

Dear Parents

Tuesday saw the return of an annual highlight at Channing: the assembly given by our Gold Duke of Edinburgh's Award team, showcasing the best and worst experiences of their four day assessed expedition and (usually) with a hilarious video to demonstrate exactly what they went through. This year's team is called Plan B - so named as they were formed at the last minute from the merger of two teams - and fittingly, they also had to give a Plan B assembly after the Sports Hall projector gave up the ghost. We'll look forward to watching their video together at the end of term but in the meantime Caitlin, Ella, Eliza, Emily, Gilda, Linda and Rebecca shared all the gory details of their four days walking in the Brecon Beacons in July - from torrential rain and thunderstorms to malfunctioning kit via banks of stinging nettles and stampeding cows! However, this being Channing, they also shared what they learned from their experience:

*Resilience - we learned to be resilient through the torrential rain and thunderstorms (Ms Yun informed us that we had experienced the wettest DofE since Channing had introduced the programme to the school). Gilda and her boot were especially resilient, as she constantly wrapped it up in rolls of duct tape and the sole of her shoe was left to fall completely off by the end. We also learned to be resilient through finding our way back to our original route if we went off track, and experiencing life on the wild campsite with no running water for showers, toilet facilities and living with the sheep.*

*Teamwork - even though we had never worked together before our final expedition we learned how to adapt and distribute roles to each other so that things could run as smoothly as possible. For example we each took up navigation, tent, cooking, and tent-carrying roles - each of which ensured whether we left the campsite on time and made it through the day.*

*Perseverance - we persevered through the rain and walking in damp socks. We also persevered in navigating through a field full of stampeding cows (but only after 15 mins of deciding whether we should go through the field). In the end we were 10% braver and got through, but still checking if they had somehow caught up behind us!*

*Independence - we were able to learn some independence skills to help us through university, gap years and our general future lives. We all bought and packed necessities, cooked, looked after ourselves and each other, learned how to get ourselves out of sticky situations, and were away from home but still managed to keep ourselves in one piece.*

*Practical skills - we became more adept at navigation using a compass and map, putting up a tent and cooking more complex meals on our Trangias, including Katsu curry and a warming miso soup.*

*And most importantly we learnt to be 10% braver, even if we had Mr Riggs-Long and Mr Hill tracking us at times during the four days of hiking, and also a life without our phones (we now know how Years 7-10 feel during the school day from 8:25am-4pm and we are sorry!).*

As I said in Assembly on Tuesday, I gave up on Bronze DofE at school when I discovered that I had to go camping for a night so I am in awe of anyone who completes their expeditions in Year 9, let alone to spend nearly a week away at Gold level! This group has been awesome in their teamwork

and resilience, and they will certainly deserve their celebration at Buckingham Palace when they go to collect their Awards later this year. I was particularly touched by the Reflection they wrote to end their assembly:

*We feel really grateful for having the opportunity to have such easy access to our beautiful UK countryside and that in our school we ALL have the opportunity to participate in something as unique as DofE. We really appreciated being able to have a few days where we were cut off from the outside world and were able to completely immerse ourselves in the natural world around us and be totally present over the course of our expedition, forgetting for a while about the stresses of everyday life, instead focusing on surviving in the wilderness.*

That last point, about the value of being cut off without access to technology, is one that I have been pondering a lot since last week's assembly and Word from the Head in which I spoke about the responsible and safe use of social media during the Israel-Hamas conflict. Mr Grossman has been approached by a number of girls this week asking for help in changing their Tik Tok and Instagram feeds to filter unwanted content and change what the algorithm pushes to their phones. We know that scrolling on these apps is a way that lots of teenagers choose to relax and get away from the stresses of life, so this document [Filtering Unwanted Content \(TikTok and Instagram\).pdf](#) has been posted on all the Senior School Google Classrooms this week. You may find it useful to discuss with your child (and indeed reset your own feeds too!).

