupil Success

A huge congratulations to Hana D (Year 11) who has recently passed her Royal Schools of Church Music Gold Award with a commendation. This is the highest award that a chorister can achieve. The exam involves singing 3 contrasting anthems, a hymn, a psalm, a plainsong psalm as well as general musical aptitude tests. Candidates also have to display their knowledge of psalms, church liturgy and bible passages, including reading passages and discussing them with the examiner. Well done Hana!

We congratulate Astrid J (Year 8) and Thea I (Year 7) who have both been awarded places in the National Children's Orchestra to play Double Bass and Oboe respectively in the Easter and Summer courses next year. We also congratulate Emma F (Year 9) on gaining a Distinction in her grade V theory examination recently. Well done, Emma, Astrid and Thea!



Music at Lunchtime

This week we were treated to a delightful performance from 4 amazing music students. We began our performance with Isabel M singing a beautiful rendition of 'Butterfly'. Although this was her first channing performance she presented herself with great confidence, we hope to see her back on stage soon! Rory M was next to take the stage singing 'Feed the Birds'. She performed controlled and elegantly leaving the audience cheerful and impressed. We swiftly moved on to the older portion of the school with Yanna H performing Partita by Bach on the Violin. Her performance was skillfully executed and I'm sure inspired many younger students in attendance. To conclude the performance we heard Hannah D sing 'One Perfect Moment' from the hit musical 'Bring it on'. With Hannah's performance being last it definitely was a showstopper with plenty of emotion and confidence! Do listen [HERE](#).



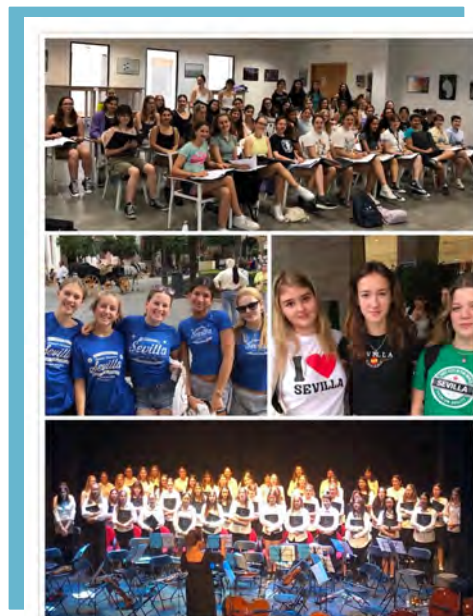
Seville Music Tour

Over half term 50 students travelled to Seville on the Channing Music trip, exploring the city and practising repertoire which we later performed in concerts. Every morning after a delicious buffet breakfast we travelled via coach to our rehearsal spot where we would do around 3-4 hours of rehearsals every day, as well as getting to go to a lovely cafe nearby. We hadn't seen the music before the trip but enjoyed sight reading our new pieces, which included a Seville inspired Flamenco composed by Ms Zanardo and a traditional Sevillian song which we sang in Spanish. After 3 days of rehearsals we finally had our 2 concerts

in nearby venues which we really enjoyed performing in, despite the rush! Aside from rehearsing, one of the highlights of the trip was getting to see Seville Cathedral as we were able to explore the history behind

the architecture. We were all fascinated to learn that the cathedral was built in the place of a Mosque! Additionally we also got to walk across the 'Setas' - a stunning wooden sculpture inspired by the shape of mushrooms and explore the beautiful Gardens of Alcázar. After exploring the city we were able to go swimming in the rooftop pool of our hotel. We really enjoyed being able to try a range of Spanish cuisine (the Tapas on the third night was a favourite!) and having an opportunity to practise our Spanish speaking skills. We had a brilliant week and it was a really fun experience to have taken part in. Make sure to attend the Autumn Concert to hear a

small part of what we got up to! On our return we gave a concert in the Arundel Centre for all of our parents and you watch the video of that performance [HERE](#)



Channing Fireworks

After days of heavy rain and the horrible prospect of a wet and miserable Fireworks night, the skies suddenly cleared and we were blessed with a dry and wonderful evening. Tickets sold out but we managed to accommodate everyone on the waiting list. The dance floor was full all evening with lots of prizes handed out for the best 'movers and shakers', the bar ran out of beer and there was a huge queue for sweets and glo accessories. The food carts all did a roaring trade with the churros in particular demand.

