



Dear Parents

What a difference a day makes (and yes, you're allowed to sing!). On Monday - the much-fabled (and utterly fabricated) Blue Monday - I read this interesting article in The Telegraph about [Blue Monday hype](#) and the way in which, in the author's view, mental health has been reduced to a marketing gimmick. It linked to a long-held concern of mine about the way in which young people can label normal feelings and emotions as mental health issues - feeling sad meaning 'I'm depressed', feeling a surge of adrenaline and saying 'I'm having a panic attack', being worried about something and calling it 'anxiety'. We all know that there is a spectrum of mental health, as much as there is a spectrum of related mental health issues and diagnoses, and it's important to help our children know the difference.

It's an interesting topic and that was my plan for Word from the Head this week - but I'll save it for another time, because everything changed on Tuesday morning when we were fortunate to have with us Kate Stephens, CEO of [Smart Works](#), this year's chosen school charity. She gave us an inspirational assembly about the extraordinary work they do, complete with a video of their clients talking about the extraordinary impact of their sessions with the charity. Smart Works has a simple mission: to dress and coach unemployed women for their job interview so they can fulfil their potential and change their lives.

However, as Kate put it, this simple sounding intervention has a profound and positive impact on everyone around it. Not only does it deliver outstanding tangible results, with 69% of clients this year going on to get the job within a month of their visit, but it also lifts up everyone associated with it. There are lots of ways in which people do get involved: from donating clothes, money or time as a volunteer dresser, coach or wardrobe organiser to referring clients and making contacts for the charity to continue on its mission to double in size. The bulk of the clothes given to clients are donated by major retailers, from designers to high street, and including make up, shoes and accessories too. They are carefully curated and edited for every woman during her appointment, which includes an hour of 1-1 interview coaching as well as the dressing session.

Kate spoke movingly about the power of clothes in transforming a woman's idea about herself - certainly something that all of us in the Sports Hall could relate to - and about the power of what we can achieve when we work together with a common purpose. By making aspiration accessible to everyone and demonstrating to an unemployed woman that there is a community out there that believes in her, lives are changed. And at this time of unprecedented need, post the pandemic and in the middle of a cost of living crisis, Kate made clear that she feels it is their duty to take this charity to every woman who needs them across the UK.

I agree wholeheartedly with Kate in her belief that it is our responsibility as women to support and empower each other. As Smart Work's Patron, the Duchess of Suffolk, said in her 10th

anniversary statement, *“you have made an indelible mark on women across the UK who have walked into your doors in need of more than just an outfit - they needed someone to believe in them. ... You provide much more than a handout, at Smart Works you provide a hand held.”*

I am very excited about what more the Channing community can do, beyond our usual charity weeks and bake sales, to support Smart Works this year. The Year 13 Charity Officers are on the case so watch this space for more information about our school initiatives, but in the meantime there are a number of ways in which you can support them straight away if you have also been inspired by their mission.

### **Smart Works Fashion Sale, 2-4 February**

Shop at the Smart Works Fashion Sale, returning to the Truman Brewery from Friday 2 to Sunday 4 February, for pre-loved, vintage and designer pieces all up to 70% off RRP. With 100% of the sale price coming directly to Smart Works, this is guilt-free shopping at its best. Tickets are available here: [The Smart Works Fashion Sale](#).

We'd love for students and parents of Channing School to join us using the complimentary code **"CHANNING"** for free tickets across any of the shopping sessions over the weekend. Please remember to bring your own tote/shopping bags for any purchases that will be made.

### **Clothing Drives**

Now is the perfect time to clear out your closet and give your clothes a new lease of life. Whether it's donating a pre-loved suit to our wardrobes or your favourite party dress to be sold at a sale, every piece you contribute will play a significant role in empowering another woman's journey to success. Students and parents interested in donating clothing can find out more here: [Donate Clothes](#).

### **Volunteering**

For any parents interested in volunteering with Smart Works on a regular, individual basis, working directly with our clients in interview dressing and coaching appointments, they can visit our website here: [Smart Works Volunteering](#).