Likewise I am very grateful to Miss Ramsden, our Senior School Librarian, for her work in scrutinising the library collection for further reading suggestions. These include works of fiction and non-fiction which are available to borrow as paper copies (not a bad idea for our Monday morning form time reading initiative, I'd suggest) as well as access to the online library subscriptions at The Economist, The Day and Encyclopaedia Britannica, among others. This list has been shared on Google Classrooms and I hope that you might also find some inspiration here, if you are keen to know more: [Israel Palestine conflict - reading suggestions.pdf](#).

Next week we will be writing to the parents of each year group with more information about the sessions we are running, both in PSHE lessons and in workshops with external organisations Stand Up Education and meedu (The Middle East Education Project), to educate and inform our students about the history of the Middle East and current situation in the region. We will also be doing more work with the Holocaust Educational Trust and the Anne Frank Trust. These sessions stretch all the way to Enrichment Week in June, with something for every year group each half term, and parts of it will be embedded into the curriculum for the future. My thanks to the CST and Board of Deputies for their recommendations of groups to work with and to Mr Meier, Mr Gittins, Mrs Bhamra-Burgess, Miss Lindsay and Mr Grossman for all their hard work in writing new materials and liaising with the external groups to organise this programme.

On Sunday I will be heading to the Cotswolds for the annual GSA Heads Conference. It's an event I look forward to not just for the time spent in the company of my fellow girls' school heads, but also for the chance to consider some of the big strategic themes which affect us in the sector. I will look forward to reporting back in next week's Word from the Head. For now, I wish you a very happy weekend.

With warmest wishes

Mrs Lindsey Hughes  
Headmistress

# Notices

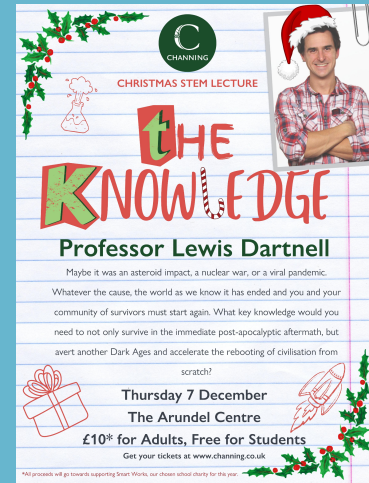
## Unifrog Parents Accounts

Students in Years 11-13 are now using Unifrog, a destinations platform that helps young people navigate the wide range of possibilities open to them after school. Lower year groups will enrol in due course.

Parents of all pupils can create their own Unifrog accounts by going to the Unifrog sign in page and using the sign up code **CHNNParents**. The code is valid until 8 February 2024. Do sign up and explore what is on offer. A presentation outlining some of the main tools can be found here: [Unifrog parents' presentation](#). You may even decide on a career change yourself!

## 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

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 29, 17:30

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: 26 April 2024, 9.30am

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, which 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.

### 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.

### Black Friday at Uniform4Kids

It's Black Friday at Uniform4Kids with 20% off all products including schoolwear, sportswear, footwear and accessories for one day only, online, exclusively on Friday 24 November 2023.

This offer is available online only via [www.uniform4kids.com](http://www.uniform4kids.com). Discount code **BLACKFRIDAY20** must be entered at checkout. A discount cannot be added retrospectively to an order already placed.

Please note we will not be offering Click & Collect or Delivery to School during this event. Orders will be dispatched via courier and may take up to one week to process.

## Sport News

Congratulations to **Saskia C** (Year 11) who, after 7 focussed years, gained her black belt in Tae Kwon Do. She's been diligently training 2-3 times per week, taking part in workshops and competitions, and being an active member of her club community. Well done Saskia!

## Swimming

On Wednesday 15 November 34 Channing girls from years 7 - 10 travelled with Miss Weston and Miss Gibbins to London City School for Girls for their first swim meet of the year. City and Francis Holland greeted us with large smiles and ready for some friendly competition. As a team we swam hard and fast in races ranging from 100m to Squadron 'everyone involved' relays and put out some outstanding performances!

