



Dear Parents

We're a week from half term and it's finally February. It certainly seems as though January went on for a very long time, and life at school continues to be action packed - you'll see the highlights of this week's events, trips and visits in the section below. For Year 11 and Year 13 these first weeks of term have been highly focused as they prepare for, and next week start, their mock exams. And as everybody knows, one of the first pieces of advice people give you when you're preparing for exams is 'get a good night's sleep'. In assembly on Tuesday I decided to explore the world of sleep: it turns out that there was a lot to discover!

Why do we sleep? This is a question that has baffled scientists for centuries and the answer is that no one is entirely sure. Some researchers believe that sleep gives the body a chance to recuperate from the day's activities, although interestingly we don't save much energy sleeping. In fact, the amount of energy saved by sleeping for even eight hours is miniscule - about 50 kCal, the same amount of energy in a piece of toast.

Of course we have all heard our rest referred to as 'beauty sleep' as we know cells in our skin and elsewhere in our bodies repair themselves whilst we are sleeping. Others suggest that it is during sleep that our brains make sense of the things it has seen and learned during the day. They believe sleep helps us learn - which is why it forms part of our revision advice.

A good way to understand the role of sleep is to look at what would happen if we didn't sleep. Lack of sleep has serious effects on our brain's ability to function. If you've ever been with someone after they have worked late into or all through the night, you'll know that the following day you have to deal with their grumpiness, grogginess, irritability and forgetfulness. After just one night without sleep, concentration becomes more difficult and our attention span shortens considerably.

With continued lack of sufficient sleep, the part of the brain that controls language, memory planning and sense of time is severely affected, practically shutting down. In fact, 17 hours of sustained wakefulness leads to a decrease in performance equivalent to drinking two glasses of wine. This is the legal drink driving limit in the UK - and it's no surprise that the American Academy of Sleep Medicine (AASM) estimates that each year 80,000 drivers fall asleep behind the wheel and there are up to 250,000 road traffic collisions every year which are, at least in part, related to sleep.

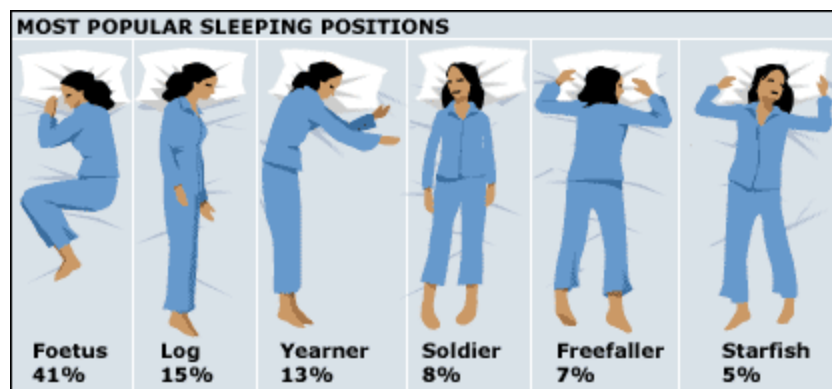
Research also shows that sleep-deprived individuals often have difficulty in responding to rapidly changing situations and making rational judgements. In real life situations, the consequences are grave and lack of sleep is said to have been a factor in a number of international disasters such as the Chernobyl nuclear power station meltdown and the Exxon Valdez oil spill.

Sleep deprivation also has a negative effect on emotional and physical health. If you are too tired you are more likely to be stressed and have high blood pressure. Research has also suggested that sleep loss may increase the risk of obesity and type 2 diabetes, because chemicals and hormones that play a key role in controlling appetite and weight gain are released during sleep.