Special thanks to Julie Bajard, Amy La and their team of helpers who ran the Sweets & Accessories tent; Caroline Kent and her helpers, including Mrs Hughes,



Mr Meier and Ms Newman, who ran the Beer tent and to Yael Cortes Silva, Lucy Menendez and Alex Bennington for managing the gate. Last, but very much not least, a huge thank you to everyone who turned up on Sunday morning to help scour the field for fireworks debris and help pack away the barriers and staging.

Zena Watt

LAMDA News

The LAMDA students have been discovering that scripts only come to life as part of a process: first, analysing and experimenting, to discover all their options - they've found words on a page offer multiple possible interpretations; next, evaluating how each choice creates different effects and implications; and finally making their own choices - to create an original interpretation. To illustrate the point they were entertained by famous faces arguing about how to deliver one of the most famous lines in theatre. This comic sketch includes a stellar cast: Paapa Essiedu, Tim Minchin, Benedict Cumberbatch, Dame Harriet Walter, David Tennant, Rory Kinnear, Sir Ian McKellen, Dame Judi Dench and the then HRH the Prince of Wales. The Royal Shakespeare Company created it to celebrate the richness of William Shakespeare's texts on his 400th anniversary.

- Full version (6mins) [Hamlet with then Prince Charles and Dominic Cumberbatch - Shakespeare Live! From the RSC - BBC](#)
- Edited version (55 seconds) ["To Be or Not to Be" Shakespeare Live! | From the Archives | Great Performances on PBS](#)

Art News

We would like to share some of the amazing entries for the KS3 Black History Month Art Competition, here are some highlights. Winners to be announced and prizes awarded at mark reading at the end of term. Well done to everyone who participated.



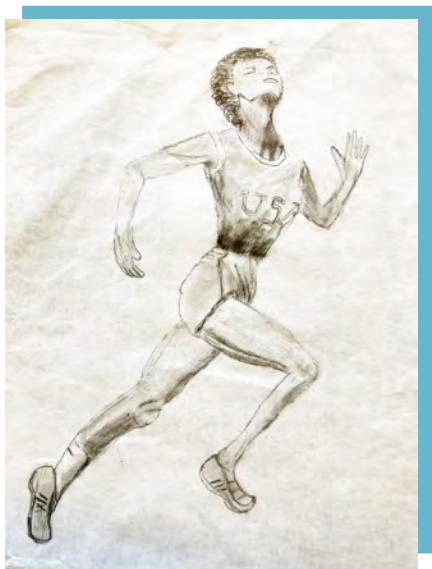
Isabella, Year 9
Maya Angelou



Taryn, Year 9
Tina Turner
Inspired by Kehinde Wiley



Elli, Year 7
Marsha P Johnson
Inspired by Damola Ayegbayo



Meera, Year 7
Wilma Rodolph



Edore, Year 7
Dr Maggie Aderin Rocock
Inspired by Yinka Sonibare

History of Art News

On Thursday 2 November, the Year 13 History of Art class took a day trip to Dulwich Picture Gallery in South London to visit the 'Rubens and Women' exhibition, as a part of our ongoing Baroque coursework. The exhibition was a mesmerising journey through the masterful works of the Flemish painter Peter Paul Rubens, showcasing his exceptional talent in portraying the beauty, strength, and sensuality of women through his artwork. It portrayed the essential ways in which Rubens's relationships with women nourished his creativity and career – from the role played by his female patrons and family members to his profound faith, artistic beliefs, and great loves. Whether his artworks were of family members, mythological goddesses or religious figures he often painted women with sensitivity that evoked a sense of power and purpose, which was particularly eminent in his striking painting of Goddess Diana.



Orla, Year 13

Classics News

On Wednesday evening, the Classics department hosted a maritime archaeology workshop with Henrietta Barnett School, the first event of its kind. Dr Katerina Velentza from the University of Helsinki introduced students to the field of maritime archaeology and the interdisciplinary nature of the subject; Katerina routinely collaborates with geographers, historians, classicists and anthropologists. Her research focuses on environmentalism and the preservation of local knowledge and how archaeology can assist the UN in achieving their sustainable development goals. Katerina invited students to produce a response to an ancient source on seafaring, from a Roman poem in which a boat is personified to a Greek drinking-cup depicting a pirate ship. Students created an acrostic poem, a storyboard and a beautiful illustration of the ship coming to

life. This was a unique opportunity for students to learn about a new discipline from an expert in the field. Hopefully we may have some future maritime archaeologists here at Channing!