We also offer group volunteering sessions for Corporate Teams - our Corporate Wardrobe Sessions. To organise these, please get in touch with the Smart Works Team by contacting our Corporate and Retail Partnerships Executive, Charlotte Hope.

### **Challenge and Sporting Events**

We have places in various different challenge and sporting events throughout the year, such as RideLondon and the Brighton Marathon. More information on these is available here: [Smart Works Fundraising](#).

Finally if you have contacts in the fashion trade and would be interested in finding out more about how you could support Smart Works with donations of dead stock or by running promotions in aid of the charity - such as Bobbi Brown's [Never Fully Dressed collection](#) for International Women's Day - please let me know and I'll be happy to put you in touch with Kate. By complete coincidence (and we really didn't know this when the Sixth Form Charity

Officers selected Smart Works as one of the charities offered to the school for voting this year) she is also a Channing parent. Now that really is serendipity!

With best wishes for the weekend,

Mrs Lindsey Hughes  
Headmistress

# Notices

## Upcoming TooledUp Events

[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 and Dr Karri Gillespie-Smith.

## Chatting with Channing: Exploring the Cosmos with Professor Lewis Dartnell

On this month's episode of Chatting with Channing our Year 12 STEM ambassadors, Maddie and Chiara, had the incredible opportunity to interview Professor Lewis Dartnell, a prominent figure in the field of astrobiology. In this podcast episode, we delve into the fascinating world of astrobiology. Professor Dartnell holds the Professorship in Science Communication at the University of Westminster and presented a talk based on his book, *The Knowledge*, at our inaugural STEM Christmas lecture.


Professor Dartnell provides our listeners with a captivating overview of astrobiology, the study of life in the universe. He shares his specific areas of interest within the field, giving us a glimpse into the mysteries of extraterrestrial life and the conditions that might support it. Listen on [Spotify](#), [Apple Podcasts](#) or the [Channing Website](#).



## ABRSM Practical Music Examinations 18-20 March 2024 - APPLICATIONS NOW OPEN


We will be holding Practical music examinations over two or three days during **18-20 March 2024** for candidates in both the Junior and Senior Schools. These examinations are also open to candidates who have practical music tuition outside of school, providing their teacher has stated that they are ready to take an ABRSM Practical examination this term. (Please note that regrettably, Year 6 pupils will be unable to take their examination in the summer term, as they are away on a residential trip the week the examinations take place in May.)

We do need parental consent before we enter candidates, therefore parents need to scan the QR code shown and complete the online form by **4pm** on **Monday 5 February** at the latest. Unfortunately we will be unable to process late applications.



### ABRSM Examinations

Examinations are scheduled to take place during **18-20th March 2024**



Please scan the QR code and ask your parents to complete the electronic consent form.

*Consent forms must be submitted by 4pm Monday 5th February. Regrettably, late entries cannot be accepted.*

## Lost Property - Water Bottles

Any pupil who has lost their water bottle should check with the PE department by the end of next week.

## Medication

A reminder that for safety reasons we do not allow students to carry any over-the-counter (OTC) medications (apart from emergency ones) with them at school. Sixth Formers are permitted to have a small amount of paracetamol/ibuprofen with them but must not share these with their friends. The School Nurses can assess anyone who may need medication and administer it from the school's own supplies.

Any prescribed medication to be taken at school must be sent in its original container with expiry dates and prescription label clearly visible, as well as a completed Administration Consent Form (found in the Medications Policy on the school website).

## Year 10 Concert

The Year 10 Concert will be held in The Arundel Centre on **Tuesday 23rd January at 6.30pm**. This is an opportunity for our students in their second term of their Music GCSE course to perform as soloists in front of a live audience. The pieces they have chosen cover a wide range of styles and include a variety of instrumental and vocal music. Do please come and support our young musicians next Tuesday.

There is no need to reserve tickets for this event.

## Channing Association News

### Coats and Food Bank Donations

Thanks to everyone who sent in coats and Food Bank donations before the holidays. These were very gratefully received by our charity partners .