So how much sleep do you need? Most adults need on average about 7.75 hours sleep, and children and teenagers need more than that. I think that Jim Horne from Loughborough University's Sleep Research Centre sums it up pretty well when he says: "The amount of sleep we require is what we need to stop us being sleepy in the daytime." Interestingly, there is a huge variation in the amount of sleep different species of animal need each day. We looked at a variety, from the giraffe (1.9 hours), African elephant (3.3 hours) and sheep (3.8 hours) to a domestic cat (12 hours per day - this got a giggle of recognition from the cat owners in the room!) all the way to a python, which requires a whopping 18 hours of sleep per day. I think a number of us were identifying with them on Tuesday morning!

The first official world record for the longest period without sleep was 11 days, set by 17 year old Randy Gardner in San Diego in 1965. Four days into the research, he began hallucinating. This was followed by a delusion where he thought he was a famous footballer. Gardner's record was then broken multiple times (including by a woman called Maureen Weston, who stayed awake for 449 hours during a rocking-chair marathon in May 1977) until 1997 when Guinness World Records ceased accepting new attempts for safety reasons. At that point the record was held by Robert McDonald at 453 hours and 40 minutes, which is just under 19 days.

The part of assembly which caused a real stir, though, was research by Professor Chris Idzikowski, a professor at the University of Edinburgh and Director of the Sleep Assessment and Advisory Service. He has identified six common sleeping positions - and he claims that each one is linked to a particular personality type.



The most common position people sleep in is The Foetus: those who curl up in the foetus position are described as tough on the outside but sensitive at heart. They may be shy when they first meet somebody, but soon relax. 41% of the 1,000 people who took part in the survey slept like this, and more than twice as many women as men tend to sleep in this position.

Log (15%): Lying on your side with both arms down by your side. These sleepers are easy going, social people who like being part of the in-crowd, and who are trusting of strangers. However, they may sometimes be gullible.

The yearner (13%): People who sleep on their side with both arms out in front are said to have an open nature, but can be suspicious or cynical. They are slow to make up their minds, but once they have made a decision, they are unlikely ever to change it.

Soldier (8%): Lying on your back with both arms pinned to your sides. People who sleep in this position are generally quiet and reserved. They don't like a fuss, but set themselves and others high standards.

Freefall (7%): Lying on your front with your hands around the pillow, and your head turned to one side. They are often gregarious and loud people, but can be sensitive underneath. They can struggle with criticism or extreme situations.

Starfish (5%): Lying on your back with both arms up around the pillow. These sleepers make good friends because they are always ready to listen to others, and offer help when needed. They generally don't like to be the centre of attention.

The eagle-eyed among you will have noticed that these statistics don't add up to 100%. That's because the remainder of those in the poll said they did not know how they slept - possibly because they were asleep! Professor Idzikowski also found that having one arm or leg sticking out of the duvet is Britain's most common sleep position, followed by both feet poking out at the end. Only one in ten people like to cover themselves entirely with the duvet.

Once everyone had stopped laughing (and comparing notes on which positions they all sleep in) I went on to make a more serious point: one thing that all experts agree on is that too many teenagers are damaging their health by not getting enough sleep and by falling asleep with electrical gadgets on. In a sleep survey, one third of 12 to 16-year-olds said they slept for between four to seven hours a night. Experts recommend at least eight hours for adults and more for teenagers - although I mentioned earlier Jim Horne's definition of 'enough sleep' being what stops you feeling sleepy in the daytime, so there is no definitive correct answer to this.

However the most worrying part of the survey was that almost a quarter of the teens who responded admitted they fell asleep watching TV, listening to music or with other electronic equipment still running in their bedroom, which leads to poor quality or 'junk' sleep. Junk sleep is sleep which is of neither the length nor quality that it should be to give the brain the rest it needs. As I ended my assembly on Tuesday: next time the person looking after you is telling you it's time for bed, rather than complaining, remember - get the electronics out of your bedroom, leave your phone to charge downstairs and don't resist going to bed. You may end up better looking and more intelligent as a result!