Geography News

On Monday the Year 10 geographers went to the Olympic Park to investigate if the urban regeneration project had improved the quality of life of people living there. We conducted quality of life assessments and car number plate surveys in four locations. The students conducted questionnaires in East Village and drew and annotated sketch maps near the Copper Box. We had a great day and were lucky the sun was shining! Well done to all the students for their curiosity and focus.



Sports News

U12 Netball

The U12A team had their first 2 matches of the Haringey League on Tuesday afternoon. They faced Heartlands High and St Thomas Moore. The girls faced Heartlands School first. Once they found their flow in the first 5 minutes, they had a smooth running of the game and won 30 - 2. They then went on to play St Thomas Moore who came out ready and rearing for the fixture the girls had to adjust to the quick movements that the opposition produced. But with great turnovers and possession of the ball they managed to win the game 11 - 0.



U13 and U14/U15 fixture vs St Margarets

Our U13's and a mixture of our U14 and U15's played against St Margaret's school on Tuesday afternoon. All players were able to take the court and all played

exceptionally well with a fantastic score line: U13's won 10 - 5 and U14 won 10 - 1. Well done girls!

Sixth Form F45ers

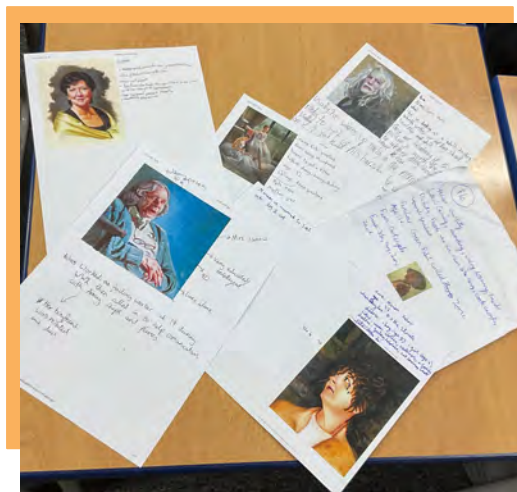
This year we have introduced F45 sessions to our Sixth Form Games programme. F45 is a type of training that merges three leading-edge fitness training styles (combining high-intensity interval training (HIIT), circuit training, and functional training) into one 45-minute functional training class. It has been so great to have 15 students join us and they have really enjoyed the chance to experience a full functional class in a fun and exciting environment. The session changes each week and is led by two Trainers from F45. The girls have had the chance to try different exercises and reported feeling stronger!

English News

Creative Writing Club

This week in the Creative Writing Club, Key Stage 3 students have been using portraits as a stimulus for short prose pieces. Each student chose an image of a person, then imagined the character behind the picture, developing a backstory and building a monologue for their creation. Here is an example from Lucy D in Year 8:

The TV rambled on late into the night; I could barely comprehend half of what they were saying, let alone clearly see it. The plush chair, now moulded to my shape, was swarmed with demons of comfort, whispering of how I should stay in their chair. Occasionally, I do wish the clock would reverse, eliminating the wrinkles which penetrate the thin layer of skin on my face that barely covers the muscle anymore. To have my keen eyesight, and young features once more. But the thing I miss the most is my voice. We conducted hundreds of speeches together, and commanded a room full of scholars. I miss the way it used to reinforce my status; my verbal education used to ricochet around halls, solidify my respect and only speak of what was right. Now, I croak; the cracks in my voice cut into my point reducing me a simple, useless old woman.



Reading Suggestions: Year 10 and 11

In Enrichment this year, Year 10 are having a refresher on how to use the library, including a session on reading around their subjects. [This list](#) has been put together by the library and teachers to encourage wider reading around the GCSE curriculum. All books are available from the library.