### Channing Year 7 Disco, Saturday 24 February

The Year 7 disco will be back for another year on Saturday 24 February 7:30-9:30pm in the Senior School Sports Hall. Tickets go on sale for **Channing only presale** Monday 22 January at 9am. General sale from 26 January 9am. All details on Classlist.

### Comedy night - North London Laughs, Wednesday 20 March

For one night only, Avalon presents a star-studded line-up including GREG DAVIES; ROB DELANEY; ROB DEERING; SARA PASCOE; LOU SANDERS; EMMANUEL SONUBI and JOSH WELLER for a hilarious evening to raise vital funds for Great Ormond Street Hospital.

Tickets for North London Laughs charity comedy night are now available to buy, with exclusive first-access to Channing families using code GOSHPRESA24, until Thursday 25 January when sales also open to the general public.

Buy tickets here: <https://www.alexandrapalace.com/whats-on/north-london-laughs-2/> - maximum 4 tickets per family.

Doors at 6:30pm for Channing families to have a drink at the bar, before the show starts at 7:30pm, ends at 10pm.

### Second Hand Uniform sale - Friday 26 January 3:15pm

The CA will be holding a Senior School second hand uniform sale on Friday 26 January at 3:15pm in the Dining Hall. Please leave any donations of clean gently used uniform (no shoes, coats or old style PE kit please) with the school office from Monday 22 January. Sale open to parents and students. Card and cash accepted (card preferred).

### Channing Association Choir

Following the wonderful singing in the Winter Celebration in St Michael's last term, the Channing Association – supported by the Music Department – is very excited to be launching a parent and teacher choir this year, and we need YOU!

The choir is for parents and carers, and will open to all genres of music. Rehearsals will be fortnightly in a local venue TBC on Monday or Tuesday evenings 7-9pm.

If you would like to join the choir or take on the role of accompanist on the piano, please email [jschanningassociation@gmail.com](mailto:jschanningassociation@gmail.com) to register your interest. Venue and dates to be communicated in due course.



CHANNING

# Girls Enjoying Success

## Music News

### Music at Lunchtime

Last Friday was the first Music at Lunchtime after the holidays and it did not disappoint! Ava K opened the recital with a musical and uplifting performance of Stomping Boys on the cello. Millie W then gave a fantastic rendition of 'Fire on Fire' by Sam Smith, which truly displayed her talent as she sang and played the piano.

Next, Siana C performed the impressive 'Perpetual Motion' by Bohm on the violin. This was followed by yet another pianist and singer, Amy P who performed her original song, 'Foolish', with great emotion. Lastly, Maya HB sang 'My Mind' by Yebba with poise and evident talent. Well done everyone! If you missed it - do listen [HERE](#).





## Careers News

### Interview and Assessment Skills Event

On Tuesday students in Years 12 and 13 took part in an interview and assessment skills event as part of Channing's Careers Education Programme. They began with an informative introductory talk about preparing for job interviews from Caitlin Ellis of InvestIn Education, an immersive careers experience provider. Miss Ellis recommended using the STARR technique when answering competency-based questions and demonstrated adaptability herself when the projector suddenly lost focus and could not be remedied! Her talk was followed by a contribution from parent Dr Christel Fourie, a consultant organisational psychologist, about how organisations recruit and the attitudes young people need to adopt to be successful. The Sixth Formers then completed a carousel of activities including practising aptitude tests, preparing for telephone interviews, participating and being observed completing a group activity and being interviewed for a job by a parent interviewer. Many thanks to all parents who volunteered their time and expertise - our Sixth Formers are very grateful.



## Library News

### House Reading Challenge for Years 7-9

From January to May half term, pupils in Years 7-9 are taking part in a House Reading Challenge aimed at inspiring reading for pleasure and discussions within book clubs and forms. Pupils are challenged to read books from the [attached lists](#) to earn House points. They can also enter competitions for the best book review and best creative response to a book from one of the lists. Details of the reading challenge and competitions have been shared with pupils via their form Google Classrooms and more information can be found on the [library website](#).