Mr Boardman and Ms Zanardo have curated some brilliant resources on the topic which I would love you to watch and/or read and discuss with your children. Ms Zanardo's introduction to sleep (see the video and slides at the bottom of the [Channing T&L Google Site](#))

is excellent and she refers to Matt Walker's TED talk, '[Sleep is your Superpower](#)', which you can see here in full. Mr Boardman has referred to our partner organisation Inner Drive in past Teaching and Learning items in Word from the Head: you can read their evidence-based advice in their blogs [Sleep your way to success](#) and [Five ways sleep helps revision](#). Their [Guide to Sleep and Learning](#) also includes a section for parents, with links to further resources. If you are concerned you can also access the excellent TooledUp [sleep audit](#) (please make sure you are logged on), which will help you assess how well your children sleep - enjoy!

On different news, we were delighted to welcome visitors from Hong Kong last week. Pupils from four secondary schools and two primary schools worked alongside our pupils in the Senior and Junior School to programme Marty robots in a dance routine. I hope you will enjoy the longer report further down this newsletter: it is exciting to see something that we would have considered science fiction not that long ago taking place in our classrooms.

Finally, we were honoured and grateful to hear the testimony of Holocaust survivor Manfred Goldberg BEM in a workshop with our Sixth Form students on Monday afternoon. Our thanks to the Holocaust Educational Trust and Dr Jaime Ashworth for their time and support, especially in answering our students' thoughtful questions. It was a very powerful event.

With best wishes for a restful weekend,

Mrs Lindsey Hughes
Headmistress

Notices

Revised Extra-Curricular Timetable

While Year 11 and Year 13 mocks take place in the Sports Hall for the week before and after half term we have put in place a revised extracurricular timetable for PE and Sport. Please see the details here: [W Revised Extra-Curricular TT Spring 2024 \(5th & 19th Feb\).docx](#).

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.

ABRSM Practical Music Examinations 18-20 March 2024 - APPLICATIONS CLOSING


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. Regrettably, 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.

Channing Association News

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** on 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.

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 to register your interest. Venue and dates to be communicated in due course.



Girls Enjoying Success

Music News

Year 10 Concert

Last Tuesday our talented Year 10 GCSE Music students all performed on the Arundel Centre's stage in a memorable night of music-making. Twenty eight students gave superb performances starting with a fizzing Allegro by Bach on the violin from Jessica L, a lively Gigue played on the guitar from Nadia, and some pianistic wizardry in Tabitha W's Mozart sonata. Our first vocalist of the evening was superb, with a famous aria by Mozart sung by Bela R. Yutao sparkled at the piano with Mendelssohn's 'Agitation' and there followed a real sense of serenity with Tal M's interpretation of Satie's famous 'Gymnopedie'. This continued with the sublime 'Swan' from Carnival of the



Animals played on the cello by Flora G and then another ethereal string piece with Alexa L-B's Vocalise by Rachmaninoff played on the violin.



Then we were into music theatre mode, starting with Juliet B's beautiful rendition of 'I dreamed a dream' and Bella's animated and superbly communicated 'Nothing' from Chorus Line. Ester gave us some film music with an excerpt from 'Lord of the Rings' on the Trumpet, before Bella A took to the piano with an exciting version of 'Take 5'. Allegra's 'Johnny B. Goode' was electric on her electric guitar and contrasted with the gentle tranquillity created by Beatrice's 'See-Saw' played on that magnificent instrument - the Harp. Eleanor really created much excitement with the aptly named trombone party piece - 'The Acrobat'. Then a delightful duet from Aladdin sung by Delilah B and Emily S in their impressive delivery of 'A whole new world'. Then more Music Theatre with Stevie B's 'Home' and Estelle B's 'Reflection' both beautifully sung with great characterisation from Stevie. Winnie

wowed with the delightful 'Trolley Song' and Amara P really captured the mood with 'My name is Tallulah'.