For current affairs, the school has a subscription to The Day, an online news website for schools, which pupils can access via the link on the school intranet. Parents can access The Day using the following link: www.theday.co.uk/?id=10752E31-EE1E-4760-8EF2-18FCEA4D83BD

STEM News

Anatomy Club

This was the final meet for this term and the students completed their dissection of the sheep's brain. They carefully took separate samples from the spinal cord, cerebellum and cortex, cutting very thin specimens to examine under a microscope. The students were able to see neurons which were densely packed together.



The club will start again next term with a new set of students; students will be invited to attend who are already on the existing waiting list. A big thank you to the fantastic sixth formers who have assisted with each session.

Marine Biology Club

This week, the pupils tested the tank's water in preparation for the arrival of our first fish. Sadly, the levels of nitrates and nitrites were far too high, this means that the water is not suitable for the fish. The group then changed the water, removing large amounts of "gunk." The pupils are learning that having a fish is not quite as simple as buying a fish and a tank! Next week, we shall try testing again to see if there are any improvements.



Chemistry Top of the Bench Competition

On Wednesday 8th November after school the Channing team of Sereny S (Y11), Daisy A (Y10), Saira C (Y9) and Isla M (Y9) took part in the Chilterns and Middlesex heat of the Royal Society of Chemistry's Top of the Bench competition. There were 6 rounds of questions on topics ranging from chemical calculations to identifying elements, compounds and mixtures to some general questions; do you know which former European leader has a doctorate in quantum chemistry? There were some challenging problems to solve and the students worked well as a team, puzzling their way through and showed excellent resilience, teamwork and patience (the online system was a little frustrating at times!). The results will not be published until Monday so we will keep our fingers crossed!



Science club

Fireworks for Channing students did not end at the weekend. In Science Club this week students created their own mini fireworks display and learnt about what is put into fireworks to make them so spectacular. Pupils put samples of salts containing different metals into a roaring blue bunsen burner flame and noted the colours produced. The heat from the flame excites electrons to high energy levels and when they fall back down they emit light of a certain wavelength, giving the different colours that we see. Pupils noted that for a firework to produce the desired effect, they would need to contain a metal, fuel, oxidiser, binder and chlorine donor. More information about fireworks can be found [here](#).



Science Journal Club

This week, Tessie chose an article on the colour of seagull's wings and how this can impact on their flight. We discussed how this could be applied to planes and looked at the shapes of bird and plane wings to compare them. This led us to think about how birds are able to take off and to think about flight more broadly and we looked at fighter jets and watched clips from Top Gun!

CREST Awards

Our teams made great progress this week, with Georgina, Isobel and Isla choosing household materials to investigate and thinking about the size, thickness and type of materials they would need. They also considered how to make their experiment as reliable as possible (by reducing human error) and how to reduce waste by re-using existing materials and/or making use of the waste produced. Caye and Ekta investigated methods for collected gases and began to research methods that they could use to generate carbonated water for their fizzy drinks.

Robotics and Coding Club

Aayu and Brayden are the first group to complete their robot build. They have been testing the functionality of the claw by grabbing and moving bricks from one side of the room to the other. This is in preparation for when they compete with the other groups to see who can move the most amount of bricks in a given time.



Science question of the week

This week's KS3 Science question of the week asked pupils to describe why mosquito bites itch. Once again we had an abundance of brilliant answers, but this week the commendation went to Amandine C for their excellent and detailed explanation (pictured below). Runners up who all

received a merit were Mariia S, Yasmin L, and Sophia S. Well done to everyone who submitted an answer this week!

Mosquito bites itch due to the substance that mosquitos release into your bloodstream when they bite you. When a mosquito bites you, they inject saliva into your bloodstream. Humans are allergic to some of the proteins contained in the saliva. Even though the saliva is harmless as it is, the immune system can be very sensitive to it. Due to this, your immune system will send histamine; histamine is a type of biological substance that dilates blood vessels so that white blood cells, plasma proteins and other tools that your immune system has to protect you against allergies can enter. However, a side effect of histamine can be inflammation on your skin and itching. Despite your body having the same reaction to mosquito bites / mosquito saliva, the level of itch will differ from person to person.



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

This week in the senior school Ms Zanardo (Head of Year 11) and Mr Boardman (Assistant Head T&L) led a session for Year 11 parents on “Supporting your child through GCSEs.”

All parents might find this useful and interesting so [here is a copy of both sets of slides](#) and here is a [recording of the evening](#).