### National Reading Champions Quiz - team members needed from Years 7-9

This year Channing is taking part in the National Literacy Trust's Reading Champions Quiz for the first time. Pupils in Years 7-9 are invited to sign up to join Channing's team! Our team will compete against other schools in an online quiz testing knowledge of children's and teen fiction. More details can be found in the sign-up form (please sign up by Friday 26 January):

<https://forms.gle/K9b3PUe8aMh2JQo4A>

## STEM News

### Puzzle Club

In our first puzzle club we made a Tower of Hanoi. Students played with the model which had 4 rings and then made a 6 ring version from a net. They were finding the minimum number of moves to move the tower from one end to another without placing a larger ring on a smaller ring. We started to find the nth term of the formula of the minimum moves which we will finish next week.





### Partnerships Problem Solving Club

It was the first Partnership Problem Solving club on Wednesday and we had lots of Year 6 students from 4 different local primary schools including Channing Junior School and Brookfields. Miss Williams organised a fun relay with different questions of increasing difficulty. Here they are enjoying their Maths!

### Maths Subject Leaders in Action

Our subject leaders Scarlett and Gigi manned the Maths and Further Maths stalls at the Year 11 subject marketplace, along with Caroline, Zoe and other Year 12s. The whole year group found out from our Year 12 what it is like studying Maths and Further Maths at A level.



### Physics Club for Year 7/8

This weeks activity was building the tallest tower with marshmallows and paper straws. The best student tower was Mariia S in 8AK with 48cm. The best staff tower was Ms Whitehouse with 50cm. More fun activities next week!!

### Anatomy Club

This week the students dissected a lizard, a cold blooded vertebrate. First they examined the external anatomy, using a looking glass. They saw the ridges along the underside of the feet, which provide suction.

Next a long cut was made along the underside of the body to expose the internal organs. Of particular interest was the colour of the inside of the skin, which is black, in order to help to retain heat (lizards are cold blooded). The students then dissected the liver, heart, stomach and intestines.



Next week we will be dissecting a starfish, an invertebrate. Special thanks to the sixth formers who provided expert help.

### Science Question of the Week

This week for KS3 Science question of the week the pupils were asked 'Why do balloons float? Which gases allow a balloon to float? Are there any gases that could be inserted into a balloon



which would cause it to sink?'. We had some fantastic responses to the question, but the winning answer this week was submitted by Mariella P who has been awarded a commendation. Well done!

### STEM Careers Club (Year 9 - 11)

On Tuesday lunchtimes beginning next week, some of the Year 12 students will be running a series of STEM careers sessions to help Year 9-11 students find out more about these pathways and what they need to do to follow them. The timetable for the sessions is:

Date:	People:	Subject:
23/01/2024	Maya + Lucy	Dentistry
30/01/2024	Zoe	Engineering
06/02/2024	Charlotte + Priya	Medicine
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20/02/2024	Catrin	Physics
27/02/2024	Tabi + Saoirse	Computer Science
05/03/2024	Maya + Lucy	Pharmacy

These sessions will take place in LG3 lab from 12:30 - 1pm on Tuesday lunchtimes. Do come along to find out more!

### Science Journal Club (Year 11-13)

This week, Zoe broke from tradition and chose an article from Forbes rather than New Scientist. The article was about how AI is used in healthcare. We all felt that the applications of AI were really useful - robotic assistants that reduced complications following surgery by five-fold and virtual nursing assistants that could save the healthcare industry \$20 billion annually seemed like no-brainers. However, we talked about how confident we would feel about being operated on solely using an AI programmed robot and our fears regarding this - having the human to keep an eye on the AI and the AI to keep an eye on the human seemed the best option to us. Having read the article we felt that a large number of jobs could potentially be replaced by AI moving forward. What career pathways could we choose to future-proof us from these changes? What would future careers look like if AI could replace humans in so many ways, and should we worry about how much we let computers do?