Commendations go to Alexa Lewis-Banks for helping rally up the swimming team prior to the event and Anais (Year 8) who stepped up and swam 50m Butterfly at the last minute! Huge well done to all of the girls and we look forward to the next competition.



## Music News

Congratulations to **Imogen B** (Year 9) who was awarded the Strings Prize at Sutton Music Festival, following her performance in the Senior Recital Class. She performed a contrasting programme including Mozart's Adagio in E followed by the first movement of Lalo's Symphonie Espagnole. The Strings Prize is awarded to one outstanding string player from across all the string categories. The standard at the competition was incredibly high; the adjudicator commented that it was the highest standard class she had ever adjudicated over! Well done, Imogen!

Congratulations to **Millie W** (Year 8) who auditioned for the National Youth Choir in the October half term and has been offered a place on their residential courses next year. Well done, Millie!

Many congratulations to **Catherine S** (Year 11) who has been accepted into the National Youth Guitar ensemble. An excellent achievement; well done, Catherine!

## Music at Lunchtime

We started off this week's recital with a nostalgic rendition of the 'Cup Song' from 'Pitch Perfect' by Millie W and Eliana H. This fabulous performance was acappella with only the girls using their 'helping hands' and cups to create an accompaniment. They displayed real skill in creating percussion and singing beautifully at the same time, and had many audience members itching to sing along. Continuing with the cinematic theme, Leah TL performed a stunning rendition of 'Part of Your World' from the Little Mermaid. Leah really captured the magical atmosphere of the song and she demonstrated amazing vocal control through her impressive vocal runs and belting. Next, Elena S took the stage with a gorgeous performance of 'Poor

Wayfaring Stranger'. Her soaring high notes demonstrated the beautifully sweet quality of her voice which gained a very large round of applause from her large group of supporters. From cups to piano, Millie W played 'New Kid' by Christopher Norton. This playful jazz number, which was full of fast notes and syncopation, was played superbly. This week's recital was closed by Evangelina U's performance of the ballad 'Control' by Zoe Wees. Evangelina gave the performance her all and her vocal 'control' was incredible. The recital this week was a joy to watch, but unfortunately we had issues with our technology that day and we are unable to provide a recording for you to listen to!



## History of Art News

On Thursday 9 November, the History of Art Year 12s went with Ms Ward to two galleries. We headed to the Courtauld Gallery and saw landscapes which linked to our current topic in class, as well as looking at some work by Monet, as we have been studying Impressionism. We had some time to look around the gallery by ourselves, and made some notes on paintings of our choosing. Next, we went to the V&A. We started by looking at a Mannerist sculpture by Giambologna of Samson. We then looked at Tipu's Tiger, an Indian piece of art that was about the victory over the British. We then

had time to look around the rest of the gallery as there is a lot to see! I really enjoyed two rooms which were entirely sculptures that had been plaster cast. These rooms contained famous artworks such as Michaelangelo's David, which was really exciting to see, even if it was not the original. Overall, it was a very fun and interesting day and we all had a great time.



*Lana, Year 12*

## Sustainability News

Channing's second sustainability week runs from 27 November until 1 December. Here is how you can get ready for two of the special events that week:

- Clean Air Day (Monday 27 November). We request that all students and staff try not to travel by car on that day but use other modes of public transport. We will also be outside collecting air pollution data.
- Sustainability Fayre (Friday 1 December). One of the star attractions is the second hand clothes stall. For this to work we are asking all students to have a pre-Christmas clear out of previously loved clothes, bags and accessories to donate. There will be pink bins in the Sixth Form Centre to collect the clothes. Our sustainability reps Lola and Grace will be handing out prizes to those who donate. All proceeds will go to the charity [Just One Tree](#).