We returned to instruments with Martha R playing guitar and singing 'Mirror' - her own composition - what a revelation! Anna R-B really upped the tempo and created some brass fireworks in her sparkling performance of 'Tico Tico'. Ellie W really communicated in her rendition of 'Ordinary Fool' - our second piece from Buggy Malone. Emily G then took to the piano in her characterful performance of 'La Chevaleresque' and then Amber J really set those keys on fire with one of Shostakovich's 'Fantastic Dances'. Chloe was quite unforgettable playing guitar and singing 'Mr Forgettable' - superb! After a long evening of waiting Maya C got her chance to sing 'Burn' from Hamilton and this really smouldered as it built up to the climax of the song - what a performance! We had a really appreciative and supportive audience that night, but if you weren't able to get there - then do watch the video [HERE](#).

Music at Lunchtime

Last week's fabulous recital kicked off with a classic from Estelle B in 10GR, who performed a gorgeous rendition of Beethoven's Moonlight Sonata. Next up was a year 7 debut from Sophie C in 7KN. Sophie gave an absolutely fabulous performance of 'Castle on a Cloud' from Les Miserables. From musical theatre, to traditional Scottish folk music: next up was Maisie B in 9SBe. Maisie played The Ceilidh by Katherine Colledge on the violin, and she confidently started the piece alone in a short call and response passage between the violin and piano accompaniment.

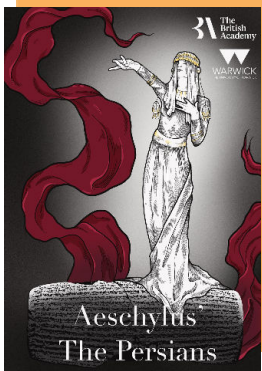
We then had another dramatic change of genre as Nia H in 9VS played Shruthi Rajasekar by Virginia Hall. Nia's rendition of this jazz piece was absolutely wonderful, and she played the tricky jazz rhythms superbly.



Following this, was a Spanish guitar solo by Sofia B in 9SB, who played Pastorale by Matteo Carcassi, who perfectly captured the Flamenco style. Continuing the musical theatre genre, we had Issy P in 9VS who sang 'Quiet' from Matilda. Despite the title, Issy sang this dramatic piece beautifully, and embodied the character of Matilda very well. Next was Eliana H from 8LV, who gave an emotional performance of 'I love you' by Billie Eilish. The crowd was mesmerised by Eliana's effective use of pauses and dynamics - there were even a few tears amongst audience members. Finally, Ava M and Megan K from 11HK performed a piano duet of 'Skyfall' by Adele. The pair played this dramatic Bond theme gorgeously and it was a fantastic way to close an amazing recital. Do listen [here](#).

Classics News

On Friday A level Classical Civilisation students visited Warwick University for their annual Ancient Drama Festival. After the bawdy humour of Aristophanes in 2023, this year students found themselves transported from Warwick Arts Centre to the dark and mournful palace of Xerxes following his defeat at the Battle of Salamis. Students watched Aeschylus' 'The Persians,' the earliest surviving Athenian tragedy and our only historical play.



The afternoon performance was complemented by a series of lectures from academics, including a session on 'Fear and the Feminine' by Dr Xavier Burton and 'Persians in Performance' by Dr Emmanuela Bakola. Our Channing students engaged in meaningful discussion about the play and demonstrated their curiosity by asking the director questions about staging decisions during the Q&A. The day was an excellent opportunity for our students to experience campus life, appreciate the performative nature of Athenian drama and achieve catharsis.