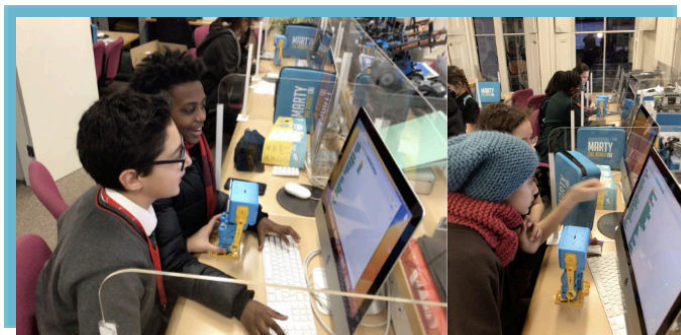
### CREST Awards (Year 9)

After several weeks of planning and experimenting, our two teams were ready to begin reviewing and analysing their results today. Isla M, Georgia V and Isobel B compared how difficult it was to break or shatter their different materials. To investigate the science behind it they interviewed one of the Physics teachers to get more information about forces. Sadly for them, Mr Jacobs felt that they needed to complete additional tests and use their original studies as preliminary work. Whilst this might not have been the news they wanted to hear, the team began considering and planning their extra tests in earnest.

After a successful session to make fizzy drinks last week, Caye F and Ekta A were ready to determine the volume of gas produced by their drinks when they altered their recipes a little - one of their trials produced rather more gas than they expected and over-flowed!

### Robotics Club

This week pupils started using Marty Robots. First they experimented with the commands and learnt to code some basic actions. Next they tried to put together a sequence of actions. Finally they made the robots move according to the beat of a song. It was a very fun experience for the pupils from St Aloysius and Channing.



### Partnership News

This week, the Partnerships team were busy welcoming around 90 pupils to join in our weekly extra-curricular provision. In addition to established attendees from St Joseph's Primary, Brookfield Juniors, Parliament Hill, St Aloysius and Acland Burghley we have been delighted to start a new partnership with Highgate Primary with their pupils attending clubs here at Channing.

In addition to pupils coming to Channing, our pupils have been visiting our partner schools with Year 9 and 12 pupils volunteering at Highgate Primary, St Joseph's and Brookfield Junior Schools during their breakfast and afterschool clubs and Year 7 and 9 have been going to St Aloysius' College to attend Design & Technology clubs.



### St Joseph's Reading Club

It was Yeva, Neve, Amelia and Ava's final week reading during Breakfast Club with Key Stage 2 pupils from St Joseph's last week. Well done and thank you - you did a wonderful job!

All Year 9 pupils who have volunteered and signed up will get a chance to attend reading at St Joseph's Primary School.

### Highgate Primary Reading Volunteers

Since October, a group of Year 12 students have been volunteering at Highgate Primary School every Wednesday morning before school. This usually involves talking to the students at their breakfast club and reading with them, drawing, playing games or simply just talking to them about their day. It is certainly a change to how our mornings might normally go, but we have found it incredibly rewarding to see the children have become more and more confident and comfortable with us each week. We find that volunteering is a really enjoyable way to start our Wednesdays, and are looking forward to continuing this term!

*Lauren S & Mia B*

## Alumnae News

Applause all round: teachers, alumnae, friends and family! The official celebration of the Class of 2023 and all their achievements was another wonderful evening in the Arundel Centre, beginning with photos of each alumna when they first started at Channing to their Year 13 photos: what an amazing journey they have all had.

We were lucky to have alumna, Katie Nicholl (Class of 1995) as our guest speaker this year who spoke about how "tenacity, self-belief and knowing that you CAN do it" will get you to where you want to be (click [here](#) to read Katie's speech).

As guests made their way into Founders' Hall for canapés and bubbles it was great to see our alumnae reminiscing and catching up about life after Channing: whether it be the their best experiences of life at their various educational institutions so far, or tales of other adventures further afield.

It was easy to forget that the Class of 2023 had not been back to the School for over seven months and judging by the roars of laughter and wide smiles, nothing had dampened the camaraderie and collective pride of this year group. Well done, Class of 2023, and we wish you all the very best for this next chapter in your lives.



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