## Geography News

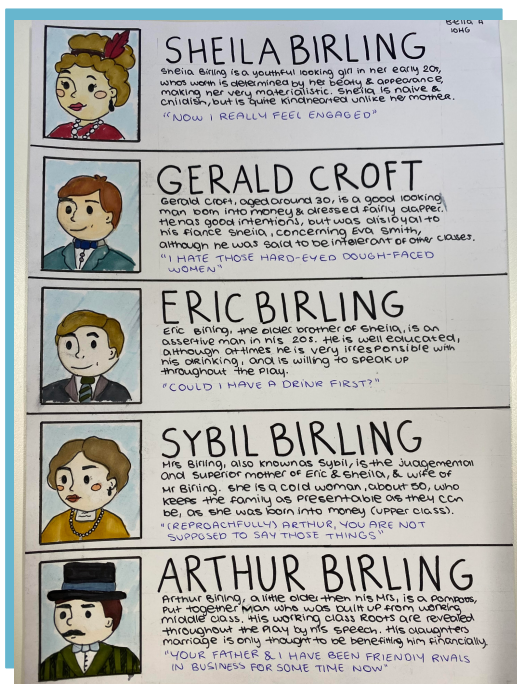
On Friday 12 November, the Year 12 geographers carried out the investigations for their mini NEA at Brick Lane.



We were lucky enough to be invited into the Sandy's Row Synagogue for a talk on the waves of Jewish immigration into the area before looking at the impact that the Huguenots and Bengalis have had on the area's sense of place. We visited the Beigel Bakery for a snack before walking the length of Brick Lane and carrying out surveys to help examine the impact of gentrification. We then stopped for lunch in Spitalfields Market before investigating the impact of regeneration on the area.

## English News

Year 10 have made an excellent start to their study of J.B. Priestley's famous morality play *An Inspector Calls*. Students carefully profiled the main characters, exploring their motivations and key traits. Bella A in 10HG brought the characters to life with some stunning artwork and Daisy L in 10GR provided a detailed description of the kind of dubious thinking that led to Eva Smith's death.



By Bella A (10HG)

## Mrs Birling



- Arthur Birling's wife but clearly came from a higher class than him originally.
- From the beginning of the play she is snobbish and cold-hearted, even though she is a member of the local women's charity.
- She treats Eric and Sheila like small children, not a man and woman - turning a blind eye to Eric's drinking.
- Her cold, uncaring nature eventually leads to her downfall.
- "No, of course not. He's only a boy." And later "(staggered) it isn't true."
- "...that were simply absurd in a girl in her position"

By Daisy L (10GR)

## STEM News

### Marine Biology Club

This week at Marine Biology Club, we learnt about the nitrogen cycle and optimum habitat conditions for our fishy friends. We tested the fish tank to make sure it met the sufficient requirements so that our fish can live in it. This included testing the tank's levels of chlorine and the pH levels as well as nitrates and nitrites and the temperature of the water (25-27°C). Happily, the results were all in the recommended levels. This means that Mr Grossman will go out next week to get our fish! We hope to get a Siamese Fighter Fish, a couple of guppies and possibly a pink fish! We are all very excited to welcome our Channing fish, and we hope you are too.



Alexa L-B, Year 10

### Science Club

This week at Science Club, the students had an engaging experience dissecting a sheep's heart to better understand its intricate structure and the vital function that it plays in pumping blood around the body. Our exploration began by examining the heart's external structure and discussing the role of the coronary arteries. The students then ventured further into the dissection, looking at the structure of the chambers of the heart and the direction of blood flow through them. We finally identified the atrioventricular valves and chordae tendineae (heart strings) and considered the vital role that they have in preventing the backflow of blood.



Next week, we will be investigating our reaction times.

## Science Journal Club

Rebecca had chosen an article that described a study that showed that jellyfish appear to be able to learn from experience, even though they lack a central brain. We discussed what makes a brain and thought about what constitutes learning. This linked to ideas about computers and circuits and the difference between a circuit that can respond to changes in light conditions, and a computer that could learn where the light would come from or could learn the dimensions of a room to avoid the walls. We looked briefly at the structure of animal brains and observed how similar they are. Did brains evolve from simple circuits in a similar way to how computers have developed over time - so is the jellyfish system a type of primitive "brain" - or have different systems developed in parallel?