English News

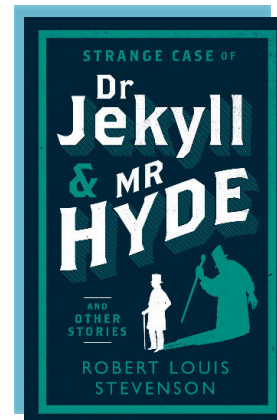
Debating

This week, we hosted the second round of the prestigious English Speaking Union Schools Mace debating competition at Channing. Pupils and teachers from six different schools in the borough took part, competing for two places in the Regional Final. With help from our wonderful Year 9 Junior team (Amelia D-A, Saira C, Leila A-H and Isabella N), who acted as guides on the night, the audience of nearly 50 convened in the Sixth Form Studio. The Senior team, Eve C, Molly S and Catrin C, had worked extremely hard to prepare their speeches opposing the motion, 'This House Believes that schools should focus on maximising students' value to the modern workplace over a broad and balanced education'. The debates were heated and the judges commented on the exceptionally high standard and we are delighted to announce that Channing made it through to the Regional heats. This is a truly impressive achievement: congratulations! The Year 9s who attended commented on how exciting it was to watch the cut and thrust of a live competition; they were inspired and entertained. Thank you to all the staff and pupils involved in making the event such a great success and we wish the team luck for future debates.



Reading

Students in 8.5 are getting stuck into their new reading project. Each student has been assigned a book to read during their weekly library lessons in English. Genres range from detective fiction and crime novels to comedy and romance. Clear favourites include Robert Louis Stevenson's classic *Strange Case of Dr. Jekyll and Mr. Hyde* and *Needle*, a riveting teen drama by Patrice Lawrence about the harsh realities of the criminal justice system. We can't wait to hear what students think of their novels.

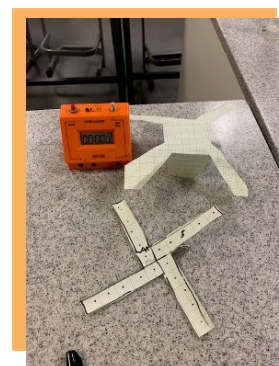


STEM News

Year 7 & 8 Science Club

This week we made helicopters. The challenge was to design and build a helicopter with set materials that would take as long as possible to spin and drop to the floor.

This week's winner was Ms Whitehouse with a 'slowest drop' of 2.75 seconds.



Anatomy Club

Last week, students dissected a starfish, investigating the tiny feet, on each ray, stomach and other internal organs. Starfish can regrow rays if they are cut off or damaged, and one of our students had an animal which was growing another ray! Other students noticed their starfish had six rays, which is very unusual.



This week the students dissected a cow's eye. They first carried out an external examination, looking at the sclera (the tough, white part of the eyeball) and finding the optic nerve at the back.



Then they opened the eyeball with a clear incision right around the centre. Now the iris, retina and lens were exposed. Many students were surprised to find the lens resembled a hard sphere.

A number of students also used microscopes to further examine the rod and cone cells in the retina.

Next week we will be dissecting a frog.

Year 10 Marine Biology Club

This week our Marine Biologists finally got round to their dissection. Supplied with a beautiful example of a dogfish shark, the students were able to study up close the external anatomy and

physiology before taking a closer look at its internal organs. Led by Leila L and Martie G, the students were able to dissect the fish fully and identify and extract the stomach, the liver and the heart.

RSC Chemistry Olympiad

On Thursday 25 January Catrin C, Sophie L, Caroline L and Zoe Q in Year 12 took part in the 56th RSC International Chemistry Olympiad. The Olympiad is an opportunity for students to test their understanding of chemistry, helping them to develop their problem-solving skills and apply familiar knowledge in new and interesting contexts. The competition is aimed at Year 13, but it was some of our Year 12 students who opted to take on the challenge.

Questions explored a range of topics including bronze (with reference to the England women's world cup team member, Lucy Bronze), iodate salts and fuel-producing bacteria. Results for the Olympiad are published later this year and we look forward to finding out how our students got on.



KS3 Science Question of the Week

This week the Science Question of the week was an experimental based question - pupils were asked to get any 2 old tarnished pennies (1p, or 2p), and place one in a small glass of Coca Cola, and one in a small glass of water overnight. They were then asked to explain what they observed happening, as well as send pictures of their results! This week a commendation was given to Lily A, who sent in a brilliant explanation, as well as the following pictures of her experiment.