## CREST Awards

Isla M, Georgina V and Isobel B have begun to investigate effective methods to break their materials. As the ideal materials have yet to arrive, they used broken tiles and microscope slides as substitutes to help test potential methods. Preliminary investigations showed that tiles that were already broken appeared easier to break than those which were pristine at the beginning. Interestingly, the microscope slides were more difficult to break than the ceramic tiles.



Ekta A and Caye B have chosen a recipe for their fizzy drinks and they are ready to begin preliminary testing next week.

## KS3 Science question of the week

This week's KS3 Science question of the week was 'Did any Dinosaurs survive?'. Once again we had lots of brilliant answers submitted, but the winning answer this week was submitted by Maheen S - well done! Presented wonderfully, she not only explained her answer very well, but also had pictures showing examples of Dinosaurs which are extinct and which are not extinct. The runners up this week were Ellie S, Mariia S, and Yasmin L who also had fantastic responses. Well done everyone!

### DID ANY DINOSAURS SURVIVE?

Around 66 million years ago, at the end of the Cretaceous period, an asteroid struck the Earth, triggering a mass extinction that killed off the dinosaurs, and 75% of all species. As a result, most dinosaurs are extinct. There is no scientific evidence that any dinosaurs, such as Tyrannosaurus, Velociraptor, Apatosaurus, Stegosaurus, or Triceratops, the T-Rex, the Lumbering, the Triceratops etc are still alive. However, even though these large reptiles did not survive, more sizeable ones are still alive today: Birds. There are 11000 different dinosaur bird species still roaming the earth. Many different species such as the Shoebill Stork, which is known to be the most prehistoric bird alive today, and many others such as all beaked birds. So could dinosaurs exist today? As we have covered the species that are most definitely extinct and the ones that are still alive, we can tell the asteroid which struck did kill millions of animals, but it still left some species for our world today.

#### EXAMPLES OF DINOSAURS WHICH ARE EXTINCT:



T-REX



VELOCIRAPTOR



APATOSAURUS

#### EXAMPLES OF DINOSAURS WHICH ARE STILL ALIVE:



SHOEBILL STORK



CASSOWARY



CROCODILE / ALLIGATOR

## Maths News

### Puzzle of the Week Competition: Key Stage 3

Here is the update on the weekly competition. Miss William's class in Year 8 has the most correct entries - well done 8CW!

Class	Number Correct
8CWi	119
7HWo/GH	65
9HWo	25
9GB	22
8MY	19
7CWi	15
9HT	11
7GH	11
7MY	7
9MY	3
8GBB	3
7MH	3
9CWi	2
7HT	1

House	Correct Answers
Sharpe	75
Waterlow	61
Spears	60
Goodwin	60

## Individual Winners: AUTUMN TERM

These students have 7 correct answers already this term and are in the overall prize: There are lots who have 6 correct puzzles - keep coming in!!!

Maisie	B	9HWo
Millie	W	8CWi
Sophia	S	8CWi
Emma	L	8CWi
Mathilde	H	8CWi
<b>6 correct Answers</b>		
Lara	G	7GH/HWo
Thea	I	7GH/HWo
Iyla	R	8CWi
Mimi	G	8CWi

Well done -  
keep those  
answers  
coming in!!

Do try this week's puzzle at home!

## Puzzle of the week Channing School

### How Far?

Akiko, Caitlin, Neil, Peter, and Seth have each made a map showing how far they live from school.

On Akiko's map, her house is 11 inches from school. She used a scale of 1 inch =  $\frac{1}{2}$  mile.

Caitlin and Neil both used a scale of 1 inch =  $\frac{1}{3}$  mile. The distance from Neil's house to the school is  $1\frac{1}{3}$  inches more on the map than the distance from Caitlin's house to the school.

Caitlin lives farther away from the school than Akiko does, but Caitlin's house is 4 inches closer to the school on her own map than Akiko's house is on Akiko's map, because Akiko used a different scale.

The distance from the school to Peter's house as shown on Peter's map is twice as long as the distance shown from the school to Seth's house on Seth's map.

Peter used the same scale as Akiko, while Seth used the same scale as Caitlin.

Seth lives 3 miles closer to the school than Neil.

How far from school does each student live?

Give your answer in on the google form by 3pm on a Friday.

There will be a prize for the most correct solutions at the end of term - individual and by class.

Week 9

## UKMT Senior Kangaroo

Haruka M in Year 11 sat the follow on round after her success in the UKMT Senior Maths Challenge last month, where she got a Gold certificate and the 'Best in School' accolade. She got to do the even harder 'Senior Kangaroo' yesterday. She worked flat out for the entire hour. Here she is hard at it taking the exam in Mrs Wootton's office. Well done, Haruka: we look forward to seeing how you got on in a few weeks!



## Maths Drop In

We are so impressed with our students coming to Maths Drop In after school on Thursdays 4-5pm.

It is on every week in D1 (Key Stage 3) D2 (Key Stage 4) D3 (Key Stage 5). We were busy today despite the concert rehearsals. True perseverance was shown by all students! A big thank you to the department who tirelessly give up their time every week to support Channing students. Here are Mr Bowman and Mr Daurat in action helping Sixth Form students.



## Partnership News

### Reading at St Joseph's

This was the last week for Ari, Chileshe, Margot and Erin who have been going to St Joseph's before school to read with their Key Stage 1 friends. Thank you to these pupils, you have done an excellent job! A new group will be starting next week.



### Communittea

Last week, Year 10 and 11 pupils welcomed visitors from the local community for a monthly chat and digital advice. Thanks to the catering department who, as usual, delighted us all with a delicious spread!



### Baking at La Sainte Union

This week, Year 8 pupils visited La Sainte Union School to make friends and bake pear crumble. Much fun was had by all and the pupils enjoyed taking their delicious pudding home to share with their families.

### Gaming with St Aloysius

This week in Game Design Club we used 'Mario Maker 2' on the Nintendo Switch to create our own level. The club members used all the tools at their disposal to create a near impossible level!



### Puzzle Club

This week is Maths Week England which is designed to develop opportunities for students to become confident mathematicians. In 2021 it became the largest national maths festival in the world. This year's theme is "3 is the magic number". Our Brookfield and St Joseph problem solvers have been completing some problems based around this theme such as finding how many combinations there are of stacking together 3 cubes each of different colours and multiples of 3 mazes.



### Horticultural Club with Harington

This week was the last session for Harington Gardening club this term. They will start again in the spring when the weather improves. Here are pupils planting garlic bulbs and spider plants. We look forward to starting again next term!



### Science Club

This week in Science club we were looking at different types of organisms on prepared slides under a microscope. Pupils then had the chance to make their own slides and viewed Pondweed, different types of flowers, string, salt and sand under the microscope. Following this we were also lucky enough to look under a specialised dissecting microscope to view live woodlice - much fun was had by all!



### Debating News

The Channing Senior Debating team took part in the first round of the prestigious national English Speaking Union debating competition last Thursday. The whole club, including our partners at St Aloysius, worked hard to prepare the arguments proposing the motion, 'This house believes that environmental action should target government policy not individual behaviour'. The main points of clash centred around the best way to create impactful, lasting change and interrogated the truth of the claim that individual and community action is more powerful than policy change. Eve C and Molly S in Year 11 showed impressive poise and gave eloquent speeches. We are thrilled that they have been put through to the second round. Well done to all who took part!

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

#### Maths Open Classroom

During this week all teachers opened their doors for open classroom. This was a great opportunity for teachers to showcase great teaching and learning and get some ideas from their colleagues. Here is year 11 using technology to help them to visualise and learn about circle theorems.



Year 12 students doing some active learning. They are completing a log and exponential matching hexagonal puzzle.