STEM Careers Club (Years 9 - 11)

On Tuesday lunchtimes, some of the Year 12 students will be running a series of STEM careers sessions to help Years 9 - 11 students find out more about these pathways and what they need to do to follow them. Last week, Maya and Lucy planned an informative talk about dentistry, but were disappointed by the low turn out - so do come along next week!

The timetable for the sessions is:

Date:	People:	Subject:
06/02/2024	Charlotte + Priya	Medicine
HALF TERM		
20/02/2024	Catrin	Physics
27/02/2024	Tabi + Saoirse	Computer Science

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

CREST Awards

After a break last week for the GCSE options evening, our experimenters were back today and busy investigating. Caye B and Ekta A made a lot of progress with their fizz, creating a rather interesting-looking green drink.



Isla M, Georgina V and Isobel B altered their study following a discussion with Mr Jacobs and decided to look at what mass was needed to break the ceramic tiles. This involved some preliminary research to choose the size of masses to use, resulting in them deciding to work with 10g masses.

Science Journal Club

This week we discussed an article chosen by Charlotte entitled “Does the birth of a cloned monkey mean we could now clone people?”. We talked about the ethics of cloning and why we might want to clone whole organisms. This led us to think about the portrayal of cloning in science fiction - to make spare body parts or whole bodies for people who needed them, but at the expense of the organism that is being used to generate these spare parts. We didn't feel that it was ethical to grow and nurture a whole organism simply to support the needs of another. We therefore investigated the possibility of 3D printing body parts instead and found that the development of this process is well underway and that scientists expect this to be possible for treating patients within the next decade.

Robotics Coding Workshop

This week pupils from Year 10 had the opportunity to attend a Robotics Coding workshop with Pupils from Hong Kong. Pupils were put in groups of four and first had to learn the movements of the Marty Robot. Next they had to connect to the Robot using Python coding. Finally they had to make their pair of robots dance in a competition in sync with the music. It was a wonderful experience for Channing girls to learn some new programming techniques. The workshop was also a fascinating insight into different cultures. Congratulations to Elika D. and Yutao W. from the 'Happiest Crew' team whose robots won the dance competition.



Partnership News

We are now fully up and running with the partnership programme for 2024 with cooking, drama, reading, baking, design & technology, science, chess, German, Young Enterprise, problem-solving, debating, robotics, game design, Latin, minibus, multi-sports, engineering and samba!

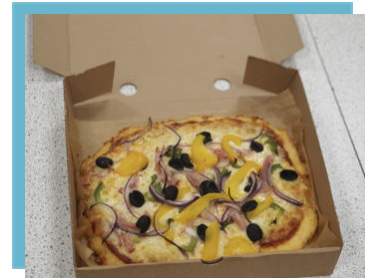
Science Club

This week in the Science partnership club the pupils were continuing to make their volcanoes. They had spent the previous weeks researching, designing, and building them. This week they were completing the finishing touches to their structures ready to paint and make them to erupt next week!



Cooking at St Aloysius

This week, Channing and St Aloysius pupils made rice-crust pizzas. Ms Hibbert had prepared the dough in advance and the pupils learnt all about gluten-free options. Well done, Year 9s!



Reading at St Joseph's

This week, Kitty, Finn, Minnie and Claudia came armed with stickers for the younger pupils and did a brilliant job of reading with around 10 different pupils. Stickers as presents have certainly been a real hit with the younger pupils! Keep reading, Year 9.

Sustainability News

This week the Eco Reps divided into two groups. Some went to Fairseat to take part in the RSPB Big Schools Birdwatch. Among the birds spotted were greenfinches, long tailed tits and a nuthatch. The other group went to Waterlow Park to carry out a local litter pick; they were amazed and saddened by how much they found in just twenty minutes.



Channing Archive

As the days get longer (cue collective cheer!) we would like to look back to some photos from Victorian Day in November 2009 when everyone in the School dressed up in Victorian costume for the day.



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